

La motivación deportiva en la preparación del boxeador, una estrategia para su desarrollo

Sporting motivation in the preparation of the boxer, a strategy for its development

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RESUMEN

La presente investigación tiene como objetivo elaborar una estrategia metodológica para contribuir al desarrollo de la motivación deportiva de los boxeadores en la categoría de mayores, a partir de dificultades detectadas en este componente de la preparación psicológica de estos deportistas. El estudio se materializa en dos etapas, la primera de fundamentación y diagnóstico; la segunda comprende la elaboración y aplicación de la estrategia. Se utilizaron métodos de investigación del nivel teórico que permitieron dilucidar los elementos constitutivos de la estrategia. Los principales resultados de la investigación obtenidos después de la aplicación de la estrategia, develan la factibilidad de la misma y el cumplimiento del objetivo.

Palabras claves: Estrategia metodológica; Motivación deportiva; Motivación intrínseca; Motivación de logro; Aproximación al éxito

ABSTRACT

This research aims to elaborate a methodological strategy to contribute to the development of sporting motivation of boxers of the senior category, based on difficulties detected in this component of the psychological preparation of these athletes. The study was carried out in two stages, the first one of foundation and

diagnosis; the second includes the elaboration and application of the strategy. Methods of research of the theoretical level, that allowed to elucidate the constituent elements of the strategy, were used. The main results of the research obtained after the application of the strategy, reveal its feasibility and the fulfillment of the objective.

Key words: Methodological strategy; Sporting motivation; Intrinsic motivation; Achievement motivation; Approach to success

INTRODUCTION

Sporting motivation is a content of the psychological preparation of the athlete that must be implemented throughout the training process. In sporting activity, the high competitive achievements and driving force of behavior that largely determines and almost always success or failure is considered decisive for performance. Therefore, its study and treatment is essential in this context. (González, 2004; Paglilla, 2018)

There are different theories that contribute to explain this psychological content in sport, each one allows to analyze certain guiding motives of the athlete's behavior that lead him to participate in his sport; among them the theory of achievement motivation is used (Atkinson, 1974), which defines the tendency to seek, achieve excellence in any situation that involves evaluation standards, is an orientation towards the effort to achieve the goal, a constant impulse to overcome oneself and not settle for discrete performances.

As part of this theory, two components that constitute and typify the achievement or success behavior are described: the reasons for approaching success and the avoidance of failure. When the first case predominates the athlete is determined in searching the victory, the delivery of efforts is total and occurs without conditioning or damping. On the other hand, in the second one, the behavior is aimed at avoiding failure, rather than seeking success. In its approaching to the sporting goal, failure accompanies the athlete as a permanent possibility, which translates into mediated attempts and submaximal delivery.

Intrinsic motivation involves the commitment of a subject to an activity for the enjoyment that it produces, therefore, the activity is an end in itself (Deci & Ryan,

1985). This appears when in carrying out the task, is experiences the satisfaction it provides, the athlete participates in training and competitions for the pleasure that sports activity provides.

Motivation is considered extrinsic when behavior or conduct is oriented to achieve a reward, an end or goal different from that generated by the activity itself, an effort that is not directly linked to it is done, that is, the athlete participates in training and competitions more attracted by the consequences and benefits of sports practice, than by the activity itself.

On the other hand, other theories refer to the motives of social orientation, also called supra-individual motives by Rudik (1986) and are defined as the feelings of belonging to a collective, region or country and the sense of their representativeness in individual performance.

From this analysis, it is helpful to examine the idea of how to act on the sporting motivation of the senior boxer, if it is convenient to favor intrinsic motivation as indicated by Torre, Cárdenas and García (2001), the reasons for achievement as proposed Matos (2017) or be consistent with any of the other theories that were discussed previously.

About this particular, it is considered that each of these conceptions are appreciable and have a positive effect on the athlete, but they reach a greater value when they are integrated and take into account the diversity of factors that influence and determine the sporting motivation. This approach has antecedents in the opinion of Vaquero (2005), Cervelló and Gonzalez-Cutre (2007), León (2010), Monroy and Sáez (2012), although it is observed in them, insufficient integration of the conceptual contributions from different theoretical approaches.

Another question that can be seen in research and findings about motivation in sport is the great thematic dispersion that exists; on the one hand theories are revealed and confirmed, on the other they are declared, empirical applications and proposals, methodological perspectives, and all of them are really valuable, but such dispersion cannot prevent observed in practice, factors and agents that intervene and influence the motivation of the athlete with certain theoretical knowledge and not, of an interventionist proposal that complements it, or with one

or the other of these two requirements and the ignorance of evaluation and diagnostic instruments.

From all of the above it is concluded that it is necessary to devise strategies that promote the development of sporting motivation with a systemic and contextualized approach, in order to contribute to the solution of the problems analyzed. Hence, the objective of this research is to develop a methodological strategy to contribute to the development of the sporting motivation of boxers in the senior category.

METHOD

The study is carried out with the provincial team of the senior category in the Provincial Academy of Boxing "José María Chivás" in Guantánamo. The sample for research is 24 boxers.

The ages range is from 19 to 28 years and an average of 23; with sports and competitive experience over than seven years. Their training system designed to be completed with a frequency of six days a week, at the rate of two daily training sessions.

Procedures

The investigation was carried out in two stages. The first, the diagnosis where the state of the variable the sport motivation of the senior boxers is determined. The determination of this variable is based on the indicators: main personality reasons, higher level of integration of sporting motivation, motivation for achievement, reason for approaching success, reason for avoiding failure, intrinsic motivation and supra-individual reasons.

The first indicator was evaluated from the technique of the ten wishes, the second through observation, ten wishes, composition and completion of sports phrases and the rest with the questionnaire of sporting motivational qualities.

The second stage was concretized with the elaboration of the strategy and its application, with the use of different theoretical methods. The steps that were taken in the construction of the strategy are summarized in: introduction-foundation, diagnosis, general objective statement, strategic planning, instrumentation and evaluation (De Armas & Valle, 2011). It was applied during the preparatory period

for a specific competition, a National Boxing Series that covered a period of six months. Its effectiveness was verified, from the preexperiment (pretest-posttest with a single group), and the application of the Mc Nemar hypothesis test, assigning a significance level of 0.05.

Analysis of the applied techniques and the triangulation of the information allowed to know the following:

The main personality motives that predominated were those related to sports, materials, family and recognition, the sports ones were displayed with the greatest value, however, the predominance that was shown is not a sign of sufficient strength in the motivational sphere to efficiently regulate the behavior towards the activity.

A low predominance of the higher level of integration of sporting motivation was determined, which is associated with the presence of less regulatory sporting goals and objectives, orientation towards the sporting process with isolated and insufficient volitional efforts, insufficient mobilization of behavior before obstacles and adverse results, lower self-determination and level of independence and initiative in the development of activities related to the content of the sports activity. (González, 1998)

A low motivation for achievement were also appreciated in the team, for approximation to success, intrinsic motivation and supra-individual motives, elements that are associated with less satisfactory sports performance and results (Ordoqui, García, González, & Acebal, 2018). A positive element to mean for the team is the predominance of a low presence of failure avoidance.

These results led to the elaboration and application of the methodological strategy to favor sporting motivation in senior boxers. The proposed strategy is based on the principles of Marxist psychology of personality, the basic principle of the social historical conception of the psychic, of the social situation of development (Vigotsky, 1987), the principle of conscious determination of motivation, of the unity of cognitive and affective in motivation, psycho-pedagogical principles and sporting training.

In the strategy is distinguished its psychopedagogical character (it provides the methodological and practical guidelines that guide, organize and direct the development of the boxer's motivation, during the sporting preparation process), developer (by contributing to the integral development of the athlete's personality), flexible (when intervening with the team in a general way and in accordance with the individual characteristics of the athletes), integrated (integrates elements of different motivational theories for work with this complex psychological construct) and contextualized (takes into account the characteristics and demands of the sport and the psychological and social characteristics of athletes).

Actions and tasks were planned throughout the period of preparation of the athlete to develop sporting motivation in the senior boxers, based on the psychological and social characteristics of the boxers in this age period and the demands of this sport to this category, to access the desired state of sporting motivation.

The motivational contents that were treated respond to different motivational theories, such as intrinsic-extrinsic motivation, motivation for achievement, approximation to success, avoidance of failure, and the promotion of reasons of social significance.

The execution of the tasks involves the different factors and most influential agents in the development of the sporting motivation of the boxers, based on a hierarchy relationship between them, determined by the quantity and type of influences (direct and indirect) in the athlete, where is assigned the greatest role to the coaches and the psychologist inserted in the technical collective, followed by the leaders, the athlete itself, and subsequently on the same level, the family, society (media, prestigious social institutions) and finally the support staff working in this training center.

DISCUSSION

The application of the strategy produced significant changes in the sporting motivation of senior boxers, it is found that obtaining α values less than 0.05 in the evaluated indicators, with the exception of the avoidance of failure that since the initial evaluation showed satisfactory results. This demonstrates the validity and effectiveness of the proposal.

The analysis that was carried out reflected that in the evaluation of the higher level of integration of motivation, although before the intervention, this indicator showed favorable results for this activity only in 29.2% of the team, at the time after it was exhibited in 87.5%, this means the predominance in the team of affective commitment and admiration for their sport, depth of the assessments they issue with respect to it, perseverance towards tasks and obstacles, awareness of personal and team goals, sacrifice of other motives in pursuit of achieving sporting ones, self-determination to train and compete with high dedication and effort, elements that distinguish the guiding tendencies of personality where there is the most effective regulation of sports activity.

As for the high motivation of achievement before experimentation, although it was only present in 47.1% of the boxers, once the interventionist procedure was performed, superior effects were obtained, since 91.7%, ended up exhibiting the best results, observing self-determination in athletes for the pursuit of sporting excellence, personal improvement and self-improvement.

The comparative results before and after the intervention, in relation to the high presence of the approach to success, express significant changes in the percentages of the total values, increasing from 45.8% to 91.7%. On the other hand, the avoidance of failure, a high presence was observed in 16.7% of the boxers before the intervention, after it, none of them showed such dominance. It is important to highlight that the changes occurred in the experimentation were not significant, according to the coefficient α (N/S), this does not disregard the effectiveness of the interventionist actions; because maintaining the predominance of a low avoidance of failure in the 20 (83.3%) boxers who initially manifested this condition, results in the qualitative order, important for motivation.

With regard to high intrinsic motivation, at the beginning of the intervention there was a predominance of 33.3%, once it was concluded, this value increase to 95.8%. The high presence of this indicator guarantees interest, satisfaction, pleasure with practice and generates great willingness and energy to face sporting activity. (González, 2004)

The values that show the total in the analysis of the high presence of supraindividual motives, its predominance was observed before the intervention 54.2%, however, after the experimentation ended, it increased to 100%. These changes produced between the two evaluation moments are highly significant.

Above all this evaluation, it is important to highlight that the boxers who at the beginning showed a favorable presence of the indicators for this sport activity, after the interventionist action remained with the same condition, this ensures that the proposal not only achieved changes for athletes who exhibited results not adequate but also allowed the ones who manifested an optimal behavior of these indicators to be maintained.

In summary, it could be said that significant changes were achieved in the sporting motivation of the senior boxers who will contribute to more sporting results and performance. (González, 2004; Ordoqui, García, González, & Acebal, 2018)

CONCLUSIONS

From the application of investigation methods and techniques, the current state of sporting motivation of the senior boxers was characterized, with a low presence of it. This marked the need to elaborate a strategy for the development of sporting motivation in these athletes. The sporting motivation of the senior boxers is favored as a result of the application of the proposed methodological strategy, which is distinguished by its psychopedagogical, integrative, flexible, systematic and contextualized character. The applicability of the strategy, verified by means of a pre-experiment where significant changes in the sporting motivation of the senior boxers are shown, it demonstrates the relevance and feasibility of the proposal.

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