

BA- 2ND YEAR

SESSION 2023-24

TOPIC - MOTIVATION



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DEPT. OF PHYSICAL EDUCATION

MEANING OF MOTIVATION :

Motivation word derived from Latin word “MOVERE” which means “ To move”. Thus, Motivation is a force which makes a person to move or to behave in a particular way. It is a Technique of encouraging somebody for putting his best possible efforts for achieving the pre-set goal. It is the process of stimulating people to actions to accomplish the goals. In the work goal context the psychological factors stimulating the people’s behaviour can be.

Desires for money , suces ,recognition ,job-satisfaction, team work etc.

DEFINITIONS OF MOTIVATION:

According to W.G.SCOTT. “Motivation means a process of stimulating people to action to accomplish desired goals.”

According to MICHAEL JUCIUS “Motivation is the act of stimulating someone to get a desired course of action.”

According to LILLIS “It is the stimulation of any emotion or desire operating upon one’s will and promoting or driving it to action.”

According to DUBIN “Motivation is the complex of forces starting and keeping a person at work in an organisation.”

TYPES OF MOTIVATION

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graph TD; A[TYPES OF MOTIVATION] --> B[INTRINSIC MOTIVATION]; A --> C[EXTRINSIC MOTIVATION];
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The diagram features a central yellow rectangular box at the top containing the text 'TYPES OF MOTIVATION'. Two yellow arrows originate from the bottom corners of this box. The arrow on the left points down and then left to a yellow rounded rectangular box containing 'INTRINSIC MOTIVATION'. The arrow on the right points down and then right to a yellow rounded rectangular box containing 'EXTRINSIC MOTIVATION'. The background is a solid blue color.

**INTRINSIC
MOTIVATION**

**EXTRINSIC
MOTIVATION**

INTRINSIC MOTIVATION



EXTRINSIC MOTIVATION



Extrinsic Motivation

Motivated to perform an activity to earn a reward or avoid punishment



Intrinsic Motivation

Motivated to perform an activity for its own sake and personal rewards



METHODS OF MOTIVATION

1. INCENTIVES AND REWARDS

2. PRAISE AND BLAME

3. EXPLANATION OF TASK BY TEACHER

4. MOTIVATIONAL MUSIC

5. TEACHER AS A MOTIVATOR

6. EXAMPLES OF ROLE MODEL

7. KNOWING YOUR ATHLETE/STUDENT

8. PUNISHMENT

9. GRADING OF THE PLAYERS

10. GIVE OPPORTUNITIES FOR COMPETITION

IMPORTANCE OF MOTIVATION IN PHYSICAL EDUCATION AND SPORTS

- 1. MOTIVATION HELPS TO ACHIEVE HIGH PERFORMANCE IN GAMES AND SPORTS**
- 2. MOTIVATION HELPS TO DECREASE STRESS LEVEL OF A PLAYER**
- 3. MOTIVATION HELPS TO DECREASE FEAR OF COMPETITION**
- 4. IT IS HELPFUL FOR DECREASE THE CHANCE OF INJURIES DURING SPORTS TRAINING**
- 5. MOTIVATION HELPS TO CONTROL EMOTIONS DURING SPORTS COMPETITION**



THANKS FOR WATCHING !!!