

## A study on motivational strategies among physical education personnel

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### Abstract

Research is the essence in education which is required to keep the subject updated, and for that trends in the research should be traced. Research trends help the research scholar to identify the practice going on in particular subject, i.e. what are the priority areas. What has been done and what has to be done. Trend analysis reveals the exact pictures of research in a subject or discipline, and also tries to answer the questions, such as, what are the strength and weakness. Trend analysis further shows the direction or the course taken by such subjects whether the goals / objectives are achieved or not, development in a given course of time span. To study the motivational Techniques of Physical Education Teachers in schools of Cuddalore District Tamil Nadu. Physical Education Teachers in various schools of Cuddalore district. Tamil Nadu 200 in number were studied through their responses for the questionnaire. Group sampling Techniques/Random sampling techniques were followed, Questionnaire, which has 30 items, constructed and translated both in English and Tamil. Questionnaire focused upon the various motivational techniques like Prize, Medals, Certificates, Stipend, Media representation, concessions, etc., Mean, standard Deviation and significant test were conducted. Exploratory research method was used. In the present study exploratory research was employed. The investigators developed and used a standardized form of questionnaire. The tools were administered to sample selected and collected data from respondent. The data thus collected were put into appropriate statistical analysis. To bring about vision in to reality more psychological aspects have to be studied to cater the need of a holistic approach of human resources through a harmonious blend of body, mind and spirit. The preferment's oriented physical and sports activities requires motivation which has been universally passed have to give new touch to reap the excellence in this field.

**Keywords:** Motivation, Psychological, Motivational Techniques and Physical Education Personnel

### 1. Introduction

Man is a social animal. Socialization gives rise to various types of societies. Socialization covers many good qualities, which can easily be grown with the help of sports in other words, sports can lead to better socialization of different societies. Today's world knows the importance of sports. Sports psychology helps a person to grow physically brave, mentally strong, emotionally balanced, economically well to do and socially a good name and respect etc.

Research is the essence in education which is required to keep the subject updated, and for that trends in the research should be traced. Research trends help the research scholar to identify the practice going on in particular subject, i.e. what are the priority areas. What has been done and what has to be done. Trend analysis reveals the exact pictures of research in a subject or discipline, and also tries to answer the questions, such as, what are the strength and weakness. Trend analysis further shows the direction or the course taken by such subjects whether the goals / objectives are achieved or not, development in a given course of time span.

Motivation is key to accomplishment, be it in academics, or in physical activities and sports. It is, therefore, necessary to understand the meaning of motivation and also to examine how various authors have defined the same. Knowledge regarding various types of motivation is essential to understand the true import of its meaning. How to motivate athlete or a student is a question which requires the detailed and in depth study of various methods of motivation. The impact of motivation on performance in physical education and sports needs elaborate examination.

### 2. Need and Significance of the Study

#### **An Optimal Level of Motivation Required for Better Performance:**

An optimal level of motivation must be present within a person at the time prior to and during performance if achievement potential is to be maximized. This level is a moderator of performance – working for against the athlete.

If it does seem reasonable to assume that self-confidence is both a cause and an effect of performance. Thus, high self-confidence will lead to better effort, persistence and performance but, in turn, effective performance will lead to greater self-confidence. Hence the motivation based performance is to be studied which is needed beyond doubt.

Motivation is a key to accomplishment, be it in academics, or in physical activities and also to examine how various authors have defined the same. Knowledge regarding various types of motivation is essential to understand the true import of its meaning. How to motivate an athlete or a student is a question which requires the detailed and in depth study of various methods of motivation. The impact of motivation on performance in physical education and sports also needs elaborate examination. The importance of psychological approaches for every walk of life is realized cinematically. Thus application of motivational techniques catches its scope for further generation in the physical education field.

### 3. Limitations

1. This study will be applicable only to college and university levels.
2. This study will be focused upon limited variables only.

3. This study will be applicable only for the period of research.
4. This study will be applicable only for the researched states only.

#### 4. Objectives of the Study

To study the motivational Techniques of Physical Education Teachers in schools of Cuddalore District Tamilnadu. Marital, educational, gender, variables were studied.

#### Hypotheses

In the light of the objectives stated earlier, the following hypotheses were formulated.

There is no significant difference in the motional techniques in the Marital, educational, and gender, variables.

#### 5. Methodology

Physical Education Teachers in various schools of Cuddalore district. Tamil Nadu 200 in number were studied through their responses for the questionnaire. Group sapling Techniques /Random sampling techniques were followed, Questionnaire, which has 30 items, constructed and translated both in English and Tamil. Questionnaire focused upon the various motivational techniques line Prize, Medals, Certificates, Stipend, Media representation, concessions, etc., Mean, standard Deviation and significant test were conducted. Explorative research method was used. In the resent study explorative research was employed. The investigators developed and used a standardized form of questionnaire. The tools were administered to sample selected and collected data from respondent. The data thus collected were put into appropriate statistical analysis

#### Hypothesis: 1

There is no significant difference in the motivational techniques among male and female physical education teachers in Cuddalore district.

From the hypotheses-1, it is found that mean value of motivational techniques 16.06 was not higher than that of 16.07. It is also found that the value 0.022 is not significant at 0.05 levels.

Hence the null hypothesis is accepted and therefore, it is concluded that the Male and Female Physical education teachers do not significantly differ in their motivational techniques. Both are having equal level of motional techniques in sports.

#### Hypothesis: 2

There is no significant difference in the motivational techniques between married and unmarried physical education teachers in Cuddalore district.

From the hypotheses 2 it is found that mean values of married physical education teachers 19.00 was slightly higher than that of unmarried physical education teachers 17.43. It is also found that "t" value = 1.75 is not significant at 0.05 levels.

Hence the null hypothesis is accepted and therefore, it is concluded that the married physical education teachers and unmarried physical education teachers do not differ significantly in their motivational techniques in physical education and. sports Both are equal in the level of motivational techniques.

#### Hypothesis: 3

There is no significant difference in the motivational techniques between UG degree holders and PG degree holders of physical education teachers in schools of Cuddalore district. From the table 3, it is found that mean value 15.50 is significantly higher than that of 15.43. IT is also found that "t" value=-0.19 is not significant at 0.05 levels.

Hence the null hypothesis is accepted therefore it is concluded that the under graduate holders y and and post graduate degree holders do not differ significantly in the motivational techniques in physical education teachers. Both are equal in the motivational techniques of physical education and sports.

#### 6. Results and Discussion

The finding from this research reveals that the application of motivational techniques by the school physical education teachers in cuddalore district do not differ significant. The application of motivational techniques like praising, awards, rewards, commissions, medals, etc. is equal in undergraduate and post graduate degree teachers.

#### 7. Conclusion

To bring about vision in to reality more psychological aspects have to be studied to cater the need of a holistic approach of human resources through a harmonious blend of body, mind and spirit.

The preferment's oriented physical and sports activities requires motivation which has been universally passed have to give new touch to reap the excellence in this field.

#### 8. Recommendations and Suggestions

1. The variables may be added more.
2. Comparative studies may be done in more psychological aspects along with motivation.
3. The technology based motivational techniques may be researched.
4. Other statistical methods also can be made for further study.
5. Seasonal studies may be attempted.
6. Sample may be changed to all levels in higher secondary and school of state and central government.
7. Coaching centers sports clubs may include for further study.

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