



MOTIVATION AND SELF CONFIDENCE IN SPORT

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ABSTRACT:

Motivation is an internal energy force that determines all aspects of our behaviour; it also impacts on how we think, feel and interact with others in sports, high motivation is widely accepted as an essential prerequisite in getting sport to fulfill their potential. However, given its inherently abstract nature, it is a force that is often difficult to exploit fully. Some coaches, like Portugal manager Luzi Felipe “Big Phil” Scolari, appear to have a magic touch being able to get a great deal more out of a team than sum of its individual part; others find motivation to be an elusive concept they are forever struggling to master. Present research paper deals with an importance of motivation and self confidence related with sports. In this paper, we have discussed about role of motivation and self confidence in sports development.

Keywords:

Motivation, Self Confidence

INTRODUCTION:

Motivation is an internal energy force that determines all aspects of our behaviour; it also impacts on how we think, feel and interact with others. In sport, high motivation is widely accepted as an essential Prerequisite in getting sport to fulfill their potential. However, given its inherently abstract nature, it is a force that is often difficult to exploit. Some coaches use important Psychological constructs that effect motivation are self – esteem and self-confidence. Self esteem is our perception of personal worthiness and the emotional feeling associated with that perception. Self confidence is also a critical factor in motivation and is





similar to perceived competence. Athletes who feel more competent and self confident are motivated to work harder to perform better in their sport. As with self – esteem if we lack confidence in our ability. We need elaborate extrinsic incentives to motivate us. Motivation plays a major role in the all round development of a sports person, sports activities has a higher degree of motivation. High level of motivation leads involvement in the activity; understanding the reason for participation will enhance levels of performance. The influence of motivation on the performance of sportsman has a rich research tradition that provides insights. Application of sport competition is the most common achievement situation in sport, but achievement also occurs in non-competitive situations when individuals compare their performance to personal standards. Motivation is a multidimensional process made up of many types of motives. Motivation is infect the re-enforce of action. Motivational research is thus, one of the most important areas of study for sports psychology, holding potentially careful information for the coach and athletes. The persons interpretation of the rewards, rather than the rewards itself critical factor in motivation.

MATERIAL AND METHOD:

Types Of Motivation: There are two different types or forms of motivation that we can use intrinsic motivation and extrinsic motivation. Below is a detailed explanation of both forms of motivation and how they relate to sport.

A) Intrinsic Motivation: Intrinsic motivation is motivation that comes from within us not from external Sources for emotions. Someone who is intrinsically motivated doesn't require much external motivation from fans, money and expectations of others. This type of motivation comes directly from the performer. They are factors such as personal satisfaction or enjoyment. Biddell (1984) suggested that performers who





are intrinsically motivated are more likely to continue participating than those who aren't. This is because of personal ambition and the drive to have fun.

B) EXTRINSIC MOTIVATION: Extrinsic motivation is motivation that comes from outside of us not from internal sources for example Pride. Someone who is extrinsically motivated doesn't require much internal motivation from personal Pride achieving goals and enjoyment they are only focused on the Rewards that come with being a sport. Such as money and fame. Why is motivation in sport important? • Helps us understand why some sports performers make substantial sacrifices to become successful.

Helps us understand why certain sport performers are more successful than others.

Ensures maximum effort at the most appropriate time. Why motivation in sport is important continued?

Ensures continued enjoyment and participation in exercise.

An extrinsically motivated person is: Someone who participates for external rewards including.

Introducing extrinsic rewards leads to a reduction in intrinsic motivation.

If a reward increases an individual's feeling of competence and self-worth, then intrinsic motivation increases.

Self Belief: Leading entrepreneurs and top athletes must display an unshakable belief in their ability to achieve their competition goals. They have unique qualities and abilities that make you better than their opponents on belief Lombardi bellowed "If you believe in yourself and have the courage the determination, the dedication, the competitive drive and if you are willing to sacrifice the little things in life and pay the price for the things that are worthwhile, it can be done."

Motivation: Top performers have an ability to bounce back from performance or market setbacks with an increased determination to





succeed. Corporate Athlete Ray Kroc shares numerous stories in his autobiography grinding it out of his trials and tribulations in building stretching, and systemizing the McDonalds winning formula from his mid 50's when he finally started to get things working for him in business he faced many failures throughout his careers as a sales person and it was self belief and self motivation that saw him through the difficult times.

RESULT AND DISCUSSION:

FOCUS: Need a visual image of focus and intensity? Close your eyes and imagine watching Tiger wood wearing his red sweater, on the 18th Hole with one stroke lead at the British open (for a great you tube www.coachdavaverogers.blogspot.com). That is focus and intensity personified world class performers remain fully focused on the task that they face are not distracted by others, and have an amazing ability to turn focus on and off as required.

HANDLING PRESSURE: The final component of mental toughness is that top performers love to let it all hang out. They thrive on pressure and they often rise to the occasion. Basketball Phenol Michael Jordan relished the opportunity to take the last shot of the game and throughout his career he won more than 2/3rds of the games with his last second heroies Jordan shares that “ I have missed more than 900 shots in my career. I have lost almost 300 games on 26 occasions. I have been entrusted to take the game winning shot and missed and I have failed over and over and over again in my life and that is why... I succeed to make it to the top a leader must be willing to experience the Valleys to enjoy the peaks! ”

SELF CONFIDENCE: Self confidence is one of the most cited factors thousht to effect athletic performance SC is said to play a critical role in athlete's success; in contrast lack of SC seems to be closely important with athletic failure. Thus confidence is an important





factor that distinguishes successful athletes from unsuccessful ones in terms of both their mental states as well as their performances. Self confidence is also a critical factor in motivation and is similar to perceived competence athletes who feel more competent and self-confident are motivated to work harder to perform better in their sport. As with self-esteem, if we lack confidence in our ability we need elaborate extrinsic incentives to motivate us.

CONCLUSION:

The research reviewed here clearly shows that motivation and self confidence are very important factor in developing sports activity in human being. Above discussion clearly indicates motivation and self-confidence have a beneficial impact on athletes' intrinsic and self-determined extrinsic motivation, which are important determinants of performance and persistence. Athletes have reached outstanding performance by providing proper motivation. In addition with this, developments of self-confidence have affected the growth in sports activity.

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