



International Journal of Sciences: Basic and Applied Research (IJSBAR)

ISSN 2307-4531
(Print & Online)

<http://gssrr.org/index.php?journal=JournalOfBasicAndApplied>



An Investigation of Athletes' Satisfaction towards Teammates and its Relationship with Athletes' Intrinsic Motivation

Irza Hanie Abu Samah^{a*}, Zoharah Omar^b, Abdullah Osman^c

^aUniversiti Malaysia Perlis, School of Business Innovation and Technopreneurship, , 01000 Kangar, Perlis,
Malaysia

^bUniversiti Putra Malaysia, Department of Professional Development and Continuing Education, 43000
Serdang,

^cUniversiti Malaysia Perlis, School of Business Innovation and Technopreneurship, , 01000 Kangar, Perlis,
Malaysia

^aEmail: irzahanie@unimap.edu.my

^bEmail: zoharah@educ.upm.edu.my

^cEmail: abdullahosman@unimap.edu.my

Abstract

Satisfaction of an athlete is important to indicate intrinsic motivation. Satisfaction is a feeling that rises from the perception, mind and thinking of and individual. Individual satisfaction upon group or teammates somehow may influence on intrinsic motivation. This study was conducted during the National Open Competition Games (Archery) in Malaysia. 139 questionnaires were administered during the games. Findings shows that the majority of respondents have high level on athlete's satisfaction on teammates with 75.5% (M=3.99, SD=0.68). Respondents also portray high level of intrinsic motivation whereby the percentage is 82.70%, (M=4.16, SD=0.62). The result of the study indicate that there is a significant relationship on athletes' satisfaction on teammates towards intrinsic motivation ($p < 0.01$, $r = 0.428$).

* Corresponding author.

E-mail address: irzahanie@unimap.edu.my.

This interpret that the role of athletes in the team is important towards contributing on other persons intrinsic motivation. Archery is more to individualistic game therefore this study recommended future research on both team and individual sport for strengthening the content of the study.

Keywords:satisfaction; intrinsic motivation; interaction

1. Introduction

Sport never isolated from the term of cooperation, cohesiveness, supports and interaction. No matter what kind of sport, people would always deal and need each other to improve and grow. Even if it is an individual sport, athlete will always have teammates on their back to support. Archery is a new sport in Malaysia compared to other developed countries. In a way to improve the performance of this sport, studies should be conducted in this area in different discipline which not only in sport sciences but in engineering, human resource, psychological and other field of study that related to seek out the most answers and solutions on performance. Previous study mentions that team cohesion is important towards individual behaviour [1,2] which may contribute towards team performance whereas motivation is seen as essential element to perform in sport activities [3,4]. Both studies emphasize on the important of team cohesion and motivation in bringing up the performance. So far there are many studies that been done under the scope of athletes satisfaction and motivation [5-9] but there were lack of studies were done on the individual sport especially archery in Malaysia in investigating team satisfaction and intrinsic motivation. Therefore, the objective in this study is to investigate the relationship of athlete's satisfaction on team (integration, task contribution, social contribution and team performance) towards intrinsic motivation.

Intrinsic motivation refers to inner enjoyments and willingness that rise in the heart as for the task given[10], [11]. There is evidence said that intrinsic motivation is given commitment in whatever person's do or actively participated in the event [12] for their own satisfaction [13]. This shows that individual will have their own initiative without any external forces, and it is important for athlete to intrinsically motivate in sport involvement. Intrinsic motivation describes an inner force in completing task [3,4,14]. Intrinsic motivation can be identified into three which is intrinsic motivation to know, intrinsic motivation to accomplish and intrinsic motivation to experience simulation [15]. However, even though this motivation is come from the inner force, but to achieve it one must deal with external event. Athlete who is intrinsically motivated may be affected by the feeling of satisfaction on their teammates. Studies on sport have mentioned that interaction and communication between athletes, teammates and coaches are always existed [1,16,17]. Therefore, there is a possibility that athlete's satisfaction on teammates may influence on athlete's intrinsic motivation.

Prior researched suggest that external factor will reduce intrinsic motivation by narrowing athletes' focus, and limit the behavior to achieve the outcome [3]. It explain that teammates have it influence on the individual motivation whether to motivated or demotivated where it depends on the team integration, team task contribution, team social contribution and team performance. Satisfaction on teammates can be identify into four which is team integration, team task contribution, team social contribution and team performance [14]. Each component hold the roles in the team whereby team integration is how the team shared, play, and work

together during training and competition, team social contribution is determine athlete's status and role in the team, team task contribution is athlete's satisfaction towards team on providing guidance, instruction and feedback in training session and competition and team performance is satisfaction of an athlete towards team's record, performance and achievement during competition. These components may affect athlete's individual intrinsic motivation as aforementioned stated that interaction of individual athlete and teammates were present in sport event.

Athlete satisfaction towards team defines as individual satisfaction with the team behaviour (e.g with team performance, team task contribution, team social contribution and team integration). Team behavior connotes collective action made by the team. Team is defines as two or more individuals who shared a common goal [5]. Collaboration and sense of belonging is needed in the team in order to have similar goal [1]. Sense of belonging to the team is pertinent for athlete to perceive as it may contribute towards athlete's satisfaction and motivation. Previous study stated that acceptance level of individual athlete within the group is important to determine the outcome [1]. It measures each individual in the team contribute an effort to fulfill the task. Satisfaction and motivation of individual is interrelated. Person who is satisfied with the team is more likely to be motivated [18]. Individual feeling motivated if the feeling of autonomy, competence and relatedness is being satisfied [19]. It postulated the feeling of autonomy, competence and relatedness can be obtained through athlete's interaction with teammates [18]. Prior research suggest that teammates satisfaction can be measure through team integration, team social contribution, team task contribution and team performance.

Individual satisfaction in the team can occur when one satisfied with the guidance provided by leader [20]. Previous studies had shows, that athlete possess leader behavior has significant influence on group level outcome (e.g, performance and satisfaction) [21-23]. Moreover, as a leader he/she plays a fundamental role for team's success [14,24]. Study had shown that individual contribution on the team has a significant influence with satisfaction which later brings the positive outcome [1].

Team integration is important factor that influencing on athletes' satisfaction among universities hockey team [21]. It portrays no isolation of individual and the team as it could be a determinant for athlete satisfaction and motivation [5]. As motivation always related to the outcome [3,19] therefore in present study researcher are interested to see the influence of athlete's satisfaction on teammates towards intrinsic motivation.

2. Materials & Method

139 questionnaires were administered in the National Open Competition Archery in Malaysia (1st and 2nd). The demographic profile of the respondent shows male =68.8%, female =31.2%, Age; M=19.44, SD+=6.31 Malay=86.5%, Chinese=7.9%, Indian=4.0%. Athletes Satisfaction Questionnaire (ASQ) were used to determines athlete's satisfaction on teammates (team integration, team social contribution, team task contribution and team performance) whereas Sport Motivation Scale (SMS) were used to determine athlete's intrinsic motivation (intrinsic motivation to know, intrinsic motivation to accomplish, intrinsic motivation to experience simulation).

3. Results

Descriptive statistics show that the majority of respondents have high level on athlete's satisfaction on teammates with 75.5% ($M=3.99$, $SD=0.68$) and high level of intrinsic motivation whereby the percentage is 82.70%, ($M=4.16$, $SD=0.62$). Finding on the correlations indicates that there is a significant moderate relationship between athlete's satisfaction and intrinsic motivation ($p<0.01$, $r=0.428$). Table 1 indicates the factor of team social contribution ($p<0.01$, $r=0.61$) and team task contribution ($p<0.01$, $r=0.60$) is the dominant factor for intrinsic motivation.

Table 1: Correlation between athletes' satisfaction on teammates and intrinsic motivation

variables	Y	X1	X2	X3	X4
(Y) intrinsic motivation	1				
(X1) team integration	.48**	1	.65	.77	.86
(X2) team social contribution	.61**		1	.77	.70
(X3) team task contribution	.60**			1	.86
(X4) team performance	.41**				1

**correlation is significant at $p<0.01$

The result interprets that all the independent variables have a positive significant moderate relationship on intrinsic motivation. This show that athlete's satisfaction on teammates is important in determining athlete's intrinsic motivation. Team social contribution and team task contribution showed high number of significant compared with others. Indeed, team social contribution is the important element in sport context. Team social contribution shows the acceptance level and it is meaningful for individual in team social involvement. Team is more likely to have an impact towards individual, hence it supported this study that athlete's satisfaction on teammates does affect the intrinsic motivation [22]. Meanwhile, team task contribution also shows a moderate significant value on intrinsic motivation. Team task contribution is guidance and instructions provided by the team to its member. Well played leadership role by the team makes an individual athlete feel satisfied henceforth, feeling motivated to contribute to the outcome [20].

5. Conclusion

This study explains athlete's satisfaction on teammates towards intrinsic motivation. Athlete's satisfaction is important feeling to exercise in sport. Satisfaction is the emotion that describes happiness and the tendency of athlete to be happy is more likely to happen when they feel satisfy [18,19,25]. This study helps to enrich the knowledge in the field of archery and research in sport development. Current finding suggest that athlete's satisfaction on teammates is important element for motivation and sport performance. It implies that satisfied athlete is motivated to exercise their sport and experience better teamwork activities, as athletes' happiness may lead to a better development [25]. Although the study support past literature however there are limitations, first the study was conducted during the National Game whereby athletes could give less commitment in responding to the questionnaires and may reflect respond bias because of the pressure of the competing in the tournaments.

Second it is due to small sample size; not all archers were involved in the competitions, and generalization of the study is not permitted. Though archery is more to individualistic game, but it does have team event, therefore this study warrant a future research on both team and individual sport for strengthening the content of the study by incorporate team sports such as football, hockey, rugby and others. The unit of analysis for study is archery athletes and future study should focus on team as the unit of analysis. This study should use convenient sampling and future research may use probability sampling. The analysis adopted in this study is correlation and it is suggested future research on regression analysis.

References

- [1] P. D. Turman, "Coaches' Immediacy Behaviors as Predictors of Athletes' Perceptions of Satisfaction and Team Cohesion," *West. J. Commun.*, vol. 72, no. October 2012, pp. 162–179, 2008.
- [2] E. Martin and J. Good, "Strategy, team cohesion and team member satisfaction: The effects of gender and group composition," *Comput. Human Behav.*, 2014.
- [3] G. a Mageau and R. J. Vallerand, "The coach-athlete relationship: a motivational model.," *J. Sports Sci.*, vol. 21, pp. 883–904, 2003.
- [4] abu samah Irza hanie, S. O. Adekalu, O. Zoharah, and I. A. Ismail, "Influence of Coaches ' Behavior on Athletes ' Motivation : Malaysian Sport Archery Experience," *Int. J. Res. Manag.*, vol. 5, no. 3, pp. 136–142, 2013.
- [5] R. Jones, H., "The Relationships among Role Involvement, Team Cohesion, and Athlete Satisfaction." Master Degree Thesis, The University of North Carolina, Greensboro, 2006., 2006.
- [6] D. B. Holstein, "College Athletes' Perceptions of Effective Coaching Behaviors and How Perceptions Influence Individual Performance and Team Satisfaction," *EdD Diss. Pap.* 7, 2010.
- [7] S. R. Bray, M. R. Beauchamp, M. a. Eys, and A. V. Carron, "Does the Need for Role Clarity Moderate the Relationship between Role Ambiguity and Athlete Satisfaction?," *J. Appl. Sport Psychol.*, vol. 17, no. October 2012, pp. 306–318, 2005.
- [8] M. W. Aoyagi, R. H. Cox, and R. T. McGuire, "Organizational Citizenship Behavior in Sport: Relationships with Leadership, Team Cohesion, and Athlete Satisfaction," *J. Appl. Sport Psychol.*, vol. 20, pp. 25–41, 2008.
- [9] S. Jowett, V. Shanmugam, and S. Caccoulis, "Collective efficacy as a mediator of the association between interpersonal relationships and athlete satisfaction in team sports," *Int. J. Sport Exerc. Psychol.*, vol. 10, no. 1, pp. 66–78, 2012.

- [10] S. A. Lei, "Intrinsic and extrinsic motivation: evaluating benefits and drawbacks from college instructors' perspectives," *J. Instr. Psychol.*, vol. 37, no. 2, pp. 153–160, 2010.
- [11] J. Loiser, V. & Vallerand, R, "The Temporal Relationship between Perceived Competence and Self-Determined Motivation," *J. Soc. Psychol.*, vol. 134, no. 6, pp. 793–801, 2001.
- [12] L. Schunk, D., H., Pintrich, P., R., & Meece, J., *Motivation in Education; Theory, research and applications*, 3rd ed. Upper saddle River, NJ: Pearson/Merill.
- [13] N. Gillet, R. J. Vallerand, S. Amoura, and B. Baldes, "Influence of coaches' autonomy support on athletes' motivation and sport performance: A test of the hierarchical model of intrinsic and extrinsic motivation," *Psychol. Sport Exerc.*, vol. 11, pp. 155–161, 2010.
- [14] P. Reimer, H. A., & Chelladurai, "Development of the athlete satisfaction questionnaire," *J. Sport Exerc. Psychol.*, vol. 20, pp. 127–156., 1998.
- [15] R. . Pelletier L., G., Fortier, M., Vallerand, R., J., Brière, N., M., Kim M. T., & Blais M., "Sport Motivation Scale (SMS)," *J. Sport Exerc. Psychol.*, vol. 17, pp. 35–5.
- [16] R. Watson, "In It to Win it: How Motivated Players feel to Perform Based on Perceived Coaches Communication Competence.," *Communication*, vol. 14, no. 2, pp. 85–104, 2011.
- [17] I. H. Abu Samah, S. O. Adekalu, Z. Omar, and I. A. Ismail, "Influence of Coaches' Behavior on Athletes' Motivation : Malaysian Sport Archery Experience," *Int. J. Res. Manag.*, vol. 5, no. 3, pp. 136–142, 2013.
- [18] H. Jöesaar, V. Hein, and M. S. Hagger, "Peer influence on young athletes' need satisfaction, intrinsic motivation and persistence in sport: A 12-month prospective study," *Psychol. Sport Exerc.*, vol. 12, no. 5, pp. 500–508, 2011.
- [19] H. Banack, "Coach Autonomy Support, Basic Need Satisfaction, and Intrinsic Motivation of Paralympic Athletes," *Res. Q. Exerc. Sport*, vol. 82, no. December, pp. 722–730, 2011.
- [20] H. Saybani, A. Yusof, C. Soon, A. Hassan, and S. Zardoshtian, "Athletes' Satisfaction as Mediator of Transformational Leadership Behaviors of Coaches and Football Players' Sport Commitment Relationship," vol. 21, no. 10, pp. 1475–1483, 2013.
- [21] "COACHING LEADERSHIP STYLES AND ATHLETE AsiaH Hj Mohd Pilus Rosli Saadan Centre for Languages and Human Development Universiti Teknikal Malaysia Melaka," vol. 2, no. 1, pp. 77–88, 2009.
- [22] E. Karreman, K. Dorsch, and H. Riemer, "Athlete Satisfaction and Leadership: Assessing Group-Level Effects," *Small Gr. Res.*, vol. 40, pp. 720–737, 2009.

- [23] R. Lorimer and A. Dundee, "The interdependence of coaches ' and athletes ' perceptions and satisfaction with performance," vol. 5, no. 2, pp. 69–80, 2011.
- [24] T. A. L. Y. Katz-navon, "WHEN COLLECTIVE- AND SELF-EFFICACY AFFECT TEAM PERFORMANCE The Role of Task Interdependence," vol. 36, no. 4, pp. 437–465, 2005.
- [25] E. Denny, G., K. & Steiner, H., "External and Internal Factors Influencing Happiness in Elite Collegiate Athletes.," *Child Psychiatry Hum. Dev.*, vol. 40, pp. 55–72, 2009.