



El desarrollo de la motivación hacia el deporte en boxeadores juveniles de Guantánamo

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Resumen

La presente investigación aborda un aspecto determinante para el rendimiento y resultados deportivos en el boxeo: el desarrollo de la motivación hacia el deporte. Durante el estudio teórico realizado se constató una amplia fuente bibliográfica sobre este particular; sin embargo, se aprecian limitaciones en su contextualización y desarrollo en la categoría juvenil, a partir del accionar pedagógico del entrenador; de ahí la necesidad de caracterizar el estado actual de dicho proceso en los boxeadores juveniles de la t como en los entrenadores. Tal situación demandó la intencionalidad del diseño de una estrategia con un enfoque integrador y sistémico, orientada al desarrollo de la motivación hacia el deporte de los boxeadores juveniles desde el accionar pedagógico del entrenador. La validación preliminar quedó demostrada, a partir de la valoración emitida por especialistas que aceptan su pertinencia y aplicabilidad.

Palabras clave: Estrategia, Motivación hacia el deporte, Motivación intrínseca, Motivación de logro.

Abstract

The present escarcho addresses a decisive aspect. For performance and positive results in boxing. During the theoretical study carried out, a wide bibliographic source on this subject was found, however limitations were observed in its contextualization and development, in the youth category, from the pedagogical action of the coach, hence the need to characterize the current state of this process in the youth boxers of the as the trainers, such a situation demanded the intentionality of the design of a strategy with an integrative and systematic oriented to the development of the motivation towards the sport of the youth boxers from the pedagogical action of the trainer approach. The preliminary validation was demonstrated from the assessment issued by specialist who accept it relevance and applicability.

Key words: Strategy; Motivation towards sport, Intrinsic motivation, Achievement motivation

Introduction

Boxing activity has to be developed under extreme training conditions, with application of concentrated loads; in them, work is done at a limit of intensity and volume that is almost always related to the need to strain the athlete's psychic forces to the maximum (Quesada, 2016).

For ages between 17 and 18 years. the Comprehensive Athlete Preparation Program (PIPD) of Boxing for the 2021-2024 cycle proposes a high strengthening of psycho-functional and general physical capacities, through intense training of high performance, such as aerobic and anaerobic endurance, both maximum and explosive strength and resistance to force, translation speed, speed of movements with changes of rhythms, maintaining coordination, perceptions of time and space, flexibility and reaction speed among others.

Such purpose demands from the boxers an extreme improvement of multiple functions, processes, qualities and psychic states of the personality for the scope and manifestation of all its mobilizing force, that is to say, of a great motivation. In particular, as it is a motivation towards sport the content to be developed during all the moments of the sports preparation process, (...) must be implemented in close relation and linkage with it (Romero 2019).

That important assignment is corroborated by the confirmation of various experts who conceive it as a determining psychological requirement in this sport (González 2014; del Monte 2016; Matos 2017; Romero 2019; Ordoqui 2019).

There are dissimilar and controversial researchers and theoretical contributions that explain this process of motivation development in athletes. These include: Dweck (1986), Duda, (1992), Navas Soriano Holgado & Felipe (2016), intrinsic-extrinsic motivation (Deci & Ryan, 1985; Uliaque, 2019); achievement motivation (Mc Clelland, Atkinson, Clark & Lowell (1953), Barberá & Molero (1996), Arroyo, Pozuelo, Óscar & Rivas (2014), and Bandura (1997), Abalde & Pino, 2016), and self-efficacy theory.

About these studies, Romero (2019) emphasizes that they require to be integrated to generate greater capacity for impact and adequacy to the various personal and contextual situations that arise in the sport environment; they demand contextualization to be applied in a particular sport, as well as the diversity of social factors involved have to be considered, from the psychological particularities of athletes.

The methodological proposals to develop this psychological content have been dealt with by authors such as: Komaki & Barnett (1977), Dweck & Bempechat (1983), Dweck & Legget (1988), Elliott & Dweck (1988), Treasure (1993), Alonso (1995), with motivational programs that do not achieve in their conception an integral treatment of the elements and qualities of motivation required in the athlete.

In turn, in Cuba Sainz (2004), Sosa (2009), Díaz (2010), Suárez, González and Domínguez (2010), Romero (2015), Chibás (2016), Matos (2017), among other researchers, propose interventions with tasks for the development of motivation in school and youth teams of various sports, including boxing; but, in a general sense, they share similar limitations to those stated above. In addition, it should be considered that psychological preparation and its contents should be contextualized to sports training; related to its stages, laws and principles, and that the coach should have an adequate mastery of it. In this sense, Martínez (1968), García (1983-2004), Cañizares (1996, 2004), Bermúdez (1983), Valdés (1996), Russel (1968, 1994), González, L.G. (1982-2004), Riera (2002) and Pérez (2007) agree.

Also, on this subject, González (2014); Ordoqui, García, González and Acebal - in evaluations of boxers of the senior category, with high and sustained sports results - determined the most representative motivational qualities in this group of athletes. These studies constitute valuable support for the present research.

In summary, it could be stated that the dispersion and proliferation of studies on athlete motivation require the systematization, integration and contextualization of theoretical, methodological and interventional contributions for their application by coaches in different sports populations, in this particular case in boxers of the youth category. Consequently, the objective of this research is to elaborate a methodological strategy that contributes to the development of motivation towards the sport of youth boxers, from the pedagogical actions of the coach.

The research is carried out at the "Rafael Freyre García" School of Sports Initiation in Guantánamo with the boxing team of the youth category in the 2020-2021 course. The structure of the training plan is a single macrocycle with "Matveev" periodization and it is worked with a frequency of 5 to 6 days a week with double training sessions (10 sessions at least).

The sample determined were the 15 boxers who make up 100% of the enrollment of that category.

The research was conceived in three phases: the first one, with which the theorization on the motivation towards the sport of youth boxers with the use of theoretical methods is concretized; the second one, allows the diagnosis through the following psychological techniques: Ten wishes, composition, observation, interview and questionnaire of sports motivational qualities (based on the Sports Motivational Explorer, by Gonzalez, L. G. (2000), The application, evaluation and analysis of the results are carried out by the sport psychologist assigned to the team; the last one, of elaboration and validation of the methodological strategy of solution. For validation, the criterion of specialists was used.

Descriptive statistical methods such as: frequency distribution and percentage analysis were applied for the analysis of the data obtained in the interviews, observations and psychological tests. The inferential statistical method was also used: Kendall's concordance coefficient for the analysis of the specialists' criteria. The SPSS 11. 5. statistical package for Windows was used.

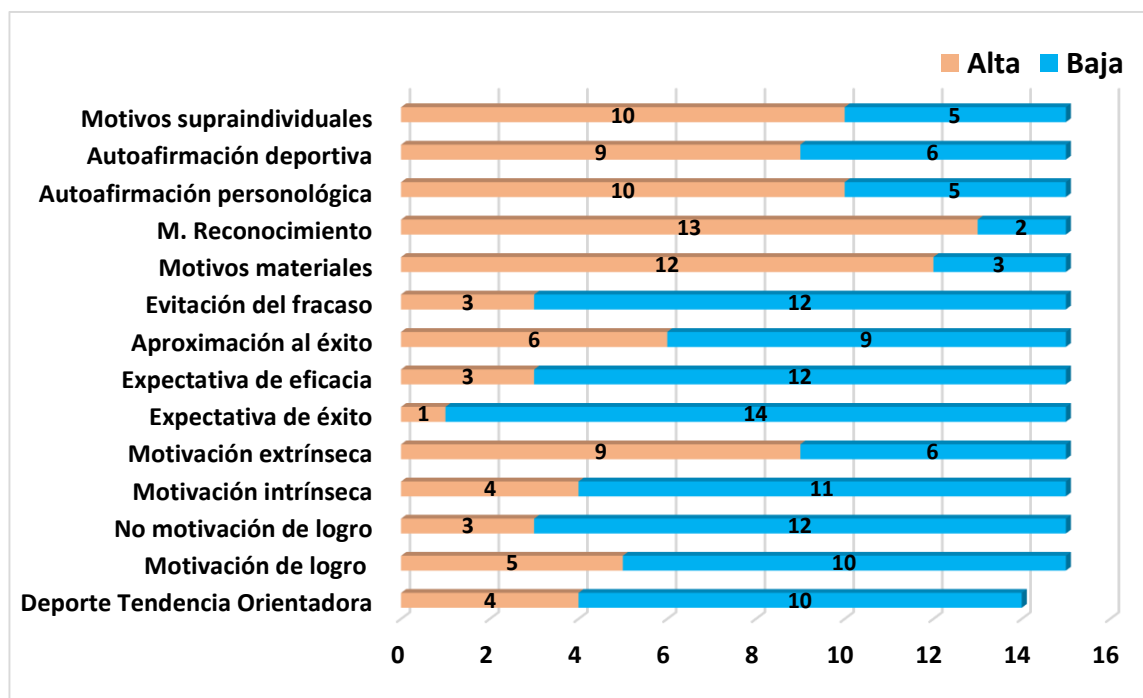
Results

The need to devise a methodological strategy for the development of motivation for sport in youth boxers comes from the need to generalize to other categories the scientific result: "Model for the development of motivation for sport in boxers of the senior category" Romero (2019), for its theoretical and practical value for the elimination of the inadequacies in this process, detected in the diagnosis.

In the review of the specialized literature, it was not found, as a scientific result, a methodological strategy for this category, even when the proposal for the senior category is the main support, it requires adjustments. Other elaborations also abound in which partial elements are contributed with less integrative proposals than those of this research, with which -from the pedagogical actions of the trainer- it is possible to contribute to the solution of the existing problem.

The strategy is conceived from the dialectical-materialist conception of the world and points of view are assumed in relation to the referents that serve as foundations in the philosophical, sociological, pedagogical-didactic and psychological planes.

Diagnosis of the current state of motivation towards the sport of youth boxers.



Results of the diagnosis of the state of motivation towards the sport of boxers according to frequency distribution. Source: own elaboration.

It is significant to highlight both the predominance of athletes for whom sport is an orienting tendency of the personality and the low presence of achievement motivation, approach to success and expectation of effectiveness. In this sense, the results of the diagnosis show that the motivation towards sport, on the part of boxers of juvenile category, has an insufficient development, so it is required to generate a change towards the ideal state.

Methodological strategy for the development of motivation towards sport on the part of youth boxers from the pedagogical actions of the coach.

When speaking of strategy, De Armas, Lorences and Perdomo (2003), express that it is designed to solve problems of practice and overcome difficulties with optimization of time and resources. It implies a process of planning, instrumentation and evaluation in which sequences of actions are established with a systemic interrelation, and oriented to reach an end.

As a consequence of the above problems, a strategy is proposed with the following objective: to contribute to the development of motivation towards the sport by boxers of the youth category from the pedagogical actions of the coach.

This strategy consists of three phases, each of which will be described below.

First phase: comprehensive diagnosis

The diagnosis and preparation phase is the starting point of the process of developing motivation towards sport on the part of youth boxers. Its objective is to identify the predominant sport-related motives of the athletes.

Based on the shortcomings, potentialities and characteristics of athletes and coaches, the content of the whole process is organized and adapted to transform reality.

Actions to be developed

1. Coordination, with the Psychology specialist in charge, of the selection of methods, techniques and instruments to be used for individual and group characterization.

Requesting the contribution of the Psychology specialist for the application of the instruments, analysis and interpretation.

5. Identification of the boxers with greater difficulties, and those with more potential to influence the others.
6. Preparation of the trainers.

Methodological indications of the first phase

It is important to strengthen the work links with the Sports Medicine area, especially with the psychologist appointed to the sport.

The process of instruction of the coaches will be carried out by the psychologist in charge of the sport, previous planning (agreed for its execution in micro 4 and 5) in two workshops.

The indicators to be considered in the diagnosis are:

Sport as a guiding tendency Expectation of success	Achievement motivation Efficiency expectation
Non-achievement motivation Material motives	Intrinsic motivation Recognition motivators
Extrinsic motivation Personological self-affirmation motives	Approximation to success Sports self-affirmation motivators
Avoidance of failure Supraindividual motivations	
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Second phase: Psycho-pedagogical instrumentation

In this phase the actions directed to the boxers are designed, its purpose is to achieve the process of change, that is to say, the development of motivation towards the sport by the boxers of the youth category.

Actions to be developed

- Games: sports games such as basketball and soccer, the method of the leader and the hare are recommended in order to improve aerobic adaptations.
- Setting, monitoring and feedback of performance aspirations.

In setting the goal commitment the athlete, together with the coach, establishes the goal commitment of each segment of the preparation that merits it (physical, technical, tactical, theoretical, and psychological); this gives the athlete the most active role. The coach must correct and guide what the athlete proposes, taking into account that the goals must be clear, specific and, at the same time difficult, achievable: they must constitute a challenge They must be carried out in an atmosphere of solemnity, in the presence of the team and the proposal must be exposed with the athlete's signature as a sign of his approval.

The coach should ask the athlete for his evaluations regarding the evolution and progress he is achieving, and correct the inadequate evaluations in the athlete's report.

An example of a model goal setting plan could be:

Initial date	Segment	Current level of performance	Desired progress	Task	Frequency And time	Control date
	Physical, technical, tactical, psychological	The difficulty presented,				

- To ask the athletes to refer their evaluations regarding the state of their preparation and what they have achieved, once each month or cycle of preparation is concluded, this action is carried out in group. Each one exposes their consideration about the state of their physical, technical, tactical and psychological preparation, quantitatively on a scale of 0-5 and qualitatively with their evaluations.

4, Joy in training: warm-up and exercises with music.

5. Observation of trainings and competitions of athletes of higher sport levels:

Videos of boxing athletes or other sport can be used, once the videos have been observed, it is necessary to exchange with them about the disposition with which the observed athlete faces the loads or the competition.

6. Analysis and discussion with the athletes about the physical, technical, tactical and psychological demands of this sport.

7. Modeling of leader activities

The trainer should give participation to a boxer to lead the warm-up, to whom he will suggest the creation of exercises for this purpose. The task should be rotated so that everyone performs it at different times and on different training days. Together with their trainer, the trainer should give them the opportunity to express their own opinions and involve them in decision making in order to develop their sense of self-determination.

8. Stimulation to athletes

The coach must stimulate the athletes on a daily basis. Stimulation can be done in different ways: awarding diplomas, trophies, medals and other immaterial stimuli for certain achievements and competitions, such as: public congratulations (in their community, in their parents' workplace, in front of their partners), private recognition, reinforcements, among others.

The trainer must be careful in the use of material stimulation, since the attribution of trophies or different advantages can lead to a decrease or even the disappearance of intrinsic motivation: it would be more convenient to attribute prizes or rewards once the performance has been completed, without informing him/her that they will be given.

9. Inspire the boxer to always do better in training, sparring, sparring and competitions. It should always be a positive stimulation, never negative; for example, the boxer should be exhorted with expressions such as: You can do it, you are doing it well, you can do it better, The boxer should be encouraged in the search for a result to be able to participate in the fundamental competition and the national selection. The benefits should be explained to him/her.

10. Competition modeling.

Rivalry and competitive motives are always present in boxers. Frequent arousal of them will contribute to better attendance at training sessions and encourage interest in the activity they perform.

11. Analysis of defeats: the trainer's intervention should be done with a positive comment on the performance before moving on to the analysis of the deficiencies. The technical analysis is what should allow the trainer to note the failure presented, then to examine the way in which the execution has been carried out and, finally, to formulate the means capable of remedying it.

12. Influence of celebrities to encourage victory.

Talks with nationally and internationally renowned athletes and coaches motivate athletes to follow and imitate their behavior.

13. Analysis of victories

The intervention of the coach, during the analysis of the victory, should be done in the sense of a reaffirmation of the athlete's feeling of competence, in order to reinforce his ego.

14. Maintain a correct sanitation of the training area.

15. To coordinate with the psychologist and the physiotherapist of the team the application of relaxation exercises, massages for the recovery and decrease of the tensions in the training sessions with volumes and high intensities of work.

16. Stimulate warm-up and execution of training tasks with moving phrases, such as: harder, deep back, deep front, faster, good, and very good. I can do it, my team can do it, I'm going for more, I've done it before and now I'm going for me, if I work hard I will succeed, among others.

17. Provide athletes with information about what they are training, why and what for; for example: -when and why the work is aerobic, anaerobic or mixed and how to use what is achieved when competing.

18. Systematically highlight in training, individually and collectively, the positive behaviors for success and approaches to success in boxing.

Systematically visit boxers in their homes and community; also, accompany them in problematic situations, the accompaniment of the coach in difficult and significant situations for the boxer will generate empathy and a very strong emotional bond, difficult to dissolve.

20. To plan the special resistance work, increasing the number of technical-tactical tasks, the number of rounds and the time of work in them, taking as a premise that -as the athletes like to compete more than to train- then this condition is taken advantage of so that they improve integrally. It is about "winning and winning" (winning in motivation and winning in preparation).

21. To plan rounds with time superior to the real time of the combat.

For example, rounds of 3'10", 3'15", 3'15", 3'20", 3'30" in free combat school, directed, under shadow and in the hitting of the apparatuses, having as premise that as the athletes like to compete more than to train, then we take advantage to improve integrally". Win and Win."

22. Plan the work of resistance to special speed by increasing the number of rounds and decreasing the time of work and rest. For example: perform ten rounds for one minute of work for 30 seconds of rest (10 A x 1' x 30").

23. Create a favorable climate to promote enthusiasm and fun in training and competition and rigorous compliance with the class schedule and activity regimen.

To attract the boxers' attention to the execution of: actions, movements, and technique, while stimulating and reinforcing those evaluated as good and effective.

25. To use the collective of athletes or the as judges and evaluators of all the activities and actions that are performed; the value of the collective for each athlete and the team culture that prevails in them is taken advantage of.

26. To promote the creativity and independence of the boxers.

27. To commemorate historical dates to demonstrate the value of dedication to a cause or objective, of individual and collective commitment, as well as to highlight the certainty of victory in the face of adversity, as ways to mobilize and promote the sporting activity in question.

28. Elaborate, promote and design, with the help of the athletes, distinctive (flag, garments, graphics, slogans), that favor the identity and commitment of the team.

29. Visit historical places and show videos that promote reflection and analysis about the significance of unconditionality before the sacred duty of defending the homeland as a synonym for the defense of the identity and commitment of the team.

30. Promote the realization of sports competitions and competitions in the territories, entities, sports clubs and institutions, whose fondness for boxing and prestige propitiate greater dedication and commitment on the part of the athletes.

31. Disclose by means of graphics visible to the athletes, and the discussion of the most positive qualitative and quantitative results of the level of preparation of each athlete and the team.

Third phase: Evaluation and control

In this phase, the process of developing the motivation of youth boxers towards the sport is evaluated. This will allow assessing the functionality of the actions and the strategy in general.

It is considered as a feedback element of the whole strategy; since, given the systemic approach of the strategy, when related to the other phases, it participates not only in a specific moment, but throughout the process.

Actions to be developed

1. Evaluate the degree of development of motivation towards the sport that is being achieved in the boxers.

The evaluation will be carried out with the following methodology.

a) The observation of the training unit, with the support of a previously conceived observation guide, is carried out monthly with the information appreciated in each month or cycle of the preparation.

b) The taking of the pulse before and after the warm-up and during the training, after the activities that require it.

2. To detect which boxers need individualized attention.
3. To evaluate the effectiveness of the execution of the actions carried out by the trainers, the methods, procedures and means used to develop the athletes' motivation.
4. By restructuring or projecting new actions, solve difficulties and achieve the general objective of the strategy.
5. To facilitate the measurement of the current state of the boxers' motivation towards the sport.

The objective is to measure the final result, after applying the greatest number of actions. This task should be carried out by the psychology specialist with the methods used in the first phase of the strategy.

6. Analyze and compare initial and final results

General methodological indications

The coach should continue his self-preparation to favor the development of the boxers' motivation and, as this happens, he can introduce new actions and enrich his contents.

The actions for the development of motivation towards the sport are distributed throughout the athlete's preparation cycle as shown in Figure 2.

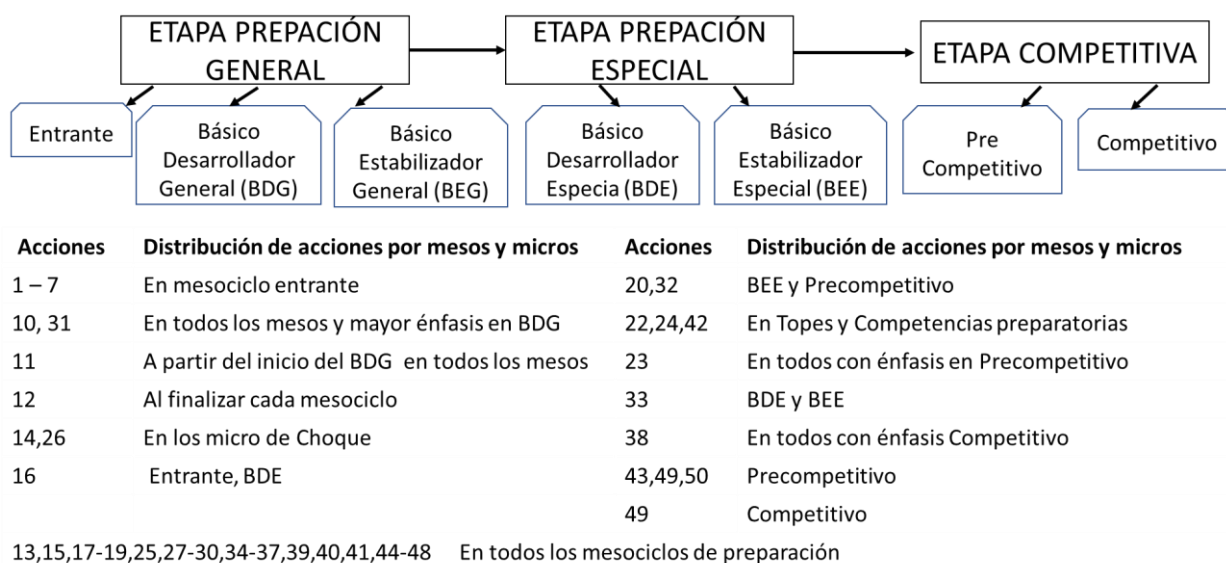


Figure. 2 Distribution of actions by mesocycles and microcycles of the training plan for youth boxers. Source: own elaboration.

Validation of the strategy

Evaluation of the results of the specialists' criterion method.

A group of twelve teachers, with more than 15 years of work with boxing, were selected as specialists.

In relation to the logical structure of the strategy, it is considered by 15% (two specialists) in the category of Very Adequate and 85% (11) as Fairly Adequate. As can be seen, there is a high degree of agreement among the specialists who express that the proposal is adequately structured.

Regarding the integrative approach of the proposed tasks, this is evaluated as quite adequate by 41.6 % (five), while 58.3 % (seven specialists) value it as Adequate.

The relevance of the methodological orientations is rated by three specialists (25 %) as Very Adequate and 66.6 % (8) as Fairly Adequate, which confirms the degree of sufficiency and the possibilities that these suggestions offer to implement the methodology.

When evaluating the possibilities of implementation in practice of the strategy for the development of motivation towards the sport of youth boxers, 58.3 % (7 of the specialists) consider this aspect as Fairly Adequate, while 41.6 % (5) evaluate it as Adequate.

The specialists, in general, recognize the practical usefulness of the strategy and seven qualify this aspect with categories of Very Adequate for 58.3 %, while 41.6 % (5) consider it as Fairly Adequate.

In relation to the general evaluation of the proposed strategy: eight specialists (66.6 %) placed it in the Very Adequate range and 33.3 % (4) in the Fairly Adequate range, thus confirming the feasibility of the proposal.

In carrying out the significance test, the null hypothesis (H_0) was the assertion that there is no concordance among the specialists and the alternative hypothesis (H_A) was the existence of concordance. That is: $H_0: W=0$ $H_A: W \neq 0$.

Significance level (α) of 0.05.

The results are shown in the following table.

Table 1. Contrast statistics

N 20 Kendall W (a), 546 Chi-square 76.451 df 7 Asymptotic sig., 000 a Kendall W concordance coefficient.

As can be seen, Kendall's coefficient of concordance shows a high level of concordance between the specialists' assessments. The null hypothesis that there is no relationship between the judgments issued by the specialists is rejected, then the alternative hypothesis that $W = 546$ is significant is accepted, which can be accepted with a high level of reliability, i.e., it is noted that the judgments issued are correlated.

It can be concluded then that the results of the specialists' evaluation of the designed strategy are statistically significant. This implies that there is sufficient evidence to state, with 95% confidence, that the 15 specialists agree in determining its relevance, structure and functionality, as well as the effectiveness of its application in practice.

Conclusions

The theoretical-methodological conception of the motivation towards the sport of boxers of the youth category is based on the postulates of the historical-cultural approach of Vigotsky and the model to develop the motivation towards the sport of

The theoretical-methodological conception of the motivation towards sport of boxers in the juvenile category is based on the postulates of Vigotski's historical-cultural approach and the model to develop the motivation towards sport of athletes in the senior category.

From the application of empirical and theoretical techniques and methods, a characterization of the current state of the motivation towards the sport of boxers of juvenile category and the preparation of the trainer was achieved. Difficulties that marked the intentionality of the elaboration of a strategy with a systemic, integrative and contextualized approach were appreciated.

The structure and content of the strategy for the development of the motivation towards the sport of boxers of the youth category of Guantánamo was conceived considering the boxers of the juvenile category of Guantánamo was conceived considering the psychological demands and characteristics of boxing activity, the structure of sports training and the psychosocial

particularities of the athletes. The actions to be implemented are coherent with the boxer's psychological and sport preparation process.

The criteria of the specialists consulted allowed reaching a favorable consensus on the relevance and feasibility of the strategy for the development of motivation in the sport of youth boxers.

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