THE MAIN FACTORS OF DEMOTIVATION AMONG SPORTSMEN OF DIFFERENT GROUPS OF KINDS OF SPORT

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Annotation. Modern English research works and native psychologists’ works analysis in the
sphere of elitist and youth sport showed that the problem of influence on sportsmen’s motivation
during training and before the start is still very urgent. The authors determine the peculiarities of
sport training, which can have undesirable influence on competitive motivation formation among
athletes. Research methods: theoretical analysis, observation, conversation, survey, questionnaire,
psychodiagnostics, methods of mathematical-statistical data handling. Materials. The research work
was held on the basis of The Russian State University of Physical Culture, Sport, Youth and
Tourism in 2011-2014. 507 people of different sport qualification (268 men and 239 women
and 84 trainers with different experience), who stopped going in for active sport, took part in the
experiment. For most sportsmen demotivating reasons were the following: sport injuries (9,3%),
financial problems (6,3%), preference for education (5,9%), absence of the prospects in further
development (5,3%), lack of time, great loads at work (4,7%) and others. The most important
factors, which influence the demotivation of sport activity, were ranged according to diminution and
it helped to reveal 15 demotivators, which more often influenced motivation change among
sportsmen. Results. The held research works showed, that regardless of the kind of sport activity,
mainly, the similar factors are dominating. These factors include deficiency of financial resources;
injuries, got during training; change of activity; absence of further prospects; lack of time; great
loads at work; lack of interest in sport activity; negative relations with colleagues and a trainer;
negative emotions and others. The sportsmen, who went in for difficult for coordination kinds of
sport were an exception, among them dominated mainly psychological reasons of demotivation,
where the subject and the object of activity coincided. Conclusion. The work with sport motivation
can’t be effective without taking into consideration dominating demotivators in different groups of
kinds of sport.

Keywords: sport motivation, dominating demotivators in sport-training activity.

In sport psychology great attention is paid to the questions of motivation at different
stages of sportsmanship formation. Modern English research works and native
psychologists’ works analysis in the sphere of elitist and youth sport showed that the problem of influence on sportsmen’s motivation during training and before the start is still very urgent. The authors determine the peculiarities of sport training, which can have undesirable influence on competitive motivation formation among athletes [7; 8; 9; 10].

Native scientists [1; 2; 3; 4; 5; 6] think that motivation in sport depends on interaction of inner (temperament, traits of character) and outer (influence of parents, teachers, trainers) determinants. At the same time, motivation is a part of character, it is formed during all life and is very important for success in sport and in sports longevity provision.

A person’s behavior, directed by different motivations, is studied enough. However, there is an evident problem, which is not studied enough and it is motivation (loss) decrease during the aim achievement, the problem of demotivation of sport activity.

Demotivation, as motivation, has its inner and outer resources, decreasing a person’s interest to professional activity.

Taking into consideration all mentioned above, we had the aim to study and reveal the complex of factors—reasons, which are demotivators of sport activity in different groups of kinds of sport and to reveal the specific factors of demotivation.

**Research methods.** The methods of theoretical analysis, observation, conversation, survey, questionnaire, psychodiagnosics, methods of mathematical-statistical data handling were used in the research. The process of psychodiagnosics included the following methodologies: the author’s questionnaires for sportsmen and trainers in order to reveal demotivators in sport, consisting of 22 and 56 questions, which concern psychological, social-psychological, sports and social spheres of sport activity.

**Research organization.** The research work was held on the basis of The Russian State University of Physical Culture, Sport, Youth and Tourism in 2011-2014. 507 people of different sport qualification (268 men and 239 women and 84 trainers with different experience), who stopped going in for active sport, took part in the experiment.

**Research results.** During the research it was revealed that 265 people (52% from the general sampling), among them 142 men and 123 women (28% and 24%), regret that they gave up sport; 242 sportsmen (48% from the general sampling), among them 125 men and 117 women (25% и 23%) don’t regret it.

56 main reasons for demotivation in sport activity were revealed in the held research. According to the content they were combined into 5 groups of factors demotivators: sports (A), psychological (B), social-economic (C), physical (D) and general factors of emotivation (E).

For most sportsmen demotivating reasons were the following: sport injuries (9,3%), financial problems (6,3%), preference for education (5,9%), absence of the prospects in further development (5,3%), lack of time, great loads at work (4,7%) and others. The most important factors, which influence the demotivation of sport activity, were ranged according to diminution and it helped to reveal 15 demotivators, which more often influenced motivation change among sportsmen.

For more detailed analysis the reasons of demotivation in 4 groups of kinds of sport were studied. It helped to reveal the main factors of demotivation, as a result of which sportsmen gave up their sport activity.

For the sportsmen going in for single combats, dominating were the following factors of sport activity demotivation: lack of financial resources; lack of time, conditioned by great loads at work; injuries got during training. To a lesser degree demotivate the following factors: the necessity to devote more time for education, not for sport; private life interferes with sport; absence of the further sport prospects. The influence of the following factors is feebly marked: the change of life priorities not in favor of sport; desire to change a kind of sport and others.

For the sportsmen going in for sport games, the dominating factors of sport activity demotivation are the following: injuries got during training; absence
of the further sport prospects; lack of time, conditioned by the necessity to study or/and work; family circumstances; negative attitude of parents to sport (for children and teenagers). The following factors have lesser range: place of residence change; loss of interest for sport activity; tense relations with the members of a team; the change of a trainer or bad relations with the trainer. The influence of the following factors is feebly marked: lack of financial resources; priorities change not in favor of sport and others.

For the sportsmen going in for cyclic kinds of sport, demotivating dominant reasons are the following factors: injuries got during training; the necessity to devote more time for education, not for sport; lack of financial resources; lack of interest in sport activity. To a lesser degree demotivate the following factors: disappointment, which is caused by sport; fear of defeat during competitions; personal life (for example love); absence of further prospects. The influence of the following factors is feebly marked: lack of time; great loads at work; family circumstances; negative attitude of parents to sport (for children and teenagers).

For sportsmen, who go in for difficult for coordination kinds of sport, dominating demotivating factors are the following: tense relations with the members of a team; injuries got during training; disappointment, which caused sport; fear of defeat during competitions.

The influence of the following factors is feebly marked: lack of time; great loads at work; family circumstances; negative attitude of parents to sport (for children and teenagers); desire to change kind of sport and others.

Results. Thus, the held research works showed, that regardless of the kind of sport activity, mainly, the similar factors are dominating. These factors include deficiency of financial resources; injuries, got during training; change of activity; absence of further prospects; lack of time; great loads at work; lack of interest in sport activity; negative relations with colleagues and a trainer; negative emotions and others. The sportsmen, who went in for difficult for coordination kinds of sport were an exception, among them dominated mainly psychological reasons of demotivation, where the subject and the object of activity coincide.

Conclusion. The work with sport motivation can’t be effective without taking into consideration dominating demotivators in different groups of kinds of sport.

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