

## Motivation

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Different forms of motivation have different effects on performance. Motivation is an internal state that activates, directs and sustains behaviour towards achieving a particular goal and includes positive, negative, intrinsic and extrinsic motivation.

Positive motivation is when an athlete performs well because they have received rewards for similar actions in the past. To maintain high levels of motivation through positive influences, new variations must be developed, for example, after 3 weeks of rewarding yourself a chocolate for winning, you will probably be bored of it and not care if you win or not the next time. This is very successful in increasing levels of performance and is generally more successful than negative motivation.

Negative motivation is characterised by an improvement in performance out of the fear of the consequences of not performing to expectations. This may be that you have performed better before and people will expect a lot from you, for example, Lucinda Dunn-Principle dancer of the Australian Ballet Company. Or that you may perform better because of the bad consequences that may lie ahead, like not being able to watch television all week. If this is pressured too much the athlete may lead to self doubt and it only works if the coach knows the athlete very well.

Intrinsic motivation is that of which comes from within the individual, a self-drive. This is the best form of motivation because the individual knows themselves the best, they know what their aims are and what reality may hold and how much motivating they do need. A personal accomplishment becomes the main reward, proving to yourself that you can do it, even if you thought you couldn't. It is just up to the individual to remember this next time things get too hard. A pure drive to win and be the best is as simple as this needs to be but it does include ideas like telling yourself something that you believe in or knowing that you trust yourself to reward yourself after the performance.

Extrinsic or external motivation occurs when the individual's internal state of mind is modified or influenced by sources originating from outside the person. For example, your coach rewarding you a night off training if you perform well. These rewards may change how hard we work but they do not alter attitudes that underlie behaviours. In children especially, enjoyment must be achieved otherwise this extrinsic motivation will barely work in the future if they have been let down before. An example of positive extrinsic motivation is if your mum rewards a night off training for doing well in a performance. Negative intrinsic is if she were to increase training hours (but this may be detrimental to recovery and inhibit further training).

Overall, motivation has many effects on performance. We can see this with positive or negative motivation in being rewarded or pushed harder, and in intrinsic or extrinsic motivation in telling yourself to perform well or when someone else tells you to perform well.