

V WORLD JUDO CONFERENCE

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PSYCHOLOGICAL FACTORS AND SPORTING MOTIVATION IN SPANISH JUDOKAS

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1. THEORETICAL FRAMEWORK

The present study tried to analyze the differences of the motivation in pre-competitive situation.

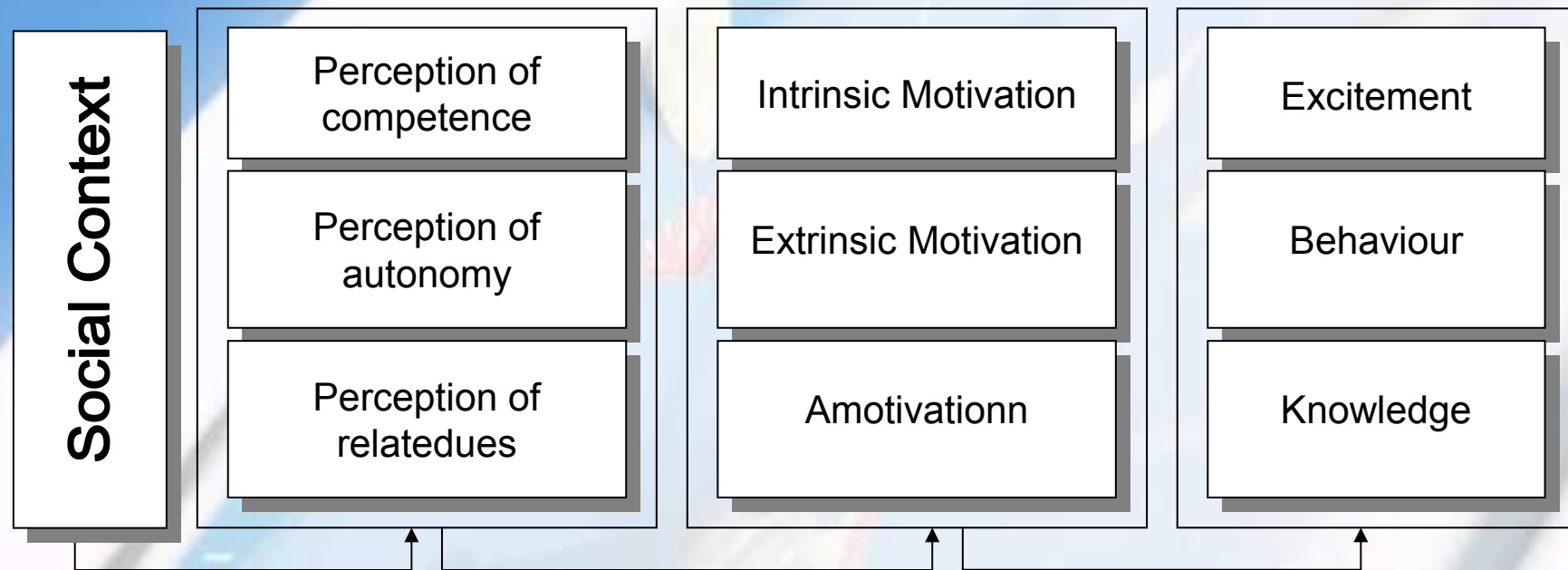
Vallerand (Vallerand, 1997, 2001; Vallerand and Losier, 1999) suggested the Hierarchic Model of Intrinsic Motivation, Extrinsic Motivation and Amotivation to organize and understand the basic mechanisms that regulate the motivation in the sporting environment. This model lays down the existence of Intrinsic Motivation, Extrinsic Motivation and Amotivation. And so, the following distinctions were made within each one:

Motivation

- **INTRINSIC MOTIVATION**
 - KNOWLEDGE INTRINSIC MOTIVATION
 - STIMULATION MOTIVATION
 - PERFORMANCE MOTIVATION
- **EXTRINSIC MOTIVATION**
 - IDENTIFIED EXTRINSIC MOTIVATION
 - INTROYECTED EXTRINSIC MOTIVATION
 - EXTERNAL REGULATION EXTRINSIC MOTIVATION

On the other hand, the motivation resulting from social factors is mediated by the perceptions which the subjects have from the autonomy, competence and social relationships which they perceive when executing sport.

This theory argues that the motivation produces important cognitives, behaviour and affective consequences.



Causal relationship, at a hierarchic level, proposed by the Hierarchic Model of the Motivation.

OBJETIVE

To analyze the differences in motivation in precompetitive sporting situations among the adolescent judokas based on the perception of competition, autonomy and social relationships.

The gender variable was introduced as a independent variable to eliminate the possibility that it was an alien factor, altering the results of the analysis



2. METHODS

- SUBJECTS
- TOOL
- DESIGN AND PROCEDURE

2. METHODS. 2.1. SUBJECTS

39 judokas members of Spanish National Team

19 males

20 females

142 judokas members of Regional Team

81 males

61 females

2. METHODS. 2.2. TOOLS

Questionnaire

Authors

Perception of competence in the execution of sport	EPCDV. Echelle des Perceptions de Competence dans les domaines de vie. Losier, Vallerand y Blais (1993).
Perception of autonomy in the execution of sport	EPADV. Echelle des Perceptions d'Autonomie dans les domaines de vie. Blais y Vallerand (1992).
Perception of social relationships in the execution of sport	ERIS. Échelle des Relations Interpersonnelles dans le Sport. Losier y Vallerand (1995).
Sport motivation Scale	SMS. Sport Motivation Scale. Pelletier et al. (1995).

2. METHODS. 2.3. Design and Procedure

Simple Prospective Design

Selection Variables:

- Perception of competence
- Perception of autonomy
- Perception of social relationships in the execution of sport.
- Gender.

Dependent Variables:

- Types of motivation proposed in the Hierarchic Model of Motivation

3. RESULTS **3.1 STRUCTURAL ANALYSIS**

	Factor	Points α
Perception Scale of Competence	Competence for the task	0.68
Perception Scale of Support of Autonomy	Autonomy for the task	0.94
Perception Scale of Social Relationships	Relationships among the competitors	0.91

3. RESULTS **3.1 STRUCTURAL ANALYSIS**

For the **Scale of Sport Motivation** a factorial analysis with SEM (Structural Equation Model) was used, using the statistical programmes SPSS and AMOS

Appropriate adjustment of the set

$$\chi^2/df = 2,403$$

$$TLI = 0,968$$

$$CFI = 0,960$$

$$RMSEA = 0,088$$

3. RESULTS

3.2 INFERENCIAL ANALYSIS

MANOVA taking as independent variables, the perception of competence, the perception of support of autonomy, the perception of social relationships (dichotomized in highs and lows) and the variable of genders as a control of an alien variable). The subscales of sport motivation were dependent variables.

Test of the multivariate contrasts

Significant effects on the perception of competence.

($p < .001$)

Significant effects on the perception of support of autonomy

($p < .027$)

Significant effects on the perception of social relationships

($p < .026$)

3. RESULTS

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MANOVA taking as independent variables, the perception of competence, the perception of support of autonomy, the perception of social relationships (dichotomized in highs and lows) and the variable of genders as a control of an alien variable). The subscales of sport motivation were dependent variables.

Significant effects of the perception of competence on :

MI of knowledge

MI of stimulation

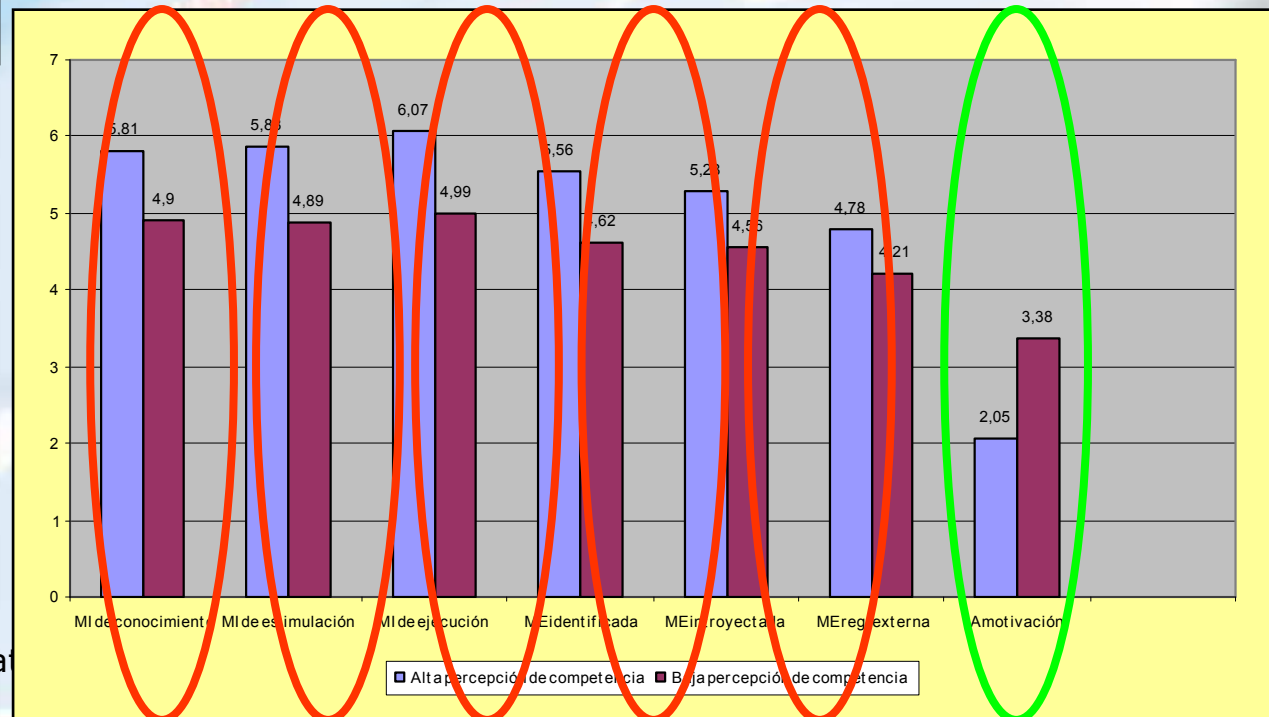
MI of execution

ME identified

ME introproyected

Amotivation

Test of the effects on the subjects



3. RESULTS

3.2 INFERENCIAL ANALYSIS

MANOVA taking as independent variables, the perception of competence, the perception of support of autonomy, the perception of social relationships (dichotomized in highs and lows) and the variable of genders as a control of an alien variable). The subscales of sport motivation were dependent variables

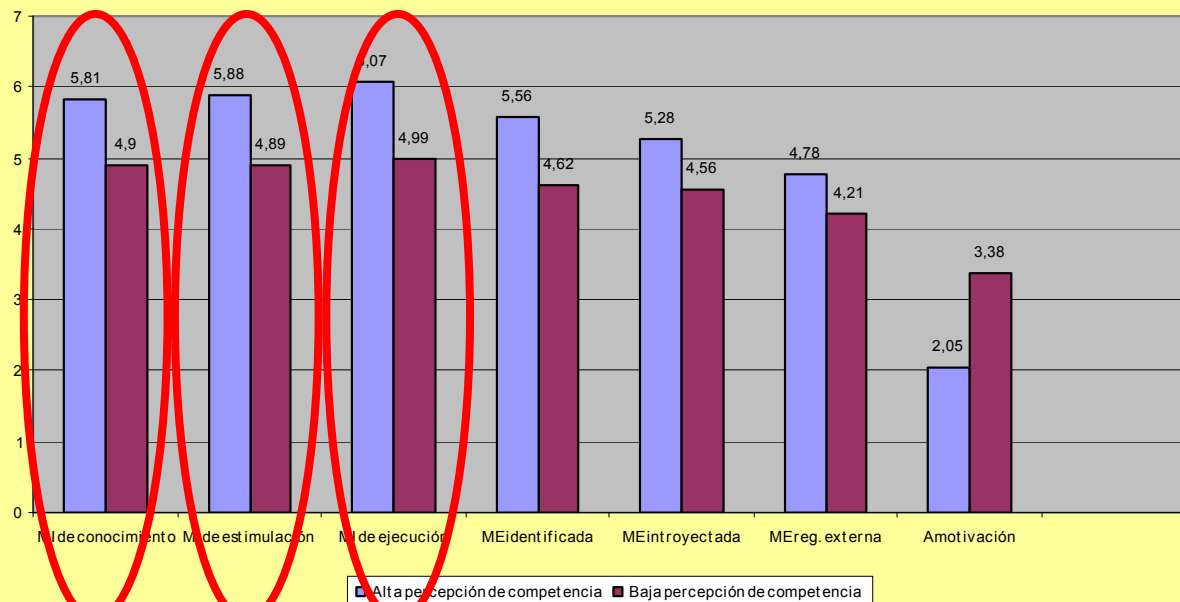
Significant effects of the perception of support of autonomy on :

MI of knowledge

MI of stimulation

MI of execution

Test of the effects on the subjects



3. RESULTS

3.2 INFERENCIAL ANALYSIS

MANOVA taking as independent variables, the perception of competence, the perception of support of autonomy, the perception of social relationships (dichotomized in highs and lows) and the variable of genders as a control of an alien variable). The subscales of sport motivation were dependent variables

Test of the effects on the subjects

Significant effects of the perception of social relationships on :

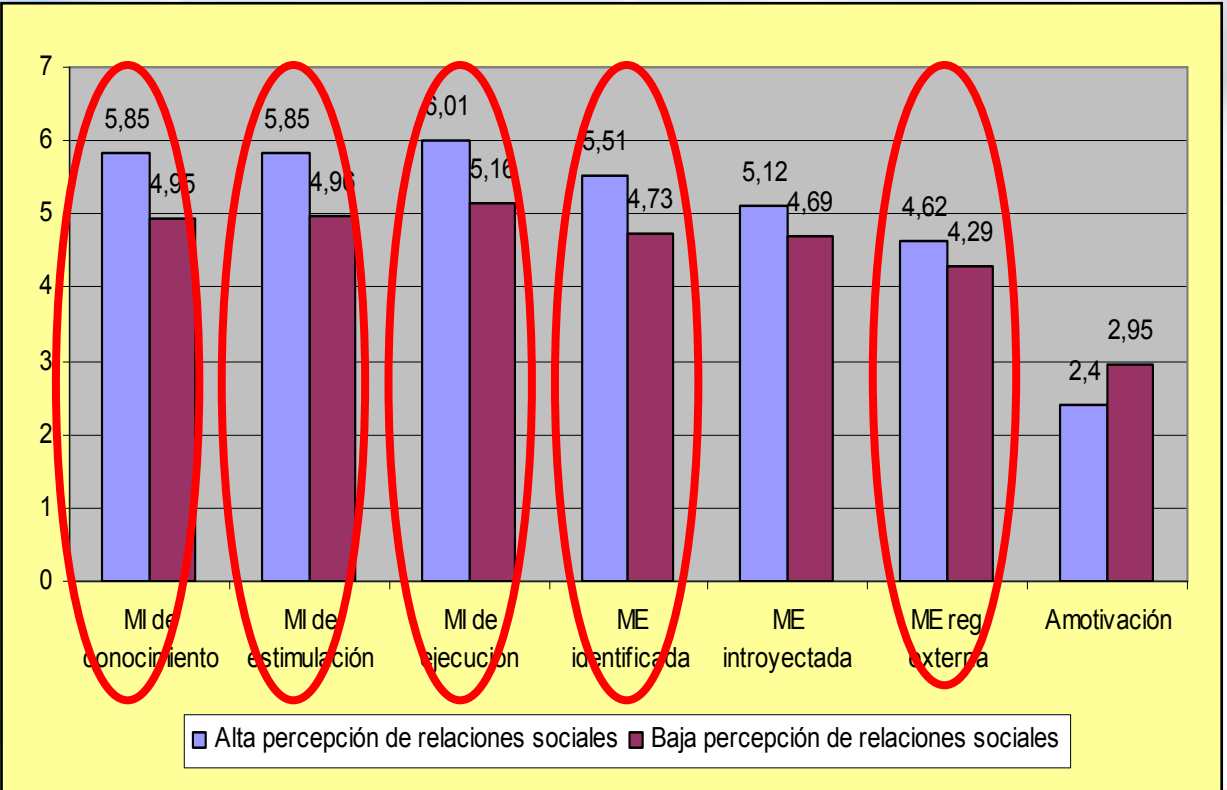
MI of knowledge

MI of stimulation

MI of execution

ME identified

ME of external regulation



4. DISCUSSION AND CONCLUSIONS

- The results obtained in the study partially support the Hierarchic Model of Motivation (Vallerand, 1997, 2001; Vallerand and Losier, 1999).

- The effects of the perception of competence agree with the theory

- There was a negative relationship between amotivation and the perception of competence

- The effects of the perception of support to the autonomy on motivation agree with the proposed theoretical model.

- The effects of the perception of social relationships on motivation were on the foreseen line related to the MI and identified ME

- In conclusion, the results of the study verify the differences in MI according to the perception of competence, support of autonomy and social relationships.

- It should be concluded that in our study a tendency was produced that was not predicted by the theory.



THANK YOU VERY MUCH



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4. DISCUSSION AND CONCLUSIONS

- In conclusion, the results of the study verify the differences in MI according to the perception of competence, support to the autonomy and social relationships.
- The differences in the auto determined ME in function of these perceptions are also partially verified, having found significant differences in function of the perception of competence and social relationships.
- Finally, the differences in amotivation are partially verified, being significant in function of the perception of competence.
- It agrees to stand as a conclusion that in our study a tendency not predicted by the theory took place, finding effects of the perception of social relationships on the ME of external regulation, resulting in higher levels of perception of competence corresponded with higher levels of ME of external regulation. It would seem that in a pre competitive situation, where the factor of winning or losing has greater relevance, the mediators do not relate negatively with the ME of external regulation, but positively. We think that in this situation of ME of external regulation, if it is not too high, it could be related to a better performance by the sports person in the competition.