Mediating Effect Of Self-Satisfaction, Intrinsic Motivation And Performance. A Study On Malaysian Archers

Irza Hanie Abu Samah, Abdul Shukor Shamsuddin, Intan Maizura Abd Rashid & Mohammad Harith Amlus

Abstract: Improving athletes’ performance and ensuring continuity of athletes is important for national sport development. However, in national sport archery, there was lot of turnover happened. Unfortunately, this athletes’ turnover leads to issues of maintaining the performance. factor such as athletes’ satisfaction and motivation have significant influence on athletes’ performance. The objective of this study is to examine the mediating effect of self-satisfaction in the relationship of intrinsic motivation and performance. Results indicate that self-satisfaction mediates the relationship. This research contributes in term of methodology where using both SPSS and PLS3.0 in determining the performance difference and relationship of the variables. Finally, the information in this research can give some guidelines and framework on how coaches can treat their athletes to improve the interaction and facilitate training session effectively.

Index Terms: self-satisfaction, intrinsic motivation, performance, archery, athletes, score competition, training score and sport motivation.

1. INTRODUCTION
Performance is an observed outcome carried out by the individual. Performance plays a vital role in achieving goal. Study had shown that athletes’ satisfaction is one of the aspects of the performance improvement [1]. There are many reasons athletes’ can be satisfied or dissatisfied in the arena of sport, for example coaching behavior and communication [2]. In addition, Individual satisfaction and performance is naturally linked [3]. Besides satisfaction, motivation also plays an important part in contributing to the athletes’ performance. Previous research had shown that motivation is matters to the performance, enhancing creativity and persistence [4]. Indeed, in this case, athletes who are motivated consequently will have better performance because motivation is the source of power that driven people to do task [5]. In relating to that, athletes who are motivated will drive their action towards achieving goal. This study indicates that the athletes’ satisfaction is important for athletes to perform. Furthermore, previous study also stated that satisfaction is important for individual performance [1]. On the other hand, athletes’ satisfaction not always depends on others. Perhaps satisfaction of an athlete can be relying upon themselves. Self-satisfaction is crucial to determine whether athletes are satisfied or not especially on their performance. Athlete perception on their good performance influences their satisfaction which leads them to contribute to the good outcome. Research has shown that, athlete satisfaction toward their self (e.g., performance) has significantly associated with performance [6]. This indicates that athlete satisfaction on their self also plays a crucial role in determining athletes’ performance. Improving athletes’ performance and ensuring continuity of athletes is important for national sport development. However, in national sport archery, there was lot of turnover happened. Unfortunately, this athletes’ turnover leads to issues of maintaining the performance. factor such as athletes’ satisfaction and motivation have significant influence on athletes’ performance. There are many studies been done in determining the relationship between satisfaction, motivation and performance, however, lack of studies has been done in Malaysia. Furthermore, another issue is that, research on the relationship of athlete satisfaction and performance has pursued the relationship between the variables in using dual statistical tool. Therefore, this research proceeds with the difference of score obtain before and during the competition.

2 LITERATURE REVIEW

2.1 Performance
Performance in this research explain the absolute performance. In Archery performance is measure by the current score obtain comparing with the previous score. The concept of absolute performance was adapted in this study. The absolute performance was adapted in this study as percentage of competition score compare with training score. In archery, athletes’ performance were determined by comparing the score obtained with the present score [7].

2.2 Intrinsic Motivation
Intrinsic motivation is a feeling to perform or participate in the task for the satisfaction and pleasure [8]. Intrinsic Motivation is the inner driver to do things and helps an individual to be motivated to accomplish task [4]. Intrinsic motivation is feeling to engage with sense of accomplishment. According to [5] motivation is good source to lead performance and to exhibit positive experiences in sport.

Meanwhile, motivation also related to individual self-satisfaction [9]. Self-determination theory explain that the individual differences facilitate different types of motivation, especially autonomous motivation and controlled motivation, and in turn predict learning, performance, experience, and psychological health [10]. Current research determined the influence of intrinsic motivation and performance with the presence of self-satisfaction (self-facilitation and controlling) as mediating leading towards performance.

2.3 Self-satisfaction
Besides, an individual also play an important role for his/her success. Win or lose its all depends on athletes intrinsic motivation [8] self-concept [11] and self-satisfaction [12]. What ever happen in the field during the competitions is all on athlete. Athlete holds the responsibility to play with honor and courage as to achieve the goal and shows the performance. It
depends on athletes on how consistent him/her during practices, and their mental and physical toughness to face the battle. Athletes' satisfaction also shows a significant relationship with performance [13]. It shows that the inner thinking is important for an athlete to success. Indeed, previous research has discussed the intrinsic motivation play a fundamental role on performance [13].

3 RESEARCH METHODOLOGY

90 respondents were involving in this study during the national archery games. Athletes who participate in this study were volunteer to participate in the survey after the competition was finish. Sampling techniques use is purposive sampling at two archery events in the same year. The respondents were asked to fill in the latest score before the competition and score at the competition for the performance section. For intrinsic motivation the questions derived from Sport Motivation Scale (SMS) [15] and for self-satisfaction question derived from the Athlete Satisfaction Questionnaire (ASQ) [12]. This research proposed to test differences of performance whereby comparing score before and after. In which the test score will be analyze using SPSS (Friedman Test). Later the result in SPSS will further explain the construct of the relationship of intrinsic motivation and the presence of self-satisfaction as mediator.

4 RESULTS AND FINDINGS

4.1 Differences of the score- Performance

Friedman test was used to determine the difference between the test score of archers before the competition and at the competition. The results indicate as follows:

Friedman test Analysis

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Loadings</th>
<th>CR</th>
<th>AVE</th>
</tr>
</thead>
<tbody>
<tr>
<td>IM1</td>
<td>0.784</td>
<td>0.916</td>
<td>0.611</td>
</tr>
<tr>
<td>IM2</td>
<td>0.831</td>
<td></td>
<td></td>
</tr>
<tr>
<td>IM3</td>
<td>0.825</td>
<td></td>
<td></td>
</tr>
<tr>
<td>IM4</td>
<td>0.742</td>
<td></td>
<td></td>
</tr>
<tr>
<td>IM5</td>
<td>0.760</td>
<td></td>
<td></td>
</tr>
<tr>
<td>IM6</td>
<td>0.823</td>
<td></td>
<td></td>
</tr>
<tr>
<td>IM7</td>
<td>0.696</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SS1</td>
<td>0.763</td>
<td>0.890</td>
<td>0.618</td>
</tr>
<tr>
<td>SS2</td>
<td>0.826</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SS3</td>
<td>0.749</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SS4</td>
<td>0.780</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SS5</td>
<td>0.830</td>
<td></td>
<td></td>
</tr>
<tr>
<td>P1</td>
<td>0.954</td>
<td>0.926</td>
<td>0.863</td>
</tr>
<tr>
<td>P2</td>
<td>0.903</td>
<td></td>
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</tr>
</tbody>
</table>

All loading indicates that it passes the value of 0.7, AVE more than 0.5 and the composite reliability is in the range of 0.8-0.9. Therefore, the measurement model indicates that there is no multicollinearity concern.
Finally, the information in this research can give some guidelines and framework on how coaches can treat their athletes to improve the interaction and facilitate training session effectively.

6 REFERENCES


