



## Intrinsic motivation: An analysis for elite Pakistani athletes of various major sports and games

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### Abstract

The purpose of this article is to provide an insight and overview of what is known about intrinsic and extrinsic motivation in sports. The article focuses on the assessment of intrinsic and extrinsic motivation in Pakistani sports setup. It then provides a discussion on the determinants and outcomes of intrinsic and extrinsic motivation. The present research entitled "Intrinsic and extrinsic motivation for Pakistani elite athletes" was conducted to study the importance of intrinsic and extrinsic motivation supported by previous research studies for sports performance. The research was conducted to keep in mind the worst performance of Pakistani athletes in Olympics games since 1948. Examining these basic ideas help to understand the behavior of Pakistani athletes. As mentioned above, we consider that it was essential to go further than the Fortier and colleagues' (1995) effort by counting athletes' insight of self-sufficiency, capability and relatedness in order to observe the relationships between intrinsic & extrinsic motivation. It was hypothesized that overall "motivation will positively contribute to the development of sports performance".

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### Introduction

The study of motivation is a seeking for the causes of behavior—why do people behave as they do? Motivation is usually viewed as perhaps only to skill ability as a factor in sport success; there are many individuals who might give motivation the gold star ranking. Motivation is considered the intangible that makes the difference between winning and losing. Talent is very much important but competitors are equal in ability, motivation and self-confidence can provide the margin of victory. Woodworth and Schlosberg, (1954) spoke of ability and motivation are factors in performance, and if either of them is entirely lacking, the performance does not occur. Ability is like a machine which cannot do its work unless power is applied. Frost (1971) says that "motivation" has to do with the various factors which control behavior."

After interviewing from many colleges and professional athletes who were participating in a number of different sports, Frost concluded that "personal pride was the primary factor that drove athletes to high level of competition". In their application of Skinnerian psychology to sport and physical education, Rushall and Siendentop presented an entirely different justification of the theory of motivation. Following Skinner, they say "Motivational explanations of behavior are of limited usefulness". (Rushall & Siendentop, 1972). To study the psychological definitions of motivation, Charles Cofer (1972), a leading authority, says "motivation signifies the causes or the 'why' of action". Cofer hypothesizes a significant relationship between motivation and influence during the twentieth century, has not defined motivation. Being an intellectual determinist, Skinner does not think that it is important. Perhaps Skinner's intellectual determinism is best communicated in his statement: "Humans are extremely unusual in

different environment, and possibly only because of the environment" (Skinner, 1971). Psychological desires and Intrinsic Motives: The core concepts of intrinsic motivation firstly investigated in the 70's Deci, 1971, 1972a, 1972b; Kruglanski, Friedman, & Zeevi, 1971; Lepper, Greene, & Nisbett, 1973). During that time the hypothesis was well documented in the field of investigational psychology. The concept of intrinsic motivation White, (1959) proposed that people connected with the activities just for the sake of gaining experience or enhancing self-ability. The other concept made by deCharms, (1968) that people might engaged in the activities to give respect to their own action and feel comfortable by performing self-interest activities. Later, Deci (1975) pointed out that intrinsically motivated activities reflect to fulfill the needs of the peoples. Skinner, (1953) made the statement that all cultured behaviors caused by the reinforcement, whereas the definition of the intrinsic motivation indicated that the intrinsically motivated attitude does not based on reinforcement because taking part in the activity itself is rewarding for the intrinsically motivated person. Hull's (1943) argued that the psychological needs and desire force the person to do something to fulfill required approaches and this act is the exact purpose to acquire the essential psychological wants and desire. These perceptions are counterpart with each other and the basic idea behinds these concepts that some behavior do not need any kind of support as given in the definition of intrinsically motivated behavior Deci, (1971). Motivational measures give only direction to fulfill the person's psychological needs. Apart from the two above mentioned factors there is still ambiguity about whether person's interest or needs are the crucial characteristics of intrinsic motivation. It was assumed by the researchers that all human being are in nature an energetic and have the tendency towards the development of require performances successfully. The intrinsic



motivation deals with the firm commitment with the performing task and people find happiness.

**Background**

Since their first-ever participation in the London Olympics in 1948, Pakistan have prospered in winning just 10 medals in 64 years — a performance which can easily be named disgraceful, unsatisfactory and intolerable by any measure and by any critic of sports anywhere around the world. Three of the 10 medals have been gold-plated and all were won in hockey.

As many as 515 Pakistani sportsmen have till date represented their country in the Olympics. While 83 Pakistani sportsmen had failed to win any medal at the 1948 London Olympics and at the 1952 Helsinki games, the 62-member national squad managed a silver medal at the 1956 Melbourne Olympics, where the hockey stars had gone into the finals against the triumphant Indians — who had ended up clinching the top honors with a 1-0 margin. The 49-member Pakistani squad then went on to win its first-ever gold medal at the 1960 Rome Olympics by crushing all over their arch-rivals India under captain Abdul Hameed ‘Hameedi’, Sabir Shah., (2012). Pakistan crashed out of the London Olympics 2012 without a medal, M Ilyas Khan., (2012). It’s a high time to motivate national athletes intrinsically.

**Objective of the study**

The objective behind the current examination was to examine the relationship between intrinsic and extrinsic motivation. Furthermore to enhance the intrinsic motivation among the Pakistani elite athletes

**Participants**

The selected population of this study was the Pakistani elite athletes belong to various sports and games. They represent their teams at national and international level competitions. Demographically they belong to different four provinces of Pakistan and they were selected on the basis of sports performance. Three hundred and seventy 370 athletes (135 females and 235 males; Mage = 24.53 years, SD= 5.498) participated in this study. Participants were involved from ten different sports. The data showed that out of total 370 players, 18 players are from Baluchistan (4.9%), 31 from the N.W.F.P (8.4%), 223 from the province Punjab (60.3%) and 98 from the province of Sindh (26.5%).

**Sample**

The Sample for this study consisted of sportsman including 370 Men/Women from different sports like athletic, badminton, boxing, cricket, football, hockey, karate, squash, table tennis and wrestling. These athletes’ took part in the various national and international level competitions and belongs to different cultures, backgrounds and associated with different sports teams were randomly selected from the four provinces of Pakistan. Each individual male and female player was selected on the basis of his current performance and involvement in his particular sports by considering their future scope on the basis of current level of participation.

**Measurement**

In order to collect the data, questionnaires were selected to evaluate the player’s motivation through Sports Motivation Scale (SMS) and trait sport confidence through Trait Sports Confidence inventory. The Sports Motivation Scale (SMS) evaluates athlete’s motivation for employing them in sports activities. The “Sports Motivation Scale” (SMS) designed by Pelletier, L. G., Fortier, M. S., Vallerand, R. J., Tuson, K. M., Brière, N. M., &Blais, M. R. (1995). It contain of 28 items with a reply type of “Does not communicates atall”, “communicates a little”, “communicates moderately”, “communicates a lot”, and “communicate accurately with a statistical design of 1 – 7 evaluated on a 7-point Likert Scale.. It evaluates 7 types of motivation: intrinsic motivation toward knowledge, accomplishment and stimulation, as well as external, introjected and

identified regulations, and amotivation. The scale has 28 items (4 items for each of the 7 sub-scales).

**Data analysis**

The “Sport Motivation Scale” SMS.Brière, N.M., Vallerand, R.J., Blais, M.R., & Pelletier, L.G. (1995) and “Trait Sports Confidence Inventory” TSCI.Vealey, R. S. (1986) have been selected to conduct the present study. For data analysis Anova, Post Hoc, Correlations and Regression has been carried out. The values are significant at 0.00 alpha levels.

**Table 1: Frequency Table of Player’s Age**

Characteristics	Age
N	370
Mean	24.53
Median	23.50
Std. Deviation	5.498
Minimum	15
Maximum	44
Percentile	
25	20.00
50	23.50
75	28.00

From the data of 370 Pakistani sports players’ male/females, the Mean age of the players is 24.53 and Median is 23.50 with the Std. Deviation 5.498. The minimum age is 15 year and the maximum age is 44 years. The percentile is 20.00, 23.50, and 28.00 respectively.

**Table 2: Descriptive on Intrinsic & Extrinsic Motivation**

Characteristics	Intrinsic Motivation	Extrinsic Motivation	Sport Motivation scale
N	370	370	370
Mean	72.22	70.95	156.79
Median	74.00	72.00	158.00
Std. Deviation	7.423	7.320	13.779
Minimum	40	39	92
Maximum	84	84	185
Percentile			
25	68.00	67.00	149.00
50	74.00	72.00	158.00
75	78.00	76.00	166.00

**Intrinsic motivation**

The Mean of player’s Intrinsic Motivation is 72.22 and Median is 74.00 with the Std. Deviation 7.423. The minimum score of IM is 40 and maximum score is 84 with the percentile of 68.00, 74.00 and 78.00 respectively.

**Extrinsic motivation**

The Mean of player’s Extrinsic Motivation is 70.95 and Median is 72.00 with the Std. Deviation 7.320. The minimum score of EM is 39 and maximum score is 84 with the percentile of 67.00, 72.00 and 76.00 respectively.

**Table 3: Descriptive on different sports player’s Sports Motivation**

Sport	N	Mean	Std. Dev	Max	Min
Athletics	20	144.80	15.543	111	183
Badminton	40	160.03	9.153	142	177
Boxing	32	149.73	21.485	92	183
Cricket	40	168.80	3.156	158	175
Football	35	155.10	11.145	129	175
Hockey	81	153.28	14.465	119	185
Karate	22	162.14	8.857	125	180
Squash	40	155.75	4.593	148	163
Table Tennis	40	155.60	7.632	141	170
Wrestling	20	166.23	13.427	144	184
Total	370	156.79	13.779	92	185

To study the Sports Motivation Scale (SMS) level of the Pakistani players the researcher selected 20 players from athletics. The sports motivation Mean score of the athletic players is 144.80 which is the lowest mean among the rest of the 09 other sports with the Std.



Deviation of 15.543. The minimum score of the athletic players is 111 and the maximum score is 183. The Mean score of the 40 badminton player's Sports Motivation Scale is 160.03 which is the fourth highest Mean among the rest of the sports players with the Std. Deviation of 9.153. The minimum and maximum score of badminton players is 142 & 177 respectively. The Mean score of the 32 boxing player's Sports Motivation Scale is 149.73 with the Std. Deviation of 21.485. The minimum and maximum score of boxing players is 92 & 183 respectively. The Mean score of the 40 cricket player's Sports Motivation Scale is 168.80 which is highest among rest of the 09 other sports players Mean with the Std. Deviation of 3.156. The minimum and maximum score of cricket players is 158 & 175 respectively. The Mean of the 35 football player's Sports Motivation Scale is 155.10 with the Std. Deviation of 11.145. The minimum and maximum score of football players is 129 & 175 respectively. The Mean of the 81 hockey player's Sports Motivation Scale is 153.28 with the Std. Deviation of 14.465. The minimum and maximum score of hockey players is 119 & 185 respectively. The Mean of the 22 karate player's Sports Motivation Scale is 162.14 which is third highest among the 09 other sports, players with the Std. Deviation of 8.857. The minimum and maximum score of karate players is 125 & 180 respectively. The Mean of the 40 squash player's Sports Motivation Scale is 155.75 with the Std. Deviation of 4.593. The minimum and maximum score of squash players is 148 & 163 respectively. The Mean of the 40 table tennis player's Sports Motivation Scale is 155.60 with the Std. Deviation of 7.632. The minimum and maximum score of table tennis players is 141 & 170 respectively. The Mean of the 20 wrestlers Sports Motivation Scale is 166.23 which is second highest among the rest of other 09 sports, players Mean with the Std. Deviation of 13.427. The minimum and maximum score of wrestler's is 92 & 184 respectively. The Mean of the total 370 players of all sports Motivation Scale is 156.79 with the Std. Deviation of 13.779. The minimum and maximum score of ten sports players is 92 & 185 respectively.

**Table4:** One Way ANOVA Level of Intrinsic Motivation among the Players of Four Provinces of Pakistan

Source of Variation	Sum of squares	df	Mean squares	F	Sig.
Between Groups	481.615	3	160.538	2.960	.032
Within Groups	19849.088	366	54.232		
Total	20330.703	369			

F= 2.960 (P=0.032) shows that there is significance difference among four provinces on intrinsic Motivation level.

**Table 5:** One Way ANOVA Level of Intrinsic Motivation among the Players of Four Provinces of Pakistan

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Within Groups	19849.088	366	54.232		
Total	20330.703	369			

F= 2.960 (P=0.032) shows that there is significance difference among four provinces on intrinsic Motivation level.

**Table 6:** Post Hoc Tests Multiple Comparisons of Intrinsic Motivation Scores among the Pakistan's Provinces

(I)Province	(J) Provinces	Mean Diff (I-J)
Baluchistan	Khyber Pakhunkhwa	2.627*
	Punjab	1.500
	Sindh	1.025
KhyberPukhtunkhwa	Punjab	-1.127
	Sindh	-1.602
Punjab	Sindh	-.475

Intrinsic Motivation level of Baluchistan and Khyber Pukhtunkhwa is significantly different, but Intrinsic Motivation level of Baluchistan is same as compared to Punjab and Sindh, whereas KP is same in Punjab & Sindh. The Intrinsic Motivation of Punjab and Sindh players are same.

## Conclusions and recommendations

The promoting factors that strengthen intrinsic motivation in sports insights of autonomy and individual proficiency will foster sports motivation particularly, intrinsic motivation and ultimately develop sport presentation (Edmunds, Ntoumanis, & Duda, 2006; Whitehead, 1993; Wilson & Rodgers, 2004). The current research study results proposed that accepting to athletes' emotional situations is likely to guard the potentially depressing effects of amotivation. The study outcomes include significant difference between the people of both sexes in intrinsic motivation variables: ability to learn skills, and physical presentation. In addition both male and females, foundation of intrinsic motivation were directly related to a player's task orientation, task climate, and professed ability. Both sexes' basis of sport intrinsic motivation were exposed to be efficiently calculated by a player's task direction motivation, (Vealey, 1998), task climate, and self-perceived ability (Wu & Chi, 2000), such results are in line with outcomes of numerous earlier done researches (Shane, 2000); The current study indicated that the participation in task oriented activities got good results towards the development of motivation of the Pakistani athletes. The athletes who were involved in task oriented activities during training sessions, esteemed input (comprising effort towards excellence and learning new techniques) more than the success and failure outcomes. The importance of the task oriented activities would have a positive effect on both sport motivation and the sport self-confidence.

Further research in this field may discover extra motivation results, like cognitive development of the athletes such as length of concentration period and stage of learning process (Ntoumanis, 2001). Furthermore further research is very much essential into the knowledge of amotivation to keep away from unconstructive results including stress prior to competition, fear of failure and unsuitable finishing. Potential research in the Pakistani sport domain, sport-related motivation and sport-related confidence level may examine chronological outcome of different kinds of motivational atmosphere on basis of sport confidence (attempt and presentation as well as on cognitive nervousness state nervousness and pleasure. It is anticipating through the current study that the present recommendations would tender some scope for researchers who may desire to work with Pakistani sportsmen/women/coaches to investigate the relationships between sport motivation and sports related self-confidence.

The submission of this study would help to train Pakistani athletes mentally for better performance is clear. The technique of training is carried out has a firm belief on the wellbeing of the athletes, and maybe on their active participation. Preparation setting where coaches uphold the self-sufficiency of athletes by paying attention to their uneasiness and meet the needs where athletes practice well linked to teammates, and where they get some optimistic capability responses are likely to help athletes to get experience, optimistic feeling be more eager to excel and have superior and have extra firm self-worth using a self-sufficiency helpful style to coach. Athlete might have straight advantages on how the athletes experience in terms of capability and self-sufficiency but also this style might influence the mood of the training environment, including how athlete interconnect with one each other. The athletes probably will sense not only that they are capable and can make up to date alternative but that they are also component of our joined group of friendly people. The researcher also proposes that when athletes train for self-sufficient intention and when their needs are hold up by their teammates and coaches during training, they may well train in a method that will decrease the danger for injury and be exhausted. At the same time, the current study highlights the significance of given assistance for athlete's psychological desires as an essential piece of preparation that coaches should forever remain in mind during coaching. This research furthermore suggests an amusingly affluent set of novel thoughts that could be more investigating the Pakistani athlete's psychological requirements.



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