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National Seminar on "The Importance of Sports, Physical Education and Psychology for Personality development At Present Scenario"

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Held on (01 February 2020, Saturday)

Organized by: Department of Psychology, Sports and Physical Education
Shivaji College, Hingoli-431513 (Maharashtra)



Impact of Motivation on Sports Man

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Abstract:

Sports are the most obligatory elements in the lives of human being. In every sports that motivation play major role for the people. The present paper has focused on the role of motivation and its impact on the performance of a sports person in their lives. If you want to become the best Athlete, you must motivated to do what it takes to maximize your ability and achieve your goals. It is so important because you must be willing to work hard in the face of tiredness, pain, stamina, boredom, fatigue and the will to do any things in the life. It is the merely participated to sports performance over which you have comfort. It is the pioneer of all athletic attempt and companion. Without your will and resolution to improve your sports performances. All of the other mental, elements, feelings, degrees, concentrate, and confidence are meaningless. It is mean by generally is the ability to initiate and continue at a work. Motivation is the ward emerged from the word 'motive' which means required, wills, wants, desire, within the personal. In the work aim reference the psychological elements stimulating the people's nature and manner can be willing for money or success. There are various types of motivations such as intrinsic Extrinsic reward-based, fear-based, achievement, power, affiliation based motivation. It is affected to a lot of extent by physical and mental health of player. It is very difficult to motivate an unhealthy player as they know that they cannot move their body parts. It is the part of human life on the earth.

Keywords: *psychology, affiliation, motivation, intrinsic, extrinsic, Athlete, performance, mental,*

Introduction:

The researcher gives the account of Motivation is the foundation of all Athletic effort and accomplishment without your desire and determination to improve your sports performances, all of the other mental factors, confidence, intensity, focus and emotions are meaningless. To become the best Athlete you can be you must be motivated to do what it takes to maximize your ability and achieve your goals. The two students were asked to participate in a game. One of them happily joined in and become active in team selection, competitions, skill development and socialization. The other youngster's immediate reaction was to follow his friend. However after a few seconds to deliberation he declined, citing schoolwork and chores. He feared that if he participated, he would be shared by being the last player chosen, and would be ridiculed for making errors. As this story suggests, not everyone approaches an achievement situation with the same enthusiasm. An achievement situations is one in which someone expects that his performance is going to be evaluated. This occurs regularly in sport, and is referred to by martens as competition. Competition is nothing more than a sport specific achievement situation



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one of an important kind of motivation provided to competitors is achievement motivation. The paper has dealt with Motivation simply defined, is the ability to initiate and persist at a task. To perform your best, you must want to begin the process of developing as an Athlete and you must be willing to maintain your efforts until you have achieved your goals. Motivation in sports is so important because you must be willing to work hard in the face of fatigue, boredom, pain, and the desire to do other things. Motivation will impact everything that influences your sports performance physical conditioning, technical and tactical training, mental preparation, and general life style including sleep, diet, college or work and relationships.

Purpose of the study:

The reason motivation is so important is that it is the only contributor to sports performance over which you have control. There are three things that affect how well you perform. First your ability, which includes your physical, technical, tactical and mental capabilities. Because ability is something you are born with, you can't change your ability so it is outside of your control. Motivation includes preparing a person to perform a task not only physically but also mentally without this, all the tasks will become uninteresting no person can achieve higher goals unless he or she is properly motivated to do so. It can be said that for motivation, one should have been need of something. It must be mention here that need and goals are related to each other and both of them are required for process of motivation. It is very difficult to inspire a person to do his best in any area without motivation.

Methodology:

When the concept of motivation is discussed three concepts arise in mind, which are Motive, drive and need. It has been found through various studies that behavior of all living beings is a motivated behavior. Simple motives of all human being in life are not to get food, shelter and clothes from various studies it has been found that there exist two kinds of drives, namely primary and secondary drives are artificial in nature and exists outside the body. It is necessary for the coach to understand that without drive, no player can give his or her best performance. Coaches should keep on motivating the players from time to time. Along with this, they should keep their level of aspirations under control. The link that binds motive and drive is need. I simple terms action performed by human being can be considered need. Motivation is affected to a lot of extent by physical and mental health of players. A healthy person will achieve greater levels of good performance, while it will be difficult for an unhealthy person to achieve such level a performance. It is very difficult to motivate an unhealthy player as they know that they cannot move their body parts as efficiently and as properly as is required for good performance generally, such kind of persons mind is full of negative thinking. Another important



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factor while affects motivation process in kind of environment in which coaching is being provided. Coach can motivate the player to greater extent if they are put in favorable conditions. The manner in which coach performs his function also is an important factor which affects motivational process. Various kinds of techniques can be used to each motor skill. Keeping in mind the age and abilities of players.

Thus, motivation process in the field of sports and physical activity gets affected by various factors and it is very necessary for the coach to have knowledge of all these factors as they can affect task performance by him to a lot of extent. Interest is a Latin word, which means it concerns viewed from technical angle, interest is a driving force behind attention as human being give attention only on those things in which they have some interest. Human beings have to perform various kinds of activities in which they do not have any interest however, in such kind of activities, their level of performance remain lower than their abilities. Student should be given freedom to choose the activity of their interest; otherwise they will not be able to give best performance in spite of their maximum efforts. Some student find the game of volleyball interesting and some game of cricket, football, Athletic, and more interesting student should not be pressurize for selecting specific sports activity in which they do not have any interest .

Conclusion:-

To sum up the researcher has focused on the role of motivation in sports men to develop their ability in the games. It is player major role in sports. It is found that in childhood all children likes to participate in different kinds of physical activities but with growth and development some of their interest vanish from such activities. Children, in which interest towards sports activities develop, generally decide to become professional players and only those children who select a particular sports activity by their interest. Become outstanding players in the future and only they prove the efforts of coach or teachers fruitful. It is very important for the coaches to know or analyze the level. An unhappy player is an unmotivated and ineffective one. Team counseling is necessary for responding to personal problems or problem with interpersonal relationship. A team's performance depends on some specific characteristics; level of moral is one among them. For players to fell high group satisfaction and to support one another mutually are desirable. It has found out the main objective of team counseling becomes to facilitate player discussion on an individual or group basis to solve problems or to confront and deal with various kinds of problematic issue.

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