

The role of the motivational aspect in the performance activity of the basketball „A” division players

Simona Tomele, Florentina Nechita, Ioana-Maria Curițianu

Faculty of Physical Education and Mountain Sport, Transilvania University of Braşov

Abstract

Background. Optimal motivation for basketball players and the coach can lead to a proper attitude towards training and competition, therefore to a higher level of performance.

Aims. The paper aims to investigate the importance of motivational factors in work performance and guidance of coaches and athletes to strengthen motivation skills, which could consist of creating strong emotional states with energetical-dinamogenical value.

Methods. The research was conducted in 2005 which consisted of a questionnaire containing 25 closed and opened questions for each team individually. To achieve the research two female basketball teams were chosen close in rating value: ranked Division I Women's National Championship "A" 2003-2004, Târgoviște and Livas Petrom ranked third, CSU-ACSA Terapia Cluj-Napoca. The investigation consisted of a questionnaire containing 25 closed and opened questions for each teams. The number of interviewed subjects was the same, 12 from each group were studied.

Results. The role of intrinsic motivation for sport and performance and the role of coaches in the determination and influence of motivational factors and the necessity in transforming the extrinsic into intrinsic motivation stand out as key factors.

Conclusions. Good motivation skills help players to remove loss of concentration and self confidence during training or competition and stress before competitions.

Keywords: motivation, basketball, coach, sports performance.