

A Study to Understand the Relationship of Sports Motivation and Perception of Success on Performance Satisfaction among Sportsperson

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ABSTRACT

This study aims to explore the relationship between sports motivation and perception of success on performance satisfaction among sportspersons using a survey method. A group of currently active athletes from a variety of sports were employed as a sample for this research. The athletes were given a questionnaire to fill out that probed their thoughts on sports motivation, self-perception, and the rewards of hard work. The study's findings demonstrated a correlation between athletes' levels of motivation and their level of satisfaction with their own performances. Those who were most satisfied with their performances were the ones who reported the highest levels of sports motivation. The research also discovered a correlation between athletes' sense of accomplishment and their level of contentment with their own performances. Those who saw themselves as winners in their sports were more pleased with their own performances. The study's results imply that sports motivation and the way athletes see their own accomplishment play a significant role in determining how happy they are with their own performances. Therefore, it is important for coaches and trainers to work with athletes to increase their sports motivation and foster a healthy view of accomplishment in order to boost their performance satisfaction. For a fuller picture of this phenomena, additional study into the elements that affect athletes' happiness with their performances is needed.

Keywords: *Sports Motivation, Performance Satisfaction, Perception of Success*

The area of sports psychology has devoted a great deal of attention to the study of crucial aspects, such as sports motivation and performance satisfaction. Sportspeople's performance and enjoyment of their activities both benefit greatly from a deeper understanding of the connection between these two aspects. A person's desire to participate in sports is the driving force behind their decision to do so. There are two distinct kinds of motivation: intrinsic and extrinsic. When people are intrinsically motivated, they want to participate in sports because they like them. Extrinsic motivation, on the other hand, includes things like incentives, recognition, and social status as examples of what might encourage people to participate in sports.

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A Study to Understand the Relationship of Sports Motivation and Perception of Success on Performance Satisfaction among Sportsperson

Research shows that an athlete's performance may be predicted in large part by their level of motivation. Motivated athletes have a higher chance of achieving their objectives and excelling in competition. Also, sports motivation has been connected to a number of positive mental states including confidence and happiness.

On the other side, one's "perception of success" in athletics refers to how one evaluates his or her own performance. Many things may affect it, including success in reaching personal objectives, comparing one's own performance to that of others, and hearing constructive criticism from mentors.

Researchers have shown that athletes' confidence in their own abilities is strongly correlated with their level of pleasure with their own performances. Those who see themselves as successful athletes are more likely to be pleased with their own performances than those who view themselves as failures.

In sports, a player's level of performance satisfaction is measured by how happy they are with their game. It's affected by things like how challenging the activity is, how successful the athlete feels they've been, and how much they like competing.

Satisfaction with one's performance has been demonstrated to be a strong indicator of success in athletics. There is a correlation between a sportsperson's degree of pleasure with their performance and their actual performance.

One of the most important factors in athletic success is intrinsic drive. High-motivated people routinely outperform their less-motivated counterparts and are more successful in reaching their objectives. Self-esteem, self-efficacy, and general happiness are just some of the mental outcomes that have been related to athletes who are intrinsically motivated. Intrinsically driven athletes, for instance, tend to have greater levels of both self-esteem and self-efficacy because they see themselves as competent and successful players.

Motivation in sports, in a nutshell, is what gets someone off the couch and into the game. Individual values, interests, aspirations, self-beliefs, and the external environment all play a role in this multifaceted phenomenon. Personal, societal, and environmental variables all have a role in shaping both intrinsic and extrinsic motivation in sports. Understanding the many aspects that contribute to sports motivation is essential for better sports performance and the entire experience of those participating in sports, and this is where theories of sports motivation come in.

Types of sports motivation: intrinsic and extrinsic motivation:

Sports motivation can be broadly classified into two main categories: intrinsic motivation and extrinsic motivation. Intrinsic motivation refers to the internal drive or pleasure that an individual derives from engaging in a sports activity, while extrinsic motivation refers to external factors that motivate an individual to engage in a sports activity, such as rewards, recognition, social status, or pressure from others.

1. Intrinsic Motivation:

Intrinsic motivation is based on the enjoyment and satisfaction that the sports activity provides, rather than external rewards or incentives. Individuals who are intrinsically motivated engage in sports activities because they find them inherently enjoyable,

A Study to Understand the Relationship of Sports Motivation and Perception of Success on Performance Satisfaction among Sportsperson

interesting, or challenging. They engage in the activity for the pleasure of doing it and for the satisfaction that comes from mastering it. Intrinsic motivation is driven by personal goals, values, and interests, rather than external pressures.

2. Extrinsic Motivation:

Extrinsic motivation, on the other hand, refers to external factors that motivate an individual to engage in a sports activity. These external factors can be either positive or negative and can be classified into three main types: identified regulation, introjected regulation, and external regulation.

In conclusion, understanding the types of sports motivation, intrinsic and extrinsic, is crucial for enhancing the sports performance of individuals. Intrinsic motivation is based on the enjoyment and satisfaction that the sports activity provides, while extrinsic motivation is based on external factors that motivate an individual to engage in a sports activity. Extrinsic motivation can be either positive or negative, depending on the type of regulation that is involved. Positive extrinsic motivation, such as identified regulation, can enhance performance, while negative extrinsic motivation, such as introjected or external regulation, can lead to decreased performance, burnout, or a decrease in intrinsic motivation. Therefore, it is important to understand the factors that influence sports motivation and to design sports programs that promote intrinsic motivation and positive extrinsic motivation.

Perception of Success

Perception of success refers to an individual's subjective interpretation of their own achievements and accomplishments. It is the way in which individuals perceive their own success or failure in a particular activity or domain. Perception of success can be influenced by a range of factors, including personal goals, external feedback, and social comparisons. It is an important construct in various fields such as sports, business, education, and psychology as it can influence an individual's level of motivation, self-esteem, and satisfaction with their performance.

In sports, perception of success is a key factor that can influence an athlete's motivation, confidence, and satisfaction with their performance. Athletes who perceive themselves as successful are more likely to be motivated to continue working towards their goals, while those who perceive themselves as unsuccessful may become demotivated and lose interest in the sport. The perception of success can also influence an athlete's confidence level, which can in turn affect their performance. Athletes who have a positive perception of their success are more likely to feel confident and perform better, while those who have a negative perception of their success may experience self-doubt and perform poorly.

Cultural norms and expectations can also influence an athlete's perception of success. Different cultures may place different values on different types of success, such as individual versus team success, or winning versus personal improvement. Athletes who come from cultures that place a high value on winning may perceive success as only being achieved through winning competitions, while athletes from cultures that place a higher value on personal improvement may perceive success as achieving personal goals and improving their skills.

A Study to Understand the Relationship of Sports Motivation and Perception of Success on Performance Satisfaction among Sportsperson

The importance of perception of success in sports performance

One's own sense of accomplishment is a vital motivator in athletics. Those athletes who have a favorable outlook on their chances of success are more likely to excel in their sport. Athletes' self-esteem, drive, and output may all be affected by their perspective on their own achievements.

Athletes' morale and sense of accomplishment might benefit from an optimistic view of their abilities. Athletes are more willing to take chances and test their boundaries if they are confident in their abilities. This may result in game-changing feats and the realization of long-held ambitions that seemed impossible before.

It's not only the athlete's head that has to be in the game for them to feel successful. The actions of coaches, teammates, and fans are all examples of outside influences that might have an effect. Athletes' perceptions of their own achievement and their ability to perform under pressure might suffer if their coaches and teammates are too preoccupied with winning.

In conclusion, one's own sense of achievement is a major contributor to success on the field. Athletes who have a favorable outlook on their chances of success are more likely to excel in their sport and stay dedicated to it over the long haul. Those involved in sports, from coaches to players, should work to cultivate an atmosphere that encourages a realistic view of achievement.

Performance Satisfaction

Athlete satisfaction with their performance is based on their own mental appraisal of how well they performed. Many elements, including the athlete's objectives, expectations, and self-evaluation, might affect the athlete's level of satisfaction with their performance. Athletes, whose main objective is to do well in a competition, may rate their own performance according to how well they did in the event. In a similar vein, an athlete's level of satisfaction may decrease if their performance falls short of their expectations.

The athlete's emotional reaction to their performance is an affective aspect of performance pleasure. When athletes are pleased with their results, they may feel pride and contentment, whereas when they are unhappy, they may feel disappointment and frustration.

Finally, there is a behavioral aspect to performance satisfaction, in that it might affect an athlete's future actions. Dissatisfied athletes may be less inclined to continue practicing and competing than content ones, who may be more ready to quit up if they are unhappy with their performance.

Overall, an athlete's level of performance satisfaction is significant since it affects their drive, self-assurance, and stamina on the pitch. If an athlete is happy with his or her performance, he

or she is more inclined to keep working for improvement in practice and competition. Therefore, it is the responsibility of coaches, trainers, and sports psychologists to increase players' enjoyment of their performances via proper goal setting, feedback, and encouragement.

A Study to Understand the Relationship of Sports Motivation and Perception of Success on Performance Satisfaction among Sportsperson

The importance of performance satisfaction in sports performance

An athlete's belief in his or her own skills and potential may also be influenced by how satisfied he or she is with their performance. Athletes' confidence in their own abilities and their desire to take on new challenges rise when they reflect favorably on their own performances. When athletes are unhappy with their performance, they may feel inferior or unable, which in turn reduces their self-efficacy and makes them less likely to try new things.

Overall, an athlete's level of performance satisfaction is crucial since it affects their motivation, self-confidence, and view of their own talents on the field. The pleasure of players with their performances may be increased by proper goal setting, feedback, and assistance from coaches, trainers, and sports psychologists. As a result, athletes will have a more upbeat perception of their performance, which should boost their drive, self-assurance, and overall output in subsequent contests.

METHODOLOGY

Aim of the study

To understand the relationship of sports motivation and perception of success on performance satisfaction among sportsperson

Objectives of the study

- To examine the extent to which sports motivation is related to the perception of success among sportspersons.
- To explore the relationship between perception of success and performance satisfaction among sportspersons.
- To investigate how sports motivation and perception of success jointly predict performance satisfaction among sportspersons.

Hypotheses

- H0: There will be no significant relationship of sports motivation and perception of success on performance satisfaction among sportsperson.
- H1: There will be a significant relationship of sports motivation and perception of success on performance satisfaction among sportsperson.

Participants of the study

The sample consists of 100 individuals and the sampling design used is purposive sampling and both male and female participants were asked to take initiative. The sample mainly consists of people in the age group of 18-27 years.

Data collection instruments

The data in this particular study has been obtained with the help of the scales named "Subjective Sport Performance Satisfaction", "Perception of Success Questionnaire", the sport motivation scale, and a demographic form.

Data collection procedure

The data was gathered using the Subjective Sport Performance Satisfaction, which consists of 6 questions, and the sport motivation scale, which consists of 28 items, Perception of Success Questionnaire, which consists 12 items in total Questionnaires were being given out

A Study to Understand the Relationship of Sports Motivation and Perception of Success on Performance Satisfaction among Sportsperson

in the message box and other locations to recruit young folks from a wide range of backgrounds.

After explaining the study's goals, participants were requested to take part and given a questionnaire package that included information about the study, concerns about privacy, the researcher's contact details, and other measures. Ten minutes are needed to describe the instruments.

RESULT

To prepare the data for performing correlation analysis in the context of the study on the relationship of sports motivation and perception of success on performance satisfaction among sportsperson, the following steps can be taken:

- Designing the survey
- Sampling
- Data collection
- Data entry
- Cleaning the data
- Checking for normality
- Performing correlation analysis

Table 1: Correlation analysis

Correlations		Sports Motivation	Perception of Stress	Sports Performance
Sports Motivation	Pearson Correlation	1	0.305**	0.365**
	Sig. (2-tailed)		0	
	N	60	60	
Perception of Stress	Pearson Correlation	0.305**	1	0.188**
	Sig. (2-tailed)	0		
	N	60	60	
Sports performance	Pearson Correlation	0.365**	0.188**	1
	Sig. (2-tailed)	0		
	N	60	60	

***. Correlation is significant at the 0.01 level (2-tailed).*

DISCUSSION

The table represents the correlation analysis conducted to investigate the relationship between sports motivation, perception of success, and sports performance. The data was collected from 60 sportspersons, and the Pearson correlation coefficient was used to determine the correlation between the variables.

The first row represents the correlation between sports motivation and perception of success. The Pearson correlation coefficient is 0.305, which indicates a positive correlation between the two variables. The p-value is less than 0.01, indicating that the correlation is significant at a 99% confidence level. The sample size for both variables is 60, indicating that there is sufficient data to support the correlation. The second row represents the correlation between perception of success and sports performance. The Pearson correlation coefficient is 0.188, which indicates a positive correlation between the two variables. However, the p-value is

A Study to Understand the Relationship of Sports Motivation and Perception of Success on Performance Satisfaction among Sportsperson

greater than 0.01, indicating that the correlation is not significant at a 99% confidence level. The sample size for both variables is 60, indicating that there is sufficient data to support the correlation. The third row represents the correlation between sports motivation and sports performance. The Pearson correlation coefficient is 0.365, which indicates a positive correlation between the two variables. The p-value is less than 0.01, indicating that the correlation is significant at a 99% confidence level. The sample size for both variables is 60, indicating that there is sufficient data to support the correlation. The results of the correlation analysis suggest that there is a positive relationship between sports motivation and perception of success. This finding is consistent with previous research that suggests that motivation is a key factor in the perception of success among sportspersons (Mak, Leung, & Lonsdale, 2013). The positive correlation between sports motivation and sports performance also suggests that motivation is an essential factor in achieving high levels of performance. The positive correlation between perception of success and sports performance is consistent with the theory that perception of success is an important factor in the development of sports skills and performance (Wulf & Lewthwaite, 2016). However, the non-significant correlation coefficient indicates that the relationship between the two variables is not strong enough to be considered a reliable predictor of sports performance.

The findings of the correlation study indicate that a positive relationship exists between perceptions of success and levels of athletic motivation, which suggests that levels of athletic motivation are directly proportional to levels of athletic performance. These results have important repercussions for coaches, trainers, and athletes who are interested in enhancing their athletic performance. They hypothesize that increasing levels of motivation in sports might lead to a more favorable impression of success, which, in turn, can lead to greater levels of performance in sports.

Because of the study's constraints, the findings of this investigation need to be treated with a healthy dose of care. Because of the very low number of people in the sample, it may be difficult to generalize the findings. In addition, the scope of the research was limited to investigating the connection between athletic performance, athletic motivation, and athletic perceptions of success. Performance in sports may also be affected by a variety of other variables, including those related to the environment and society. More study is required to fully comprehend the intricate web of connections that exists between the aforementioned elements and athletic performance.

In conclusion, the results of the correlation analysis that were carried out in this research point to the possibility that there is a positive connection between a person's level of motivation in sports and either their level of performance in sports or their opinion of how successful they are in sports. These results have important repercussions for coaches, trainers, and athletes who are interested in enhancing their athletic performance. They are able to build a more positive impression of achievement, which may lead to greater levels of athletic performance, if they put their attention into enhancing their motivation in sports.

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**A Study to Understand the Relationship of Sports Motivation and Perception of Success on
Performance Satisfaction among Sportsperson**

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Conflict of Interest

The author(s) declared no conflict of interest.

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