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## Comparative study of motivation level between elite & sub-elite volleyball players of Nagpur University

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### Abstract

The main purpose of this study is to present forth the visions on comparison of motivation between elite & sub-elite volleyball players of Nagpur University. This study explores motivation comparison of elite and sub-elite volleyball players. This research study is qualitative and execute by the technique of descriptive & inferential statistics. The self-administered questionnaire has been used for data collection which is based on five point Likert scale. From research it has been observed that there is no difference between motivation of elite & sub-elite volleyball players. This research study concludes that motivation of elite and sub-elite volleyball players is similar.

**Keywords:** Motivation, volleyball, elite, sub-elite

### 1. Introduction

Every year around 900 male players played volleyball in intercollegiate tournament organised by RTM Nagpur University and approximately 18 players are selected in team of RTM Nagpur University. Every year this team represents RTM Nagpur University in West Zone competition and further All India Inter University Competition organised by Association of Indian Universities. In India Volleyball was introduced by Y.M.C.A, college of physical education, Madras (Chennai, Tamilnadu) during the year 1900 and taken initiative in popularizing the game in India. Therefore researcher sensed a necessity to have a deep vision on variables related with volleyball players. Now a days in the field of sports; trainers, coaches, players not only emphasis on physical fitness and game skill but also on mental skills, because there is need of certain level of mental skill to give better performance and enhance the performance. Motivation plays important role in the path of performance. It should be neither high nor low; it should be at optimum level for good performance. A short summary of related research studies carried out in different fields of sports are as follows.

#### 1.1 Literature Review

(Athanasios Mouratidis, 2008) [6] This study showed that structural equation modelling favoured the hypothesized motivational model, in which, after controlling for pre-task perceived competence and competence valuation, feedback positively predicted competence satisfaction, which in turn predicted higher levels of vitality and greater intentions to participate, through the mediation of autonomous motivation. No effects on performance were found. Further showed that autonomous motivation mediated the relation between competence satisfaction and well-being, whereas amotivation mediated the negative relation between competence satisfaction and ill-being and rated performance. The discussion focuses on the motivational role of competence feedback in sports and physical education settings.

(Deci, 2016) [4] Deci, Edward L. reported that when money was used as an external reward, intrinsic motivation tended to decrease; whereas when verbal reinforcement and positive feedback were used, intrinsic motivation tended to increase. Discrepant findings in the literature are reconciled using a new theoretical framework which employs a cognitive approach and concentrates on the nature of the external reward.

(Unierzyski, 2003) [8] Piotr Unierzyski showed that junior players who eventually reached international level in tennis, 8 to 10 years after the test questionnaire possessed significantly higher levels of achievement motivation compared with those who did not reach international

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level. The results provided evidence that high achievement motivation is an important factor influencing tennis performance. In the talent identification process it is important to measure achievement motivation at the early stages of a tennis career because it would strongly determine future performance.

(Jeffrey J. Selfriz, 1992) [9] Results indicated that the Perceived Motivational Climate in Sport Questionnaire was comprised of two valid and reliable subscales, the Mastery and Performance Climate scales. Perceptions of a mastery-oriented climate positively related to reported enjoyment and the belief that effort leads to achievement. Perceptions of a performance-oriented climate were associated with the view that superior ability causes success. In general, indices of intrinsic motivation and attribution beliefs were best predicted by dispositional goal orientation.

(Antonio Mendez Gimenez, 2014) [5] Researcher examined the four AGD groups' idiographic profiles and how they relate to certain positive (autonomous motivation and positive affect) and negative variables (controlled motivation and amotivation). The results supported the hypotheses of AGD theory. Subsequently, *k*-means cluster analysis was performed, yielding 4 distinct achievement goal profiles. The most adaptive was named "mastery goals", while "high achievement goals" were the second most adaptive. AGD participants' distribution across the different motivational clusters was also ascertained.

**1.2 Objectives of Study**

1. To examine motivation of elite volleyball players of Nagpur University.
2. To examine motivation of sub-elite volleyball players of Nagpur University.
3. To compare motivation of elite & sub-elite volleyball players of Nagpur University.

**1.3 Hypothesis of Study**

There is no significant difference between motivation of elite & sub-elite volleyball players of Nagpur University.

**1.4 Significance of Study**

1. The study will be helpful to understand the difference in motivation of elite and sub-elite volleyball players.
2. The study will be enlightened the importance of motivation for performance.
3. The finding may prove helpful to the physical educators, coaches, trainers and players to prepare their training schedule for better performance.

**1.5 Delimitations**

1. The study was delimited to the male volleyball players of intercollegiate level and interuniversity level of Nagpur University.
2. The study was delimited in the age group of 18-28 years.
3. The study was delimited for the year 2015 to 2017.
4. The study was delimited to 54 male elite volleyball players.
5. The study was delimited to 340 male sub-elite volleyball players.
6. The study was delimited to motivation.

**1.6 Limitations**

1. The daily routine life and voluntary participation in other physical activities by the subjects which was not under control of researcher.

2. There was no control over their habits, diet and motivation.
3. There was no control over environmental factors.

**2. Research Method**

Descriptive & inferential research design has been used for this study. The research study based on qualitative research technique. Researcher adopted survey method for approaching target respondent.

**2.1 Sample Design**

The target population for this study was all male volleyball players of Nagpur University who have played during 2015-2017. The target population for elite group was approximately 54 and for sub-elite group were approximately 2280. The researcher had taken all elite players as sample for one group i.e. a sample of 54 elite volleyball players and sample of 340 sub-elite volleyball players. For sub-elite players cluster was formed on the basis of year of batches of players. Three clusters starting from 2015 to 2017 have been formed and samples were drawn from clusters proportionately.

**2.2 Data Collection**

The researcher had used self-administered questionnaire to collect primary data.

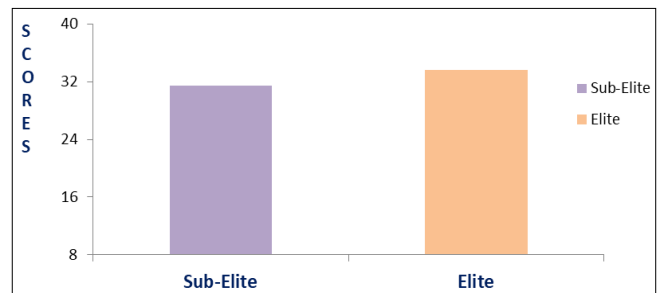
For data collection questionnaire has been designed.

**2.3 Analysis of Data**

A bar graph has been prepared to check the motivation level of male elite & sub-elite volleyball players of Nagpur University.

**Table 1:** Mean of the Group

	Sub – elite group	Elite group
Mean	31.43235294	31.37037037
Observations	340	54



**Fig 1:** Motivation Level of Elite & Sub-Elite Volleyball Players

As it is evident from bar graph there seems very small difference between motivation level of male elite & sub-elite volleyball players of Nagpur University.

**2.4 Testing of Hypothesis**

**Null Hypothesis:** There is no significant difference between motivation of elite & sub-elite volleyball players of Nagpur University.

$H_0: \mu = 0$

**Alternate Hypothesis:** There is significant difference between motivation of elite & sub-elite volleyball players of Nagpur University.

$H_1: \mu \neq 0$

\*The researcher wish to compare motivation of elite and sub-elite male volleyball players. Therefore computing t-Test: Two Sample Assuming Equal Variances will be a suitable measure. To check whether there is significant difference between variance of elite & sub-elite group F-Test will be used. For this following is null & alternate hypothesis.

**Null Hypothesis:** There is no significant difference between variance of elite & sub-elite group.

**Alternate Hypothesis:** There is significant difference between variance of elite & sub-elite group.

**Table 2:** Result of F Test

Computing F-Test		
	Sub – elite group	Elite group
Mean	31.43235294	31.37037037
Variance	15.4909856	15.7092942
Observations	340	54
df	339	53
F	0.98610322	
P(F<=f) one-tail	0.453094685	
F Critical one-tail	0.725453998	

As p-value (0.45) > 0.05, Null hypothesis is accepted i.e. variance of both groups were same.

\*Now check the difference between calculated mean of both groups is significant or not by t-Test: Two Sample Assuming Equal Variances.

**Table 3:** Result of Hypothesis Testing

Hypothesis Testing		
Computing p-value		
	Sub – elite group	Elite group
Mean	31.43235294	31.37037037
Variance	15.4909856	15.7092942
Observations	340	54
Pooled Variance	15.52050181	
Hypothesized Mean Difference	0	
df	392	
t Stat	0.107400161	
P(T<=t) one-tail	0.457263236	
t Critical one-tail	1.648750052	
P(T<=t) two-tail	0.914526472	
t Critical two-tail	1.966034107	

Since t-critical two-tail (1.96) > T Statistics (0.10) & p-value (0.91) >  $\alpha/2$  (0.025), therefore null hypothesis accepted.

**3. Interpretation**

There is no significant difference between motivation of elite & sub-elite volleyball players of Nagpur University at 0.05 significance level.

**4. Conclusion**

It has been founded that there is no significant difference between motivation of elite & sub-elite volleyball players of Nagpur University. It is concluded by this research study that motivation of male elite volleyball player is same as motivation of male sub-elite volleyball player.

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