The Motivational Profile of Individual Practitioners of Sports Performance

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Abstract

This paper presents aspects of motivational profile of individual practitioners of sports performance. For the present study we chose three disciplines: gymnastics, athletics and skiing. We believe that structure is a motivational factor, emotional control and complete outline individual features. Study aim was to investigate the motivation and motivational profile of practitioners performing sports mentioned above, and the main research method was survey questionnaire. Results showed an organized structure based motivational aspects of this research and motivational profile of subjects but present common points and differences resulting from each specific sport and the environment.

Keywords: motivation, profile, individual sports, performance.

1. Introduction

Motivation is defined as all internal motives of conduct, whether born or acquired, conscious or unconscious, is actually a pulse, internal impulses, energizing or activation, or mobile pressure state action and human behavior generally, and in sport performance for the discussion.

According to P. Golu (1973) motivation is "a subjective model of objective causality, causal mental reproduced, accumulated over time, transformed and transferred through learning and education within the internal person." It fulfills all human mental system a double function: binding the reflex nature of the external world and the internal causal specificity "between stimulus and response builds a system of filters and comparators, which give information to propagate selectively, depending on lines the significance of individual system. Therefore, only resorting to reason we can explain why individuals react differently to one and the same situation, the behavioral response can acquire unusual scale, an insignificant or even absent expression ".

Needs, trends editing, attractions, interests, beliefs, intentions, dreams, aspirations, goals, ideals, all motivational structure is a practicing athletes.

Referring to the motivation for sport, Epuran M. (2010) believes that practicing sport activity is related primarily to meet the need of movement, and secondly in that the self-affirmation. By focusing on the views of Martens...
(1976), Gould, Feltz, Weiss (1985) as a sporting competition which is an achievement situation, based on social comparison and evaluation, the author points out that the above mentioned motivational The structure is structured in periods times higher than time related to age and how to motivate athletes. Reasons for the growth and evolution of personality needed with the necessary homeostatic balance switch to allow activation and higher levels of organization of each sports personality in directing behavior with positive consequences in order to realize.

"Personality is a hipercomplex, self organizing, teleonomic, biological and socio-culturally determined, with a specific dynamic, individualized" (Golu, M. 1993).

Formation of personality is closely linked to its capacity for objective self-esteem, characterized by a realistic attitude, self-critical, by the possibilities correctly reporting requirements, an accurate analysis of the situation and setting goals difficult, but possible achieved.

Personality psychology should focus his attention on how the processes, functions and individual mental states integrates the three main coordinates:

- dinamico-energy;
- relationship - social:
- Instrumental - performance.

For individual sports intrinsic motivation plays a role, it includes social trends, trends of self assertion and self trends related to sports activity.

"You can notice that in terms of subjective factors, common points of athletes and specialists determine trends of progress is found in the plan of affirmation, the material and social fulfillment of desire." (Corlaci I., 2010).

Of the above mentioned trends exemplified by: the need for status, race need, the need to compare with others, need to join the group, the need for self-affirmation, the need for success, need for approval, self-improvement desire, desire to become sports and champion, and so on. To these are added and inborn tendencies, such as: need of movement, needs playful and aggressive tendencies.

It is known that, to achieve a sporting performance is necessary to mobilize progressive energy at an optimal level of activation and control of behavior, the effect of motivational orientation.

"Within the human psychological, motivation following functions: the energy-propulsion factor, activating and stimulating, targeting factor, mediator and regulator of human activity, being the first chronological element of any human activity. Motivational components are numerous, vary in origin and functions satisfying way. They include the needs, purposes, interests, beliefs, trends, intentions, desires, aspirations, expectations ". (Grigore V. Mitrache G.,2010).

We believe that to study the motivational profile of athletes participating in our research, are important aspects of the characteristics and complexity of the orientation of the hierarchical structure of personality and motivation of subjects. Inventory and ranking events for satisfaction / dissatisfaction, knowledge and aspirations about sport espectatiilor subjects practiced their availability for physical and psychological, to meet individual training program, assuming a lifestyle sports, a sports club membership.

2. Organizationa of the research

The research was conducted over a period of three months on the subject students practicing individual sports such as athletics, gymnastics and skiing.

2.1. Scope

The main purpose of our study was to highlight and develop the performer's motivational profile of sports performance and the task related reasons was the ranking component of this profile.
2.2 Subjects

Research subjects were 70 athletes (50 men and 20 women), gymnasts, athletes, skiers with a mean age segment 20 to 30 years, with experience in sports performance between 10 and 15 years. Sporting performance of the subjects are: 17 european champions, 5 world champions, 1 Olympic and 47 local.

2. Methods

In order to realize the present research we applied the questionnaire survey, the main research method, together with the method of documenting and analyzing quantitative and qualitative data obtained.

2.3.1 Description and development

Specially designed questionnaire, referred to three aspects of motivation of each performer: personal development, skills development and the importance of psychological reasons why sports activity. For each issue concerned were made by 5 questions for different reasons related to: harmonious physical development, development of a strong personality and psychology of winning, performance capacity development to become a champion, a pro development effort, increase confidence in own forces, develop mental resilience, intellectual skills development, development of emotional intelligence, self-control and self-development capacity, communication skills development, optimization of cooperation with coaches and peers, accumulation of new knowledge and techniques of sport, membership club / group sports, better social integration, better social integration, safety and stability.

Total number of subjects was 70 persons, 50 men and 20 women.

The assessment was based on a 5-step scale. Were awarded points for each step, according to importance for that person, as follows: 5 = most important to me, 4 = very important to me, 3 = important to me, 2 = less important to me, 1 = unimportant to me. Points were summarized and the results have been sequenced, translated into tables and graphs for motivational profile.

3. Results

![Figure1. Personal development](image-url)
4. Conclusions

After studying and analysis done, the answers given by students surveyed, we can say the following:
- absolutely all subjects practitioners of who for individual sports, such as, gymnastics, athletics and skiing, have responded positively to complete this questionnaire;
- it was observed the importance of physical responses that develop in harmony with a strong personality and the psychology of winning, was the most marked responses;
- greater confidence in its own, pro effort, developing mental resilience and capacity to exercise self-control and self were important as the number of responses.

Optimization of cooperation with coaches and colleagues, emotional intelligence development, accumulation of new knowledge and techniques of sport, development of communication skills, membership in a club / group sports, communication skills, better social integration, safety and stability, have the answers given by subjects Campionte participnti the European, World Championships and Olympic Games.

Between genders was differences in responses given, while male respondents are oriented towards an increase in athletic performance, female respondents are directed towards harmonious physical development, the health and social integration, development of emotional intelligence and increase confidence in ourselves.

Another conclusion observed after discussions with respondents in the study was very important in choosing that practicing sport, the environment for the performer of skiing and athletics. Opposed gymnastics practitioners whose performance is more important than environment.

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