

IMPACT OF REWARD ON THE SPORTS PERFORMANCE OF HIGH SCHOOL STUDENTS

Dr.PRADEEP KUMAR MAHANTHAGOUDA

Lecturer, Shri. B. Shyamsunadr Memorial College of Physical Education, Kalaburagi

E-Mail: pradeep9900@gmail

Abstract

The motivational techniques having the major influence on the sports performance of the sports players, many research studies already stated the importance of the motivational techniques in sports. In the present study the investigator tried to find the influence of the one of the motivational reward on the sports performance of the high school students, the objectives of the study- to find the need and importance of the reward in the sports competitions, to find out the effect of the reward the motivational technique on the sports performance of the high school students. The hypothesis of the study – there would be effect of the reward on the sports performance of the high school students. There would be impact of the motivational technique on the sports performance of the high school students. The research tools – the speed and agility tests were used to measure the sports performance of the sample group. Test for speed 50 meters dash and for agility ten into ten meters race, the both tests were measured in time (seconds)

The sample of the study – the fifty high school student of 10th standard were randomly selected for the study. Study design – the investigator conducted pre test to the speed and agility and he again conducted post tests with presenting the reward technique to the best performer. The investigator compared the both scores to test the research hypothesis of the study.

Key Words – Motivational technique. Sports performance

Introduction

Motivation is a core element of human behavior which occupies a central position in the analysis of the dynamics of human society. It is a guiding framework of each and every activity of the organism in the given environment. The actions of every organism have their base for the manifestation. This makes one to assume that the behavior of any individual is either motivated or goal-directed or both. Thus the human behavior has certain fundamental driving forces which are generally called motives. The meaning of motivation has been a topic of key interest to psychologists. Motivation is a mental event which determines the course of action. Motivation is used to consider any inner condition of the organism that initiates or directs it's behavior towards a goal. The motivation may be characterized as the tendency to maintain and increase individual proficiency in all areas in which a standard or quality is taken as binding.

Motivation is defined as a process by which an individual is guided to do some activity. It is a psycho-physiological condition of the organism which causes to work or strive to fulfill the needs. Motivation is purposive. The inspiration for behavior in a particular manner may come either from within or from without. As Cratty (1989) defines, motivation is a personality characteristic related to the general state of arousal and subsequent level of attention paid to a problem or task faced by an individual. Motivation is also defined as the general level of arousal to action in an individual, Alderman, (1974) regards motivation as the urge to push towards a specific goal. He has given a formula to define the relation of motivation to learning and performance: Performance-learning (past-experience) + motivation. Thus the given behavior of any organism or individual is the product of the interaction of learning and motivation. Furthermore, the nature of motivated behavior lies in the functional relationship between an operant and its reinforcing consequences. Hence, motivation is necessary for performance either cognitive or physical, it is not superficial trait rather it is a source trait and is present in each individual at a different degree.

Reward (RD): Reward is a kind of extensive motivation used by the coach with the object of increasing the level of and efficiency in the performance of athletes. The rewards may be winning particular title as prize, non-verbal reinforcement, being chosen as team captain, and being given any other kind of material objects which attract the athletes and thereby increase their performance. It is believed that such kinds of rewards would certainly benefit the participants by motivating them to sustain their mentality in the given event of the sports.

Sports activity has attracted the attention of sports psychologists. The performance in any game is not sufficient by itself. Rather the performance of any athlete is meticulously inspected, checked and modified. Thus one's performance in any sports is to excel the performance of others through certain other techniques which are generally called as motivational techniques. Therefore, motivation assumes a great significance in the field of sports since the competition is multifarious.

A coach can use motivational technique like pep-talks, locker room sciences, visual aids, behavior modification, cheering and singing, awards, rewards, introduction of competition, goal-setting affirmation, visualization, positive mental attitudes, recognition, presence of spectator etc. In the present study, the following motivational technique reward as used the tool in the study to test the impact.

Method

Significance

The study dealing the motivational technique reward on the sports performance of the high school students, the investigator conducted pre test to the speed and agility and he again conducted post tests with presenting the reward technique to the best performer,

Objectives

- ❖ To find the need and importance of the reward in the sports competitions,
- ❖ To find out the effect of the reward the motivational technique on the sports performance of the high school students.

Hypothesis of the study

- ❖ There would be effect of the reward on the sports performance of the high school students.
- ❖ There would be impact of the motivational technique on the sports performance of the high school students.

The research tools

The speed and agility tests were used to measure the sports performance of the sample group. Test for speed 50 meters dash and for agility ten into four relay race, the both tests were measured in time (seconds)

The sample of the study

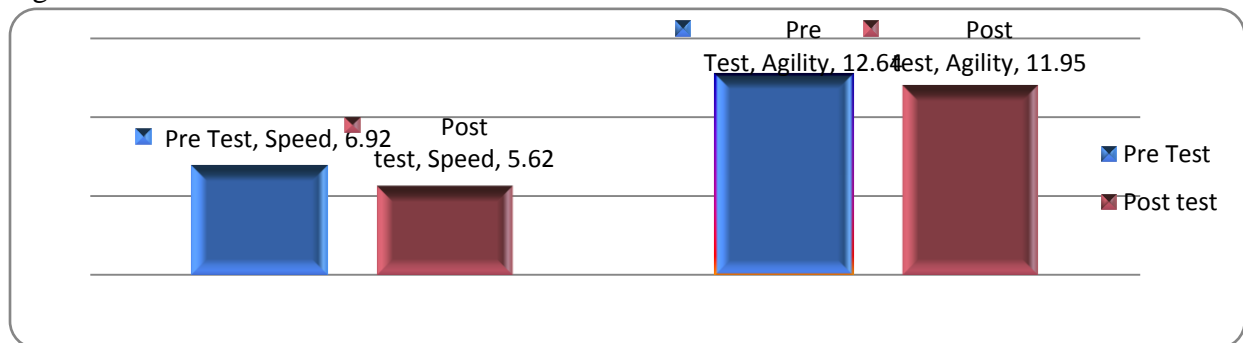
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Data analysis and Interpretation

Table showing the mean, SD, t values of speed and agility in pre and post test.

Tests	Pre Test		Post Test		I – Value
	Mean	SD	Mean	SD	
Speed	6.92	1.71	5.62	1.24	4.80**
Agility	12.64	1.13	11.95	0.97	2.57**

Significant at 0.01 levels



The motivational technique reward has the impact on the speed and agility of high school student, in the speed test the statistical t values is 4.80** significant at 0.01 level. This shows the significant influence of the reward on the speed of the high school students.

In the agility test the pre and post means compared the t value is 2.57** significant at 0.01 level, which also shows that the reward has the significant influence on the agility of the high school students.

Findings

- There is significance impact of the reward on the speed of the sample group.
- There is impact of the motivational technique on the sports performance of the sample group.
- The study revealed that the reward has the positive impact on the sports performance of the high school students.

Reference

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