

СПОРТСКА МОТИВАЦИЈА SPORTS MOTIVATION



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This book presents sports motivation from the aspect of the factors which are significant for involvement and perseverance in sports activities, well-being and mental health. Some of the most important motivation issues in sports are presented, with a special emphasis on the relation between motivation and psychological concepts, such as achievement, emotions and anxiety. The author reviews the concept of achievement in regard to the internal need for competence and self-efficiency. The correlation between emotions and motivation is reviewed from the viewpoint of the optimal functioning of the personality in sports and efficiency in a situation of achievement. This paper regards the experience of anxiety as a factor which can enduringly demotivate an individual for sports activities or seriously jeopardize performance in a situation of achievement. Achievement motivation is most often known in literature as a tendency to invest effort, to achieve and carry out something which is considered to be valuable. Some researches show that in active athletes, parallel with a larger degree of achievement motivation, there is an increase of emotional self-control and stability, and a decrease of the tendency for emotional

instability. The linkage between motivation and emotions is most directly reflected in an activation level at sports competition. Main characteristic of the competitive condition is uncertainty of the final outcome. The fact that competition ends with only one winner presents significant stress source for the competition participants who want to win. Activation level is responsible for athlete's ability to sustain focus of mental and physical energy to control sport skills, in order to achieve the desired outcome in competition. In this book, Colour Association Method is presented as an alternative measurement of athlete's psychological pre-competitive state along with more traditional approaches in sports psychology.

Stress experience in the competition condition may provoke reaction of anxiety within athletes and endanger their emotional stability and self-confidence.

The book also shows the external and internal motivations and one of the most important motivations for sport – the motivation for self-actualization.

Within the chapter on external and intrinsic motivation, a special place is given to the equity theory, the goal setting theory and the

theory of expectation, as the most influential theories of extrinsic motivation.

The book also presents the theory of self-determination. As one of the leading conceptual frameworks in the research of motivation in sports, the theory of self-determination stresses the linking of motivation for sports with the subjective experience of the degree of satisfying the basic psychological needs of an individual to feel, in the context of sports, autonomous, competent and connected with the sports environment. Shown in detail are theoretical concepts of the need for autonomy, competence and relatedness, as the key concepts which link the optimal psychological functioning of a personality and participation in sports.

The need for autonomy is linked with the perception of an internal locus of control. When the locus of control is internal, the individual has a subjective experience of “maintaining control over the situation” and feels that his or her actions are autonomous and self-determined. The feeling of autonomy is the main prerequisite for the founding and development of self-motivation and mental health.

Competence relates to the feeling of efficiency in interaction with the social environment and the sense that there is a possibility to develop and use personal capacities. The need for competence directs individuals to search for challenges according to their potential, thus endeavouring to maintain and develop skills and abilities by using various activities. Competence is not an acquired skill, but a feeling of confidence in personal abilities and efficiency in action.

Relatedness refers to the feeling of belonging, the sense that there is involvement with other people and that others are involved with

the individual, a link with other individuals and the community at large. The need for a relatedness is not related with the achieving of a specific aim (for example, becoming a member of a group), but rather correlates to the subjective feeling of security acquired by associating with others. It is considered, in the context of reviewing the motivation of adults and motivational approaches, that the need for relatedness, in contrast with the need for autonomy and competence, has a more distal role.

The author puts a special emphasis and discusses the psychological approaches in sports, which can stimulate or repress internal motivation. Two motivational approaches are presented – the first is based on supporting the positive potential of the personality and the respect for the need for autonomy. The other one, the controlling motivational approach, is orientated towards the control of behaviour and can have negative connotations on the total functioning of the personality.

There are coaches who feel that the autonomy of persons which are in some way in a subordinate position, such as is the case with athletes, should be respected and valued. Such coaches to a large extent show consideration for the feelings and personal states of the athletes and support their autonomy in work. The second type of coach puts more value on the use of control and holds authority in high regard. This kind of “controlling” coach regulates the way of thinking and behaviour and offers extrinsic awards for development.

The significance of motivation for success in sports, as well as personal growth and development, is exemplified by the results of empirical research in Serbia.

У овој монографији приказана је спортска мотивација са аспекта чинилаца који су значајни за укључивање и истрајавање у спортским активностима, као и за оптимално персонално функционисање и ментално здравље. Представљени су неки од најважнијих мотива у спорту, са посебним разматрањем односа између мотивације и психолошких појмова, као што су постигнуће, емоције и анксиозност.

У раду се посебно истичу и разматрају психолошки приступи у спорту. Приказана су два мотивациона приступа. Први се заснива на подржавању позитивних потенцијала личности и поштовању потребе за аутономијом. Други, контролишући

мотивациони приступ, оријентисан је на контролу понашања и може да има негативне конотације на целокупно функционисање личности.

У монографији је представљена и теорија самодетерминације. Детаљно су приказани теоријски концепти потребе за аутономијом, компетенцијом и повезаношћу, као кључни појмови који повезују оптимално психолошко функционисање личности и учествовање у спорту. Значај мотивације за успешност у спорту, као и за персонални раст и развој, илустрован је резултатима емпиријских истраживања обављених у Србији у периоду од 2009. до 2015. године.