

SPORT PSYCHOLOGY

SHMD319





MOTIVATION

It's not that I'm lazy, it's that I just don't care.

Chapter 2

Why do people play SPORT????

Chapter Concepts

- Motivation
- Intrinsic & Extrinsic Motivation
- Psychological Hedonism
- Cognitive Evaluation Theory
- Reduction-Augmentation Theory
- Type-T Personality
- Surplus Energy Theory
- Maslow's Need Hierarchy

Motivation

= Direction & Intensity
of one's effort
(Sage, 1977)



- **Direction of effort:** Approaching/Avoiding situation
- **Intensity of effort:** How much effort
- **Persistence of effort:** How long one carries on

Motivation

Intrinsic

Enjoyment

Satisfaction

Feelings of mastery &
competence

Extrinsic

Trophies

Medals

Money

Prizes

Can be tangible or intangible

How would the **motivation**
(**intrinsic** and **extrinsic**) affect
sports performance???

Psychological Hedonism *FOR PLEASURE*



Does not explain all
behaviour in sport.
Enjoyment of certain
sports despite
discomfort/pain???

We do what we find pleasant & avoid the unpleasant

Intrinsic Motivation

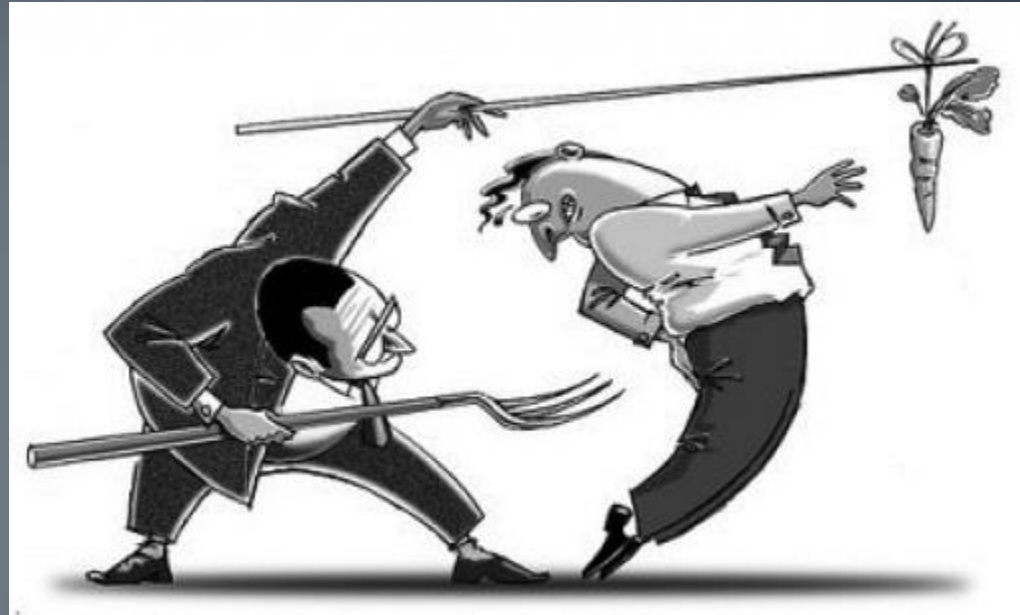
- Superior to extrinsic motivation → greater effort & persistence
 - Is extrinsic motivation unnecessary?
- Can be useful as initial encouragement where no motivation is present



MOTIVATION

SOMETIMES THERE JUST ISN'T ANY.

Extrinsic Motivation must be monitored carefully...



If overused, it may lead to the performer only participating if they will be externally rewarded.

Cognitive Evaluation Theory



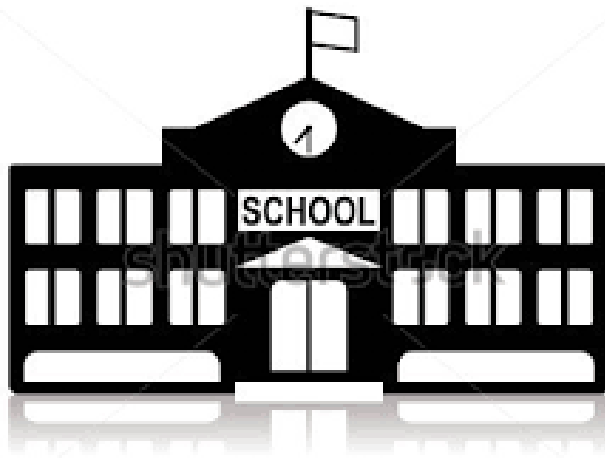
Extrinsic motivation
may be useful when
there is no motivation

(initial encouragement)

This will reduce intrinsic motivation and may lead to
drop in participation.

Extrinsic Motivation

Where is it coming from??



The Nature of Interactions - Significant Others

Verbal Comments




Technical Information



**Increase perception of competence, thus
Increase intrinsic motivation**

Extrinsic – Intrinsic

Mom: “I’ll give you R50 for every A.”
Encouraging – extrinsic reward



Child: “As long as she pays,
I’ll study.”
Extrinsic motivation

Mom: “Your grades were great!
Let’s celebrate by going out
for dinner.”

Informative feedback

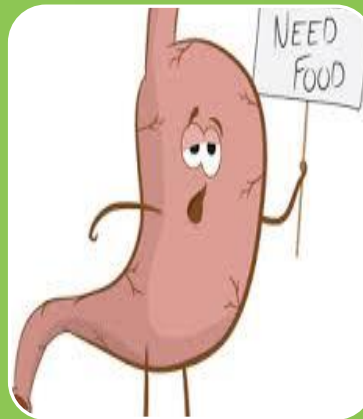


Child: “I love doing well.”
Intrinsic motivation

Negative feedback → lowers intrinsic motivation



Needs as Basis for Motivation



Need

Drive / Stimuli

Action

Needs as Basis for Motivation



Need

Drive/Stimuli

Action

Primary VS Secondary NEEDS

endlessorigami.com

BASIC NEEDS FOR SURVIVAL

THEN



- FOOD
- WATER
- SHELTER
- CLOTHING

NOW



PUBLIC WIFI!!
AWWWW YEAAA
STARBUCKS!

- INTERNET
- FOOD, SHELTER, WATER (OPTIONAL)

Human Needs

Primary

Needs which are intrinsic to human beings and are necessary for survival

Food
Water
Rest
Shelter

Secondary

Needs that society teaches us we need as necessary for life

Recognition
Achievement
Love
Belonging

Once primary needs have been satisfied, secondary needs develop



Needs as Basis for Motivation



Need

Drive/Stimuli

Action

Exercise Meets Both Needs



Primary: **Stimulation**



Secondary: **Status**

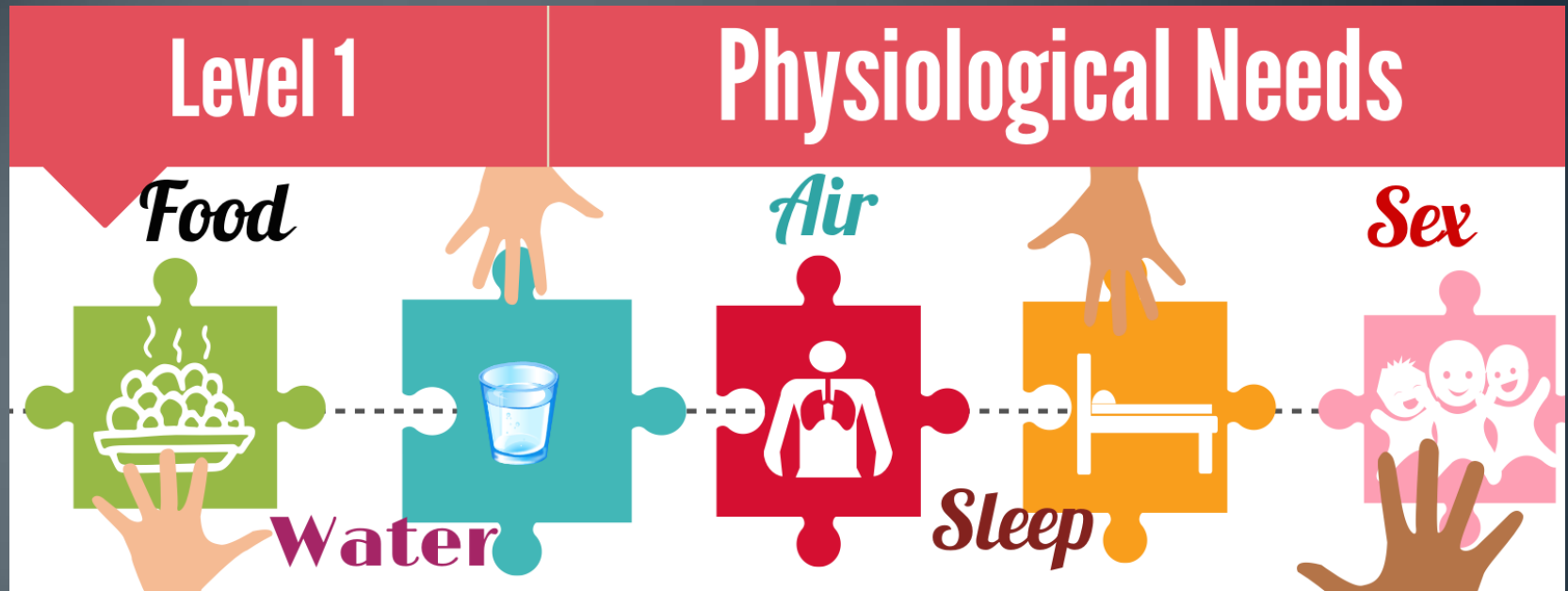
Maslow's Hierarchy of Needs



Maslow's Hierarchy of Needs



Maslow's Hierarchy of Needs



PHYSIOLOGICAL OR SURVIVAL NEEDS

Physiological Needs In a Movement Context

- Need for stimulation
- Pain tolerance
- Sensation seeking

Stimulation – We are Designed to Move



Movement may be
classified as a
physiological need

Each individual has an optimal level of stimulation
→ affect the selection of sport activities

Pain Tolerance



*Participants in contact sports have a higher pain tolerance
Pain tolerance mainly based on inherited factors*

Nature of an individual's nervous system:

- Those with 'strong' nervous systems are capable of suppressing incoming sensory stimuli (**reducers**)
- 'Weak' nervous system react with greater intensity to the same stimuli (**augmenters**)

Sensation-Seeking Type-T Personality



Participate in sport to
experience **STRESS**

SRESS = pleasant

EUSTRESS

*Sport participants are
more likely to be
sensation seekers*

Surplus Energy Theory Contradicts Sensation-Seeking



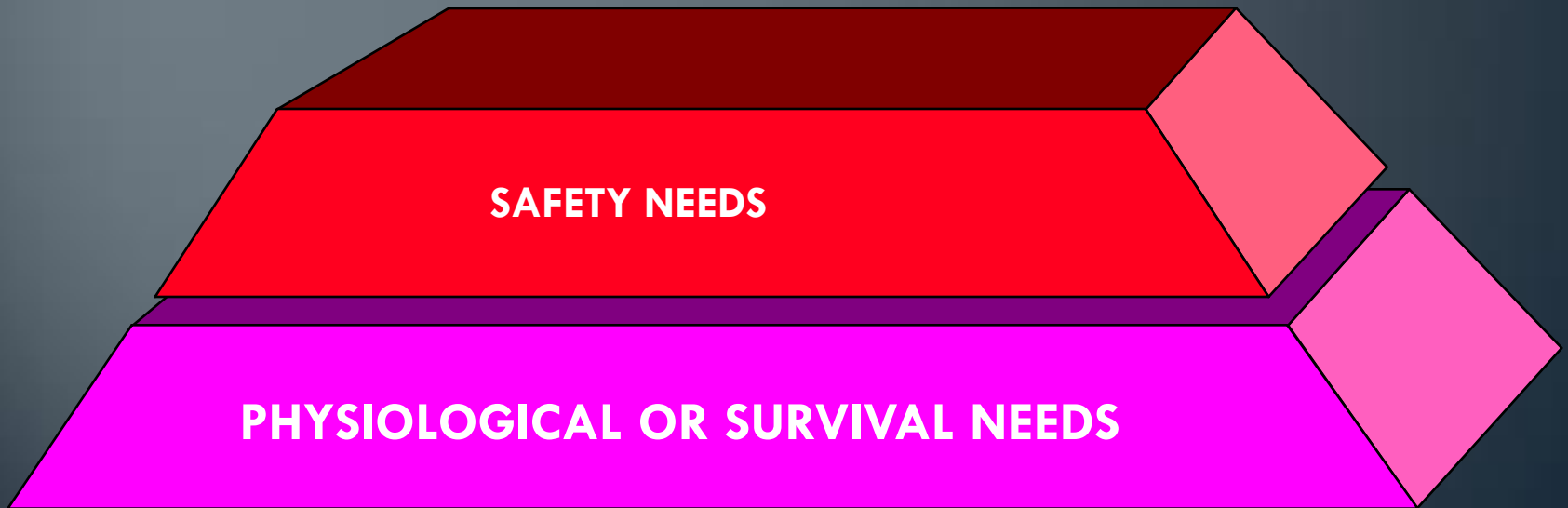
We Do Sports to Blow off Steam!!!

Maslow's Hierarchy of Needs

Learning environment = characterized by consistency, routine, & familiarity

Recommended teaching/coaching style

Acceptance, sensitive, positive, non-threatening & encouraging



Maslow's Hierarchy of Needs

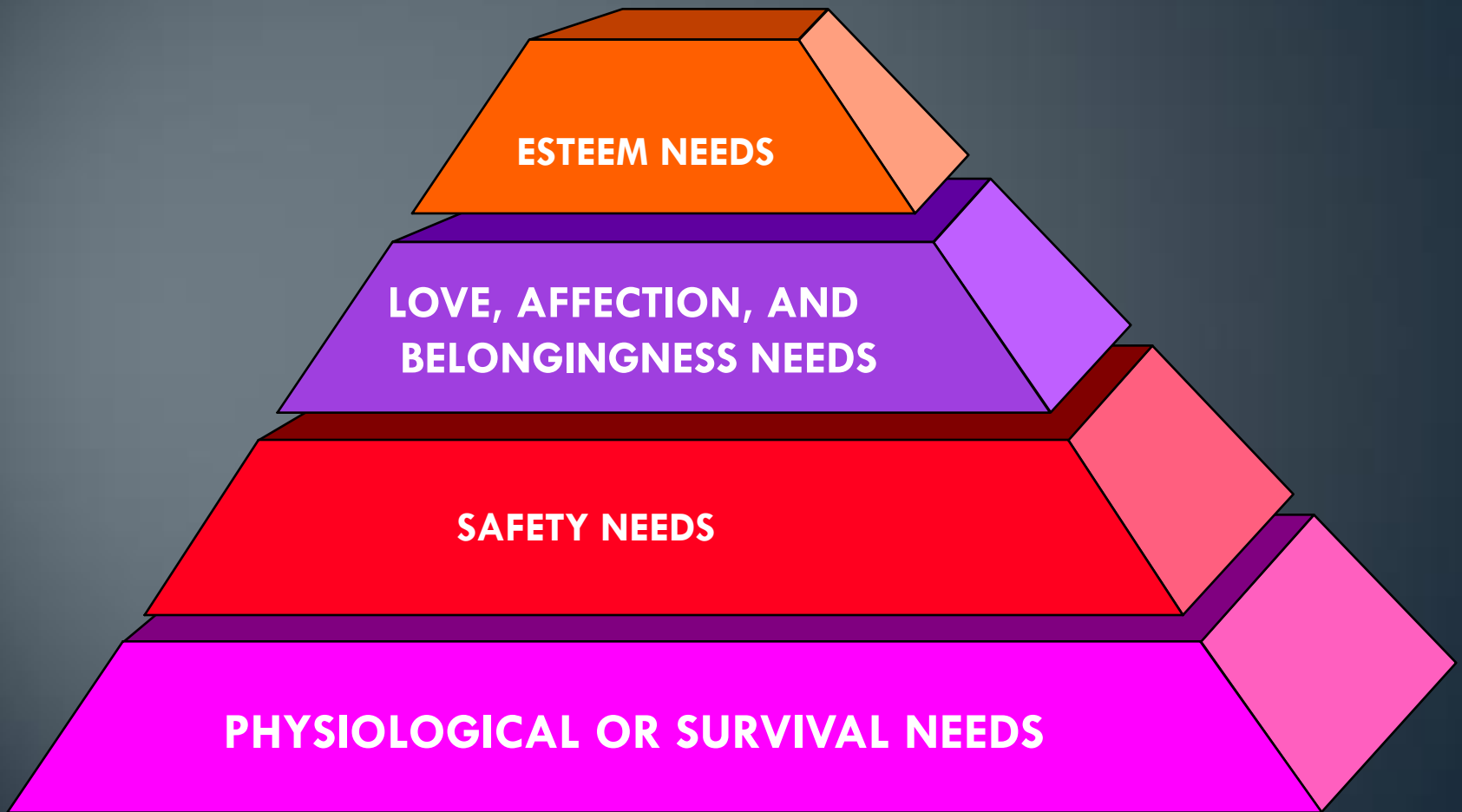


Love & Belonging Affiliation Needs

- People want to be part of a group
- This need can be a strong motivator for continued sport participation
- Social value of sport = most important reward
- Coaches should take this into account and allow for social interaction



Maslow's Hierarchy of Needs

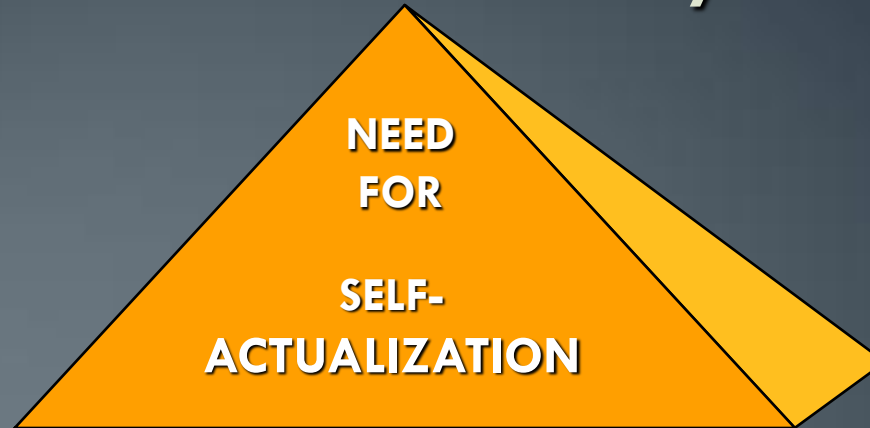


Esteem

Need for Recognition

- Participation in sport helps satisfy the need to be recognized and appreciated
- A personal greeting from the coach at the beginning of a practice session can contribute to satisfy this need

Maslow's Hierarchy of Needs



**SELF-ACTUALIZATION MEANS ACTUALIZING
ONE'S POTENTIAL BECOMING ALL ONE IS
CAPABLE OF BECOMING**

Self-Actualization

- To 'become what we are capable of becoming'
 - Many people never reach this stage...
- Sport provides opportunities to become the best one can be



Success ≠ Self-Actualization



Fastest man on no legs

Blade Runner

Broke Paralympic record 400m

8 GOLD medals

Feb 2013
Charged With Murder

Maslow's Hierarchy of Needs

