

A STUDY ON MOTIVATION TYPE THAT MOSTLY INFLUENCE MALE AND FEMALES TO INDULGE IN PHYSICAL ACTIVITIES

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ABSTRACT

Motivation is the force that moves a person to initiate and action and keeps him persistent in the action initiated. It is very much required to accomplish the goals set by people. Motivation can be regarded as spice of life without which living would have been futile. Motivation is very essential in personal as well as organization level. The lack of motivation results in poor performance and non accomplished goals of life.

“It is the core of management which shows that every human being gives him a sense of worth in face-to face groups which are most important to him....A supervisor should strive to treat individuals with dignity and recognition of their personal worth.” **Likert**

“Motivation implies any emotion or desire which so conditions one’s will that the individual is properly led into action.” **Vance**

People get motivated by two types of motivations i.e. intrinsic and extrinsic motivation. Intrinsic motivation is when a task is done not to achieve some external reward but for own pleasure and satisfaction. Extrinsic motivation is when people do a task with the aim to achieve some reward in return like money, appreciation,fame etc.

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In this research paper it has been tried to identify which motivation (intrinsic or extrinsic) is more influential in males and females aged between (20-35 yrs) to indulge in physical activities like weight training at the gym, jogging and playing sports. It has been found out that intrinsic motivation influences more to males and extrinsic motivation to females when it comes to physical activities.

INTRODUCTION

Motivation is very necessary to initiate any action. Demotivated person cannot do a task assigned to him in the best of his efficiency. Motivation is of two types extrinsic and intrinsic.

Extrinsic motivation is when we are motivated to exhibit a behavior or engage in an activity to earn some reward or to avoid punishment. Some examples of extrinsic behavior are:

- Student studying just to get good grades
- Cleaning ones room to avoid reprimand by parents.
- Participating in a sport to win a trophy.
- Competing in a contest to win a prize.

In these examples above, the exhibited behavior is motivated by a desire to gain a reward or avoid an adverse outcome. Whereas, intrinsic motivation involves engaging in a behavior because it is personally rewarding; performing an activity for its own sake rather than the desire for some external reward. Examples of actions that are the result of intrinsic motivation include:

- Playing a sport because you find the activity enjoyable
- One solves a word puzzle because he finds the challenge funny and exciting.
- Playing a sport because you find it exciting.

In the above instances, the person's behavior is motivated by an internal desire to participate in an activity for its own sake. The primary difference between the two motivation is that extrinsic motivation arise from outside of the individual while intrinsic motivation comes from inside. Studies have demonstrated that offering excessive external rewards for an already internally rewarding behavior can lead to the reduced intrinsic motivation. Extrinsic motivation can be beneficial if:

- The External rewards induce interest and participation in something in which the individual had no interest.

- Extrinsic rewards can be used to motivate people to learn new skills or knowledge. Once these early skills have been learned, people may become more intrinsically motivated to pursue the activity.
- External rewards can also be a source of feedback, that allows people to know when their performance have achieved a standard .

Extrinsic motivators should be avoided in situations where:

- The person already finds the activity intrinsically rewarding
- Offering a reward can make the activity which is a play look like a work.

While most people would suggest that intrinsic motivation is best, it is not always possible in every situation.

In some cases, people simply have no internal desire to engage in an activity. Extrinsic reward can be used to get the work done.

Researchers have arrived at three primary conclusions with regards to extrinsic rewards and their influence on intrinsic motivation:

1. **Intrinsic motivation is not affected by extrinsic rewards..**

For an example a student who gets good grade in the subject that he enjoys and if the teacher chooses to give some extrinsic reward to the student, his intrinsic motivation will be unaffected. But a caution is required here as the student may start expecting external reward.

2. **Praises can increase internal motivation to people.** Praising people for their better performance then others may increase their intrinsic motivation.

3. **Intrinsic motivation decreases , when external rewards are given for completing a particular task or only doing minimal work.** For example, if parents give a lavish praise on their child every time he completes a simple task, he will become less intrinsically motivated to perform that task in the future.

Extrinsic and intrinsic motivation can also play a significant role in learning settings. It is suggested by some experts that awarding good grades, gold stars, marks etc can make students feel competent in class and hence creating intrinsic motivation.

"A person's interest often survives when a reward is used neither to bribe nor to control but to signal a job well done, as in a "most improved player" award. If a reward boosts your feeling of competence after doing good work, your enjoyment of the task may increase. Rewards, rightly administered, can motivate high performance and creativity. And extrinsic rewards (such as scholarships, admissions, and jobs that often follow good grades) are here to stay," **David G. Meyers.**

Extrinsic motivation and intrinsic motivation are both important ways to drive behavior. To utilize extrinsic and intrinsic motivation, it is important to understand the overall impact that each can have on the people's behavior.

RESEARCH METHODOLOGY:

The research was conducted by drafting a questionnaire consisting of various internal and external motivational factors. The most relevant motivational factors are chosen on random basis that are listed by various sports journals and researches (research by **Marcus Kilpatrick** in journal of American college health vol 54,No 2). Both males and females between the age group 20 - 35 yrs from Meerut (U.P) were randomly selected and asked to tick the motivational factors that motivate them to indulge in any kind of physical activity. Here physical activity includes weight training at the gym, playing sports, running or jogging. Sample size of each gender is taken 50 ,among those who indulge in any kind of physical activities. Data used in this research is both primary and secondary .Various health journals and web articles are used as references. An attempt is made to identify the most influential motivation type that impacts both males and females leading to indulgence in any kind of physical activity.

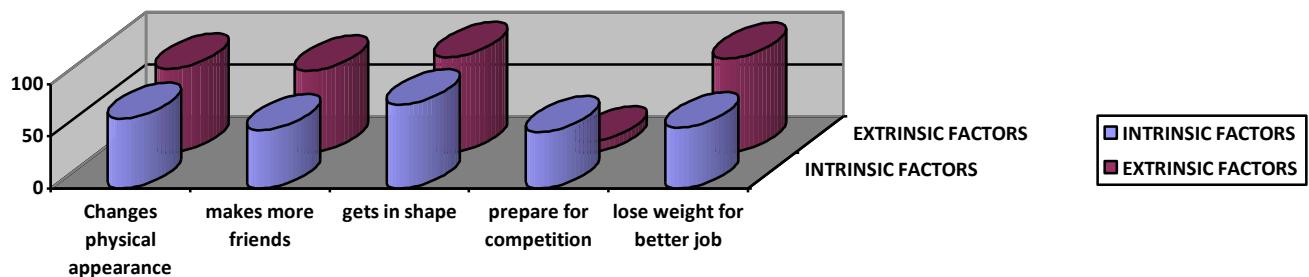
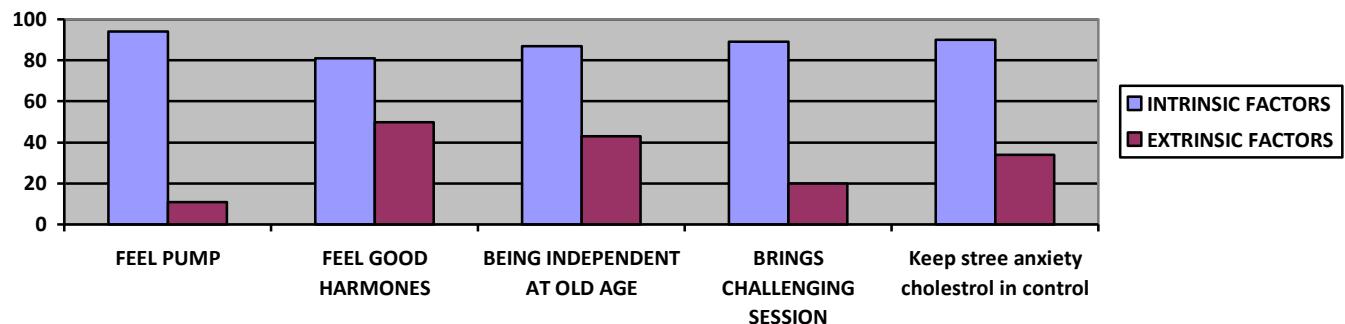
ANALYSIS:

It can be seen from table 1.1 and charts 1.2 and 1.3 below the extrinsic and intrinsic factors of motivation are different between males and female participants. It can be observed that most preferred motivational factors in males responsible for motivation to take up physical activities is

intrinsic in nature. On the other hand in females motivational factors for indulgence in physical activities is extrinsic in nature. From table 1.1 it can be said that the most preferred motivational factor by males to take up any physical activity is feeling a pump in their muscles (rank 1 for males). Whether it is sports or gym weight training the males feel that there is involvement of their muscles which helps in its growth and maintenance. It can be regarded as an intrinsic factor because males responded that the pump in their muscles or its usage give them a healthy feeling thus motivating enough to continue. Where female participants are concerned it is found that the main motivating factor for them indulging in any physical activity is getting in shape (rank 1 in females above). Most of the females come to gym to stay in shape and get noticed. It can be rightly said that their motivational factor is extrinsic in nature because they don't enjoy physical activity but indulge in them with a motive to get in shape. Also from chart 1.2 below it is obvious that the various factors which are intrinsic in nature are preferred more by males than compared to the females. From chart 1.3 it can be observed that extrinsic motivating factors are preferred more by females than males.

| S.NO | INTRINSIC FACTORS | PREFERENCE IN % BY MALES | PREFERENCE IN % BY FEMALES | Rank as per male preferences | Rank as per female preferences |
|------|--|--------------------------|----------------------------|------------------------------|--------------------------------|
| 1 | To feel pump in muscles | 94 | 11 | 1 | 9 |
| 2 | Feel flow of feel good hormones | 81 | 50 | 5 | 5 |
| 3 | Being independent in older age | 87 | 43 | 4 | 6 |
| 4 | Brings challenge with every Session | 89 | 20 | 3 | 8 |
| 5 | Keep stress, anxiety, cholesterol controlled | 90 | 34 | 2 | 7 |
| | | | | | |

| | EXTRINSIC FACTORS | PREFERENCE IN % BY MALES | PREFERENCE IN % BY FEMALES | Rank as per male preferences | Rank as per female preferences |
|---|---|---------------------------------|-----------------------------------|-------------------------------------|---------------------------------------|
| 1 | It changes physical appearance | 67 | 80 | 7 | 3 |
| 2 | To make more friends | 56 | 78 | 9 | 4 |
| 3 | Get in shape | 80 | 91 | 6 | 1 |
| 4 | Prepare for competition | 54 | 12 | 10 | 10 |
| 5 | Lose weight and increase the chances of good job | 58 | 90 | 8 | 2 |

TABLE 1.1**CHART 1.2 (for Males 20-35 yrs)****Chart 1.3 (For females 20-35 yrs)**

The Feeling of a great muscle activity after exercise, Feeling of feel good hormones as a byproduct of physical activities, nurturing the benefits of exercising to stay fit in later age,

experiencing challenge in every session of indulgence in physical activity, and keeping in control anxiety, stress and cholesterol are most preferred sources of motivation in males and they have ranked it in top 4 category of preference of motivational factors .(table 1.1) whereas the females have given top four ranks nearly to the extrinsic factors of motivation like getting in shape (rank 1), losing weight for better job opportunities(rank 2), changing of physical appearance like skin glow(rank 3), toned body etc, make more friend circle(rank 4) which is natural with the females having a toned physical appearance. Most of the extrinsic factors like change in physical appearance, making friends, getting in shape, preparing for competition, and losing weight to get good job is ranked low by male participants. Intrinsic motivating factors like pump in muscle, feeling good, getting independent when old, bringing challenge every time and avoiding stress, anxiety and related diseases are ranked low by the female participants. However it can be seen from table 1.1 above that both males and females have given similar ranks or preference to preparing for competition(rank 10) (extrinsic in nature) and feel of feel good hormones or endorphins.(rank 5) which is intrinsic in nature. Though both the genders differ in derived motivations, they agree on one extrinsic motivation that is to prepare for the competitions motivates them to indulge in physical activities. This extrinsic factor is most least preferred factor of motivation to both the genders. Similarly production of feel good hormones after indulgence in physical activities like weight training, sports or jogging, has been ranked in top 5 preferred motivational factors. It can be said that though males are mostly intrinsically motivated and females extrinsically motivated they both agree on at least one intrinsic and one extrinsic factor of motivation.

RESULTS

1. The males are more motivated to take up physical activities by the after feeling of Muscle activity they experience.
2. Females are more motivated by the factor that indulgence in physical activity will get them in good shape.
3. Males have preferred more of the intrinsic factors influencing them to take part in physical activities like weight training, sports etc.

4. Females are more inclined towards the extrinsic motivational factors influencing them to indulge in physical activities.

5. Both males and females have given similar ranks to at least one extrinsic and one Intrinsic Motivational factor which motivates them to be physically active. Feel good hormone production being the intrinsic motivational factor and prepare for Competition is extrinsic motivation factor.

6. Feel good hormone production and preparing for competition are common motivators though preference in percentage is lower in female of both the motivation factors.

CONCLUSION

It can be concluded that both males and females are intrinsically and extrinsically motivated. Males are more intrinsically motivated and females more extrinsically motivated. Males seems to enjoy the after feel of the physical activities but females indulge in physical activities to achieve some objective. Hence the motivation type that influences most to males is intrinsic in nature and to females is extrinsic in nature, when it comes to indulgence in physical activities.

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