



Scholars Research Library

Annals of Biological Research, 2012, 3 (2):858-862
(<http://scholarsresearchlibrary.com/archive.html>)



A comparison of the athletic participative motivation of the athletes of contact or noncontact sports

*Samira Mashhoodi¹, Mohammad Hatami², Samaneh Imanipour³

¹Department of Physical Education, Shahr- e- Rey Branch, Islamic Azad University, Shahr- e- Rey, Iran

²Faculty of Physical Education, Central Tehran Branch, Islamic Azad University, Tehran, Iran

³Faculty of Physical Education, Parand Branch, Islamic Azad University, New City of Parand, Iran

ABSTRACT

The main purpose of this study is to compare the amount of motivation in sport participation among contact and non-contact athletes and also individual and group sports. Eighty five individuals were selected by available sampling way. Samples were in both group sports including: Volleyball, Handball, Hockey, Rowing and individual sports including: Judo, Wushu, Track and Field, and Shooting. In this research the Gill's Sport Orientation Questionnaire, made in 1988 was used which has 25 grading questions and it is in the form of Likert's Five - Point - Scale. Total grade of motivation was derived from the three sub-measuring factors: win, goal and competitive orientation. The stability of the questionnaire has been tested by Shafizadeh and Bahram by validity of % 91 and stability of % 70. Kolmogorov Smirnov Inferential Statistics Test was used to test the normality of data. These results were obtained: win %65, goal %73, competitive %77, and motivation %76. One Way Anova Test was used after the descriptive statistics from the Kolmogorov Smirnov Test, with alpha value of %05. Tukey Test was used to check the various differences of the averages two by two. Results indicated that there is no significant difference between individual and group contact sports due to competitive and winning attitudes but there is a considerable difference in non-contacts. Due to the goal orientation factor in both contact and non-contact in both individual and group sports a significant difference was observed in participation factor, too. It showed that motivation in individual and group sports in non-contact was more than contact ones. The most motivation observed in the group and individual in non-contact athletes and group and individual in contact ones, respectively.

Key words: motivation, competitive, win and goal orientation, contact and non-contact sport.

INTRODUCTION

Motivation in general means the intensity and continuance of behavior. Intensity refers to a degree of effort required for achieving an objective under a special situation (13). Motivation is

one the most essential issues of sport psychology, since it is related to the participation or nonparticipation in sports, selection of sport type, and degree of attempts and continuance to improve in such a sport. Any athlete progressing towards improvement needs to psychic energy to face any difficulties hindering him. Motivation is the infrastructure of this psychic energy. The motivation of the most people commencing sport programs is to improve their health and lose weight. What causes this program to be continued is the pleasure of sporting. Overall, people continue to do sport since it is amazing, refreshing, and satisfying. It seems that the motivation of those athletes participating in the higher levels of sport rather pleasure and health, including professional or semiprofessional championship levels differs from that of ordinary people, and their motivation for taking part in athletic activities is to taste victory and achieve higher objectives (3). Gimbel (7) believes that talent shall be analyzed based on three criteria, to which motivation belongs. The motivations of those athletes involved in high levels of sports assist them to achieve their goals, and any decrease in the performance of an individual in a team is due to the loss of motivation. Alison argues that competitive orientation of elites is their characteristics in comparison to non-elites. In brief, motivation in sport depends on meeting the objectives, and personal needs of an athlete. On the other hand, competitive-orientation, goal-orientation and victory-orientation are important in contact sports, in which accidental and rule-based contacts are the integral part of that sport, and noncontact sports, in which no physical contact is allowed among the opponents (15) notwithstanding the personal characteristics of the sport participants. Considering the importance of motivation in sport psychological studies, the motivation of the athletes participating in sports has been studied in many researches, based on their individual differences and various sports. For example, Skordilis et al. (16) conducted a research to compare the progress motivation of the professional male athletes, amateur sportsmen, and wheelchair basketball players. According to the results of such a study, it has been reported that professional athletes, amateur sportsmen, and wheelchair basketball players were victory-oriented respectively. In a comparison between normal and wheelchair basketball players, it has been found that wheelchair basketball players were more competitive and goal oriented; but only the grades of competitive-orientation was significant statically between two groups. Christina (4) reported in the research titled "Competitive Orientation and Sport Motivation of Professional Female Football Player" with a statistic population of 118 female players (18-45 years old), that age has no impact on sport orientation (competitive orientation, victory orientation, and goal orientation). In general, the professional female football players were intensely competitive oriented. Leat & Anne (8) argues in their paper titled "the Motivation of the Participants of Sport Events" that motivation of the athletes of different sports has higher priority, and the motivations to compete and succeed are the most important ones among teams. Shojaei (13) has conducted a research to describe the motivation of the elite soccer players of Iran. For this purpose, a statistic population of 60 players of the national teams (Iran National Undert-23 Football Team (Omid), Iran National Football Team (Adults), and Iran National Youth Team (Youth)) has been sampled purposely. The results show that the players of the Iran National Football Team as well as halfbacks of the said team were more competitive oriented than other players. Ahmadi et al. (1) provided a paper titled "Comparing the Progress Motivation of the Players of High-ranking and Low-ranking teams of Iran Pro League", in which 115 players were studied. The results of this research show that there is no significant difference between the motivation to progress and two sub-criteria of competitive orientation and goal orientation of the high-ranking or low-ranking players. However, there is a significant difference between victory orientation of the players of the high-ranking teams and those of the players of the low-ranking teams. The sum up of the results of the studies shows that there are many factors including sport type, skill levels of athletes, gender, and age have effects on the motivation of participating athletes. Based on the importance of psychological requirements of sportsperson

participating in sport events, the main objective of this research is to compare the motivation of the athletes of contact and noncontact sports.

- 1- Is there any difference between the competitive orientation of the athletes of individual-based contact sports and team-based contact sports?
- 2- Is there any difference between the goal orientation of the athletes of individual-based contact sports and team-based contact sports?
- 3- Is there any difference between the victory orientation of the athletes of individual-based contact sports and team-based contact sports?
- 4- Is there any difference between the motivation of the athletes of individual-based contact sports and team-based contact sports?
- 5- Is there any difference between the competitive orientation of the athletes of individual-based noncontact sports and team-based contact sports?
- 6- Is there any difference between the goal orientation of the athletes of individual-based noncontact sports and team-based contact sports?
- 7- Is there any difference between the victory orientation of the athletes of individual-based noncontact sports and team-based contact sports?
- 8- Is there any difference between the motivation of the athletes of individual-based noncontact sports and team-based contact sports?

MATERIALS AND METHODS

The present research, which is a field study, uses casual, comparative and survey method using questionnaire. This research is an applied and retrospective one. The static population of this research consists of the members of the national teams of handball, hokey, wushu, judo, volleyball, boating, track and field, and shooting sport. The instrument used in this research is the sport orientation questionnaire prepared by Gill, which contains 25 questions. The grade of motivation is calculated based on the total grades of three sub-criteria of competitive orientation, victory orientation, and goal orientation. The measuring scale is from 1 (fully agreed) to 5 (fully disagreed). The reliability of this questionnaire has been determined by Shafizadeh and Bahram (13) and its validity is equal to 0.91 and the reliability equal to 0.70. The Cronbach's Alpha of victory orientation, goal orientation, competitive orientation, and motivation are 0.65, 0.73, 0.77, and 0.76 respectively.

Table 1: The motivation grade means of the athletes of group contact and noncontact sports

Variable	SS	Df	MS	f	Sig.
Between-group	783/027	3	261/009	5/820	0/002
Within-group	1835/773	41	44/775	-	-
Sum	2618/8	44	-	-	-

To classify and summarize data, Kolmogorov statistics has been used. To normalize data, inferential statistics has been applied, and SPSS software application is used to analyze such data (11.5). In inferential statistics, unilateral variance analysis (ANOVA) with the alpha equal (0.05) has been used. Moreover, Tukey's range test has been applied to study the multiple differences of pair means.

The data of the table 1 shows that the motivation grade means of the athletes of group noncontact sports are more than that of the athletes of group contact sports. The results of Tukey and ANOVA in different groups show that the motivations of the athletes of individual contact and

noncontact sports differs significantly, in such a way that this difference is equal to -0.06 for shooting and judo sports, and -5.93 for wushu and shooting sports.

Table 2: The motivation grade means of the athletes of individual contact and noncontact sports

Variable	SS	Df	MS	f	Sig.
Between-group	302/093	3	100/698	4/428	0/009
Within-group	818/682	36	22/741	-	-
Sum	1120/775	39	-	-	-

The data of the table 2 show that the motivation grade mean of the athletes of individual noncontact sports are more than that of the athletes of individual contact sports. The comparison of the motivation of the athletes of group contact sports and group noncontact sports shows a significant difference, in such a way that this difference between handball and boating is equal to -8.85 , between volleyball and handball is -9.04 , and between hockey and volleyball is equal to -7.62 .

The results of the pair mean composition carried out using Tukey range test show that the athletes of group noncontact sports, individual noncontact sports, group contact sports, and individual contact sports have the highest motivation of sport participation respectively.

DISCUSSION AND CONCLUSION

The present research compares the participative motivation of the athletes of individual and group contact and noncontact sports of national teams. For this purpose, eight teams of judo – wushu (individual contact sports), handball – hockey (group contact sports), track – shooting (individual noncontact sports), volleyball – boating (group noncontact sports) consisting of totally 85 members of the abovementioned national teams (2010) were selected to answer the questions of a sport orientation 25-question questionnaire prepared by Gill. Thereafter, the grades of the participative motivation test have been analyzed by ANOVA and Tukey's test.

The results of the comparison between the participative motivations of the athletes of contact and noncontact sports show that the motivation of the athletes of the individual noncontact sports is more than that of the athletes of individual contact sports. This is consistent with the results of the researches of Maranla Coco *et al.* (11), Wartenberg *et al.* (17), and inconsistent with the researches of Nourbakhsh (12). In the previous researches, the motivations of athletes and non-athletes, professionals and collegiate athletes, or athletes of entertaining sports were compared. However, the recent research the participative motivations of professionals have been studied. For example, Nourbakhsh compared the college athletes with non-athletes and in the research of Chapari, the entertaining athletes were sampled to be tested. Therefore, the view of athletes may vary to athletic competition. Allen (2) introduces social motivation as a decisive factor during interpreting the interests of juveniles and the youth in sport events. This shows that interest in victory, competitive orientation, and victory orientation are parts of social motivation.

The personality traits of individuals are effective in competitive orientation. The researches of Martin and Gill (6), learner & Laky (9) show that the individuals, who have high self-confidence and low level of stress, can participate in competitions and championships with higher motivation.

The results of this research show that the motivation of the athletes of group noncontact sport events is higher than that of the athletes of group contact sport. This result is consistent with the

results of the research conducted by Elizabeth (5). The consistency of this research is proved based on the similar questionnaire used for both researches. Perhaps, factors such as expectations of the managers and trainers of teams, wages of the players, TV broadcasting, expectations of the sport audience, and number of proponents affect the motivations of the players and cause a significant difference between two groups. According to Martens (10), competition is a social process, in which individuals compare their sport performance with that of at least one or more other individuals based on some criteria. He also believes that the competitive oriented people interpret and construe sport situations differently in comparison to what non-competitive oriented people do. The understanding of people of competitive situations affects their behavior. It seems the understanding of the athletes of pair or team sports of competition situation is different from the understanding of the athletes of individual sports. The challenging behavior of such athletes can be interpreted based on two different criteria in a competition; i.e. in most individual sports there are internal factors such as access to the final line of the competition or obtaining highest possible points, which motivates an athlete as self-reference or criteria-reference; in contrast, in group sports there are no such a highest point or access to the final line to defeat the opponent, and the athletes shall play based on norm-reference criteria. Therefore, participation in such sports in comparison to other individual sports requires more motivations, especially more competitive orientation, and victory orientation to succeed and win in sport event.

REFERENCES

- [1] Ahmadi,S (2008), *Research Quarterly of Olympic*, p 21-28.
- [2] Allen,M.E(1987). *Annals of sports Medicine*, 3, pp.190-195.
- [3] Bunamano, R ,cei.a. mussion (1995), *the sport psychologist* 9:256-281.
- [4] Christina,M. Beaudoin (2006), *Journal of Sport Behavior*, 29, 3, Academic Research Library.pg201.
- [5] Elizabeth, Danlels, Sirinda, Sincharoen (2005), *Journal of Sport Behavior*
- [6] Gill, D.L. Williams, L., Martin, J.J(1995),“Competitive orientation and motives of adult sport and exercise participants”. *JSB*. 19(4):307-318.
- [7] Gimbel,B(1976), *Leistungssport*,6,pp.159-167.
- [8] Leate, C.F. and Anne.B. (2007), *Journal of Youth and Adolescence* 16: 75-84
- [9] lerner.b.s. laky. E .(1995), *Journal of sport exercise psychology*.17(2).pp:138-125.
- [10] Martens,R.(1987), *The Sport Psychologist*,pp.29-55.
- [11] Marinella cocoi, Lino Gurrisi(2010), *Acta Medica Mediterranea*: 41.
- [12] Nourbaksh et al.(2006), A Comparison of Participation Motivation for Sport Active University Student Athletes .Lausanne-Switzerland.
- [13] Shafizadeh.M,(2007), *Journal of Applied Sciences*,7.
- [14] Shojaei.M.(2007)., Describe the Motivation of the Elite Soccer Players of Iran. *Research Quarterly of Olympic* .pp.38.
- [15] Silva,J.(1984),”Personality and sport performance: controversy and challenge”, *Psychological Foundations of Sport*.pp-59-69.Human Kinetics.
- [16] Skordilis, E.K.; Gavriilidis, A., Charitous, S., Asonitan (2003), *Percept Mot Skills*97(2):438-90.
- [17] Wartenberg, L., McCutcheon, L (1998), *JSB*, V2I N2 P2I. (3).