

Motivation towards sport in boxers of the senior category
La motivación hacia el deporte en boxeadores de la categoría mayores
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ABSTRACT

A model is proposed to develop the motivation towards the sport of the boxers of greater category of Guantánamo. The assumed theoretical methods and premises allowed the elaboration of this result where the motivational psychological contents to work, the determining contextual social factors are interrelated: family, social economic conditions, social representation of boxing, team sports culture, leaders, the characteristics of the activity, and methodological and interventional criteria. It is validated in its theoretical conception and practical effectiveness through the criteria of experts and pre-experiment carried out with a sample of 24 boxers.

Keywords: Model; Motivation towards boxing; Senior category boxers; Motivational qualities

RESUMEN

Se propone un modelo para desarrollar la motivación hacia el deporte de los boxeadores de categoría mayores de Guantánamo. Los métodos y premisas teóricas asumidas permitieron la elaboración de este resultado donde se interrelacionan los contenidos psicológicos motivacionales a trabajar, los factores sociales contextuales determinantes: familia, condiciones económicas sociales, representación social del boxeo, cultura deportiva del equipo, líderes, las características de la actividad, y criterios metodológicos e interventivos. Se valida en su concepción teórica y efectividad práctica a través del criterio de expertos y pre-experimento realizado con una muestra de 24 boxeadores.

Palabras clave: Modelo; Motivación hacia el boxeo; Boxeadores categoría mayores; Cualidades motivacionales

INTRODUCTION

Motivation towards sport is a determining requirement for performance and the degree of effectiveness of the behavior of athletes. From his interest derive a wide diversity of theories that

converge in considering it as that process that develops in the interaction of the subject with his environment, which guides behavior towards sport, conferring intensity, direction and duration.

Thus, different models support it, such is the case of the goal perspective theory (Duda, 1992; Navas Soriano Holgado & Pablo, 2016); intrinsic-extrinsic motivation (Deci & Ryan, 1985; Uliaque, 2019); achievement motivation (Mc Clelland, Atkinson, Clark & Lowell, 1953; Arroyo, Hernández, Pozuelo & Rivas, 2014), self-efficacy (Bandura, 1997; Abalde & Pino, 2016), among others.

Consequently, motivational programs have been created that propose interventional resources aimed at developing a certain motivational quality (Elliott & Dweck, 1988; Treasure, 1993; Alonso, 1995) that need to be integrated to generate greater capacity for impact and adaptation to different personal situations. and contextual that arise.

In Cuba, authors such as González (2014); Ordoqui, García, González and Acebal (2018), establish the most representative motivational qualities in boxers of the older category with high and sustained sports results, but the social factors that influence it are not the object of investigation, so that it can be conceived with more objectivity the process of its development.

Other researchers such as Wambrug (2014), Sainz (2010), Del Monte (2016), ponder the importance of motivation in the psychological preparation of the athlete. Sainz (2004), Sosa (2009), Romero (2015), Chibás (2016), Matos (2017) state intervention tasks for their development with school and youth teams, where they estimate their influence from the coach, the peer group, and the family, but they fail to integrate other social factors that also determine it, especially to be applied to work with boxers of the senior category with particular personal and contextual characteristics.

In summary, the generation of more integrative conceptions that consider the multi-determined and multi-motivated nature of motivation towards sport and its contextualization to boxing and the category of seniors is still insufficient.

In the empirical order, confirmations provided by a diagnostic study to the provincial boxing team of the Guantánamo category reinforce the idea that the limitations detected affect the development of motivation towards the sport of these athletes, expressed in a predominance of extrinsic motives to activity, insufficient mobilization of their behavior to obtain sports goals, unfavorable presence of intrinsic motives, achievement motivation, approach to success, expectation of success, and efficacy.

Hence, in the present work the objective is declared: to develop a model that contributes to the development of motivation towards sport during the process of psychological preparation of boxers in the senior category; and as an approximation to the possible solution of the problem under investigation, the following hypothesis is proposed: if a model is elaborated in which multiple reasons and determining social factors are integrated from methodological orientations that guarantee a system of influence in correspondence with the situation social development of the boxer, then it will contribute to the development of the motivation of boxers in the senior category.

METHODS

In this research, the mixed investigative approach is assumed (Hernández, Fernández and Baptista, 2006). The methodological design is organized in three phases: initial diagnosis of the state of motivation towards the sport of boxers in the senior category; design phase of the model for the development of motivation towards the sport of boxers in the senior category, and evaluation of the proposal.

The objective of the first phase is to determine the initial state of the investigation, based on the diagnosis of the motivation towards the sport of the boxers of the senior category of the Guantanamo Provincial Boxing Academy. In carrying out the same, the following methodology was followed: the dimensions and indicators are determined; the instruments for obtaining the information are selected and elaborated, they are applied, and the results are processed and interpreted through the identified indicators.

Indicators and methods-techniques used:

- Personality motives: those that occupy a certain place in the boxer's motivational hierarchy. The technique that is used is ten wishes, assessing the level of hierarchy of the different reasons of the personality, and if those of sports content are highly predominant.
- Personality guiding tendency (TOP): it is determined if boxing constitutes a personality guiding tendency of the boxer. The techniques used were ten wishes, sports phrase completion, composition, observation, and interview; its evaluation is carried out comprehensively, considering in the interpretation of results the categories: breadth and depth of judgments about sport, affective assessment of love, admiration for sport, affective involvement with the expressed content, conscious expression, and level of personal elaboration (Gonzalez, 1987).
- achievement • approach to success • material reasons
- Intrinsic motivation • failure avoidance • Reasons for recognition

- extrinsic motivation
- task orientation
- ego orientation
- expectation of
- Efficacy Expectation
- Supra-individual
- Reasons for sports self-
- Reasons for personological self-

To study these indicators, the sports motivational qualities questionnaire is used. The task orientation and ego orientation indicators that were measured from the Ego Orientation and Task in Sport Questionnaire (TEOSQ) are excepted.

Regarding the motivational qualities questionnaire, the author of this research determined to measure each indicator in a dichotomous way considering that the categories: Very low, and medium are evaluated as low presence of the quality; high and very high as high presence of the quality.

It corresponds to the second phase of the investigation, to determine the structural components of the model, based on the main foundations on which it is based, the justification and argumentation of its necessity, and the explanation of its operation. The systemic approach, the theoretical methods: analytic-synthetic, inductive-deductive, and modeling were used.

In the third phase, destined to evaluate the quality of the elaboration of the model and the strategy, and the effectiveness obtained with its application, the expert criterion is used, which required the following methodology in its implementation: selection of possible experts; determination of the experts who will assess the proposed model based on the competence coefficient (K); application of the survey for the evaluation of the model with the following criteria: if the structural conception of the model and the strategy favor the achievement of its objectives; structuring and explanation of declared subsystems and components; if relationships are revealed; if it accurately and accurately reflects the guidelines for implementation in practice; if your results satisfy in practice the solution of the problem; novelty and actuality; and if it has real possibilities of application. As a last step, the analysis of the information through the Delphy method, aided by the Microsoft Excel software.

The evaluation of the model in its results from a methodological strategy is carried out through the experimental design: pre-experiment, pretest-posttest with a single group. This was carried out with the provincial boxing team of the senior category, from Guantánamo, made up of 24 athletes, which constitutes 100% of the enrollment, in the period September 2016 - May 2017 in the framework of the preparation for the Playa Girón Tournament, and the National Boxing Series in the following stages: pre-test, proposal introduction, and post-test. The pre-test was carried out in microcycles one and two of the first mesocycle of preparation (accumulation

mesocycle) for the Playa Girón Tournament, and the post-test (end of May, micro activation). The following steps were conceived for its development:

- Operational definition of the relevant variables of the study.
- Analysis and comparison of the indicators (expressed in a dichotomous way): orientation tendency of the personality, achievement motivation, intrinsic motivation, extrinsic motivation, expectation of success, expectation of efficacy, supra-individual motives, approach to success, avoidance of failure, orientation to the task, and orientation to the ego that will allow assessing the motivation of the boxer before and after the application of the strategy.
- Verification of the effectiveness from the McNemar hypothesis test.

The data that can be measured are statistically processed using the SPSS software for Windows version 15.0. The procedures used are the frequency distributions and the McNemar non-parametric hypothesis test to check if the changes before and after the intervention are significant. The predetermined coefficient of significance was a value of $\alpha < 0.05$.

RESULTS

According to the phases of the investigation, the main results show the following:

The diagnosis of the state of motivation towards the sport of boxers reflects that the most representative personality motives are those related to sport, material, family, and recognition. The first represent 28.3% of the total, and although they are the ones with the highest value, such predominance is not the most satisfactory, since said percentage is not a sign of sufficient strength in the motivational sphere, which has negative consequences in the use and effectiveness of training. The reasons for sporting, personological, and recognition self-affirmation are highly represented in this group of athletes; There is also an unfavorable presence of intrinsic motives, achievement motivation, approach to success, expectation of success and efficacy, For its part, the proposed model is structured and designed from the subsystems: theoretical, conceptual, methodological and interventional.

The conceptual theoretical subsystem It is the system of knowledge and relevant concepts assumed to guide the process of developing motivation towards the sport of boxers in the senior category. Here the components are identified: determination of the motivational psychological contents of the boxer and establishment of the contextual determinants of the boxer's sports motivation.

The first component is understood as the process of precision of the system of motives with

which it will operate in the development of motivation towards the sport of boxers in the senior category. They include: sport as a guiding trend of personality, reasons of personality external to sport such as material reasons, social recognition, personological and sporting self-affirmation; supraindividual motives, achievement orientation, intrinsic motivation, extrinsic motivation, task orientation, ego orientation, expectation of success, expectation of efficacy, approach to success, and avoidance of failure.

The second component refers to the process where the external social factors that exert a significant influence on the motivation towards the sport are established to favor their integration and participation in the development of the boxer's motive system. The family, the social economic conditions, the social representation of the sport, the sports culture of the team, the leadership, and the characteristics of the boxing activity are specified here. These factors act as a dialectical unit since their influence is conceived as a result of the dynamic interrelation of their operation.

The methodological subsystem seen as the set of general guidelines and methodological details to implement the work with motivational psychological content and contextual factors during the psychological and sports preparation of the boxer. In its complementary relationship with the conceptual theorist, it bases the actions and tasks that are conceived in the third subsystem. It includes technical and instrumental elements that are dynamized from the following components: ordering of the contents of the motivation, methodological orientation for the diagnosis and identification of methods.

In ordering the content, the criteria, orientations and indications are specified to implement in practice the work with the motivational psychological contents of the athlete and the contextual factors. For example, in the work with the motivational psychological contents of the boxer, it is indicated: promote the development of motives that have a great social and institutional significance and that favor sports activity, say: the supra-individual, achievement motivation, intrinsic motivation, orientation to the task, approach to success; and favor that sport constitutes a guiding tendency of the personality.

The methodological orientation component for the diagnosis is the process where the indicators for the analysis of the motivation towards the sport of the boxers are revealed, and the preparation of the coach to develop said motivation, in addition to the methodological requirements to determine the methods and techniques for your measurement.

In the identification of methods, the methods, techniques and procedures are determined to

diagnose the motivation towards the sport of the boxers, and the preparation of the coaches to develop the motivation towards the sport of these. The methods and techniques proposed to assess the boxer's personality motives are: ten-wish technique, composition, sports sentence completion, observation, interview, sports motivational qualities questionnaire, and ego and task orientation questionnaire sport (TEOSQ). To assess the state of the coach's preparation, the following are used: interview, observation of the training unit and review of documents.

In the interventional subsystem, the level of influence that the contextual factors have on the boxers is specified, and the actions and tasks that will be implemented to make the integral development of the motivation towards the sport of the athletes feasible are determined, with what will be achieved. assess the effectiveness of the subsystems. Its purpose is specified through the components: linkage of intervening agents and implementation of actions.

The first is considered as the process where the agents that intervene in the development of motivation towards the sport of boxers are determined and linked: technical group, psychologist, leaders, family, support staff, people from the social environment. The component expresses the hierarchical relationships between them based on the amount and type of influences on the athlete. The technical group (with the main figure of the coach) and the psychologist are assigned the greatest role, followed by the leaders, the family, the society, and the support staff.

For its part, the implementation of actions component is understood as the planning process of the activities that the intervening agents will carry out in a practical order to contribute to the development of motivation towards the sport of boxers. Its function is to dynamize, to output the model, while its components are integrated.

It is specified from a methodological strategy that contains the orderly succession of different stages that maintain a systemic interrelation. Its organization and execution is directed by the psychologist due to the complexity of this psychological construct, but the leading role belongs to the coach; its temporary duration is the same as that scheduled for a competition. It materializes from the athlete's preparation process through four stages: comprehensive diagnosis, preparation and instruction, psycho pedagogical intervention and evaluation. The stages contain a specific objective, actions, tasks, the moment in which they must be executed and those responsible, as well as methods, procedures and methodological indications.

The assessment of the criteria issued by the experts on the theoretical model and the methodological strategy for the development of the motivation towards the sport of the boxers of the older category and the analysis and comparison of the results of the pre-experiment as

verification of the feasibility of said strategy.

The examination of the results on the competition coefficient allowed to determine the 23 experts who evaluated the model who endorse its structural and systemic conception, its timeliness, precision, and its possibilities of practical application to contribute to the development of motivation towards the sport of boxers in the senior category.

The effectiveness of the strategy was verified by verifying the existence of significant changes in the moments before and after its application, reflecting progress in the preparation of the coach and in the development of the motivation towards the sport of the athletes, characterized by a predominance of sports motives of high regulatory value in the motivational sphere, high achievement motivation, high task and ego orientation, expectation of success, efficacy, approach to success, due to the presence of supra-individual motives and low avoidance of failure. See figure 1.

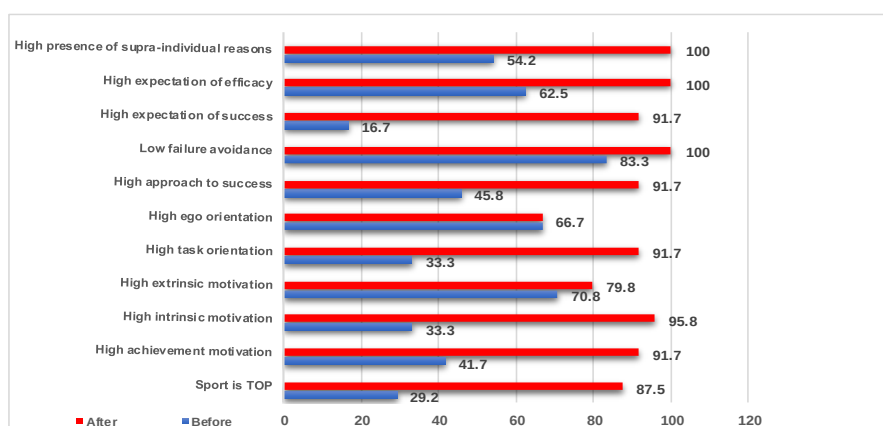


Figure 1. Results of the behavior of the variables that allowed assessing the motivation of the boxer in the moments before and after the application of the strategy. Source: self-made.

DISCUSSION

The diagnosis of the initial situation in the investigation allowed to reveal the difficulties in the state of motivation towards the sport of the boxers, and to verify the need to generate a positive change in it.

From the dialectical materialist conception of personality, from the cultural-historical approach, an interpretive logic is achieved in the study and treatment of the motivation towards the sport of boxers of the highest category with a systemic and contextualized approach, which differs from the vision fragmented from the independent analysis of qualitative aspects of motivation towards sport enunciated by Duda (1992), Deci & Ryan (1985), Uliaque (2019); Arroyo, Hernández,

Pozuelo & Rivas (2014), Bandura, 1997 Abalde & Pino, 2016). Last question considered a limitation since these qualities gain greater value when they are integrated into a conception that contemplates the multiple reasons that regulate the behavior of the athlete towards his sport.

The aforementioned confirms the need to implement a result with which the variety of psychological formations of the boxer important for the successful development of their activity can be treated, without conferring a general character to the contextual social factors that influence motivation, Therefore, it is pertinent to generate approaches that contextualize them more objectively, according to the characteristics of the sports and the psychological particularities of the athletes in order to modify and improve behaviors towards their sport that will lead to the achievement of performance and more satisfactory results.

The logic in the elaboration of the model for the development of the motivation towards the sport of the boxers of the older category emerged from the diagnostic study, from the systematization of the methodological theoretical references, from the practical and investigative experience of the author of the present investigation, and the considerations of Valle (2012) when he proposes that this requires theoretical and procedural elements. Therefore, the proposed model is structured and designed from the subsystems: theoretical, conceptual, methodological and interventional.

The increasingly integrating approach to motivated behavior allowed the elaboration of a systemic and contextualized model in which, based on the interconnection between the theoretical-conceptual, methodological and interventional subsystems, structural and functional relationships are established that allow conceiving the process of development of the motivation towards the sport of the boxers of the senior category, and their orientation in practice from the strategy.

The relevance of the model and the methodological strategy was determined through expert criteria, demonstrating consensus in the acceptance of the elements proposed to be assessed that suggest relevance, objectivity, timeliness, and viability.

The implementation of the model based on the methodological strategy allowed to demonstrate its feasibility to develop the motivation towards the sport of the boxers of the Guantánamo senior category.

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