



UNIVERSITI TEKNOLOGI MARA

**SPORT MOTIVATION AMONG ULTIMATE FRISBEE ATHLETES  
IN KARISMA PERAK 2018**

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**JANUARY 2019**

## **ABSTRACT**

The purpose of this study was to identify sport motivation among ultimate frisbee athletes in KARiSMA Perak 2018. This study examined the different between gender, athletes experience and level of participation with sport motivation. Research design used in this study was survey method using Sport Motivation Scale questionnaire by Pelletier (1995). Ultimate frisbee athletes who participated in Karnival Sukan Mahasiswa (KARiSMA) UiTM Perak 2018 (N=288) were used as population for this study. Result showed ultimate frisbee athletes were highly intrinsic motivation, follow by extrinsic motivation with amotivation and answer the first research question. Analysis of T-Test showed there is a significant different between male and female in sport motivation and there is no significant different between athletes experience in sport motivation. From the result analysis of T-Test answer the second and third research question. Analysis of ANOVA showed there is no significant between level of participation in sport motivation among ultimate frisbee and answer the last research question. The finding of current study also answers the research objective. Implications of this study showed that athletes, coaches, parents and university management can increase sport motivation by focus on motive of participation that chosen by athletes.

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## CHAPTER 1

### INTRODUCTION

#### 1.1 Background of study

Motivation is the key of every action taken and exerted according to Ryan and Deci (2007). Motivation can be defined as one of the important factor that influences individual decision-making and the interaction according to Alexandris et al (2002). In sport, motivation can be consider as the most important variables that determine every action that taken by athletes. Asri et al. (2013) stated also that motivation is one of the key that influential in the degree intensity of sportsmen's performance. Motivation consists of three parts which is intrinsic motivation (IM), extrinsic motivation (EM) and amotivation (AM) (Ryan and Deci, 2000). Intrinsic motivation is where athletes participate in sport just for the sake of experience such as learn new skill or improve their performance. Intrinsic motivation can be defined as an individual's need to feel competency and pride in something according to McCullagh (2005). Extrinsic motivation is where the behavior motivated by desire to gain a reward or avoid unpleasant outcome, they are not enjoy or feel satisfying but in order to get something in return according to Cheery (2018). Vallerand (2004) stated that the extrinsic motivation where athletes participate in sport for desire to winning the reward, to maintain their fitness or maintain their body shape in good condition. Kingston et al. (2006) stated that amotivation is lack of motivation or a total absence of motivation. Heerden (2013) reported that athletes who suffering from amotivation is no longer have a reason to participate in sport.

## **CHAPTER 2**

### **LITERATURE REVIEW**

#### **2.1 Introduction**

This chapter consists of past study that related to sport motivation in sports. This chapter divides into 4 categories which is self-determination theory, sport motivation, ultimate frisbee and other study related to sport motivation.

#### **2.2 Self-Determination Theory**

The self-determination theory proposed by Deci and Ryan (1985, 1991) consist of three basic needs, which are autonomy, competence and relatedness. Autonomy represents a sense of control or determination over one's action. When athletes can make their own decisions, the autonomy will be high (e.g. they feel self-determined). Competence can be defines as perception of individual that they can achieve a successful outcomes. Relatedness happens when the athletes feel satisfied because of their involvement with others in the social world. According to self-determination theory when these three dimensions are present for athletes, the intrinsic motivation will be high. Deci and Ryan (1991) see motivation as degree of internal regulation (self-determination) in extrinsic motivation rather than viewing as intrinsic or extrinsic. Besides, the theory includes amotivation as total absent of motivation which in case any action toward a specified goal is unintentional. But, mostly athletes who have amotivation will no longer participate in sport (Deci and Ryan, 1991). Gillet, Berjot & Gobance (2009) stated athletes who have high level of self-determination tend to perform well than athletes with low levels.