

**UNIVERSITI TEKNOLOGI MARA**

**INFLUENCE OF SPORT MOTIVATION TOWARDS  
ATHLETICS TRAINING AMONG UITM ATHLETES**

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# INFLUENCE OF SPORT MOTIVATION TOWARDS ATHLETICS TRAINING

## AUTHOR'S DECLARATION

I, Zaizatul Noor Shameera Binti Mustafa hereby declare that this thesis is original and is the result of my own work, unless otherwise indicated or acknowledgement as referenced work. Neither the Universiti Teknologi MARA (UiTM) nor the Faculty of Sports Science and Recreation, UiTM is liable to be blamed for any false report or any disclosure of classified made by me.

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### ABSTRACT

The main purpose of this study was to determine the influence of sport motivation towards athletics training among UiTM athletes. 40 UiTM athletes were involved as the main respondent of this study. For the purpose of the study, the questionnaire was adopted and adapted from the Sport Motivation Scale (SMS-II) by Pelletier, Rocchi, Vallerand, Deci and Ryan, (2013) to test the sport motivation that involve in training among the athletes. The results showed that there is no significant difference in sport motivation that influence training in track and field between genders where intrinsic motivation for male showed ( $M= 4.31$   $p=0.08$ ) and female ( $M=3.92$   $p=0.08$ ) while extrinsic motivation for male showed ( $M=3.69$   $p=0.10$ ) and female ( $M=3.59$   $p=0.10$ ). There is no significant difference of sport motivation that influence training in track and field between ages where intrinsic motivation ( $p= 0.894$ ) and extrinsic motivation ( $p=0.660$ ). The findings of the study will provide understanding in sport motivation and sport coaching field. Lastly, this finding will help the coach to know what types of sport motivation that influences the athletes training in track and field.

*Keywords: sport motivation, intrinsic motivation, extrinsic motivation, track and field.*

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