

## Sport Motivation and the Control Center of Football Players of Iran

**Authors :** Khaidan Hatami, Mehran Nasiri

**Abstract :** The aim of following research was the analysis between sport motivation and control center of football players of Iran. All the players employed in Iran's football league are included in the population of the research. So, 360 players, every level 120 players ( Youth, U-21 and adults ) playing in Guilan, Kurdistan and Kermanshah province having professional football league in first and second level league were randomly and selectively taken and included the population. The current research is of descriptive and solidarity types. Instruments of measurement are three personal questionnaires, sport motivation (SMS) of Politer and partners (1995), control center of Berger (1986) which their valid content were confirmed by experts in sport management field. The internal stability of questions were analyzed by Alfa Cronbach respectively for sport obligation questionnaire (0.82) and control center (0.86) to analysis and evaluate data, Kolmogrouf-Smirnov, Spearman Correlation, Kruskal-Wallis test, Whitney U, Freedman and T-Wilcoxon were used in a meaningful level ( $P \leq 0/05$ ). The results showed positive and meaningful relation between control center of football players in youth, U-21 and adults and sport motivation of football players. So, it can be concluded, people with internal control against those with external one have more internal sport motivation and follow the team goals with more mental power. So, it's recommended to coaches to use sport psychologist in their teams to internalize the people's needs by scientific method by taking the mental issues and the type of control in people on life events.

**Keywords :** sport motivation, control center, internal, external football players

**Conference Title :** ICSMES 2015 : International Conference on Sport Medicine and Exercise Science

**Conference Location :** Venice, Italy

**Conference Dates :** June 22-23, 2015