The comparison of elite wrestlers' sport motivation of Iran and selective countries

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ABSTRACT: Beside of the physiological and technical difficulties in sport activities mental difficulties also increase athlete's abilities in sport events which nowadays come in speech of one of the main physical education base aspects as Psychology of Sport. This research method is descriptive-analytic sport motivation scale (S.M.S) (Brier & et al, 1995), statistic sample includes 50 Iranian and 25 foreign wrestlers participants of international competition of Pourzand Brothers 1389 (2010), spearman correlation coefficient and independent t-test are used tools and research hypothesis in this probe. Research results revealed that between Iranian wrestlers, among outward and inward motivation there is meaningful differences, while between foreign wrestlers, among non-motivation and outward motivation there is meaningful differences. Results showed in Iranian wrestlers inward motivation is in meaningful relation with outward motivation and also informed which inward motivation predicts wrestling performance. With respect to the fact of prediction of inward motivation in wrestling performance, it seems increasing of inward motivation helps to keep exercises on and progress in competition initially.

Keywords: Inward motivation, Outward motivation, Non-motivation, Wrestlers

INTRODUCTION

Due to development trend at industrial societies and developing countries, the importance of sport and physical exercise as a part of human science, has visible higher than before and has been irretraceable to improve body situations and reform social and individual damages. It is the psychological and spiritual subject that today is at one area of substantial sub branches of physical activity research by exercise psychology that above physiological and technical subjects of sport activities that gives it intensity than direction. The sport's psychologist attempts that keep the athletes in acceptable level of impassion and control well the booster and weak ender causes the technical and technical actions of wrestlers to be overshadowed, and to develop the efficiency of individual and group in performing sport skill (Sarmento 2008).

Motivation is available at center of many the most interesting sport subjects, either as the improvement results in social environment, such as competition and coaches behavior and as a cause developed behavioral variables, such as resistance, training and implementation the motivation is the factor that motives the person's behavior, and actuates to certain direction and coordinates it. In motivation studies, it is possible that to attention to subject from different directions and every clear sighted view the subject from special point of view. The motivation has a concept and inside aspects when it surveys only to human requirements, but if our attention are to motivations or external causes, the definition of motivation find a external aspect (Elx 2007). Due to cognitive evaluation of Deci and Ryan (2005), the motivation of people differ accordance the varieties that is available in their removals from capacity and autonomous. The events that result in one of these senses must increase the internal motivations and familiarities and accordance with it, although it decrease external organize and lack of motivation. Means that the sports that decrease the sense of capacity and autonomous must result in without internal motivation and accordance and increase the external organize. Among two decades ago the increasingly level of laboratory surveys and field study, protect this theory and so in sport area, crust (2005) find that the understanding of much wrestlers of themselves is by their competency and autonomous. The championship sport is to reach to success as internal competitions (organizational, city, state, national) and external competitions (different international competitions) and so this is to reach attempt capacity, honor, famous and as a result special level of community for age, level of experience, body ability to cover and exploit from special coach and special spaces and facilities (Chantal 2007).

The psychologists believed that the different mental causes in addition to physical and body index must be available in one wrestler to reach the high levels of championship. One of the mind causes of availability of
motivation to reach championship and double attempt. The coaches always have to reach motivation in wrestlers that they had to attempt to reach his goals and bye this tool maximize their effects in implement sport action. The coaches attempt that motive the wrestler’s internal motivations, to they reach to success without any external causes or they use external motives. For participate in championship sports, there is fundamental motivations such as famous, reach to competences and there for use championship modal scores and the causes such as individual characteristic, how to relate by other wrestlers and knowing the coaches of wrestlers upon level of motivation and quality of giving them is effective (Papageorgiou 2001). These are only few of many available motivations for wrestlers that motive them to doing actions. Doubts less there are finding several motivations and there are different causes that express description of wrestler motivation. Familiarity with different motivations and available causes for implement motivation has special important for coaches and exercise psychologists. On the other hand, the compare the motivation of wrestlers to one another can construct physical new point of view for coach’s, to pay attention to construct physical capabilities to wrestler’s psychic abilities. So the problem of this survey is to specify the motivation causes in selected Iranian and abroad athlete. So we first express description of sport motivation in wrestlers of Iran and selected countries and at later level, a comparison between the athlete’s sports causes and sub-scales from internal and external motivations (Deci 2005).

METHODOLOGY

The recent methodology is analysis descriptive. The style of implementation test is this way that meantime holding international competitions, the pourzand brothers, in 2012 distribute the questionnaire of sport motivation between subjects use in this study by cooperate technical staff and coaches and holder the free wrestlers competitions. The tool that used in this study is sport motivation scale (SMS). This scale has 7 sub-scales that are 3 type external motives and non-motivation. This questionnaire has high credit. So that the Cronbach’s alpha coefficient reported 82% the credit of translated provision of this scale is at high credit and the Cronbach’s alpha coefficient reported 80% in Iran. The statistical society of this survey includes all Iranian and abroad wrestlers participate in pourzand brother’s international competitions. Between 50 Iranian athletes in 2012, these determine by chance between 50 Iranian athletes and 25 foreign athletes that are statistic exam at study.

RESULT

Minimum age of the subjects was 19 and maximum 30 years old and average 23/02 years old. The average scores of lack of motivation of wrestlers is 10/65 and different minimum and maximum of scores is 19. Due to that score average, index are accordance the curvature has a natural and coincide distribution the average of external motivation of wrestlers is 59/70 and difference of minimum and maximum score is 46 and index is lower than average and mean, the curve distribution is positive. The average of sub-scale of internality 21/44 and index is higher than average, the distribution of curve is positive and scores are in high level of average. The average of sub-scale at knowing motivation is 20/61 and due to index, mean and average the curve has natural distribution.

Accordance with table 1, there isn’t meaningful relation between non-motivation and external motivation of wrestlers of Iran (p= 0/619, r= 0/075), also there aren’t meaningful relation and motivation inside foreign wrestlers (p= 0/973, r= 0/012).

Table 1. The motivation subscale correlation Iranian wrestlers

<table>
<thead>
<tr>
<th>Variables</th>
<th>Internal motivation</th>
<th>external motivation</th>
<th>non-motivation</th>
</tr>
</thead>
<tbody>
<tr>
<td>r=0.148, p=0.321</td>
<td>r=0.075, p=0.619</td>
<td>r=1, p=0</td>
<td>non-motivation</td>
</tr>
<tr>
<td>r=0.596, p=0.01</td>
<td>r=1, p=0</td>
<td>r=0.075, p=0.619</td>
<td>external motivation</td>
</tr>
<tr>
<td>r=1, p=0</td>
<td>r=0.596, p=0.01</td>
<td>r= -0.148, p=0.0321</td>
<td>Internal motivation</td>
</tr>
</tbody>
</table>

In accordance with table 2, there is a meaningful relation between non-motivation and external motivation of wrestlers (p= 0/011, r= 0/761) and there isn’t meaningful relation and motivation inside foreign wrestlers (p= 0/973, r= 0/012).
Table 2. Correlation feel useful Motivation subscales foreign wrestlers

<table>
<thead>
<tr>
<th>Variables</th>
<th>non-motivation</th>
<th>internal motivation</th>
<th>external motivation</th>
</tr>
</thead>
<tbody>
<tr>
<td>r=0.110, p=0.761</td>
<td>r=0.736, p=0.015</td>
<td>r=1, p=0</td>
<td>non-motivation</td>
</tr>
<tr>
<td>r=0.012, p=0.973</td>
<td>r=1, p=0</td>
<td>r=0.736, p=0.015</td>
<td>external motivation</td>
</tr>
<tr>
<td>r=1, p=0</td>
<td>r=0.012, p=0.973</td>
<td>r=0.110, p=0.761</td>
<td>Internal motivation</td>
</tr>
</tbody>
</table>

As a result accord table 3, between sport motivations of Iran and foreign, there show that Iranian wrestlers have higher motivation, also non-motivation between foreign wrestlers is higher than Iranian wrestlers.

Table 3. Comparing the two groups of Iranian and foreign wrestlers

<table>
<thead>
<tr>
<th>variable</th>
<th>non-motivation</th>
<th>Internal motivation</th>
<th>external motivation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Iranian wrestlers</td>
<td>M=10.659</td>
<td>M=58.191</td>
<td>M=59.700</td>
</tr>
<tr>
<td></td>
<td>SD=4.94</td>
<td>SD=14.34</td>
<td>SD=12.10</td>
</tr>
<tr>
<td>foreign wrestlers</td>
<td>M=14.300</td>
<td>M=59.600</td>
<td>M=49.700</td>
</tr>
<tr>
<td></td>
<td>SD=8.59</td>
<td>SD=10.64</td>
<td>SD=13.97</td>
</tr>
</tbody>
</table>

DISCUSSION

Among Iranian wrestlers, there is a meaningful relation between internal and external motivation and this direct and meaningful relation show that the motivation guarantee the internal tendencies and so the environmental and external motivation. The finding of this study is accordance with the Ryan and cooperation (2008), Chantal (2007) and Wilson (2006) findings.

Show that foreign events and environmental acts cause increase sport motivation. Due to internal motivation has an effective help in pursue exercise and improve and competition of reach the higher degree and the hard circumstances of championship hasn’t effective on internal motivation. Non-motivation between foreign wrestlers is higher than Iranian. The finding of this study is accordance with findings at Eix (2007), Toumaniz (2006) and sarmento (2008) that material and immaterial rewards decrease non-motivation and a reverse meaningful relation.

The results show that, internal motivation lesser at Iranian wrestlers than foreign wrestlers. This finding is accordance with the findings of Ryan (2006) and feltz (2007), that autonomous, seeking and effective increase the internal motivation.

In relation with comparing external motivation of wrestlers show that the Iran’s wrestlers has higher external motivation than that foreign wrestlers. The finding is motivation by weiss (2007) and Eix (2005) that believe the motivation is external improve and is accordance with Wilson and et al (2008) that if there isn’t external motivation, the person keeps their activity.

Due to results of survey we express that the environmental events increase the motivation of wrestlers, also the findings showed that if internal motivation keep on success of athlete. And decrease non-motivation, meanwhile in non available of external motivation, of them, by the internal motivation can improve level of motivation that decrease non-motivation and increase athlete motivation.

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