Relationship between motivational intensity and player's performance of Pakistani national sport

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ABSTRACT

The primary objective of the existing paper was to examine the relationship between motivational intensity and Players' Performance of Pakistani National Sport (field hockey) in social psychological approach. The secondary objective was to measure the field performance of hockey players on practical measures. The research methodology is based on both descriptive and inferential statistical approaches. Adopted survey questionnaire and field performance test measures were employed.A number of 296 national field hockey players of Pakistan were selected from national departments of field hockey as samples. The field performance tests and the relationships were analyzed through descriptive statistics and correlation analysis respectively. The results of the field performance tests were found weaker in technical skills and fitness capabilities of national field hockey players. However, the findings of the inferential analysis revealed that variables of motivational intensity have significant positive relationship with constructs of performance of field hockey players. The findings revealed that only reinforcement for achievements was found non-significant relationship with interpersonal skills and communication skills. The significance level was found at the 0.01 (2-tailed). The implications of the study were also discussed.

Key words: Social-Psychology; Player Performance; National Sport; Pakistan

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INTRODUCTION

Field hockey is one of the popular well known sports not only in Asia but also played in all continents of the world. Field hockey is a game where players contest face to face the rivals having similar act on the turf [1]. The physical demands of the field hockey have enlarged greater than before due both to amendments in the rules and playing surface [2, 3, 4]. The sport has become superb and fastest sport of the world due to the latest changes in its academic and practical structure. To attain a great concert in field hockey, players should be outshine in entirely these four areas; tactically, technically, mentally, and physically [1].

The awareness of issues influencing players' performance point out that experience, dexterity level, motivation holding situation are all central elements influencing the performance of players mainly in complex competitions [5]. Field hockey has been constantly raised as a sign of the nations [6]. The countries such as Holland, Australia, Netherlands, and Germany are considered as World leaders of this sport from the last two and half decades. Asian countries (Pakistan and India) have also been dominated the scene of World hockey.

According to the first constitution 1947, field hockey is known as Pakistan's national sport. The Pakistan team has performed terrifically and had been healthy challengers in the final of any international hockey event till 1994. Since the winning of world cup 1994, Pakistani field hockey could not stand at podium even passing two decades yet. The performance not only brought about the bad name but put the national sport under severe criticism. The current scenario of the sport is not worth mentioning.

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Pakistan dominated World field hockey during the 1980s, when they were the Asian, Olympic, and World Champions. However, there has been a sharp decline in the performance of team Pakistan since the time of mid 1990s and the Pakistani team has not won any significant event at an international level. Particularly, young field hockey players have troubled during training the technique, and therefore, they have not the victory experience required to raise the value of the training [7]. The sport demands the expertise of ball control, stick rapidity, striking power, and dribbling quickness [8].

This is worst bad time with Pakistani hockey that, even, the four (4) times world cup winner team could not qualify for the 13th world cup held in Netherlands 2014 [9,10,11]. Even though, the three (3) times Olympics champion Pakistan since its existence for first time in the history of Olympic Games could not qualify for the RIO Olympics 2016 [12]. Therefore, players have been playing under severe criticism due to not winning any significant title for the last two decades.

The poor performance of the team players not only brought about the bad name but put also the national sport under severe criticism. The emerging scenario of the present has made it an obligation for the research students to explore the realities on ground about the national sport. The study will investigate with the objective to find out the causes of decline in players' performance of Pakistani national sport through the social psychological factors.

The needs as well as intensity associated with exercise needed through team sports need a higher level of "mastery" amongst performing players and teams constantly [13]. The social settings, where the players perform, contribute an important part for strong success drive and keenness and generate encouraging motivational environment [1]. Motivation is a person's determination to engage somewhat [14]. A player's degree of motivation is likely to redirect the exertion communicate to a specific task. A player is going to be more motivated when extreme training can become a reason of painful side effects like fatigue and muscular soreness [4]. A coach's motivational design would also effect players' motivation indirectly [15]. On the other hand, coaches have the abilities to enhance confidence and internal drive of the players [1].

The players' struggles to examine their personal goals direct them to involve in social practices that facilitate to copy the present culture [16]. The goal primacies the coaches encourage, the approaches and standards they convey, and the nature of their communications with players could decidedly affect the belongings of the sport participation [17].The coach performs a vital role in the progress of players particularly during the practice settings through training strategies and thoughtful practice [1]. During the training practices, coach develops the performance capabilities of the players. They progressively improve the spiritual, social and emotive aptitudes of the players which consecutively enhance performance level. Motivation arises from a little need which leads to be able to behavior which results in a few forms of incentives once the need is accomplished, however, the incentives can either be intrinsic or extrinsic. Distinct meaning of the motivational intensity is that coaches originate by the design of rewards and punishments for particular player behaviors, like successful or unsuccessful exertion and performance [17]. Rewarding performances demonstrate the coaching actions that strengthen a player through knowing, admiring and rewarding his effort, development, and respectable performance [15].

The key objectives of the present study are:
i) To investigate to what extent are Pakistani sport institutions emerging in Pakistani field hockey players and measurement of players' performance needed to be successful in field hockey profession.
ii) To examine the relationship between motivational intensity and performance of national field hockey players of Pakistan.

MATERIALS AND METHODS

Participants
Two hundred and ninety six (296) field hockey players belonging to 14 national field hockey departments of Pakistan participated in current study. Two sampling methods as purposive and convenient sampling were used. The reason for purposive sampling was that the active field hockey players who had participated in National Games and they had a healthier sense of the problems about the sport as well. Secondly, convenient sampling was used due to available and willing to participate in the study. The age of players was between 21 to 28 years with the mean age of 24.65 years and the standard deviation 1.850.

Collecting the Data
With the permission of Pakistan Hockey Federation (PHF) management, the data was collected from the active National field hockey players at their respective departments. The data was collected in two ways as survey questionnaire and field performance tests. First, the data was distributed through survey questionnaires. Secondly,

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field performance tests were measured in the fields of play by field hockey experts (three former Olympians). The field performance tests were organized on their sport departments' fields of play because most of field hockey players were busy in their training camps. Seven cities of Pakistan were selected as Lahore, Faisalabad, Gojera, Rawalpindi, Islamabad, Karachi, and Peshawar for the purpose of data collection with altered dates and timings.

However, the survey questionnaires were distributed among the field hockey players at the time scheduled. Before one day of field performance tests, the survey questionnaires were distributed to field hockey players and they were said to report with filled questionnaires on next day at their fields of play for field performance tests. Because it was the demand of the research that survey questionnaires will only be considered valid if the players appear in the field performance tests.

Therefore, 296 field hockey players returned filled survey questionnairesbackand also appeared in field performance tests while 510 questionnaireswere distributed. Field performance tests were comprised of two sub-constructs; technical skills and fitness capabilities. Three former Olympians were hired who were agreed voluntarily to participate in to measure the technical skills and fitness capabilities of the field hockey players throughout the data collection procedure. These experts measured the technical skills and fitness capabilities of national field hockey players belonging to 14 national departments on specific dates on players own fields of play venues.

Instrumentation
Two instruments were used in collecting the data. The survey questionnaire consists of three sections; demographic information, motivational intensity, and performance of field hockey players. The demographic questions comprised of players' age, field hockey departments, education level, playing experience, National Games participation experience, and playing position. The questionnaire was prepared to find answers of research questions. The different scales for survey questionnaire were adapted of different researchers [18, 19, 20]and used after modification with the original authors' permission. Every possible effort is utilized to uphold the questionnaire understandable, informal, and concise to increase response rate and keeping in view of the mentality of the respondents. However, the scale for the measurement of technical skills and fitness capabilities of players was adopted [21] using in field performance tests.

RESULTS

Reliability Analysis
Reliability in quantitative research is basically a replacement for trustworthiness, uniformity, and constancy within time, within instruments, and within groups of respondents [22]. Cronbach's Alpha was employed for the reliability analysis. The tool shall be considered acceptable for further research if the alpha value range is higher than 0.7 [23]. All constructs were tested on 5-point Likert scale ranging from strong disagree (1) to strong agree (5). The Cronbach's Alpha reliability statistics of all variables is displayed in Table 1.

Table 1: Reliability Analysis of All Constructs (n-296)

Construct	Items	Alpha Score (α)	Overall Alpha (α)
Goals for Practice	9	0.84	
Practice Resources	4	0.74	.86
Reinforcement for Achievements	5	0.72	
Tactical Skills	4	0.70	
Interpersonal Skills	4	0.87	.93
Communicational Skills	4	0.85	
Technical Skills	5	0.80	.70
Fitness Capabilities	4	0.77	

As results exposed in the table mentioned above, the Cronbach's Alpha is counted 0.84 for goals for practice, 0.74 for practice resources, and 0.72 for reinforcement for achievements. The reliability test findings of tactical skills, interpersonal skills, and communicational skills are counted 0.70, 0.87, and 0.85 respectively of the survey questionnaire, while, technical skills and fitness capabilities constructs tested through field performance tests have Cronbach's alpha values counted 0.80 and 0.77 respectively. If the alpha value range is higher than 0.7, then the tool is considered reliable for further analysis [23]. However, the Cronbach's Alpha of all the variables with 296 subjects satisfied the described criteria with 'Good' reliability and continues for further analysis.

Descriptive Statistics
A number of 296 respondents between 21 to 28 years of age level participated in the current study. The mean age of the respondents was measured 24.65 years whereas, standard deviation noted 1.850.

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Field Performance Tests
Two major skills technical skills and fitness capabilities were measured through field performance tests.
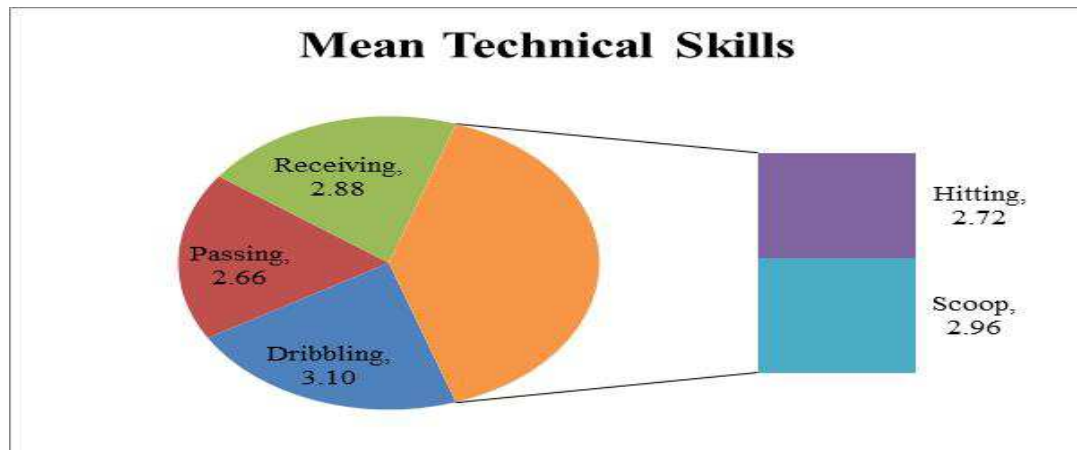

Figure 1: Illustrates the Mean Scores of Technical Skills of Field Hockey Players

Technical skills, comprised of dribbling, passing, receiving, hitting, and scoop the ball, were tested in fields of play practically by the experts. Of the 296 field hockey players, the mean score was calculated for technical skills of players in dribbling the ball (M=3.10; SD=.635), passing the ball (M=2.66; SD=.607), receiving the ball (M=2.88; SD=.749), hitting the ball (M=2.72; SD=.633), and scoop the ball (M=2.96; SD=.675) as displayed in Figure 1.

Fitness capabilities with four sub-skills as interval shuttle run test, linear speed test, agility test, and endurance capacity test were also tested in fields of play practically by the experts.
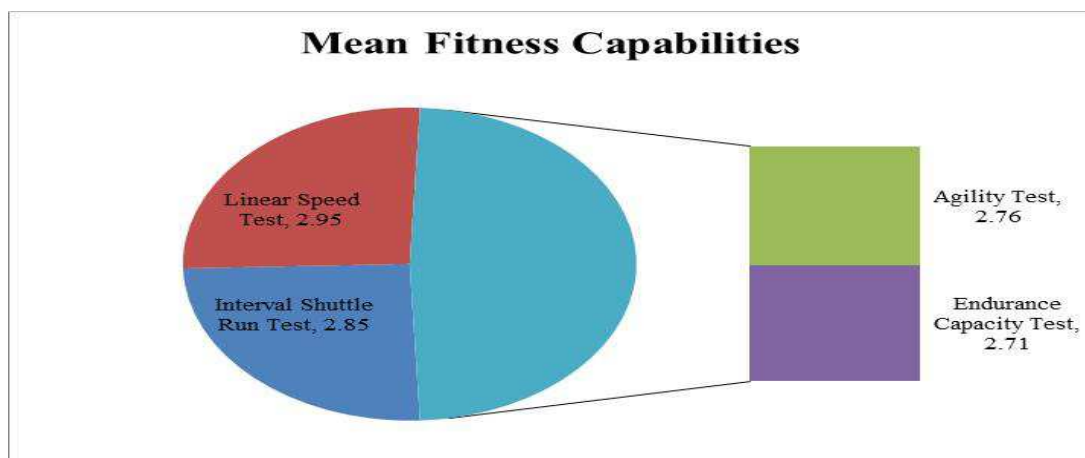

Figure 2: Depicts the Mean Scores of Fitness Capabilities of Field Hockey Players

Of the 296 players of field hockey, the mean and SD scores were presented for fitness capabilities in form of interval shuttle run test (M=2.85; SD=.702), linear speed test (M=2.95; SD=.753), agility test (M=2.76; SD=.674), and endurance capacity test (M=2.71; SD=.721) as reported in Figure 2.

Relationship between Motivational Intensity and Performance of Hockey Players
The results indicated that motivational intensity had a strong, significant, and positive correlation ($r = .89$, $p< .01$) between the performance of field hockey players of Pakistan as reported in Table 3.

Results shown in Table 3, exhibited that goals for practice had positive and significant correlation with tactical skills ($r = .75$, $p< .01$), interpersonal skills ($r = .93$, $p< .01$), and communicational skills ($r = .91$, $p< .01$). Results of correlation analysis showed that goals for practice had a strong, significantly positive relationship with tactical skills, interpersonal skills and communicational skills of hockey players. The results exposed in Table 2 that practice resources exposed also significant correlation with tactical skills, $r = .65$, $p< .01$, interpersonal skills ($r = .79$, $p< .01$), and communicational skills ($r = .77$, $p< .01$). The correlation analysis indicated that practice resources' was

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found a significant and positive relationship with tactical skills, interpersonal skills and communicational skills of field hockey players. The result of reinforcement for achievements was also significantly and positively correlated with tactical skills ($r = .15$, $p< .01$) and found weaker relationship between these two variables. However, reinforcement for achievements found positive but non-significant correlation with interpersonal skills ($r = .10$, $p< .08$) and communicational skills ($r = .08$, $p< .16$) as shown in Table 3.

The overall two variables correlated significantly among each other. The result indicated that motivational intensity had a strong, significant, and positive correlation ($r = .88$, $P<0.01$) with performance of field hockey players respectively.

Thus, alternative hypothesis (H1) is accepted due to empirical finding of correlation between motivational intensity and the performance of Pakistani national field hockey players proved the positive and highly significant relationship ($p = 0.01$).

Table 3: Correlations among Sub-Variables of the variables (n-296)

Variables	MI-GP	MI-PR	MI-RA	PP-TS	PP-IS	PP-CS
MI Goals for Practice (GP)	—					
Sig. (2-tailed)						
MI Practice Resources (PR)	.808**	—				
Sig. (2-tailed)	.000					
MI Reinforcement for Achievements (RA)	.233**	.096	—			
Sig. (2-tailed)	.000	.098				
PP Tactical Skills (PP-TS)	.753**	.651**	.153**	—		
Sig. (2-tailed)	.000	.000	.008			
PP Interpersonal Skills (PP-IS)	.926**	.785**	.103	.733**	—	
Sig. (2-tailed)	.000	.000	.076	.000		
PP Communicational Skills (PP-CS)	.905**	.772**	.082	.718**	.943**	—
Sig. (2-tailed)	.000	.000	.160	.000	.000	

*Note. ** Correlation is significant at the 0.01 level (2-tailed).*

DISCUSSION AND CONCLUSION

The result of field performance tests of players revealed weaker in technical skills (dribbling, passing, receiving, hitting, and scoop) and fitness capabilities (interval shuttle run, linear speed, agility, and endurance capacity). Dribbling was only the skill in which players performed average (mean 3.10 and standard deviation .635). The overall skills of field hockey players were found low and did not meet the national standards and afterward international. This may be one of the reasons that field hockey players had been provided least opportunities of sport coaching for skills development from their departments that could not motivate them properly.

The findings of the current study revealed significant relationship of all performance of players' variables with the motivational intensity's variables of goals for practice, practice resources, and reinforcement for achievements. However, considering in the findings, it was revealed that strong association found based on the Pearson's *r* between the performance scores of tactical skills, interpersonal skills, and communicational skills of field hockey players and goals for practice. Tactical skills depend on a variety of intellectual capabilities, containing awareness of the game, its aims and movements, awareness of observing skills, and awareness of movements inside the setting of the game [24]. The reason for strong relationship may be behind this that players of field hockey are intrinsically motivated in setting their goals for practice.

The findings reported that practice resources established strong relationship with all variables of performance of field hockey players. The setting in the games such as soccer and field hockey modifies continuously, decisions should be done rapidly and precisely demanding decent tactical skills [25]. This may be the reason behind the strong association that the practice resources utilized by players of field hockey are in approach accessibly on priority basis. Players are further motivated once they get advantage from appropriate training environments. However, the finding showed that there is a need to increase more accessibility of practicing resources in Pakistani national departments of field hockey.

The findings of the study revealed in contrast to the above two motivational intensity variables, reinforcement for achievements construct had non-significant relationship with both interpersonal skills and communicational skills however found positive. Hence, reinforcement for achievements had only significant relationship with tactical skills of players,but the relationship was reported too weak. However, the findings revealed that the reinforcement may be very little by the coaches and the management on the achievements of field hockey players. The management might not be rewarded to players with incentives, prizes, and job promotions at the victory for their appreciation. The reason for not performing well in field may not have any stimulation for the players. If performance of field hockey

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players is straight related to their stimulation thus, the incentives are related to the management of the departments as well. In investigating the association of performance with motivation, the result of Chantal, Guay, Dobreva-Martinova, and Vallerand study revealed that extrinsic motivation found positive linked to players' performance. Therefore, the mixture of these variables cannot be overlooked [26].

However, the management should have to provide incentives/initiative for the stimulation of field hockey players to develop the performance levels among players as well. The results of the study of Gillet, Vallerand, Amoura, and Baldes [27] illustrated that as much the players observed their coach to be helpful, as much their level of motivation for performing their sport movement was strong-minded. Consequently, sport departments should work for due consideration of players and reflect in a broad sense through emerging approaches for the field hockey sport. Actually, field hockey players feedback may also be contemplate for developments as well as in emerging approaches. While intrinsically motivated players are encouraged to perform either for the exciting or challenge involved instead of external stimulates, forces, or rewards [28]. However, sport departments should remember that players' contribution is needed to achieve the successes through this approach. The results verify the findings through prior studies of motivational intensity and performance of players.

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