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Mahatma Gandhi Arts,
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N P Commerce College,
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The Role of Motivation in Sports

Prof. Dnyaneshwar V. Thakre
Mahatma Gandhi Arts, Science & LNP Commerce College,
Armori

Dr. Sanjay Choudhary
S. B. City College, Nagpur

INTRODUCTION

Motivation is an internal energy force that determines all aspects of our behavior, it also impacts on how we think, feel and interact with others. Motivation is a spirit or a passion to do something extraordinary in a specific field. Work or business which comes from interest and an expectation for a reward. Motivation is the key to success in each and every walk of life. Whether a person is a salesman, a doctor, an engineer or a real estate agent as a business professional, motivation is the only thing which persuades human beings to explore, work hard, and get an expertise in their respective fields and works. All the development in this world carried out by Man and all the inventions so far, are the result of Motivation. Without motivation, it is almost impossible to get the best out of human beings as there is a famous maxim.

Lack of motivation in a person affects all the areas of his/her family, work, studies, social life, etc. People who are de-motivated do not realize that they are wasting their capabilities and little motivation can inspire them to do great things. Due to their inability to achieve anything in their life, people suffering from lack of motivation in life may also indulge in self pitying or try to find out petty excuse for their inability to do things.

Motivation is very important because you won't be able to succeed in anything that you wish until you are able to drive yourself. You need motivation in your life so that you have a reason to do more with your life. It is what makes you want to change into a better person. Without motivation there are a lot of things in life that would seem meaningless


DEFINITION:

B.C. Rai: "Motivation is a psychological and physical condition that causes one to expend effort to satisfy needs and wants."

Sage: "Motivation can be simply defined as the direction and intensity of one's effort"

Three Types of Motivation




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