



## A comparative study of extrinsic, intrinsic and amotivation between female Inter-University players participating in different sports disciplines

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### Abstract

In the present study extrinsic, intrinsic and amotivation of female interuniversity players participating in different sports discipline i.e. basketball, handball, kabaddi, kho-kho and volleyball. 250 female interuniversity players who participated in various games i.e. basketball, handball, kabaddi, kho-kho and volleyball were selected as sample with 50 female players were selected from each sport. Test was used as a tool to collect data on extrinsic motivation of selected players of different sports. One-way ANOVA was used as a statistical tool for analysis of data. The result indicate significant difference in extrinsic, intrinsic and amotivation of female players from different sports i.e.. basketball, handball, kabaddi, kho-kho and volleyball. It was concluded that motivational variables such as extrinsic, intrinsic and amotivation do differ among female interuniversity female players participating in various games.

**Keywords:** extrinsic, intrinsic and amotivation, interuniversity, female

### 1. Introduction

Recently motivation has emerged as important variable in the context of sports performance. Motivation facilitates performance as well as positive experience for sportsperson taking part in that particular sport. Motivation is at the heart of many of sport's most interesting problems, both as a developmental outcome of social environments such as competition and coaches' behaviors, and as a developmental influence on behavioral variables such as persistence, learning, and performance (Duda, 1989) [6].

In general, intrinsic motivation (IM) refers to engaging in an activity purely for the pleasure and satisfaction derived from doing the activity (Deci, 1975) [2]. When a person is intrinsically motivated he or she will perform the behavior voluntarily, in the absence of material rewards or external constraints (Deci & Ryan, 1985) [4]. Athletes who go to practice because they find it interesting and satisfying to learn more about their sport, or athletes who practice their sport for the pleasure of constantly trying to surpass themselves are considered intrinsically motivated toward their sport.

Factors from outside such as money, prizes, acclaim status and praise forms extrinsic motivation. Extrinsic motivation characterizes activities that are performed in order to obtain some separable outcome, whether that be a tangible reward, an avoidance or a punishment, or the attainment of recognition, or appeal. To win a gold medal or cash reward in an sports event is an example of extrinsic motivation.

According to self-determination theory, extrinsic and intrinsic motivations are not discrete categories, but a unique continuum. On one side of the continuum is intrinsic motivation, while on the other side is amotivation. Various forms of extrinsic motivation are set between intrinsic motivation and amotivation (Deci & Ryan, 2000) [5].

It has been observed that external stimulations causes a

negative effect and additionally “undermines” intrinsic interest and enjoyment in the sport instead of contributing to intrinsic motivation (Lazarević, 2001) [8]. However, using extrinsic forms of stimulation is unavoidable in sports. The more fully an extrinsic stimulation is internalized and more successfully integrated in one's self, the better basis for self-determination of behaviour and self-motivation will be (Mladenović, 2010a) [10].

Because the various forms of motivation are posited to lie on a continuum from high to low self-determination, and because self-determination is associated with enhanced psychological functioning (Deci, 1980) [3], one would expect a corresponding pattern of consequences. Research supports this premise in that the different types of motivation are associated with increasingly positive consequences as one progresses from motivation to intrinsic motivation.

Many researchers have explored different aspects of motivation in sports. Sinha (1987) [11], Bujurke *et al.* (1989) [1], Mallet, C.J. (2004) [9], Thiberg, J. (2005), Medic, Mack and Wilson (2010), Jiteshwor *et al.* (2013) and many other have studied the effect of various dimensions of motivation on sports performance. Surprisingly extrinsic, intrinsic and amotivation of female interuniversity players from various sports has not been investigated so far. It was hypothesized that extrinsic, intrinsic and amotivation of female interuniversity players of various games will differ significantly.

### 2. Method

250 male interuniversity players who participated in various games i.e. basketball, handball, kabaddi, kho-kho and volleyball were selected as sample with 50 male players were selected from each sport. The sample was selected from Universities operational in Chhattisgarh. Test was used as a

tool to collect data on extrinsic motivation of selected players of different sports. To test significant difference in mean

extrinsic motivation between male interuniversity players of selected games, one way ANOVA statistics was calculated.

### 3. Results

**Table 1:** Mean, Standard Deviation on Extrinsic, Intrinsic and Amotivation Scale between Selected Female Players of Various Sports

Groups	Extrinsic Motivation	Intrinsic Motivation	Amotivation
	Mean± S.D.	Mean± S.D.	Mean± S.D.
Female basketball Players (N=50)	40.88±7.80	34.72±9.74	49.32±10.40
Female Handball Players (N=50)	41.84±9.41	39.18±8.78	44.80±8.90
Female Kabaddi Players (N=50)	46.18±6.11	39.14±10.83	50.82±13.68
Female Kho-Kho Players (N=50)	41.86±9.44	42.20±10.33	40.92±9.03
Female Volleyball Players (N=50)	40.56±5.85	40.62±5.37	41.46±5.59
	F(4,245)=4.12, p<.05	F(4,245)=4.56, p<.01	F(4,245)=10.33, p<.01

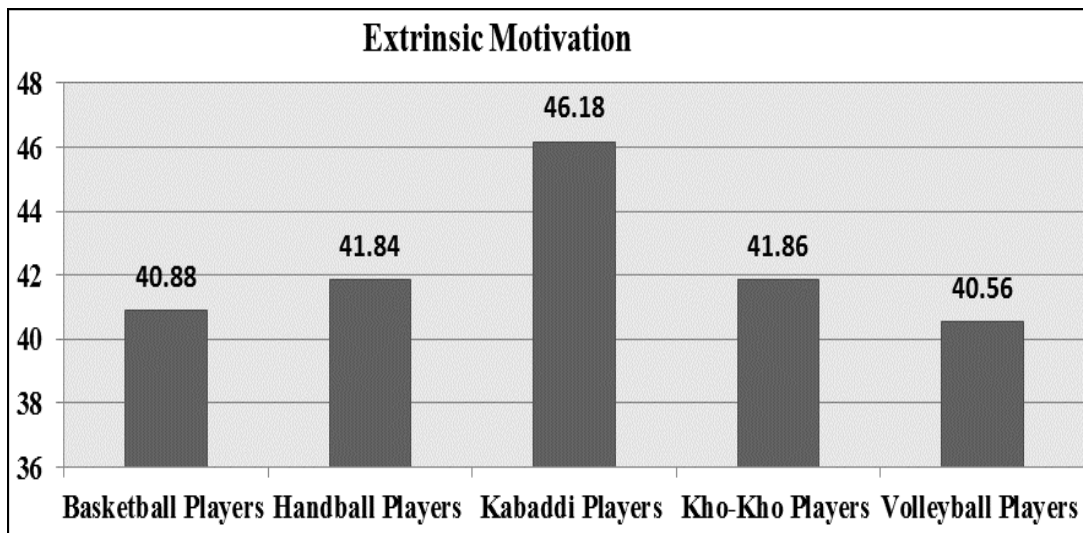
Statistical analysis of data reveals the following -

Overall, the extrinsic motivation of female basketball, handball, kabaddi, kho-kho and volleyball players did differ significantly with each other. (F=4.12, p<.01)

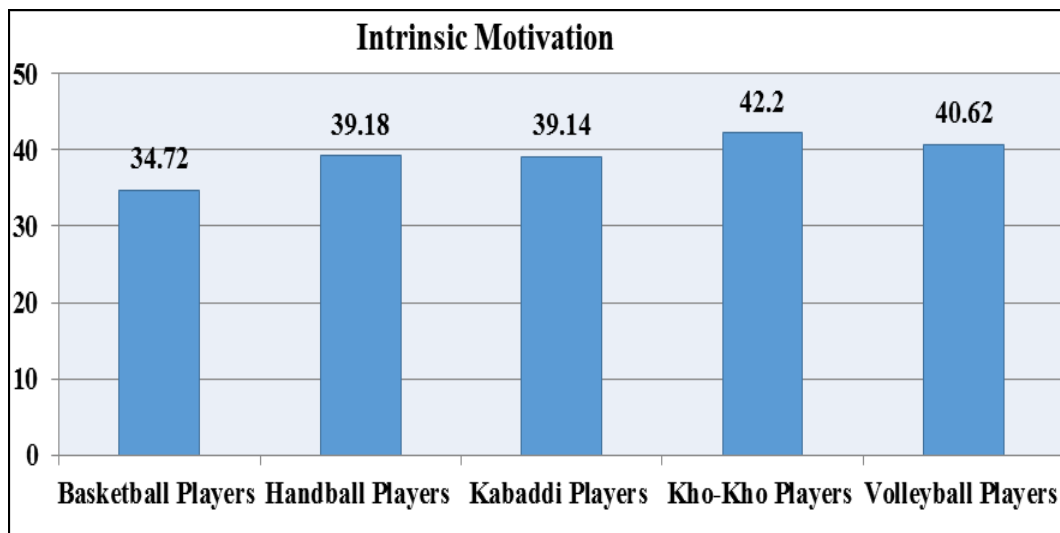
Overall, the intrinsic motivation of female basketball,

handball, kabaddi, kho-kho and volleyball players differ significantly with each other. (F=4.56, p<.01)

Overall, amotivation of female basketball, handball, kabaddi, kho-kho and volleyball players differ significantly with each other. (F=10.33, p<.01)



**Fig 1:** Graphical presentation of Mean value of Extrinsic Scale between Selected Female Players of Various Sports



**Fig 2:** Graphical presentation of Mean value of Intrinsic Scale between Selected Female Players of Various Sports

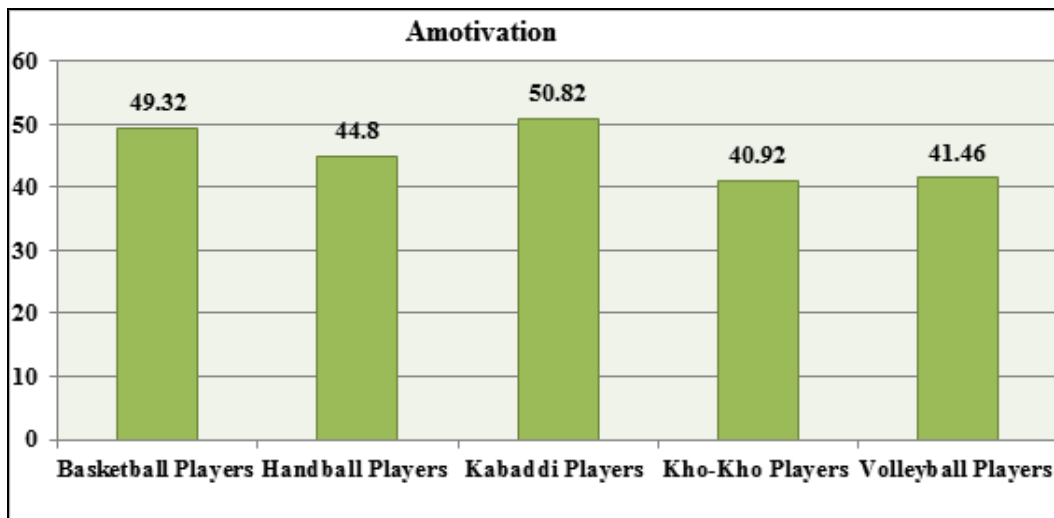


Fig 3: Graphical presentation of Mean value of Amotivation Scale between Selected Female Players of Various Sports

To find out the difference in extrinsic motivation between players of various sports, Post-hoc ANOVA was applied. The results are presented in table 2.

Table 2: Post-hoc ANOVA Difference in Extrinsic Motivation of Female Players from Selected Sports

	Basketball	Handball	Kabaddi	Kho-Kho	Volleyball
Basketball		-0.96	-5.30*	-0.98	0.32
Handball			-4.34*	-0.02	1.28
Kabaddi				4.32*	5.62*
Kho-Kho					1.30
Volleyball					

\* Mean difference significant at .05 level

A perusal of table 2 reveals that extrinsic motivation in female basketball players was found to be significantly higher as compared to female kabaddi players. The extrinsic motivation in female handball players was found to be significantly lower as compared to female kabaddi players whereas extrinsic motivation in female kabaddi players was found to be significantly higher as compared to female kho-kho and female volleyball players. The difference between others groups were not significant statistically.

To find out the difference in intrinsic motivation between players of various sports, Post-hoc ANOVA was applied. The results are presented in table 3.

Table 3: Post-hoc ANOVA Difference in Intrinsic Motivation of Female Players from Selected Sports

	Basketball	Handball	Kabaddi	Kho-Kho	Volleyball
Basketball		-4.46*	-4.42*	-7.48*	-5.90*
Handball			0.04	-3.02	-1.44
Kabaddi				-3.06	-1.48
Kho-Kho					1.58
Volleyball					

\* Mean difference significant at .05 level

A perusal of table 3 reveals that intrinsic motivation in basketball players was significantly lower as compared to handball, kabaddi, kho-kho and volleyball players. The difference between others groups were not significant

statistically.

To find out the difference in amotivation between players of various sports, Post-hoc ANOVA was applied. The results are presented in table 4.

Table 4: Post-hoc ANOVA Difference in Intrinsic Amotivation of Female Players from Selected Sports

	Basketball	Handball	Kabaddi	Kho-Kho	Volleyball
Basketball		4.52*	-1.50	8.40*	7.86*
Handball			-6.02*	3.88	3.34
Kabaddi				9.90*	9.36*
Kho-Kho					-0.54
Volleyball					

\* Mean difference significant at .05 level

A perusal of table 4 reveal that amotivation in basketball players was found to be significantly higher than handball, kho-kho and volleyball players. Amotivation in female handball players was found to be significantly higher than kabaddi players. Amotivation in kabaddi players was found to be significantly higher than kho-kho and volleyball players.

4. Results

On the basis of analysis of data following results were obtained -

1. Extrinsic motivation between interuniversity female sportspersons taking part in selected sports i.e. basketball, handball, kabaddi, kho-kho and volleyball did differ significantly with each other.
2. Intrinsic motivation between interuniversity female sportspersons taking part in selected sports i.e. basketball, handball, kabaddi, kho-kho and volleyball did differ significantly with each other.
3. Amotivation between interuniversity female sportspersons taking part in selected sports i.e. basketball, handball, kabaddi, kho-kho and volleyball did differ significantly with each other.

5. Conclusion

On the basis of results, it was concluded that extrinsic, intrinsic and amotivation of female sportspersons taking part

in selected sports i.e. basketball, handball, kabaddi, kho-kho and volleyball is significantly different.

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