

Literature Review

Motivation is the internal energy force that determines all attributes of one's behavior; it also influences on how we think, feel and network with others. In sport, prime motivation is widely recognized as an essential requirement in getting athletes to fulfill their ability. However, it is often difficult to exploit fully given its fundamentally abstract class. "Not all coaches are the same, some have the magic touch which makes them emerge better than the rest which leads to them getting huge deals out of their teams than their close rival coaches; other members can hardly keep up with the motivation and result to terming it as vague concept and, this makes them uncomfortable and works themselves off trying to beat the concept". (Psychology Journal of Sports, 1986: 23)

Self determination theory happens to be the frequently and most commonly accepted approach that drive in sport as well as other domains of achievement. A number of set laws and/or motives are depended on by this version, upon whose change depends on the amount of self-determination they remake out of the effort. It is through the margins of your behavior and initiative choices that self-determination deals with. "The involvement of self drive without external interference in the choices people make is also a key factor on this. On a self-determination scale, the rule of behavior can be situated. Shown on this scale is the least to the most self-determined. This scale, show from the least to the most self-determined". (Raney, 2006:167).

The regulations are interjected regulation, external regulation, intrinsic motivation, integrated regulation, and identified regulation. To start with, motivation of it symbolizes lack of aspiration to behavior engagement. This goes together with the feelings that one lacks connection and

ineffectiveness with respect to one's behavior and the expected result. For example, athletes are most heard saying that they would not be able to continue with a certain type of exercises because they think they are being made tired or that they would not benefit from the competition. Athletes showing this signs need counseling intervention for they are highly prone to quitting the competition and the game as a whole.

Regulation such as External and Introjected symbolize non-self-determined or governing extrinsic motivation types for athletes do not realize that their behavior is escalating out of hand and, as an outcome, they encounter emotional pressure. Taking part in sport to be given prize money, win a trophy or a gold medal characterizes external regulation. Taking part in sport in order to avoid penalty or negative assessment is also external. "Introjection is an interior force under which athletes might take part out of emotions of guilt or to achieve gratitude". (Life Magazine. 23 Oct 1964, pg 15)

The other regulations are Identified and integrated regulations which characterize self-determined types of extrinsic motivation for the reason that, the initiation of behavior would be out of choice, though it is not of necessity supposed to be enjoyable. These types of regulation consider why some athletes dedicate hundreds of hours to repeating routine drills. They realize that such activity will in the end help them to improve. Identified regulation stands for engagement in behavior because it is highly appreciated, the result of this is that when this kind of behavior escalates out of hand, it leads to an agreement with one's intelligence of self and almost to a point of complete self-determined. Completion of daily flexibility training following realization that is part of pressing objective of improved presentation is an illustration of integrated regulation. From within comes intrinsic motivation and its characterization relies on interest in, and joy derived from sports involvement that brings out self-determination fully. Intrinsic motivation of knowing what to do, to

experience stimulation, and accomplishing the tasks are types of intrinsic motivation. For an athlete to carry out activity with the goal of getting compensation for their involvement is acquired from intrinsic motivation that is termed as the healthiest type of motivation.

According to Elliot, J. Andrew 2005: 121, the highest rank of intrinsic motivation flow state is (4, 5). This Flow is characterized by entire concentration in an activity, to the extent that nothing else matters. The attainment of flow is a condition in which there is a great match between the preceding demands of a task and the perceived abilities and skill of an athlete. During this flow, self-consciousness is lost and athletes turn out to be one with the activity.

Unrealistic challenge can lead to surplus anxiety, which means that trainers need to make sure that athletes set reasonable goals. On the other hand, if athletes bring a high level of ability to an occupation and the task that it gives is comparatively low, such as an example of a team like Barcelona and Brazil's Ronaldinho; can result to boredom if the player plays in minor football leagues. It's important to find tasks that are going to widen athletes just a lay a hand on them further than they have been stretched before in order to promote flow. (Moran 2004: 143)

The athletes and their trainers must be motivated by the following motivational techniques. The Goal setting, Athletes should be advised to set a few determinations but attainable long-term objectives; perhaps to symbolize their country in a major competition in four to five years. Through allowing athletes to set their own objectives, they are more prone to recognize the tasks that lie ahead and follow the goals with interest. "The most significant goals in realistic conditions are those for the immediate term, as it is these goals that maintain athletes paying attention to the checkmarks which are seminal to achieving better performance" (Gordon 2006: 98). Therefore, short-term goals should be primarily

process-oriented. For example, when the team of Manchester United's Wayne Rooney hurt a metatarsal before the start of the game World Cup, he set a sequence of process objectives in his competition to get back full strength. On the other hand, Goals need to be observed and amended on an ordinary basis. One of the major blunders that trainers make in setting objectives is that they are frequently too inflexible in their method. The goal setting procedure works best when there is some suppleness and the individual athlete or group takes ownership of each goal. Thus, trainers and managers are better off exercising some equality when setting goals, mainly if working with more skilled athletes. The other one is the use of extrinsic rewards; they strengthen an athlete's intelligence of skill and self-esteem. Thus, a prize should be informational in character rather than monitoring it. If a reward originates by controlling, it can extensively weaken intrinsic motivation (Beauchamp 2007: 109). It is advisable that before a prize becomes informational, it must have a reasonably little financial worth. Also, the reward should be offered to an athlete in front of all possible recipients with some prominence placed on the status connected with it. "Other accepted ways of using token rewards include printing athletes' names or signatures on honorary boards for their unparalleled contribution, and/or awarding a particular item of clothing to them". (Journal of sports medicine and physical fitness 2005: 34)

The use of music is another way to motivate athletes. The music should be inspirational in order to inspire the prayers. Therefore, work and recovery times are controlled by music. The research shows that this method raises work productivity, reduces perceived effort and enhances in-task influence and the pleasure experienced during the activity.

Finally, the use of positive self talk: It is a method that can be used to improve motivation across a wide range of attainment domains. It makes use of an athlete's influential inner voice to strengthen their self-worth or significant aspects of their presentation. "With suitable repetition, self-talk

can positively change an athlete's belief system". (Journal of health psychology, 2003: 29)

Everyone has an unexploited energy source that can be used upon to bring about better results. Enhancing motivation in sports is bringing a change of attitude, developing a positive mindset and engaging in organized behaviors. The short-term procedure of setting the goals make it possible for improvement of the athletes. How a team may feel in terms of motivation depends on the managerial influence one gives to them. One can recognize individual effort, inspire good work ethics, and bring transparent reward ideas that will strengthen people's sense of capability. At all times one must strive to be original, creative and innovative in the application of motivational skills that are available. (Skiing Heritage Journal Magazine, Jun 1998, pg. 22)

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