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Achievement motivation among athletes of competitive sports

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Abstract

The purpose of the study was to compare achievement motivation among women athletes of selected competitive sports. For the purpose of the study seventy five female sports person were randomly selected from Vimala College Trissure, Providence College Calicut and Center for physical education Calicut university campus. The players participated in the intercollegiate tournament from selected competitive sports namely Judo, Track and Field and Handball where selected. Each team sports consist of 25 players. Their age was fixed in the range of 18-25. The standard psychological tool devised by M.L. Kamlesh sports achievement motivation test questionnaire was used to measure achievement motivation. The result of the study indicates that there is significant difference in achievement motivation among Track and Field, Handball and Judo players. The study also indicates that Track and Field athletes had higher achievement motivation level than Handball players and Judo players.

Keywords: Achievement motivation, competitive sports, athletics, handball and judo

Introduction

Sports are institutionalized competitive activities that involve rigorous physical exertion or the use of relatively complex physical skills by participants motivated by internal and external rewards. Motivation refers to the individual intention of achieving a goal or a goal directed behavior. Some human activity seems to be best explained by postulating an inner directing drive. While a drive is often considered to be an innate biological mechanism that determines the organism's activity, a motive is defined as an innate mechanism modified by learning. In this view human drives serve to satisfy biological needs while motives serve to satisfy needs that are not directed to the body requirement. In sports activities the individual or group participation should need to be motivated. Without proper motivation, no individual would ever strike to respond to the incoming stimuli. A person who is better motivated achieve greater success than the one who has not been properly motivated if all other factors are equal. Achievement motivation may be characterized as the tendency to maintain and increase individual proficiency in all areas in which a standard or quality is taken as binding. Achievement motivation is a complex construct; it is explained as a learned personality characteristics which is demonstrated when a person shows one of these types of behavior. (A) Shows competition with a standard of excellence and is concerned with winning or doing better than others, (B) Demonstrate a long term involvement in the attainment of an achievement goal. Psychological preparation for sports is an essential aspect of successful sports performance at all levels. Elite sports performers make great use of psychological techniques before. The higher the level of competition the greater the psychological demand on the performer. Psychological preparation for sports depends on a wide range of factors which differ for each individual sports performer. Psychology helps the sports men to develop right type of emotion at right time and also help to control emotions. It assists the coaches to train his players effectively. For the effective training a coach may handle many psychological devises such as autogenic training, feedback, motivation training etc. Coaching is an important area where motivation plays an equally important role. The success of a sport program depends upon the motivation of the athletes. Present study was taken to find out whether the players of selected competitive sports differ from one another or not on the psychological variable achievement motivation.

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Methodology

To achieve the purpose of the present study seventy five female sports person were randomly selected as subjects from Vimala College Trissure, Providence College Calicut and Center for physical education Calicut university campus. The players participated in inter collegiate tournament from selected competitive sports namely Judo, Track and Field and Handball were selected. Each team sports consist of 25 players. Their age was fixed in the range of 18-25. The standard psychological tool devised by M.L.Kamlesh sports achievement motivation test questionnaire was used to measure achievement motivation. This test consists of 20 incomplete statements which can be completed by choosing either of the two proposed parts against each statement. The subjects were asked to tick the second part which is their opinion fits in best with the first part. The inventory was scored with the help of a scoring key a score of 2 was given

for the correct answer and 0 for the wrong answer. The range of score is 0 to 40. If the score is high the achievement motivation of the subject is high. The investigator revalidated the inventory by administrating it on seventy five players of selected team sports namely Judo, Track and Field and Handball. The total score obtained was treated as the individual score. The data collected from the subjects were treated statistically to compare the significant difference among the selected competitive sports. One way analysis of variance (ANOVA) was used to find out the significant difference among the groups. Scheffe’s test was used as a post hoc test to determine the difference between the paired mean.

Analysis of data

The analysis of variance on achievement motivation test of Track and Field, Judo and Handball Players have been analysis and presented in table 1.

Table 1: Analysis of variance on achievement motivation test of track & field, handball and judo

Mean			Source of variance	Sum of squares	df	Mean Squares	‘F’ Ratio
Track & Field	Handball	Judo	Between	511.01	2	255.52	
28.97	26.64	22.64	Within	772.48	72	10.73	23.82*

*Significant at).05 Level of Confidence.

(The table value required for significant 0.05 level with 2 and 72 is 3.126)

The tables 1 show that the mean values of achievement motivation test for Track and Field, Handball and Judo players are 28.97, 26.64, 22.64 respectively. The obtained F ratio of 23.82 is higher than the table value of 3.126of df and 72 required for significance at 0.05 level of confidence. The result of the study indicates that there is a significant

difference among the mean of Track and Field, Judo and Handball Players on the achievement motivation test. To determine which of the mean has a significant difference Sheffer’s test was applied as post hoc test and the results are presented in table 2.

Table 2: Scheff’s test for the difference between the mean of achievement motivation

Mean			Mean Difference	Confidence Interval Value
Track & Field	Handball	Judo		2.32
28.96	26.64		2.32*	
28.96		22.64	6.32*	
	26.64	22.64	4.0*	

Table 2 shows that the mean difference on achievement motivation between Track and Field and Handball, Track and Field and judo and Handball and judo athletes are 2.32, 6.32, and 4.0 respectively. This value is higher than the required confidence interval value 2.32 which shows significant difference at 0.05level of confidence. This result revealed that

there is a significant difference in achievement motivation between Track and Field and Handball, Track and Field and judo and Handball and judo athletes. The mean values of Track and Field, Handball and Judo on achievement motivation was presented in Figure 2.

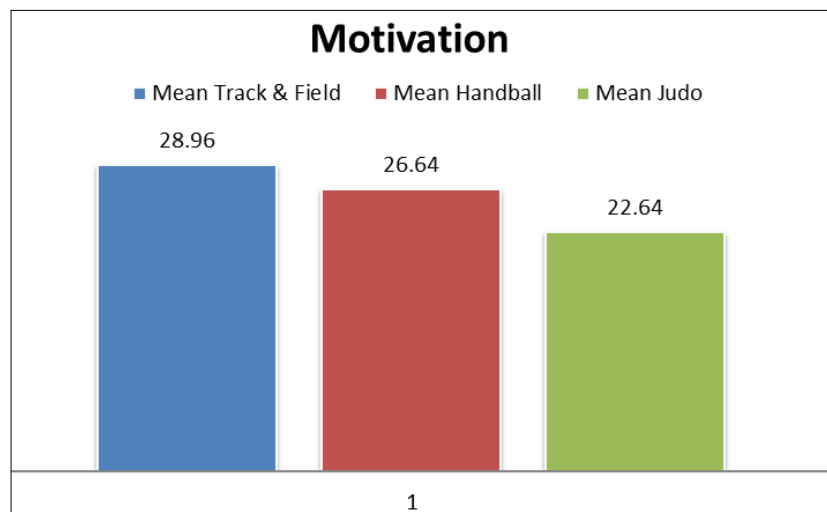


Fig 1: Mean values of track & field, handball and judo athletes on achievement motivation

Discussion on findings

It is evident from the result of the study that there may be a significant difference on achievement motivation among the athletes of Track and Field, Handball and Judo. The result of the study showed that the level of achievement motivation of Track and Field athletes was higher than Handball and Judo athletes. Further the Handball athletes had a greater achievement motivation level than Judo athletes.

Conclusion

Each sports women and men is having a specific type of psychological qualities which help to achieve high level of performance in sports hence it is recommended to select different psychological training programs for various sports events as per the requirement of particular sports.

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