



## **Impact of achievement motivation on sports persons**

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### **Abstract**

An extremely important contribution in this area of study has been the ability to measure the amount of achievement motivation possessed by individual and its effect in specific situation. Research was conducted to discover which factors create or awake an individual's motivation by changing the way people think about themselves and their surrounding change how a person habitually thinks about his performance and one can change his actual performance.

The physical activity includes positive changes in self-perception, improvement of self-confidence and awareness and positive changes in mood. Even a moderate physical exercise has an impeccable effect on one's self esteem, self-image and mood. The current article highlights the impact of achievement motivation on sports persons.

**Keywords:** Sports, Achievement, Motivation

### **Introduction**

Certainly many individuals who are highly motivated to achieve success in sport do not seem equally motivated to achieve success in academics or work situations. Similarly, individuals who seem to have a high motive to avoid failure and who become tense and anxious when faced with sport competition may be much more calm and confident when taken and academic test. To illustrate, how would you rate yourself on the motive to approach success and the motive to avoid failure in competitive sports and academics? First, do you consider tense and anxious when faced with sport competition may be much more claim and when taking an academic test.

### **Achievement Motivation and Sports Performance**

Achievement motivation is the tendency to strive for success, persist in the face of failure and experienced pride in accomplishments. To understand how achievement motivation influences the terms means and how it relates to competitiveness. The terms was over 50 years ago to refer to a person's effort to master a task, achieve excellence overcome obstacles, perform better than others, and take pride in exercising talent.

### **Need of Achievement Motivation on Sports Performance:**

Coaches, exercise leaders and teachers have an interest in achievement motivation. It is a disposition to strive for satisfaction when making comparisons with some standard of excellence in the presence of evaluating others. The level of achievement motivation would bring out this self - competition would influence behavior in sociality evaluated situation.

The competitive nature and involvement of group activity in sports have a boosting effect on the self- perception and spirit of the individuals and heighten their self-esteem and confidence levels and mental readiness to face the challenge in

life.

The essential applied issue confronting understudy competitors is regardless of whether games, as a movement, positively affects different attempts in life, including scholastics. At present, specialists have searched for both roundabout and direct associations. Roundabout associations comprise of courses in which sports enhance different non-subjective parts of a competitor's identity—self-regard, inspiration—and how that change thus prompts better scholarly accomplishment.

Coordinate associations comprise of routes in which rivalry in games helps understudy competitors really perform better in such comparatively aggressive occasions as scholastic tests and courses. In both cases, the issue remains how to fabricate a develop that permits one to imagine how effect is felt over the assumed hole amongst brain and body.

In an investigation of a group whose achievement made it play more, the recurrence of rivalry brought about the mentor's prosaically messages to move to standoffish messages. In addition, less experienced mentors had a tendency to depend on standoffish messages.

Regularly mentors derided or humiliated players, therefore lessening group union. Different mentors demonstrated preference to a few players over others, likewise lessening group attachment. In utilizing unequivocal responsibility lament messages, mentors started to concentrate on minor adjustments represented group disappointment, while social criticalness lament messages included the mentor attempting to express the social importance of a diversion. Close to the finish of the season, mentors started to make utilization of future lament messages, which draw consideration "to the long haul ramifications of effective or unsuccessful execution by the group".

### **Discussion**

Achievement motivation is the tendency to endeavor for

success and to choose goal oriented success or failure activities. Achievement motivation is an effective arousal state directing behavior in an achievement oriented activity cognitively appraised as potentially satisfying. Motivation inspires an individual to do something. It is that psychophysical condition of the organism which causes an individual to work and strive to fulfill his needs. Anxiety and Motivation are important psychological variables in sports and its need to achieve high level of competition. Without knowledge of these two variables athletes cannot give best in competition.

The achievement motivation is one of the important motives, as it leads and directs the individual to ease his tension needs, develop consecutive plans to achieve successive goals and to implement these plans the way that allows more than other calming urgency of the individual needs and his motives. Achievement motivation has its importance to the individual because it reflects a desire to do the hard work and its ability to deal with ideas and things in an orderly, objective and independently manner. It also reflects the ability to overcome the obstacles faced and reaching high level in the areas of life, with increasing the individual self-appreciation and competing with others and overcoming them.

Researchers finds that there are many studies and researches had dealt with the subject of sport for all and most of these studies sought to identify the objectives of sport for all to the participants or to develop strategies for sport for all in different countries or to identify the effect of practicing sport for all activities on varied different health, social, physical and Psychological aspects and has indicated in most of these studies that there are many obstacles that prevent the implementation of sport for all programs within the youth centers, which is one of the most important factors that lead to poor achieving motivation for the specialist of sport for all and despite the availability of many researches that studied achievement motivation, but there was no specialized tool to measure achievement motivation for the specialist of sport for all, so the current research aims to establishing an achievement motivation scale for the sport for all specialists.

There is a close relationship between Achievement and anxiety. Achievement motivation is an effective arousal state which directs the human behavior for successful participation in sports competition. There should be an optimum level of achievement and motivation for participation in competition at different levels mainly, State, National and International levels. One should have a desired level of anxiety and achievement to meet the task to be accomplished in competitive sports. The researchers felt that it is worthwhile to find out the relationship between achievement motivation and anxiety.

Motivation is an essential element of human personality. It directs a person's activity and makes it more or less dynamic. Without the desire to succeed other psychological features and abilities do not provide nearly so much influence on performance. Achievement motivation influences other factors affecting performance in sport like: physical preparation, technique, tactics and even life style.

### **Significance of the Study**

Achievement motivation leads people to set realistic but

challenging goals. To become an elite athlete in any sport requires hours upon hours of training. Often this training is rigorous, painful or injurious. However, the athletes who have reached the pinnacle of their sport have more than likely put in their time to get to achieve that high level of success. To do this, these athletes must have something that motivates them to continually push their bodies and come back from whatever struggles or setbacks they may experience along the way.

Motivation is viewed as an intervening variable believed to cause behaviour. Neither seen nor touched the motivational variables are simply inferred on the basis of observable behaviour. Therefore, motivation might be considered as a process by which the individual is inspired, goaded or coaxed to do something. To motivate is to induce movement. As a broad based term, motivation encompasses numerous aspects of behaviour, individual and collective. It might be designated as the tendency for the direction and selectivity of behaviour to be controlled by the conditions to the consequences, and the tendency of this behaviour to persist until a goal is achieved.

Basic division in human societies can readily be observed among members. Some of the variations like race or sex are biological, while others, such as occupation distinctions or gradations in prestige and power, are primarily social products. In both cases, the differences provide the foundation for discrete social positioning and the creation of specific roles in the organisation of human affairs. This analysis points to further study of social differentiation and its effects. Like all areas of social life, Sport has been greatly influenced by the institutionalized divisions and inequalities that serve to differentiate societies.

### **Conclusion**

Recent sports technology is based on close relationship of physical, psychological and sociological aspects of human development. In the domains of social life, the social structure, traditional and newly emerging values do have social consequences and effect on its members. The impact of widespread social distinction between classes, ethnic groups and sex have been constantly reflecting the changing scope of sport. A great variation has also been observed in the achievement skills performed individually when compared with performance of the same individuals in team situations. Studies also indicate that sports performance does not only depend upon skills but also on the personal factors developed through social institutions of which an individual is chiefly a product. Perhaps the influence of any such specific reference group is a reflection of social structure variables and hence accounts for various socio-psychological factors affecting the choice of sports and performance.

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