



Role of Motivation for participation in Cricket at District level

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Abstract

Background: Youth is the most hazardous and stormy period of one's life. The state of motivation particularly among the adolescents plays decisive role in terms of selection of the right track for life. This research study was conducted to evaluate the situation with regard to the level of motivation of Cricket player in terms of their involvement in sports.

Objectives: The present study was conducted with three different objectives; (a) to explore the relationship between extrinsic motivation and sports participation; (b) to explore the relationship between intrinsic motivation and sports participation; and (c) to compare difference between types of motivation and sports participation of Cricket players.

Methodology: The study was conducted using a cross-sectional research design, in which Cricket players from state and representing district participated. A sample of 120 respondents was selected for the study through convenient sampling technique. "Sports Motivation Scale (SMS)" was used for data collection. Regression analysis was done to identify any association between different types of motivation and sports participation. Here too, no significant association was found between the extrinsic motivation and sports participation however, significant association was observed between intrinsic motivation and sports participation of the Cricket players.

Keywords: Cricket, Players, Motivation, Extrinsic, Intrinsic, Participation, Performance.

INTRODUCTION

Sports life refers to the life full of action and physical activities which plays significant role in the maintenance and promotion of health, minimizing the chances of stress, diabetes, blood pressure, obesity and osteoporosis (Jones, 1998 & Vuori, 1995). To obtain these vital health benefits of physical activities, need of the hour is, that motivation of the masses should be



encouraged to enhance their participation in sports and physical activities. Adolescence is the phase of life associated with the physical, social, psychological and bodily changes, which affect life pattern and direction of life is at stake in this particular age (Ayers,2010)). Interest and involvement in sports activities is also subject to the trend of the adolescents towards their participation in physical activity (PA).

Young students of college level who pass through the middle stage of adolescence are mostly subject to the changes in living conditions as they are heading towards the next stage of life. Students' daily lives are characterized by dozens of parameters including study in their classes followed by homework, participation in sports, hobbies, interests and other assignments in the daily life. However, focus of this research study is to evaluate their trend towards participation in PA and sports. This is an important aspect of life in this age group, as the future patterns of adulthood health, trend of life, and recreational engagement are also determined at this stage of life. In addition to that, lack of PA in this age group can have serious health consequences in later life. Youngsters' sports participation (SP) is often motivated by questions about their benefits either external or internal in other words motivated extrinsically or intrinsically (Soares et al., 2013).

Cricket is one of the most famous games with rich traditions of healthy competition and prestigious core of interaction among players. Official Cricket competitions are conducted to outdo the rival in terms of scoring more score in batting. In addition, the game of Cricket is also regarded as the game of "Lords" and "lord" of the games. Physical requirement of the game includes perfect eyesight, eye-hands and eye-feet coordination, fitness and agility on part of the player. The game of Cricket needs a lot of energy and motivation to excel in performance during competition. The skill of playing, confidence & temperaments, and psychological stability of the players are the factors that determine domination in performance. Reaching a professional level is an incredible challenge for everyone, as the game of Cricket requires highly developed skill, agility and competency in different departments of the game. Its winning strategy requires well-deserved overall performance, high level of skills in different departments, better training and high level of physical fitness. The popularity of Cricket has made it an attractive recreational activity for the lovers.



The word motivation stems back to the Latin term “Mover” standing for the state of being moved or to move. Motivation is the innate drive and refers to the state of readiness to behave in a particular way to attain something or to avoid certain situation (Islary & Khan, 2016). Intrinsic and extrinsic are the two main types of motivation. On the other hand, there is another form of motivation called “amotivation”; wherein the person is neither motivated nor non-motivated but take the activity as worthless (Ryan, 2006). Extrinsic motivation (EM) is a complex phenomenon that focusses upon the associated benefits of certain action or behaviour (Symens, 2014). And is directed towards achieving a goal. In the context of the purpose of engaging in sports, experts often focus on the difference between internal and external stimuli. Intrinsic motivation (IM) is a kind of stimulus refers to everything that moves from within, that is, activities that represent a goal, while external stimulus refers to an external drive, that is, when the activity represents a means to an end. It is important to investigate the role of an incentive (EM) regarding engagement in sports among the adolescents regarding the frequency and duration of PA. With the student population, it is usually assumed that male students are more motivated by internal factors (IM), or in other words by the need for strength, competition, entertainment, recreation and challenge, while a large number of female students are driven by stimuli, such as weight control and appearance (EM).

Literature Review

Motivation is one of the most important psychological ideas in many areas of life, from work and training to personal goals. In sports and PA, stimulation plays an important role, which is why for millions of people around the world, staying fit and active is not a responsibility or professional requirement, but rather a personal objective of life. Some people are affected by factors related to IM, while others are affected by factors related to EM and some by combinations of both (Watti mena, 2015). Internal and external stimuli indicate variables or rewards that a person tries to attain. To be specific, IM is a kind of motivation that comes out of the happiness.



Motivation for Sports Participation

The principle focal point of this research study was to comprehend the explanations for why an individual would decide to partake in sports and general physical exercises. The motives behind taking an interest are not generally steady with the exploration on physical and psychological well-being benefits. Presently the idea behind motivation in perspectives of social media has been new one and very limited literature has discussed this aspect of motivation (Khan, Nizami & Parmar, 2022). Motivation provides bases for the start of certain behavior and activity that satisfy internal desire or leads to serve the external interest of the participant (L.G Pelletier et al., 2013). Studies have demonstrated that 38% of undergrads routinely take interest in low intensity PA and just 20% partake in moderate PA, while 26% participate in high intensity vigorous PA (Amoura, 2017). Main types of motivation are as under:

Intrinsic Motivation: -Intrinsic motivation deals with the internal satisfaction and recreation associated with the activity like fun, entertainment, recreation and mental satisfaction etc. The person is intrinsically motivated who participate in an activity for the sake of satisfaction of the inner-self (Koruç, 2017).

Extrinsic Motivation: -Extrinsic motivation is always driven by the external reward associated with the activity. A person who is motivated to do something for the substantial gains rather than for the sake of recreation.

Methodology Objectives

1. To explore the relationship between extrinsic motivation and sports participation of Cricket players.
2. To explore the relationship between intrinsic motivation and sports participation of Cricket players.
3. To compare difference between extrinsic and intrinsic motivation and sports participation of Cricket players.



Discussion

Motivation for sporting activities has become a very popular area of interest among sports psychologists (Cerar et al., 2017). Considerable work has also been done in this regard. Based on the findings of this study, it was concluded that “statistically significant factors of differences in motivation to participate in sporting activities among district level Cricket players were found. The present study found that EM has no significant association with the level of participation of the district students in Cricket. Findings of the present study differ in terms of IM and EM of the respondents towards participation in the game (Del Pilar Vilchez, & De Francisco, 2017). The study has confirmed that IM was significantly associated with sports participation of the Cricket players. A study of (Jakobsen, 2014). also endorses finding of the present study who has concluded that majority of the adolescents participate in sports for their intrinsic motivation. Pearson Correlation analysis was done to identify any association between different types of motivation and sports participation and no significant association was found between these variables other than IM. Thus, it was concluded that intrinsic motivation is a significant factor for Cricket players to consistently participate in sports.



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