CHAPTER V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS
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Motivation research probes the hidden feelings and wishes of an athlete. It analyses unconscious motives of which an athlete himself is unaware. It estimates the value system that exists among sports persons at different levels of performance.

The recognition of success is bound to give confidence to the athletes and becomes a source of motivation. Budding athletes must be moved towards a goal that they can hope to achieve. Once engaged persistently in an event they are likely to make leaps forward. In a sustained activity motivation helps acquire satisfaction and in return increases productivity.

Research studies have helped in the identification of different factors that account for motivational behaviour in sports training and competition. This study was an attempt to investigate the different aspects of motivation in relation to sports participation and performance. The investigation was focused on constructing a test for sports participation motivation and another test for motivation for competitive performance in sports. In addition the norms for the males and females and two different age groups were to be prepared.
The title of the study was:

"An Assessment of Motivation for Sports Participation and Performance of Panjab Athletics."

OBJECTIVES

The following were the objectives of the study:

1. To construct a scale of motivation for sports participation.
2. To construct a scale of motivation for competitive performance in sports.
3. To develop norms for motivation for sports participation.
4. To develop norms for motivation for sports performance.

SAMPLE

The sample consisted of 700 athletes randomly selected from different sports disciplines covered to collect the data. The age group of the subjects was 14 to 22 years. The subjects were drawn from the college affiliated to the universities of Punjab i.e. Guru Nanak Dev University, Amritsar, Punjabi University, Patiala and Panjab University, Chandigarh.
Two samples were taken in two different phases. The subjects taken in the first phase numbered 100, while the subjects taken in the second phase were 600.

**STATISTICAL DESIGN**

Factor analysis (Factorial design) was used to construct the Sports Participation Motivation Scale and the Motivation Scale for Sports Performance. Pearson’s Product-moment Correlation was worked out to establish reliability, Validity and objectivity of the scales, Hull Scale was used to develop the norms of the above mentioned scales.

The motivation scales were developed through the factorial analysis technique. The study was conducted in two phases. In the first phase a list of test items was prepared and content validated. By doing so the number of items were reduced to 50 and 45 for Sports Participation Motivation Scale and Motivation Scale for Sports Performance respectively. The subjects were then tested on these items. The data collected on 100 subjects was used for factor analysis. Through this technique, 11 factors were extracted after an orthogonal rotation of each factor, for sports participation motivation and 10 factors were extracted by using the similar procedure for sports performance motivation. The test items which were significant, were selected for the two test batteries. Each factor was given a suitable name.

The scientific authenticity of the tests was established by computing reliability, validity and objectivity. The reliability of the tests was
established by using the test-retest and split-half method. The reliability obtained for Sports Participation Motivation Scale and Motivation Scale for Sports Performance were .77, .71, .81 and .76 respectively. This indicates that the scales are highly reliable.

To establishing validity the following procedure was used:

1. Content validity was established by getting the responses of subjects and experts.

2. Construct validity was established by using the factor analysis technique.

3. Concurrent validity (Criterion-Related) was established by using the cross-validation procedure of the two newly constructed scales on motivation. To establish the concurrent validity Pearson’s ‘r’ method was computed. The validity score was .65.

To establish the objectivity of the two scales of motivation, Pearson’s ‘r’ was computed. The objectivity scores of the two motivation scales were .82 and .87 respectively.

The second phase related to the preparation of norms. The norms of the two scales were developed by using the Hull Scale. Six hundred male and female athletes were administered the two test batteries. The Hull Scale was used to prepare the norms for male and female athletes in the age group of 14 to 18 years and 19 to 22 years, separately.
CONCLUSIONS

Recognising the limitation of the present study the following conclusions were drawn:

1. The factor analysis study yielded 11 (eleven) factors for measuring of motivation for sports participation. These factors were deemed to be meaningful in representing the construct of motivation for sports participation. The items which fell under these factors were having significant rotated loading in the range of .36 and upto .87.

2. The factor analysis study also yielded 10 major factors with regard to sports performance motivation. These factors have been found representative of motivation for sports performance. Thus items with significant rotated loadings were found in the range of .44 to .84.

3. The batteries on the two scales on motivation developed by the researcher are valid to predict the level of motivation for sports participation and motivation for sports performance.

4. The newly developed test inventories of motivation meet the criterion of scientific authenticity, that is, the tests are reliable, objective and valid.
5. These inventories are applicable to the sports populations of Punjab State and Union Territory of Chandigarh, since the sample was drawn from this region of the country.

RECOMMENDATIONS

In the light of findings of the present study, the following recommendations could be made:

1. Coaches can use the motivation scales periodically to evaluate the effectiveness of their programmes and how effectively the athletes respond to these programmes.

2. The norms of this study may also help in assessing the development of motivation of upcoming athletes.

3. The findings of this study can be a guide to use motivation techniques to intensify motivation among the athletes where necessary.

4. Similar inventories should be developed on populations not covered under this study.

5. Finally the study can help to overcome the coaches bias, if any, regarding the motivation for sports participation and sports performance. These are objective tests and their use to assess motivation among athletes is recommended.