9.1 Motivation

Name: _____ Class: _____ Date: _____ **Total: 30 marks**

KEY WORDS intrinsic motivation • extrinsic motivation • autonomy • relatedness • task orientation • mastery climate

Objective

Build the skills to answer exam questions on **motivation** : intrinsic and extrinsic motivation, **self-determination theory** , achievement motivation, goal orientations and motivational climate.

You must be able to:

- distinguish intrinsic and extrinsic motivation, and explain how rewards can change motivation
- explain the three basic needs and the motivation continuum of self-determination theory
- compare need to achieve and need to avoid failure, and task and ego orientation
- explain how a coach can create a mastery climate
- explain why ego orientation with low perceived competence is risky

1 Key knowledge and worked examples

Motivation

Motivation is the **direction** (what you choose to do) and **intensity** (how hard you try) of effort. **Intrinsic** motivation: doing the activity for its own sake (fun, interest, satisfaction). **Extrinsic** motivation: doing it for something outside the activity (medals, money, praise, avoiding punishment).

Self-determination theory (SDT): people are most motivated when three **basic needs** are met: **autonomy** (choice, ownership), **competence** (feeling capable) and **relatedness** (feeling connected to others). Motivation lies on a continuum:

amotivation	external	introjected	identified	integrated	intrinsic
no reason to take part	rewards or punishments	guilt, pressure, pride	values the benefits	part of who I am	enjoyment

The left side is **controlled**; the right side is **autonomous** and gives more effort, persistence and well-being. A reward that feels **controlling** lowers intrinsic motivation; one that gives **information** about competence (e.g. "most improved player") can raise it.

Achievement motivation: people high in **need to achieve** (NAch) like challenges of about 50:50 difficulty and accept feedback; people high in **need to avoid failure** (NAF) choose very easy or very hard tasks, so failure is not their fault.

Achievement goal theory: task (mastery) orientation: success = improving and learning; **ego** (performance) orientation: success = beating others. Task orientation links to effort and enjoyment.

Motivational climate: the coach creates a **mastery** climate (reward effort and improvement, mistakes are part of learning, everyone has a role) or a **performance** climate (compare players, punish mistakes, praise only the best). A mastery climate supports motivation for most athletes.

AHL – ego orientation and competence: a high ego orientation is fine while **perceived competence** is high, but if the athlete believes they are not as good as others, they may give up, avoid challenges, or drop out. A strong task orientation protects against this. Within SDT, **cognitive evaluation theory** explains reward effects, and **basic psychological needs theory** says need support (not only need satisfaction) by the coach matters.

Answer shapes: name the theory → link to the athlete's behaviour → give the effect on effort, persistence or drop-out.

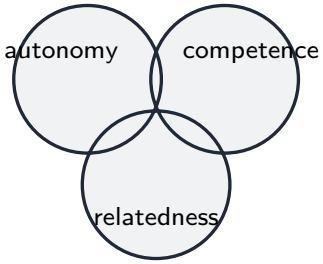
2 Practice

2.1 Distinguish between intrinsic and extrinsic motivation, with an example of each. [2]

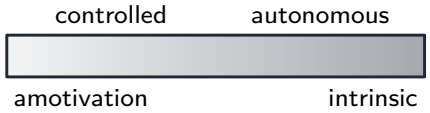


exercises.lol exercises.com.cn

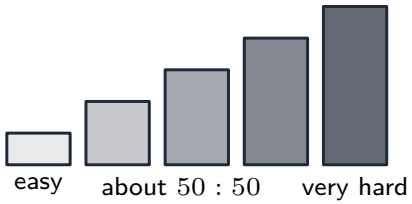
2.2 Outline the **three** basic psychological needs in self-determination theory. [3]



2.3 A swimmer says: "I train because I'd feel guilty if I missed a session." Identify the type of motivation on the SDT continuum and explain whether it is controlled or autonomous. [3]



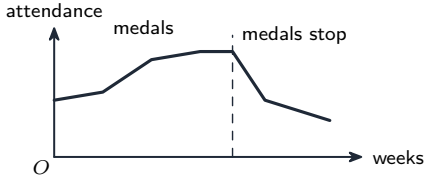
2.4 Compare the task choices of an athlete high in need to achieve with one high in need to avoid failure. [3]



exercises.lol exercises.com.cn

3 Exam-style questions

3.1 A youth club gives a medal to every child who attends ten sessions. Attendance rises, but after the medals stop, many children stop coming.



(a) Explain this using self-determination theory. [2]

(b) Suggest how rewards could be used to support intrinsic motivation. [2]

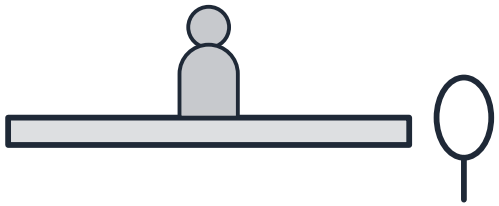
3.2 Two coaches run the same squad in different ways.



(a) Identify the motivational climate each coach creates. [2]

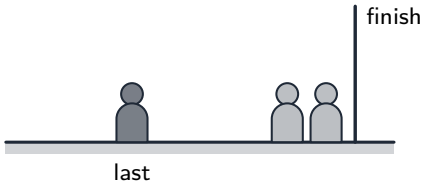
(b) Explain which climate is likely to keep more players in the sport. [3]

3.3 A talented 14-year-old tennis player is losing interest in the sport.



Using self-determination theory, explain how her coach and parents could increase her motivation. [6]

3.4 A sprinter has a high ego orientation and a low task orientation.



Explain how his motivation may change when he moves up to a level where he often loses. [4]

exercises.lol exercises.com.cn