

MOTIVATIONAL ORIENTATIONS' FEATURES OF BODYBUILDERS AND FITNESS AMATEURS

Preliminary communication

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Abstract

The aim of this study is to reveal the motivational orientation peculiarities both bodybuilders and fitness amateurs. To analyze and research the motivational orientations is used the methodology of Sports motivational scale (SMS) of Pelletier (Pelletier et al., 1995), adapted for the Bulgarian conditions by Muhovski (2004). The object of the presented here study are the motivation factors in 162 investigated persons. The majority are men - 159 and 3 women. The number of bodybuilders is 75, while dealing with fitness - 87. Among bodybuilders are 60 Bulgarian and 15 foreign athletes. The results determining the structure of motivational orientation in bodybuilders give a reason to assume that they are motivated largely by moral and principled stand for fair play, also by the pleasant and strong emotions associated with the practice of this misunderstood sport. The results show that leading factors in fitness amateurs are correct and selfless exercise, coupled with a desire for achievement of specific internal or external motivational goals.

Keywords: *human instinct, intrinsic and external motivation factors, educational and training process, men, women, sports motivational scale, motivational orientations, statistical methods*

INTRODUCTION

Sport success is impossible without a strong and sustained motivation. Motivation is defined as hypothetical, presumed structure used for the characterization of internal and external forces, creating initiative, targeting and sustainability of behaviour (Valerand, 1997). Over the years, different authors have formulated several theoretical generalizations and performances of sports motivation, but the approved and recognized are mainly two. According to the first one, individuals are passive entities that are driven primarily by their biogenetic factors and personal underlying instincts as primary and secondary motives. It originates from the conception for stimulus-reinforcement states of innate motivation mechanisms and stand on mechanistic position, which considers individuals as passive actors, who only respond to internal or external stimuli (Vallerand, 2007).

The second position defines individuals as very active in their interactions with the environment. In this vision, people can decide for themselves how to influence their environment without necessarily the presence of specific internal or external reasons.

These two assertions forced scientists to study the two major motivation types - internal and external motives, and their absence - as a fact of amotivation (Deci & Ryan, 1985; Deci & Ryan, 2000; Ryan & Deci, 2000).

The intrinsic motivation belongs to behaviour driven by one or another specific interest or inner need of the individual to experience personal pleasure.

Just the opposite, the extrinsic motivation concerns about behaviour, that is dictated by setting specific goals or tasks from coach or other persons, for external rewards, which are not included in the current work, etc.. (Deci, 1971). Athletes who participate in competitive sport types in order to achieve high prestige, honour and glory, benefits or other remuneration, are examples of the impact of external motivation.

The third type of motivation – the amotivation is adopted by theorists (Deci & Ryan, 1985) relatively late as a fact showing the absence and a complete lack of motivation. The athletes who stop the training, because they believe that it will not help them to win the upcoming competition, show a high level of amotivation. Largely, different authors test results show that as internal and external motivation, as well the amotivation arise and have to fulfil a certain role and functions related to the specific tasks of the sport resolved in the educational and training process.

The object of the presented here study are the motivation factors in 162 investigated persons. The majority are men - 159 and 3 women. The number of bodybuilders is 75, while dealing with fitness - 87. Among the bodybuilders 60 are Bulgarian and 15 foreign athletes.

METHODS

The aim of this study is to reveal the motivational orientation peculiarities both bodybuilders as well as the fitness amateurs.

To analyze and research the motivational orientations is used the methodology of Sports motivational scale (SMS) of Pelletier et al., (Pelletier et al., 1995), adapted for the Bulgarian conditions by Muhovski (Муховски) (2004).

The scale measures the peculiarities of internal and external motivation for participation in sports, as well the amotivation. Each separate factor for the internal and external motivation is divided into three other factors. The scale includes 28 items in 7 subscales - three internal motivation, three external motivation and one for amotivation:

- Intrinsic motivation for learning;
- Intrinsic motivation for achievement;
- Intrinsic motivation to test stimulation;
- Extrinsic motivation by the society;
- External motivation unconscious objectification;

- Extrinsic motivation of conscious identification;
- Amotivation.

RESULTS AND DISCUSSION

The assumption that bodybuilders and fitness amateurs are characterized by specific motivational orientations requires a comparative analysis of the variables, which showed statistically significant differences in a large number of the studied variables. In particular, the differences were observed in terms of:

- Amotivation - $u = 3,5; \alpha = 0,001$;
- Extrinsic motivation by the society - $u = 3,2; \alpha = 0,001$;
- Intrinsic motivation to provide knowledge - $u = 3,4; \alpha = 0,001$;
- Intrinsic motivation for achievement - $u = 3,2; \alpha = 0,05$;
- Intrinsic motivation stimulus - $u = 4,3; \alpha = 0,001$;

In terms of motivational orientation, leading in bodybuilders are "external motivation unconscious objectifying" ($M = 24.56$) and "intrinsic motivation to test stimulation" ($M=23.01$). The following factors with a relatively high degree of markedness are "intrinsic motivation for excellence" ($M=22.92$) and "intrinsic motivation for learning" ($M=21.65$). With lower levels of markedness are "extrinsic motivation of conscious identification" ($M=19.04$) and "extrinsic motivation by the society" ($M=17.37$). At the end is "amotivation" ($M=8.78$).

The results determining the structure of motivational orientation in bodybuilders give reason to assume that they are motivated largely by moral and principled stand for a fair play, also by the pleasant and strong emotions associated with the practice of this misunderstood sport. From that results is clear and that the desire for high and significant achievements, combined with the pursuit of new knowledge, is also decisive bodybuilders sport practice. Social attitudes (mostly unfounded negative) does not affect the trainees and the amotivation is rare in those environments.

The leading motivation factor in fitness amateurs is "external motivation unconscious objectifying" ($M=24.55$). Next in order of markedness are "intrinsic motivation for excellence" ($M=20.47$) and "intrinsic motivation to test stimulation" ($M=19.63$). With lower values are "intrinsic motivation for learning" ($M=18.66$) and "intrinsic motivation of conscious identification" ($M=17.58$). With the lowest values are intrinsic motivation through the society ($M=14.41$) and "amotivation" ($M=6.09$).

The results show that leading factors in fitness amateurs are correct and selfless exercise, coupled with a desire for achievement of realistic goals and testing pleasure. They experience pleasure from this kind of sport and have professional goals in the field. The opinion of others is not leading factor for them and also it appears that factors from the external environment would hardly de-motivate them.

Pleasantly surprising is also the fact that in both groups the "external motivation unconscious objectification" leads as a motivating factor. Values and ethics in sport are rated worthy - "fair play" is a priority for all the athletes.

The intrinsic motivation for obtaining stimulation is with higher values for bodybuilders, which is understandable - they enjoy the aesthetic achievements that have accomplished with hard work and deprivation. A major incentive for them is the everyday sense of improvement in all aspects of their psychosomatics. Nevertheless, they have so called a "Muscle joy."

Bodybuilders have higher performance in intrinsic motivation for excellence. Their striving for perfection requires to give everything, every day, in search of maximum performance. That process is far less expressed in the non-professionals for them "nothing at all costs". They have much lower targets in this regard.

The "internal motivation for learning, again leading are the professionals" - those people "live to train", the pleasure of training for them is incomparable with anything else, when they miss an occupation - they experience discomfort. For them the most important is to develop and enrich in each separate workout. For people, practicing for health, the pyramid is facing "train to live better" without falling into extremities.

Considering the "external motivation conscious identification" factor, the priority is again for the professional trainees - there is no denying they knowingly and deliberately chose this type of activity, took ownership of it as their own and are associated with it. It is likely to preach those ideals for many years. Low values in fitness amateurs speak for themselves - they practice the sport while they enjoy, see and feel the results, but their leading life activity is another fitness is a nice addition.

The factor "external motivation through the society" in both groups has lower values. It is clear that professionals practice it to achieve personal results as racing, achieve objectives in the sports aspect, also and purely personal forming and develop many qualities. Bodybuilders believe in what they do and can hardly be influenced by external factors. Amateurs also could not hardly be influenced by others' opinions after they have benefited from practicing this wonderful sport.

The factor "amotivation" is logically extremely low because both bodybuilders and amateurs have experienced many benefits of practicing this type of activity, despite the differences in goals and their attitude. However, the results for motivational orientations at bodybuilders and fitness amateurs are of particular interest in terms of discouragement. Both groups of experiencing it has the lowest values. But bodybuilders are characterized by a higher degree of markedness. At first glance, this fact is paradoxical - bodybuilders have devoted their lives to this sport and should not experience negative attitude towards training and competition processes. For more exhaustive disclosure of bodybuilders amotivation characteristics will take a deeper look at the role of factors like age and sport experience. In other authors' studies are established similar results in terms of amotivation but different to other determinants of motivational orientations.

In a basketball teams study of the elite sport the authors Branzova and Mutafova-Zaberska (Брънзова, Мутаfoва-Заберска) obtain similar results. With the low value is the "amotivation" while the other two main types of motivation - external and internal are with almost equal values (Branzova & Mutafova-Zaberska (Брънзова & Мутаfoва-Заберска, 2008).

In another study, aiming to reveal the relationships between motivational self-determination and the main sources of motivation for athletes the author Domuschieva-Rogleva (Домусчиева-Роглева, 2009) was found that generally the leading factor is "intrinsic motivation to test stimulation", second and third position respectively are "intrinsic motivation achievement" and "external motivation unconscious objectification", and lastly - the "amotivation" factor. Similar trends are established in athlete groups differentiated by gender and sport.

The research results of motivational self-determination give reason to assume that to some extent its characteristics are determined by the specificity of sports. For example, in a study of motivation in climbers, the authors (Mikhailov & Domuschieva-Rogleva (Михайлов & Домусчиева-Роглева, 2012) highlight the intrinsic motivation to test stimulation. It has the highest average values, according to the authors meet the expectations that climbers have higher levels of demand for sensations as representatives of risky sports.

The studied climbers and mountaineers are with internally oriented sports motivation. Moreover, there is also high external motivation for objectifying unconscious. The highest values are for the factor "intrinsic motivation to test stimulation", followed by "intrinsic motivation for achievement", "external motivation for objectifying unconscious", "intrinsic motivation for learning", "external motivation by the society" and "amotivation". According to the authors sensations seeking in climbers is great. Leading are the internal factors of motivation and their physical self-acceptance is positive.

CONCLUSION

The basis of the bodybuilding focus are the internal, inherent personality patterns. The external motivating factors of broader social environment are with negligible powerful force. Bodybuilders are motivated largely by moral and principled stands for fair game, from the pleasant and strong emotions associated with the practice of this sport. The desire for higher and more significant achievements, combined with the pursuit of new knowledge, is also decisive in the work of bodybuilders. Social attitudes do not affect the trainees and amotivation is rare in these environments.

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