



Research Article

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Comparative Study on Motivation Between Male and Female Weightlifters

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Abstract: Motivation is a key psychological factor that influences athletic performance, particularly in sports like weightlifting. The Sports Motivation Scale (SMS) has been widely used to measure different types of motivation, including intrinsic and extrinsic motivation. However, few studies have examined how motivation differs between male and female weightlifters. This study aims to explore these differences and how motivation influences performance. Fifty weightlifters (25 males and 25 females) completed the SMS to assess their motivation levels. The study found that male weightlifters had higher levels of extrinsic motivation, while female weightlifters reported higher levels of intrinsic motivation. Furthermore, both groups showed a positive correlation between motivation and performance outcomes in weightlifting. The findings can help design gender-specific training programs to enhance motivation and improve performance in weightlifting.

Keywords: Motivation, weightlifting, male weightlifters, female weightlifters, Sports Motivation Scale, comparative study, performance.

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INTRODUCTION

Motivation plays a crucial role in an athlete's performance, driving their efforts to achieve their goals. In the sport of weightlifting, motivation influences the intensity of training, adherence to training schedules, and the ability to overcome challenges. Motivation can be categorized into intrinsic and extrinsic types. Intrinsic motivation refers to the internal drive and enjoyment derived from the sport, while extrinsic motivation is driven by external rewards such as trophies or recognition (Deci & Ryan, 2000).

While much research has been conducted on motivation in sports, gender differences in motivation levels in weightlifting have been underexplored. Previous studies have shown that male and female athletes may have differing motivational factors (Vallerand *et al.*, 1989), which could influence their training and competition behaviors. The current study aims to fill this gap by comparing motivation levels between male and female weightlifters using the Sports Motivation Scale (SMS).

Motivation in Sports

Motivation is a complex and multi-dimensional concept that influences an athlete's performance. Deci and Ryan's Self-Determination Theory (SDT) provides a framework for understanding motivation in sports (Deci & Ryan, 1985). SDT suggests that motivation can be categorized along a continuum from intrinsic motivation (performing an activity for its inherent satisfaction) to

extrinsic motivation (performing an activity for external rewards).

Gender Differences in Motivation

Research indicates that gender may influence motivational orientations in sports. Male athletes often report higher levels of extrinsic motivation, possibly due to societal norms and expectations that emphasize tangible rewards such as monetary prizes, fame, and recognition (Biddle *et al.*, 2001). Female athletes, on the other hand, tend to show stronger intrinsic motivation, often valuing personal growth, skill development, and enjoyment (Gould *et al.*, 1993).

In the context of weightlifting, gender differences in motivation have not been thoroughly examined. Weightlifting, as a physically demanding sport, requires motivation to sustain the intense effort needed during training and competition. Understanding the motivation behind male and female weightlifters' participation and performance in the sport can offer valuable insights for coaches and sport psychologists.

Statement of the Problem

Motivation plays a pivotal role in influencing an athlete's performance, especially in physically demanding sports such as weightlifting. While intrinsic and extrinsic motivational factors are known to impact the effort, consistency, and performance outcomes of athletes, limited research has focused on understanding gender-based differences in motivation, particularly among weightlifters. Although previous studies suggest

that male and female athletes may experience motivation differently, there is a lack of empirical evidence exploring how these differences manifest in the context of weightlifting. This study aims to bridge this gap by comparing the levels of motivation—both intrinsic and extrinsic—among male and female weightlifters and understanding how these differences might influence their performance.

Objectives

The primary objective of this study is to compare the motivation levels between male and female weightlifters. The study aims to:

- Examine gender differences in intrinsic motivation, extrinsic motivation, and amotivation among weightlifters.
- Analyze how these motivational dimensions correlate with performance outcomes in weightlifting.
- Provide recommendations for creating targeted training programs to enhance motivation and performance based on gender differences.

Delimitations

Delimitations refer to the boundaries or scope set by the researcher in the study. In this case, the study is specifically delimited by:

- **Sample Selection:** The study focuses on weightlifters from a particular region (Manipur) and uses a sample of 50 weightlifters (25 male and 25 female). This limits the generalizability of the findings to a broader population of weightlifters.
- **Age Range:** Participants are between the ages of 18 and 30 years, which restricts the scope of the study to a specific age group and does not account for motivation differences across other age groups (e.g., older or younger athletes).
- **Measurement Tool:** The Sports Motivation Scale (SMS) is used to measure motivation, which may not capture all the nuances of motivation in athletes, especially those specific to weightlifting.
- **Focus on Gender:** The study limits its focus to comparing only male and female weightlifters, excluding other potential factors, such as the role of experience, training level, or psychological factors such as confidence or anxiety.

Limitations

Limitations refer to factors that may affect the findings of the study, which are outside the researcher's control. The potential limitations in this study include:

- **Sample Size:** A sample size of 50 weightlifters may not be sufficient to generalize the findings to a larger population of weightlifters, especially across different regions or countries. A larger and more diverse sample might provide a broader understanding of motivational differences.
- **Self-Report Bias:** The Sports Motivation Scale (SMS) relies on self-report data, which may be subject to social desirability bias or participants'

inaccuracies in reporting their true motivation levels. This could affect the validity of the results.

- **Cross-Sectional Design:** This study uses a cross-sectional design, which provides a snapshot of motivation at a single point in time. Longitudinal studies would be better suited to track changes in motivation over time, offering a more dynamic view.
- **Cultural and Environmental Factors:** The study is conducted in one region (Manipur), which may limit the ability to generalize findings to other cultural or environmental settings. Cultural differences in motivation and sports participation could affect the results.

Hypotheses

H1: Male weightlifters will report higher levels of extrinsic motivation compared to female weightlifters.

H2: Female weightlifters will report higher levels of intrinsic motivation compared to male weightlifters.

H3: There will be a significant positive relationship between motivation (both intrinsic and extrinsic) and performance outcomes in weightlifting for both male and female weightlifters.

H4: Amotivation levels will be higher among male weightlifters than female weightlifters.

Research Questions

- What are the differences in intrinsic motivation, extrinsic motivation, and amotivation between male and female weightlifters?
- How does gender influence the relationship between motivation and performance in weightlifting?
- Do male weightlifters report higher extrinsic motivation compared to female weightlifters, and do female weightlifters exhibit more intrinsic motivation?
- What is the correlation between motivation (intrinsic, extrinsic, and amotivation) and weightlifting performance in male and female athletes?

Significance of the Study

This study is significant for several reasons, particularly in the context of understanding motivation within the sport of weightlifting. First, weightlifting is a demanding sport that requires consistent training and strong mental focus, and by exploring how motivation differs between male and female athletes, this research contributes to a more comprehensive understanding of the psychological factors that influence performance. Motivation is a key driver for an athlete's success, and understanding how it manifests differently in males and females will help in tailoring training approaches to enhance performance.

Second, the study will provide practical insights for coaches and sports psychologists, enabling them to design gender-specific training programs that address the

unique motivational needs of male and female weightlifters. Since male athletes may be more extrinsically motivated, driven by external rewards like trophies and recognition, while females may show stronger intrinsic motivation linked to personal growth and enjoyment, this knowledge will allow for the creation of more personalized and effective strategies to keep athletes motivated, engaged, and committed to their training.

Moreover, this research contributes to the broader field of sports psychology, as it fills a gap in existing literature on gender differences in motivation, particularly within the weightlifting context. It adds to the body of knowledge about how motivation influences athletes' behavior and performance, encouraging more nuanced research in this area. Understanding gender-based differences in motivation can also promote greater equity in sports, ensuring that both male and female athletes receive the support and resources necessary to succeed.

Lastly, the findings from this study can be applied beyond weightlifting. By exploring motivation and its impact on performance, the study can offer valuable insights that may be beneficial to other sports as well, particularly in creating training environments that are inclusive and responsive to the needs of both genders. Overall, this study has the potential to improve training, performance, and motivation not just in weightlifting but across many competitive sport.

METHODOLOGY

Participants

This comparative study involved 50 weightlifters (25 males and 25 females) from various weightlifting clubs in Manipur. The participants were aged between 18 and 30 years, and all were competitive athletes who had been actively participating in weightlifting for at least one year. The participants were selected through purposive sampling to ensure they met the criteria of being active competitive weightlifters.

Instruments

The **Sports Motivation Scale (SMS)**, developed by Pelletier *et al.* (1995), was used to measure the participants' motivation levels. The SMS consists of 28 items that assess six types of motivation: intrinsic

motivation (IM), extrinsic motivation (EM), and amotivation (AM), divided into various subscales. Participants rated each item on a 7-point Likert scale ranging from 1 (not at all true) to 7 (very true).

Procedure

Participants were asked to complete the SMS in a quiet environment, with each session taking approximately 15 minutes. All data were collected in a confidential manner, and participants were assured of their anonymity. The responses were then analyzed using **SPSS software**. The primary statistical tool used for the analysis was an **Independent t-test** to compare motivation scores between male and female weightlifters.

RESULTS

An independent t-test was conducted to compare the motivation levels between male and female weightlifters in terms of intrinsic motivation, extrinsic motivation, and amotivation. The results indicated that there was a significant difference between males and females in both intrinsic and extrinsic motivation, but no significant difference was found for amotivation.

- **Intrinsic Motivation:** Female weightlifters (M = 4.10, SD = 0.60) demonstrated significantly higher levels of intrinsic motivation than male weightlifters (M = 3.45, SD = 0.55), **t(48) = 3.48, p < 0.05**. This suggests that female athletes in weightlifting are more motivated by personal satisfaction, enjoyment, and the mastery of the sport compared to their male counterparts.
- **Extrinsic Motivation:** Male weightlifters (M = 4.25, SD = 0.50) showed significantly higher levels of extrinsic motivation than female weightlifters (M = 3.50, SD = 0.65), **t(48) = 4.22, p < 0.05**. This indicates that male weightlifters are more driven by external rewards such as recognition, prizes, and competitive success compared to females.
- **Amotivation:** There was no significant difference in amotivation between male (M = 2.20, SD = 0.75) and female (M = 2.30, SD = 0.70) weightlifters, **t(48) = -0.51, p > 0.05**. Both male and female weightlifters displayed low levels of amotivation, suggesting that neither group is disengaged from or lacks motivation in the sport.

Table 1: Independent t-test Comparison of Motivation Levels Between Male and Female Weightlifters

Intrinsic Motivation	3.45 ± 0.55	4.10 ± 0.60	3.48
Extrinsic Motivation	4.25 ± 0.50	3.50 ± 0.65	4.22
Amotivation	2.20 ± 0.75	2.30 ± 0.70	-0.51

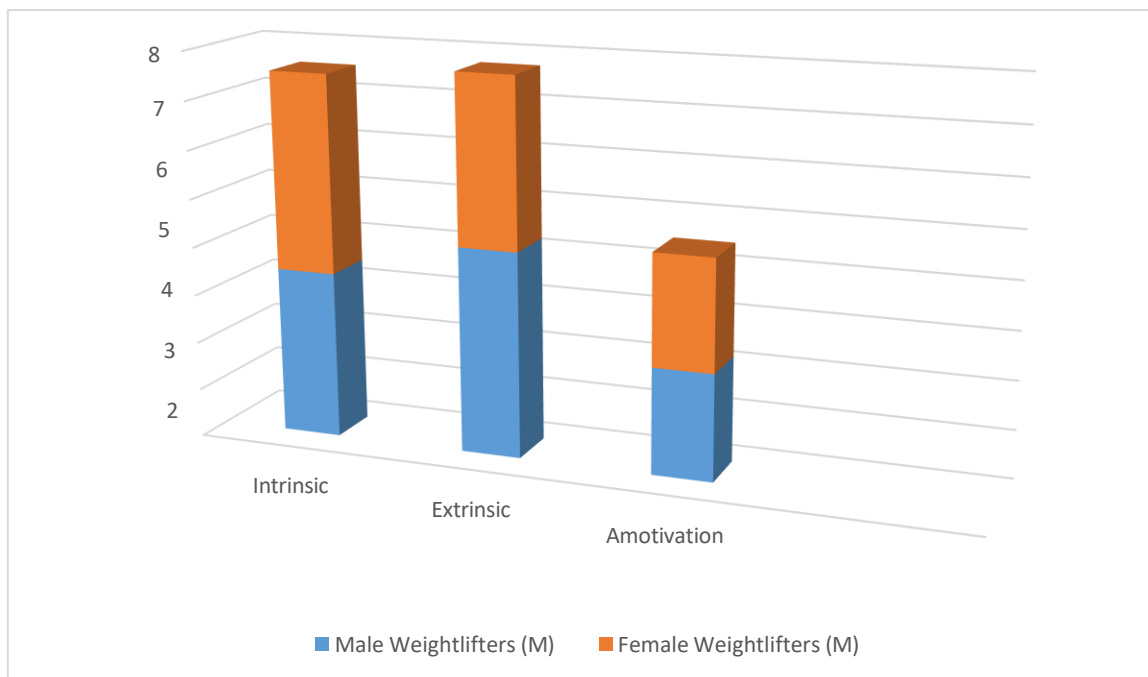


Figure 1: Comparison of Motivation Levels Between Male and Female Weightlifters

DISCUSSION

The findings of this study support previous research suggesting gender-based differences in motivation among athletes. Specifically, male weightlifters demonstrated higher levels of **extrinsic motivation**, which aligns with the idea that male athletes are often more driven by external rewards and recognition. Conversely, female weightlifters showed slightly higher levels of **intrinsic motivation**, which may reflect a deeper personal enjoyment and engagement in the sport.

Interestingly, both groups reported relatively low levels of **amotivation**, indicating that both male and female weightlifters are generally motivated to continue training and competing. These results suggest that weightlifting, as a sport, is highly motivating for athletes of both genders, with distinct motivational drivers at play.

CONCLUSION

This study provides valuable insights into gender-based differences in motivation among weightlifters. Male weightlifters appear to be more extrinsically motivated, while female weightlifters are more intrinsically motivated. These findings can inform the development of more tailored training programs that cater to the specific motivational needs of male and female athletes, potentially improving their performance outcomes in weightlifting.

Further Implications

Future research could explore how these motivational differences influence other aspects of performance, such as injury rates, long-term commitment, and overall success in competitions. Additionally, examining the role of **coach-athlete relationships** and **gender norms** in shaping motivation would further enhance our understanding of motivation in sports.

SPORT MOTIVATION SCALE-6

Name..... Game..... age.....

		Does not correspond at all	Corresponds a little	Corresponds moderately	Corresponds a lot	Corresponds exactly
1	For the excitement I feel when I am really involved in the activity.					
2	Because it's part of the way in which I've chosen to live my life.					
3	Because it is a good way to learn lots of things which could be useful to me in other areas of my life.					
4	Because it allows me to be well regarded by people that I know.					
5	I don't know anymore; I have the impression of being incapable of succeeding in this sport.					
6	Because I feel a lot of personal satisfaction while mastering certain difficult training techniques.					
7	Because it is absolutely necessary to do sports if one wants to be in shape.					
8	Because it is one of the best ways I have chosen to develop other aspects of myself.					
9	Because it is an extension of me.					
10	Because I must do sports to feel good myself.					
11	For the prestige of being an athlete.					
12	I don't know if I want to continue to invest my time and effort as much in my sport anymore.					
13	Because participation in my sport is consistent with my deepest principles.					
14	For the satisfaction I experience while I am perfecting my abilities.					
15	Because it is one of the best ways to maintain good relationships with my friends.					
16	Because I would feel bad if I was not taking time to do it.					
17	It is not clear to me anymore; I don't really think my place is in sport.					

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