

Effect of Motivational Technique on the Endurance of Football Players of Gulbarga University

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Abstract

In this present study the researcher wanted to find out the effect of the motivational like rewards, recognition, presence of others, goal setting and punishment on the endurance of football players of Gulbarga university. The researcher made experiment study on the football players and conducted pre test of endurance through 12 minutes cooper test to measure the endurance among the sample than after one week he introduced the motivational technique reward and explained about the cash prizes and medals to the best performer than he conducted the post test and again measured the endurance among the football players. The objectives – to measure the level of endurance of football players of Gulbarga University. To find out the effect of reward on the endurance of football players of Gulbarga university. The hypothesis of the study: There is significant effect of motivational technique on the endurance of football players; there is significance difference in endurance level in pre and post tests among football players. Sample of the study: Fifty male football players were selected from Gulbarga University, the sample was given the instruction about the study but the reward was introduced only in post test. Tools: The motivational techniques reward was used in this study, and 12 minutes walk/run cooper test also used to measure the endurance among the sample group.

Statistical techniques like mean, SD, t tests were used to find out the effect of reward on the endurance of football players of Gulbarga University.

Key Words: Reward, Sports Performance.

1. Introduction:

It is clear that the behavior or performance of any individual needs some amount of motivation in order to qualify itself in terms of “excellence”. This is applicable not only in routine social interaction but also in the field of sports wherein a lot of competition is involved. Recently the competition in sports activity has attracted the attention of sports psychologists. The performance in any game is not sufficient by itself. Rather the performance of any athlete is meticulously inspected, checked and modified. Thus, one’s performance in any sports is to excel the performance of others through certain other techniques which are generally called as motivational techniques. Therefore, motivation assumes a great significance in the field of sports since the competition is multifarious.

A coach can use motivational technique like pep-talks, locker room sciences, visual aids, behavior modification, cheering and singing, awards, rewards, introduction of competition, goal-setting affirmation, visualization, positive mental attitudes, recognition, presence of spectator etc.

In the present study, the following motivational techniques such as rewards, recognition, presence of others, goal-setting and punishment are used:

Reward (RD):

Reward is kind of extensive motivation used by the coach with the object of increasing the level of efficiency in the performance of athletes. The rewards may be winning particular title as prize, non-verbal reinforcement, being chosen as team captain, and being given any other kind of material objects which attract the athletes and thereby increase their performance. It is believed that such kinds of rewards would certainly benefit the participants by motivating them to sustain their mentality in the given event of the sports.

1.1 Objective of the Study:

- a) To measure the level of endurance of football players of Gulbarga university.
- b) To find out the effect of reward on the endurance of football players of Gulbarga university.

2. Materials & Methods:

2.1 Selection of Subject:

Fifty male football players were selected from Gulbarga University, the sample was given the instruction about the study but the reward was introduced only in post test.

2.2 The Hypothesis:

- a) There is significant effect of motivational technique on the endurance of football players.
- b) There is significance difference in endurance level in pre and post tests among football players.

2.3 Tool:

The motivational techniques reward was used in this study, and 12 minutes walk/run cooper test also used to measure the endurance among the sample group.

2.4 Statistical Technique:

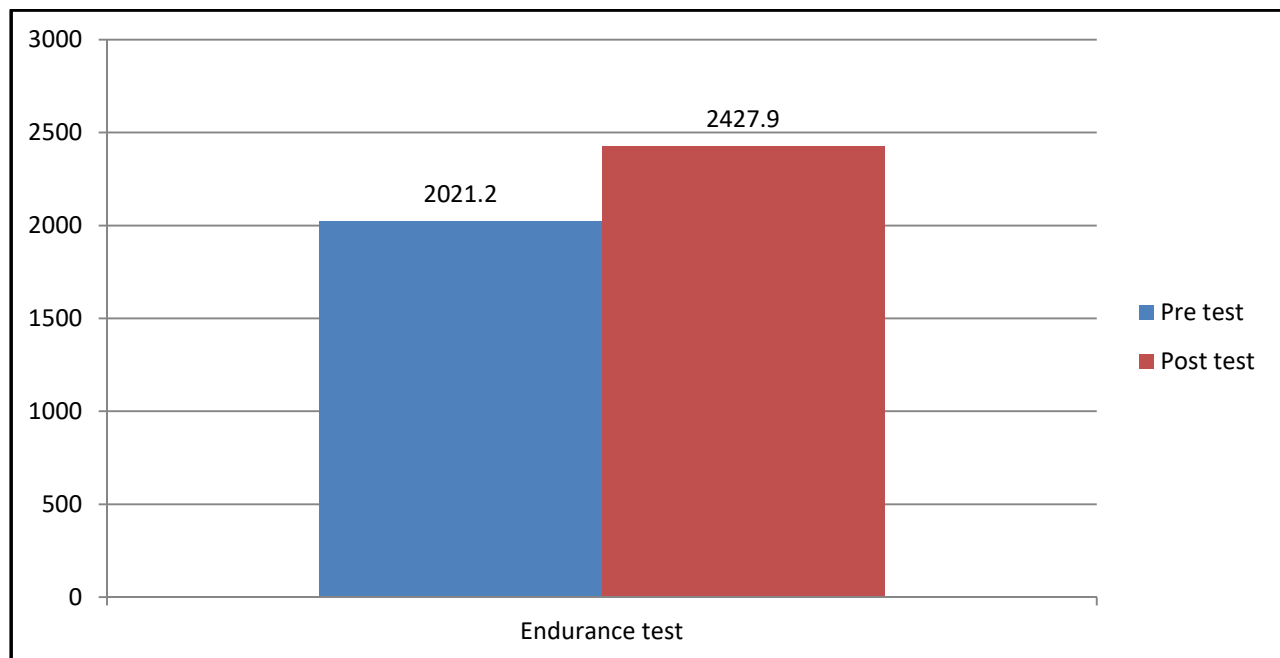
Statistical techniques like mean, SD, t tests were used to find out the effect of reward on the endurance of football players of Gulbarga University.

3. Results of the Study:

Table No. 1 showing the effect of reward on the endurance of football players of Gulbarga University

Sample		Pre Test	Post Test	t value
Endurance Test	Mean	2021.2	2427.9	6.64**
	SD	171	135	

**Significant at 0.01 level



The table and graph showing the effect of motivational technique reward on the endurance of football players of Gulbarga University. In the 12 minutes' walk /run cooper test in pre test mean score is 2021.2 meters. After introducing the reward to the best performance in the endurance test. In post the sample football players performed better due to the effect of reward on the endurance.

4. Findings:

- The motivational technique reward has the positive effect on the endurance of football players.
- There is significant effect of reward on the endurance of the football players.
- There is influence of motivational techniques on the sports performance of football players.

5. References:

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