

AMOTIVATION DETERMINISTIC FACTORS OF BODYBUILDERS

Preliminary communication

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Abstract

In our study of the peculiarities of motivational orientations of bodybuilders and fitness enthusiasts it is found that although low values bodybuilders are characterized by higher expressed amotivation than fitness enthusiasts. The object of study are 162 sporting persons. The majority of 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. To explore and analyse the motivational orientations is used the methodology Sports motivational scale (SMS) by Peletier et al (Pelletier et al., 1995), adapted to Bulgarian conditions by Muhovski (Муховски) (2004). The scale peculiarities of internal and external motivation to participate in sports, as well the amotivation. The expectations, that the comparative analysis on the factors sports experience, age and rank of the race will show significant differences were not confirmed. That tray refers to the assumption that those factors do not affect it, but maybe have a significant impact through their aggregate impact. To establish that collective impact on amotivation was implemented variance two-factor analysis. Nevertheless the low markedness, the presence of motivation in bodybuilders is a prerequisite for more extensive research and factor detection.

Keywords: *amotivation, fitness enthusiasts, instinct, external motivation, sports motivational scale, men, women, variance two-factor analysis*

INTRODUCTION

The problems of sport motivation are among the most widely analyzed and discussed. There are dozens of theoretical concepts, revealing different aspects of the psychological and social phenomenon. A significant place among the theoretical concepts takes the concept of basic motivational orientations - internal and external, and their absence - as a fact of amotivation (Deci & Ryan, 1985; Deci & Ryan, 2000; Ryan & Deci, 2000). The majority of research activities aimed to reveal the nature of internal and external motivation, the factors that determine them – personal and social and the relationship with the sport achievements. Relatively, few studies aimed to reveal the essence of amotivation and its determining factors.

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

The term “amotivation” is meant as absence of any training and competition motivation. When they are not motivated, athletes experience acute feelings of inadequacy, frustration and lack of control. They are not able to assess in those moments adequately values its activities and therefore their internal and external motivation to carry out this activity gradually decreases until it looked until its extinction.

The purpose of this study is to reveal the factors which lead to amotivation.

METHODS

To explore and analyse the motivational orientations is used the methodology Sports motivational scale (SMS) by Peletier et al (Pelletier et al., 1995), adapted to Bulgarian conditions by Muhovski (Муховски) ((2004). The scale peculiarities of internal and external motivation to participate in sports, as well the amotivation.

The object of study are 162 sporting persons. The majority of 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 studied group of bodybuilders are differentiated by factors of age, sports experience and competition rank, where they participate. The expectations, that the comparative analysis on the factors sports experience, age and rank of the race will show significant differences were not confirmed. That tray refers to the assumption that those factors do not affect it, but maybe have a significant impact through their aggregate impact. To establish that collective impact on amotivation was implemented variance two-factor analysis.

RESULTS

The results of variance analysis (Fig. 1) show the aggregation effect on amotivation of both factors - age and sports experience.

Overall with the high motivation in all three age groups are bodybuilders with the small sports experience (1-5 ye-ars). High amotivatsiya in the two age groups are characterized by bodybuilders group with an average sports experience (6-14 years), but in the third age group, body-builders with such experience amotivation is significantly lower. The results for bodybuilders largest sports experience (15-35 years) are of a particular interest, because with increasing age, strongly increases and the amotivation. We assume that the reasons for this are essential features of the concrete-

te sport. The practice of competitive bodybuilding for a long time, inevitably leads to complete exhaustion of the athlete (physical, mental and emotional). Heavy trainings and diets for years cannot remain without influence the motivation of the trainee. From a social perspective, the increase in amotivation age also finds its logical explanation anyway and bodybuilders are people and at one point, and they change their priorities (absolute surrender to the sport to a professional career, a family and the assumption of inherent their commitments).

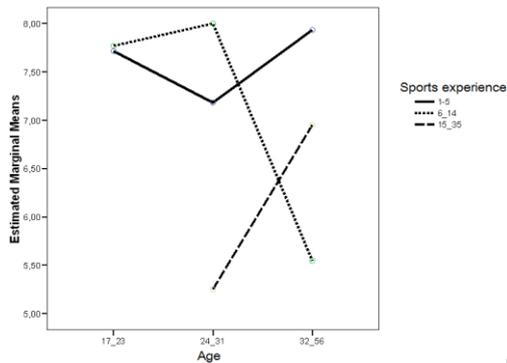


Fig. 1. Influence of the factors age and sports experience on amotivation

Overall with the high motivation in all three age groups are bodybuilders with the small sports experience (1-5 years). High amotivatsiya in the two age groups are characterized by bodybuilders group with an average sports experience (6-14 years), but in the third age group, bodybuilders with such experience amotivation is significantly lower. The results for bodybuilders largest sports experience (15-35 years) are of a particular interest, because with increasing age, strongly increases and the amotivation. We assume that the reasons for this are essential features of the concrete sport. The practice of competitive bodybuilding for a long time, inevitably leads to complete exhaustion of the athlete (physical, mental and emotional). Heavy trainings and diets for years cannot remain without influence the motivation of the trainee. From a social perspective, the increase in amotivation age also finds its logical explanation anyway and bodybuilders are people and at one point, and they change their priorities (absolute surrender to the sport to a professional career, a family and the assumption of inherent their commitments).

The sports service has an aggregate impact on amotivation with the rank of competition in which participated bodybuilders (Fig. 2). With the lowest amotivation are characterized bodybuilders with highest sports experience, but participated in competitions with the lowest rank - Republican and Balkan. We assume that this group of athletes regardless of their lower performance (rank of competition) have adequate capabilities self-assessment, have preserved positive attitude towards bodybuilding and continue to experience satisfaction from practicing his sport. Meanwhile, athletes with less sport's experience (1-5 year and 6-14 years), participants of Republican and Balkan races are characterized by strong amotivation. We assume that in those groups of athletes dominate the mindset of significant successes in a short time. The lack of it leads to demotivation, negative attitudes towards training and competition process, and lower satisfaction. Also very interesting are the results of elite bodybuilders participating in European and world championships. In this group of athlete-

es with the growth of the sport grows and the experience amotivation. We assume that despite the successes, daily, exhausting workouts deprivation in many aspects of normal social life, leads to amotivation increase.

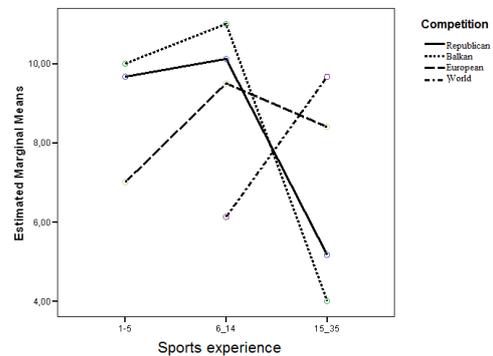


Fig. 2. Impact of the factors sports experience and rank of competition on amotivation

The results for amotivation growth with increasing rank of competition are confirmed by the variance analysis of both age and rank of competition factors (Fig. 3). Bodybuilders from the youngest age group (17-23 years), who participated in European and world championships, are with the lowest levels of amotivation. But with increasing age, respectively and sports experience of bodybuilders competition participants increases and the amotivation. Younger trainees still do not feel the heavy burden of professional activities with bodybuilding, while older report it significant influence.

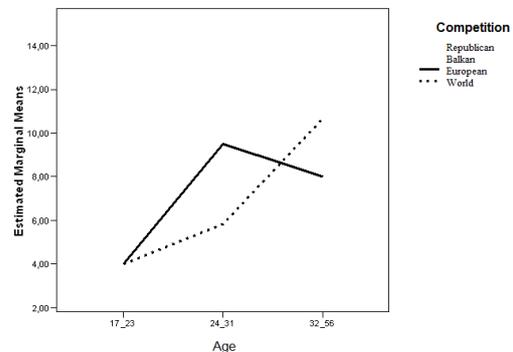


Fig. 3. Impact of factors age and rank of competition on amotivation

CONCLUSION

Nevertheless the low markedness, the presence of motivation in bodybuilders is a prerequisite for more extensive research and factor detection. Amotivation is closely connected with activity satisfaction of bodybuilding, mental and physical well-being, with the possibility of the appearance of burnout and other adverse mental phenomena. That implies the need for psychological assistance and support in the of professional bodybuilders life difficult moments.

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