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A study of judokas for Performance motivation among intercollege and national level players

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Abstract

Psychology is one of the major aspects of sports performance a human being. Purpose of the present study was to assess the status of performance of players of Judo game. The study was conducted on 70 Judokas of different colleges of Punjab region. The age of the subject ranged between 17-25 years. Aspect of participation motivation was measured with the help of test. The test was employed to assess the performance motivation of inter-college and national level players of Judokas. The mean and S D values between the two gender groups were calculated and then to find out the significance of differences, t-test was used with regards to the gender differences of Judo game. To find out the significance of difference various level of sports t-test was applied. There was no significant difference among Inter College Level Boys and national level boy belonging to Judo game on the variable of participation motivation though there had been slightly difference in their mean value.

It is found from the results that inter-college level Judokas attached more importance to inter-college level competition. The result is trusted after winning only inter-college level competitions. They become eligible to participate in upper level. Here by the inter-college level competitions are more important for players than national level competition. They know that they are bond to get the first four positions as only four teams play this level of the tournament. National level performance also considered important for all players. The performance given by the players at national level contribute to their carrier achievement in the term of admission to higher courses better employment opportunities reorganization in the society and sports world.

Keywords: Motivation, performance, motivation

Introduction

Scientific knowledge has revolutionized the standards of human performance in sports disciplines. Scientists have pulled together their knowledge to exploit maximum physical and psychological potentialities of an athlete. But sports are playing an important role which has made us realize the performance. Psychology develops the whole personality of athletes. Excellence in sports could not be obtained over night. It requires toil and sweat for longer time to achieve a certain level with lot of persistence, become consistent with the load required to be motivated. On sports field result could be obtained after a long, hard practice for longer duration. That's why in sports motivation is most important factor.

Motivation is at heart of learning, without motivation no learning is possible at any age level. No teacher, who hopes to promote learning, can ignore motivation. It is admitted fact that an individual would have to work if the task is pleasure giving and he will avoid the activity which is pains giving. Physical education and sports activities are pains giving where in an athlete have to work under great mental and physical stresses during physical activities an athlete experiences great pain and discomfort. Mentally they have to tolerate the agony of defeat. It is only motivation which helps and inspires the athletes, is a problem of concern of physical education teachers, coaches and trainers. The success and failure of teachers as well as athletes depends on the strength of motivation. Adequate motivation results in promoting attentions, interest and efforts on the part of the athlete. It is the efficiency of the part of the physical education teachers, coaches or trainers to find out the best means of motivating athletes.

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Research studies are available in the field which has partially brought to light the role of this variable in an individual's performance in his chosen field of activity. However, there appears to be a gap in literature how this variable literature is influenced by sports performance and gender. This study has been designed to evaluate the relationship of motivation in relation to the performance of Judokas of inter-college and national level.

Materials and Methods

Purposive sampling device was used to select the subjects for the study. About 70 judokas belonging to different affiliated colleges of Panjab University has comprised the sample. Out of 70 players, 32 were those who have participated and got places in national level and 38 players of intercollegiate level with various places in Judo game.

Performance motivation

Test constructed by Jagdish Kaur (2021) [5] regarding participation motivation was used. Performance motivation consisted of 16 items. She established validity of the test through factor analyses, technique represent the item most related and could be statistically evaluated as single composite variable.

She evaluated motivation scales to established concurrent validity also. The reliability and objectivity of the test scale was also established through the test and re-test procedure. The reliability and objectivity values have been given below:-

Reliability of the motivational scale

Sr. No.	Scale	Test-retest 'r'
1	Sports performance motivation scale	0.82

Objectivity score of the motivation scale

Sr. No.	Scale	Pearson's 'r'
1	Sports performance motivation scale	0.87

Level of significance was 0.05.

Administration of tests

For the collection of data from college and university athletes, the researcher had a seek co-operation from many quarters. She had to approach the directors of sports of various universities to ask for co-operation for collection of data. The consent of coaches conducting the university coaching camps was also obtained. They assured maximum help in this regard. Information regarding the date, venue and timing of each coaching camp was also obtained well in advance. As soon as each coaching camp had started, the co-operation of the officials conducting the camp was sought out to administer the tests. Timings of administration of the tests were decided in consultation with them so that the coaching schedule was not disturbed.

At the college level, the inter college competitions were followed the schedule of the same were procured from the sports directorates of the selected universities of North-Western India. The managers and coaches of the respective college teams were requested to help in the matter by acquainting them with the purpose of the research study. The timings for the data collection from the college players were also fixed with them. The investigator had tried to stick to the same timings for test administration which was from 10 am to 12 noon for all the subjects. At the appointed to me, the subjects were divided into batches of 10 each and administered the tests at a place where no distraction or minimum distraction could be caused. All the three tests were administered one after the other and before the commencement of each test. In almost all the tests the subjects were told to list their first response without delay to meet the demands of the tests. If any subject lagged behind he/she was allowed to complete the task as soon as she/he could. Each subject was asked to hand over the response sheet immediately after it was duly filled.

Results

The study was concentrated to find out the differences between inter-college level boys and national level Judokas of performance motivation, the mean, SD, MD, SE and t-values were worked out and the same has been presented in table-1.

Table 1: Indicates the significance differences of mean at inter-college level Judokas of Performance Motivation.

Group	Mean	N	SD	MD	SE	t-value	1%	5%
Inter-college level players for sports performance motivation (B)	67.2	30	7.425	3.8	1.66	2.3	NS	Sig
National level performance motivation (B1)	71	30	5.206					

Significant at 0.05 level ($P>2.04$)

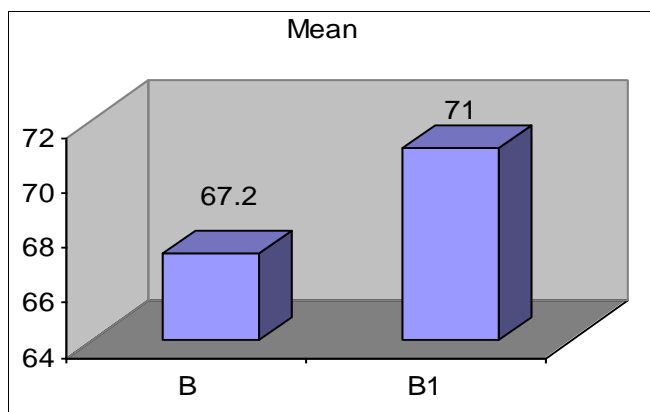


Fig 1: Significance differences of mean at inter-college level judokas for Performance Motivation.

Hence the table reveals that the inter-college level Judokas had

the mean value of 67.2 and National level players had the mean value of 71. So on the basis of mean difference we can say that the inter-college level boys are superior then national level boys.

Discussion

1. In the table significant differences ($p<0.01$) among Inter College Level and national level players (boys) belonging to Judo game on the variables of performance motivation on though there had been slightly difference in their mean value. But there is no significance difference in their value at a level of $p<0.005$ (t-values are 2.3).
2. There was no significant differences ($p<0.01$) among Inter College Level and national level players (girls) belonging to Judo game on the variables of performance motivation on though there had been slightly difference in their mean value. But there is no significance

difference in their value at a level of $p < 0.005$ (t-values are 2.3).

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