

# The Impact of Social Factors and Environment on Athlete Motivation and Performance in Sports

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## Abstract

This concept paper will discuss the factors that may have an impact on motivation in a sporting context. Notably, there are many factors that have an impact on athlete's motivation and subsequently, it may have an impact on sports performance. This includes psychological, physical, and social factors. In respect to social component, family, peers, media, training facilities and weather conditions are the factors that may influence motivation. Thus, the main aim of this paper is to investigate the impact of social and environmental factors on motivation particularly in sports. Previous research observed that social factor such as family and peer support may have an influence on athlete's motivation in achieving optimal performance. Also, a suitable and conducive training environment have been found to increase athlete's motivation and performance. Further, another factor that is still debatable is the role of social media on motivation. Social media has been found to have a positive impact on athlete motivation if only athletes use it wisely. However, a study reported that the over usage of social media caused unnecessary pressure and reduced athlete's motivation to continue practicing. In conclusion, social and environmental factors play a crucial role in influencing athlete motivation and performance in sports. Therefore, all the previous findings provide useful insights for coaches and sport psychologist in designing training aid for athletes to achieve optimal performance.

**Keyword:** Motivation, Environment, Athlete Performance

## Introduction

Sports performance and motivation are influenced by various factors, including psychological factors, physical, social, and environmental. Social and environmental factors, such as family support, peer influence, media influence, training facilities, and weather conditions, play a role important role in shaping the motivation and performance of an athlete. The purpose of the concept paper this is to investigate how social and environmental factors influence motivation and performance of athletes in sports.

According to a study by Leicht et al (2020), social support, especially from members

family, has a significant positive influence on the motivation and performance of athletes. Similarly, a study by Liu et al (2018) found that peer networks that providing support can increase the athlete's motivation to achieve a level of performance higher. On the other hand, the negative influence of social media on the motivation and performance of athletes has also been studied (Feito et al., 2019). In addition, environmental factors such as training facilities, Weather conditions, and access to equipment, can also impact motivation and athlete performance. For example, a study by Niven et al (2018) found that availability and the quality of training facilities has a significant influence on motivation and athlete performance.

Therefore, this concept paper aims to provide a comprehensive overview on the impact of social and environmental factors on the motivation and performance of athletes in sports. The study also seeks practical insights for sports managers and coaches design an effective motivational program that takes these factors into account.

### **Problem Statement**

Sports are activities that involve high level of competitiveness that require a good physical fitness and mental health. However, social factors and environment may influence athlete's motivation and performance. This paper will discuss on how social factors and the environment affects the motivation and performance of athletes in sports. Also, the relationship between those factors versus motivation and sports performance will be explored.

Notably, social factors such as family support, good friends, and training environment has been found to have an impact on the motivation and performance of athletes. This study will also examine how athletes can overcome negative effects of social and environmental factors that may influence motivation and sports performance. In all, this study will provide a deeper understanding on the relationship of social and environmental factors on motivation and sports performance. The means to mitigate the negative effects of those factors will also be discussed.

### **Literature Review**

Sports motivation in Malaysia has gained attention in recent years. A lot factors involved in sports activities in Malaysia. One of the previous studies conducted by Abdul Ghani et al (2019) looked at the relationship between environmental factors and motivation among high performance sports athletes in Malaysia. The results of the study show that environmental factors such as training facilities, medical and rehabilitation facilities, as well as realistic expectations of athlete performance has a significant relationship with the athlete's motivation in achieving performance height.

In addition, a study by Ab Halim et al (2017) studied the influence of social factors and the environment on the motivation of athletes in soccer.. Questionnaires are used as data collection instrument and data analysis is done using models structural equation. The results of the study show that environmental factors such as facilities training, coach competence, and family support have a significant influence to the motivation of athletes in achieving higher performance. Another past study is a study by Abu Samah et al (2019) who looked at factors environment that affects the performance of athletes in athletics. Data analysis is performed by using multiple linear regression and the results of the study show that factors

environment such as training facilities, equipment facilities, as well as the support of family and friends peers have a significant influence on the performance of athletes in sports.

Overall, past studies in Malaysia show that environmental factors such as training facilities, facilities, equipment, family and peer support have significant influence on the motivation and performance of athletes in sports. A study by Leicht et al (2020) concluded that social support, especially from members family, has a significant positive influence on the motivation and performance of athletes. Another study by Liu et al (2018) showed that peer networks that support can increase the athlete's motivation to achieve a higher level of performance height. On the other hand, a study by Feito et al (2019) found that the negative influence of the media social can reduce the motivation and performance of athletes.

In addition to social factors, previous studies also discussed environmental factors affect the motivation and performance of athletes in sports. A study by Niven et al (2018) shows that the availability and quality of training facilities influence motivation and athlete performance. In another study by Wylleman et al (2019), the author focuses on sports equipment and athletes' needs. They found that the athlete's needs and abilities them to acquire appropriate sports equipment also affects motivation and their performance.

Social and environmental factors play an important role in shaping motivation and athlete performance in sports. Previous studies showed that support from family and peers positively influence athlete's athlete performance that include emotional, instrumental, and informational support. In addition, a good environment, including facilities quality training and suitable weather conditions, can also have a positive effect on the motivation and performance of athletes. However, the effects of social and environmental factors are not necessarily positive. Studies showed that the influence of social media and pressure from outside parties such as athlete management agency negatively impact athlete's motivation and subsequently performance. This negative influence may reduce self-confidence and psychology athletes as a whole.

Therefore, it is important to understand the impact of social and environmental factors on motivation. By understanding these factors, sports supervisors and coaches can create a more positive and supportive environment in order to achieve optimal performance. In addition, it may be beneficial for athletes to manage their own environment and increase their motivation in achieving the desired goals.

Social and environmental factors not only affect the motivation and performance of athletes, but also teachers and coaches involved in the training and development of athletes. Teachers and coaches should understand how these factors affect the motivation and performance of athletes, as well how they can take advantage of it to develop a training program that more effective. In the context of social factors, teachers and trainers need to pay attention to the role of the family, peers, and other social environments in shaping athlete motivation and achievement. They have to find ways to take advantage of this positive social support, all the while identify and overcome negative influences that may arise from the social environment athlete.

In addition, environmental factors also play an important role in motivation and athlete achievement. Teachers and coaches should ensure that training facilities and access to the necessary equipment is available and sufficient for their athletes. They should too consider environmental factors such as weather, which can affect the athlete's performance during practice or matches. In all, teachers and trainers must understand how social factors and the environment affects the motivation and performance of their athletes, as well as how well they can use them to design more effective exercise programs. With paying attention to these factors, teachers and coaches can help their athletes achieve their best potential in sports.

### Theories Related to Motivation

Motivation can be defined to the internal state that moves a person to act or do certain activities. In the context of sports, motivation is an internal drive that influencing athletes to strive to achieve high performance in a particular sport. According to Deci and Ryan (2000), motivation is the internal tendency to perform certain actions with the purpose of meeting internal needs or achieving a goal significant. Meanwhile, Vallerand and Losier (1999) define motivation as a process in a person that affects the direction, level, and persistence of efforts someone to achieve a certain goal. In general, motivation in sports refers to a strong desire to achieve performance and victory in sport. Athletes who have high motivation tends to have a better performance level than them who are less motivated. There are several theories that are related to motivation as listed below

i. Maslow's Hierarchy of Needs Theory

This theory states that individuals have five levels of needs, namely physical, security, love, appreciation, and self-understanding. Form athletes perspective, need can be defined as an achievement and performance recognition that may influence their motivation in order to achieve optimal performance (Maslow, 1943).

ii. Multiple Intelligence Theory by Gardner

This theory states that each individual has a different intelligence, such as linguistic, logical-mathematical, kinaesthetic, and interpersonal intelligence. For athletes, kinaesthetic and interpersonal intelligence are very important to success in sports (Gardner, 1983).

iii. Cognitive Field Theory by Lewin

This theory states that individual motivation is influenced by the surrounding environment. Athletes who surrounded by a positive environment will receive support, encouragement, and positive rewards that they will be more enthusiastic and motivated to perform better (Lewin, 1951).

iv. Social Environment Theory by Bandura

This theory states that individuals adapt their behaviour from the social environment through observation, imitation, and reward. In sporting context, a positive social environment provides support, encouragement, and appreciation that will increase their motivation to success in sports (Bandura, 1977).

### Importance

Through literature review, this concept paper can help broaden the understanding of social and environmental factors that influence the motivation and performance of athletes in sports. Therefore, it can contribute to the field of sports and give new views to those involved in sports management and coaching in design a more effective training and motivation program. In addition, it can also provide new insights to researchers to carry out further studies in this field. In addition, this concept paper is also important to help improve general understanding of the importance of social and environmental factors in shaping motivation and performance of athletes. By understanding these factors, people can provide better support to athletes in their efforts to achieve performance which is higher. In addition, it can also help athletes and coaches in planning training and motivation programs that better suit their needs.

Overall, this concept paper is important in making a contribution to the field of sports and can help improve understanding of the influence of factors social and environmental factors on the motivation and performance of athletes in sports. Therefore, it can provide new insights to researchers, sports managers, coaches, and the public about the factors that need to be observed in helping athletes achieve the performance that higher in sports.

### **Suggestions for Improvement**

Increase variation in research methodology. Past studies or new studies should take into account variations in research methodology to obtain results which is more accurate and broad. This can include the use of new technologies and instruments, the use of larger and diverse samples, as well as the use of survey research online. Emphasis on the assessment of the quality of life of athletes who often give emphasis to the final result or performance only, without taking into account the environmental impact and social factors on the life and excellence of athletes as a whole. Hence, the journal should emphasize on the evaluation of the quality of life of athletes, including mental well-being and emotions. Improve the quality of more comprehensive social and environmental information about the social and environmental factors that affect the motivation and performance of athletes. This can cover aspects such as the level of family support, the training environment and convenience, as well as psychological factors such as motivation, confidence, and attitude.

### **Executive Summary**

In my view, studies show that social and environmental factors such as family support, coaches, peers, and a good training environment can provide positive effect on the motivation and performance of athletes. However, there are also factors negative such as pressure from family or coaches that can have a negative effect on the motivation and performance of athletes. To improve the motivation and performance of athletes, recommendations such as improving the training environment, providing adequate support from family, coaches, and peers, as well as increasing the coach's knowledge of motivation theory can done. Furthermore, related journals that focus on social factors and the environment in influencing the motivation and performance of athletes needs to be published more for increase understanding in this field.

In conclusion, social and environmental factors play an important role in influencing the motivation and performance of athletes in sports. In an effort to improve athlete's performance, it is necessary to pay sufficient attention to these factors.

### **Conclusion**

In conclusion, social and environmental factors play an important role in influencing athlete's motivation and performance in sports. Factors such as family support, a conducive training environment, relationships good with teammates, and the coach's ability to provide motivation and direction which is accurate, may be beneficial in providing positive effect on the motivation and performance of athletes. In Malaysia context, there were several previous studies that have been done on motivation and observed a similar impact. However, it has a limitation such as lack of studies involving female athletes and studies involving less sports popular in Malaysia. Therefore, future study is warranted to investigate those measures.

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