

THE IMPACT OF MOTIVATION ON ATHLETIC ACHIEVEMENT: A CASE STUDY OF THE 18TH NATIONAL SPORTS FESTIVAL, LAGOS, NIGERIA

F. M. Adeyeye¹, J. B. Vipene², D. A. Asak³

^{1,3} Department of Human Kinetics & Health Education, University of Lagos,

² Department of Educational Foundations, Rivers State University of Science and Technology, Port Harcourt, NIGERIA.

¹ mayowadeyeye@yahoo.com, ² vipene.joseph@ust.edu.ng, ³ dianaajaine@yahoo.com

ABSTRACT

The study investigated the impact of motivation on athletic achievement of athletes that took part in the “18th Nigeria National Sports Festival held in Lagos”. Some of the major factors of motivation were: Welfare packages, Facilities and Equipment, Coaches, Government role, etc. were examined. In Nigeria, it has been observed that most state governments, sports administrators and coaches at the competition rely mostly on the physical fitness and skill levels of athletes, whereas little or no attention is given to psychological considerations like motivation. In sport, motivation is widely accepted as an essential and basic prerequisite in getting athletes to fulfill their potential. 206 athletes were randomly selected from 10 states out of the 36 states of the country. A self structured Sport Motivation Questions (SMQ) was administered on the participants, to elicit their perceived impact of motivation on their athletic achievement. Descriptive statistical tools (mean, standard deviation, one sample t-test analysis) were used to test the hypotheses. It was discovered that athlete’s morale became diminished as a result of unfulfilled promises. In conclusion the study suggested ways to help improve the motivational capacities of athletes in Nigeria, since [motivation](#) is the foundation for all athletic effort and accomplishment.

Keywords: Physical Fitness, Optimal performance, Motivation, Athletic achievement, Athletes, Competition

INTRODUCTION

The importance of sports to a Nation cannot be ignored especially among the youths who serve as prime movers in diverse national issues. According to (Odejide, 1992) athletic ability is extremely important to youth. However, Fasan (2004) opined that one of the important phenomena which cut across all human endeavors is sport and that knowledge of sports has contributed immensely to the art and science of discoveries. Odejide (1992) also pointed out that participation in sports may encourage the development of favorable personality traits that may enhance popularity of an individual in the society.

Whether we want to continue in sport or not depends upon the strength of the drive within us. This drive or desire we call motivation. More so, we all vary in our drive to succeed in sport or life in general; that is we all have different levels of motivation. Motivation is a dynamic and multifaceted phenomenon that can be manipulated, to some degree at least, in the pursuit of superior sporting performance.

[Motivation](#) is the foundation for all athletic effort and accomplishment. Without your desire and determination to improve your [sports](#) performances, all of the others; mental factors, confidence, intensity, focus, and emotions, are meaningless. To become the best athlete you can be, you must be motivated to do what it takes to maximize your ability and achieve your goals. It is a disposition to strive for success in competition with others with some standard of excellence, set by the individual. So the main goal of the present study was to ascertain the

impact of Motivation on athletic achievement of athletes during the 18th national sports festival. Motivation is an internal energy force that determines all aspects of our behavior; it also impacts on how we think, feel and interact with others. In sport, high motivation is widely accepted as an essential prerequisite in getting athletes to fulfill their potential. However, given its inherently abstract nature, it is a force that is often difficult to exploit fully. Some elite athletes have developed an ability to channel their energies extremely effectively. Indeed, motivation is essentially about the direction of effort over a prolonged period of time.

Most definitions of motivation refer to having a drive to take part and to persist in an activity. A sport-specific definition is the tendency of an individual or team to begin and then carry on with the activities relating to their sport. Motivation, simply defined, is the ability to initiate and persist at a task. To perform your best, you must want to begin the process of developing as an athlete and you must be willing to maintain your efforts until you have achieved your goals. Motivation in sports is so important because you must be willing to work hard in the face of fatigue, boredom, pain, and the desire to do other things. Motivation will impact everything that influences your sports performance: physical conditioning, technical and tactical training, mental preparation, and general lifestyle which include; sleep, diet, school or work, and relationships (Alderman, 1974; Straub, 1978 and Singer, 1986).

The reason motivation is so important is that it is the only contributor to sports performance over which you have control. There are three things that affect how well you perform. First, your ability, these include; your physical, technical, tactical, and mental capabilities. Because ability is something you are born with, you can't change your ability so it is outside of your control. Second, the difficulty of the competition influences performance. Contributors to difficulty include the ability of the opponent and external factors such as an "away game" crowd and weather such as temperature, wind, and sun. You have no control over these factors. Finally, motivation will impact performance. It is also the only factor over which you have control. Motivation will directly impact the level of success that you ultimately achieve. If you are highly motivated to improve your performance, then you will put in the time and effort necessary to raise your game. Motivation will also influence the level of performance when you begin a competition. If they're competing against someone of nearly equal skill, it will not be ability that will determine the outcome. Rather, it will be the athlete who works the hardest, who doesn't give up, and who performs their best when it counts. In other words, the athlete who is most motivated to win.

Nothing can affect performance as dramatically as a sudden loss of motivation. Without the motivation to succeed athletes cannot survive the challenges sports competition. If the team or player is going through a bad time then motivating your players becomes especially important. However, an overly motivated player may be nervous and take risks. This study attempts to look at motivation and suggest ways to help improve the motivational capacities of players.

METHODOLOGY

The survey research method was used in this work and information needed was collected by means of questionnaire. The population for this study comprised of male and female athletes that took part during the 18th National Sports Festival held in Lagos, Nigeria, tagged "Eko 2012". That is, the 36 states of the country. The sample size for this study was 206 athletes who were randomly selected from 10 states out of the 36 states of the country (five Northern and five Southern States).

Procedure

Participants

The participants used for this study were athletes who competed in the 18th National Sports Festival held in Lagos, Nigeria, titled "Eko 2012". (206) athletes were randomly selected from 10 states out of the 36 states of the country that take part in the study after the purpose of the study was discussed with them. The questionnaire was administered on the 206 athletes comprising of males and females.

Instruments

A self structured Sport Motivation Questions (SMQ) was used for data collection. The questionnaire is a (4) point modified Likert scale.

Data Analysis

The data obtained were analyzed using descriptive statistical tools as the mean and standard deviation, to answer the research question while hypotheses was tested with the one-sample t-test. The decision to accept or reject the null hypotheses was made using the p-value. The level of significance of the test carried out was 0.05.

RESULTS AND DISCUSSION

The results of the study are presented below;

Table 1. Showing the different sports from which sample was drawn

	<i>Frequency</i>	<i>Percent</i>	<i>Valid Percent</i>	<i>Cumulative Percent</i>
Valid No Response	1	.5	.5	.5
Abula	6	2.9	2.9	3.4
Athletics	32	15.5	15.5	18.9
Badminton	6	2.9	2.9	21.8
Basketball	12	5.8	5.8	27.7
Boxing	5	2.4	2.4	30.1
Cycling	3	1.5	1.5	31.6
Football	72	35.0	35.0	66.5
Gymnastic	7	3.4	3.4	69.9
Handball	8	3.9	3.9	73.8
Hockey	12	5.8	5.8	79.6
Judo	5	2.4	2.4	82.0
Kickboxing	8	3.9	3.9	85.9
Power lifting	6	2.9	2.9	88.8
Scrabble	3	1.5	1.5	90.3
Squash	2	1.0	1.0	91.3
Swimming	4	1.9	1.9	93.2
Tennis	7	3.4	3.4	96.6
Volleyball	6	2.9	2.9	99.5
Wrestling	1	.5	.5	100.0
Total	206	100.0	100.0	

In order to measure the impact of the factors of motivation i.e. Welfare Package, Facilities and Equipment, Qualified Coaches, Government role, Parental Care, Climate Factors and Significant effect of other factors on athletes achievement, the items in the questionnaire that measured the motivation factors were summed, the descriptive statistics for them was computed and the results presented in the table below;

Table 2. Showing motivational factors for athletes.

<i>Motivational Factors</i>	<i>N</i>	<i>Mean</i>	<i>Std. Deviation</i>
Welfare Package	206	3.1566	.69
Facility and Equipment	206	3.1347	.75
Qualified Coaches	206	3.0862	.72
Government Role	206	3.4005	.80
Parental Support	206	3.0085	.71
Climate Factor	206	2.7864	.95
Significant Others	206	3.0971	.85

Table 3. Showing t-test analysis for significance of welfare packages

	<i>t</i>	<i>Sig. (2-tailed)</i>	<i>df</i>	<i>Mean Difference</i>	<i>95% Confidence Difference</i>	
					<i>Lower</i>	<i>Upper</i>
Welfare Package	23.900	.000	206	1.15655	1.0611	1.2520
Facility and Equipment	21.820	.000	206	1.13471	1.0322	1.2372
Qualified Coaches	21.715	.000	206	1.08617	.9875	1.1848
Government Role	25.209	.000	206	1.40049	1.2910	1.5100
Parental Support	20.391	.000	206	1.00850	.9110	1.1060
Climate Factor	11.919	.000	26	.78641	.6563	.9165
Significant Others	18.568	.000	206	1.09709	.9806	1.2136

* Significant $P < 0.05$ level t-critical 1.96, df 204

DISCUSSION

At the end of the computation, it was observed that the 206 athletes used for the study put the average level of impact of welfare packages at a value of 3.15 with standard deviation of 0.69. It implies that on the average they agreed that welfare packages significantly affects athletic achievements of athletes in competitions. In order to ascertain whether or not the impact is significant, the one sample t-test was carried out and the result presented was in line with the decision rule in statistics which states that the null hypothesis should be accepted when the p-value of the analysis is higher than the level of significance at which the test was

carried out, while it should be rejected p-value is less than the level of significance at which the test was done. In this case, the p-value of the analysis is 0.000 which is less than the level of significance, hence the conclusion to reject the null hypothesis. This implies that welfare packages of athletes significantly affect athlete's achievement.

The survey showed that the average level of impact of facilities and equipment on athletes' achievement at a value of 3.13 with standard deviation of 0.75. This shows that on the average, the sample agreed that facilities and equipment affect athlete's achievement. In order to ascertain whether or not the impact is significance the one sample t-test was carried out. Since the p-value (0.000) is less than the level of significance at which the test was carried out, the decision is to reject the null hypothesis, meaning that availability of facilities and equipment significantly affects athlete's achievement.

The findings on the average level of motivational impact of qualified coaches on athletes' achievement at a value of 3.08 with standard deviation of 0.71. This shows the sample agreed that qualified coaches affect athlete's achievement. In order to ascertain whether or not the impact is significance the one sample t-test was carried out. Since the p-value (0.000) is less than the level of significance at which the test was carried out, the decision is to reject the null hypothesis, meaning that availability of qualified coaches significantly affects athlete's achievement.

The average level of motivational impact of government role on athletes' achievement at a value of 3.40 with standard deviation of 0.79 shows that on the average, the sample agreed that government role affect athlete's achievement. In order to ascertain this, one sample t-test was carried out. Since the p-value (0.000) is less than the level of significance at which the test was carried out, the decision is to reject the null hypothesis, meaning that availability of government role significantly affects athlete's achievement.

More so, the average level of impact of parental support at a value of 3.00 with standard deviation of 0.71, it implies that on the average they agreed that parental support affects athletic achievements of athletes in competitions. In order to ascertain whether or not the impact is significant, the one sample t-test shows that the p-value (0.000) is less than the level of significance at which the test was carried out; the decision is to reject the null hypothesis, meaning that availability of parents support significantly affects athlete's achievement.

The impact of climate factor at a value of 3.00 with standard deviation of 0.71, it implies that on the average they agreed that climate factor affects athletic achievements of athletes in competitions. In order to ascertain whether or not the impact is significant, the one sample t-test shows that the p-value (0.000) is less than the level of significance at which the test was carried out, the decision is to reject the null hypothesis, meaning that availability of climate factors significantly affects athlete's achievement.

At the end of the computation, on the average level of impact of other factor at a value of 3.09 with standard deviation of 0.84, it implies that on the average they agreed that other significant factor affects athletic achievements of athletes in competitions. In order to ascertain whether or not the impact is significant, the one sample t-test shows that the p-value (0.000) is less than the level of significance at which the test was carried out, the decision is to reject the null hypothesis, meaning that availability of climate factors significantly affects athlete's achievement.

The findings of the current study are therefore in agreement with those of other researchers who had earlier reported similar motives for athletes' participation in sports (Brodlink & Weiss, 1990; Wang & Wase- Bjornstal, 1996; Laker, 2002). The results of the study showed the impact of motivation on athletic achievement of athletes that took part in the "18th Nigeria

National Sports Festival held in Lagos". Indeed, the optimal motivation for participation in sports is most likely to occur when athletes are motivated in their chosen sports (Ashford, Biddle & Goudas, 1993).

CONCLUSION AND RECOMMENDATIONS

The study have been able to affirm that, if motivation which is required to have positive impact on athletic achievement of athletes in sports which are contributory ingredients of competition and for enhance performance, are given to athletes during preparatory state, competition, and after competition, a better outcome performance results will be achieved. The study also revealed the importance of motivation and why this should be included in the scheme of things in any sporting activities. This may help states government, sports managers/administrators especially, to know that the impact of motivation on athletic achievement of athletes that took part in the 18th Nigeria National Sports Festival held in Lagos can be acquired. It is possible for athletes to perform excellently well in competition through motivation, which can improve their concentration, confidence, self-control etc.

The states government and sports administrators/managers should be taught the importance of combining physical skills training and motivation in order to improve athlete's performance. Since each athlete is unique and will respond differently to various motivational methods, states government, sports administrators/managers, and coaches should be taught the different types of motivational approaches, so that they identified the approach most suitable for each athlete. Stakeholders in sports should be made known that motivation factors like Welfare package, Facilities and Equipment, Coaches, Government role, Parental Care, Climatic Condition, and Significant others will enhance good physical and most of all attain their height in the career.

REFERENCES

- Alderman, R. B. (1974). *Psychological Behaviour in Sport*. Philadelphia: W.B. Sanders.
- Ashford, B. B. S. & Goudas, M. (1993). Participation in community sport centres; Motives and Predictors of enjoyment. *Journal of Sport Science*, 113, 249-256.
- Brodkin, P. & Weiss, M. R. (1990). Development of differences in motivation for participating in competitive youth swimming. *Journal of Sport and Exercise Psychology*, 12(3), 248-263.
- Fasan, C. O. (2004). *Introduction to Sport Administration and Management*. Lagos: Beulah Publishers.
- Laker, M. R. (2002). Self presentational processes in exercise and sport. *Journal of Sport and Exercise Psychology*, 14(4), 339-351.
- Odejide, D. (1992). *Evaluation of goal setting training on selected cognitions and performance of collegiate swimmers*. Unpublished Doctoral Dissertation. University of Illinois.
- Singer, R. N. (1986). *Peak Performance and More*. Ithaca, NY: Movement Publications, Inc.
- Straub, W. F. (1978). *Sports Psychology: An analysis of Athletes Behaviours*. Ithaca, New York: Movement Publications.
- Wang, J. & Wiese-Bjornstal, D. M. (1996). The relationship of school type and gender to motives for sport participation among youth in the People's Republic of China. *International Journal of Sport Psychology*, 28(1), 13-24.