Types of Sport Motivation on Malaysian Athletes

Vincent Parnabas [1], Ochillochandern Gittom Angang [2], Mohad Anizu Mohd Nor [3]

{vincent@uitm.edu.my [1], ochillochandern_gittom@yahoo.com [2], mohadanizu@uitm.edu.my [3]}

Faculty of Sport Science and Recreation, Universiti Teknologi Mara (UiTM) [1], Faculty of Sport Science and Recreation, Universiti Teknologi Mara (UiTM) [2], Faculty of Sport Science and Recreation, Universiti Teknologi Mara (UiTM) [3]

Abstract. Motivation determines many aspects of behavior including motives of taking part in physical activities, in order to maintain physical and mental health. The aim of this study is to differentiate the types of motivation between gender. Sports Motivation Scale (SMS-28), which consist of intrinsic, extrinsic and amotivation, was used in this study. The sample of this study consists of 300 athletes of Malaysia. The result revealed the highest mean of sports motivation is extrinsic (4.86), followed by intrinsic (4.64) and amotivation (4.13). Besides that, there is no significant differences exist between gender on extrinsic, intrinsic and amotivation. This result strongly supported by a few previous study that there isn't any significant difference in the types of sports motivation between gender when involved in physical activities. Sport psychologist or coaches' can use this study to provide adequate and variety of sports programmes to maintain interest among participants based on their motives.

Keywords: Motivation, Intrinsic, Extrinsic, Amotivation.

1 Introduction

Motivation is an internal energy force that determines all aspects of the behavior and it initiates, guides, and maintains goal-oriented behaviors (1). Besides that, motivation also considered as an important field in psychology and physical activities in terms of engagement, performance and health (2). Therefore, sports motivation plays an important role in achieving better performance among athletes.

Based on the view by (3) there are three types of motivation, which are extrinsic, intrinsic and amotivation. Intrinsic motivation is related to enjoys participating in sports to seek pleasure (4). In other words intrinsic motivation oriented person taking part in physical activitity or spors for internal benefit such as enjoyment, fun or satisfaction. According to (5), intrinsic motivation play an important role in making decisions, interact and perceive things to engage in an activity for pleasure, fun and excitement that comes from achieving their objectives and goals in their performance. Although, intrinsic motivation is regarded as the greatest source of motivation, it is linked to a number of advantages, including increased enjoyment and

ACPES 2022, October 28-30, Medan, Indonesia

DOI 10.4108/eai.28-10-2022.2327462

psychological happiness (6). Furthermore, educators consider intrinsic motivation is better than extrinsic motivation since it comes from the internal factors to participate in sports (7). While extrinsic motivation involves taking part in sport for external factors such as money, medals of excellence, grade, as well as titles given by certain partie, to achieve the goal and objectives (7; 4).

Contradictory, amotivation refers to an athlete that lack of motivation and unwillingness toward their sports involvement, where completely absence of intrinsic and extrinsic motivation (4). According to (8), amotivation behavior occurs when an athlete lacks sense of curiosity about their surroundings. According to the study, athletes are neither intrinsically nor extrinsically driven because they see a lack of contingency between their behavior and outcomes. Amotivation formed in many ways similar to leamed helplessness. For example, an individual with no sense of purpose and expecting no reward would automatically change their course of events possibly (8). Aside from that, (8) claimed that this condition of amotivation have a high tendency to develops feelings of frustration by an unpleasant outcomes. Therefore this phrase is used to describe a person who lacks of motivation. Psychologically when a person are unable to recognise his link between the actions and the results of his efforts, he can easily get demotivated. Thus, (9) also have mention that this types of personally will result in lowering self-esteem. At the end, they may blame themselves for the negatives outcomes, feeling guilty and depress.

One of the theory which discussed the importance of motivation on human behaviour is Maslow's theory of the hierarchy of needs (10) He suggests that human needs are arranged in a series of levels, called as hierarchy of importance. The hierarchy is usually shown as ranging through five main levels, from the lowest level which is physiological needs, through safety needs, love (social) needs and esteem needs, to the highest need for self-actualization (Table 1). The physiological needs are at the bottom of Maslow's hierarchy. These are the basic requirements that individuals require to fulfilled, such as access to air, water, food, rest and health. Maslow's hierarchy of requirements lists safety as the second most important need. Individuals need to feel safe, have a place to live and a feeling of consistency. Maslow's need for love and belongingness, which is based on physiological and safety requirements, applies to social involvement. Self-esteem and emotions of respect, admiration and recognition are the next level in the hierarchy of needs. Self-actualization or realising one's maximum capabilities for achievement, is at the top of Maslow's hierarchical pyramid. Once a lower need has been satisfied, it no longer acts as a strong motivator. The needs of the next higher level in the hierarchy demand satisfaction and become the motivating influence. In other words, only unsatisfied needs motivate a person. Individuals advance up the hierarchy as each lower-level need becomes satisfied. Therefore, to provide motivation for a change in behaviour, the athletes must direct attention to the next higher level of needs that seek satisfaction. Remuneration, food, fringe benefits and working conditions are examples of basic material necessities for welfare (11). (10) believes that deprivation of higher order demands may be used to motivate people. Sports motivation level results when individual needs are already meet and this factor related to the level of motivating or amotivation associated with initiating or persist in goal-directed behaviour (12).

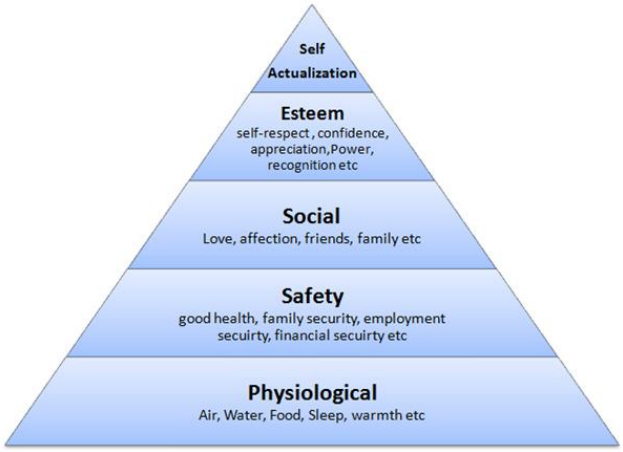

Figure 1. Maslow's Hierarchy of Needs

A few studies had been done on the comparison of gender on types of sport motivation. Males placed a higher value on advantages to sport practice such as rewards than female participants (13). Thus, (14) found that female athletes in Norway had higher intrinsic motives for participating in sports than male athletes. Contradictory, a few researchers have shown that male participants were more intrinsically motivated especially on physical exercise than female (15).

However, similar study carried out by (16) and (17) found no significant difference on types of sports motivation among the male and the females when involve sports activities. In addition, (18) also found the same result and conclude that the level of sports motivation among athlete was no significant different between male and female athlete. It is clear that researchers found contradictory result when estimate types of motivation on taking part in sports between gender. Therefore, there is need more research to determine whether there exist differences on types of motivation among male and females.

The purpose of this research is to compare the types of motivation dominated on athletes to take part in sports, which is intrinsic, extrinsic and amotivation. Besides that, this research also compare the types of motivation between gender.

2 Methods

Sample

The State Sports Council in Sabah, Malaysia, has been chosen to be part of the target population. The latest update data on June 5, 2021, by the Sabah State Sports Council, showed that the total number of Sabah athletes actively registered under the Statistics of Capable Athletes by Program was about 1375 for the SUKMA XX Johor 2020 game as recorded in the year 2020. Stratified simple random sampling was used in this study to select the sample. The sample size was selected according to the (19) sample model table, which was 300 athletes.

The sample size of 300 athletes was drawn from the population of the 1375 Sabah athletes. The sample for gender include in this study for male athlete were (165 athletes out of 756) and female (135 athletes out of 619), which can be referred to in Table 1 below.

Table 1. The Allocation of Stratified Simple Random Sampling Methods

Gender	No. of Athlete	
	Sample	Population
Male	165	756
Female	135	619
Total	300	1375

Instrumentation

The sports motivation scales (SMS-28) by (20), which consist of 28 items measuring intrinsic, extrinsic and amotivation, was used in this study. Previous research (20) has shown that the coefficients alpha for the subscales ranges from .58 to .84.

3 Results

Reliability Test

The Cronbach's Alpha value ranges between $0.8 > \alpha \geq 0.7$ Intrinsic Motivation, Extrinsic Motivation and Amotivation shown in Table 2.

Table 2. Reliability Statistics

Variables	Cronbach's Alpha	No. of Items
Intrinsic Motivation	.734	12
Extrinsic Motivation	.742	12
Amotivation	.754	4

Types of Sports Motivation

Figure 2 shows there are differences between the mean of all the types of sports motivation among Sabah, Malaysian athletes. From the figure below, the highest mean of the types of sports motivation was extrinsic motivation (4.86), followed by intrinsic motivation (4.64), and the lowest level is the amotivation, which is (4.13).

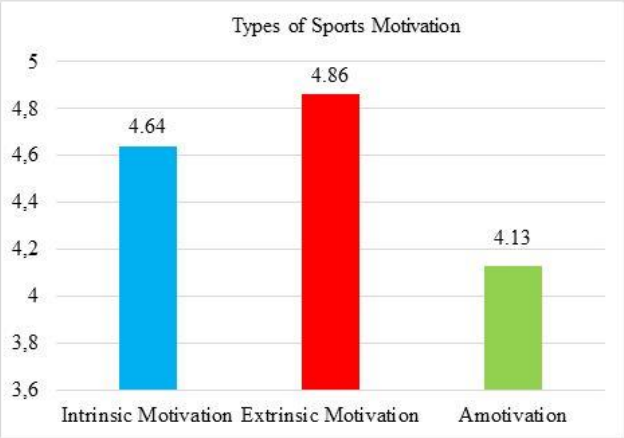

Figure 2. Means Types of sports motivation

Intrinsic Motivation between Male and Female

The group variances for intrinsic motivation preferred between males and females treated as equal when F-tests (0.017) are statistically significant at the p-value 0.896 greater than 0.05. Thus, we conclude that there is no significant differences on Intrinsic Motivation among Male and Female of Sabah athletes. The ability to assume and not is evident in both columns' equal variance of the above figure. We can see the equality in the value of the t-statistic 1.269 in the final column, and the degrees of freedom (df) 286.347 have bit change. Since the last column's p-value is similar to the first column's p-value of 0.206, we assume that although t-statistics have been a few effect reductions on the final column, the p-value is considered statistically significant at the level of greater than 0.05 (Table 3).

Table 3. Intrinsic Motivation between Male and Female

Intrinsic Motivation	Gender	Levene's Test for Equality of Variances		t-test for Equality of Means		
	Male Female	F	Sig.	t	df	Sig. (2-tailed)
Equal variances assumed		.017	.896	1.269	298	.206
Equal variances not assumed				1.269	286.347	.206

Extrinsic Motivation between Male and Female

The group variances for extrinsic motivation preferred between male and female treated as equal when F-tests (3.207) is statistically significant at the p-value 0.074 greater than 0.05. Thus, we conclude that there is no significant differences of Extrinsic Motivation preferred between Male and Female of Sabah athletes. The ability to assume and not is evident in both columns' equal variance of the above figure. We can see the equality in the value of the t-statistic 1.247 in the final column, and the degrees of freedom (df) 269.036 have bit change. Since the last column's p-value of 0.213 is higher than the first column's p-value of 0.207, we

assume that although have been a few effect changes on the final column, the p-value is considered statistically significant at the level of greater than 0.05 (Table 4).

Table 4. Levene's Test for Extrinsic Motivation between Male and Female

Extrinsic Motivation	Gender	Levene's Test for Equality of Variances		t-test for Equality of Means		
	Male Female	F	Sig.	t	df	Sig. (2-tailed)
Equal variances assumed		3.207	.074	1.264	298	.207
Equal variances not assumed				1.247	269.036	.213

Amotivation between Male and Female

The group variances for Amotivation preferred between male and female treated as equal when F-tests (0.146) is statistically significant at the p-value 0.703 greater than 0.05. Thus, we conclude that there is no significant differences of Amotivation preferred between Male and Female of Sabah athletes. The ability to assume and not is evident in both columns' equal variance of the above figure. We can see the equality in the value of the t-statistic -0.598 in the final column, and the degrees of freedom (df) 283.627 have bit change. Since the last column's p-value of 0.550 is higher than the first column's p-value of 0.549, we assume that although have been a few effect changes on the final column, the p-value is considered statistically significant at the level of greater than 0.05 (Table 5).

Table 5. Levene's Test for Amotivation between Male and Female

Amotivation	Gender	Levene's Test for Equality of Variances		t-test for Equality of Means		
	Male Female	F	Sig.	t	df	Sig. (2-tailed)
Equal variances assumed		.146	.703	-.600	298	.549
Equal variances not assumed				-.598	283.627	.550

4 Discussion

Types of Sports Motivation

In this current study, the highest mean score on types of sports motivation among Sabah, Malaysian athletes is extrinsic motivation. Next is intrinsic motivation and the lowest mean score is amotivation among Sabah, Malaysian athletes.

The highest sport motivation of extrinsic could be due to the athlete's age. The Sabah, Malaysian athletes chosen for this study range in age from 18 to 28 years old. In various sports, an athlete's age group may be the reason he or she is extrinsic. The older athletes have a higher motivation to play sports for the sake of popularity, prizes and money. According to (21), the population's intrinsic motivation fluctuates with age. Middle-aged folks were shown to be more extrinsic than younger adults who enjoy sports. The second highest mean score among Sabah, Malaysian athletes is intrinsic motivation.

The lowest mean score of the types of sports motivation among Sabah, Malaysia athletes is amotivation. This shows that some of the athletes' lack of motivation might be because they are not interested in the type of sports they are involved in, which makes the athlete lose confidence in their sport participation, especially during competition. The previous study stated that the amotivation behaviour shows that the athlete is not interested in their sports participation and does not have confidence in what they have participated in (22).

Types of Sports Motivation between Male and Female

The result of the study shows that there is no significant difference in the types of sports motivation (intrinsic, extrinsic and amotivation) among male and female Sabah, Malaysian athletes. This current result is strongly supported by past studies. The past study by (16) found no significant difference in the types of sports motivation among males and females when involved in sports. In addition, (17) also found there is no significant difference in types of sports motivation between male and female athletes. He reported that motivation is a direction of attitude for people who want to be successful in life, especially when involved in sports activities, whether they are males or females. A similar study conducted by (18) found the same result and concluded that the types of sports motivation among athletes was no different between male and female athletes.

5 Conclusion

The study findings found no significant differences in types of sports motivation preferred by gender. In this current study, the highest mean types of sports motivation among athletes is extrinsic motivation, followed by intrinsic motivation and amotivation. Besides that, the result of the study shows that there is no significant difference in the types of sports motivation (intrinsic, extrinsic and amotivation) among male and female Sabah, Malaysian athletes. Since the result of this research revealed that the main motives for athletes to take part in sport is for extrinsic motivation, Sport psychologist and coaches' should provide adequate and variety of sports programmes to maintain extrinsic interest among athletes. Sport psychologist and coaches' should develop athletes' behavior, competencies, be creative, set goals, grow interests, make plans, develop talents and boots engagement in sport by using extrinsic motivation. This can help the athletes to improve their level of motivation and enhanced their sport performance. Sport Psychologist and coaches need to understand each of their athletes' needs and desires to improve the athlete's level of sports motivation. The coaches or physical education teachers also can use this study to explain the importance of sports motivation among their athletes.

6 References

[1] Cherry, K. (2020) What is Motivation? Retrieved April 6, 2022 from https://www.bookdepository.com/Everything-Psychology-Book-Kendra Cherry/9781440506918

[2] Brustad, R. J. (1993). Youth in sport: psychological considerations. In R. N.

[3] Singer, M. Murphey, & L. K. Tennant (Eds.), Handbook of Research on Sport Psychology (pp. 695/717). New York: Macmillan.

[4] Halbrook, M., Blom, L. C., Hurley, K., Bell, R. J., and Holden, J. E. (2012). Relationships among motivation, gender, and cohesion in a sample of collegiate athletes. Journal of Sport Behavior, 35(1), 61–77.
[5] Deci, E. L. (1971). Effects of externally mediated rewards on intrinsic motivation. Journal of Personality and Social Psychology, 18, 105–115.
[6] Alexandris, K., Tsorbatzoudis. C., and Grouios.G (2002). Perceived constraints on recreational sport participation: investigating their relationship with intrinsic motivation, extrinsic motivation and amotivation. Journal Leisure Research, 34(3), 233-252.
[7] Deci, E. L., & Ryan, R. M. (1987). The support of autonomy and the control of behavior. Journal of Personality and Social Psychology, 53, 1024-1037.
[8] Deci, E. L., Koestner, R., and Ryan, R. M. (1999). A meta-analytic review of experiments examining the effects of extrinsic rewards on intrinsic motivation. Psychological Bulletin, 125(6), 627–668.
[9] Vallerand, R.J & Bissonnette, R. (1992). Intrinsic, extrinsic, and amotivational styles as predictors of behaviour: A prospective study. Journal of Personality, 60, 599-620.
[10] Abramson, L. Y., Garber, J., Edwards, N. B., and Seligman, M. E. P. (1978). Expectancy changes in depression and schizophrenia. Journal of Abnormal Psychology, 87, 102-109.
[11] Maslow, A. H. (1943). Hierarchy of Needs: A Theory of Human Motivation. In Psychological Review (Vol. 50, Issue 4, pp. 370–396). http://psgoodrich.com/pc/docs/ARTICLES/Maslow-HierarchyOfNeeds.pdf
[12] Park, C., Ko, Y. J., Kim, H. Y., Sagas, M., & Eddosary, M. (2016). Donor motivation in college sport: Does contribution level matter? Social Behavior and Personality, 44(6), 1015–1032. https://doi.org/10.2224/sbp.2016.44.6.1015
[13] Robbins, J.E, & Rosenfeld, L.B. (2001). Athletes' perceptions of social support provided by their head coach, assistant coach, and athletic trainer, pre-injury and during rehabilitation. Journal of Sport Behavior, 24: 277-298.
[14] Moreno, J. A., Cervello, E., and Gonzalez-Cutre, D. (2007). Young athletes' motivational profiles. Journal of Sports Science and Medicine, 6, 172- 179.
[15] Jakobsen, A. M., & Evjen, E. (2018). Gender differences in motives for participation in sports and exercise among Norwegian adolescents. Baltic Journal of Health and Physical Activity, 10(2), 92 – 101.
[16] Amorose, A.J, & Horn T.S (2000). Intrinsic Motivation: relationship with collegiate athletes' gender, scholarship status, and perceptions of their coaches' behavior. Journal of Sport and Exercise Psychology (Champaign, III) 22(1), 63– 84.
[17] Van Heerden, C. (2014). The relationships between motivation type and sport participation among students in a South African context. Journal of Physical Education and Sport Management, 5(6) 66-71.
[18] Roychowdhury, D. (2018). A comprehensive measure of participation motivation: Examining and validating the Physical Activity and Leisure Motivation Scale. Journal of Human Sport and Exercise, 13(1), 231-247.
[19] Ryckman, R. M., & Hamel, J. J. (1993). Perceived physical ability differences in the sport participation motives of young athletes. International Journal of Sport Psychology, 24(3),

270-283.
[20] Krejcie & Morgan. (1970). Determining sample size for research activities. Educational and Physiological Measurement, 30, 607-610.
[21] Pelletier, L. G., Fortier, M. S., Vallerand, R. J., Tuson, K. M., Briere, N. M., and Blais, M. R. (1995). Toward a new measure of intrinsic motivation, extrinsic motivation, and amotivation in sports: The Sport motivation scale (SMS). Journal of Sport and Exercise Physiology, 17, 35-53.
[22] Brunet, J & Sabiston, C. M (2011). Exploring motivation for physical activity across the adult lifespan. Psychol Sport Exerc. 12(2), 99–105.
[23] Ryan, R. M., & Deci, E. L. (2000). Intrinsic and extrinsic motivations: Classic definitions and new directions. Contemporary Educational Psychology, 25, 54-67.