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'kkjhfjd f'k{kk esa vfHkçsj.kk vkSj blds çdkjksa dk voyksdu

Overview of Motivation and its types in Physical Education

डॉ0 नवीश्k dqekj
,lksfl,V izksQslj
भारीरिक शिk{kk foHkkx
डी0ए0वी0 (पी0जी0) कॉलिज, बुलन्दशgjA

Source of pic: https://commons.wikimedia.org

lkjka'k

'kkjhfjd f'k{kk ,d ,slk fo"k; gS] ftlesa ekuoh; fodkl 'kkjhfjd fØ;kvksa }kjk gksrk gSA 'kkjhfjd fØ;kvksa ls gh ge çsj.kk feyrh g vkSj viuk y{; dh vksj vkxs c<us esa lgk;rk çkIr gksrh gSA 'kkjhfjd f'k{kk esa dk;Z dh çÑfr pkgs 'k{kf.kd gks vFkok çf'k{k.k nkuk gh çÑfr esa Nk= ;k f[kykMh dk dk;Z d çfr vfHkçsfjr gksuk vko';d gSA ,d f[kykMh [kydn esa rHkh #fp yxk tc mldh viuh futh bPNk [kydn esa Hkkx yus dh gksxh] og f[kykMh vkarfjd vFkok ckâ; dkjdksa d dkj.k mls [ky esa viuh #fp yrk gSA f[kykMh viuk y{; dk çkIr djus d fy, viuh ;kX;rk d fglkc ls vPNk izfj.kke rHkh çkIr djxk] tc mldk çsj.kk Lrj mPp nts dk gksxkA f[kykMh d O;ogkj dk çsj.kk dkQh gn rd fu;f=r j[krh gSA çsj.kk d fofHkUu ?kVdk dk mudh çÑfr d vuq:i ;kxnku gksrk gSA vfHkçsj.kk d fofHkUu ?kVdk esa lrqyu cuk, j[kus esa mlds f'k{kd ;k dkp dh vge Hkwfedk gksrh gSA

çeq[k 'kCnkoyh% çsj.kk] vf/kxe] vfHkçsj.kk] vkrfjd vfHkçsj.kk] ckâ; vfHkçsj.kk A

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mís';%

'kkjhfjd f'k{kk e vfHkçj.kk vkj bld çdkjk dk voyksdu
(Overview of Motivation and its types in Physical Education)

Hkwfedk&

'kkjhfjd f'k{kk og fo"k; g ftlde ekuoh; fodkl 'kkjhfjd fØ;kvk }kjk gkrk gA 'kkjhfjd fØ;kvk e çj.kk vFkkr Motivation dk cgr cMk ;kxnku gA çj.kk d lkFk [kyk d Lrj dk vkx c<kus e lgk;rk feyrh g] 'kkjhfjd f'k{kk d v/;kidk ,o [kyk dk çf'k{k.k nus oky f'k{kdk d fy, f[kykfM;k dk çkRlkfgr djuk ,o mudh çj.kk dk tkxr djuk ,d cMh leL;k gA 'kkjhfjd f'k{kk e ;fn ge cPpk dk 'kf{kd dk;Z djokuk pkgr g vFkok çf'k{k.k nuk pkgr g rk nkuk gh ifjfLFkfr;k e f[kykMh dh vfHkçj.kk tkxr djuk loçFke dk;Z g] D;kfd tc rd cPp dh çj.kk tkxr ugh gkxh] rc rd og fdlh dk;Z e #fp ugh yxk vkj fcuk #fp d lh[kuk v/kjk vFkok vlHko gkrk gA 'kkjhfjd f'k{kk vkj [ky dn d {k= e rduhdh çf'k{k.k e 'kf{kd dk;k d lkFk&lkFk cPp d ekufld igy ij Hkh /;ku nuk vko';d g] ge rduhdh :i l fdruh Hkh vx.kh gk ldr g og lHkh rduhdh lk/ku rc rd v/kj g tc rd fd cPp d vnj mlh dk;Z dk dju d fy, dkb #fp u gkA [kyk e lQyrk vkj vlQyrk Nk= f[kykMh dh çj.kk d Åij fuHkj djrh g] ;fn f[kykMh dh çj.kk dk Lrj vPNk g] rk fuf'pr gh og viuk y{; çkIr djxk vkj [ky dn e viuh ;kX;rk d fglkc l vPNk ifj.kke çkIr djxkA

Manhoney et. Al. (1987) ने अपने शोध में कहा कि श्रेष्ठ उत्तम खिलाड़ियों (Elite Athletes) u ij.kk सत्तर (Motivation Level) उत्तम सत्तर (High Level) dk feyrk gA vf/kdk"ात उत्तम स्तर के if"k{k.k d fy, vfHkij.kk d Lrj cgrj cuk jgrk gA

(Source: Wikipedia)

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बनार्ड वनर, ''प्रेरणा f'k{kk e: eukfoKku dh eyHkr leL;k gA**

Source: http:// kellysociety.org/Kelly.htm & Robert Nemier

जॉर्ज dsyh ds vuqlkj çj.kk]ß çj.kk vf/kxe dh dq'kyrk esa dæh; dkjd gSA^

mijkä nh xbZ ifjHkk"kk l ge bl fu"d"k ij igpu ij ck/; g fd çj.kk dk lh/kk lc/k vf/kxe vFkok lh[ku l gA çj.kk Nk= vkj f[kykfM;k e tUe tkr Hkh gkrh g ,o bl dk çHkkfor dju oky dN ckâ; dkjd Hkh gkr gA

çj.kk e] HkkoukRed] tfod] lKkukRed igyvk dk çHkko gkrk g] ;g gekj 0;ogkj dk lfØ; djr gA ge viu nfud thou e vfHkçj.kk dk mi;kx e[;rk% ;g voxr dju d fy, djr g fd dkb 0;fä fdlh dk;@0;ogkj dk D;k djrk gA ;g ekuoh; fØ;kvk d ihN çjd 'kfä g] bl e ,l dkjd Hkh 'kkfey gkr g tk fd y{; funf'kr fØ;kvk dk funf'kr vkj cuk, j[kr gA ge dg ldr g fd çj.kk u doy gekj 0;ogkj dk fdlh dk; fo'k"k d çfr lfØ; gh ugh djrk vfir ;g mu dk;k d y{;k vkj mí';k d dkjdk dk çHkkfor Hkh djrk g] tk y{;k d çfr funf'kr fØ;kvk dk cuk, j[krk gA

It means that motivation does not just relate to factors of behaviour it also involves the factors that directly maintain the goal of the actions. bl rjg dh çj.kk dk ge nyHk gh vçR;{k :i l voykdu dj ikr gA ifj.kke Lo#i ge mu dkjdk dk [kktuk iMrk g fd 0;fä leg mu dk;k dk D;k djr gA

ge fdlh Hkh dk; dk D;k djr g\ bu lc dk le>u d fy, eukoKkfudk u çj.kk l lcf/kr fofHkUu fl)krk dk çfrikfnu@mYy[k fd;k g] tl dh ¼Drive½ Mkbo fl)kr] ¼Instinct½ ofÙk fl)kr vkj ekuorkoknh fl)kr ¼e'yko d inkuØe dh vko';drk Maslow's Hierachy of needs½ 'kkfey gA okLrfodrk ;g g fd cgr l dk; dju gr ge [kn l çHkkfor gkr g vkj dN dk;k dk dju gr ge ckgjh dkjdk l çHkkfor gkr g blds fy, ge çj.kk d çdkjk dk le>uk vko';d gA

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blh d lkFk mPpre Lrj dh vfHkçj.kk ¼High level of Motivation½ loJ"B çn'ku ¼High Level of Performance½ e çk;% lkekU;rk gA çk;% [kyk dh pkVh l cpu ,o pkVh l mHkju e mPp Lrj dh vfHkçj.kk dk ,d ldkjkRed ;kxnku gA

'kkjhfjd f'k{kk vkj [kydn d {k= e çk;% ;g ç'u mBrk g fd ykx 0;k;ke vkj [ky e D;k Hkkx yr g\ D;k ekuo tho e dN vrfufgr vko';drk ¼Internal Needs½ g\ tk doy 'kkjhfjd xfrfof/k;k ,o ,FkyfVd çfr;kfxrk l lr"V gk ldrh g\ dN ykx ,d fo'k"k [ky dk p;u D;k djr g\ fdlh nlj [ky dk p;u D;k ugh djr \

[kydn e ,lk D;k g fd ykx ml e çfrHkkx djuk pkgr g vkj [kydn d çfr f[kykfM;k e ,d xgjk lei.k Hkko D;k feyrk g\ bu lc lokyk d tokc ge eukfoKku fo"k; d vfHkçj.kk d v/;;u e çkIr gkxA

çj.kk 'kCn dk vfHkçk;

Meaning of the term of Motivation

Motivation ¼çj.kk½ çj.kk lkr dk lh/k rkj ij vFk g fdlh 0;fä dk dkb dk; dju d fy, çkRlkfgr djukA çj.kk çk;% ge nljk l feyrh g vkj vfHkçj.kk ge viu vki l çkIr gkrh gA eukfoKku d v/;;u e ge vDlj nkuk 'kCnk dk ,d lekeu #i e mi;kx djr gA vFkkr çj.kk vkj vfHkçj.kk dk ,d gh ox e j[kr gA

çj.kk 'kCn çj.kk ,d eukoKkfud fopkj/kkjk l lcf/kr g tk fdlh dk; vFkkr fLdy ¼Skill) dk lh[ku e f[kykfM;k dh lgk;rk djrh g vkj mudk eukcy c<k dj çkRlkfgr dju e viuk ;kxnku djrh gA ge dg ldr g fd çj.kk og çfØ;k g] tk y{; mUe[k 0;ogkjk dk vkjHk djrh g ,o funf'kr djrh g vkj cuk, j[krh gA çj.kk gh g tk vkidk dk; dju d fy, çfjr djrh g] pkg og l;kl dk de dju d fy, ,d fxykl ikuh çkIr djuk gk vFkok Kku çkIr dju d fy, fdlh iLrd dk v/;;u dj jgk gk ;k fQj dkb [ky i)fr dk lh[ku dk ç;kl djuk gk] ;g lc çj.kk d vrxr vkrk gA

ge dg ldr g fd ,d f[kykMh 0;fä Nk= ;k vU; çk.kh dk viuh ijh ;kX;rk vkj {kerk d vu:i dk; dju d fy, çfjr djuk gh çj.kk gA çj.kk dh ifjHkk"kk,%& eukfoKku d tku&eku fo}kuk u dN ifjHkk"kk, nh g ftul çj.kk d lc/k e tkudkjh çkIr gkrh gA

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(Source: www.biography.com)

CkhO,Q0 fLduj ¼B.F. Skinner½ d vuqlkj] **iqj.kk अधिगम का सर्वोत्तम jktekxZ g**

vfHkiqj.kk dk oxhZdj.k fofHkUu eukoKkfud fo}kuk u fofHkUu idkj l fd;k gA छात्र–छात्राओं अथवा खिलाड़ियों द्वारा जब भी किसी शैक्षणिक अथवा प्र"k{k.k d i)fr;k d ek/;e l dN lh[ku dk i;kl fd;k tkrk g] rc mue vkrfjd vfHkiqj.kk ,o ckg; vfHkiqj.kk dh egRoi.k Hkfedk gkrh gA fofHkUu fo}kuk dk ekuuk g fd vkrfjd o ckg; e lrqyu gkuk vko";d gA fofHkUu mnkgj.kk d }kjk bl ckr dk vklkuh l le>k tk ldrk gA eku yhft, vki xkuk xk jg g D;kfd vki ifjr g] vkidk eu [k"k g] blfy, vki xkuk xk jg gA vr% ;g vkrfjd vfHkiqj.kk d vUrxr vkrk gA Bhd bld foijhr nljh ifjLFkfr e Bhd bld foijhr nljh ifjfLFkfr e ;fn vki xkuk xk jg g½ D;kfd vkidk xkuk xku d fy, Hkxrku fd;k x;k g] ,lh fLFkfr e ckg; vfHkiqj.kk dk ,d mnkgj.k gA [kydn d {k= e ;fn dkb f[kykMh viuh :fp d vuqlkj viu Lo; d eukjtu d fy, dkb [ky [kyrk g] ftle mldh :fp gk rk ;g ,d vkrfjd vfHkiqj.kk dk vPNk mnkgj.k gA Bhd bld foijhr ;fn dkb f[kykMh ikQ'kuy g vkj og fdlh [ky dk [kyu d cny /ku iklr djrk g] rk ,lh fLFkfr e ;g ckg; vfHkiqj.kk dk mnkgj.k gA vr% ge dg ldr g fd ;fn ge viu vki l ifjr gkdj viuh bPNk] :fp] vfHk:fp d vuqlkj fcuk ck/;rk d dkb dk;Z djr g rk ;g vkrfjd vfHkiqj.kk d vrxr ekuk tk,xkA vkrfjd vfHkiqj.kk l gekjk lh/kk rkRi;Z Lor% vfHk:fp l gkrk g D;kfd f[kykMh dk bl idkj dh [ky xfrfof/k;k e Hkkx yu l [k'kh feyrh gA ;fn ge fdlh dk;Z dk viuh bPNk d vuqlkj u djd fdlh nljs ckgjh dkj.k d QyLo:i djr g

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rk og ckg; vfHkij.kk d vrxr ekuk tk,xkA ckg; vfHkij.kk d fofHkUu dkjd gk ldr g] tl ijLdkj] nM] lg;kx] y{; vkfnA

vfHkij.kk d idkj dk e[;r% nk Hkkxk e foHkkftr fd;k tkrk gA

& ikdfrd] vkrfjd] Hkhrjh vfHkij.kk (Natural / Internal Motivation)

& ckg; vfHkij.kk (Artificial / Extrinsic / External)

mnkgj.kLo:i vki xkuk xk jg g D;kfd vki mRlkfgr g] ekle l ;k lxhr l vkj vki viuh igpku cukuk pkgr g] vki dkb fdrkc fy[k jg g D;kfd vkid eu e dN fopkj vk, g vkj vki viu vkidk ,o viu lekt dk viu fopkjk l tkxr djuk pkgr g rk ;g ,d ikdfrd vFkok vkrfjd vfHkij.kk dgyk,xkA tc dkb dk;l vki viuh [k'kh d fy, djr g vkj viu fy, djr g rk og vkrfjd vfHkij.kk d vrxr vk,xkA vki dkb fdrkc fy[k jg g D;kfd vkidk fdrkc fy[ku d fy, Hkxrku fd;k x;k gA ,lh ifjfLFkfr e ;g g vkVkfQ'k;y vFkok ckgjh vfHkij.kk dgk tk,xk D;kfd bld fy, vkidk ijLdkj d rkj ij ,d cMh /kujkf'k inku dh xb gA

;fn dkb Nk= viu fo|ky; dk dk;l dj jgk g D;kfd og ltk iku l cpuk pkgrk gA ,lh ifjfLFkfr e ;g ckg; vfHkij.kk dk ,d vPNk mnkgj.k gA Bhd bld myV ;fn dkb Nk= viu euilin fo"k; g ftl fo"k; e mldh :fp g] ml fo"k; dk og v/;;u djrk g] ml fLFkfr e ;g vkrfjd vfHkij.kk dk ,d vPNk mnkgj.k g] D;kfd og [kn bl fo"k; l Inspired g] db ckj ;g Hkh n[ku e vk;k g fd ;fn ,d vPNk f'k{kd vFkok dkp fdlh Nk= fo'k"k d fy, vkn'k cu tkrk g vkj f'k{kd dh if'k{k.k fof/k;k cPp dk Inspire djrh g rk ,lh ifjfLFkfr e ;g ,d vkrfjd vfHkij.kk dk ,d vyx mnkgj.k gA vkrfjd vfHkij.kk e[;r% ,d vkn'k mnkgj.k le>h tkrh g yfdu ckg; vfHkij.kk fdlh oLr fo"k; vkfn d fy, Reward iklr dju gr vFkok viuh vko';drk gr fdlh oLr fo"k; dk iklr fd;k tku okyk dk;l ekuk tk,xkA

ikdfrd@vkrfjd@Hkhrjh&ij.kk
(Natural / Internal / Instrinsic Motivation) :-

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vkrfjd] ikdfrd vFkok Hkhrjh ij.kk l rkRi; Lo; tkxr vFkok mRiUu gku okyh vfHkij.kk l g] tl fd fdlh leL;k dk ly>ku d fy, 0;fDrxr :i l lrf"V ikIr dju d fy, fd;k x;k dk; gA mnkgj.kr% fdlh igyh dk ly>kukA

Mlh d vulkj] ^^vkrfjd vfHkij.kk okrkoj.k d lkFk lketL; LFkkfir dju l mRiUu vkRe n<rk rFkk {kerk d Hkko dh vko';drk dk dgk tkrk gA

Lokt eukoKkfud fo}ku d vulkj vkrfjd vfHkij.kk l vk'k;] 0;fDr d Hkhrj l mRiUu ml ncko l gkrk g tk ml ,d fuf'pr fn'kk e 0;ogkj dju d fy, ifjr djrk gA Li"V g fd vkrfjd vfHkij.kk fdlh 0;fDr Nk= f[kykMh dk vkrfjd :i l ij.kk inku djrk gA miyfC/k dh vko';drk] fprk] lc/k dh vko';drk] vkdk{kk dk Lrj vkrfjd vfHkij.kk d dN mnkgj.k gA

ckg; vfHkij.kk

(Artificial / External / Extrinsic Motivation)

ckg; vfHkij.kk og g tc dkb Nk= f[kykMh fdlh ckgjh dkj.k l fdlh dk; dk dju d fy, tkxr gkrk gA tl ilk] VkQh] eMy] lkekftd igpku] i'klk vkj ijLdkj ble 'kkfey gkr gA tc ge fdlh dk; dk ikRlkgu d Lo:i djr g] rc f[kykfM;k dk if'k{k.k nr le; ikRlkfgr djd mud 0;ogkj dk ,d fuf'pr fn'kk e ifjofrr fd;k tkrk g] ,lh fLFkfr e ckg; vfHkij.kk d vUrxr vkrk gA Lokt] 1977 d vulkj] **ckg; vfHkij.kk og ikRlkgu gkrk g tk 0;fDr dk ckgj l ml 0;fDr }kjk fn;k tkrk g] tk ,d fuf'pr fn'kk e 0;ogkj dju d fy, ifjr djrk gA**

mnkgj.kLo:i tc fdlh f'k{kkFkh vFkok f[kykMh dk dkb ikB lh[ku vFkok [kydn dk 'kkjhfjd ifjJe dju d Lo:i ijLdkj d :i e /kujkf'k inRr dh tkrh g] rc ,lh fLFkfr e og /kujkf'k vkj ml dh i'klk nkuk gh ckg; vfHkij.kk dgyk,xhA

e[;r% vkrfjd vfHkij.kk dk ,d vkn'k mnkgj.k ekuk tkrk g yfdu ckg; vfHkij.kk e fn;k tku okyk ikRlkgu dHkh&dHkh cgr vko';d gkrk g D;kfd vkrfjd vfHkij.kk ,d fuf'pr le; d mijkr yxHkx lekIr gk tkrh gA bld mijkr ckgjh dkjdk vFkkr ckg; vfHkij.kk l ml f[kykMh vFkok Nk= dk ml dk; dk fujrj djr

jgu d fy, ikRlkgu vfr vko';d gkrk gA ,lh fLFkfr e ckg; vfHkij.kk viuk dk; djrh gA bl rF; dk xhuh ,o yij u 1974 e viu v/;;u d vk/kkj ij iekf.kr Hkh fd;k gA bUgku dgk g fd nkuk gh idkj dh ij.kk e lryu gkuk vko';d gA mUgku vkx pydj Li"V fd;k g fd fdlh Hkh ,d idkj dh vfHkij.kk l vkf'kd lQyrk iklr gk ldrh g yfdu li.k lQyrk iklr ugh gk ldrhA li.k lQyrk iklr dju gr nkuk gh idkj dh vkrfjd o ckg; ij.kk e lryu gkuk vko';d gA

(Reilly & Lewis 1983, "Teachers will usually need to encourage both intrinsic and extrinsic motivations to get the job done but they should try to maintain a healthy balance."

ifl) eukfoKfudk fjyh rFkk yfol u 1983 e dN ,lk gh dgk gA mUgku dgk fd dk;Z ijk djoku d fy, f'k{kd dk vf/kdk'kr% vkrfjd ,o ckg; vfHkij.kk nkuk d chp ,d vPNk lryu cukdj j[kuk pkfg,A

fu"d"k%

'kkjhfjd f'k{kk fo"k; e ekuoh; fodkl 'kkjhfjd fØ;kvk }kjk gkrk g vkj ble çj.kk dk ,d vge ;kxnku gkrk g dkb Hkh f[kykMh fdlh dk;Z dk D;k djrk g mldk le>u d fy, vfHkçj.kk d eukoKkfud fl)krk dk le>uk vko';d gkrk gA okLrfodrk ;g g fd f[kykMh T;knkrj dk;Z dju gr Lo; ml dk;Z d çfr çHkkfor gkrk g vkj dN ekeyk e ckgjh dkjd ml dk;Z dk dju d fy, ftEeokj gkr gA ge dg ldr g fd çj.kk Hkkouk,Red tfod lKkukRed vkfn igyvk dk çHkko gkrk g vkj ;gh vkx pydj gekj f[kykfM;k d 0;ogkj dk fu;f=r o lfØ; j[kr gA

lnHk lph%&

1. Mannoney et.al. (1987): Elite athletes and their motivation level.
2. Deci : Intrinsic Motivation, 1975
3. Schwartz : Educational Psychology, 1977 p. 103
4. Schwartz : Educational Psychology, 1977 p. 105
5. Reilly & Lewis : Educational Psychology, 1983, p. 271
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