THE RELATIONSHIP BETWEEN VALUE SYSTEM WITH THE SPORTS INTRINSIC MOTIVATION OF FEMALE ATHLETES

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Abstract

The aim of present study was to investigate the relationship between value priorities and motivations of women athletes in the sport's city Najaf Abad. The correlation study included 160 female athletes and healthy young (30-17 years) participated in this study drew accessible and targeted questionnaires. Reliability and validity of previous research was 0.80 reported. Stepwise regression analysis showed that the values of independence and Benevolence, intrinsic motivation predicted moved ($R^2 = 0.251$, $P<0.001$, $F_{2and\ 157} = 27.66$) thus seems to increase intrinsic motivation is need to strengthen the independence and Benevolence attention.

***Keywords**: Value, Schwartz's Value systems, Motivation, Intrinsic Motivation*

2-Introduction

The value of the cultural elements of any forklift as fitted to the society and are of such criteria as the basis for insight and action man lift fitted and positioned it so that some sociologists believe that the value of spirit of the selection criteria to include, among the possibilities for the individual tools or social atmosphere and social position, and he matches. In fact, this is the value of that special for a framework of people they know to be determined in each situation what is appropriate behavior and responses and determine a way of performance, and how priority activity direction of the cultural objectives of the classification system, educational, familial, religious, political and community is lift.

2-The Expresses of issue

Low lift is the most important factor of the disease in 21st-century movement [1]. The effect of physical activity on cardiovascular health is well known [2].Cardiovascular diseases and heart attack is common causes of two deaths are in the United [3]. Despite the fact that the institutions of the State and society and those involved in youth sports health guide published for the most refined, many young people in accordance with the level of physical activity, the proposed activity is not [4] Consequently the basis is probably the prevalence of obesity and type II diabetes in this age range will be increased [5][6].

Many studies showed decreased physical activity of the company is in the teens, although MacDonald et al. (2004) and Wright et al (2003) have suggested racial factors, this refined social

and cultural studies, which is part of the daily life of individuals and the causes of the barriers to participation in physical activity in recreational and not have fitted into consideration [7][8].

Even too much lack of continuity of care program in sport sports people who have organized to participate on a regular basis, it has been reported, and this issue is under consideration, sports managers and coaches [9].In the past three decades, the theory of cognitive behavioral motivation related to the continuation or non-continuation of sports participation and review have been consistent. The theory of motivational factors of the inner variables of a social-and have suggested that the behavior of sports is effective [10] On this basis, the lack of continuity of the sport to his lack of motivation and skills has been attributed regulatory [11].

The researchers fitted the theory of psychological motivation for many in the field of health-related behaviors, have suggested. Your theory is one of the theoretical frameworks and natural to check a person's motivation to be fitted that is used in many studies. Compared to other theories of your forklift, a theory is only a theory, and natural that the importance of the basic psychological needs for autonomy has been outstanding. On the basis of Deci and Ryan have suggested, that the relationship between the base and the positive implications of psychological needs is quite extensive and should be in all people in every age, gender or cultural background, used [12]

Schwartz is a relatively new theory in ten individual level value type has introduced that are motivational and content of biological needs, i.e. three General requirements need to be coordinated and the need for the preservation of the social interaction and performance of the group, only to return [13].

This forklift includes values: independence, arousal, pleasure, success, power, world of radicalism, benevolence, tradition, conformity, and security. The dimensions of this value system defined by refined Schwartz: social status and prestige, power means control or dominate others, or capital (social power, wealth, authority), the success of that individual success in proving eligibility according to social criteria (good, mighty, containing four barley, influence),

Enjoy the sensory pleasure and reliability means you'll com (fun, sweet life), arousal means excitement and novelty and challenge in life (diverse, exciting life, the life of intrepid), autonomy: independent thought and action, creativity, exploration (independent, curious people, freedom, personal choice, the purpose of their own), the new world, means understanding, tolerance and protection of the welfare, is grateful to all people and nature (rated in terms of breadth, shattered social justice, equality, world peace, beautiful, unfamiliar with the world of nature, protection of the environment), Benevolence is simply

Of maintaining and enhancing the well-being of the people that the person with whom there are frequent personal contact (Assistant, honest, generous, faithful, responsibility), the Saint that respect, recognizing commitment and acceptance of traditional culture and traditions or religion to individual offers (modest, accepting his share of life, faithful, respect for tradition, tempering), conformity means the probability that the acts of a dictatorial, fitted the sentiment is going to have caused offence or harm others and violates the social norms and expectations (dignity, be obedient, Disciplinary, respect their parents and adults), security of being safe, harmony and stability of society, relationships and self (family security, national security, social order, clean, loving others for compensation).

Hierarchy of value is different from one person to another. In other words, a value for the same value of the individual is important and may be trivial for other [13].Of exchange of value theory in forklift as desirable objectives-oriented position, defined in terms of the importance of different directional principles in life as individuals considered to be fitted.

The value of classification for class-cultural group, communities, individuals are fitted to make changes at any time, follow the lift and basics of behavior and attitude motivational lift fitted the description. A recent theory on the value of culture in all of the main lift, being diagnosed is focused. The theory of the motivational value of ten distinct types Schwartz and dynamic

relationship between them has been identified. Some values are in conflict with the forklift like benevolence and power and some are consistent with each other, such as conformity and security.

Value system, or set the desired quality of the internal structure-mental, cognitive, and people, as most of the inner layers of the character and identity of the donor, the shape of the base of the system is to look at behavioral and psychological. Each of the values of the various aspects of the cognitive, emotional, and behavioral therapy is. The basic shape of the provider can be fitted, bearing a person's lifestyle that has the greatest impact on the action and reaction for him.

The value of the next most important in cognitive psychology, source and stimulant for the force to lift up and your understanding and recognition of the social dimension in the set of ideas, of the purpose and the attitude of the person that is in progress and the vulnerability of society and its fitted with a harmonious society norms and rules would lift the feeling of satisfaction and fitted properly.

3-The Research of hypothesis

1. There is a relationship there between the dimensions of the value system and female athletes' inner motivation in the Schwartz Value System in najafabad.

4-The Research Method

The study of correlation and included 160 female athlete is young and healthy (17-30 years) for an appendectomy and targeted in this study were involved. "Validity and reliability of the questionnaire of the previous research over 0.80, respectively, have been reported.

5-The Findings of Research

1. There is a relationship there between the dimensions of the value system and female athletes' inner motivation in the Schwartz Value System.

In order to investigate the relationship between psychological scale of retail value system the inner motivation of the scale with the petty Schwartz Pearson and step by step regression was used. Table 1- average and standard deviation of the scores of petty scale shows the inner motivation and value system of Schwarz.

Table 1-average and standard deviation of the value system for large-scale retail Schwarz inner motivation

Variables	Average	Standard deviation
The inner motivation	22/035	4/82
Benevolence	4/69	0/99
The new world	4/74	0/88
Independence	4/83	1/03
Excitation	4/43	1/18
Enjoy	4/80	0/99
Success	4/71	1/03
Power	3/91	1/28
Security	4/78	0/97
Conformity	4/55	0/97
Saint	3/93	0/97

Table 2-the results of the analysis of scale between the petty, Pearson correlation value systems operating with the inner motivation Schwartz shows up.

Table 2 correlation between research variables analysis-results

Variables	The inner motivation	Benevolence	The new world	Independence	Excitation	Enjoy	Success	power	security	Conformity	Saint
The inner motivation	1	0/421	0/405	0/469	0/398	0/306	0/449	0/213	0/348	0/301	0/174
Benevolence		1	0/621	0/535	0/413	0/373	0/540	0/259	0/606	0/655	0/441
The new world			1	0/590	0/527	0/441	0/620	0/323	0/745	0/682	0/416
Independence				1	0/617	0/552	0/683	0/413	0/612	0/555	0/214
Excitation					1	0/500	0/600	0/389	0/432	0/473	0/260
Enjoy						1	0/552	0/488	0/417	0/391	0/157
Success							1	0/429	0/635	0/554	0/171
power								1	0/301	0/241	0/088
security									1	0/664	0/368
Conformity										1	0/539
Saint											1

The inner motivations of the new variables, the arousal of the world enjoy the independence of the benevolence of the power-saving security conformity success. As view the petty scale, fitted value system has a positive relationship with the inner motivation. In order to check the power of the inner motivation of the nose before by regression of values above for step by step was used.

Table 3-step by step regression analysis results to predict the inner motivation of the scale with retail value system

Type	**Model**	**of regression coefficient**	**square of regression**	**R^2**	**statistics**				
					Change R	F	Df1	Df2	sig
Inner motivation	1	0/469	0/220	0/215	0/220	44/54	1	158	0/000
	2	0/510	0/261	0/251	0/041	8/63	1	157	0/004

As in table 3-view to be fitted to the inner motivation of the first model, forecast that the value of the score only for independence has arrived, from 21.5% of the variance of the inner motivation to explain changes (R set = 0.215). In the second and final model, the value is added to the first model of benevolence and causes 4% of added variance explained (R= change=0.041). The final 25% of the variance of the model fitted the justified (R = 0.251).

To evaluate the contribution of each one of the significant factors in predicting the inner motivation of the value system, analysis of variance was performed. The results of this analysis for the inner motivation revealed that the presence of independence is the first step in a significant ($P<0.01$ $R^2= 0.215$, $F_{1,\ 158} = 44.54$). And the presence of independence and benevolence is also significant in the second step ($P <0.01$, $R^2= 0.251$, $F_{1,\ 157} = 27.66$).

Table 4 regression equation coefficients prediction of inner motivation through the dimensions indicated the value system.

Table 4 regression equation predicting the inner-motivated through the dimension value system

Incentive type	Variable	B	Standard error	Beta	t	Sig
Inner motivated	Fix	11/397	1/63		6/994	0/000
	Independence	2/201	0/33	0/469	6/674	0/000
	Fix	8/844	1/813		4/878	0/000
	Independence	1/602	0/381	0/341	4/202	0/000
	Benevolence	1/160	0/395	0/239	2/938	0/004

As the results of table 4 shows the regression coefficients for the incoming value system to the dimensions of the inner motives for the regression model is significant.

6-Discussion and Conclusions

In the present research, the analysis step by step regression showed that the value of the independence and benevolence, the inner motivation to anticipate, ($P < 0.01$, $R^2 = 0.251$, $F_{1, 157} = 27.66$).

On this basis, the inner motivation to increase the time, seems that participate in the sport of their choice and this choice is probably a person based on the specified purpose has taken place, because the value of independence and freedom, representing the target is significant.

As well as the logical connection between the value for benevolence and inner motivation can be fitted to this point because in the study group of athletes had been selected, so probably one of the people communicating is a basic requirement for the value of benevolence and of the Working Group and of the shim needs to be fitted by an organism. As well as the results of this research, the basic needs theory is a theory of who endorsed autonomy is. Basic needs theory, according to a petty theory of autonomy, the pleasure of mental needs of the inner feelings of competence include cognitive, autonomy, motivation and communication are essential to facilitate autonomy.

The inner motivation, according to the value of the inner bearing fitted structure that it's worth, may be associated with environmental factors and culture. In this case, the value for the priority of every group or a different society, and as a result the level of motivation of each inner group or society also will be different.

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