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## Comparative study on self motivation among male handball and volleyball players

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### Abstract

The main objectives of this comparative study was to differentiate the self motivation level among male handball and volleyball players. Total Subject 30 male (N=30) 15 volleyball and 15 handball players taken as subjects for this study. All the subjects were between age of 18 to 25 of Punjabi University Patiala, Punjab. Psychological variable was selected for self motivation. The study had been analyzed with help of mean, SD and comparison between groups was done with the help of 't' test for equality of means. The study indicate that there was non significant difference shown in self motivation among handball and volleyball players. The study revealed that on the basis of the finding handball players were shown more self motivation than volleyball players.

**Keywords:** Self motivation, volleyball, handball

### Introduction

Self motivation is the capability of human psychology to get internal force to drives yourself to do thing. Intrinsic motivation is the self-desire to learn new things, challenges, to get knowledge. The vital component for internal motivation is to an increase in perceived capacity and self-determination. In simple words, the effect of expression must be intrinsic, called internal local of causality, and the person who engages in the internal emotions must think that this task improve their capability. Students who are internally motivated are very frequently to seize in the task willing and to improve their skills, it increase their ability. Sports psychology research shows that "external" rewards—rewards that come from the outside, rather than from what's inside you—don't help sports kid with self-motivation. If kids play only to get trophies, medals, money or other external rewards, they'll be less motivated when those rewards aren't offered to them. In other words, it's a bad idea to play sports just to get trophies, medals and other prizes. The key to being self-motivated is to focus on what excites you about playing and performing. You might play sports to be with friends, be part of a group, for the competition or to gain social support. One way to help you become more self-motivated is to set goals and stay committed to reaching your goals. You can do this is by creating and signing a commitment contract. A commitment contract is a written statement or series of statements that you promise to follow. For example, you might include in your contract, "I want to improve my backhand shot, and will work on this at least two hours a week." These statements can identify your personal or practice goals. Have your parents or coach sign the commitment contract to help you monitor your progress. The contract should be placed somewhere you can see it—a bedroom or kitchen, for example—so you are reminded of your goals each day. Setting goals is critical to your success as athletes in both sports and life. It's important that you stay committed to evaluating and changing your goals when needed. You may find that you've reached one goal, and now need to set a higher goal. Or you may find that the goal you set wasn't reasonable, and you need to aim for something a little easier.

### Hypothesis

It was hypothesized that there would be significant difference in self motivation among handball and volleyball male players.

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### Statement of the problem

Comparative study on self motivation among handball and volleyball players

### Delimitation of the study

The following were the delimitation of the present study:

1. The study was delimited up to inter university level players.
2. The study was delimited age ranged from 18 to 25 years male players.
3. The study was further delimited to the selected psychological variables (Self motivation).
4. The study was delimited to handball and volleyball players only.

### Limitation of the study

1. The investigator did not control other variable such as interest, attitude, cooperation, genetic makeup, socio-economic, cultural, religious, educational background and diet which might serve as the limitation of the study.
2. The investigator was unable to control their daily routing, training and competition schedules.

### Objective of the study

The objective of the present study are as under:

1. To find out the significant difference of Self Motivation level among handball and volleyball players.

### Significance of the study

The study will be significant in the following way:

- 1) The finding of the study will add new knowledge in the field of Physical Education & Sports.
- 2) It will justify the need of Self Motivation level among handball and volleyball players.
- 3) It will be helpful for coaches & trainers to find out the importance the Self Motivation level among handball and volleyball players. Which would help them in achieving high performance in handball and volleyball game.

### Selection of the subjects

To conduct the study 30 subjects in which 15 handball players & 15 volleyball Player were selected from ACPE Mastuana Sahib, Punjabi university Patiala campus and Professor Gursewak Singh Government College of Physical Education, Patiala. The data was collected with varying levels of their participation and performance.

### Administration of the test

The subjects were selected from different institution; Such as ACPE Mastuana Sahib, Punjabi university Patiala campus and Professor Gursewak Singh Government College of Physical Education, Patiala. The subject were mentioned of tools in a group of 10-15 at a time in peace full corner of the institution under laboratory like condition; First of all the tapping of Self Motivation; Emotional Intelligence Standard scale (2002) developed by Anukool Hyde, Sanjyot Pethe and Upinder Dhar was utilized. The scoring with done according to the ruled down by the authors.

### Design of the study

The subjects square measure at random assigned to either the experimental or the management cluster. Each teams square measure pre-tested for the variable quantity. The experimental cluster receives the treatment and each teams square measure post-tested to look at the consequences of manipulating the variable quantity on the variable quantity.

### Statistical analysis

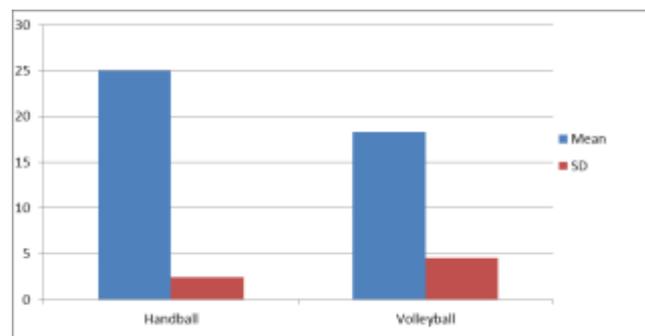
The data was analyzed & contrasted with the use of statically procedure. Mean, standard deviation and 't' test; were used to analysis the data.

### Finding

**Table 1:** Showing Mean, SD of Self motivation among handball and volleyball players

Group	N	Mean	SD	MD	't'
Handball Players	15	25	2.42	6.67	2.87*
Basketball Players	15	18.3	4.57		

$t(0.05) = 2.05$ ;  $t'(0.05) = 2.76$



### Discourse of findings

Result reveal that handball players have better Self Motivation (Mean=25,SD=2.42) as compare to volleyball players (Mean= 18.3,SD=4.57).The calculated value of 't' is 2.87 which is greater than the tabulated value, so that both the group are differ at 0.05 level.

### Discussion on hypothesis

The finding of the present study indicated significant difference was observed in self motivation among handball and volleyball players. Whereas, the hypothesis has been accepted

### Conclusion

Handball players shown more self motivation than volleyball players.

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