



E-ISSN: 2707-7020
P-ISSN: 2707-7012
JSSN 2022; 3(2): 220-223
Received: 17-09-2022
Accepted: 28-10-2022

Dr. Sanjeet Malik
Department of Physical
Education, BPSMV Khanpur
Kalan, Haryana, India

Sports achievement motivation among female kabaddi players of Haryana at different levels of participation

Dr. Sanjeet Malik

Abstract

The present study is an attempt to find out the level of sports achievement motivation among female kabaddi players participated at inter-university and state level championships. A sample of 250 female kabaddi players was taken on the basis of random sampling method. Sports Achievement Test developed by Kamlesh was used to collect the data. Mean, S.D and 't' test were used to analyse the data. Findings revealed that kabaddi players participated at inter-university and state level championships differ significantly on sports achievement motivation. It may, therefore, be said that female kabaddi players participated state level championships have more level of sports achievement motivation as compared to female kabaddi players participated at inter-university level championships.

Keywords: Kabaddi, female players, sports achievement motivation

Introduction

Sports is a social phenomenon and it helps the society to develop all necessary traits of personality which are required for the development of an individual. Sports are natural desires of human beings. The physical and mental development of the children is promoted by sports, so inspiration for sports is quite natural. Sports should be recognized as a social need. Sports are so much important in life of a person as many wise men here tried to define its importance. Sports is an activity which offer an opportunity of gaining self-knowledge, self-expression, fulfillment, personal achievement, skill acquisition and demonstration of ability, social interaction, enjoyment, good health and well-being. It promotes men's and women's involvement, integration and responsibility in society, and contributes to the development of society, especially when sports activities have been accepted as an integral part of the culture and tradition of every society and every nation. Sports psychology is the study of the psychological factors that affects participation and performance in sports. It is also a specialization within the brain psychology and kinesiology that seeks to understand psychological/mental factors that affect performance in sports, physical activity, and exercise and apply these to enhance individual and team performance. It deals with increasing performance by managing emotions and minimizing the psychological effects of injury and poor performance. Some of the most important skills taught are goal setting, relaxation, visualization, self-talk, awareness and control, concentration, confidence, using rituals, attribution training, and periodization.

Sports Achievement Motivation

Achievement motivation is the tendency to endeavour for success and to choose goal oriented success or failure in 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. In the games and sports, psychological and physiological factors play an important role in determining the performance level (Schilling & Hyashi, 2001) [8].

The behavioral effects of motivation are vital to all achievement-oriented tasks, whether the situation is the laboratory, classroom, or playing field. How motivational functions in achievement setting is an important question for parents, teachers, coaches and scientists alike. It is not surprising, then, that a common goal in social psychology and sports psychology is to develop knowledge to the extent that motivation can be optimized for all individuals facing achievement tasks. If this goal is achieved and equality of motivations and achievement striving is obtained, each individual will have the opportunity of reaching his or her athletic potential.

Corresponding Author:
Dr. Sanjeet Malik
Department of Physical
Education, BPSMV Khanpur
Kalan, Haryana, India

Although it could never be said with certainty that an individual was fully developing this potential, those occasions when development was definitely halted could be recognized. Within sports psychology, motivation is of central importance as research attempt to understand and explain human behavior within the realm of physical activity via participation and discontinuation motives, intrinsic and extrinsic orientation and achievement goals. Motivation sustains life; it acts as a catalyst for our growth and development from a mere zygote state to adult stage. It inspires and empowers us to accomplish and achieve incredible things. It is a directing agent for our actions that aim at something higher, better and greater. All life-activity can be explained on the basis of motivation that we exhibit in greater or lesser degree in one situation or the other, and for one thing or the other. No two individuals are alike in everything that goes to construct personality. This very well explains the individual differences that exist among people to do or achieve things in life. Achievement motivation remains a central issue within sport psychology as researcher continues to examine an individual's choice, effort and persistence related to physical activity participation. Much research conducted in the area of achievement motivation has been on Nicholls's (1984, 1989) goal perspective theory.

The theoretical perspective states that individuals strive to display high ability and to avoid demonstrating low ability. In addition, definition of success and failure are based on two goal orientations. A task goal orientation is improvement. An ego orientation includes norm-referenced perception of competence and an emphasis on winning and positive social comparison with others. Several factors influence the selection of the specific sports participation of the current study. First the researcher's familiarity with basketball through participation experience, specially with regard to motivation, initially spurred interest in the examination of motivational difference among male and female basketball players. Like physical fitness, the psychological status of male and female basketball players is different however, such a comparative study of sex-wise difference on sports achievement motivation in basketball is measure.

Review of literature

Numerous studies have demonstrated the impact of psychological factors on sports performance (Crespo, 2002)^[3]. Scientific pedagogies and innovative approach have made the game more performance oriented than ever before. High achievement motivation often manifests in an optimum level of stimulation in difficult situations and in realistic levels of aspiration (Czajkowski, 1995)^[4]. Rogulj (2006)^[7] supported that it is a sport, which includes complex and accurate motor skills and suggested that psychological factors play a decisive role in a competition, differentiating between successful and less successful teams or individual. Kaur *et al.* (2007)^[6] reveals that there was a significance relationship between achievement motivation and pre-competition anxiety of interuniversity level male hockey players and there was a significance difference in the level of achievement motivation of high pre-competition anxiety group and low pre-competition anxiety group of interuniversity level male hockey players. Thakur and Mohan (2008)^[9] indicated achievement motivation level of high performance groups was also better than non-

sportsmen. Bhagirathi (2009)^[2] stated significant relationship of state anxiety and trait anxiety to goalkeeping performance was observed for state (0.904) and trait anxiety (0.844) while no significant association with achievement motivation was found. Ali and Rahaman (2012)^[1] revealed no significant difference was found between male and female archers of Manipur with regard to sports achievement motivation. Yadav and Kumar (2014)^[10] showed that the volleyball players were achievement motivation than the hockey players. As result obtained 't' ratio (98)=2.538 was found to be significant at 0.05 level, since this value was found higher than the tabulated value 1.98 at 98 df. So the level of sports achievement motivation the volleyball players show greater than the hockey players. Hasan, Singh, and Singh (2015)^[5] showed that significant difference exists among inter-collegiate, north-zone intervarsity and all India intervarsity level hockey players on achievement motivation. Thus it can be concluded that achievement motivation as one of the most important psychological component that influence the performance of the field hockey players.

Significance of the study

Traditionally Kabaddi players were chosen based on the individual skills such as riding, holding and catching. Selection of the best players of the Kabaddi is done from subjective observation of playing performance during selection trials. In addition, their performance in past years was also discussed and then the final team was selected. Recent researches have revealed one of the most undeniable facts that not only the performance but the physical, physiological and psychological conditions also play a prominent role in overall performance of an individual/sportsman. Achievement is task oriented behavior that allows the individual's performance to be evaluated according to some internally or externally imposed criterion that involves the individual in competing with other, or that otherwise involves some standard of excellence. Behavior is ordinarily described as intrinsically motivated if it is pleasurable in its own right and is not being undertaken merely to obtain some external reward; the reward for performing is inherent in the performance itself. People who are oriented towards achievement, in general, enjoy life and feel in control. Being motivated keeps people dynamic and gives them self-respect. They set moderately difficult but easily achievable targets, which help them, achieve their objectives. They do not set up extremely difficult or extremely easy targets. By doing this they ensure that they only undertake tasks that can be achieved by them. The high levels of expectancy naturally interact with motivation. If you think you will win, you are more likely to try, and as long as expectancies remain high, persistence in the face of the adverse circumstances remain high. You are not easily dissuaded by temporary setback. On the other hand if you think you cannot win you have less motivation to exert any effort or even to participate, you think why try if you are going to fail any way. Thus the aforesaid arguments lead an investigator to believe that the playing ability in a game can be predicted if he can identify the variables which determine the performance could be scientifically ascertained in the case of each level of players. Keeping in view the importance of sports achievement motivation, an attempt was made to compare the level of sports achievement motivation among female Kabaddi

players in Haryana state participated at inter-university and state level championships.

Objective of the study

1. To compare the level of sports achievement motivation among female Kabaddi players of Haryana participated at inter-university and state level championship.

Hypothesis

1. There is no significant difference the level of sports achievement motivation among female Kabaddi players of Haryana participated in Inter-university and state level championships.

Methodology

For present study a purposive survey method was adopted. Survey method deals with the collection of relevant data through the use of appropriate tools.

Population

Population in the present study will constitute the female Kabaddi players of Haryana who participated in university and state level championships.

Table 1: Mean, Standard Deviation and 't' value for means scores of level of sports achievement motivation among female kabaddi players of Haryana participated at inter-university and state level championship

Variable	Group	N	Mean Score	S.D.'s	t-value
Level of Sports Achievement Motivation	Inter-university level players	150	27.76	4.62	4.786**
	State level players	100	30.76	5.18	

**Significant at 0.01 level of significance

From Table 1, it is evident that the 't' value on level of sports achievement motivation of female kabaddi players participated at inter-university and state level championships is 4.786, which is significant at 0.01 level of significance. It indicates that kabaddi players participated at inter-university and state level championships differ significantly on sports achievement motivation. Further, the mean scores reveal that kabaddi players participated at inter-university championships (27.76) are found to be lesser on level of sports achievement motivation as compared to kabaddi players participated at state level championships (30.76). It may, therefore, be concluded that female Kabaddi players participated state level championships have more level of sports achievement motivation as compared to female kabaddi players participated at inter-university level championships.

Findings

It is evident from the present study that kabaddi players participated at inter-university and state level championships differ significantly on sports achievement motivation. It may, therefore, be said that female Kabaddi players participated state level championships have more level of sports achievement motivation as compared to female kabaddi players participated at inter-university level championships.

Conclusion and Implications

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

Sample

The present study conducted on a sample of 250 female Kabaddi players of Haryana. In this study only those female kabaddi players will be included in the sample who have took part in inter-university level and state level championship.

Tool used

Sports Achievement Motivation Test developed by Kamlesh was used to assess the level of sports achievement motivation.

Statistical techniques used

The statistical techniques such as Mean, Standard Deviation and 't' test has been used to analyze the data.

Results

To assess the level of sports achievement motivation among female kabaddi players of Haryana participated at inter-university and state level championship, mean, standard deviation and 't' test was used given in table below:

influences other factors affecting performance in sports like: physical preparation, technique, tactics and even life style. Many studies suggest that achievement motivation is most significant predictor of performance and essential to participate in a competition. Research evidence revealed the level of sports achievement motivation, level of aspiration of female kabaddi players participated at inter-university and state level championships. These psychological factors are important in the field of coaching and performance. It is clear from the review of related literature that level of sports achievement motivation, level of aspiration and self-confidence played significance role in sports performance. The study may help in developing efficient coaching performance considering the above component of the psychology in the field of physical education.

References

1. Ali J, Rahaman A. A comparative study of sports achievement motivation of male and female archers of Manipur. *International Journal of Physical Education Health & Sports Science*. 2012;1(1):35-38.
2. Bhagirathi S. Knowledge and awareness towards doping in sports: A survey study, *ICSSPE Bulletin*. 2009;(56):31-31.
3. Crespo M. Tennis psychology: An overview and update. *Newsletter of Society for Tennis Medicine and Science*. 2002;5:12.
4. Czajkowski Z. The importance of stimulating Wdziaalnooci Sports Part 1 and 2. *The high performance Sport*; c1995. p. 7-8, 9-10.
5. Hasan M, Singh AK, Singh J. Achievement motivation of Indian field hockey players at three different levels

- of competitions, *Journal of Physical Education Research*. 2015;2(1):71-81.
6. Kaur K, Sharma NP, Dureha DK. Relationship between Achievement Motivation and Pre-Competition Anxiety of Indian Inter-University Hockey Players. *Scientific Journal in Sports and Exercise*. 2007;3(2):24-26.
 7. Rogulj N. Difference between competitively efficient junior handball players according to their personality traits. *Kinesiology Journal*. 2006;2:158-163.
 8. Schilling TA, Hayashi CT. Achievement motivation among high school basketball and cross-country athletes: a personal investment perspective. *Journal of Applied Sport Psychology*. 2001;13:103-128.
 9. Thakur BS, Mohan L. Personality Traits, Anxiety and Achievement Motivation Level of Volleyball Players and Non-Sportsmen. *Journal of Sports and Sports Sciences*. 2008;31(4):23-29.
 10. Yadav RC, Kumar A. Comparative study of achievement motivation between volleyball and hockey players, *Indian Streams Research Journal*. 2014, 4(2).