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Evaluation of motivational and emotional factors in traditional sports

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Abstract

Physical activities and sports play an important role in the development of an individual. The aim of physical education is to strive for optimum development of an individual in all spheres of life. The urge to compete, excel and achieve is a universal phenomenon, common to all human beings. The understanding of what motivates an individual to take part in sports is the first step towards effective performance. There are many physical physiological and psychological factors that contribute to effective and successful performance like, motives, incentives, drives, stature, environment, level of ability, personality, emotions, motivation etc. The motivations with emotion are important factors affecting performance in sport. Emotions often influence motivation hence both are linked and considered together in sport performance. Selection and preference of an individual for specific sport activity, duration of training, the effort etc., all depend upon the motivation.

Keywords: Physical activities, emotion, motivation etc.

Introduction

Human activity is governed by various motives, incentives, and drives, both physiological and psychological in nature. The motivation and emotion are important factors effecting performance in sport. Emotions often influence motivation hence both are linked and considered together in sport performance. The urge and ability to achieve in sport is due to motivational states of the individual. Motivation is responsible for selection and preference of individual for specific sport activity, duration of training effort and adequacy of sport performance. The word motivation is derived from a Latin word 'movere' meaning 'to change', 'to move'. It means that he is driven or moved by an inner urge or force to achieve the goal. The Pleasure Aspect of Sport brings pleasure due to hedonistic aspect, emotional overtones and outward focus of attention in sport activities. Hedonistic aspect of sport in individual brings physical movement and sensuous thrill leading to pleasure. Emotional overtones of sports life removes boredom of daily routines and adds depths of feeling in colour life. Outward focus of attention in sport brings not only well mental health but also emotional satisfaction.

The achievement Aspect of Sport: The achievement aspect of sport includes excelling versus winning, enjoyment, learning and inspiration levels. The urge to do one's best, to surpass one's self or someone else is part of constant urge for self-improvement. Educational, recreative and mental health value of sport brings enjoyment. Frequent achievement in sport leads to better learning. Similarly level of aspiration is fulfilled by sport achievement and past experience, it is a highly significant indicator of future performance.

The psychological aspect of sport morale

As an individual aspect, morale is a mental and emotional condition of zeal, hope, enthusiasm in work toward preconceived goals. As a group characteristic, it is a feeling of team unity, shared feelings and a common cause. In sports, morale grows from people enduring, suffering and battling together for a considerable period of time, in an attempt to win. There is team work, group solidarity with individual integration.

Sport as an outlet for aggression

Individual accumulates aggressions through occasional or frequent frustrations of daily life

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and sport acts as one of the outlet. The cathartic theory mention that sports expression ends to decrease or allay aggressive tendencies, Circular theory present heightened instigation to aggression following as aggressive act.

Sport as competition

Striving for recognition and dominance starts very early in life, competition and rivalry satisfy basic needs in the individual and in the race. The field of sports yields not only harmless ways to express competitive urges but expression under rules of conduct permitting many desirable outcomes. Success gained by competition foster further attempts, improve self-confidence and self-respect.

What is physical activity?

WHO defines physical activity as any bodily movement produced by skeletal muscles that requires energy expenditure. Physical activity refers to all movement including during leisure time, for transport to get to and from places, or as part of a person's work. Both moderate and vigorous-intensity physical activity improve health.

Popular ways to be active include walking, cycling, wheeling, sports, active recreation and play, and can be done at any level of skill and for enjoyment by everybody.

Regular physical activity is proven to help prevent and manage non-communicable diseases such as heart disease, stroke, diabetes and several cancers. It also helps prevent hypertension, maintain healthy body weight and can improve mental health, quality of life and well-being.

Physical activity is often confused with training for sport; however, it is not the same as regular training but is integral to training. Physical activity is strictly defined as "any bodily movement produced by skeletal muscles that result in an expenditure of energy." It includes a broad range of occupational, leisure-time and routine daily activities - from manual labour to gardening, walking or household chores. These activities can require light, moderate or vigorous efforts and can lead to improved health if they are practiced regularly. Exercise is physical activity that is planned, structured, and repetitive bodily movement done to improve or maintain one or more of the components of health-related physical fitness. Training refers to systematic, specialized practice for a specific sport or sport discipline for most of the year or to specific experimental programmes (e.g. 15 weeks of endurance training for running).

Physical inactivity is a serious threat to human health and wellbeing. Now-a-days, technology has advanced so much that we get everything with least physical exertion, thus making our lifestyle sedentary. A lifestyle which promotes least physical activity becomes a cause of various health related problems like high blood pressure, diabetes, obesity, spondylosis, coronary artery disease and more.

Physical Activity has been defined as any bodily movement produced by skeletal muscles that results in energy expenditure and includes activities of all intensities. Therefore, things such as housework, gardening, and occupational activity may all be considered types of physical activity. Exercise is considered a subcategory of physical activity and has been defined as planned, structured, and repetitive movements which result in the improvement and/or maintenance of one or more facets of physical fitness (cardiovascular fitness, muscular strength and endurance, body composition, and/or flexibility).

Benefits of participation in physical activities with special reference to health

A good job is one that offers many benefits; similarly exercising too offers a multitude of benefits. In fact, only a fitness programme can help a person achieve health-related fitness. Exercise helps people achieve or maintain a weight that allows them to lead a healthful life.

Many of the benefits that are associated with regular, brisk exercise involve the heart, blood vessels, arteries, and lungs.

Research shows that regular physical activity can help improve the overall quality of life and helps prevent premature development of a variety of major health problems. Participation in physical activity leads to smooth functioning of various physiological systems like cardio-vascular, musculo-skeletal, respiratory, digestive, and nervous system.

- Exercise helps the heart (which is mostly muscle) become stronger. A strong heart can easily pump blood throughout the body. This results in a lower resting heartbeat rate, lower blood pressure and a lower level of cholesterol.
- Exercising also improves lung function and improves the ability of the heart and lungs to handle stress and strain.
- It lowers the risk for lifestyle diseases like coronary heart disease, stroke, non-insulin-dependent
- (Type 2) diabetes mellitus, high blood pressure, colon cancer and early mortality by strengthening the immune system in the body.
- Other benefits include improved recovery time after an illness or injury, improved posture, and improved muscle tone.
- Many mental-emotional benefits can be gained through regular, brisk exercise. For example, exercise can help reduce tension and stress, which can cause restless sleep and add to many other health problems. Regular exercise can give a sense of accomplishment that can also help in having a positive self-concept. Having a positive self-concept can help in leading a healthful, enjoyable life.
- Regular physical activity serves as a therapy by improving psychological well-being, alleviating depression, improving the mood and inducing a feeling of well-being to cheerfully engage in the activities of daily life.
- In terms of psycho-social development it also enhances self-esteem, problem solving abilities and socialization of individuals thus promoting a healthy lifestyle.
- In addition to all of these benefits is the resultant weight reduction or weight maintenance.
- Physical activity is an important regulator of obesity because it increases energy expenditure, suppresses appetite, increases metabolic rate, and increases lean body mass.
- Regular physical activity is essential for healthy growth and development.
- Regular weight-bearing physical activity reduces the rate of bone loss associated with osteoporosis, maintains strength, flexibility, balance, coordination and can help reduce the risk of falls. Evidence indicates that muscle-strengthening exercises can reduce the risk of falling and fracturing bones and can enhance the ability to live independently. It helps to deter the depletion of bone mineral and lean body tissue in elderly individuals.
- Regular physical activity can help with chronic, disabling conditions by improving stamina and muscle strength. It

- also prevents and postpones the debilitating effects of old age.
- Participation in physical activities improves the psychosocial and physiological functions of mentally and physically handicapped individuals.
 - Being physically active is a key element in living a longer life if there are no genetic diseases.
 - It leads to a more active lifestyle during unscheduled leisure time.
 - It allows daily tasks to be accomplished with greater ease and comfort and with less fatigue.
 - Motor skill acquisition due to activity like early cognitive function, refinement of perceptual abilities, proficiency in the neuromuscular skills are the basis for successful participation in games, dances, sports and leisure activities. Participation in physical activity improves aerobic fitness, muscle endurance, muscle power and muscle strength.
 - The ability to reach safety or survive under conditions of natural disaster requires that a person is physically fit. To save anyone from danger would also necessitate a certain level of fitness.

Therefore in order to be a good citizen, it is the duty of every individual to engage in activities that nurture fitness. The type and amount of physical activity may vary from population to population and from individual to individual depending upon their objective be it occupational, leisure, recreation, high level sports performance, adventure sports, fitness or any other purpose. No one is too old to enjoy the benefits of regular physical activity. The only cautionary note would be to consult a physician before engaging in any activity after the age of 35 or if there is any doubt at all about the state of one's health.

Sport as means for lessening inferiority feelings

Success in sport, consequent approval and admiration bring greater group acceptance reducing inferiority feeling in person. Feeling of inferiority drive the individual to strive earnestly for successive in various kinds of sports, particularly because the sports are fun in themselves, and because the self is often forgotten in the excitement of the contest. The individual gains a feeling of security within his social group.

The Reward Aspect of Sport The reward aspect of sport includes motives for participation in sports, incentives for sportsmanship like behaviour, monetary rewards and other incentives including discipline. A part of the great desire for sports comes from excess physical energy and its joyous self-expression and brings pleasure. Development of sportsmanship in children is not reported frequently in children to such a great extent as athlete reaches higher grades researcher has reported it's lacking due to overemphasis on winning as the major objective. Discipline in a sport learning situation means guidance in behaviour most conducive to learning and to successful performance. Discipline facilitates learning and performance.

The paradox of emotional appeal

Man, through the ages, has used sport as a form of vigorous, emotionally toned, physical self-expression. Emotions are sometimes disagreeable and upsetting to the individual. Great fear or great anger is not pleasant, and many cause actions with unpleasant side effects. Actually, man risks many hazards and danger merely for the thrill of performing in such circumstances as evident in amusement centres in commercial parks and playgrounds designs exposing a bit of fear. A degree of danger and perhaps some fear add attractions to many of our sports. Much of the controversy over competitive

sports for youngsters comes from adults who fear that the children may be harmed or endangered which otherwise act as an arsenal of augmented strength.

Sport and emotional stimuli

Generally, strong emotional stress has a handicapping effect on both learning and performance of motor skills by the beginner. The beginner tends to learn better with lower level of the stress and his performance under the additional stress is not likely to be adjusted and adapted for improvement. At the higher levels of skill performance, when the skills become relatively automatic, increased emotional stimulus tends to improve performance. Added with intense motivation, additional energy and other adoptions, performance at very high emotional arousal converts to superior one. The type of personality one possess, also effect his degree of sensitivity to emotional stimuli and stress tolerance. In training children and adolescents, the amount of stress to which they are subjected should be tempered to their stage of learning. However, athlete must learn to tolerate and perform under stress for superior performance, moreover overprotection from stress also retard learning and development. Emotionally stimulating factors in competitive sports, getting set for contest, momentum during contest, emotions of the spectator at times are helpful in sport performance. Exercise and health psychology for personal wellbeing, counselling and clinical approaches in case of personal problems and maladaptive behaviour in individuals, identifying process mechanism for skill development, performance enhancement techniques, group situations leading to productivity, psychometric tests for specific purpose, youth sport programmes and the enrichment of experiences are important themes of Modern Sport Psychology.

Conclusion

Excellence in sports cannot be achieved over- night. High level of sport skills is attained only after years of motivated practice. It is the result of untold hours spent in the sport fields. It is a well-known fact that only a highly motivated athlete persists in his athletic end. It is the persistence that often determines victory or defeat. Successful athletes, with high levels of motivation seem to be able to deal with stress and arousal in a manner which allows them to optimize performance over a wide range of situation. Emotions often influence motivation hence both are linked and considered together in sport performance.

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