

Study Motivation Of Successful And Unsuccessful Adult Athletes In Men Rocket Sports

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Abstract: Coaches and athletes found that success in sport is not only the result of physical activity, so psychological aspects should also be considered. The aim of this study was to examine motivation of successful and unsuccessful adult athletes in men racket sports of Khozestan province. The samples included 120 athletes, 60 successful men and 60 unsuccessful men selected randomly in racket sports (badminton, tennis, squash and ping-pong). The measurement tool of this study was questionnaire about athletic personality designed by researcher. This questionnaire measured personality characteristics like goal setting and motivation. One-way analysis of variance showed a difference between personality characteristics and factors. The results showed that there is significant difference between athletes' motivation of successful men in racket fields of Khozestan. Also there is significant difference between goal setting of successful athletes in badminton and tennis and in other sports there is no significant difference between goal settings of successful athletes in racket sports of Khozestan province. There is significant difference between motivations of unsuccessful athletes in racket sports of Khozestan. There is significant difference between goal settings of unsuccessful athletes in racket fields of Khozestan. There is significant difference between motivations of men athletes in racket sports of Khozestan. There is significant difference between goal settings of men athletes in racket sports of Khozestan. There is significant relationship between goal setting and motivation of successful athletes with total personality. The results showed that, there is significant relationship between goal setting and motivation of unsuccessful athletes with total personality. According to these differences, coaches are recommended to identify optimal level of necessary motivation in order to success in own athletic fields. With regard to this matter, they can specify successful and unsuccessful athletes and increase motivation in athletes with no motivation for their quick progress. According to own athletic fields, they determine purposes for quick progress and better performance and select athletes with regard to these purposes and drive toward them.

Key words: Motivation, Racket, Sport, Successful, Unsuccessful

INTRODUCTION

The potential powers in human need to use known levers and methods in order to reach practice from potency. One of these levers is physical training. As an innate step, social and educational phenomenon, physical training is the important part of education that has a critical role in physical and psychological interaction of people. Personality training, psychological and social growth and progress in all human dimensions are its purposes. Scientists attempt in describing and classifying human behavior is seen in ancient Greece. Plato and Aristotle have stated individual differences between people and groups. In old China Empire (2200BC) the personal of state organizations were tested by quiz exams once in every three years that the results used as evidence to evaluate their performance and progress. Francis Galton (1883) was the first one who studied and measured personality, American psychologist like Galton was interested in measuring individual differences and used so-called "psychological test" for the first time in 1890 and presented this term to psychometric culture (Pashasharifi, 1997).

Undoubtedly, those studied in grade schools, high schools, and universities or participated in employment exams are familiar with personality and educational psychological tests. Personality tests have essential role in individual decision makings to select educational course and job or in decision makings of those who are effective in determining job and educational possibilities like teachers and employers. Personality tests are used when making decision about people's future job or education or helping them to make decision about. Personality tests are applied widely in schools, psychotherapy centers, industry, military and governmental organizations in order to consult identify psychological problems, select, guide and determine job (Pashasharifi, 1997). There is accepted hypothesis which implies that the difference in people's performance is related to their real difference in talents and characteristics. Ayzenek showed that subjectivists are more sensitive to pain, tire easily, work slowly, do duties carefully, their performances decrease when excited (Enshel, 2002). Personality

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evaluation is essential for many purposes like employment, student selection for different educational courses, job and education and athletic guidance, psychological councils and so forth, because job efficiency of people, their educational level and athletic competition, effectiveness of therapy method and generally human compatibility in all situations is related to personality characteristics. In most athletic fields, physical characteristics are considered to find talents and people selected with regard to body appearance. It has been experienced that people with more suitable body features were unsuccessful. In other words, these factors depend on psychological and personality characteristics of people. Also, in Iran teachers and trainers can achieve to their purposes quickly by identifying characteristics of engaged people. The researcher wanted to study personality characteristics of athletes in rocket fields of Khozestan and understand their common and different characteristics, so that could find talents according to personality characteristics and select the most talented people in the basis of physical and personality characteristics for quick progress.

Methods:

Research method:

Descriptive-field method was used in this study which investigates personality characteristics by questionnaire.

Participants:

It included 120 athletes (60 successful man and 60 unsuccessful man) in rocket sports (badminton, tennis, squash, ping-pong) selected randomly (n=120).

Variables:

They included successful and unsuccessful athletes, rocket sports' athletes (squash, badminton, tennis, ping-pong) and personality characteristics (motivation, goal setting).

Measurement tool:

in this study the measurement tool was questionnaire about athletic personality designed by researcher. This questionnaire measured personality characteristics like motivation and goal setting. The measurement scale was in the basis of 5 Likert and choices included never, scarcely, sometimes, most often and always that belonged them 1 to 5 scores. The reliability of questionnaire was in the basis of criterion reliability examined through Eysenck questionnaire that was significant in $p < 0.05$ level and with alpha Cronbach its stability was 0.699 and significant in $p < 0.05$ level.

Procedure:

After selecting sample people randomly and harmonizing with club's managers, the questionnaires were distributed among subjects in the club then gathered. The subjects were far from any anxiety and stress. They were assured the answers would be as a secret and could ask any question from researcher to explain it. Finally they were appreciated.

Statistical Method:

1. descriptive statistics included indexes of central tendency, dispersion and Pearson correlation coefficient
2. deductive statistics included independent t and one-way variance analysis
3. The data was analyzed using excel, SPSS 12 software and significant level was 0.05.

Result:

1 There is no difference between motivation factors of successful men athletes in rocket sports of Khozestan state.

Tables 1 and 2 show the results of variance analysis and Tukey test respectively to examine the difference between successful athletes motivation of rocket sports in Khozestan among athletic fields. As it is obvious in table 1, the values $f=5.130$ and $p=0.003$ show significant difference between successful athletes motivation in rocket sports of Khozestan in $p < 0.05$ level. According to the results of Tukey test shown in table 2, the mean of athlete's motivation scores included squash (106.200), badminton (108.400), tennis (114.333) and ping-pong (111.333) respectively.

Table 1: one-way variance analysis to study mean difference of successful athletes' motivation in rocket sports of Khozestan.

Table1: statistics and significant levels for motivation

Changing source	Sum of squares	Freedom degree	Mean of squares	F	Meaningful level
within group	563.067	3	187.689	5.130	0.003
between group	2048.667	56	36.583	-----	-----
Total	2611.733	59	-----	-----	-----

As shown in table 1 according to $f=5.130$ statistics and significant levels for motivation in four athletic fields, there is significant difference between the mean of successful athletes motivation in tennis with squash fields and in other fields there is no significant difference between successful athletes motivation of rocket sports in Khozestan. Tukey test was used to determine athletic fields in which there are differences in this variable. The results are shown in table 2.

Table 2: Tukey test results about the mean difference of motivation between athletic fields

Athletic fields		Squash	Badminton	Soil tennis	Table tennis
	Mean	106.200	108.400	114.333	111.333
Squash	106.200		-2.200 60=n 0.803=p	** -8.133 60=n 0.007=p	-5.133 60=n 0.158=p
Badminton	108.400			-5.933 60=n 0.077=p	-2.933 60=n 0.625=p
tennis	114.333				3.000 360=n 0.608=p
Ping pong	11.333				

2. There is no difference between motivation factor of unsuccessful men athletes in rocket sports of Khozestan state.

Tables 3 and 4 show the results of variance analysis and Tukey test respectively to examine the difference between unsuccessful athletes motivation of rocket sports in Khozestan among athletic fields. As it is obvious in table 3, the values $f=4.012$ and $p=0.012$ show significant difference between unsuccessful athletes motivation in rocket sports of Khozestan in $p<0.05$ level. According to the results of Tukey test shown in table 4, the mean of athlete's motivation scores included squash (112.533), badminton (111.933), tennis (114.200) and ping-pong (120.533) respectively.

Table 3: One-way variance analysis to study the mean difference of unsuccessful athlete's motivation of rocket sports in Khozestan.

Changing source	Sum of squares	Freedom degree	Mean of squares	F	Meaningful level
within group	826.800	3	275.600	4.012	0.012
between group	3846.800	56	68.693	-----	-----
Total	4673.600	69	-----	-----	-----

As shown in table 3 according to statistics f and significant levels for motivation in four athletic fields, there is significant difference between unsuccessful athletes' motivation in tennis with ping-pong fields and in other fields there is no significant difference between unsuccessful athletes motivation of rocket sports in Khozestan. Tukey test was used to determine athletic fields in which there are differences in this variable. The results are shown in table 4.

Table 4: Tukey test results about the mean difference of motivation between athletic fields

Athletic fields		Squash	Badminton	Tennis	Ping pong
	Mean	112.533	111.933	114.200	120.533
Squash	112.533		0.600 60=n 0.998=p	-1.666 60=n 0.959=p	8.000 60=n 0.084=p
Badminton	111.933			-2.266 60=n 0.905=p	7.400 60=n 0.125=p
Tennis	114.200				**9.666 60=n 0.024=p
Ping pong	120.533				

3. There is no difference between motivation factor of men athletes in rocket sports of Khozestan.

Tables 5 and 6 show the results of variance analysis and Tukey test respectively to examine the difference between man athletes motivation of rocket fields in Khozestan among athletic fields. As it is obvious in table 5, the values $f=3.872$ and $p=0.011$ show significant difference between man athletes motivation in rocket fields of Khozestan in $p<0.05$ level. According to the results of Tukey test shown in table 6, the mean of athlete's motivation scores included squash (109.366), badminton (110.166), tennis (114.266) and ping-pong (107.933) respectively.

Table 5: One-way variance analysis to study the mean difference of man athlete's motivation of rocket sports in Khozestan.

Changing source	Sum of squares	Df	Mean of squares	F	Sig.
within group	664.600	3	221.533	3.872	0.011
between group	6636.867	116	57.214	-----	-----
Total	7301.467	119	-----	-----	-----

As shown in table 5 according to statistics f and significant levels for motivation in four athletic fields, there is significant difference between man athletes motivation in tennis with ping-pong and in other fields there is no significant difference between man athletes motivation of rocket sports in Khozestan. Tukey test was used to determine athletic fields in which there are differences in this variable. The results are shown in table 6.

Table 6: Tukey test results about the mean difference of motivation between athletic fields

Athletic fields		Squash	Badminton	Soil tennis	Table tennis
	Mean	109.366	110.166	114.266	107.933
Squash	109.366		0.800 120=n 0.983=p	4.900 120=n 0.104=p	1.433 120=n 0.910=p
Badminton	110.166			4.100 120=n 0.227=p	2.223 120=n 0.728=p
Tennis	114.266				**6.333 120=n 0.018=p
Ping pong	107.933				

7- there is no relationship between successful athletes motivation of rocket sports in Khozestan with total personality.

Table 7: Relationship between successful athletes motivation of rocket sports in Khozestan with total personality.

Index Variable	r	n	p
Motivation	0.755	60	0.000
Personality	1.000	60	-----

Table 7 shows the results of correlation and relationship between personality characteristics of successful man athletes with total personality. As table 18 shows according to statistical indexes (p, r) there is significant difference between correlation of motivation ($p=0.000, r=0.755$) and purposefulness ($p=0.000, r=0.685$) of successful athletes with their total personality.

8-. There is no relationship between motivation and goal setting of unsuccessful athletes in rocket sports of Khozestan with total personality.

Table 8: The results of correlation between personality characteristics of unsuccessful man athletes with total personality

Index variable	r	n	p
Motivation	0.757	60	0.000
Personality	0.000	60	-----

As table 8 shows according to statistical indexes (p, r) there is significant difference between correlation of motivation ($p=0.000, r=0.757$) and purposefulness ($p=0.000, r=0.817$) of unsuccessful athletes with their total personality.

Discussion And Conclusion:

The results showed that there is significant difference between the mean of successful athletes motivation in Khozestan province. The results conform the studies' results of Harwood *et al* (2003), xiang *et al* (2002), Hardy (2001), Pronk *et al.*, (1995), Berger *et al.*, (1992), Raglin *et al.*, (1991) and do not conform the results of Terry *et al* (1998). The results show that experienced athletes have more motivation. Lack of accordance between

results is because of similar activity levels in athletes of this study and these similar levels are indicative of lack of difference in motivations. The results showed that there is significant difference between unsuccessful athletes motivation of athletic fields in Khozestan. The results conform the studies' results of Harwood *et al* (2003), xiang *et al.*, (2002), Hardy, (2001), Pronk *et al.*, (1995), Berger *et al.*, (1992), Raglin *et al.*, (1991) and do not conform the results of Terry *et al.*, (1998). The results show that people with different athletic, educational levels and ages have different motivations, because unsuccessful athletes do not have many differences in activity level, educational level and age and these factors show lack of significant difference, so there is no accordance between results.

The results showed that there is significant difference between man athletes motivation of rocket sports in Khozestan. The results conform the studies' results of Harwood *et al.*, (2003), xiang *et al* (2002), Hardy (2001), Pronk *et al.*, (1995), Berger *et al.*, (1992), Raglin *et al.*, (1991). The conformity between results is because of differences of successful and unsuccessful athletes in athletic activity level, the mean of age and athletic experience. The results showed that there is a relationship between successful athletes' motivation with total personality and unsuccessful athlete's motivation with total personality.

The results conform the studies' results of Harwood *et al.*, (2003), xiang *et al.*, (2002), Hardy, (2001), Pronk *et al.*, (1995), Berger *et al.*, (1992), Raglin *et al.*, (1991). Because motivation is one of the important factors in athletes' success and its shortage results in the decrease of performance and there is significant relationship between motivation and success (Harwood *et al*, 2003), motivation also is one the personality's subsets and has relationship with total personality.

Suggestions:

Because there is difference between successful and unsuccessful athletes and between rocket sports in Khozestan, also a positive correlation exists between motivation and total personality to achieve success, so according to these differences, coaches are recommended to identify optimal level of necessary motivation in order to success in own athletic fields. With regard to this matter, they can specify successful and unsuccessful athletes and increase motivation in athletes with no motivation for their quickly progress.

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