

Extended Abstract

## Teaching Methods of Physical Education Teachers as Predictors for Achievement Motivation of their Students

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### Introduction

Motivation is the main requirement for learning so this issue has been regarded as the core of educational psychology and class management. Promoting and improving the level of achievement motivation in students can ultimately lead to improvement of the conditions in each educational society. Due to the positive role of achievement motivation in academic success, due attention has been paid to achievement motivation and the influencing factors. Prior evidence illustrated that the clarity of the role of the teachers and their control is positively associated with students' interest and motivation in the ways such as the rewarding and punishing system at school, the psychological-social environment in the class, the emotional relations within the school, the feedback the teachers give to the students' successes and failures which can be counted as the educational factors associated with the academic motivation. One of the most important elements that plays an effective role in achieving the educational goals is the teaching methods or pedagogical approaches. The teaching process not only means the relationship between teacher and student to convey information but orderly and purposeful activity that is pre-designed and aims to create favorable conditions for learning. Student-centered teaching method is the way in which an individual is considered as a living human that is inherently active. In this way, the student and their abilities are of special importance. According to this method, the goal of education is development of students' potential abilities. In teacher-centered methods (mechanistic), on the other hand, the student is considered as inactive being. According to this method, the individual activities are carried out under the influence of external forces. Today, the educational system is determined by the two-way vector of teachers and students, while the teacher by the help of students can easily take choices of proper teaching and training technique or methods based on the students' abilities. In this regard, some studies showed that the student-centered style compared to the traditional style leads to more confidence and better performance on the part of the learner. Therefore, teachers should utilize the student-centered teaching methods to fortify the positive motivational environment. Teachers have to set the goals that focus on effort, progress, and achievement in order to create a positive motivational environment. Generative methods (student-based methods) for acquiring motor skills are more promising than fertilizing styles (teacher-centered methods). In general, theoretical basics and research background reflects the important role of teacher's teaching methods in the student's achievement motivation, but yet a domestic research investigating the relationship among these variables especially for Physical Education students has not

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been carried out. Therefore, this study examined the relationship between the methods used by teachers of physical education and achievement motivation of their students.

### **Research questions**

1. Is there a significant relationship between student-centered teaching methods and the students' achievement motivation in physical education courses?
2. Is there a relationship between teacher-centered teaching methods and the students' achievement motivation in physical education courses?

### **Method**

For this purpose, 88 senior high schools (44 schools for girls and 44 schools for boys) were selected. From each school one class including a physical education teacher and the students (a total of 88 teachers and 440 students) were selected using multi-stage cluster sampling technique. Participants responded to Teaching method and Achievement Motivation Questionnaire. The reliability of the research instruments were calculated by Cronbach's alpha coefficient.

### **Results**

The calculations showed acceptable reliability and validity of the tools. The results showed that teachers' teaching method is a predictor for achievement motivation in students. The student-centered teaching methods had a positive relationship with students' achievement motivation and teacher-centered teaching methods had negatively affected the students' achievement motivation.

### **Discussion**

Based on findings of the study, student-centered teaching method is a positive predictor of achievement motivation. Therefore, it must be said that student-centered teaching methods compared to traditional teaching ones result in students' higher domination and their better performance. In fact, intrinsic motivation is one of the main factors of individual's sports participation. Moreover, findings of this study revealed that the teaching methods without the active participation of students in the physical education lead to a decrease in the students' motivation. According to the research findings, it is recommended that educators pay more attention to student-centered teaching methods. It is also recommended that the issue of the teaching methods and the way to use that with respect to the subject matter and educational goals will be trained to teachers and instructors in applied form and in-service courses. Finally, the researchers are recommended to continue the current study in other grades of the school and universities. Regarding the limitations of the study, caution should be taken in generalizing results of the present study to other sections.

**Key words:** Teacher-centered teaching, Student-centered teaching, Achievement motivation, Physical education