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Comparisons of intrinsic and extrinsic motivation, and amotivation in between team and individual sport types athletes in Ethiopia

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Abstract
The purpose of this research was to evaluate sport motivations on a sample age ranges of 18-32 from both team (Football players) and Individual (Athletics: - Short, Middle and Long Distance Athletes, and Jumpers and Throwers) sport athletes from Ethiopian premier league players and first division athletes in the competition year of 2016/17. The total sampled of 495 team sport athletes were 231 and individual sports athletes were 264. Team sport males were 121 and females were 110. Individual sport athletes and 148 male and 116 female athletes included.
An independent t-test was conducted to examine intrinsic motivation and extrinsic motivation and Amotivation differences by comparing team and individual sports across Ethiopia, Leven's Test Equal variances, $p \geq 0.05$, and $p \leq 0.05$. Data was processed by SPSS 16.0 version.
The sport motivation in this research was developed as an intrinsic motivation (to know, to accomplish and to experience stimulation), extrinsic motivation (by identification, introjection and external regulation) and amotivation for sport (Deci & Ryan, 2000). There was no significant difference with respect to intrinsic motivation regardless of their sport types. The Sport Motivation Scale (SMS-28) includes 28 items in total which are assessed by the respondents on a 7-point Likert-type scale. Four items each measure the aspects of intrinsic motivation (to know, to accomplish and to experience stimulation), the aspects of extrinsic motivation (by identification, introjection and external regulation) and amotivation for sports. No differences were existed in intrinsic, extrinsic motivation and Amotivation which indicated a potential specificity for engaging in team and individual sport activities in Ethiopia athletes.

Keywords: motivation, intrinsic, extrinsic, amotivation, team, individual

Introduction
Motivation in sports is a complex phenomenon and is often associated with multiple engagement and different types of motivation (Pelletier *et al*., 2013) [10]. Thoughtful of motivation in sports engagement is indispensable because it is a vital predictor of ongoing and possible future sports commitment (Iso-Ahola and St. Clair, 2000) [6]. Therefore, a systematic examination of how different types of motivation (intrinsic vs. extrinsic) are associated with sports engagement is imperative for sustaining interest in sports.
A better understanding of athletes' motivational behavior can be categorized by intrinsically motivated, extrinsically motivated, or amotivated (Deci, 1975; Deci &Ryan, 1985, 1991) [3, 4]. This theoretical approach has generated to the field of sports (Bribre, Vallerand, Blais, & Pelletier, in press; Deci & Ryan, 1985 [4]; Fortier, Vallerand, Brikre, & Provencher; Vallerand, Deci, & Ryan, 1987). Motivation is at the heart of many of sport's most interesting problems, both as a developmental outcome of social environments such as competition and coaches' behaviors, and as a developmental influence on behavioral variables such as persistence, learning, and performance (Duda, 1989; Vallerand, Deci, & Ryan, 1987).
Intrinsic motivation refers to engaging in an activity purely for the pleasure and satisfaction derived from doing the activity (Deci, 1975) [3]. When a person is intrinsically motivated he or she will perform the behavior voluntarily, in the absence of material rewards or external constraints (Deci & Ryan, 1985) [4]. Athletes who practice their sport for the pleasure of constantly trying to exceed them are considered intrinsically motivated toward their sport. (Deci & Ryan, 1985) [4] speculate that intrinsic motivation stems from the innate psychological needs of competence and self-determination. Thus, activities that allow individuals to experience feelings of competence and self-determination will be engaged in because of intrinsic motivation. Although most researchers posit the presence of a global intrinsic motivation construct, certain theorists (Deci, 1975; White, 1959) [3] have proposed that intrinsic motivation could differentiate into more specific motives. Recently, a tripartite classification of intrinsic motivation has been postulated (Vallerand *et al*., 1992). This classification is based on the intrinsic motivation literature that reveals the presence of three types of intrinsic motivation that have been researched on an independent basis. These three types of intrinsic motivation have been identified as intrinsic motivation (to Know, to Accomplish Things, to Experience Stimulation).
Intrinsic Motivation -*to know* relates to several constructs such as exploration, curiosity, learning goals, Intrinsic Motivation to learn, and the epistemic need to know and understand.

Thus, it can be defined as performing an activity for the pleasure and the satisfaction that one experiences while learning, exploring, or trying to understand something new. For instance, athletes are intrinsically motivated to know when they try to discover new training techniques for the sheer pleasure they experience while learning something new.

Intrinsic Motivation -to Accomplishments has been studied in developmental psychology, as well as in educational research, under such terms as *mastery motivation, efficacy motivation,* and *task-orientation.* In addition, other authors have postulated that individuals interact with the environment in order to feel competent and to create unique accomplishments (Deci, 1975; Deci & Ryan, 1985, 1991) [3, 4]. Thus, Intrinsic Motivation toward accomplishments can be defined as engaging in an activity for the pleasure and satisfaction experienced when one attempts to accomplish or create something. Trying to master certain difficult training techniques in order to experience personal satisfaction represents an example of intrinsic motivation to accomplish things in the sport domain.

Intrinsic Motivation to Experience Stimulation occurs when someone engages in an activity in order to experience stimulating sensations (e.g., sensory pleasure, aesthetic experiences, as well as fun and excitement) derived from one's engagement in the activity. Research on the dynamic and holistic sensation of flow, on feelings of excitement in intrinsic motivation, on aesthetic stimulating experiences, and peak experiences is representative of this form of Intrinsic Motivation. Athletes who participate in their sport in order to live exciting experiences are intrinsically motivated to experience stimulation.

Extrinsic Motivation

Contrary to intrinsic motivation, extrinsic motivation pertains to a wide variety of behaviors that are engaged in as a means to an end and not for their own sake (Deci, 1975) [3]. It was originally thought that extrinsic motivation referred to non-self-determined behavior, behavior that could only be prompted by external contingencies (e.g., rewards). More recently however, Deci and Ryan, along with their colleagues (e.g., Ryan, Connell, & Grolnick, 1990), have proposed that there are, in fact, different types of extrinsic motivation that can be ordered along a self-determination continuum. From lower to higher levels of self-determination, they are: external regulation, introjection, identification.'

External Regulation

Motivation refers to behavior that is controlled by external sources, such as material rewards or constraints imposed by others (Deci & Ryan, 1985) [4]. Athletes who participate in sport in order to receive praise from their coach, or because they feel urged to do so by their parents are motivated by Pelletier, Fortier, Vallerand, Tuson, Britre, and Blais external regulation. In this case, the sport is performed not for fun but to obtain rewards (e.g., praise) or to avoid negative consequences (e.g., criticisms from parents).

With introjection, the formerly external source of motivation has been internalized such that its actual presence is no longer needed to initiate behavior. Instead, these behaviors are reinforced through internal pressures such as guilt or anxiety. Athletes who participate in sports because they feel pressure to be in good shape for aesthetic reasons, and feel embarrassed or ashamed when they are not in best form, represent an example of introjected regulation.

Extrinsic motivation is in operation when the individual comes to value and judge the behavior as important and, therefore, performs it out of choice. The activity is still performed for extrinsic reasons (e.g., to achieve personal goals); however, it is internally regulated and self-determined. Athletes who participate in sport because they feel their involvement contributes to a part of their growth and development as a person represent an example of identified motivation.

Motivation is quite similar to the concept of learned helplessness (Abramson, Seligman, & Teasdale, 1978). That is, motivated individuals do not perceive contingencies between their actions and the outcomes of their actions. They experience feelings of incompetence and lack of control (Deci & Ryan, 1985) [4]. They are neither intrinsically motivated nor extrinsically motivated. Amotivation, the lowest form of motivation, is located at the end of the self-determination theory continuum; it is comparable to the concept of "learned helplessness" (Abraham *et al*., 1978, p. 50) [1]. Self-determination theory proposes that amotivated athletes may no longer identify any good reasons to train or play and may eventually disengage from sports. Literature on sports motivation based on gender differences was inconclusive. Various studies revealed that female athletes demonstrated greater interest in fun, satisfaction, and pleasure, which are fundamental characteristics of intrinsic motivation (Chantal *et al*., 1996; Fortier *et al*., 1995; Pelletier *et al*., 1995) [2, 5, 9]. the study by Gill *et al*. (1983) on children age 8-18 years old during a summer sports camp and Fortier *et al*. (1995) [5] on 399 Canadian athletes found that male showed higher extrinsic motivation, while female were more intrinsic motivation oriented. Studies on 63 Bulgarian athletes (Chantal *et al*., 1996) [2] and 365 US swimmers (Gould *et al*., 1985) found that male athletes demonstrated higher extrinsic motivation characterized by their focus on competition, winning, rewards, and recognition. In different study of 172 United States collegiate student athletes, Kingston *et al*. (2006) [7] found that male athletes with sports scholarships demonstrated significantly higher levels of extrinsic motivation, specifically extrinsic motivation for external regulation (obtaining measurable rewards), compared with females athletes. In contrast, Kim *et al*.'s (2003) [16] study on 101 United States and 298 Korean athletes found that intrinsic motivation was more prominent among males. Similarly, Zahariadis *et al*.'s (2005) [15] study in Spain on 452 students found male students in PE classes exhibited higher intrinsic motivation than female ones. A recent study on 632 Malaysian athletes in track and field, found male athletes to be highly intrinsic motivated compare to their counterparts (Chin *et al*., 2012) [19]. Literature revealed that competitive Greek rhythmic gymnasts (Koumpoula *et al*., 2011) [8] and English soccer players (Lowther *et al*., 2004) [17] exhibited higher intrinsic motivation and lower extrinsic motivation. Koumpoula *et al*. (2011) [8] found that elite gymnasts showed high levels of task orientation, which is positively associated with greater intrinsic motivation. In contrast, casual players demonstrated

higher extrinsic motivation and lower intrinsic motivation. In a separate study by Lowther *et al*. (2004) [17] of 53 soccer players (professional, semiprofessional, and amateur) it was revealed that amateur players showed the lowest intrinsic motivation among the three groups and that professional players scored highly in intrinsic motivation but had low extrinsic motivation scores. Similarly, Koumpoula *et al*. (2011) [8] studied 98 rhythmic gymnasts and found that gymnasts in the non-competitive group showed higher levels of extrinsic motivation for introjections regulation compared with those in the competitive group. In conjunction with the above studies, sports engagement is hypothesized to be affected by demographic characteristics (i.e., gender) and by athletes' ability levels. For example females were shown to favor intrinsic motivation in contrary males were more extrinsic motivation oriented. Competitive athletes exhibited higher intrinsic motivation over extrinsic motivation as compared to their counterparts.

Objectives

General objective was: - the main aim of this research was to compare the differences of team and individual sports motivational aspects in a wide-rang.

The specific objectives were:-

- To verify there were a difference in between intrinsically –to know, -to accomplish and –to experience stimulation.
- To corroborate there were a breach in between extrinsically –to identify, -to introjected and –to external regulation.
- To show the levels of Amotivetions in Ethiopian football players and athletics trainees.

Method

For this study the researcher selected, 121 male and 110 female team sport total 231 and 148 male and 116 female individual sports total of 495 athletes of football premier league and sprint runners, middle and long distance runners and jumpers and throwers first division clubs athletes from the 2016/17 competition season across Ethiopian.

The Sport Motivation Scale (SMS-28; Pelleiter, Fortier, Vallerand, Briere, Tuson, & Blais, 1995) was used. The scale is composed of seven subscales that measure the different forms of motivation outlined in Deci and Ryan's theory. The Sport Motivation Scale (SMS-28) includes 28 items in total which are assessed by the respondents on a 7-point Likert-type scale. Four items each measure on the aspects of intrinsic motivation (-to Know, -to Accomplish and -to Experience Stimulation), on extrinsic motivation (-to Identification, -to Introjection and –to External Regulation) and Amotivation for sports by itself. An independent t-test was conducted to examine intrinsic, extrinsic motivation and amotivations the differences in between team and individual sport athletes.

Results and Discussions of statistical analysis

Table1: Reliability and Scale Statistics of Motivational Groups

Motivation Study group factors	Reliability		Scale statistics			
	Chr's al	Chr'salSt.I	M	V	SD	N
IN.M.-to Know	.945	.948	8.89	43.5	6.59	4
IN.M.-to Accomplish	.850	.852	18.4	32.3	5.68	4
IN.M.-to Experience Stimulation	.799	.821	9.81	13.4	3.66	4
Ext. M. to Identification	.831	.879	11.2	14.7	3.83	4
Ext. M. - to introjected	.633	.621	9.24	13.7	3.71	4
Ext. M. - to External Regulation	.969	.971	18.3	57.1	7.55	4
Amotivation	.820	.780	10.9	25.8	7.08	4

IN.M. = Intrinsic Motivation EX.M. = Extrinsic Motivation Chr's al. = Chronbach's alpha, Chr's al.St.I = Chronbach's alpha Standardized Items,

All psychological skills training variables had highly internal consistency...70 commonly has an acceptance (Lance, C, E, Butts, M, M, & Michess, L. C, 2006). And it is a nyth that Nunnally (1978) said that; .70 = Exploratory Research, .80 = Basic Research, and .90 is acceptable to Applied Research, the reliability is in between 0.0 -1.0.

The reliability of instruments was tested with Cronbach's alpha. Mean values and standard deviations were calculated for each aspect of intrinsic and extrinsic motivations and for amotivation as well independent sample t-test was applied to verify the significance differences in between team sport players (football athletes) and individual sport athletes (athletics /short, middle and long distance and jumping and throwing trainees/) from Ethiopia on the feature of the three sports motivations.

Reliability of SMS-28 was tested by calculating Cronbach's alpha. For the scale as a whole, the lowest reliability in this research was produced for the subscale measuring extrinsic motivation –to introjected for sports (.633), whereas the highest individual value of Cronbach's alpha was recorded on the subscale measuring extrinsic motivation -to external regulation (.969). Table 1 shows values of Cronbach's alpha for all subscales of respondents. As a result of the study we observed no statistically significant difference by examined intrinsic and extrinsic motivation and of amotivations in between team and individual sport types athletes.

Table 2: Independent Samples Test of Intrinsic Motivation (-to Know, -to Accomplish, and-to Experience Stimulation) in between Team (football) and Individual (athletics) Athletes

Group Statistics					
	Sport types	N	Mean	Std. Deviation	Std. Error Mean
-to Know	TES	231	2.11	1.527	.100
	INDS	264	2.33	1.744	.107
-to Accomplish	TES	231	4.62	1.418	.093
	INDS	264	4.57	1.428	.088
-to Experience Stimulation	TES	231	2.54	.822	.054
	INDS	264	2.38	.987	.061

TES = Team sport, INDS = Individual sport

Table 3

Independent Samples Test							
		-to Know	-to Accomplish				-to Exp.S.
		EVA	EVNA	EVA	EVNA	EVA	EVNA
Levene's Test for EV	F	4.64			.099	2.29	
	Sig.	.032			.753	.130	
t-test for Equality of Means	T	-1.4	-1.49		.389	.390	1.98	2.00
	Df	493	493		493	485	493	491
	Sig. (2-tailed)	.139	.136		.697	.697	.048	.046

Levene's ETV = Levene's Test for Equality of Variances, EVA = Equal variances assumed, EVNA = Equal variances not assumed, -to Exp.S. = to- Experience Stimulation

The total sampled of (495) four hundred ninety five team sport athletes were 231 and individual sports athletes were 264. Team sport males were 121 and females were 110. And there were a division sampled size based on their playing positions. Individual sport athletes also had three event divisions and 148 male and 116 female athletes included.

An independent t-test was conducted to examine intrinsic motivation (intrinsic motivation to-know, intrinsic motivation to- accomplish and intrinsic motivation to experience stimulation) differences in team and individual sports in the year of 2016/17 competition season across Ethiopia.

Levene's Test for Equally to variances showed violation, p = .032. Results indicate that team sport N = 231 (M = 2.11, SD = 1.527), had low intrinsic motivation to-know than individual athletes N= 264 (M = 2.33, SD = 1.744), t (493) =.-1.4, p = .139. No significant difference in between team and individual sport athletes.

Deci & Ryan (1985) Intrinsic Motivation -*to know* defined as performing an activity for the pleasure and the satisfaction that one experiences while learning, exploring, or trying to understand something new. Therefore; individual athletes were more experiences while learning, exploring, or trying to understand something new.

Levene's Test for Equally to variances showed none violation, p = .753. To explain the intrinsic motivation -to accomplish we asked team and individual sport participatory. An independent sample test revealed that team athletes in both sex N = 231(M =4.62, SD =1.418) no significantly differences in between individual athletes N = 264(M = 4.57, SD = 1.428), t (493) = -389, p = .697. Team sport athletes had high intrinsic motivation to accomplish than individual athletes.

Individuals interact with the environment in order to feel competent and to create unique accomplishments (Deci, 1975; Deci) [3]. This literature associated with Ethiopian team sport athletes than individuals.

Levene's Test for Equally to variances showed none violation, p = .130. The third component of intrinsic motivation was intrinsic motivation to experience stimulation, elucidated no significantly differences in between team sport athletes evaluated by an independent sample t- test revealed that athletes in both sex N = 231(M =2.54, SD = 1.428), and individual athletes N = 264(M = 2.38, SD = .822), t(493) = 1.98, p = 0.98. Team sport athletes had high intrinsic motivation to experience stimulation than individual athletes. Deci (1975) [3] athletes who participate in their sport in order to live exciting experiences are intrinsically motivated to experience stimulation. As the result shown team athletes were more excited experiences than individual athletes.

To conclude intrinsic motivations except -to Know intrinsic motivations team players (football) had more mean scores -to Accomplish, and-to Experience Stimulation) than individual (athletics) athletes). Therefore; football players both males and females across Ethiopia had high internal interests and good feelings were more excited experiences to been best competent by creating accomplishments with opposite partners without any external rewards at the 2016/17 season.

Table 3: Independent Samples Test of Extrinsic Motivation (-to Identified, --to Introjected, and-to External Regulation) in between Team (football) and Individual (athletics) Athletes

Group Statistics					
	Sport types	N	Mean	Std. Deviation	Std. Error Mean
-to Identified	TES	231	2.86	1.023	.067
	INDS	264	2.76	.898	.055
-to Introjected	TES	231	2.11	1.116	.073

	INDS	264	2.37	1.203	.074
-to External Regulation	TES	231	4.72	1.705	.112
	INDS	264	4.47	2.032	.125

TES = Team sport, INDS = Individual sport

Table 3

Independent Samples Test							
Levene's Test E V		-to Identified		-to Introjected		-to Ex.R.	
		EVA	EVNA	EVA	EVNA	EVA	EVNA
	F	.957		2.773		15.823	
	Sig.	.329		.097		.000	
t-test for Equality of Means	T	1.10	1.08	-2.44	-2.46	1.50	1.52
	Df	493	461	493	491	493	492
	Sig. (2-tailed)	.273	.277	.015	.014	.134	.130

Levene's Test EV = Levene's Test for Equality of Variances, EVA = Equal variances assumed, EVNA = Equal variances not assumed, -to Ex.R. = -to External Regulation

Levene's Test for Equally to variances showed none violation, p = .329. Results indicate that team sport N = 231 (M = 2.86, SD = 1.023), had high extrinsic motivation –to identified than individual athletes N= 264 (M = 2.76, SD = .898), t (493) =.-1.097, p = .273. No significant difference in between two sport types.

To explain the extrinsic motivation -to introjected examined team and individual sport athletes. An independent sample test revealed there was a significantly differences in between team athletes in both sex that N = 231(M = 2.11, SD = 1.116) and individual sport athletes N = 264(M = 2.37, SD = 1.203), t (493) = -2.44, p = .015. Levene's test for equally to variances showed none violation, p = .097. Team sport athletes had low extrinsic motivation to introjected than individual athletes. Deci & Ryan (1985) with introjection, Athletes who participate in sports because they feel pressure to be in good shape for aesthetic reasons, and feel embarrassed or ashamed when they are not in best form.

Levene's Test for Equally to variances showed violation, p = .000. The third component of extrinsic motivation was -to experience regulation, elucidated no significantly differences in between team sport athletes evaluated by an independent sample t- test revealed that athletes in both sex N = 231(M =4.72, SD = 1.705), and individual athletes N = 264(M = 4.47, SD = 2.032), t(493) = 1.500, p = .134. Team sport athletes had high extrinsic motivation to external regulation than individual athletes. Athletes who participate in sport in order to receive praise from their coach, or because they feel urged to do so by their parents are motivated (Pelletier, Fortier, Vallerand, Tuson, Britre, and Blais, 1992) external regulation. In this case, the sport is performed not for fun but to obtain rewards (e.g., praise) or to avoid negative consequences (e.g., criticisms from parents). Equivalently with this reference Ethiopian both sex football players associated themselves with the rewards came from their coaches and parents.

Table 4: Independent Samples Test of Intrinsic and Extrinsic Motivation and for Amotivation in General in between Team (football) and Individual (athletics) Athletes

Group Statistics					
	Sport types	**N**	**Mean**	**Std. Deviation**	**Std. Error Mean**
Intrinsic Motivation	TES	231	3.09	.763	.050
	INDS	264	3.09	.836	.051
Extrinsic Motivation	TES	231	3.23	.781	.051
	INDS	264	3.20	.843	.052
Amotivation	TES	231	2.68	1.243	.082
	INDS	264	2.75	1.293	.080

TES = Team sport, INDS = Individual sport

Table 5

Independent Samples Test							
Levene's Test for EV		**Intrinsic**		**Extrinsic**		**Amotivation**	
		EVA	EVNA	EVA	EVNA	EVA	EVNA
	F	2.82		1.62		.183	
	Sig.	.094		.204		.669	
t-test for Equality of Means	T	-.022	-.023	.423	.426	-.624	-.626
	Df	493	492	493	491	493	488
	Sig. (2-tailed)	.982	.982	.672	.671	.533	.532

Levene's Test EV = Levene's Test for Equality of Variances, EVA = Equal variances assumed, EVNA = Equal variances not assumed

From the total of 495 (four hundred ninety five athletes), team sport athletes were 231 and individual sports athletes were 264. Levene's Test for Equally to variances showed none violation, p = .094. Results indicate team sport athletes N = 231 (M = 3.09, SD = .763), had equal intrinsic motivation level with individual athletes N= 264 (M = 3.09, SD = .839), t (493) =.-022, p = .982, no significant difference. By showing both sport types mean scores they had the same intrinsically motivated at the year of 2016/17

To enlighten the extrinsic motivation examined team and individual sport athletes by an independent sample test revealed there was no significantly differences in between team athletes in both sex that N = 231(M = 3.23, SD = .789) and individual sport athletes N = 264(M = 3.20, SD = .843), t (493) = -.423, p = .672. Levene's test for equally to variances showed none violation, p = .204. Team sport athletes mean score had satisfied by having more extrinsic motivation than individual athletes.

An independent t-test was conducted to examine Amotivation differences in team and individual athletes mean scores in the year of 2016/17 competition season across Ethiopia.

Levene's test for equally to variances showed none violation, p = .669. Results indicate that team athletes N = 231 (M = 2.68, SD = 1.243), had low Amotivation than individual athletes N= 264 (M = 2.75, SD = 1.293), t (493) =.-624, p = .533.There was no significance difference in between team and individual athletes. Amotivation: experience feelings of incompetence and lack of control. They are neither intrinsically motivated nor extrinsically motivated (Deci & Ryan, 1985). This literature supports directly to team sport athletes. Low Amotivated means high motivated. On the other hand athletes who are high Amotivated means low motivated. Therefore; in 2016/17 competition season in Ethiopia, that individual sports athletes had more Amotivated intrinsically and/or extrinsically.

Discussion

1. Intrinsic motivations

As the outcome of the data, all the three components of intrinsic motivations, had no significantly different each other in the competition year of 2016/17 in between Ethiopian football premier league and Ethiopian first division athletics club athletes. From the three intrinsic motivation components intrinsic motivation -to accomplish in team sports count the highest mean. Intrinsic Motivation -to Accomplishments has been studied and postulated that individuals interact with the environment in order to feel competent and to create unique accomplishments (Deci, 1975; Deci & Ryan, 1985, 1991) [3]. Thus, from this output Intrinsic Motivation toward accomplishments can be defined highly by engaging in an activity for the pleasure and satisfaction experienced when one attempts to accomplish or create something in team sports than individual sports. Trying to master certain difficult training techniques in order to experience personal satisfaction represents an example of intrinsic motivation to accomplish things in the sport domain (Deci, 1975; Deci & Ryan, 1985, 1991) [3].

And the least was also in team sport athletes M = 2.11 by intrinsic motivation -to know. Intrinsic Motivation -*to know* relates to several constructs such as exploration, curiosity, learning goals, Intrinsic Motivation to learn, and the epistemic need to know and understand. Thus, it can be defined as performing an activity for the pleasure and the satisfaction that one experiences while learning, exploring, or trying to understand something new. From the three intrinsic motivation types, in both sexes –to accomplish and –to experience stimulation team sport athletes had more intrinsically motivated. To sum up, there were no significantly differences in between team and individual sport types. To sum up they had equal intrinsic motivation level below SMS-28 and were not motivated to perform the given training and competition plan from sport psychologists or their coaches.

2. Extrinsic motivations

The outcome showed there was no significantly differ in between team and individual sport types in extrinsic motivations –to identified and external regulation. But there was a significant difference in between team and individual sport types in extrinsic motivations- to Introjected. From the three extrinsic motivation components -to external regulation in team sports count the highest mean. External Regulation motivation refers to behavior that is controlled by external sources, such as material rewards or constraints imposed by others (Deci & Ryan, 1985). And the least was also in team sport athletes M = 2.11 by extrinsic motivation to identified. In both sport types extrinsic motivation was more satisfaction by the mean resulted from the output, M = 3.23 and M = 3.20 team and individual sport athletes respectively, but both mean score was below average in SMS-28 measurement scales.

3. Amotivation

Whereas coming to Amotivation team sport athletes had less Amotivated than individual athletes. And Amotivation was the least mean score reported. Experience feelings of incompetence and lack of control (Deci & Ryan, 1985). They are neither intrinsically motivated nor extrinsically motivated.

Conclusion

Standing from this, first the researcher generalized that there were more intrinsic motivation -to accomplish than the other two types of intrinsic motivation. And the year of 2016/17 competition season the groups did not differ significantly. Therefore; this finding concluded that not support team athletes in intrinsic motivation to -to know by scoring low intrinsically motivated compared with individual trainees. On the other hand also there was more intrinsic motivation-to accomplish and experience stimulation in team sports athletes than individual athletes mean scores. To sum up these mean results both athletes either in team or individual sport types were equal, because both intrinsic motivation mean was 3.09. Therefore; the average mean motivation scale measurement (SMS-28) is 3.5, so both sport types athletes in Ethiopia were not motivated intrinsically. Intrinsic motivation refers to engaging in an activity purely for the pleasure and satisfaction derived from doing the activity (Deci, 1975) [3]. This support all Ethiopian athletes had poor morals internally or innately forced them to their trainings and competitions.

Secondly; regarding extrinsic motivations elements there were high extrinsic motivations -to external regulation than the other two types by their mean scores. At the year of 2016/17

competition season the groups in between two sport types were not differ significantly in extrinsic motivations- to identified and external regulation. But there was a significant difference in external regulation. In general, based on mean results there was more external motivation – to identified and –to external motivation in team sport athletes than individual athletes. Team sport athletes mean score had satisfied by having more extrinsic motivation than individual athletes. This finding told us, Ethiopian football players both sex were depend on rewards and external forces. (Deci, 1975) [3] It was originally thought that extrinsic motivation referred to non-self-determined behavior, behavior that could only be prompted by external contingencies (e.g., rewards). When a person is intrinsically motivated he or she will perform the behavior voluntarily, in the absence of material rewards or external constraints (Deci & Ryan, 1985). This was the supportive ideas of individuals sport athletes those having low extrinsic motivation referred to the owner of self –determinant athletes in their training and competition.

Lastly; the third motivational groups were Amotivation: the data showed that football players were more motivated been successful than athletics trainees across Ethiopia. On the contrary, Ethiopian first division athletes (short, middle, long distance runners and jumpers and throwers had not logical reasons whether they were been able to done successfully their training and competition or not). Amotivation: (Abraham *et al*., 1978, p. 50). Self-Determinants Theory proposes that Amotivated athletes may no longer identify any good reasons to train or play and may eventually disengage from sports.

The investigator believed that further studies with a larger scale group are needed to determine the effect of score to better results on intrinsic and extrinsic motivation specifically with their components and Amotivation and include factors those affects motivation, effects and sport psychologists coaches roles and responsibilities.

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16. https://www.ncbi.nlm.nih.gov/pmc/articles/ PMC4415838/. In contrast, Kim *et al*.'s (2003) study on 101 US and 298 Korean athletes found that IM was more prominent among males. Similarly, Zahariadis *et al*.'s. 2005-2015.
17. https://www.ncbi.nlm.nih.gov/pmc/articles/ PMC4415838/. Literature revealed that competitive Greek rhythmic gymnasts (Koumpoula *et al*., 2011) and English soccer players Lowther *et al*. 2004-2015.
18. https://www.ncbi.nlm.nih.gov/pmc/articles /PMC4415838/ on children age 8–18 years old during a summer sports camp and Fortier *et al*. (1995) on 399 Canadian athletes found that male showed higher EM, while female were more IM oriented. Studies on 63 Bulgarian athletes (Chantal *et al*., 1996) and 365 US swimmers Gould *et al*. 1983-1985-2015.
19. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4415838/ a recent study on 632 Malaysian athletes in track and field, found male athletes to be highly intrinsic motivated compare to their counterparts, Chin *et al*. 2012-2015.