



**BHARATHIDASAN UNIVERSITY**  
**TIRUCHIRAPPALLI-620 024,**  
**Tamilnadu, India**

**Programme : Master of Physical Education**

**Course Title: SPORTS PSYCHOLOGY**

**Course Code : 21MPE42**

**Unit -II**

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## **Meaning of Motivation : UNIT- II**

- Motivation means to move, to achieve. The term motivation or motive refers activation form within organism.

## **Definition of Motivation :**

- ✓ “Urge to push towards a specific goal” – **Robert singer.**
- ✓ “As the direction and intensity of one’s effort” – **Sage.**
- ✓ “Motivation is a general level of arousal to acting in a particular situation” – **Alderman.**

## Types of Motivation:

### Intrinsic Motivation:

- It comes with in person, feelings of fulfilment, joy participation, satisfaction, pride etc...
- “Motivates themselves internally of individuals” – **i.e. I can never mind,**

## Types of Motivation:

### Extrinsic Motivation:

- ❖ “Whenever a sports person is motivated externally it is termed as extrinsic motivation”.i.e – **Clapping of others, Certificate, Monetary award.**
- ❖ **Social Incentive:** Spectator and fans will encourage the players by saying. Do well, keep it up, and try hard.
- ❖ **Monetary Incentive:** Cash awards given to the best player, man of the match, man of series.
- ❖ **Reward Incentive:** Bonus will be given to the players or the salary will be increased for the players.
- ❖ **Social Competitive Incentive:** The player at level of highest is motivated to break a world record or national record. i.e **Sachin Tendulkar honoured Raja Saba MP (President Nominated).**

## **Meaning of Achievement Motivation:**

- Behaviour dedicated to developing and demonstrating higher abilities.
- A person who has high levels of achievement motivation would have a tendency to strive for success, persist in the face of failure and experience pride a accomplishments. (Gill 1986).
- Murray (1938) first used the term achievement motivation and identified a performer's need for achievement as being linked to their personality.

## Meaning of Anxiety:

- ❑ Anxiety is a normal reaction to a given situation. Anxiety is can be called as nervousness. (Ex. The first day of school, going to a job interview, or giving a speech).

## **Definition of Anxiety:**

- ❑ “Anxiety is the vague form of fear which involves bodily responses or stress reactions”. – Pargaman.
- ❑ “It is a subjective feeling of apprehension and tension”. Dictionary of sports.