The Relationship between Motivational Climate with Self-Determination of Iran’s Elite Volleyball Players

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Abstract

The aim of this study to determine the relationship between motivational climate and self-determination of elite volleyball players in Iran. This is descriptive – correlation and the field study .Statistical population are all players in men’s volleyball league in Iran. According to the Morgan sampling table, 150 samples were investigated. To collect information, we applied motivational climate Questionnaire (PMCSQ) and sport motivation scale (SMS). The data analysis methods were descriptive statistics and multivariate regression was used to investigate the relationship between variables. Results showed that the motivational climate is significantly associated with self-determination (p<0.05). In general, motivational climate is the main factor and predictor of elite volleyball player’s Self-determination.

Keywords: Motivational climate, volleyball players, Iran

Introduction

One of the indicators in the field of mental exercise is motivation. More recent studies that have relied on the theories of modern sports motivation believe that several factors are effective in creating a motivational climate (Baric, 2007, Smith et al, 2009). According to Ames (1992), the athlete's understanding of motivational techniques, structures and expectations of the position on the specific growth objectives is directed through integration between task-oriented motivational techniques and self-direction. Dada & Horn (1993) divided the motivational climate into two performance Climate and mastery Climate. This understanding of the mastery climate in the sport leads athlete to think that a lot of effort is always associated with favorable outcome. On the other hand, it is understood that performance motivational climate let the athlete try to be better than another. Motivational mastery climate is in a team where athletes are characterized with hard work, the performance improvement and helping others in the team (Baric & Bucik, 2009, Treasure & Roberts, 1994). Kalaja et al (2009) examined the relationship between Motivational climate and self-
determination in physical education classes. The results of this study showed Motivational mastery climate led to more self-determination. Player (2010) in a study considered the effect of Motivational climate created by coaches on the self-determination of young women athletes. He observed a significantly positive effect of motivation mastery on Motivational self-determination of those women. Overall, the general factors that can be more effective in mobilizing the self-determination is very important. This study investigated the relationship between motivational climate and self-determination of elite volleyball players in Iran.

Methodology

The study considers the relationship between motivational climate and self-determination of elite volleyball players in Iran. So, the most suitable method for research was descriptive correlation. The statistical populations in the study were all the male players in men's volleyball players' league in 2010. In the present study 150 samples from the volleyball player's league were considered.

In order to gather information, we used perceived Motivational climate in sport questionnaire (PMCSQ) developed by Seifriz, Duda & Chi (1992). The questionnaire includes two subscales as mastery Climate and performance climate including 21 questions based on Likert scale of five. The apparent validity of the questionnaire for validity, face validity and confirmatory factor analysis was used. Cronbach's alpha reliability coefficient was used for this study, Cronbach's alpha coefficient for the motivational climate components was 0.87 -mastery Climate –and 0.80 -motivational climate--; also, 0.83 was obtained for the motivational climate.

Similarly, to assess the self-determination, we applied standardized sport motivation scale (SMS) developed by Pletier etal (1995). It included 28 questions that has three subscales to measure intrinsic motivation (12 questions), extrinsic motivation (12 question) and devaluation (4 questions) based on a seven-item Likert scale. This questionnaire has been used in recent years in various researches and Cranach's alpha for all subscales is reported more than 0.75.

In order to organize and summarize the raw scores and describe the size of the samples, we used descriptive statistics (mean, percentage, frequency, standard deviation and tables) and to determine the relationship between the variables of multiple, we applied multivariate regression.

Findings

Table 1: Multivariate regression to predict "intrinsic motivation" through motivational climate

<table>
<thead>
<tr>
<th>Predictor variables</th>
<th>F</th>
<th>Sig</th>
<th>B</th>
<th>Beta coefficient</th>
<th>t</th>
<th>Sig</th>
</tr>
</thead>
<tbody>
<tr>
<td>Performance Climate</td>
<td>2.74</td>
<td>0.046</td>
<td>0.20</td>
<td>0.20</td>
<td>2.33</td>
<td>0.021</td>
</tr>
<tr>
<td>Master Climate</td>
<td></td>
<td></td>
<td>0.07</td>
<td>0.17</td>
<td>2.06</td>
<td>0.041</td>
</tr>
</tbody>
</table>
According to the multivariate regression coefficients obtained, there is a significant positive relationship between "performance climate" and "mastery climate" with "intrinsic motivation". Thus increasing the "climate action" and "Climate mastery" also increases "intrinsic motivation".

Table 2: Multivariate regression to predict the "extrinsic motivation" through motivational climate

<table>
<thead>
<tr>
<th>Predictor variables</th>
<th>F</th>
<th>Sig</th>
<th>B</th>
<th>Beta coefficient</th>
<th>t</th>
<th>Sig</th>
</tr>
</thead>
<tbody>
<tr>
<td>Performance Climate</td>
<td>3.57</td>
<td>0.006</td>
<td>0.34</td>
<td>0.30</td>
<td>1.34</td>
<td>0.021</td>
</tr>
<tr>
<td>Master Climate</td>
<td></td>
<td></td>
<td>0.18</td>
<td>0.12</td>
<td>1.14</td>
<td>0.257</td>
</tr>
</tbody>
</table>

According to the multivariate regression coefficients obtained, there is a significant positive relationship between "performance climate" and "extrinsic motivation". Thus increasing the "climate action" also increases "extrinsic motivation".

elbaT3: Multiple regression to predict "no motivation" through "motivational climate"

<table>
<thead>
<tr>
<th>Predictor variables</th>
<th>F</th>
<th>Sig</th>
<th>B</th>
<th>Beta coefficient</th>
<th>t</th>
<th>Sig</th>
</tr>
</thead>
<tbody>
<tr>
<td>Performance Climate</td>
<td>0.49</td>
<td>0.779</td>
<td>0.031</td>
<td>0.30</td>
<td>0.332</td>
<td>0.740</td>
</tr>
<tr>
<td>Master Climate</td>
<td></td>
<td></td>
<td>0.057</td>
<td>0.55</td>
<td>0.604</td>
<td>0.547</td>
</tr>
</tbody>
</table>

Given the above table, and with emphasis on the F level, there is no significant relationship between "motivational climate" with "devaluation" in 05. 0 = α. In other words, "motivational climate" cannot predict "devaluation".

Table 4: Multivariate regression to predict "self motivation" through "motivational climate"

<table>
<thead>
<tr>
<th>Predictor variables</th>
<th>F</th>
<th>Sig</th>
<th>B</th>
<th>Beta coefficient</th>
<th>t</th>
<th>Sig</th>
</tr>
</thead>
<tbody>
<tr>
<td>Performance Climate</td>
<td>22.57</td>
<td>0.001</td>
<td>0.93</td>
<td>0.55</td>
<td>5.04</td>
<td>0.001</td>
</tr>
<tr>
<td>Master Climate</td>
<td></td>
<td></td>
<td>0.75</td>
<td>0.20</td>
<td>1.99</td>
<td>0.042</td>
</tr>
</tbody>
</table>

According to the obtained multivariate regression coefficients, there is a significant positive relationship between “performance climate" and "mastery climate" with "motivational climate". Thus increasing the “performance climate" and "mastery Climate" also increases "self-determination".
Conclusion

This study aimed to determine the relationship between motivational climate and self-determination of elite volleyball players in Iran. Results showed that there was a positive and significant relationship between motivational climate and self-determination (p<0.05). In other words, we can predict "self motivation" through "motivational climate". The results showed that one can expect to see a linear relationship between the performance climate (β=0.93) and Climate mastery (β=0.75) with self-determination (p<0.05). The results of the research comply with those of Brunel (1999), Standage et al (2003), Mawi & Templin (2004), and Kipp and Amorose (2008), Kalaja et al (2009) and Player (2010). The findings also showed that there was a significant relationship between the mastery climate and performance climate with intrinsic motivation (p<0.05). The results of the research results are consistent with those of Standage et al (2003), Mawi & Templin (2004), and Kipp and Amorose (2008) and Kalaja et al (2009). The findings showed a significant relationship between the performance climate and extrinsic motivation (p<0.05). But there is no significant relationship between performance Climate and the motivational mastery with devaluation (p>0.05). These results suggest that the motivational climate can affect the athlete's self-determination.

References


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