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## Sports achievements among U17 and U21 boys and girls in Khelo India games 2019: A comparative study

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### Abstract

Khelo India Games was introduced to revive the sports culture in India at the grass-root level. The aim was to build a strong framework for all the Indian sports as well as establishing India as a great sporting nation. The main objective of Khelo India Games programme is to identify talented players in priority sports disciplines at different levels by a high-powered committee. Achievement motivation (motive) has been defined by many researchers as performing a job as masterfully, achieving perfectly, overcoming problems and performing better than others. Achievement goals can affect the way a person performs a task and represent a desire to show competence. For the purpose of the present study 256 players were selected as subjects. There were 101 volleyball players, 80 badminton players and 75 kabaddi players. All the subjects were selected randomly from Khelo India youth games (KIYG), held at Maharashtra, India from 9<sup>th</sup> to 20<sup>th</sup> January 2019. The age of the subjects were U-17 & U-21 years for both boys and girls. The criterion measure chosen to test the hypothesis was the score obtained in sports personality questionnaire (SPQ20) from my skill profile (2016). For the purpose of the analysis of data one way ANOVA was employed to compare the mean among the different sports players. Further Scheffé's post hoc test was used to find out the paired mean difference. The results of the study clearly stated that, boys under 17 & 21 years of different sports have a significant difference and the girls under 17 & 21 have a significant difference on achievement. In particular Volleyball players are scores less in achievements scale than badminton and kabaddi players. It was concluded that the achievement level for U17 and U21 year girls were significantly observed in favour of kabaddi players.

**Keywords:** Achievement, khelo India, sports

### Introduction

Sports and games have historically played a significant role in development of personality traits and qualities like discipline, tolerance and leadership amongst the youth. With adequate support, planning and focused implementation, immense potential of the India's youth can be gainfully channelized through sporting activities. The realization of their true potential will not only build future character, but is a conduit of national integration. More importantly, our top sportsmen come from diverse parts of the country, many with limited sports infrastructure, thus indicating huge unexplored potential.

Khelo India Games was introduced to revive the sports culture in India at the grass-root level. The aim was to build a strong framework for all the Indian sports as well as establishing India as a great sporting nation, and also to identify talented players in priority sports disciplines at different levels by a high-powered committee. These young athletes would then be provided annual financial assistance of 5 lakh for a period of 8 years.

The IST Khelo India Games 2018, named as the Khelo India School Games was held from 31st January to 8th February 2018 at New Delhi was a humongous success with as many as 5,000 students from 29 states and 7 Union Territories. As many as 16 disciplines were contested in the competition at U17 & U21 age category. For the purpose of the research, the investigator has collected data from volleyball, basketball and kabaddi. Men and women players held at Pune, Maharashtra Khelo India 2019.

Achievement motivation (Motive) has been defined by many researchers as performing a job as masterfully, achieving perfectly, overcoming problems and performing better than others [1]. On the other hand, defines as achievement motivation, resistance to failure, strives to see a thing through and search for uncertain situations [2].

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The relationship between coaches leadership behaviours and success motivation in women players of volleyball, showed that among the five aspects of leadership behaviours of coaches, just social support behaviour can predict the success motivation of players [3].

Achievement motivation theory tries to explain why people attend an event, why they put so much effort to achieve an extremely difficult objective and why they maintain it for so long. It is generally considered that the competitiveness or rivalry existing in the sport evolved out of achievement motivation. The focal point of achievement need for some people is that to achieve high level satisfaction rather than to success in the event based on achievement. However, the point which must be taken into consideration is that the perception of achievement will vary from person to person. In other words, each individual is obliged to determine his/her achievement behaviour. But if the performance-based results identified with individual's inability or low effort, this also is considered as failure. Therefore, a situation considered to be success by one might be considered as a failure for another [4, 5]. Research in exercise and sport psychology has shown that individuals have different goals for achievement and that to truly understand motivation must understand how each person defines success or competence for him or herself. Many studies have been conducted in the aspect of achievement motivation and their effect on performance. Literature in the field of sports psychology suggests that achievement motivation is most significant predictor of performance and essential to participate in a competition [6, 7].

Motivation is the basic drive for all of our actions. Motivation refers to the dynamics of our behaviour, which involves our needs, desires, and ambitions in life. Achievement motivation is based on reaching success and achieving all of our

aspirations in life. Achievement goals can affect the way a person performs a task and represent a desire to show competence [8]. Hence the present investigation aims to assess the achievement motivation among young Indian U17 & U21 boys and girls took part in Khelo India 2019.

**Methodology**

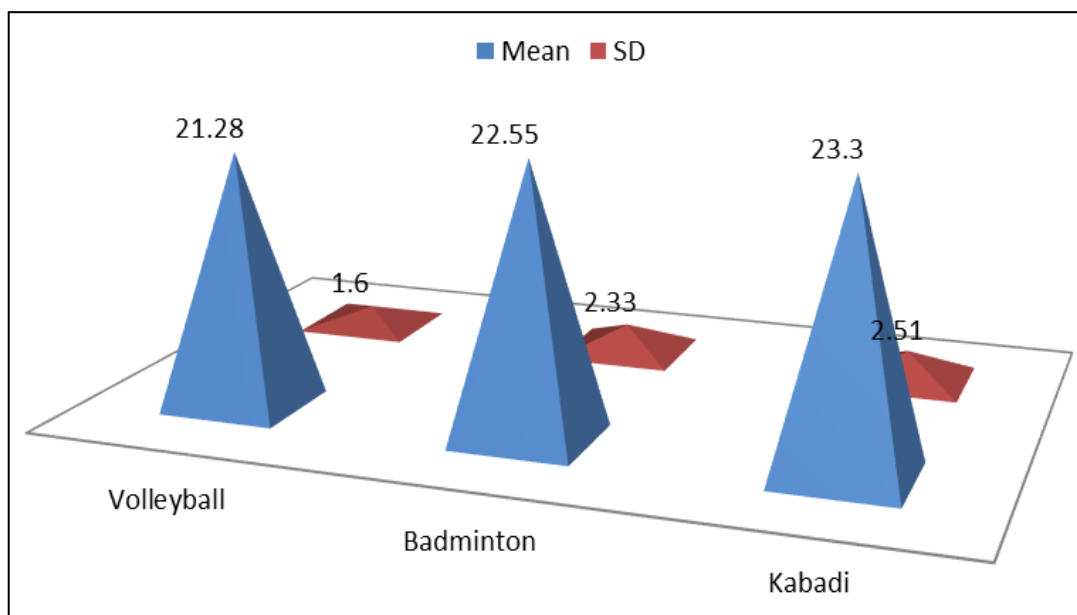
For the purpose of the present study 256 (N) players were selected as subjects. There were 101 volleyball players, 80 badminton players and 75 kabaddi players. All the subjects were selected randomly from Khelo India youth games (KIYG), held at Maharashtra, India from 9<sup>th</sup> to 20<sup>th</sup> January 2019. The ages of the subjects were U-17 & U-21 years for both boys (n=143) and girls (n=113). The criterion measure chosen to test the hypothesis was the score obtain in sports personality questionnaire (SPQ 20) from my skill profile (2016). It contains 168 questions to know the psychological personality for the athletes with 20 psychological scales and in the present investigation the achievement was compared among volleyball, badminton, and kabaddi players out of 168 questions, achievement was measured through eight questions. The maximum score for each statement was four out of these eight statement six has positive scoring system and two has negative scoring system. The scores obtained for each statement was added up, which represent an individual's total score on achievement. For the purpose of the analysis of data one way ANOVA was employed to compare the mean among the different sports players. Further scheffe's post hoc test was used to find out the paired mean difference. The level of confidence was fixed at 0.05 to test the significance. SPSS version 21 was used for computation.

**Results and Findings**

**Table 1:** Descriptive and AVOVA of different game players on achievement (U: 17 & U: 21 Boys Players)

Group	Mean	SD	SOV	S.S	DF	MS	F	Sig
Volleyball	23.24	3.04	B	17.64	2	8.82	1.43	.242
Badminton	22.66	2.11						
Kabaddi	23.12	1.45	W	861.1	140	6.15		

The result of U17 & U21 year's boys on sports Achievement shows insignificant difference among volley ball, badminton and kabaddi players.

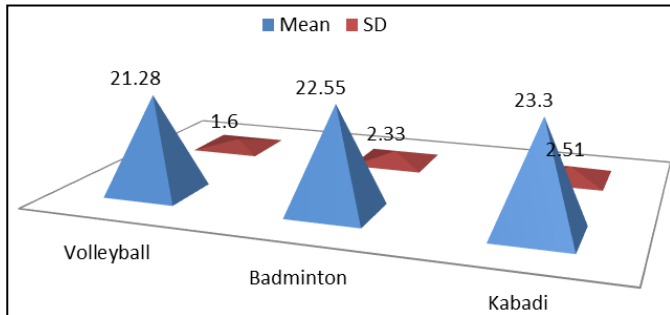


**Fig 1:** Showing the mean and standard deviation of different game players on Achievement (U: 17 & U: 21 Boys Players)

**Table 2:** Descriptive and AVOVA of Different Game Players on Achievement (U: 17 & U: 21 Girls Players)

Group	Mean	SD	SOV	S.S	DF	MS	F	Sig
Volleyball	21.28	1.60	B	78.86	2	39.43	8.07	0.001
Badminton	22.55	2.33						
Kabaddi	23.30	2.51	W	537.00	110	4.88		

The result of achievement of U17 & U21 Years girls were found to be significant among volleyball, badminton and kabaddi players. To find out the paired mean difference post hock test was employed and presented in table III.



**Fig 2:** Showing the mean and standard deviation of different game players on Achievement (U: 17 & U: 21 Boys Players)

**Table 3:** Scheffe’s Paired Mean Difference on Achievement (U: 17 & U: 21 Girls Players)

	Badminton	Kabaddi
Volleyball	1.26*	2.02*
Badminton		.75

The mean comparison clearly shows that badminton and Kabaddi players were significantly better than volleyball players on achievement. However insignificant differ was observed between badminton and Kabaddi players on achievement. Hence it was concluded that Kabaddi girls were dominating on achievement followed by badminton players.

**Discussion**

From the result of the study it was in found that, among U17 & U21 Years boys the achievement level was not found any difference among volleyball, badminton and kabaddi players. However the results of U17 & U21 years on a achievement found significant among volleyball, badminton and kabaddi players.

The role of sports including recreational activities in national and international affairs is becoming more and more important to promote the image of a nation. Sports are also helpful to develop international friendship, mutual understanding to build character and health which are very essential for healthy and happy living. It is therefore, in the national interest to promote the program and to maintain an environment which will encourage excellence in all sports/athletic endeavours. Unierzyski (2003) investigated the level of achievement motivation of young tennis players and their future progress and examine the influence of achievement motivation on tennis performance. He found in his study that the players who later reached international level in tennis possessed significantly higher level of achievement motivation than the players who never reached international level [9].

The results of the study clearly stated that, boys under 17 & 21 years of different sports have no significant difference and the girls under 17 & 21 has significant difference on

achievement. In particular Volleyball players are scores less in achievements scale than badminton and Kabadi players. The khelo India event provide an environment within which youth strive to become competent, to become excellent. The institutionalized nature of sport means that rules and conditions are standardized so that performance can be compared fairly. It is within this standardized forum of tradition that sports persons can learn about their performance. Many scholars believe the pursuit of competence, the pursuit of excellence to be the fundamental, sustaining motivation for sport involvement. Van (10) for instance identify psychological behaviours including goal commitment, engagement in problem-focused coping behaviours and seeking social support among factors that predict career success. These factors are similar to both consistency and perseverance sub-scales of grit which is shown in the current finding to differentiate between high and low achievers. Consistency refer to the tendency not to shift attention and efforts away from a long-term goal but remaining committed to the achievement of the set goals by working hard and enduring the difficulties associated with training by adopting the necessary coping behaviour to overcome the challenges of development.

A recent study in tennis has shown that goal orientations may be specific to training and competition, and these goals may be differently related to motivational outcomes within each context. In the present study, the researcher aimed to extend this work by examining whether Khelo India games type moderates these relationships [11, 12].

The markedly high level of tough mindedness in the kabaddi group which may be culturally and environmentally determined is probably as a result of the psychological demands associated with participation in the sport. It has to be noted that Kabaddi is a tough contact game where aggression and quick intervention with direct contact is a vital part of the game [13].

**Conclusion**

- In regarding to achievement there was no significant difference among U17 & U21 volleyball, badminton and kabaddi boys and there was significant difference among U17 & U21 volleyball, badminton and kabaddi girls in Khelo India games 2019.
- The achievement level of Girls Kabaddi players were better than volleyball and badminton players.

**Implication**

- At school level athletes the coaches may enlighten the importance of achievement.
- Sports psychologist may prepare a psychological training or mental training programme for school level athletes.
- The players may be identified not namely by the physical skill as fitness, but also mental toughness.

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