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## SPORCULAR İÇİN SPORA ÖZGÜ BAŞARI MOTİVASYONU: YAZ SPOR OKULUNDAN BİR ÖRNEK\*

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### Öz

Bu çalışmanın amacı amatör sporcularda spora özgü başarı motivasyonunun cinsiyet ve yaş değişkenlerine göre incelenmesidir. Çalışmaya İzmir ilinde bir yaz spor okuluna katılan 108 sporcu gönüllü olarak katılmıştır. Çalışmada veri toplama aracı olarak kişisel bilgi formunun yanı sıra Willis’ in Spora Özgü Başarı Motivasyonu ölçeği Türkçe versiyonu kullanılmıştır. Verilerin analizi aşamasında verilerin dağılımlarının belirlenmesi için Tek Örneklem Kolmogorov-Smirnov testi yapılmış ve anlamlı farklılıkların belirlenmesi için Çok Yönlü Varyans Analizi (MANOVA) kullanılmıştır. Sonuç olarak katılımcıların spora özgü başarı motivasyonlarının başarıya ulaşma alt ölçeğinde en yüksek olduğu tespit edilmiştir. Ayrıca katılımcıların spora özgü başarı motivasyonlarının cinsiyet faktörüne göre başarısızlıktan kaçınmak alt boyutunda kadın katılımcıların lehinde anlamlı olarak farklılaştığı tespit edilmiştir. Bu çalışma amatör kadın sporcuların başarısızlıktan daha fazla kaçındıklarını ve başarısızlık hissini onları daha fazla motive ettiğini ortaya koymuştur.

**Key Words:** Spora Özgü Başarı Motivasyonu, Cinsiyet, Yaş, Amatör Sporcular

## COMPETITION-RELATED MOTIVE FOR ATHLETES: AN EXAMPLE FROM A SUMMER SPORT SCHOOL

### Abstract

The aim of this study was to investigate competition related motivation of amateur athletes in the extent of their gender and age. 108 athletes from a summer sports school from İzmir volunteered for this study. In this study as data gathering tool, in addition, to personal information form Turkish version of Willis Competition-Related Motives in Sports Scale was used. In the evaluation of data, One-Sample Kolmogorov-Smirnov was used for seeking normal distribution and MANOVA was used to determine significant differences. As a result participants, competition-related motives were the highest in the motive for approaching success subscale. Also, gender differences were found to be significant in the motive for avoiding failure subscale in favor of females. This study showed that amateur female athletes are much more afraid of failure and failure motives them more.

**Keywords:** Competition-Related Motive, Gender, Age, Amateur Athletes

**Jel Codes:** Z20, Z29

### Introduction

\* Bu çalışma 13. Uluslararası Spor Bilimleri Kongresi’ nde (7-9 Kasım 2014) poster bildiri olarak sunulmuştur.

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As a psychological construct motivation has been a trending topic in the domain of sport and exercise (Blanchard et al, 2007; Joesaar et al, 2012). But there are many different ways to motivate the individuals. And in the context of sport and sports participation, it is important to understand what the motivation is (Tazegul, 2013).

Deci and Ryan (2000) explain motivation as the explanation of the ‘why’ question of behavior. And in a context of a motive to engage in physical activities and sport, the researchers most often focused on a difference between intrinsic and extrinsic motivation. Intrinsic motivation refers to everything that drives us from the inside while extrinsic motivation refers to what drives us from the outside (Kondric et al, 2013).

Some theories of motivation applied to understanding sport, leisure and tourism behavior are Murray’s (1938) needs theory of personality, Maslow’s’ (1943) hierarchical theory of needs. According to Murray’s needs theory (1938), achievement motivation arouses in the extent of needs and demands. So it can be clarified as individuals when meet with obstacles tries to achieve their best. And according to Willis (1982), there is a negative relationship between motive for approaching success and motive for avoiding failure in the extent of achievement theory and if one arouses the other one decrease.

Also, one of the well-known theories about sports participation is Deci and Ryan’s self-determination theory. The theory simply tries to explain sports participation in the context of motivational attitudes, behaviors and practices (Deci, Ryan, 1985). According to Vallerand’s hierarchical model of intrinsic and extrinsic motivation theory determinants and consequences of an act are associated with three different types of motivation (intrinsic, extrinsic and amotivation) (Vallerand, 1997).

Another theoretical frame about sports participation is the goal perspective theory (Duda, 1989). According to goal perspective theory sport motivation is driven by two different goal orientations: task orientation, which is the desire to master the demands of a particular task and to improve one’s ability or competence, and ego orientation: where motivation is driven by the desire to perform as well or better than others (Hultzer et al, 2013).

But motivation can vary from the levels of motivation (how much motivation) and also the orientation of the motivation (what type of motivation) (Cassidy, 2005). According to Bastug (2002) sports motivation is divided into two parts with regard to quality (motivation for general sport and motivation for a special sports branch) and quantity (enough motivation, inadequate motivation, and excessive motivation).

In the concept of motivation theories while some researchers investigated motivational determinants for sportsmen as mediated by behaviors of coaches, peers etc. (Keegan et al, 2009, Richard et al, 2014; Gillet et al, 2010; Joesaar, 2012) some researchers investigated sport related success motivation (Toros, 2010; Tazegul, 2012) and some researchers investigated difference between extrinsic and intrinsic motivation (Pelletier et al, 1995; Hayashi, 1996; Halvari, Kjormo, 1999, Rochi et al, 2013). But studies mentioned above widely concerned about elite athletes. This study argued competition related motive for amateur athletes and this creates our study’s theoretical background.

## 1. Material and method

### 1.1. Hypotheses of the study

w H<sub>1a</sub>: Gender has an effect on competition-related motivation level of athletes.

w H<sub>1b</sub>: Age has an effect on competition-related motivation level of athletes.

### 1.2. Sampling group

The sampling group of this study consisted of 108 athletes who attended summer sports courses, held in Izmir, in 2013. The participants were chosen randomly and volunteered to participate in this study.

### 1.3. Assessment tool

In this study in addition to personal information form Turkish version of Willis Competition-Related Motives in Sports Scale (1982) was used, as data gathering tool. Turkish adaptation study of the Willis scale was done by Tiryaki and Godelek in 1997. The scale has 30 items and three factors.

### 1.4. Data analyses

In the evaluation of the data descriptive statistic methods; frequency and percentage applied for the distribution of participants’ personal information. One-Sample Kolmogorov-Smirnov applied for seeking normal distribution. Also, skewness and kurtosis values examined and it was determined no skewness and kurtosis issues, so MANOVA parametric test was applied to determine significant differences.

## 2. Results

**Table 1:** Motivation level of the participants

|                                | Mean  | Standard deviation |
|--------------------------------|-------|--------------------|
| <b>Factors</b>                 |       |                    |
| Power motive                   | 40.17 | 6.41               |
| Motive for approaching success | 64.00 | 7.76               |
| Motive for avoiding failure    | 36.16 | 7.61               |

According to analyze results participants sports motivation level is the highest in the motive for approaching success ( $\bar{X}=64.00\pm7.76$ ) than higher in power motive ( $\bar{X}=40.17\pm6.41$ ) and the least in the motive for avoiding failure ( $\bar{X}=36.16\pm7.61$ ) subscales.

**Table 2: Manova results (descriptive)**

| Factors                        | Gender | Age   | N  | Mean  | Sd   |
|--------------------------------|--------|-------|----|-------|------|
| Power Motive                   | Male   | 13-14 | 24 | 38.83 | 5.79 |
|                                |        | 15-16 | 31 | 40.35 | 7.29 |
|                                |        | Total | 55 | 39.69 | 6.66 |
|                                | Female | 13-14 | 20 | 39.00 | 5.05 |
|                                |        | 15-16 | 33 | 41.69 | 6.59 |
|                                |        | Total | 53 | 40.67 | 6.15 |
| Motive for approaching success | Male   | 13-14 | 24 | 63.12 | 5.98 |
|                                |        | 15-16 | 31 | 62.67 | 7.82 |
|                                |        | Total | 55 | 62.87 | 7.02 |
|                                | Female | 13-14 | 20 | 66.55 | 7.97 |
|                                |        | 15-16 | 33 | 64.36 | 8.60 |
|                                |        | Total | 53 | 65.18 | 8.36 |
| Motive for avoiding failure    | Male   | 13-14 | 24 | 34.75 | 7.70 |
|                                |        | 15-16 | 31 | 34.25 | 8.27 |
|                                |        | Total | 55 | 34.47 | 7.96 |
|                                | Female | 13-14 | 20 | 36.45 | 7.38 |
|                                |        | 15-16 | 33 | 38.81 | 6.52 |
|                                |        | Total | 53 | 37.92 | 6.88 |

According to descriptive Manova results it can be seen that male's (at the age of 16 or over) sports motivation level is higher in power motive subscale ( $\bar{X}=40.35\pm7.29$ ) than males (at the age of 15 and below). And females (at the age of 16 and over) sports motivation level is higher in ( $\bar{X}=41.69\pm6.59$ ) power motive subscale and in the motive for avoiding failure subscale ( $\bar{X}=38.81\pm6.52$ ) than females (at the age of 15 or below).

**Table 3: Manova results (test of between-subjects effects)**

| Source | Dependent Variable         | Degree of freedom | Mean Square | F     | P     |
|--------|----------------------------|-------------------|-------------|-------|-------|
| Gender | Power Motive               | 1                 | 14.760      | 0.361 | 0.54  |
|        | M. for approaching success | 1                 | 169.389     | 2.824 | 0.09  |
|        | M. for avoiding failure    | 1                 | 254.099     | 4.543 | 0.03* |
| Age    | Power Motive               | 1                 | 115.385     | 2.824 | 0.09  |
|        | M. for approaching success | 1                 | 44.983      | 0.750 | 0.38  |
|        | M. for avoiding failure    | 1                 | 22.825      | 0.408 | 0.52  |

|            |                            |     |        |       |      |
|------------|----------------------------|-----|--------|-------|------|
| Gender*Age | Power Motive               | 1   | 8.959  | 0.219 | 0.64 |
|            | M. for approaching success | 1   | 19.603 | 0.327 | 0.56 |
|            | M. for avoiding failure    | 1   | 53.040 | 0.948 | 0.33 |
| Error      | Power Motive               | 104 | 40.860 |       |      |
|            | M. for approaching success | 104 | 59.981 |       |      |
|            | M. for avoiding failure    | 104 | 55.926 |       |      |
| Total      | Power Motive               | 107 |        |       |      |
|            | M. for approaching success | 107 |        |       |      |
|            | M. for avoiding failure    | 107 |        |       |      |

p<0.05

According to Manova test of between-subjects effects results, a common effect of gender\*age is not significant in power motive (p=0.64; p>0.05), in the motive for approaching success (p=0.56; p>0.05) and in the motive for avoiding subscales (p=0.33; p>0.05). Also effect of age is not significant in power motive (p=0.09; p>0.05), in motive for approaching success (p=0.38; p>0.05) and in motive for avoiding subscales (p=0.33; p>0.52). But the effect of gender is found to be significant in the motive for avoiding failure subscale (p=0.03; p<0.05). And when descriptive manova results are considered it is thought that this significance is in favor of females.

### 3. Discussion

This study investigated competition related motivation of amateur athletes and factors that may effect. According to analyze results competition related motivation level of participants is the highest in the motive for approaching success. This result is similar with Tazegul (2013)'s findings. According to Kilinc et al (2012) gathering high points, in approaching success and power motive subscales, indicates high motivation level, and high points in the motive for avoiding subscale indicates high fear for failure. So it can be said that athletes mostly want to reach success and that motivates them most.

Also, in this study gender was found to have an effect on a motive for avoiding failure subscale in favor of females. So it can be said that females fear for failure more than males. While this result is similar to studies in the literature (Yaman, 2001; Engur, 2002) some studies show contrast (Erman et al, 2004; Aktas et al, 2006).

Lastly, in this study, it was found that age has no effect on competition related motives of athletes. This result shows similarities with Kilinc et al (2012)'s findings. In their study Kilinc and colleagues found no significant differences on competition-related motivation subscales according to age. Also, in a study conducted by Soyer et al (2010) age was found to be insignificant for competition related motivation.

#### 4. Conclusion

In this study, we found gender differences in competition related motivation but we did not find any relevant age-based difference and that is the only hypothesis that we can reject. According to Tazegul (2012), one of the most significant elements of performance which are affected by psychological mood is motivation level of athletes in the sport. This study can contribute other researchers working on similar issues like sports, physical activity and motivation in terms of identifying motivational factors.

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