



ISSN Print: 2394-7500  
ISSN Online: 2394-5869  
Impact Factor: 8.4  
IJAR 2021; 7(8): 128-130  
www.allresearchjournal.com  
Received: 05-06-2021  
Accepted: 15-07-2021

**Rakesh Chander Rai**  
Research Scholar, Department  
of Physical Education,  
University of Lucknow,  
Lucknow, Uttar Pradesh,  
India

## Role of motivation in performance enhancement of youths

**Rakesh Chander Rai**

### Abstract

This essay puts emphasis on how the motivation level of the teen sports players plays an important role in the performance enhancement of the teen sports players. It is an established fact that any activity or job is done only and only because of a motivating factor behind it, for others it may be money, fame, sense of achievement, social inclusion, enjoyment, for a sports players it can be boosting his career prospects, winning the tournament, reaching his potential performance, winning the medal to get a sense of joy and national pride and money at times. The higher the motivation, the higher the performance is the rule of thumb that is often played out in the game of sports. These is a need of extra boost up for times demanding high level of performance which is given by the motivation and there are times when the players do not feel like practicing or playing at all, they need to adequately motivated at all times to keep their vision on their goals and ensure they practice regularly and sufficiently and making them ready for the extra push that is often needed to reach their potential.

**Keywords:** motivation, enhancement of youths, potential

### Introduction

Motivation as it is understood is the key factor of sports and plays a very significant role in ensuring high performance. There is sufficient evidence available that proves that the high achievers in the sports sector and the top notch athletes have high levels of motivation as the sole factor behind their enormous success. So there is a need to realize that the sports players, particularly the teen have to be approached with a nourished mindset, health set, heart set and soul set ensuring they are motivated. The factors that motivate the player need to be found out and be implemented on a personal level by the coaches or the trained sports psychologists. These factors may differ from person to person but the process is relatable for nearly everyone.

### Defining motivation

Motivation can be defined simply as the direction and intensity of one's effort. Sport and exercise psychologists can view motivation from several specific vantage points, including achievement motivation, motivation in the form of competitive stress (see chapter 4), and intrinsic and extrinsic motivation (see chapter 6). These varied forms of motivation are all parts of the more general definition of motivation. Hence, we understand the specifics of motivation through this broader, holistic context, much as a football coach views specific plays from the perspective of a larger game plan or offensive or defensive philosophy, but what exactly do these components of motivation, direction of effort and intensity of effort involve?

The direction of effort refers to whether an individual seeks out, approaches, or is attracted to certain situations. For example, a high school student may be motivated to go out for the tennis team, a coach to attend a coaching clinic, a businesswoman to join an aerobics class, or an injured athlete to seek medical treatment.

Intensity of effort refers to how much effort a person puts forth in a particular situation. For instance, a student may attend physical education class (approach a situation) but not put forth much effort during class. On the other hand, a golfer may want to make a winning putt so badly that he becomes overly motivated, tightens up, and performs poorly. Finally, a weightlifter may work out 4 days a week like her friends yet differ from them in the tremendous effort or intensity she puts into each workout.

**Corresponding Author:**  
**Rakesh Chander Rai**  
Research Scholar, Department  
of Physical Education,  
University of Lucknow,  
Lucknow, Uttar Pradesh,  
India

### **Relationship between direction and intensity**

Although for discussion purposes it is convenient to separate the direction from the intensity of effort, for most people direction and intensity of effort are closely related. For instance, students or athletes who seldom miss class or practice and always arrive early typically expend great effort during participation. Conversely, those who are consistently tardy and miss many classes or practices often exhibit low effort when in attendance.

### **Why is Motivation Important?**

Why is it important to understand motivation? Why do we care about what people want and why they want it? How about because it can improve our lives.

Understanding motivation gives us many valuable insights into human nature. It explains why we set goals, strive for achievement and power, why we have desires for psychological intimacy and biological sex, why we experience emotions like fear, anger, and compassion.

Learning about motivation is valuable because it helps us understand where motivation comes from, why it changes, what increases and decreases it, what aspects of it can and cannot be changed, and helps us answer the question of why some types of motivation are more beneficial than others.

Motivation reflects something unique about each one of us and allows us to gain valued outcomes like improved performance, enhanced well-being, personal growth, or a sense of purpose. Motivation is a pathway to change our way of thinking, feeling, and behaving.

### **Benefits of Motivation**

Finding ways to increase motivation is crucial because it allows us to change behavior, develop competencies, be creative, set goals, grow interests, make plans, develop talents, and boost engagement. Applying motivational science to everyday life helps us to motivate employees, coach athletes, raise children, counsel clients, and engage students.

The benefits of motivation are visible in how we live our lives. As we are constantly responding to changes in our environment, we need motivation to take corrective action in the face of fluctuating circumstances. Motivation is a vital resource that allows us to adapt, function productively, and maintain wellbeing in the face of a constantly changing stream of opportunities and threats.

### **Types of motivation**

#### **Extrinsic Motivation**

Is any source of motivation more potent or more effective in motivating people than the other? Are people primarily motivated by internal motives or by external rewards, or are people driven equally by internal and external triggers?

Human motives are complex, and as social creatures, we are embedded into our environment, and social groups are often an important source of influence through the presence of rewards and considerations of potential consequences of our choices on those around us.

Self-Determination Theory (SDT) explains how external events like rewards or praise sometimes produce positive effects on motivation, but at other times can be quite detrimental. The hidden cost of certain types of rewards is that they undermine intrinsic motivation by decreasing the sense of autonomy and competence.

### **Intrinsic Motivation**

Intrinsic motivation is inherent in the activities we perform for pure enjoyment or satisfaction. We engage in intrinsically motivated behavior because we want to experience the activity for its own sake. Unlike extrinsically motivated behavior, it is freely chosen.

Intrinsic motivation can be driven by curiosity, which is linked to a desire to know and motivates us to learn and explore our environment for answers. Intrinsic motivation can also come from the need to actively interact and control our environment. The effectance motivation theory explains how intrinsic motivation drives us to develop competence.

Finally, Allport's concept of the functional autonomy of motives explains how behavior originally performed for extrinsic reasons can become something to perform for its own sake (1937).

Motivation is the foundation of all athletic effort and accomplishment. Without your desire and determination to improve your sports performances, all of the other mental factors, confidence, intensity, focus, and emotions, are meaningless. To become the best athlete you can be, you must be motivated to do what it takes to maximize your ability and achieve your goals.

Motivation, simply defined, is the ability to initiate and persist at a task. To perform your best, you must want to begin the process of developing as an athlete and you must be willing to maintain your efforts until you have achieved your goals. Motivation in sports is so important because you must be willing to work hard in the face of fatigue, boredom, pain, and the desire to do other things. Motivation will impact everything that influences your sports performance: physical conditioning, technical and tactical training, mental preparation, and general lifestyle including sleep, diet, school or work, and relationships.

### **How to develop motivation for teen sports players**

**Focus on your long-term goals:** To be your best, you have to put a lot of time and effort into your sport. But, as I noted above, there are going to be times, the Grind, when you don't feel that motivated.

When you feel this way, focus on your long-term goals. Remind yourself why you're working so hard. Imagine exactly what you want to accomplish and tell yourself that the only way you'll be able to reach your goals is to continue to work hard.

Try to generate feelings of inspiration and pride that you will experience when you reach your goals. This technique will distract you from the discomfort of the Grind, focus you on what you want to achieve, and generate positive thoughts and emotions that will get you through the Grind.

**Have a training partner:** It's difficult to be highly motivated all of the time on your own. There are going to be some days when you just don't feel like getting out there. Also, no matter how hard you push yourself, you will work that much harder if you have someone pushing you. That someone can be a coach, personal trainer, or parent. But the best person to have is a regular training partner, someone at about your level of ability and with similar goals. You can work together to accomplish your goals. The chances are on any given day that one of you will be motivated. Even if you're not very psyched to practice on a particular day, you will still put in the time and effort because your partner is counting on you.

**Focus on the greatest competitor:** Another way to keep yourself motivated is to focus on your greatest competitor. Identify who your biggest competition is and put his or her name or photo where you can see it every day. Ask yourself, "Am I working as hard as him/her?" Remember that only by working your hardest will you have a chance to overcome your greatest competitor.

**Motivational cues:** A big part of staying motivated involves generating positive emotions associated with your efforts and achieving your goals. A way to keep those feelings is with motivational cues such as inspirational phrases and photographs. If you come across a quote or a picture that moves you, place it where you can see it regularly such as in your bedroom, on your refrigerator door, or in your locker. Look at it periodically and allow yourself to experience the emotions it creates in you. These reminders and the emotions associated with them will inspire and motivate you to continue to work hard toward your goals.

**Set goals:** There are few things more rewarding and motivating than setting a goal, putting effort toward the goal and achieving the goal. The sense of accomplishment and validation of the effort makes you feel good and motivates you to strive higher. It's valuable to establish clear goals of what you want to accomplish in your sport and how you will achieve those goals. Seeing that your hard work leads to progress and results should motivate you further to realize your goals.

**Daily questions:** Every day, you should ask yourself two questions. When you get up in the morning, ask, "What can I do today to become the best athlete I can be?" And before you go to sleep, ask, "Did I do everything possible today to become the best athlete I can be?" These two questions will remind you daily of what your goals are and will challenge you to be motivated to do your best.

**The heart of motivation:** A final point about motivation. The techniques I've just described are effective in increasing your short-term motivation. Motivation, though, is not something that can be given to you. Rather, motivation must ultimately come from within. You must simply want to participate in your sport. You just have to want it really bad.

## Conclusion

In conclusion, there are many different things that can motivate an athlete. The most common are the extrinsic rewards, such as trophies, awards, medals, money, and scholarships, which can all be looked at both positively and negatively. Intrinsic rewards, such as feelings of joy and gratitude, also play into effect when positively motivating an athlete. There are also negative factors, such as fatigue and exhaustion, that take their toll on athletes everywhere. Regardless of what exactly motivates an athlete, one thing remains the same — they must be motivated in order to achieve their goals. More and more athletes are struggling to be committed and put forth the effort it takes in today's world of sports. This ongoing struggle is what sets good athletes apart from great athletes, and runner-up finishes apart from championship seasons. Motivation is not just important in sports, either. Being able to control your behavior as an athlete will get you far, not only in your game, but in the game of life as well.

## References

1. Foundations of sports psychology, By Robert S Weinberg and Daniel Gould
2. <https://positivepsychology.com/benefits-motivation/>
3. Sage's definition of motivation
4. Ryan and Deci's work on Self Determination theory
5. Loewenstein and white's on intrinsic motivation
6. Allport on autonomy of motives