



Sports achievement motivation between male Kabaddi and Kho-Kho players: A comparison

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Abstract

Sports Achievement motivation is the tendency to endeavor for success and to choose goal oriented success or failure in activities or games. Sport Achievement motivation is an effective arousal state directing behavior of athlete in an achievement oriented activity cognitively appraised as potentially satisfying.

Objective: The purpose of the study was to compare the level of sports achievement motivation between Male Kabaddi and Kho-Kho players of Banaras Hindu University.

Methodology: To achieve these purpose 40 male (Kabaddi=N-20 & Kho-Kho=N-20) inter university players who were already participated in Inter university tournament in 2016-2017 from Banaras Hindu University Varanasi, were selected on the basis of simple random sampling procedure. The age ranged between 19-24 years. For the specific purpose of the present study and scholar own understanding the questionnaire sports Achievement Motivation scale constructed by Dr. M.L. Kamlesh was used. The data was analyzed by applying t-test in order to determine the sports achievement motivation score of Kabaddi and Kho-Kho players.

Result: The result of study revealed that there was no significant difference was found between Kabaddi and Kho-Kho players. Since t-value of (0.635*) was lower than the tabulated value of (2.024) with 38 df at 0.05 level of significant.

Conclusion: The result shows that there was no significant difference between male Kabaddi and Kho-Kho inter-university players.

Keywords: sports achievement motivation, Kabaddi and Kho-Kho players

Introduction

Sports Psychology is defined as the scientific study of human behaviour in sport. Like the other discipline in sports and exercise science, sports psychology can be applied to varied skilled movement physical activities and exercise programme such as corporate fitness, 17 exercise rehabilitation and health oriented exercise programmers as well as traditional physical education and competitive athletics. Advancement of the human being in his life style is due to the changes happening in his mind, behaviour attitude and desire. One's performance in sports and games is purely based on his Physical as well as his mental capacity. Psychological principles certainly help the teacher of Physical Education and Coaches to plan this programme properly so that maximum benefits are derived through participating in them. 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. Thus the Coaches, exercise leaders and teachers have an interest in achievement motivation. It is a disposition to strive for satisfaction when making comparison 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 (Robert S. Weinberg 1983).

Sports Achievement motivation is the tendency to endeavor for success and to choose goal oriented success or failure in activities or games. Sport Achievement motivation is an

effective arousal state directing behavior of athlete 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. In the games and sports, psychological and physiological factors play an important role in determining the performance level. Numerous studies have demonstrated the impact of psychological factors on sports performance treated motivation as the base of a pyramid towards success in sports. Achievement motivation influences other factors affecting performance in sport like physical preparation, technique, tactics and even life style. Achievement motivation cannot be described as something that occurs during competition but mostly as a trait having permanent character being formed during the preceding weeks, months and years. It considered to be the "driving power of activity", should be understood as the joint function of the motive power Achievement motivation leads people to set realistic but challenging goals. To become a first-class 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.

This study confined to measure the psychological variable of sports achievement motivation between kabaddi and kho-kho university player of Banaras Hindu University Varanasi. In this study researcher try to find out the different of sports achievement motivation between Kabaddi and kho-kho

players. Kabaddi and kho-kho games are team game and mostly similar in nature of play. That’s why there were many researchers had done related to sports achievement motivation. It attempts to measure what an individual has learned and his/her present level of performance. Sport achievement tests are particularly helpful in determining individual or group status in sports settings. These are related studies to support my study: Singh Nishant (2017) ^[10] studied to compared the sports achievement motivation between volleyball and basketball players of Sunbeam Academy. Results indicated that there is no significant difference between volleyball and basketball players in relation to sports achievement motivation at 0.05 level of significance. Ali Jaowad *et al.* (2012) conduct a study on qualify and non-qualify team of north zone interuniversity hockey tournament and they also found that the level of achievement motivation was no significant difference between qualify and non-qualify team, at 0.05 level of significance. Khan. Nijmuddin *et al.* (2015) ^[9]. conduct a study on Comparative study of sports competition anxiety and sports achievement motivation between basketball players and all India interuniversity running events athletes. The study also revealed that there were no significant different found between basketball players and track running athletes of their sports achievement motivation at 0.05 level of significance. In this study it was hypothesized that there would be no significant difference in Sports achievement motivation between Male Kabaddi and Kho-Kho inter-university players. Thus the purpose of the present study was to compare the psychological variable of Sports Achievement Motivation between male Kabaddi and Kho-Kho inter-university players. The subject’s age ranged between 19-24 years of Banaras Hindu University Varanasi utter pradesh India.

Procedure and methodology

Selection of Subjects: For the purpose of the study, 40 male inter-university Kabaddi and Kho-Kho inter-university players were selected as the subjects for the study. The subjects were randomly selected from Banaras Hindu University Varanasi. In this study subjects were equally divided two part, 20 Kabaddi and 20 Kho-Kho players. The age ranged between 19-24 years.

Selection of Variables: For the purpose of study Sports Achievement Motivation was selected as a variable.

Criterion Measures: For achieve the objectives of the study sport achievement motivation questionnaire constructed by Dr. M.L. Kamlesh was used. The data was collected on all the subjects by administering the Dr. M.L. Kamlesh Sports Achievement Motivation Questionnaire Test (SAMQT). SAMQT consist of 20 Multiple Choice Questions of 40 marks. Each Question carries two (2) marks for correct answer and zero (0) mark for wrong answer.

Administration of Questionnaire: The question measured the extent to which student were motivated towards sports achievement. The questionnaires were given to the subject and essential instructions were delivered to all the subjects before filling questionnaire. There was no time limit set for filling the

questionnaire, but the subjects were respond quickly as soon as possible once the instructions were understood by them.

Collection of Data: The data were collected to the 40 male (kabaddi-12 and Kho-kho -12) inter-university players from Banaras Hindu University Varanasi. Their questionnaires served to all subject and important instructions were given to the subjects before administration of the questionnaires.

Statistical Procedure: The data thus collected were given to statistical treatment computing t-test to find out the difference between the kabaddi and kho-kho players in relation to sports achievement motivation. The obtained results have been presented in the following table. The level of significance was set at 0.05.

Results

Table 1: Descriptive statistics of Sports achievement motivation between Kabaddi and Kho-Kho inter-university players

Variable	Group	N	Mean	S.D	Std. Error
Sports achievement motivation	Kabaddi	20	29.15	5.45	1.218
	Kho-Kho	20	28.30	2.47	0.552

The above Table-1 evident that Mean score and Standard Deviation score of Kabaddi and Kho-Kho players in comparison to Sports achievement motivation has been found that 29.15 & 28.30 and 5.45 & 2.47 respectively where as standard deviation error was found 1.218 & 0.552 respectively.

Table 2: Comparison of Sports achievement motivation between Kabaddi players & Kho-Kho inter-university players

Variable	Mean difference	Std. Error Difference	df	t-value
Sports achievement motivation	0.85	2.97	38	0.635

Level of significant 0.05, (38) 2.024

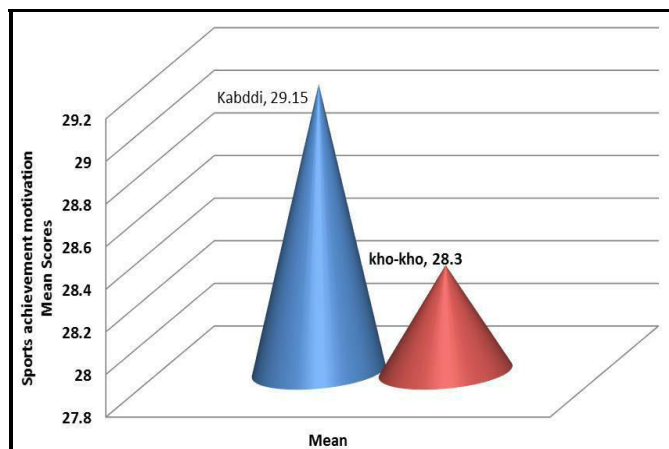


Fig 1: Graphical presentation of mean between Kabaddi and Kho-kho players in relation to sports achievement Motivation.

The above Table -2 revealed that no significant difference was found between Kabaddi and Kho-Kho players in comparison

to Sports achievement motivation, since t-value of 0.635 lower than the tabulated value of 2.024 with 38 df at 0.05 level of significant.

Further, the graphical presentation of the results related to Sports achievement motivation between kabaddi and kho-kho Players are also depicted through the figure-I

Discussion of Finding

After analysis and interpretation of the data it was concluded that there was no significant difference was found between male Kabaddi and Kho-Kho inter-university players of Banaras Hindu University Varanasi. Sports achievement motivation playing most important role in sports or sports person. Thus Sports Achievement motivation influences other factors affecting performance in sport like physical preparation, technique, tactics and even life style. Sports Achievement motivation cannot be described as something that occurs during competition but mostly as a trait having permanent character being formed during the preceding weeks, months and years. The result of the related study to the finding of Singh, Nishant (2017) ^[10] to compared the sports achievement motivation between volleyball and basketball players of Sunbeam Academy. Results indicated that there is no significant difference between volleyball and basketball players in relation to sports achievement motivation at 0.05 level of significance. Khan, Nijmuddin *et al.* (2015) ^[9] conduct a study on Comparative study of sports competition anxiety and sports achievement motivation between basketball players and all India interuniversity running events athletes. The study also revealed that there were no significant different found between basketball players and track running athletes of their sports achievement motivation at 0.05 level of significance.

That's why the above study reveals that both games are mostly similar to each other so there were no significant different found in both games players. The present study mean score revealed that kabaddi players have greater sports achievement motivation in comparison to Kho-Kho players.

Conclusions

- On the basis of finding there was no significant difference found between Kabaddi and Kho-Kho inter-university players in comparison to sports achievement motivation.
- The end of study it is clear that mean score shows kabaddi player significantly positive achievement motivation compare to kho-kho players.

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