

Investigating Success Motivation Levels of Sporters in Football Branch with regards to Certain Variables

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Abstract

Purpose of this study is to examine success motivation levels of sporters of football which is a team sports according to various variables. 142 sporters, whose 97 are professional and 45 of them are amateurs and who are competing in different leagues in 2013-2014 football season; constitute our study group. Data of the study was collected by means of “Personal Information Form” that is prepared by the researcher and by utilizing “Success Motivation Specific to Sports” scale, of which its validity and reliability were tested by Tiryaki and Gödelek (1997).

SPSS 17 Package Program was used for statistical evaluations. Independent groups t test and One Way Anova test were used for the analysis of data. Also Pearson Correlation Test was applied to determine the relations between the variables.

According to the results obtained, it is determined that there were significant differences between the sub-dimensions of showing power and status of sporters whether or not they have played in the national team; and ages of the sporters and their approach towards success and avoiding failures ($p<0.05$). Also important differences were detected among the sub-dimensions of avoiding failures, approach towards success and showing strength in terms of their period of playing football; and in sub-dimensions of approaching to success and avoiding failures in terms of their monthly income status ($p<0,05$).

Key Words: Success motivation, football, football player.

1. Introduction

Football that has high popularity today is the biggest sports branch in the world in terms of its players and audience (Bansgbo, 94). Football is a sports branch which is played by using whole body except hands on a wide, defined area with the participation of two teams consisting of eleven sporters, and score is determined by means of goals conceded and scored on the goalpost, and for which rules of the play are determined (İnal, 98). Success and high efficiency in football are represented by aerobic and anaerobic power, strength and muscular performance and also by psychological (personal characteristics, motivation, concentration, etc.) and physical characteristics (Muratlı, 97; Malliou, 2003). Even though it is approved that sporter should be strong and prepared psychologically (mental and emotive) for the efficiency targeted in sports; psychological characteristics are mostly ignored, and it is aimed to improve only motoric characteristics, technical and tactical knowledge of the sporters by means of trainings realized (Ikizler, 97; Konter, 98).

The most important factor that improves success in sports is motivation (Başer, 96). Motivation word is derived from “movere” word in Latin, and means to move, reinforce and to come into action (Richart et al., 1975). In other words, motivation is defined as internal and external factors that prompt the mechanism to behave, determine regularity and continuity of these behaviors, and as mechanisms that enable functioning of these factors (Aydın, 2001).

Motivation can be discussed in two forms being internal motivation and external motivation. Internal motivation is the way person motivates himself/herself (Nicholls et al., 1992). Individuals who are motivated internally, are self-respecting and diligent. Internal honor enables the individual to establish his/her best. Believing in oneself is one of the most important factors in internal motivation to accomplish (Konter, 1995).

External motivation is reinforcement and enhancement that are present in the external negative and positive factors and that carry on sentimental and material value. External motivation may be material awards such as money, medals, and also intangible awards such as being praised or appreciated (Konter, 1995).

Motivation and sports performance are equivalent concepts in some ways that are mostly used together (Balçioğlu, 2003). Motivation has an important place among the factors that enhance success in sports and it is the most significant factor determining high performance in sports (Başer, 1996). When sporters fail, it is said that their motivation was poor, and when they are successful, their motivation is considered to be excellent. This shows significance of motivation in sports in terms of success. When the relation between the power of motivation and success is taken into consideration, it is obvious that a situation with high motivating power shall result with success, and also a situation with low motivating power shall cause underachievement (Soyer et al., 2010). As it is observed in countries advanced in sports; only few of the thousands of young sporters, who have approximately equal physical skills and equal exercising opportunities, achieve very high performance. That is, their success differs even though their skills and opportunities are equivalent. There are many reasons lying behind this difference. However motivation of the individual is one of the most important one among these reasons (Başer, 85). And the difference between the performance of sporters in equal physical and physiological status in matches where there is the possibility of relegation or being crowned champion; and their performance in a match that shall not change league ranking can be explained by their motivation levels (Balçioğlu, 2003).

The purpose of this study in the light of information given above is to investigate the relation between the motivation levels of football players in different leagues and their ages, sports year, educational background, monthly income level and their status of playing in the national team. This research is limited to the male football players who are carrying on their sports activities actively in the leagues of Turkish Football Federation in the 2013-2014 season.

2. Material and Method

Sample

Professional and amateur football players actively carrying on their sport activities in the leagues of Turkish Football Federation constituted the population of the research. Sample group consisted of 142 male football players in total from clubs of Akhisarspor from Turkey Super League, Adanaspor and Adanademirspor from Turkey 1st League, Inegölspor, Kızılcasamanspor from Turkey 2nd League, Keçiörengücüspor from Turkey 3rd League, and Erzinspor from Turkey Regional Amateur League.

Method

This study aiming to examine motivation level of sporters in football branch in terms of various variables has descriptive characteristics. Information about purpose and method of the study was given to the sporters participating in the study. ‘Willis Motivation Scale Specific to Sports (WMSSS)’ was used with the aim to obtain data necessary for the participant sporters, and ‘Personal Information Form’ to determine data related with the variables of the study. Motivation scale specific to sports consists of 40 articles. On the other hand, scale has 3 sub-dimensions. First of these sub-dimensions is ‘motive to show power’, second ‘motive of approaching to success’, and third is ‘the motive to avoid failure’.

Validity and reliability studies of the scale were performed on 996 university and high school students. Alpha reliability coefficient for three sub-scales was found to be between $r=0.76$ and 0.78 ; and test repetition reliability coefficient was determined to be between $r=0.69$ and 0.75 . Its adaptation to Turkish sporters was performed by Tiryaki and Gödelek (1997). As a result of reliability analyses they realized, Tiryaki and Gödelek have found alpha reliability coefficients as $r= 0.81$ for Showing power sub-scale, $r= 0.82$ for the sub-scale of Approaching to Success, and as $r=0.80$ for Avoiding Failure sub-scale (Tiryaki et al., 1997; Willis, 1982).

Success Motivation Scale Specific to Sports consists of 40 articles and these articles are five point likert type that are defined as “never”, “seldom”, “sometimes”, “quite a lot” and “always”. In the scale, motive to show power was measured by 12 articles, and motive to succeed by 17 and motive to avoid failure by 11 articles (Tiryaki et al., 1997).

Statistical Analysis

Data obtained by utilizing the scale was recorded to SPSS Package Program, fault controls, tables, statistical analyses were performed by means of this program.

Frequency (f) and percentage (%) from descriptive statistics were used as statistical methods in the study. Since distribution in two alternative independent variables was normal,

independent group t-test was used to determine whether or not there was any difference in the dependent variables in comparison with the independent variables. Similarly, Anova test was utilized to determine if there was any difference in the dependent variables in comparison with the independent variables that have more than two alternatives. Simple regression analysis was made in order to determine whether or not dependent variables were significant predictors of each other, and significance was evaluated in the level of $p < 0.05$.

3. Findings

Table 1: Validity and Reliability Results of Motivation Scale

KMO	0.712
Bartlett's Test of Sphericity	3516,788
Cronbach Alpha	.78

As it can be seen from Table 1, Cronbach Alpha Coefficient of motivation scale specific to sports that was applied to football players playing in different league categories was determined as .78.

The data obtained as a result of the measurements made to define the relation between various variables and success motivation levels of sporters playing in different league categories is given below;

Table 2: Demographical Information of Participant Sporters

Characteristics of the Sporter		N (%)
Age	20 and below	16 (11.26)
	Between 21-25	42 (29.57)
	Between 26-30	59 (41.54)
	30 and above	25 (17.60)
League Category	Turkey Super League	35 (24.64)
	Turkey 1 st League	18 (12.67)
	Turkey 2 nd League	44 (30.98)
	Turkey 3 rd League	28 (19.71)
	Turkey RAL League	17 (11.98)
Period of Playing Football	1-5 Years	13 (9.15)
	6-10 Years	65 (45.78)
	11-15 Years	54 (38.04)
	16-20 Years	5 (3.52)
	21 Years and Above	5 (3.52)
Whether or not played in National Team	Yes	45 (31.70)
	No	97 (68.30)

When we examine demographical information of participant sporters according to the age variable, it is understood from the Table above that most of the sporters-41.54% (59 persons)) were between ages 26 and 30; and the smallest group was football players at 20 years age and below with percentage of 11.26% (16 persons). It is determined that the group playing football for a period between 6 and 10 years was the biggest groups with a percentage of 45.78% (65 persons); and the smallest group with 3.52% (5 persons) was formed by the sporters who played football for 16 years and above.

However, it is understood that 24.64% (35 persons) of footballers are playing in the Turkey Super League, 12.67% (18 persons) are playing in Turkey 1st League, 30.98% (44 persons) are playing in the Turkey 2nd League, 19.71% (28 persons) are playing in the Turkey

3rd League, and 11.98% (17 persons) are playing in Turkey Regional Amateur League when demographical information of participant sporters is examined according to the variable of league category. When we examine the status of participant footballers whether or not they played in the national team, it was seen that 31.70% (45 persons) wore national team jersey, and 68.30 % (97 persons) did not play in the national team before.

Table 3: Motivation Scale t Test results according to the status of playing in the national team

	Playing in the National Team	N	Average	Sd	t	p
Showing Power	Yes	45	3.4759	.66492	3.079	.002
	No	97	3.1718	.48439		
Approaching to Success	Yes	45	3.8297	.43612	.001	.999
	No	97	3.8296	.41892		
Motive to Avoid Failure	Yes	45	3.1030	.84141	.582	.562
	No	97	3.0271	.66254		

A significant difference was detected in the sub-dimension of showing power ($p < 0.05$) in terms their motivation level according to playing in the national football team; and difference is insignificant for the approaching to success and motive to avoid failure ($p > 0,05$). It can be said that sporters who played in national team have tendency to show more power in comparison to those who did not play in the national team.

Results of one-way Anova test performed to determine if there is a significant difference in the motivation of participant sporters in terms of their ages are given in the following table.

Table 4: Anova Test Results according to age variable

		Sum Squares	df	Mean Square	F	Sig.
Showing Power	Between Groups	.957	3	.319	1,003	.393
	Within Groups	43,864	138	.318		
	Total	44,821	141			
Approaching to Success	Between Groups	3,027	3	1.009	6,275	.001
	Within Groups	22,189	138	.161		
	Total	25,216	141			
Motive to Avoid Failure	Between Groups	9,839	3	3.280	7,113	.000
	Within Groups	63,629	138	.461		
	Total	73,468	141			

If we examine the table above, we see that there are significant differences in approaching to success and avoiding failure sub-dimensions in terms of ages of sporters ($F_{\text{approaching to success}}=6.275$, $p<0.05$; $F_{\text{avoiding failure}} = 7.113$, $p<0.05$). Results of Bonferroni test performed according to Levene test and to determine among which groups these differences exist ($Levene_{\text{approaching to success}} = .932$, $p>0.05$; $Levene_{\text{avoiding failure}} = 2.074$, $p<0.05$) are summarized in the Table below.

Table 5: Descriptive results concerning motivation status according to the age variable

	Age	N	Mean	SS	Bonferroni
Approaching to Success	20 age and below	16	4.0809	.46955	1-2
	Between 21-25	42	3.6494	.34983	
	Between 26-30	59	3.9222	.42761	2-3
	30 age and above	25	3.7529	.36853	
	Total	142	3.8296	.42289	
Motive to avoid failure	20 age and below	16	3.7102	.61945	1-2
	Between 21-25	42	2.9068	.78735	
	Between 26-30	59	3.0924	.69737	1-3
	30 age and above	25	2.7745	.42081	1-4
	Total	142	3.0512	.72184	

It is seen from the table that 2 is the lowest score and 1 is the highest score in the sub-dimension of approaching to success. We can say as a result of analysis performed accordingly that individuals of under age has a higher level of approaching to success. It is also established that sporters of under age had the highest score average in the motive of avoiding failure.

Table 6: Anova Test Results in terms of Period of Playing Football

		Sum of Squares	df	Mean Square	F	Sig.
Approaching to success	Between Groups	1,929	4	.482	2.837	.027
	Within Groups	23,288	138	.170		
	Total	25,216	142			
Motive to avoid failure	Between Groups	8,626	4	2.156	4.556	.002
	Within Groups	64,842	138	.473		
	Total	73,468	142			
Showing Power	Between Groups	3,623	4	.906	3.012	.020
	Within Groups	41,198	138	.301		
	Total	44,821	142			

It is seen from Table 6 that there are significant differences in the sub-dimensions of motive to avoid failure, approaching to success and showing power in terms of period of playing football. ($F_{\text{Motive to Avoid Failure}} = 4.556$, $F_{\text{Approaching to Success}} = 2.837$, $F_{\text{Showing Power}} = 3.012$, $p < 0.05$). According to the results of Levene Test performed to determine among which groups these differences exist; result of ($\text{Levene}_{\text{Motive to Avoid Failure}} = 7.093$, $p < 0.05$; $\text{Levene}_{\text{Approaching to Success}} = 5.057$, $p < 0.05$) is obtained. Following table is obtained as a result of applying Kruskal Wallis test according to Levene Test results.

Table 7: Results of Kruskal Wallis Test for Motivation Scale Sub-dimensions in terms of Period of Playing Football

Period of Playing Football		N	Total of averages	X ²	p
Avoiding Failure	1-5 Years	13	97.31	14,935	.005
	6-10 Years	65	77.62		
	11-15 Years	54	64.04		
	16-20 Years	5	43.00		
	21 years and above	5	34.00		
	Total	142			
Approaching to Success	1-5 years	13	80.15	10,253	.036
	6-10 Years	65	78.17		
	11-15 Years	54	67.68		
	16-20 Years	5	27.00		
	21 years and above	5	48.10		
	Total	142			
Showing Power	1-5 years	13	100.04	7,053	.133
	6-10 Years	65	69.06		
	11-15 Years	54	68.92		
	16-20 Years	5	63.30		
	21 years and above	5	65.10		
	Total	142			

According to the results of Kruskal Wallis test, it is concluded that there is decrease in the motivation sub-dimensions of showing power, approaching to success and avoiding failure ($X^2_{\text{Avoiding failure}} = 14,935$, $X^2_{\text{Approaching to Success}} = 10,253$, $X^2_{\text{Showing Power}} = 7,053$ $p < 0,05$).

Table 8: Anova Test Results in terms of Educational Background

		Sum of Squares	df	Mean Square	F	Sig.
Showing Power	Between Groups	.997	2	.499	1.581	.209
	Within Groups	43.824	140	.315		
	Total	44.821	142			
Approaching to Success	Between Groups	.173	2	.087	.481	.619
	Within Groups	25.043	140	.180		
	Total	25.216	142			
Motive to Avoid Failure	Between Groups	.691	2	.346	.660	.518
	Within Groups	72.776	140	.524		
	Total	73.468	142			

When Table 8 is examined, no significant decrease is determined in the sub-dimensions of showing power, approaching to success and avoiding failure according to the variable of educational background ($F_{\text{Showing Power}}=1.581$, $F_{\text{Avoiding failure}} = .660$, $F_{\text{Approaching to Success}} = .481$; $p>0,05$).

Table 9: Anova Test Results in terms of Monthly Income Status

		Sum of Squares	df	Mean Square	F	Sig.
Showing Power	Between Groups	3,280	3	1.093	3.632	.015
	Within Groups	41,541	139	.301		
	Total	44,821	142			
Approaching Success	Between Groups	,505	3	.168	.940	.423
	Within Groups	24,711	139	.179		
	Total	25,216	142			
Motive to Avoid Failure	Between Groups	1,663	3	.554	1.066	.366
	Within Groups	71,804	139	.520		
	Total	73,468	142			

No significant decrease is determined in the sub-dimensions of approaching to success and avoiding failure according to the variable of monthly income status ($F_{\text{Avoiding failure}} = 1.066, F_{\text{Approaching to Success}} = .940; p > 0,05$). However, significant differences are established in the sub-dimension of showing power in terms of monthly income status ($F_{\text{Showing Power}} = 3.632; p < 0,05$). According to Levene test that was performed to determine among which significant differences exist in the sub-dimension of showing power; result of ($Levene_{\text{Motive to Show Power}} = 6.029, p < 0.05$) is established. Following table is obtained as a result of applying Kruskal Wallis test according to Levene Test result.

Table 10: Kruskal Wallis Test results in terms of Monthly Income Status

Motive of Showing Power	N	Total of Averages	X^2	p
5000 TL and below	67	72.50	5.734	.125
5001-10000 TL	39	78.49		
10001-15000 TL	16	49.59		
15001 TL and above	20	72.05		
Total	142			

According to the results of Kruskal Wallis test in Table 10; football players who showed the highest tendency to show power had monthly income of respectively 5001-10000 TL, 5000 TL and below, 15001 TL and above; and those who have monthly income in the range of 10001 and 15000 TL have the lowest tendency to show power ($X^2_{\text{Showing Power}}=5.734$, $p>0,05$).

4. Discussion and Result

In this section, findings concerning statistically significant results obtained for the relationship between the demographical characteristics of professional footballers who actively maintain their sports life and their success motivations are discussed.

No significant difference in the sub-dimensions of approaching to success and avoiding failure was determined between the motivation levels of sporters and their status of playing in the national football team., however important difference was found in the showing power sub-dimension ($p>0,05$). Motive to show power is observed when an individual leaves an impression on others, has prestige and is more powerful in comparison to others. Individuals have the tendency to turn towards professional areas and organizations where they will have the opportunity to satisfy their motive to show power (Aktop, 2002). In the study among sporters playing football in the 1st, 2nd and 3rd leagues and realized by Aslan (2000); it was concluded that footballers in 1st league and 2nd league have higher motive to show power respectively in comparison to footballers of 2nd and 3rd league. In the studies performed by Abakay and Kuru (2010) and Aslan and Kuru (2002) among professional and amateur football players, it is established that averages of professional football players to show power was higher than the averages of amateur footballers. Our study is supported by works of Aslan and Kuru (2002), Abakay and Kuru (2010) and Aslan (2000).

Higher motive of footballers who played in the national team to show power in comparison to footballers who didn't play in the national team exhibited the result that higher status such as being in the national team and categories of sporters as indicated in the studies mentioned above enables their motive to show power to be higher.

Study realized has established significant differences in the sub-dimensions of approaching to success and avoiding failure in terms of ages of the sporters. It is seen that as the age of the sporter decreases his level of approaching to success increases. It was determined that sporters of under age had the highest score averages in the sub-dimension of avoiding failure.

Motive of approaching to success has the same meaning with the Motive of Being Successful that takes place in the theory of Atkinson (Cox, 1994). Motive to be successful is defined as "being proud of the success achieved and experiencing satisfaction" (Cox, 1994). In the studies realized by Kılınç and et al. (2012) on the basketball, handball and volleyball players and by Soyer et al. (2010) on the young football players, no significant difference was observed between the ages of sporters and their motivation levels. Conflict of the results of our study with the results of these studies may be explained by the high level of desire to achieve success, since most of the sporters in the study of Kılınç et al (2012). and all of the sporters in the study of Soyer et al. were young sporters. It can be said that desire to achieve success decreases with increasing age, since footballers in our study were professional sporters in different ages.

Motive to avoid failure may be defined as “feeling sorry for the poor results and experiencing sense of shame for this situation” (Cox, 1994). It is determined in the study performed that sporters of under age had the highest score averages in the sub-dimension of avoiding failure. In the study realized by Kılınç et al. (2012) on the basketball, handball and volleyball players, no significant difference between the ages of the sporters and their motive to avoid failure was found, however high motive of sporters of under age to avoid failure established in our study may be explained by football matches being watched by more audience in comparison to other saloon sports, and causing more pressure over the younger sporters in line with the higher financial return.

Significant differences were recorded in the sub-dimensions of avoiding failure, approaching to success and showing power in terms of period of playing football. Decrease was established in the motivation scale sub-dimensions of showing power, approaching to success and avoiding failure as the period of playing football increased. In the study realized by Abakay (2010), it was concluded that motive to approach to success decreased as the period of making sports increased. Study of Abakay shows similarity with this study. This situation may be explained by decrease in the excitement of experienced sporters in comparison to inexperienced sporters in line with the longer time period of making sports; and by approaching time for quitting the sports and by achieving their targets in sports or if not achieved by giving up these targets.

In the studies performed by Karabulut et al (2000) on sporters playing individual and team sports and by Abakay (2010) on footballers, and by Aktop (2002) on sporters, it was established that motives of experienced sporters to avoid failure were lower than the motives of inexperienced sporters. In other words, it is said that motive to avoid failure decreases as the period of making sports increases. Results of these studies support results of our study. This situation may be explained by higher self-confidence of aged sporters.

It is determined in the study that there was no significant change in the sub-dimensions of showing power, approaching to success and avoiding failure motives according to the variable of educational background. In their study realized on footballers, Türkmen (2005) and Abakay (2010) have established that sporters having university education and above had higher motive to show power in comparison to sporters having education lower than university. Results of these studies and results of this study do not show similarity. This situation may be explained by educational level of participant sporters being close to each other, or by the success achieved by sporters with lower educational level in their sport branches, thus these sporters show effects of motive to show power such as leaving impression on others, having prestige.

No significant difference was found in the sub-dimensions of avoiding failure and approaching to success in terms of monthly income status. It is concluded that motive to show power was higher in sporters with an income of 5000 TL and below and 15001 TL and above, and motive to show power did not change in other groups according to the variable of monthly income status. In the study realized by Bayar et al. (1996), effect of material and verbal awards on the performance was examined, and it was concluded that material awards were more effective than the verbal awards. Türkmen (2005) has stated that sporters who received recompense for their work and made good money had higher motivation. Türkmen (2005) has established that sporters with a monthly income under 5000 TL had higher motive to show power. Study of Türkmen and our study show similarity. Kavi (2010) and Dursun

(2004) have concluded that motivation level of sporters who were high economic welfare level has differentiated. High motive of sporters with a monthly income of 15001 TL and above may be explained by higher motivation level of these sporters who do not experience financial problems.

As a result, it is concluded that motivation level of sporters is closely related with their age, sporting year, status of being in the national team and their monthly income.

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