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A comparative analysis of intrinsic, extrinsic, amotivation between Indian male and female volleyball players of 12th south Asian games

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Abstract

The purpose of the study was comparison of intrinsic, extrinsic, amotivation, between India male and female Volleyball players. To obtain data for this for this study the researcher had selected the subject from 12th South Asian Games 2016, which was organized by India in Guwahati (Assam). Total 24(twenty four) male and female Volleyball players, 12 players of Indian male and 12 player of Indian female were (20-35 years of age) selected. The selected variable intrinsic, extrinsic, amotivation. The obtained data were analyzed by applying independent't' test in order to comparison of intrinsic, extrinsic, amotivation differential between India male and female Volleyball players. The level of significant was set at 0.05. The motivation score of the subjects was obtained by using sports motivation scale (sms28) developed by Luc G. Pelletier, Michelle Fortier. There was no significant difference of intrinsic, extrinsic, amotivation between India male and female Volleyball players because the calculated value 1.827,0.44,0.536 is less than the table value 2.074 at 0.05 level of significance. It could happen due to the same duration of training, or may be due to the same kind of exposure, equal experience, very good skill ability, both are mentally tough and highly motivated to win gold medal in 12th South Asian Games.

Keywords: intrinsic, extrinsic, amotivation, male and female Volleyball players

1. Introduction

Motivation refers to “the reasons underlying behavior” (Guay *et al.*, 2010, p. 712) ^[1]. Paraphrasing Gredler, Broussard and Garrison (2004) ^[3] broadly define motivation as “the attribute that moves us to do or not to do something” (p. 106). Intrinsic motivation is motivation that is animated by personal enjoyment, interest, or pleasure. As Deci *et al.* (1999) ^[12] observe, “intrinsic motivation energizes and sustains activities through the spontaneous satisfactions inherent in effective volitional action. It is manifest in behaviors such as play, exploration, and challenge seeking that people often do for external rewards” (p. 658).

Motivation plays a key role in any given activity or task, stated by “Sage states as the direction and intensity of ones efforts” (cited by Sewell, Watkins and Griffin, p.355), referring to the drive to take part in some form of activity and persisting in that activity. Weiss (1992) ^[13] and Weinberg (1995) ^[6] argued that this definition is too simplistic (cited by Wesson, Wiggins, Thompson and Hartigan, p.576). This essay aims to define and evaluate the three main types of motivation and their consequences in terms of participation within sport and physical activity. Motivation itself can be categorized into three types: amotivation, extrinsic motivation and intrinsic motivation

The first type of motivation is amotivation, and occurs when an individual has very low levels of motivation towards any given task. The individual will display neither intrinsic nor extrinsic based behavior (O'Connor & Vallerand 1989) ^[7]. From a sporting perspective, an amotivated athlete will not know why they participate in their sports. In addition they won't find any benefits from participation in their sport or physical activity.

The second type of motivation is extrinsic motivation. Defined by Honeybourne (2005, p.81) ^[9] as “the drive that is caused by motives that are external or environmental.”

Extrinsic motivation is similar to intrinsic motivation in terms of self-determinism. According to Decia and Ryan (1991) [14] there are four types of extrinsic motivation: External regulation, Introjected regulation, Identified regulation and Integrated regulation. Finally, is intrinsic motivation; Gill (2005 p.80) [15] defines this as the “internal drive that people have to participate or to perform well in sport” cited (Honeybourne, 2005) [9]. This internal drive Gill discusses can be broken down into three parts: knowledge, accomplishment and stimulation. The knowledge aspect of intrinsic motivation reflects the need to learn new skills (Cox. 2007) [10]

2. Objective of the study

The objective of the present study was to investigate intrinsic, extrinsic, amotivation among male and female Volleyball players of 12th South Asian Games.

3. Methodology

The following methods were applied for the said study as described below:

3.1 Selection of Subjects

For the purpose of present study 24 Volleyball players (12 players of India male, 12 players of India female) were selected from 12th South Asian Games which was held in Guwahati, Assam.

3.2 Tool Used

The motivation score of the subjects was obtained by using sports motivation scale (sms28) developed by Luc G. Pelletier, Michelle Fortier.

3.3 Hypothesis

It was hypothesized that there may be significant difference in intrinsic, extrinsic. Amotivation between India male and female Volleyball players.

3.4 Procedure

Total 24 male and female Volleyball players (20-35 years of age) selected from South Asian Games-2016 which was organized by India in Guwahati (Assam). The selected variable was intrinsic, extrinsic, amotivation. After obtaining approval for the human subjects protocol from the tournament organizer, prospective team coaches were contacted about the taken the data.

3.5 Measures

Sport motivation scale (SMS; Pelletier *et al.*, 1995) [16] the scale was designed to assess individuals 'level of motivation towards sport, using the self-determination theory framework. Participants reported the extent to which the listed reasons for practicing their sport corresponded with their own personal reasons. Participants' motivation was assessed using a 7-point Likert scale ranging from 1 (Does not correspond at all) to 7(Corresponds completely). The scale consisted of the 28 items measuring seven factors (three types of intrinsic motivation, four types of extrinsic motivation, and amotivation).

3.6 Statistical Technique

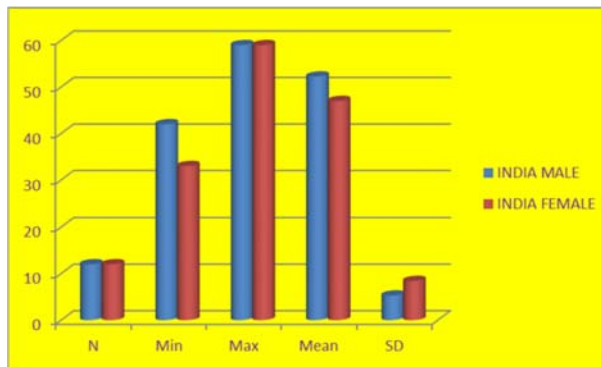
The obtained data were analyzed by applying independent 't' test in order to comparison of intrinsic, extrinsic, amotivation differential between India male and female Volleyball players. The level of significant was set at 0.05.

4. Results

Table 1: Comparison of intrinsic motivation between India male and female Volleyball Players

Team	N	Min	Max	Mean	SD	'T'
India Male	12	42	59	52.25	5.29	1.827
India Female	12	33	59	47.00	8.43	

't'(2, 22) = 2.074

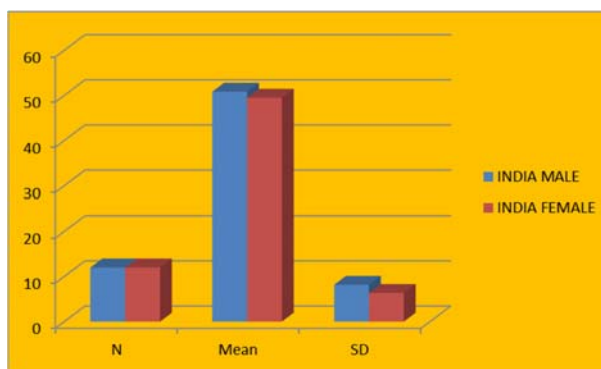


From the above table-1, It is revealed that there was no insignificant difference in case of intrinsic motivation test as calculated 't' value [1.827] was less than tabulated 't' value [2.048] at 0.05 level of significance. Thus it may be concluded that there was no insignificant difference between India male and female Volleyball players related to intrinsic motivation test, in which mean intrinsic motivation test is insignificantly higher for Indian male and female Volleyball players at 0.05 level of significance. The finding of the table 1 are presented above in fig. 1

Table 2: Comparison of extrinsic motivation between India male and female Volleyball Players

Team	N	Min	Max	Mean	SD	't'
India Male	12	42	65	50.83	8.17	.446
India Female	12	33	59	49.50	6.36	

't'(2, 22) = 2.074

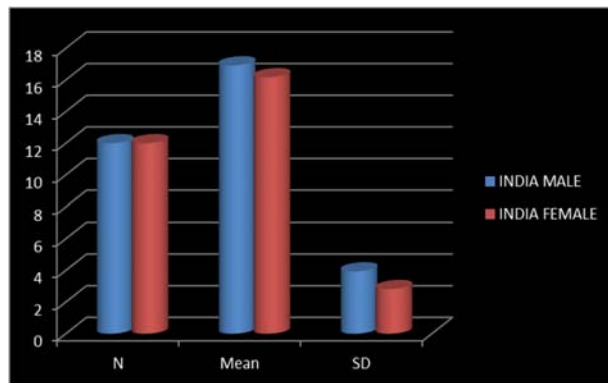


From the above table-2, It is revealed that there was no insignificant difference in case of intrinsic motivation test as calculated 't' value [.446] was less than tabulated 't' value [2.048] at 0.05 level of significance. Thus it may be concluded that there was no insignificant difference between India male and female Volleyball players related to extrinsic motivation test, in which mean extrinsic motivation test is insignificantly higher for Indian male and female Volleyball players at 0.05 level of significance. The finding of the table- 2 are presented above in fig. 2

Table 3: Comparison of amotivation between India male and female Volleyball Players

Team	N	Min	Max	Mean	SD	't'
India Male	12	9	22	16.92	3.94	.536
India Female	12	10	20	16.17	2.82	

't'_(2, 22) = 2.074



From the above table-3, It is revealed that there was no insignificant difference in case of intrinsic motivation test as calculated 't' value [.536] was less than tabulated 't' value [2.074] at 0.05 level of significance. Thus it may be concluded that there was no insignificant difference between India male and female Volleyball players related to Amotivation test, in which mean Amotivation test is insignificantly higher for Indian male and female Volleyball players at 0.05 level of significance. The finding of the table- 3 are presented above in fig. 3

5. Discussion of finding

The insignificant difference in intrinsic, extrinsic, amotivation between Indian male and female may be due to the reason that due to the same duration of training and equal experience, very good skill ability, both are mentally tough and highly motivated to win gold medal in 12th South Asian Games. In addition, Indian male and female players get a similar kind of exposure which also must be a contributing factor in the insignificant difference

6. Conclusion

Within the limitation of the study the following conclusion may be drawn

1. There is no significant difference in case of intrinsic motivation between India male and female Volleyball players.
2. There is no significant difference in case of extrinsic motivation between India male and female Volleyball players.
3. There is no significant difference in case of amotivation between India male and female Volleyball players.

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