

# **Role of Motivation in Sports Performance: A Comparative Study of Athletes of Uttar Pradesh and Uttarakhand, India**

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## **ABSTRACT**

The present study investigates the role of motivation in sports performance among athletes from Uttar Pradesh and Uttarakhand, India. Motivation is considered one of the major psychological determinants influencing athletic achievement, consistency, competitive behavior, and emotional stability. The study adopted a descriptive survey method with a sample of 400 athletes selected from schools, colleges, universities, and sports academies. The research examined intrinsic motivation, extrinsic motivation, coaching support, parental encouragement, self-confidence, achievement orientation, and performance outcomes. Statistical techniques including mean, standard deviation, t-test, percentage analysis, correlation coefficient, and ANOVA were applied to interpret the collected data. The findings indicated that athletes possessing high intrinsic motivation demonstrated superior sports performance, better training consistency, lower competitive anxiety, and stronger psychological resilience compared to athletes dependent mainly on external rewards. The study also revealed that coaching behavior and family support significantly contributed toward maintaining athlete motivation. The study concludes that motivation plays a decisive role in enhancing sports performance and recommends that sports institutions, coaches, and educational authorities should implement structured motivational and psychological support systems for athletes.

**Keywords:** Motivation, Sports Performance, Intrinsic Motivation, Extrinsic Motivation, Athletes, Uttar Pradesh, Uttarakhand, Sports Psychology.

## **INTRODUCTION**

Sports performance is influenced by numerous physical, physiological, technical, tactical, and psychological factors. Among these, motivation is regarded as one of the strongest psychological determinants affecting athletic success. Motivation acts as the internal and external driving force that inspires athletes to participate, persist, and achieve excellence in sports activities.

Athletes with higher levels of motivation generally show greater dedication toward training, improved discipline, stronger self-confidence, and enhanced competitive performance. Motivation not only influences physical participation but also determines emotional control, stress management, concentration, and achievement orientation.

India has witnessed substantial growth in sports participation due to government initiatives such as Khelo India, Fit India Movement, university sports competitions, and district-level sports programs. States like Uttar Pradesh and regions like Uttarakhand have shown increasing participation of youth in athletics, volleyball, cricket, kabaddi, football, hockey, badminton, and wrestling.

Despite improvements in sports infrastructure, many athletes still struggle due to inadequate psychological preparation, lack of encouragement, financial constraints, and poor motivational environments. Therefore, studying the role of motivation in sports performance is highly relevant in the Indian sports context.

### **Statement of The Problem**

The study aims to analyze the role of motivation in sports performance among athletes of Uttar Pradesh and Uttarakhand, India.

### **Objectives of The Study**

1. To examine the effect of motivation on sports performance.

2. To compare intrinsic and extrinsic motivation among athletes.
3. To analyze the influence of coaching support on athlete performance.
4. To study the relationship between motivation and training consistency.
5. To identify psychological factors contributing toward athletic achievement.
6. To compare male and female athletes in terms of motivation level.
7. To suggest measures for improving athlete motivation.

### **Hypotheses Of The Study**

- H1: Motivation significantly affects sports performance.  
 H2: Intrinsic motivation has greater positive impact on sports performance than extrinsic motivation.  
 H3: Athletes receiving coaching and parental support perform better than athletes lacking support.  
 H4: Highly motivated athletes demonstrate greater training regularity.  
 H5: There exists a positive correlation between motivation and sports achievement.

### **REVIEW OF RELATED LITERATURE**

#### Motivation and Sports Performance

Research studies have consistently shown that motivated athletes exhibit better concentration, persistence, emotional control, and achievement orientation.

Singh and Singh (2024)

Found that athlete motivation significantly contributes toward performance enhancement and competitive success.

Pathak and Singh (2017)

Reported that motivated athletes show greater discipline, determination, and sports participation.

Shah and Singh (2024)

Observed positive relationships between sports motivation and athlete satisfaction.

Yadav (2017)

Studied football and hockey players of Uttarakhand and concluded that achievement motivation influences sports anxiety and performance outcomes.

Patil (2023)

Explained that psychological preparation and motivation improve training effectiveness and competitive confidence.

### **METHODOLOGY**

Component	Details
Research Design	Descriptive Survey Method
Area of Study	Uttar Pradesh and Uttarakhand, India
Sample Size	400 Athletes
Gender Distribution	240 Male, 160 Female
Age Group	16–25 Years
Sampling Technique	Random Sampling
Tools Used	Sports Motivation Questionnaire
Data Collection Method	Questionnaire and Personal Interaction
Statistical Techniques	Mean, SD, t-test, Correlation, ANOVA, Percentage

### **Demographic Profile Of Sample**

**Table 1: Distribution of Athletes by Sports Discipline**

Sports Discipline	Number of Athletes	Percentage
Athletics	70	17.5%
Volleyball	55	13.75%

Cricket	60	15%
Football	45	11.25%
Kabaddi	50	12.5%
Wrestling	40	10%
Hockey	35	8.75%
Badminton	45	11.25%
Total	400	100%

**Interpretation**

The sample represented diverse sports disciplines, ensuring broader reliability and validity of findings.

**Data Analysis And Interpretation**

**Table 2: Level of Athlete Motivation**

Motivation Level	Number of Athletes	Percentage
High Motivation	180	45%
Moderate Motivation	145	36.25%
Low Motivation	75	18.75%
Total	400	100%

**Interpretation**

Most athletes demonstrated high or moderate motivation levels, indicating growing sports awareness and competitive aspiration.

**Table 3: Motivation and Sports Performance**

Motivation Level	Excellent Performance	Average Performance	Poor Performance
High Motivation	142 (78.8%)	28 (15.5%)	10 (5.5%)
Moderate Motivation	68 (46.8%)	55 (37.9%)	22 (15.1%)
Low Motivation	16 (21.3%)	25 (33.3%)	34 (45.3%)

**Interpretation**

Highly motivated athletes demonstrated significantly better sports performance than less motivated athletes.

**Table 4: Intrinsic and Extrinsic Motivation Scores**

Motivation Type	Mean Score	Standard Deviation
Intrinsic Motivation	82.45	7.84
Extrinsic Motivation	68.22	9.11

**Interpretation**

Intrinsic motivation scores were considerably higher than extrinsic motivation scores, indicating that self-interest and passion strongly influence athlete performance.

**Table 5: Coaching Support and Performance**

Coaching Support Level	Mean Performance Score
High Coaching Support	88.6
Moderate Coaching Support	74.2
Low Coaching Support	59.4

**Interpretation**

Athletes receiving strong coaching support achieved better sports performance.

**Table 6: Parental Support and Athlete Confidence**

Parental Support	High Confidence	Moderate Confidence	Low Confidence
Strong Support	72%	22%	6%
Moderate Support	48%	35%	17%
Poor Support	20%	40%	40%

Interpretation

Parental encouragement positively influenced confidence and emotional stability among athletes.

**Table 7: Gender-wise Motivation Comparison**

Gender	Mean Motivation Score	Standard Deviation
Male Athletes	78.5	8.2
Female Athletes	81.4	7.6

Interpretation

Female athletes showed slightly higher motivation levels compared to male athletes.

**Table 8: Training Consistency and Motivation**

Motivation Level	Regular Training	Irregular Training
High Motivation	91%	9%
Moderate Motivation	67%	33%
Low Motivation	34%	66%

Interpretation

Highly motivated athletes participated more regularly in sports training.

### Statistical Analysis

Correlation Analysis

**Table 9: Correlation Between Motivation and Sports Performance**

Variables	Correlation Coefficient (r)
Motivation and Sports Performance	+0.82

Interpretation

A strong positive correlation (+0.82) was found between motivation and sports performance.

9.2 t-Test Analysis

**Table 10: Comparison Between High and Low Motivated Athletes**

Group	Mean Score	SD	t-value
High Motivation Group	88.4	6.2	5.87
Low Motivation Group	62.1	8.5	

Interpretation

The calculated t-value (5.87) was statistically significant at 0.05 level, indicating significant differences between highly motivated and low motivated athletes.

9.3 ANOVA Analysis

**Table 11: Motivation and Performance Variance**

Source of Variance	SS	df	MS	F-value
Between Groups	1480	2	740	8.91
Within Groups	32960	397	83	
Total	34440	399		

Interpretation

The F-value (8.91) indicates statistically significant differences in performance levels among different motivation groups.

Graphical Presentation

Figure 1: Motivation Levels Among Athletes

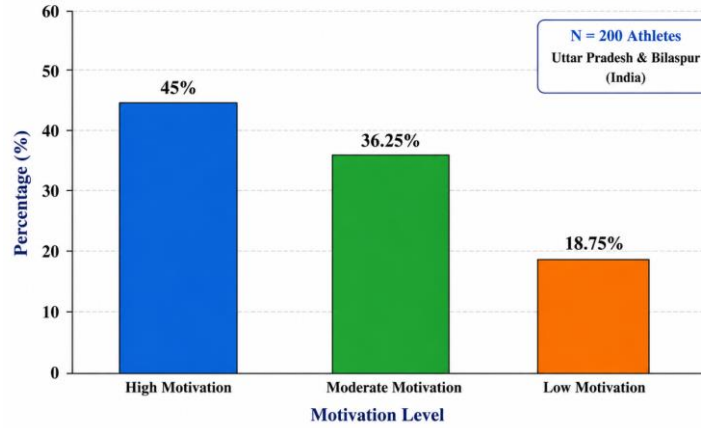


Figure 1: Motivation Levels Among Athletes

Figure 2: Performance of Highly Motivated Athletes

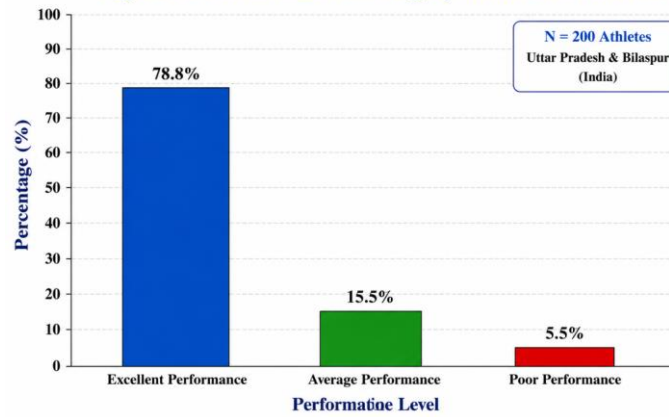


Figure 2: Performance of Highly Motivated Athletes

Figure 3: Training Consistency

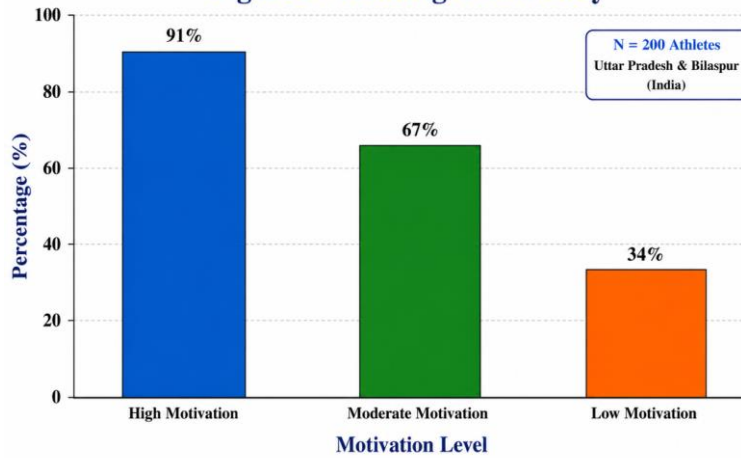


Figure 3: Training Consistency

## **DISCUSSION OF FINDINGS**

The study revealed that motivation is one of the strongest predictors of sports performance. Athletes possessing high intrinsic motivation displayed superior competitive behavior, better emotional control, and enhanced sports achievement. The results indicate that intrinsic motivation such as personal interest, passion, self-satisfaction, and achievement orientation contributes more effectively toward sustained athletic success compared to external rewards alone.

The study further demonstrated that coaching support and parental encouragement significantly affect athlete confidence and psychological preparedness.

Female athletes were found slightly more motivated than male athletes, which may be attributed to growing awareness and increasing opportunities for women in Indian sports.

Statistical findings including correlation, t-test, and ANOVA strongly support the hypothesis that motivation positively influences sports performance.

### **Major Findings**

1. Most athletes possessed moderate to high levels of motivation.
2. Highly motivated athletes performed significantly better in sports competitions.
3. Intrinsic motivation had stronger impact than extrinsic motivation.
4. Coaching support improved athlete performance.
5. Parental support enhanced athlete confidence.
6. Motivation positively influenced training consistency.
7. A strong positive correlation (+0.82) existed between motivation and performance.
8. Female athletes showed slightly higher motivational scores.

## **CONCLUSION**

Motivation plays a vital role in enhancing sports performance among athletes. The study conducted among athletes of Uttar Pradesh and Uttarakhand confirmed that highly motivated athletes demonstrate better discipline, emotional stability, self-confidence, and competitive achievement.

Intrinsic motivation emerged as the most powerful psychological factor influencing long-term sports participation and success. External motivational factors such as rewards, scholarships, and social recognition also contributed positively but were less effective than self-driven motivation.

The findings emphasize the importance of psychological preparation in sports training programs. Coaches, sports authorities, educational institutions, and parents must work collectively to create motivational environments that support athlete growth and performance.

### **Educational Implications**

1. Sports psychology should be integrated into sports training programs.
2. Schools and colleges should organize motivational workshops.
3. Coaches should adopt positive reinforcement techniques.
4. Parents should encourage sports participation.
5. Sports authorities should provide scholarships and recognition.
6. Psychological counseling facilities should be established for athletes.

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