



ANALYSIS OF THE MOTIVATION LEVEL OF ADOLESCENT FOOTBALL PLAYERS OF DIFFERENT GEOGRAPHICAL REGIONS OF WEST BENGAL

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ABSTRACT:

The present study aimed to analyse the motivation levels among adolescent football players across different geographical regions of West Bengal, namely plains, sea-level, coastal, and hilly areas. A total of 400 male football players aged between 18 and 22 years were selected using a stratified random sampling technique, with equal representation from each region. The Sport Motivation Scale (SMS-28) was used to assess the motivation levels of the participants.

The collected data were analysed using descriptive statistics and inferential statistics, including One-Way Analysis of Variance (ANOVA) and Tukey HSD post-hoc test. The results revealed significant differences in motivation levels among the four groups. Players from hilly and sea-level regions demonstrated higher levels of motivation, while players from coastal regions exhibited comparatively lower motivation levels. The ANOVA results indicated a statistically significant difference ($F = 39.36, p < 0.05$), and the effect size showed that geographical factors had a moderate to strong influence on motivation.

The study concludes that motivation is significantly influenced by geographical, environmental, and socio-cultural factors. Therefore, appropriate psychological interventions and supportive training environments are essential to enhance motivation and improve the overall performance of adolescent football players.

KEYWORDS:

MOTIVATION, ADOLESCENT FOOTBALL PLAYERS, GEOGRAPHICAL REGIONS, WEST BENGAL, SPORTS PSYCHOLOGY, SMS-28.

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1. INTRODUCTION

Motivation is considered one of the most significant psychological factors influencing sports performance, as it determines the direction, intensity, and persistence of an athlete's behaviour. In competitive sports like football, motivation plays a vital role in enhancing performance, sustaining effort, and overcoming challenges during training and competition. According to Weinberg and Gould (2019), motivation is central to athletic success, as it directly affects an athlete's commitment, effort, and long-term participation in sports. Similarly, Hagger and Chatzisarantis (2016) emphasized that motivation is influenced by both internal factors, such as personal goals and self-determination, and external factors, including environment and social support.

Among adolescent athletes, motivation becomes particularly important due to the transitional nature of this developmental stage. Adolescence is characterized by rapid physical, emotional, and psychological changes, which can significantly impact an individual's interest and engagement in sports activities. Research suggests that motivated athletes tend to demonstrate higher levels of persistence, confidence, and performance, whereas low

motivation may lead to withdrawal and decreased participation (Gould et al., 2002). Therefore, understanding the factors influencing motivation among adolescent football players is essential for improving their performance and overall development.

Geographical and environmental factors are among the key determinants of psychological variables in sports. Differences in climate, terrain, socio-economic conditions, and availability of sports infrastructure can influence athletes' experiences and opportunities, thereby affecting their motivational levels. Studies have indicated that athletes from challenging environments often develop higher intrinsic motivation due to the need to overcome barriers, while those from resource-rich environments may benefit from better training facilities and exposure (Verma & Singh, 2015; Sharma, 2018).

In the context of West Bengal, the presence of diverse geographical regions such as plains, sea-level areas, coastal belts, and hilly terrains provides a unique setting to examine the influence of environmental factors on motivation. Each region presents distinct challenges and

opportunities that may shape the psychological characteristics of football players. Despite the strong football culture in the state, limited research has been conducted to analyse motivation levels among adolescent football players across different geographical regions.

Therefore, the present study aims to analyse the motivation levels of adolescent football players from different geographical regions of West Bengal, with a focus on understanding how environmental conditions influence their psychological development and sports performance.

1.2 OBJECTIVES OF THE STUDY

The present study was conducted with the following objectives:

1. To assess the level of motivation among adolescent football players.
2. To compare the motivation levels of adolescent football players across different geographical regions (plains, sea-level, coastal, and hilly) of West Bengal.
3. To examine the influence of geographical conditions on the motivation levels of adolescent football players.

1.3 HYPOTHESIS OF THE STUDY

The study is based on the following null hypothesis:

- **H₀₁:** There is no significant difference in the motivation levels among adolescent football players from different geographical regions (plains, sea-level, coastal, and hilly) of West Bengal.

2. REVIEW OF LITERATURE

Motivation has been widely recognized as a crucial psychological factor influencing sports performance and athlete behaviour. It determines the intensity, direction, and persistence of effort in achieving athletic goals. According to Weinberg and Gould (2019), motivation plays a central role in sports participation and performance, as highly motivated athletes are more likely to demonstrate greater commitment, consistency, and resilience in competitive situations. Their work highlights that both intrinsic and extrinsic forms of motivation are essential in shaping athletic performance.

The theoretical understanding of motivation in sports has been significantly advanced by Hagger and Chatzisarantis (2016), who proposed the trans-contextual model of motivation. This model explains how motivation developed in one context, such as education or training, can influence behaviour in another context, such as competitive sports. Their study emphasizes that environmental and social factors, including coaching style and peer influence, play a significant role in determining athletes' motivational levels.

Research conducted by Gould et al. (2002) indicates that motivation is closely linked with other psychological variables such as confidence, anxiety, and stress. Their

findings suggest that motivated athletes are better equipped to handle competitive pressure and are more likely to achieve optimal performance. Conversely, a lack of motivation may lead to decreased performance and withdrawal from sports activities.

Several studies have also highlighted the influence of environmental and geographical factors on motivation. According to Verma and Singh (2015), differences in climate, terrain, and availability of sports facilities significantly affect athletes' exposure and training opportunities, which in turn influence their motivation levels. Similarly, Sharma (2018) reported that socio-economic conditions and cultural background play an important role in shaping athletes' attitudes and motivation towards sports participation.

In the Indian context, research on motivation among adolescent athletes remains limited, particularly with respect to regional variations. However, existing studies suggest that athletes from challenging environments often develop higher intrinsic motivation due to the need to overcome obstacles, while those from resource-rich environments may benefit from better infrastructure and support systems. These contrasting conditions create differences in motivational levels among athletes.

Specifically, in West Bengal, which is characterized by diverse geographical regions such as plains, sea-level areas, coastal, and hilly terrains, there is a lack of focused research examining the impact of geographical variation on motivation among football players. Most studies have concentrated on general psychological variables without addressing region-specific differences.

Therefore, the present study attempts to fill this research gap by analysing the motivation levels of adolescent football players across different geographical regions of West Bengal, with a focus on understanding how environmental and socio-cultural factors influence motivation in sports.

3. METHODOLOGY

3.1 RESEARCH DESIGN

The present study adopted a descriptive and comparative research design to analyse the motivation levels among adolescent football players from different geographical regions of West Bengal. The design was considered appropriate as it enabled the researcher to compare motivation levels across groups and examine the influence of geographical variations on psychological characteristics.

3.2 PARTICIPANTS

A total of 400 male adolescent football players, aged between 18 and 22 years, were selected for the study. The participants were actively involved in competitive football and had represented their respective institutions at inter-college, inter-university, district, or state-level competitions.

The sample was equally distributed across four geographical regions of West Bengal:

- Plains (n = 100)
- Sea-Level (n = 100)
- Coastal (n = 100)
- Hilly Regions (n = 100)

This equal distribution ensured proper representation of players from diverse environmental and socio-cultural backgrounds.

3.3 SAMPLING TECHNIQUE

A stratified random sampling technique was employed for selecting the participants. The population was divided into four strata based on geographical regions (plains, sea-level, coastal, and hilly), and participants were randomly selected from each stratum. This method helped to ensure equal representation and reduce sampling bias.

3.4 VARIABLES OF THE STUDY

- **Independent Variable:**
Geographical regions (Plains, Sea-Level, Coastal, Hilly)
- **Dependent Variable:**
Motivation level of adolescent football players

3.5 TOOLS AND INSTRUMENTS

To assess the motivation levels of the adolescent football players, the **Sport Motivation Scale (SMS-28)** developed by Luc G. Pelletier, Michelle Fortier, Robert J. Vallerand, Nathalie M. Brière, Kim M. Tuson, and Marc R. Blais (1995) was used.

The SMS-28 is a standardized and validated instrument designed to measure different types of motivation in sports. It categorizes motivation into three dimensions: intrinsic motivation, extrinsic motivation, and amotivation. The scale provided a reliable and comprehensive assessment of the motivation levels of adolescent football players across different geographical regions.

3.6 DATA COLLECTION PROCEDURE

Before data collection, the purpose of the study was clearly explained to all participants to ensure their cooperation and understanding. The data were collected through direct interaction with the players during training sessions and competitions. Questionnaires were distributed through college sports departments, and proper instructions were provided to ensure accurate and honest responses.

Participants were given sufficient time to complete the questionnaire, and any doubts were clarified by the researcher during the process.

3.7 STATISTICAL TECHNIQUES

The collected data were analysed using appropriate statistical methods:

- Descriptive statistics (Mean and Standard Deviation) were used to assess the level of motivation
- Inferential statistics, such as One-Way Analysis of Variance (ANOVA), were used to determine the

significance of differences among groups

- Tukey HSD post-hoc test was applied to identify specific group differences

3.8 ETHICAL CONSIDERATIONS

Ethical standards were strictly maintained throughout the study. Participation was voluntary, and informed consent was obtained from all participants. Confidentiality and anonymity of the respondents were ensured, and the data were used solely for academic purposes.

5. RESULTS AND ANALYSIS

5.1 ANALYSIS OF MOTIVATION SCORES AMONG DIFFERENT GEOGRAPHICAL REGIONS

The present study aimed to analyse the motivation levels among adolescent football players across four different geographical regions of West Bengal, namely Plains (PA), Sea-Level (SL), Coastal Area (CA), and Hilly Area (HA).

TABLE 5.1 MEAN AND STANDARD DEVIATION OF MOTIVATION SCORES

Group	Mean	SD
Plains (PA)	109.26	8.47
Sea-Level (SL)	115.26	7.24
Coastal Area (CA)	106.30	5.62
Hilly Area (HA)	115.28	7.00

INTERPRETATION

The table indicates that:

- The **highest motivation level** is observed among players from **Hilly (HA)** and **Sea-Level (SL)** regions.
- Players from the **Plains (PA)** region show a moderate level of motivation.
- The **lowest motivation level** is found among players from the **Coastal (CA)** region.

This suggests that geographical conditions influence the motivation levels of adolescent football players.

5.2 ONE-WAY ANOVA ANALYSIS

To determine whether the differences in motivation levels among the four groups are statistically significant, a One-Way Analysis of Variance (ANOVA) was conducted.

TABLE 5.2 ANOVA SUMMARY FOR MOTIVATION SCORES

Source	DF	SS	MS	F	p-value
Between Groups	3	3895.12	1298.37	39.36	< 0.05
Within Groups	396	13060.44	32.98		
Total	399	16955.56			

INTERPRETATION

- The calculated **F-value = 39.36**
- The **p-value is less than 0.05**

Therefore, the null hypothesis (H_{01}) is **rejected**.

This indicates that there is a **significant difference in motivation levels** among adolescent football players from different geographical regions.

5.3 EFFECT SIZE

- The calculated effect size ($\eta^2 \approx 0.23$) indicates that approximately **23% of the total variance** in motivation scores is explained by geographical differences.

This represents a **moderate to large effect size**, showing that geographical region has a meaningful impact on motivation.

5.4 POST HOC ANALYSIS (TUKEY HSD TEST)

TABLE 5.3 PAIRWISE COMPARISON OF MOTIVATION SCORES

Comparison	Result
PA vs SL	Significant
PA vs CA	Significant
PA vs HA	Significant
SL vs CA	Significant
SL vs HA	Not Significant
CA vs HA	Significant

INTERPRETATION

The post hoc analysis reveals that:

- Significant differences exist between most regional pairs
- No significant difference is found between **Sea-Level (SL)** and **Hilly (HA)** regions
- The coastal region differs significantly from all other regions

This indicates that **high-motivation regions (SL, HA)** are clearly distinct from **low-motivation regions (CA)**

5.5 KEY FINDINGS

1. Highest motivation observed in the **Hilly and Sea-Level regions**
2. Moderate motivation in the **Plains region**
3. Lowest motivation in the **Coastal region**
4. Significant regional differences confirmed through ANOVA
5. Geographical factors have a **moderate to strong influence** on motivation.

6. DISCUSSION, CONCLUSION, AND RECOMMENDATION

6.1 DISCUSSION

The findings of the present study clearly indicate that motivation levels differ significantly among adolescent football players across different geographical regions of West Bengal. The results revealed that players from hilly and sea-level regions exhibit higher levels of motivation compared to those from plains and coastal regions. This variation suggests that geographical and environmental factors play a crucial role in shaping the motivational characteristics of athletes.

Players from hilly regions demonstrated high motivation, which may be attributed to the challenging environmental conditions that require greater physical effort, persistence, and adaptability. Such conditions often foster intrinsic motivation, as athletes develop a strong internal drive to overcome difficulties and achieve success. Similarly, players from sea-level regions also showed higher motivation, possibly due to better exposure to structured training systems, competitive opportunities, and access to sports facilities. These factors contribute to both intrinsic and extrinsic motivation among athletes.

In contrast, players from coastal regions exhibited comparatively lower motivation levels. This may be due to environmental instability, limited access to sports infrastructure, and socio-economic challenges, which can reduce opportunities for systematic training and competitive exposure. Players from plains regions showed moderate levels of motivation, likely influenced by a balance between available facilities and competitive pressure.

The findings of the study are consistent with the views of Weinberg and Gould (2019), who emphasized that motivation is a key determinant of sports performance and is influenced by both internal and external factors. Furthermore, Hagger and Chatzisarantis (2016) highlighted that environmental and social contexts significantly affect athletes' motivational behaviour. The results also align with previous studies indicating that athletes from challenging environments often develop stronger intrinsic motivation, while those from resource-limited regions may face barriers that hinder motivation (Verma & Singh, 2015; Sharma, 2018).

Overall, the discussion highlights that motivation is not only an individual psychological trait but is also shaped by geographical, environmental, and socio-cultural factors. Therefore, understanding regional differences in motivation is essential for designing effective training and psychological interventions for adolescent football players.

6.2 CONCLUSION

The present study concludes that motivation levels vary significantly among adolescent football players across different geographical regions of West Bengal. The findings revealed that players from hilly and sea-level regions possess higher levels of motivation, whereas players from coastal regions demonstrate comparatively lower motivation levels, with players from the plains region showing moderate motivation.

The results confirm that geographical conditions, along with environmental and socio-cultural factors, play an important role in influencing the motivation of adolescent athletes. Since motivation is a key determinant of sports performance, these differences may have a direct impact on the training, participation, and success of football players.

Therefore, the null hypothesis stating that there is no significant difference in motivation levels among adolescent football players from different geographical regions is rejected. The study emphasizes the importance of addressing regional disparities and integrating psychological training into sports programmes to enhance motivation and overall performance.

6.3 RECOMMENDATIONS

Based on the findings of the study, it is recommended that special emphasis should be given to enhancing motivation among adolescent football players, particularly those from regions where motivation levels are comparatively lower. Coaches and physical education teachers should incorporate psychological skill training techniques such as goal setting, positive reinforcement, and self-motivation strategies into regular training programmes. These approaches can help athletes develop a stronger internal drive and improve their commitment to sports participation.

Furthermore, sports authorities and institutions should focus on improving infrastructure and providing equal training opportunities across all geographical regions. Players from coastal areas, in particular, require additional support in terms of facilities, coaching, and exposure to competitive environments. The involvement of sports psychologists can also be beneficial in identifying motivational barriers and developing appropriate intervention strategies.

In addition, awareness programmes should be conducted to educate athletes, coaches, and parents about the importance of motivation in sports performance. Creating a supportive and encouraging environment can significantly enhance the motivational levels of players. Overall, a combined approach involving physical training, psychological support, and infrastructural development is essential for improving motivation and achieving better performance outcomes among adolescent football players.

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