

The Effect of Excessive Motivation on Sport

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Abstract: The aim of this study is to show the way how trainers and sportmen succeed in excessive motivation and well knowledge of the causes of excessive motivation on sportman. What makes a person different among other human being is his/her behaviours. There must be a motive to make a behaviour. Individual has motives which provides his/her behaviours and has psychological features which affect these motives. Motivation is one of basic and primary factors of getting success. A person who has different expectation has goals and to struggle for them person needs a good motivation system. First of all it is necessary to know the existing motivation level of sportman. At this point, different tests can be used for sportman and also being watched the sportman gives us decision about sportman's motivation. For suitable motivation level, we need energy. This measures with the body of person and condition of wisdom. Motivation is the key of successful life. Sportman which has an excessive motivation is angry and in a hasty, also there is weakness of legs and vibration of hands. Signs of an excessive motivation are: Physiological signs, Shortness of breath, dysuria, general weakness. Psychological signs: angry, lose control of behaviours, abstraction, lack of confidence, an aimless activities. For treatment, warm-up exercises must be done and trainer must speak in a comfortable way.

Key words: Sport, motivation, psychology, effect

INTRODUCTION

During centuries, opinion which dominates on philosophers is that human beings are creators who have intelligence and human being acts by selecting his/her aims freely. Human being has freedom to do what he wants. In briefly, human being is responsible for only his own behaviours. Human being was rational. In 18th century, this opinion changed and a mechanistic approach has arisen. Human alleged that human behaviours emerged from eternal and external strengths which cannot be controlled by humans. The reason of this was thought to be tendency of escape from suffering or search for pleasure. They assumed that reviving cases that known as impulse are connatural. Impulse is a case that cause reviving and waking in organism due to some requirement such as; food, water, sexuality and escaping from suffering. Impulse actuate the organism to provide the requirement and motivate. It can be said that human working is a functional of 2 different variable (Abrahamsen *et al.*, 2006; Biddle *et al.*, 2003; Brewer, 1993; Byrne *et al.*, 1989; Byrne and Watkins, 2003; Carr, 2006; Ceci Erpiè *et al.*, 2004; Cheung and Rensvold, 1999; Conroy *et al.*, 2002).

The first one is ability and skill of individual and the second one is motivation while, he uses his skills and

ability. The subject of motivation is to hinder disappointment and regression by satisfying human's need and taking steps which is essential to provide human in organism in the best way. Motive is one of effects that collimate behaviours. Human approaches his desires and escape from things which he does not want. So motivating is attractive but also it is hurdler. Recognizing humans is possible if we know what he wants from life and effects which he is acting under. Motivation is derived from the French word motivation. Motivating is desire of learning and working. There is also other words related with motivating such as; being motivate, motivating and so (Maybe we can say excessive motivation because in this situation, volition of sportsmen is not active, human is controlled by someone else). In providing of motivation or increasing in positively, the factors such as; evidentness of collaboration, responsibilities, distribution of tasks and gladness after work, physical facilities, using of individual talents, personal facilities, personal development and progress, contribution to aims, being appreciated, being rewarded incorporally, are having importance. Also other factors are important while, motivation is rising to the best level. All psychologic and physico-social durations are effective in providing of optimal motivating. The total of stimulates creates motivation. The desire of acting and stimulate

presents so much sights concern with the reason of why people going towards sport. But moving instinct of basic impulse and desire of being stimulate are obvious (Conroy *et al.*, 2003; Conroy *et al.*, 2006; Costa *et al.*, 2001; Côté, 1999; Côté *et al.*, 2005; Cury *et al.*, 2002a; 2002b; De Knop *et al.*, 1999; Dowson and McInerney, 2003).

Moving instinct: It can be satisfy in games such as; dance, sport, folklore. Another basic impulse is desire of stimulate. Sport is a stimulator. Humans are being motivate to serve their needs. In sport, there is being stimulate, excitement and incitement not only moving. This is entertainment. Human feels more different and valuable himself. Moving, being stimulated, proficiency roles. These instincts always are more powerful and determinant. Humans feels excitement in moving instinct. If the threshold of being stimulate fall down, bother starts on humans (Duda and Nicholls, 1992; Duda *et al.*, 1995; Dunn *et al.*, 2000; Eccles, 1999; Egloff and Schmuckle, 2004; Elliot and Church, 1997, Elliot, 1999; Elliot and McGregor, 1999; Elliot *et al.*, 1999; Elliot and McGregor, 2001; Elliot and Moller, 2003).

Humans always needs a stimulus. Optimal stimulus level is different for each human. It may change during day. Games are the most suitable sources of excitement to stimulate. However, watching a horror film can serve the need of stimulate. Human who take enough stimulus refreshes and feels better himself. Sometimes he forgets time while, he is playing. The emotion of everything is on the way covers human. This emotion is funny and makes happy. In an activity which is made by group, social communication between other individuals who join activity reinforce the confidence emotion. In sport winning means success. Defeating is accepted as failure. There are environmental factors such as medal, cup, money and prestige. But if we give more importance these factors, sometimes this can be harmful. It can be result as disability and escape from sport. Motivation effects human behaviours positively. Using of motivation techniques is essential to be success in all seasons of life. Especially, in sportive activity, trainers and teachers have important tasks. In this aspect, if motivation is used as a key, we can be successful easily. Excessive motivation was examined. The signs and reasons of effect on sportman of excessive motivation was examined. The way of coping with excessive motivation was examined. The tasks of trainer and sportmen was mentioned. Excessive motivation effects success of sportmen in a negative way in some situations such as; worry, stres, toutness, depression. Excessive motivation can be emerged from sportsmen own, trainers, media, environmental factors

(Fletcher and Hanton, 2003; Giacobbi *et al.*, 2004; Green *et al.*, 2007; Grove *et al.*, 1997; Hall and Kerr, 1998; Hall *et al.*, 1998).

The way of coping with it: making intense warm-up exercise, before match, during match and after match, being made calming speeches by trainer. Sportive achievement is the total of corporal performance, mental performance and psychologic performance. Especially matches was called as derby match which between teams, consist of players who have high physic condition and perfect technique are psychologic matches. In this situation, players and trainers who know conditions which is essential to be successful and can apply these will be successful. It must not be thought as winning, conquering or undefeating. Only thinking the result and trying to win all condition, will prevent sportmen's thinking and acting. Sportmen must think to show only his available potential. If sportmen does not let, the strength of rival, the importance of match, ovation of audience and media cannot affect his/her performance. Sportman must know that the only factor which provide success and prevent success is himself. The only rival is himself. If he achieves to defeat himself, he will win the match. sportman who has this confidence will make everything that essential because he has the control of everything. Because, there is perfect communication between his brain and body (Hall *et al.*, 1998; Harackiewicz *et al.*, 2002, Jaakkola and Liukkonen, 2006; Kahler *et al.*, 2005; Lavallee, 2005; Leichliter *et al.*, 1998; Maddock *et al.*, 2001).

If he thinks negative, body will act like this thoughts and brain will think like his acts. Brain of sportmen who acts in panic, has a corrupted coordination, shows hurried behaviours, shout at his teammates, starts to think that everything is wrong and he will not win the match in like a unlucky day. A sportman who accepts to lose in his mind and has doubts about victory, never win. A successful sportman does not fear from imaging, he likes struggling, he is creative, he can think carefully. Only some of sportsmen who have same talents and work with the most knowledgable trainers, in the best conditions, with the newest techniques, can be champion or star. Because, they are ready for success psychologically. He relies on himself, he does not play to win or lose, he only tries to make his best. He enjoys from his works and he knows that if he does not let, nothing or no one can prevent his success. He never think negative about himself. He does not fear from making mistake. He believes positive behaviours. He is cheerful, relaxed and self-confident. What is getting psychologic knowledge on sport? A trainer must remember psychologic specifications as well as physical specifications while, he

is planning his training and is selecting his players. Many trainers think that he can understand his players and know what his players feel because he felt the same thing while, he was a sportman. But the type of subjective evaluation are misleading. Conscious methods must be selected to get more accurate knowledge about sportsman. Diagnosis methods which is used mostly in sport psychology are history of events, observing, experiment and tests (Marsh and Hau, 2004; Marsh and Hau, 2007; Martens *et al.*, 2005; Martin, 2001; Martin *et al.*, 2001a; Martin *et al.*, 2001b).

History of events: it means that getting knowledge about sportman's life and curriculum vitae. Knowledge is gathered in questionnaire way generally. If it is essential, conversations with his family is made. This aims to fix hopes, hobbies, past, goals, life conditions at home, education style, attitude of his family, success and failures in past of sportman (Martin, 2003; Martin and Brawley, 1999, Martin, 2007).

Observing: observing of sportman in a planned way to get new knowledge. This method is an indispensable diagnosis method in sport. If an observing on sportman is made, we can detect tiring signs, offensive reactions, progress in learning, his affairs, types of communication, emotional reactions (McAuley *et al.*, 2001; McCormick and McPherson, 2003).

Experiment: Realization of an event as planned and intentional. It is impossible that separating experiment and test from each others. There are always dependent and independent variables in experiment. Independent variable is arranged by person who is ruling the experiment. Dependent variable is the changing that is observed as faithful to certain conditions. For example: When the effect of sleeplessness on the incidence ratio in basketball, is searched. Sleeplessness is independent variable, incidence ratio is dependent variable (McCormick and McPherson, 2003; Nelson and Wechsler, 2001).

Test: knowledges about abilities and personal specifications can be gathered with test methods in sport. For example: intelligence tests, physical property tests. Using, utilizing and evaluating of these tests must be made in a suitable way with test procedure. In general meaning, motivation includes various internal and external causes which provides to give behaviour an obvious direct, continuity of this behaviour, a point of energy and intensity level. In going toward sport, different motives has a role. Humans can go towards sport for sport, sport

for game, sport for health, sport for performance. Motivation also is important in graphic of success and continuity. In all these qualifies, motive of going toward sport is a result of different but telescopic impulses. Getting friends, proving himself, being famous, satisfy adventural emotions, getting prestige, desire of being valuable and effective. The total of stimulus creates motivation. But, moving instinct and desire of being stimulate of basic impulse are obvious. Moving instinct can be satisfied by some plays such as; sport, dance, folklore. Another impulse is desire of stimulating. Sport is a stimulator. Humans motivate to serve the need of themselves (Nelson and Wechsler, 2001; Ommundsen and Pedersen, 1999; Ommundsen *et al.*, 1998).

There is stimulation, urge and excitement with action in sport. This is entertainment. It feels more difference and valuable itself. Researches which are about increasing of fertility, have consider on motivation by changing direction since, realize that the most important factor is mankind sources in success. Motivation, one of the major functions of being successful in these days, was born from necessity, effect, concentration, attention, self-confidence, coordination, balance and adjudication of sportsman. Because it creates concern and tension on sportman. These features are important features which affect performances in field of sportsman markedly. Not only amateur sportsmen but also professional sportsmen may have the same problems. Sportsmen show the best performance when they are warned optimally and have motivation excessive excitation and little excitation decrease performance. Therefore, a method that increase the performances and in a suitable level must be used (Ommundsen *et al.*, 1998; Ommundsen, 2001; Park and Levenson, 2002; Papaioannou and Kouli, 1999).

MATERIALS AND METHODS

The analysis of motivation concepts

Motivating: It is directing someone towards obvious good and belief communication and function. Individuals act differently and psychology always tries to understand the nature of individual differences. Psychology aims at understanding and giving meaning to whole of life. Human being learns, remembers, thinks, needs and wants. He begins to act to serve need for food, when he is hungry, need for water when he is thirsty, need for being successful and he acts to reach these aims. Expectation and motivation cannot be impressive without regarding motive tendencies of individual. Motivation psychology research has showed a progress with Atkinson's success model. This model was used for explain the election which formerly make between tasks have different difficulty

level. After that it became a approach which explain generally behaviours provide success. According to this approach individuals who show new tendencies were motivated by success, select middle hard levels generally and they show durability and effort during these tasks (Abrahamsen *et al.*, 2006; Biddle *et al.*, 2003; Brewer, 1993; Byrne *et al.*, 1989; Byrne and Watkins, 2003; Carr, 2006; Cecić Erpiè *et al.*, 2004; Pensgaard and Roberts, 2000; Pensgaard and Roberts, 2002; Pensgaard and Roberts, 2003; Prapavessis *et al.*, 2005).

However, individuals who motivated by failure try to escape from works that require success as possible as when escaping is impossible they select hard task or easy tasks. Individuals usually finalize their failures to external factor but success to their talents. Finalizing a failure of sportsman to his lack of talent, lack of form of that time or disability of his condition, causes different motivation. Because we cannot do anything to lack of ability. In second situation no changing of motivation appear. Momentary lack of form are conclusion of misfortune and pass by itself. On the other hand, 3rd situation causes an increasing of motivation. Because disability of condition can finish with more and regular effort. A factor which affects duration of pressure and strenght motivation is quantity and qualify of certain aim which will make before activity. There are 2 types of motives. Those are physiologic (organic) motives and social physiologic motives.

Social motives: The necessity of adherence, security, prestige and freedom, sexual motives, motive of offensiveness, getting pleasure, escaping from anguish. Motivating a person who is working by increasing his pleasure of his work will increase achievement and effort on his works. In result, that man power was motivated will provide to benefit from sources in the best way. As we see, if we increase motivation and talents, achievement will uprise automatically. However, increasing of motivation can occur in a shorter time. So, there is so much facility affecting achievement of motivation (Cheung and Rensvold, 1999; Conroy *et al.*, 2002; Conroy *et al.*, 2003; Conroy *et al.*, 2006; Costa *et al.*, 2001; Côté, 1999; Côté *et al.*, 2005; Cury *et al.*, 2002a; 2002b; Renwick and McPherson, 2002; Smith *et al.*, 2006; Wuerth *et al.*, 2004; Wylleman *et al.*, 2004; Yoo, 2003).

Motivation and sport: There are close relationship between excessive sportive performance with corporal ability and training very well. If there 2 condition doesn't exist, a young sportman is not be supposed to achieve in international level. Despite of training conditions and equality of abilities, achievements, if

sportmen are different and this difference is seen in all life, not only in sport. For example; why does a person do these behaviours? Why do some person play football while, write poem or paint? the shortest answer of these quations is motivation. Sport is the whole of socializing, uniting, psychical, spiritual and mental activity based on competing that be made in obvious rules which aims to satisfy human's desire such as defeat and being able. Especially increasing of performance in last 25 years and developments in mass communication devices such as radio, television, media have increased society's interest to sport. All these developments affected thousand of people who concern sport or not concern differently.

It has provided different facilities such as being a hero, getting international fame, having much more money. More young people started to sport in early ages. As a result, an incredible developing of performance and developing performance caused more concern. The biggest necessity in sport is the necessity of action. If this necessity is not be satisfied, imbalanced, offensiveness appear. Some desires and needs are especially important for human. There is a hard collaboration between high sportive facility and corporal ability. New sport branches in country, the value which the family gives sport even the girl whom he loves affects the young. Social and psychological necessities which direct the young to sport can be sort like this (Byrne *et al.*, 1989; Byrne and Watkins, 2003; Carr, 2006; Cury *et al.*, 2002a, 2002b; Deci and Ryan, 2000a, 2000b; De Knop *et al.*, 1999; Dowson and McInerney, 2003; Eccles, 1999; Egloff and Schmuckle, 2004; Elliot and Church, 1997);

- Desire of being active.
- To develop a personality of his own.
- To prove him/herself.
- The necessity of being famous.
- The necessity of gain prestige and superiority.
- Desire of adventure.
- Desire of being determined.
- Desire of being dominant.

Game sport: Seventeen years is a way that person apply to having fun and spending leisure times. So special motivation is dominant (Hall *et al.*, 1998; Harackiewicz *et al.*, 2002; Martin *et al.*, 2001a; Ommundsen and Pedersen, 1999).

Healthy sport: In this sport, biological elements such as having good health, being strong maintaining a healthy life during long duration are sovereign (Dunn *et al.*, 2000; Eccles, 1999; Egloff and Schmuckle, 2004; Martin *et al.*,

2001b; Park and Levenson, 2002; Papaioannou and Kouli, 1999; Pensgaard and Roberts, 2000).

Performance sport: Sportmen who don't have special motivation, cannot show high performance regularly because they do not like the necessary trainings. The spiritual of being amateur that sports writers mention about is only special sport motivations. So, a sportman must have this motivation type. There is relationship between motivation and performance (Elliot and McGregor, 2001; Elliot and Moller, 2003; Pensgaard and Roberts, 2002; Pensgaard and Roberts, 2003; Prapavessis *et al.*, 2005; Renwick and McPherson, 2002; Smith *et al.*, 2006; Wuerth *et al.*, 2004; Wylleman *et al.*, 2004; Yoo, 2003):

Existing motivation type:

- General and special sport motivation
- Only special sport motivation.
- Only general sport motivation.
- No motivation.

Expectation sportive performance:

- In international level.
- Balanced and average.
- High but not enough.
- Unfitness in performance sport.

In aspect of quantity sport motivation sufficient motivation, in excessive motivation. Temporary and permanent motivations are very in sport. Most person concern with sport for permanent causes. They enjoy action, competition and excitement. Rewards are impressive factors. These rewards will increase sportman's motivation. If a trainer mentions about getting prize and cause stress on team, prize will have control of team and will endanger the permanent motivation of players. Reward that was elected carefully encourage players for new activities. Self-confidence is the most critical factor in sport. Mohamed Ali and Joe Namath are known with their self confidence. Internal and external motivation in high levels are compulsory to performance in elite levels. High levels motivation is maintained and developed by feedback that concern with competition. Thus, sportsman must be urged to use performance and conclusion aims as stimulant when they focus on their aims carefully. Elite sportsmen must be urged to responsible of success and failure. Before a big championship, progress from training to competition must be planned in a way which they get performance achievement. In sports human beings aim to have lives which they don't live in real life. Fantasy we images are

more important than real and promise lives, satisfy and serves which can be affective as more strength emotional motives. For example; we can get necessary knowledge by observing following behaviour types, speaking style, appearance, oral behaviour, behaviour in groups, encouraging by talking, encouraging by painting (Fletcher and Hanton, 2003; Giacobbi *et al.*, 2004; Green *et al.*, 2007; Grove *et al.*, 1997; Hall and Kerr, 1998; Hall *et al.*, 1998; Harackiewicz *et al.*, 2002; Jaakkola and Liukkonen, 2006; Kahler *et al.*, 2005; Lavalley, 2005; Leichter *et al.*, 1998; Park and Levenson, 2002; Papaioannou and Kouli, 1999; Pensgaard and Roberts, 2000; Pensgaard and Roberts, 2002).

The effect of excessive motivation on sport: A sportman who have excessive motivation is angry and fussy. Weakness on foot and tremble in hands can be seen. The acting of sportman are unchecked. Intense irritating signs, palpitation, respiration disaster, urine compulsion. Tramer in hands acedia being excessive angry, busy without causing, unchecked behaviours, forgetfulness, pensiveness, hastiness are signs. Also thinking organization of sportman breaks down, he loses his tactical plans, he loses early, he fails in his acts that want to technique and tenseness in muscles and so fitness in acts disappear (Abrahamsen *et al.*, 2006; Biddle *et al.*, 2003; Brewer, 1993; Byrne *et al.*, 1989; Byrne and Watkins, 2003; Carr, 2006; De Knop *et al.*, 1999; Dowson and McNemey, 2003; Duda and Nicholls, 1992; Duda *et al.*, 1995).

Psychologic situation that effect performance: Personality and motivation, ego and perception, concentration, rivalry and ambition, to accept the risk, offensiveness, concern, anxiety and stress, psychologic pressure, emotional and mental conflict (Dowson and McNemey, 2003; Duda and Nicholls, 1992; Duda *et al.*, 1995; Dunn *et al.*, 2000; Eccles, 1999; Egloff and Schmuckle, 2004; Elliot and Church, 1997; McAuley *et al.*, 2001; McCormick and McPherson, 2003; Nelson and Wechsler, 2001; Ommundsen and Pedersen, 1999).

The ways of coping with excessive motivation: Excessive motivation is motivation level of sportman is very high and it manifests itself with this situation was called as start flutter. After competition, meetings especially meeting that is planned to bring of the team spirit and speaking meeting which is done before competition is very important. Additional techniques for meetings (Elliot and Moller, 2003; Fletcher and Hanton, 2003; Giacobbi *et al.*, 2004; Green *et al.*, 2007; Grove *et al.*, 1997; Hall and Kerr, 1998; Hall *et al.*, 1998; Harackiewicz *et al.*,

2002, Jaakkola and Liukkonen, 2006; Kahler *et al.*, 2005; Lavallee, 2005; Leichter *et al.*, 1998; Maddock *et al.*, 2001; Marsh and Hau, 2004);

- The control of cycle.
- Listing of weak and strong aspect.
- Getting individual to talk.
- Encouraging the shy sportsman.
- Supporting of honesty.
- Brainstorming (.....I understand,I feel andI image).
- If I were a trainer next week, what would I do?
- Argumentation.
- Professional exercises.
- Making a last expression.
- To esteem.

Strategies to rise up the psychologic cases: Detection of an aim, encouraging speech, channels which give news, advertisements and news, support of supporters, being active by himself, trainer, player and family relationship, exercise before competition. Speech which gives excessive excitement and dramatic can be harmful for sportsman. Especially when sportsman, who is introverted, are being motivated excessively, they may show excessive emotional reactions and excitement and this situation may be harmful while, they show their skills successfully. For example; when a goalkeeper who is excessive sensual stimulates much more, he may make mistakes in easy situations. Generally, excessive concern can effect attention, self-confidence and balance of sportsmen. Not only amateur players but also professionals may have the same problems. Psychoregulation can be described as making suitable for maximal performance of organism and providing psychonegative balance by getting spiritual and corporal duration of organism under control of volition (Cecic Erpiè *et al.*, 2004; Cheung and Rensvold, 1999; Conroy *et al.*, 2002; Conroy *et al.*, 2003; Conroy *et al.*, 2006; Costa *et al.*, 2001; Côté, 1999; Côté *et al.*, 2005; Cury *et al.*, 2002a, 2002b; McCormick and McPherson, 2003; Nelson and Wechsler, 2001; Ommundsen and Pedersen, 1999; Ommundsen *et al.*, 1998).

Psychoregulation techniques: Otegen training, active therapy, slacken training, the parts of passing activation, gymnastic of moving, progressive muscle slacking, biofeedback, psychotonic, desensibilization method of training, yoga, sophrologie, thinking technique of love, bioritm, acupuncture, psychotherapy methods (Hall and Kerr, 1998; Hall *et al.*, 1998; Harackiewicz *et al.*, 2002; Jaakkola and Liukkonen, 2006; Kahler *et al.*, 2005;

Lavallee, 2005; Leichter *et al.*, 1998; Maddock *et al.*, 2001; Marsh and Hau, 2004; Marsh and Hau, 2007; Martens *et al.*, 2005).

DISCUSSION

It is a well-known fact that success requires a great deal of patience and hard work. In order to achieve victory in a sports person is required to practice and train every day. As such, they need to be suitably motivated. Lack of motivation may lead to a lack in their fitness routine (Abrahamsen *et al.*, 2006; Biddle *et al.*, 2003; Brewer, 1993; Byrne *et al.*, 1989; Byrne and Watkins, 2003; Carr, 2006; Duda and Nicholls, 1992; Duda *et al.*, 1995; Dunn *et al.*, 2000; Eccles, 1999; Egloff and Schmuckle, 2004).

People can be motivated in numerous ways. Researchers state that motivation is a process through which a person makes use of available resources, time, talent and energy and distributes them in a way they choose. This process is called the, personal investment theory and it includes a 2-stage causal process. The first stage involves the effects of external factors and their influence on how an individual looks at a particular situation. In the second stage, the individual takes into consideration a personal investment in the situation. The personal investment involves an inner drive, a desire, or an intention an individual possesses as a reaction to external influences. Different athletes have different forms of motivation to keep them dedicate to a particular sport. It may be enjoyment, physical fitness, social relationships, or goal attainment (Conroy *et al.*, 2002; Conroy *et al.*, 2003; Conroy *et al.*, 2006; Costa *et al.*, 2001; Côté, 1999; Côté *et al.*, 2005; Cury *et al.*, 2002a, 2002b; Green *et al.*, 2007; Grove *et al.*, 1997; Hall and Kerr, 1998; Hall *et al.*, 1998; Harackiewicz *et al.*, 2002; Jaakkola and Liukkonen, 2006; Kahler *et al.*, 2005; Lavallee, 2005).

There are 2 kinds of motivation that enables sportsmen to achieve a particular goal or task. The first type of extrinsic motivation in sports comes from external influences or people. People are extrinsically motivated to earn rewards, social recognition, or benefits. The second kind of intrinsic motivation is an inherent characteristic that feeds off one's inner drive to accomplish a goal or objective (Martin, 2003; Martin and Brawley, 1999; Martin, 2007; McAuley *et al.*, 2001; McCormick and McPherson, 2003; Papaioannou and Kouli, 1999; Pensgaard and Roberts, 2000; Pensgaard and Roberts, 2002).

Intrinsically motivated people focus on a task for their own sake. They have a sense of self-determination and look upon themselves as being able to meet the demands of a particular task. With the introduction of Internet, there have been a number of sites solely

dedicated to providing information on sports motivation. These sites also publish a number of sports related articles and quotes intended to motivate sportsmen (Abrahamsen *et al.*, 2006; Biddle *et al.*, 2003; Brewer 1993; Byrne *et al.*, 1989; Byrne and Watkins, 2003; Prapavessis *et al.*, 2005; Renwick and McPherson, 2002; Smith *et al.*, 2006; Wuerth *et al.*, 2004; Wylleman *et al.*, 2004; Yoo, 2003).

Bearing the long and infuse training of sportman to get high sportive performance and showing his reached performance under different weather conditions. Despite the effect of rival and audience, are concern with his motivation. Not only emotional factors but also mental factors affect the duration of motivation. Recent researches supports the sight which shows that motivation is a mental duration. But there is a mutual relationship between motivation and emotional features. Emotional reactions appear due to resulting unsuccessfully and successfully of activity on effect of motives. On the other hand, emotions motive our behaviour. Making a behaviour or not making with different reasons, working or not working is related with strength and direction of motivate (Biddle *et al.*, 2003; Brewer 1993; Byrne *et al.*, 1989; Byrne and Watkins, 2003; Carr, 2006; Cecić Erpiè *et al.*, 2004; Cheung and Rensvold, 1999; Conroy *et al.*, 2002; Dowson and McInerney, 2003; Duda and Nicholls, 1992; Duda *et al.*, 1995; Elliot and Moller, 2003; Fletcher and Hanton, 2003; Giacobbi *et al.*, 2004; Green *et al.*, 2007; Harackiewicz *et al.*, 2002, Jaakkola and Liukkonen, 2006; Kahler *et al.*, 2005; Lavallee, 2005; Leichter *et al.*, 1998; Maddock *et al.*, 2001; Marsh and Hau, 2004; McCormick and McPherson, 2003; Nelson and Wechsler, 2001; Ommundsen and Pedersen, 1999; Ommundsen *et al.*, 1998).

Here motive is the reason of behaviours oriented to continue his existence in social and biological environment which he lives. Motivation is a term which is used for psychologic and genetic situation in conscious or unconscious way. Atkinson, who affected from aproach which emphasize the importance of an activity emotion oriented to success and measuring of the success motive which affects motivation performance in a positive way. Qualified people who show searching tendency as motivated by success and show escaping tendency as motivated by failure. For development of research concern with success motivation, the basic contribution of Atkinson is his writing about provocation strong of success or unsuccessful (Carr, 2006; Cecić Erpiè *et al.*, 2004; Cheung and Rensvold, 1999; Conroy *et al.*, 2002; Conroy *et al.*, 2003; Conroy *et al.*, 2006; Costa Jr *et al.*, 2001; Côté, 1999; Green *et al.*, 2007; Grove *et al.*, 1997; Hall and Kerr, 1998; Hall *et al.*, 1998; Martin and Brawley,

1999; Martin, 2007; McAuley *et al.*, 2001; McCormick and McPherson, 2003; Ommundsen *et al.*, 1998; Ommundsen, 2001; Park and Levenson, 2002; Papaioannou and Kouli, 1999; Pensgaard and Roberts, 2000; Pensgaard and Roberts, 2002).

To use them in the best way, a trainer must know his players closely and must have true knowledge about their personal concern. There are very tight relationship between high sportive performance with corporal talent and training the player. If one of these 2 conditions does not become a real young sportsman cannot be successful in international level. But in these days, in some developed countries in sport, only some of thousand of youngs who have same corporal talent and equal facility can show success of reach a high performance. This is not like this in sport only. It can be seen in all part of life. Humans can have the same facilities and abilities. But their success is different. Researches about the reason of this reality will be useful, if we increase number of successful humans. There are a lot of reason of this difference. But the most important one is motivation of individuals. This fact tells the reasons of behaviours oriented to continue his existence in biologic and social environment which he lives, is called as motivation. Individual lives in 2 different environments which complete each other and inherent from each other. But these environments are more different from each other. Biologic and social environment. Sometimes they conflict whit each other. According to this motivation, the reason of behaviours is oriented to continue biological existence. But if it is sourcing from biologic impulse and instinct, this is biological motivation (Abrahamsen *et al.*, 2006; Biddle *et al.*, 2003; Brewer, 1993; Byrne *et al.*, 1989; Byrne and Watkins, 2003; Carr, 2006; Cecić Erpiè *et al.*, 2004; Cheung and Rensvold, 1999; Dowson and McInerney, 2003; Duda and Nicholls, 1992; Duda *et al.*, 1995; Dunn *et al.*, 2000; Eccles, 1999; Egloff and Schmuckle, 2004; Elliot and Church, 1997; Hall and Kerr, 1998; Hall *et al.*, 1998; Harackiewicz *et al.*, 2002, Jaakkola and Liukkonen, 2006; Kahler *et al.*, 2005; Lavallee, 2005; Leichter *et al.*, 1998; Maddock *et al.*, 2001; Marsh and Hau, 2004; McAuley *et al.*, 2001; McCormick and McPherson, 2003; Nelson and Wechsler, 2001; Ommundsen and Pedersen, 1999; Ommundsen *et al.*, 1998).

Food, water, sleeping however, this individual is compulsory to continue in a not uncomfortable way. There is always a conflict between desires of individual and essential of social life. However, he is compulsory to continue his social existence and also his organic existence. Being exist is not enough for a human. Known by social, being admirable, being success affects human's

behaviour. They affects children's behaviour since, his birth. A child is compulsory to learn how to live in society and social motivation are conditional motivation which being learned. All these explaining the reason of why some people concern with subject such as; art, sport, politics which do not have any connection with continuity of existence. Continuity of existence is not enough. There are needs in foundation of motives. Basic needs such as hungry, thirsty, sleeping and some other needs do not servet his need and cause a preparation which is not specific at first to recover available deficiency (Conroy *et al.*, 2002; Conroy *et al.*, 2003; Conroy *et al.*, 2006; Costa *et al.*, 2001; Côté, 1999; Côté *et al.*, 2005; Cury *et al.*, 2002a, 2002b; Deci and Ryan, 2000a, 2000b; De Knop *et al.*, 1999; Dowson and McInerney, 2003; Duda and Nicholls, 1992; Green *et al.*, 2007; Grove *et al.*, 1997; Hall and Kerr, 1998; Hall *et al.*, 1998; Harackiewicz *et al.*, 2002; Jaakkola and Liukkonen, 2006; Kahler *et al.*, 2005; Lavallee, 2005; Leichliter *et al.*, 1998; Ommundsen, 2001; Park and Levenson, 2002; Papaioannou and Kouli, 1999; Pensgaard and Roberts, 2000; Pensgaard and Roberts, 2002; Pensgaard and Roberts, 2003; Prapavessis *et al.*, 2005; Renwick and McPherson, 2002; Smith *et al.*, 2006; Wuerth *et al.*, 2004; Wylleman *et al.*, 2004; Yoo, 2003).

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