Determination of the factors motivating and motivation level of the weightlifters participating in Turkish weightlifting championship

Süleyman Cana *

*Education Faculty, Muğla University, Muğla, 48000, Turkey

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Abstract

The purpose of the present study conducted according to survey method is to determine the factors motivating and the motivation levels of the athletes who participated in Inter-club Turkish Weight Lifting Championship. The data of the study were gathered from the weightlifters participating inter-club weightlifting championship held in Muğla in 2008, and they were analyzed with SPSS 10.0 program package. The findings of the study revealed that there are significant relations between the motivation levels of the athletes and their gender, satisfaction level with their branch, age, adequacy of the equipment, their license status, training with different coaches, but the relations between their motivation levels and their education status, and the material and spiritual opportunities provided by their clubs or weightlifting federation are not significant. The highest majority of the weightlifters took up the sport with the encouragement of their teachers. Moreover, 0.6% of the weightlifters have low level of motivation, 51.2% moderate level of motivation and 48.3% high level of motivation.

Keywords: Motivation; weightlifting; sports; level; club.

1. Introduction

In its general usage, motivation is the drive directing the person towards a certain movement (Bollers, 1975). Generally, is a psychological structure embracing desires, ambitions, needs, drives and interests (Cüceloğlu, 1993). That is, motivation can be defined as what an individual does and why he/she does it (Gill, 1986). Therefore, physical education teachers, leaders of exercise programs try to improve the performance standards of the individuals participating in sports activities, increase the participants’ demonstration of the target behaviors, their satisfaction levels and the experiences where they taste the success. In this respect, those who are involved in the field of training should understand the principles of motivation having important place in sports, improve the performance with the guidance of theories, guide athletes towards the target behaviors, and find the methods to increase the participation in sports (Mirzeoğlu, Aşçı, 2000).

According to Britt (2005), to motivate an individual it is necessary to be aware of the things which are important for this person and then adopt an approach to meet the desires of the person. The approach to be adopted will help maintain the performance of the athlete high and affect the outcomes of the behavior.
The importance of motivation in sports is clearly accepted by everybody. It shows itself in athletes in the form of a desire to be successful and avoid failure. People usually exhibit a tendency to associate their failures with external factors and achievements with their personal abilities. Hence, one of the most prominent components of sport is competition inherently embedded in almost every sport. While decades ago the characteristics which make a champion a champion were investigated (Crattiy, 1986; Singer, 1972), even today there is not enough information about what the drives of a successful athlete are and which drives lead to competition. As the sport is viewed as a means of international propaganda in today’s world, sportive competition has greatly increased. State policies have been established and big investments have been made for athletes to represent their countries better in international arena by improving their performance (Çam, 1990). However, today, as particularly seen in the countries well-advanced in the field of sports, among the thousands of young people having the similar body size and physical abilities and similar training opportunities, only few can attain very high performances. That is, though the abilities and opportunities are same, there are differences in success levels. There are many reasons for these differences and one of them is motivation (Başer, 1985). For an athlete to be successful, he/she should be motivated well. Weightlifters are not exceptions. Motivation is even more important in weightlifting.

In this context, the present study aims to determine the factors motivating and the motivation levels of the athletes who participated in Inter-club Turkish Weight Lifting Championship and who will possibly represent our country in international arena as the members of the national team.

2. Method

The universe of the study consists of the weight lifters actively engaging in this sport in Turkey under the roof of sports clubs. The sampling of the study consists of the 172 (63 female and 109 male weight lifters) from 40 different clubs who came to Muğla to participate in Inter-club weight-lifting championship in November 2008.

2.1. Data collection instrument

Survey method was used in the present study and a 35-item questionnaire was designed based on the literature review and the questionnaire developed by Gülten İncir that is called “Job Satisfaction Scale” to solicit the factors motivating the athletes and their motivation level. Then expert opinions were sought on the questionnaire items. Cronbach alpha reliability of the questionnaire was found to be 0.8538.

2.2. Data Analysis

In the analysis of the data, SPSS 10.0 program package was used. Frequencies, percentages and chi-square results were calculated and are given in the tables. The significance level was accepted to be 0.05. Then the results were interpreted. Scores were interpreted as follows: 166 and more means high motivation, 58-115 moderate motivation and 57 and lower means low motivation.

3. Results

<table>
<thead>
<tr>
<th>Motivation level</th>
<th>f</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low motivation</td>
<td>1</td>
<td>0.6</td>
</tr>
<tr>
<td>Moderate motivation</td>
<td>88</td>
<td>51.2</td>
</tr>
<tr>
<td>High motivation</td>
<td>83</td>
<td>48.3</td>
</tr>
<tr>
<td>Total</td>
<td>172</td>
<td>100</td>
</tr>
</tbody>
</table>

Table-1: Motivation levels of the weightlifters

<table>
<thead>
<tr>
<th>Motivation level</th>
<th>f</th>
<th>%</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low Motivation</td>
<td>f</td>
<td>--</td>
<td>1</td>
<td>1.6</td>
</tr>
<tr>
<td></td>
<td>%</td>
<td>--</td>
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Table-2: Chi-square test results concerning the relation between motivation level of the weightlifters and their gender
The findings of the study show that the factors leading the athletes to start weight lifting sport are teachers (40.7%), families (23.3%), themselves (18.0%), their friends (13.4%) and their close circles (4.7%). Though some participants reported that their brothers are also engaged in the sport of weight lifting (21.5%), someone from their close relatives (8.1%), fathers (4.7%) and mothers (1.7%), the rest (64%) stated that nobody close to them are engaged in this sport. Moreover, regardless of any variable, 0.6% of the participants were found to have low motivation, 51.2% moderate motivation and 48.3% high motivation. When the gender variable is considered, the motivation levels of the participants are as follows: 46 out of 109 male weightlifters are moderately motivated, 63 are highly motivated; 1 out of 63 female weightlifters is low motivated, 42 are moderately motivated and 20 are highly motivated. It seems to be possible to argue that gender variable is effective in determining the motivation level of the participants. Among the male weightlifters, the highest percentage (57.8%) belongs to high motivation, and among the female weightlifters, it is moderate motivation (66.7%). 55% of the weightlifters in the age group of 19 or under are moderately motivated and 45% are highly motivated; 43.1% of the weightlifters in the age group of 20-26 are moderately motivated and 56.9% are highly motivated; and 10% of the weightlifters in the age group of 27 and over are low motivated, 50% are moderately motivated and 40% are highly motivated. There is a significant relationship between the motivation level of the participants and their age (p<0.05). It seems to be possible to argue that the age variable is influential in determining the motivation level of the weightlifters.

Among the university graduate weightlifters, 1.9% have low motivation, 49.1% have a moderate level of motivation and 49.1% have high motivation. 49.5% of the high school graduates have a moderate level of motivation, 50.5% have high motivation. And 65% of the primary school graduates have a moderate level of motivation and 35% have high motivation. Moreover, no significant correlation was found between the motivation level of the weightlifters and their education status (p>0.05). Hence, we can say the education status does not have an influence on the motivation level.

53.8% of the weightlifters selecting the option “Yes” as a response to the question “Are you satisfied with your branch?” have moderate motivation, and 46.2% have high motivation. On the other hand, 33.5% of the weightlifters selecting “No” as a response to the same question have moderate motivation and 66.5% high motivation. And 7.1% of the weightlifters selecting “partially” option as a response have low motivation, 42.9% have moderate motivation and 50% have high motivation. Moreover, significant correlation was found between the branch satisfaction and motivation level (p<0.05). It seems to be possible to argue that branch satisfaction is significant in determining the
motivation level of the athletes. In this respect, out of 172 weightlifters, 143 stated that they do the sports willingly, 14 partially willingly and 15 unwillingly.

61.7% of the weightlifters selecting the option “Yes” as a response to the question “Are sports facilities and equipment adequate?” have moderate motivation, and 38.3% have high motivation. 1.8% of the weightlifters selecting “No” as a response to the same question have low motivation, 46.4% have moderate motivation and 34.3% have high motivation; and 34.3% of the weightlifters selecting “Partially” as a response have moderate motivation and 65.7% have high motivation. Moreover, significant correlation was found between the adequacy of the sports facilities and equipment and motivation level; hence, it seems to be possible to argue that the adequacy of the sports facilities and equipment is a significant factor in determining the motivation level of the weightlifters. Due to its structure, the sport of weight lifting can not be done whenever the individual wishes; hence, adequate training facilities and equipment should be provided for the athletes, which may lead to increased motivation on the part of the athletes.

64.4% of the weightlifters selecting “Yes” as a response to the question “Are the material and spiritual opportunities provided by the federation adequate?” have moderate motivation, and 35.6% have high motivation. 1.2% of the weightlifters selecting “No” as a response to the same question have low motivation, 51.2% have moderate motivation and 47.6% have high motivation; and 37.2% of the weightlifters selecting “Partially” as a response have moderate motivation and 62.8% have high motivation. No significant correlation was found between the weightlifters’ perception of the adequacy of the material and spiritual opportunities provided by the federation and their motivation level (p>0.05). Hence, we can argue that the adequacy of the material and spiritual opportunities provided by the federation is not significant in the determination of the motivation level of the weightlifters.

63.9% of the weightlifters selecting “Yes” as a response to the question “Are material and spiritual opportunities provided by your clubs adequate?” have moderate motivation, and 36.1% have high motivation. 1.4% of the weightlifters selecting “No” as a response to the same question have low motivation, 47.1% have moderate motivation and 51.4% have high motivation; and 39% of the weightlifters selecting “Partially” have moderate motivation and 61% have high motivation. No significant difference was found between the weightlifters’ perceptions of the adequacy of the material and spiritual opportunities provided by their clubs and their motivation level (p>0.05). We can argue that the material and spiritual opportunities provided by the clubs do not have significant influence on the motivation level of the weightlifters.

53.2% of the weightlifters selecting “7 years or less” as a response to the question “How long have been in this club?” have moderate motivation and 46.8% have high motivation. 59.3% of the weightlifters selecting “8-11 years” option have moderate motivation and 40.7% have high motivation; and 5.3% of the weightlifters selecting “12 years or more” option have low motivation, 26.3% have moderate motivation and 68.4% have high motivation. It was found that there is a significant correlation between being an athlete of a club having a license and motivation level (p<0.05). It is possible to claim that the time spent in this sport with a license has a significant influence on the motivation level of the weightlifters. Hence, it can be told that having a license is important for the motivation and accordingly for the success.

53.6% of the weightlifters selecting “5 or fewer” as a response to the question “How many coaches have you worked with so far?” have moderate motivation and 46.4% have high motivation. 35.7% of the weightlifters selecting “6-8” option have moderate motivation and 64.3% have high motivation; and 14.3% of the weightlifters working with “9 or more” coaches have low motivation, 29.6% have moderate motivation and 57.1% have high motivation. Significant correlation was found between the number of different coaches worked with and motivation level (p<0.05). It seems to be possible to claim that the number of the different coaches worked with has a significant influence on the motivation level.

4. Discussion

There is a high correlation between athletic performance and physical competency. However, out of the thousands of young athletes having similar competency and training opportunities level, just few become successful. It holds true for life itself. That is, people having similar competency and opportunities may exhibit great differences in their achievement levels. There are many reasons for these differences (Morpa, 2005) and one of them is motivation. Motivation is the drive directing a person towards a specific goal (Eren,2000).

The present study aiming to determine the factors motivating and the motivation levels of the athletes who participated in Inter-club Turkish Weightlifting Championship and who will possibly represent our country in
international arena as the members of the national team revealed that there is a significant correlation between the motivation level and gender, age, satisfaction level with the branch, adequacy of facilities and equipment, training with different coaches, and status of having a license. However, no significant correlation was found between the motivation level of the weightlifters and their education status, satisfaction with their clubs, and material and spiritual opportunities provided by the federation and their clubs. The highest majority of the weightlifters (40.7%) took up the sport with the encouragement of their teachers and 23.3% of them with their families’ encouragement. High percentage of weightlifters (64%) stated that they have no other family members actively engaging in this sport. The present study revealed a significant correlation between the gender variable and motivation level (p<0.05). While the highest percentage of male weightlifters have high motivation, among the female weightlifters moderate motivation constitutes the highest percentage. In a study, Ikizler reported that the achievement expectation of female athletes is lower than that of the male athletes, they have less self-confidence in their personal abilities before a competition than the male athletes do; accordingly, they feel less content with the achievement and less disappointed with the failure (Ikizler, 2000). This concurs with the findings of the present study. The weightlifting is an individual sport and therefore the success or failure almost completely depends on the athlete himself/herself. However, there are some variables affecting motivation in weightlifting. In this respect, there is a significant correlation between the age and motivation level of the weightlifters. 11 of the weightlifters are in the age group of 19 or under, 51 are 20-26 age group and 10 are 27 or over.

5. Conclusion and Recommendation

As almost all of the weightlifters do their sport willingly, and their satisfaction with their branch is high, they have high level of achievement and motivation. In weightlifting which is an individual sport the adequacy of the facilities and equipment has an important influence on the success. For high motivation, adequate facilities and equipment is indispensable. If they are not adequate, no matter how talented the weightlifter is, required motivation can not be created. In weightlifting, having a license and coaches are closely connected to each other. For a weightlifter to perform regular training and make conscious use of the facilities and equipment, he/she must have a coach. When they are adequately provided, the weightlifter may feel highly motivated and thus may have great achievements. For weightlifters to be successful there is a need for effective communication among the athletes, coaches, friends, and families. Moreover, they should be provided with the modern facilities and equipment. When the fact that the teacher is an important element for encouraging young people to take up the weightlifting as a professional sport, more opportunities should be provided for students to do the sport in the school environment. For the athletes to be successful in the international arena, they should be granted with a license and coach from the moment they start the sport. The weightlifting branch should be made more attractive for female athletes. Club managers and all the other people involved should know that sport is an activity requiring commitment, ability, sacrifice, tolerance and self-confidence.

References