

**GOVT. DEGREE COLLEGE  
SANGRAH**

**PHYSICAL  
EDUCATION**

**SPORTS PSYCHOLOGY**

**2<sup>ND</sup> YEAR. PED (202)TH**

**PRESENTED BY  
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# MOTIVATION



- **Meaning** -: The term **MOTIVATION** has been derived from the latin word **MOVERE** which means **TO MOVE**.
- Motive is the urge, need, want or desire that includes a person to work .
- Motivation is the process of including and instigating the subordinates to put in their best.

# DEFINITION



- According to W.G.Scott-: Motivation means a process of stimulating people to action to accomplish desired goals.
- According to E.F.L.Brech-: Motivation is a general inspirational process which gets the members of the team to pull their weight effectively to give their loyalty to the group to carry out properly the tasks that they accepted and generally to play an effective part in the job that the group has undertaken.

# TYPES OF MOTIVATION



- a. **Intrinsic Motivation**
- Comes from within a person.
- Feels more responsibility.
- Feels a need to achieve some thing for own sake.
- Connect the activity with their self-esteem.



- **B. Extrinsic**
- Comes from outside forces
- Tries to achieve a higher position, pay or status.
- Values, rewards or award for completing the work.
- Outside forces controls life.



- C. POSITIVE- Through Reward.
- D. NEGATIVE- Through Punishment.