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A study on the level of motivation of Rajasthan male footballers of national level

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Abstract

This study discuss about the level of motivation of Rajasthan Footballers (National Level). Total number of sample were 140 (20 subjects from each division) selected purposively from Ajmer, Bharatpur, Bikaner, Jaipur, Jodhpur, Kota and Udaipur. Psychological skills inventory for sports (PSIS) as developed by Mathoney *et al.* (1987) was used to evaluate the players. It was concluded that there was no significant difference found among all the seven divisions with refers to motivation.

Keywords: Motivation, footballers, national level, and Rajasthan

Introduction

Many studies have been conducted in the field of football and most of them are diverted to the physical training requirements for the different players' positions and roles. Nevertheless, it has been slowly been realized that merely being physical fit does not guarantee peak performance from a player. For better and higher performance players need to train their mental attributes too. Today's football scenario highlights that even if one is physically gifted it would not be enough to attain higher levels of performance in football.

To achieve excellence in football there is a need for a complex but accurate combination of both motor as well as mental skills. If a player has low coping skills or have high level of stress, whether he is performing on the play field or otherwise off the play field, this mental condition will result into alteration in their cognitive appraisal and their focus can interfere with the physical performance. The physical performance of this kind of players adversely effected due to alteration in their muscular tension and physical coordination. To understand the influence of mental state of the players on their performance is as vital as the stress laid on the technical and tactical skill. This makes us realize that mental or psychological training must be a part of the preparation of a player and their training programme.

The level of competition in sports is very high, and when we consider football the immeasurable physical, psychological, environmental and when so much other related demands are taken into consideration, we realize that there is tremendous amount of stress and pressure placed upon the participants. To multiply this stress and what makes it more severe is the level of professionalism associated with the game, the media coverage the fan following and the significant amount of benefit that could be attained through the success in their game. The managers, coaches and football players need to face a range of demands from various sources and different contexts. With the presence of these severe conditions, it is their ability to handle or cope with stress.

Accumulation of this stress and inability to cope with it prevents an athlete to perform efficiently and get in the way of success towards which the athlete is working hard to achieve. Stress is a process that unfolds over a period of time due to different situation and condition that take place and events that occur, which in turn lead to a particular end. As stress is also linked with those participating in football the source, the emotional condition, the response, reaction and effect on performance must be understood.

Everyone needs motivation in our day-to-day lives and this motivation is a source of energy that drives our mind to stay on course to success. In today's football world the audience, management and coaches associate their individual player's performance on the team to a certain state or level of motivation.

A player that is highly motivated is likely to display the qualities like willingness to work hard, commitment and a sense of dedication to the team and towards the responsibility.

Objectives of the Study

To know the level of motivation of the male football players of different divisions of Rajasthan.

Methodology

For the present study, purposive random sampling technique was used in which elements were chosen from among the

whole population based on purpose of the study, so that a good representative sample fulfilling the research objectives could be obtained. A total of 140 subjects (20 subjects from each division) were selected purposively from Ajmer, Bharatpur, Bikaner, Jaipur, Jodhpur, Kota and Udaipur. The data will be collected through the administrating of psychological skills inventory for sports (PSIS) as developed by Mathoney *et al.* (1987) to the subjects according to their convenience.

Results & Findings

Table 1: Shows the level of Motivation of the Male Football Players

Item	Strongly Disagree		Disagree		Not Sure		Agree		Strongly Agree	
	N	%	N	%	N	%	N	%	N	%
I am very motivated to do well in my sports.	13	9.28	14	10	Nil	Nil	48	34.28	65	46.42
I often dream about competition.	3	2.14	12	8.57	14	10	64	45.71	47	33.57
I sometimes lack the motivation to train.	52	37.14	42	30	21	15	11	7.85	14	10
I would like to be more motivated.	12	8.57	8	5.71	5	3.57	62	44.28	53	37.85
I set goal for myself and I usually achieved them.	6	4.28	15	10.71	26	18.57	58	41.42	35	25

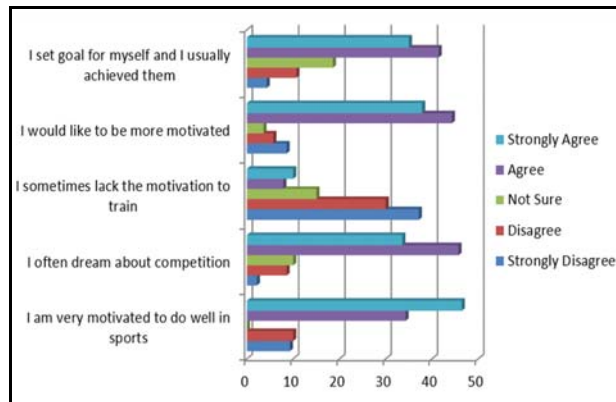


Fig 1: Shows the level of Motivation of the Male Football Players

Table-1 and Figure-1 reveal the level of motivation of the male football players of Rajasthan. Significant number of players i.e. 65 (46.42%) were strongly agree that they often feel motivated to do well in the sports. Maximum number of players 64 (46.71%) mentioned that they often dream about the competition. While only 3 (2.14%) were strongly disagree with the statement that competition is meant to make each other better and hence, they hardly think about competition because anything can happen, anyone can win”. With regards to the level of motivation, majority of the players i.e. 52 (37.14%) strongly disagree with the statement that they never feel lack of motivation. Further, their statement was lots of players who are not motivated will not be inclined to show up for training sessions, and will not train hard. Without motivation, nothing gets done. But only 11 (7.85%) players were agree that they often experience lack of motivation.

Data shows that 62 (44.28%) players agree that they would like to be more motivated. They believe that motivation in sports is so important because one must be willing to work hard in the face of fatigue, boredom, pain and the desire to do other things. Only 5 (3.57%) players were not sure about their answer. Results indicate that 58 (41.42%) players agree that they set goal for themselves and usually achieve them. While only 6 (4.28%) players were strongly disagree with the statement

because according to them, focusing only on outcome goals or results is not advised, as they are outside of our control.

Descriptive analysis of Motivation of all the Seven Divisions of Rajasthan individually

In this section the descriptive analysis of the motivation of all the seven divisions of Rajasthan were described statistically by using mean and standard deviation values.

Table 2: Mean Value and Standard Deviation of Motivation of Different Divisions of Rajasthan

Predictor	Groups	N	Mean	St. Deviation	Std. Error
Motivation	Ajmer	20	4.28	1.025	.164
	Bharatpur	20	4.25	1.215	.351
	Bikaner	20	4.42	.937	.156
	Jaipur	20	4.28	.936	.187
	Jodhpur	20	4.32	.988	.093
	Kota	20	4.48	.747	.058
	Udaipur	20	3.65	.921	.117

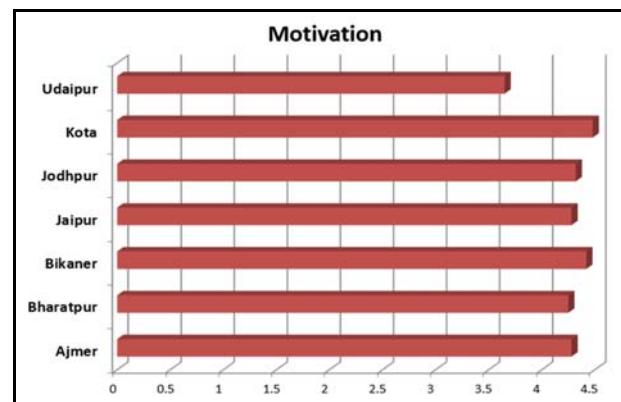


Fig 2: Mean Value and Standard Deviation of Motivation of Different Divisions of Rajasthan

Table-2 and Figure-2 above indicate that the male football players have scored Ajmer (Mean= 4.28, SD= 1.025), Bharatpur (Mean=4.25, SD= 1.215), Bikaner (Mean=4.42, SD=.937), Jaipur (Mean=4.28, SD= .936), Jodhpur (Mean=4.32, SD= .988), Kota (Mean=4.48, SD= .747) and

Udaipur (Mean=3.65, SD=.921) in motivation, The result registered from the above table-shows that the male football players of Ajmer, Bharatpur, Bikaner, Jaipur, Jodhpur and Kota were categorized “Good” in motivation whereas players of Udaipur comes in “Average” category in this sub-scales.

Conclusion

- Significant number of players i.e. 65 (46.42%) were strongly agree that they often feel motivated to do well in the sports.
- Maximum number of players 64 (46.71%) mentioned that they often dream about the competition.
- With regards to the level of motivation, majority of the players i.e. 52 (37.14%) strongly disagree with the statement that they never feel lack of motivation.
- Data shows that 62 (44.28%) players agree that they would like to be more motivated. They believe that motivation in sports is so important because one must be willing to work hard in the face of fatigue, boredom, pain and the desire to do other things.
- Results indicate that 58 (41.42%) players agree that they set goal for themselves and usually achieve them.
- The male football players of Ajmer were categorized “Good” in anxiety control, motivation and team goal. The mean scores of concentration, confidence, and mental preparation pointed that these players were categorized as “average” by these three sub-scales.

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