



STUDY ON OPTIMIZATION OF SAMPLES MOTIVATIONAL LEVEL ATHLETES THROWING

CUCUI IONELA ALINA¹

Abstract

Aim. Motivation is a key feature of competition, a dynamic factor and directing the work she is translating the need for achievement or performance needs of the individual. Intervention specialist in preparing the athlete mentally operational training by stimulating and motivational autostimulation leads to increased yield sports, achieving optimum performance generator motivational sports competitions maximum objective. The purpose of this study is to optimize the operational level motivational mental preparation.

Methods. Making experimental study was conducted with techniques based on quantifying the motivational level that reflects the independent variables of motivation, generating objective optimization mental preparation.

Results. Quantifying the motivational level of athlete we showed markedly different between the athlete and the average of seniors, and between values athlete and his coach, motivational structure that perception. GMF value of the athlete (7) revealed a motivational environment, which is found in the perception of coach, which records a lower value (6.35) than the athlete, but fits flush motivational scale. Based on identified values for the independent variables of motivation, the results obtained for IM motivational factors were developed to optimize mental training objectives motivational level of the athlete.

Conclusions researches showed an average of GMF, with higher values for items intrinsic motivators and extrinsic motivators low level.

The results provided an opportunity for MI mental focus training on motivational factors with low and medium levels, raising them and keeping the same high level of motivational factors.

The approach achieved through optimization techniques led to the motivational level of the athlete, a value of 8.35 at the end of the experiment, the value perception that coincided with motivational coach on the level of athlete.

Keywords: athletes, optimization, motivational level.

Introduction

Although we live in a country performers athletes (the term "athletes are the best ambassadors of Romania" is often used in press and media), scientific research in understanding the psychological mechanisms involved in triggering and sustaining success in sports activities are not number.

The training particularly complex athletes of any level, require an optimal motivational level, that will enable efficient adaptation to training requirements, continuity and maximize training results in competition at goal.

The problem of motivation in sport is now very topical. It is believed that the stimulus material is suitable and sufficient to engage the athlete on the road extremely difficult and risky. I believe that things are not so!

Assuming that the motivation is "a state that energizes behavior and gives direction" (Atkinson, Hilgard, 2005), performing a regulatory function in

the athlete conduct determined the intended purpose of conscious activity, research was initiated with the aim of optimize the motivational level of evidence throws athletes to maximize sports performance.

In professional sports, motivation plays a decisive role as underlying continuity and conduct sports training facility to perform as close to optimal. Effort and sports training complex causes athlete is involved biologically, physically and mentally.

Mental strength athlete in training and competition is a key factor in getting athletic performance, as important as physical and technical preparation. Human performance, including sports, can be explained as a multiplicative factor of motivation and capabilities / skills, (Epuran, 2008, Duda, et.al., 1992, Mamali, 1981), $P = f(MXA)$ (Bologa, 1994, quoted by Mihăilescu et al. 2012).

Psychological preparation of the athlete requires "carried out by means of action sports training and psycho educational, level psychic

¹Department of Physical Education and Sport, University Valahia of Targoviste, ROMANIA
E-mail address: haralambiealina2008@yahoo.com
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abilities that enable efficient activity athlete in training and superior results in competitions" (Epuran et al., 2008).

An effective approach to training mental training process by setting performance targets athletes act on this:

- directs attention and action athletes;
- mobilize energy and effort athletes;
- increases the toughness when progress is slow;
- mobilize, motivate athletes and coaches to find the most effective strategies for achieving the goals (Ghidul antrenorului în psihologia sportului, 1999).

Formulating general objectives of mental preparation is necessary and useful for sports training because they are targets educational process conducted towards mental preparation of athletes for sports training and competition. Set objectives and directing their efforts towards achieving helps athletes to develop psychological techniques and focus attention on activities.

Hypothesis

The efficiency of the training process can be improved if the mental preparation of athletes using a teaching strategy focused on objective optimization level independent variables of motivation.

The research purpose

Design, operational and testing a strategy driving the motivational level optimization under competitive schedule in order to achieve the objective planned performance competition, based on theoretical assumptions presented in the research foundation.

Research Objectives

- Knowledge and motivational levels of the independent variables of global motivational force

(GMF) quantification techniques in order to determine the specific characteristics of the athlete's mental preparation of samples throws, case study;

- design objectives mental training, operational current targets, case study;
- deepening psychological preparation of the athlete methodology focused on increasing overall motivational force (GMF) and its custom to throw athlete samples, case study;
- Developing and testing an intervention strategy to optimize the mental preparation of samplethrow athlete in order to maximize performance in competition objective case study.

Methods

Making experimental study was conducted with techniques based on quantifying the motivational level that reflects the independent variables of motivation, generating objective optimization mental preparation.

Problem statement

Studying literature on motivation approach in professional sports, study results show that the motivation may be identified by quantification overall motivation and motivational level optimization can act on variables motivational valence (reward value), expectancy motivation (perceived probability effort to lead to desired rewards) and instrumentality (probability that this result would lead to a desired reward). In order to quantify the motivational level, we used 14 items Motivational reflecting intrinsic and extrinsic motivators, validated conceptual (Bologa, Gherghisan, 1994, Haralambie, Mihailescu, 2010, Haralambie, 2010), so as can be seen in Table 1.

Table 1. The content of the intrinsic and extrinsic motivational items

Crt. no.	<i>Intrinsic motivational items</i>	<i>Extrinsic motivational items</i>
1.	The content of the sportive activity: trainings, contests, trainings camps, recovery	Normative of sportive activities: laws, statutes, regulations
2.	Chances of sportive abilities utilization and development in creative way	Material advantages and facilities: bonuses, awards, home, mobility
3.	Passion for the practiced sport	Social climate: family, club, public, coaches, press, radio-tv
4.	The sportive desire level: superior categories promotions, team selections	Social prestige of the athlete, practiced sport, club, coach
5.	Personal affirmation trend: team hierarchical integration and promotion	The used management style: by the coach, club, and administration
6.	The need of performance: to be the best, to win, to self-improvement	School sport relation: the possibility to be a performance athlete and pupil
7.	Fear of failure: misses, defeats, injures, opponents, security trend	Material condition: installations, equipment, material base, program schedule



Quantification of global motivational force and instrumentality motivational, motivational factors led to scores detection instruments used in research, which can be seen from Table 2, where motivational

variables are at a medium level compared to the standards of the senior class athlete of study our case belongs.

Table no.2 The value of the structural components of athlete H.A. motivation comparing with the etalons that were determined to the senior athletes

Motivation components	Valences		Expectancy		Instrumentality	
	Seniors Team	H.A./Coach	Seniors Team	H.A./Coach	Seniors Team	H.A./Coach
Subjects						
Min.	32		19		23	
Decila I	37		25		25.1	
Decila II	38		28		27	
Decila III	39		29		27	
Decila IV	40		31		28	
Decila V (mediana)	41	40/40	33	34/31	28.5	27/27
Decila VI	41		34		29	
Decila VII	41.7		35		30	
Decila VIII	42		36		31	
Decila IX	42		38		33	
Max.	42		41		37	
Media	40.01		32.01		28.75	

Also, reporting us to the same standard and the values determined from the evaluation athlete coach and athlete evaluation, we see from Table 2 differences valuable motivational factors. These small differences are found for GMF value, but the

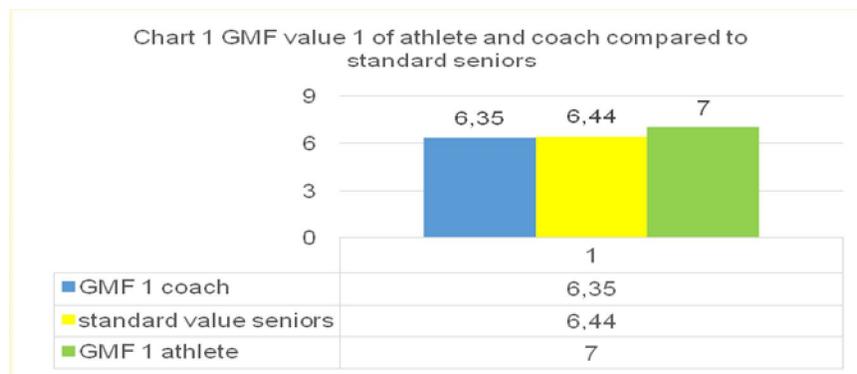
overall motivational force the athlete (7) all lie in the profile motivational environment (gr. 1), a view supported by its coach by value of 6.35.

Table .3 The rank hierarchy of MF and GMF value determined on seniors, athlete H.A. and its coach

MOTIVATIONAL FACTORS	MF - seniors		MF H.A.		MF Coach	
	Pct.	Rank	Pct.	Rank	Pct.	Rank
1. The contents of the sportive activity: training, contests, cantonaments	6.84	V	9	I-VI	6	IV-XII
2. Chance of utilization and development of the sportive capacities in a creative way	6.79	VI	9	I-VI	6	IV-XII
3. Passion for the practised sport	8.22	I	9	I-VI	9	I-III
4. The level of sportive endeavor: promotions in superior categories, group selections	7.09	IV	9	I-VI	9	I-III
5. The tendency of personal affirmation: integration and hierarchical promotion in the team	6.76	VII	9	I-VI	6	IV-XII
6. The performance need: to be the best, to	8.16	II	9	I-VI	9	I-III



win						
7. Failure fear: failing, losing, injuries, opponents.	4.29	XIV	4	XIII-XIV	4	XIII-XIV
8. Normative of sportive activities: laws, statutes, regulations	7.39	III	6	VII-XII	6	IV-XII
9. Material advantages and facilities: bonuses, awards, home, mobility	5.43	XII	6	VII-XII	6	IV-XII
10. Social climate: family, club, public, coaches, press, radio-tv	6.17	IX	6	VII-XII	6	IV-XII
11. Social prestige of the athlete, practiced sport, club, coach	5.81	XI	6	VII-XII	6	IV-XII
12. The used management style: by the coach, club, and administration	6.45	VIII	6	VII-XII	6	IV-XII
13. School sport relation: the possibility to be a performance athlete and pupil	6.05	X	4	XIII-XIV	4	XIII-XIV
14. Material condition: installations, equipment, material base, program schedule	5.38	XIII	6	VII-XII	6	IV-XII
GMF	6.44		7		6.35	



To optimize the motivational level of the athlete, the operationalization of mental preparation we identified instrumentality overall motivation and values determine the instrumentality motivation motivational factors. Based on the values determined

athlete H. A. and taking into account the evaluation by the coach and athlete rank hierarchy for each motivator (tab. 4) were designed training objectives of psychological preparation focused on increasing motivational indices (tab. 5).

Table 4 The rank hierarchy of MI and GMI value determined on athlete H.A. and his coach

MOTIVATIONAL FACTORS	MI H.A.		MI Coach	
	Pct.	Rank	Pct.	Rank
1. The contents of the sportive activity: training, contests, cantonaments	6	III-IX	6	III-IX
2. Chance of utilization and development of the sportive capacities in a creative way	6	III-IX	6	III-IX
3. Passion for the practised sport	9	I-II	9	I-II
4. The level of sportive endeavor: promotions in superior categories, group selections	6	III-IX	6	III-IX
5. The tendency of personal affirmation: integration and hierarchical promotion in the team	6	III-IX	6	III-IX



6. The performance need: to be the best, to win	9	I-II	9	I-II
7. Failure fear: failing, losing, injuries, opponents.	4	X-XI	4	X-XI
8. Normative of sportive activities: laws, statutes, regulations	3	XII-XIV	3	XII-XIV
9. Material advantages and facilities: bonuses, awards, home, mobility	3	XII-XIV	3	XII-XIV
10. Social climate: family, club, public, coaches, press, radio-tv	6	III-IX	6	III-IX
11. Social prestige of the athlete, practiced sport, club, coach	6	III-IX	6	III-IX
12. The used management style: by the coach, club, and administration	6	III-IX	6	III-IX
13. School sport relation: the possibility to be a performance athlete and pupil	4	X-XI	4	X-XI
14. Material condition: installations, equipment, material base, program schedule	3	XII-XIV	3	XII-XIV
GMI	5.5		5.5	

Table 5. The objectives of psychic training concerning the motivational aspect of the athlete

General objectives	Operational objectives
GOB.1. —Responsibility capacity education in sportive activity	OP.1.1. To take the objectives set; OP.1.2. To take responsibility to achieve its purpose. OP.1.3. To assume the tasks of training and competition.
GOB.2. The development of the self-evaluation capacity	OP.2.1. To properly assess the current performance level; OP.2.2. to properly assess physical possibilities to achieve its purpose. OP.2.3. To properly assess the training results; OP.2.4. To properly analyze the performance from training and competition.
GOB.3. –Education of self-perfection and knowledge capacity	OP.3.1. To acquire knowledge of theory and methodology of training; OP.3.2. To acquire knowledge of sport-related domains; OP.3.3. – să-și formeze deprinderea de a se informa permanent.
GOB.4. Maintaining the optimum mental states	OP.4.1. Maintain a high level of concentration in training and competition OP.4.2. To control the level of motivation and aspirations;

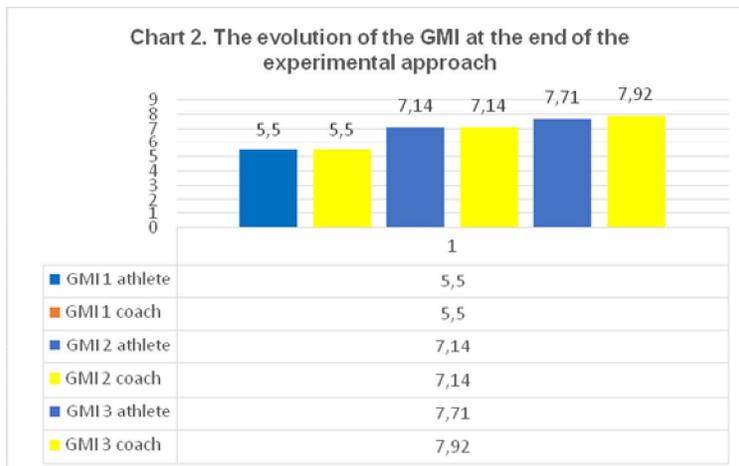
In order to achieve the purpose of the proposed research, based on data obtained in the process of quantifying the motivational level of the athlete HA in relation to the objectives of the strategy was designed on optimizing level motivational drive. Monitoring the operation strategy was based on the observation protocols on system specific

psychological profile of athletes attitude of samples throws. Findings sphere athlete attitude was performed using a descriptive scale, giving the possibility of establishing psychological profile of the athlete.

After applying optimization strategy driving the motivational level of the chart below we see an

improvement GMI values, both in terms of the assessment made in the athlete and the coach. To achieve this progress has been focused on

maintaining an optimal level of motivational factors intrinsic and extrinsic factors increase.

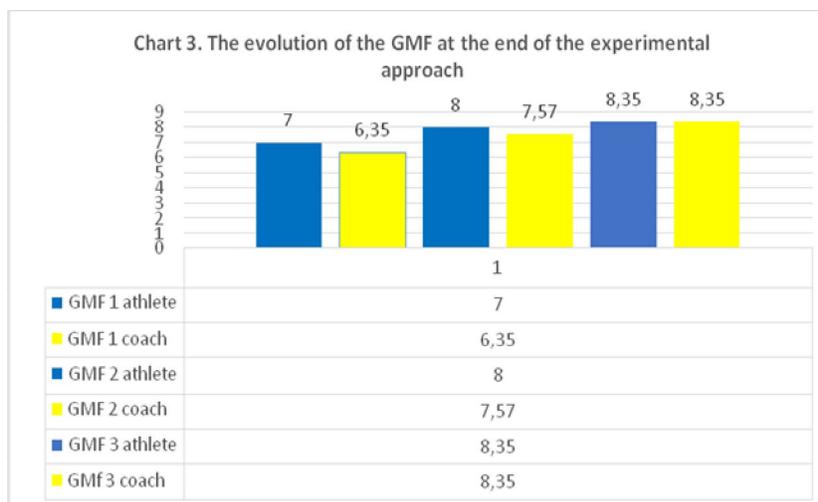


Results

Quantifying the motivational level of athlete we showed markedly different between the athlete and the average of seniors, and between values athlete and his coach, motivational structure that perception. GMF value of the athlete (7) revealed a motivational environment, which is found in the perception of coach, which records a lower value (6.35) than the athlete, but fits flush motivational scale.

Based on data obtained in the process of quantifying the motivational level of the athlete HA in relation to the objectives of the strategy was designed on optimizing level motivational drive.

Looking at the chart below shows that the approach made to improve the level of athlete gave motivational yield. During the research there is an upward path GMF values, values which means a motivational profile with pronounced trends toward higher level.



Discussion

From the literature we noticed the interest of specialists in the field to study the motivational side of athletes (Mihalescu et al., 2012). Comparing the

results of athletes motivational variables H.A with the etalons seniors (Haralambie, 2010) (tab. 2) we see that these are at an average level. The recorded values



we have created the opportunity to optimize the psychological preparation of athletes.

Conclusions

Researches showed an average of GMF, with higher values for items intrinsic motivators and extrinsic motivators low level.

The results provided an opportunity for IM mental focus training on motivational factors with low and medium levels, raising them and keeping the same high level of motivational factors.

The approach achieved through optimization techniques leads to the motivational level of the athlete, a value of 8.35 at the end of the experiment, the value perception that coincided with motivational coach on the level of athlete.

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