

A COMPARATIVE STUDY OF SPORTS ACHIEVEMENT MOTIVATION AMONG MALE AND FEMALE KABADDI PLAYERS OF HARYANA

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Abstract

The present study is an attempt to find out the level of sports achievement motivation among male and female kabaddi players of Haryana. A sample of 120 male and female kabaddi players was taken on the basis of purposive 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. It is evident from the present study that male and female kabaddi players do not differ significantly on sports achievement motivation.

Paper Identification



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Introduction

Sports is a cultural phenomenon that aid in the cultivation of all the character attributes essential to an individual's growth. We as a species have an innate need to compete and enjoy athletics. Kids benefit from sports in terms of their mental and physical growth, therefore it's not surprising that they find participation

in sports inspiring. Sports are essential for community development and should be funded as such. Many sages have attempted and failed to define the significance of sports in an individual's life. Sports provide a medium through which one can learn about oneself, express oneself, achieve one's goals, show off one's abilities, connect with others, have fun, be healthy, and improve one's overall achievement of life. When sports are recognised as an essential element of the culture and tradition of every society and nation, they serve as a unifying force that encourages men and women to participate in and take ownership of their communities. The field of research known as "Sports Psychology" examines the mental aspects of playing and competing in sports. It's a branch of kinesiology and psychology that focuses on the mental and emotional aspects of physical activity and competition, with the goal of improving athletes' and teams' results. It focuses on reducing the emotional toll of injuries and poor performance in order to maximise productivity. Goal-setting, relaxation, visualisation, self-talk, awareness and control, attention, self-confidence, rituals, attribution training, and periodization are just a few of the many vital skills taught.

Sports Achievement Motivation

Achievement Motivation is a concept and measurement-intensive field. Atkinson (1964) defined achievement motivation as "the disposition to strive for the accomplishment of a goal." A specialised motive is focused with achieving a certain type of objective. Achievement motivation, the overall tendency to strive for success and to select goal-oriented success/failure activities, is the most essential motivation for educational psychology. Students that are achievement oriented desire and expect to succeed, and when they do not, they redouble their efforts until they do. Coaches, fitness instructors, and educators are interested in achievement motivation. It is an inclination to strive for satisfaction while evaluating others and making comparisons to some standard of excellence. This self-competition is prompted by the level of achievement motivation and influences conduct in sociality-evaluated situations.

Whether in the laboratory, the classroom, or on the playing field, the behavioural consequences of motivation are essential to all achievement-oriented endeavours. The function of motivation in achievement-setting is an essential subject for parents, educators, coaches, and scientists. It is therefore not unexpected that a shared objective of social psychology and sports psychology is to advance knowledge to the point where motivation can be enhanced for all individuals facing achievement tasks. Each individual will have the ability to attain his or her athletic potential if this objective and the equality of incentives and achievement seeking are accomplished. Although it could never be declared with absolute certainty that a person had reached his or her entire potential, it was possible to identify instances in which development was definitively terminated. Motivation is fundamental to sports psychology as researchers strive to understand and explain human behaviour in the arena of physical exercise through participation and

cessation motives, intrinsic and extrinsic orientation, and achievement goals. Motivation maintains life; it functions as a stimulus for our growth and development from the stage of a simple zygote to that of an adult. It motivates and encourages us to accomplish and accomplish great things. It is a guiding force for our behaviours that aim for something greater, better, and more lofty. All human motivation can be explained on the basis of motivations that we exhibit to varying degrees in different situations and for various things. No two individuals are identical in all aspects of their personalities. This describes extremely well the individual variances that occur amongst people in their ability to do or achieve things in life. As researchers continue to investigate an individual's decision, effort, and perseverance in relation to physical activity involvement, achievement motivation remains a fundamental problem in sport psychology. Nicholls's (1984, 1989) goal perspective theory has served as the foundation for a great deal of achievement motivation research. According to the theoretical approach, individuals want to demonstrate high ability and avoid displaying low ability. Additionally, success and failure are defined depending on two goal orientations. A task goal orientation is distinguished by a self-referenced view of competence and an emphasis on effort, task mastery, and performance enhancement. Ego orientation is characterised by norm-referenced perceptions of competence, a focus on winning, and positive social comparisons with others. The selection of the specific sports involvement for the current study is influenced by a number of factors. Initial interest in the analysis of motivational differences between male and female basketball players was sparked by the researcher's knowledge with basketball gained through involvement, particularly with respect to motivation. As with physical conditioning, the psychological condition of male and female basketball players differs. Nonetheless, a comparative research of gender

differences in achievement motivation among kabaddi is players is conducted.

REVIEW OF LITERATURE

Kaur et al. (2007) 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)** indicated achievement motivation level of high performance groups was also better than non-sportsmen. **Ali and Rahaman (2012)** revealed no significant difference was found between male and female archers of Manipur with regard to sports achievement motivation. **Hasan, Singh, and Singh (2015)** 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.

Findings from a study conducted by **Kaushik, Hooda, and Kumari (2018)** reveal that there is no substantial gender gap between male and female circle type kabaddi players in terms of their motivation to succeed in the achievement. **Yadav (2018)** discovered a statistically significant difference in mean achievement scores between participation and high participation groups, with the latter having significantly lower scores. This may be due to the fact that low participation groups are more likely to aspire to participate at higher levels and in more competitions (goal seeking). **Sudhakar and Kumar (2020)** observed that kabaddi players' hostility was dramatically modified after 12 weeks of a psychoregulatory programme consisting of yoga practises and autogenic training. Researchers also

observed that kabaddi players' aggression could be influenced more by autogenic training than by yogic practises.

SIGNIFICANCE OF THE STUDY

Selecting Kabaddi players has historically relied on factors like riding, holding, and catching ability. Kabaddi team members are handpicked based on players' and fans' impressions of how well they performed in trials. Previous seasons' results were also considered while deciding on the winning squad. Among the most indisputable findings of recent studies is that an individual's or sportsperson's physical, physiological, and psychological factors all contribute significantly to his or her entire performance. The term "achievement" refers to goal-directed actions that allow one's performance to be judged against a standard of excellence or a comparative measure of skill set, either of which may be established either by the individual themselves or by an outside authority. If a person is intrinsically motivated to conduct an action, they aren't doing it for the sake of an external reward but because they like doing it on their own. Achievers tend to have a positive achievement on life and a strong sense of agency. Inspiring others keeps individuals active and worthy of respect. They plan to accomplish their goals by setting targets that are not too demanding but are still challenging enough to be worthwhile. They don't make their aims impossible to reach or ridiculously simple. As a result, they limit themselves to manageable endeavours. The high levels of motivation have an inherent relationship with drive. People are more likely to put out effort if they believe they have a chance of success, and they are more willing to persevere in the face of adversity so long as their hopes for the future remain high. A short-term setback does not discourage you. However, if you believe you have no motivation of success, you will be less motivated to put forth any effort or even to participate. According to the above reasoning, a

researcher should be able to forecast a player's skill level in a given game if he can isolate the players that most significantly impact their performance. The motivation of this achievement was to compare the levels of sports achievement motivation among male and female kabaddi players from Haryana state.

RESEARCH OBJECTIVE:

To study and compare the level of sports achievement motivation among male and female kabaddi players of Haryana.

HYPOTHESIS:

There is no significant difference the level of sports achievement motivation among male and female kabaddi players of Haryana.

METHODOLOGY

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

POPULATION

Population in the present study will constitute the male and female kabaddi players of Haryana.

SAMPLE

The present study conducted on a sample of 120 male and female kabaddi players of Haryana.

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 male and female kabaddi players of Haryana, mean, standard deviation and 't' test was used given in table below:

Table 1 : Mean, Standard Deviation and 't' value for means scores of level of sports achievement motivation among male and female kabaddi players

Variable	Group	N	Mean Score	S.D.'s	t-value
Level of Sports Achievement Motivation	Male players	60	28.83	5.07	1.384 ^{NS}
	Female players	60	29.07	5.29	

NS= Not Significant

From table 1, it is evident that the 't'-value on level of sports achievement motivation of male and female kabaddi players 1.834, which is not significant at any level of significance. It indicates that male and female kabaddi players do not differ significantly on sports achievement motivation. So the null hypothesis "There is no significant difference the level of sports achievement motivation among male and female kabaddi players of Haryana" is retained. It may, therefore, be concluded that male and female kabaddi players almost have same type of sports achievement motivation.

FINDINGS OF THE STUDY:

It is evident from the present study that male and female kabaddi players do not differ significantly on sports achievement motivation.

CONCLUSION AND IMPLICATIONS:

The will to succeed in sports is a fundamental achievement of the human motivation. It guides a person's actions and adds energy to them. Without the will to succeed, other psychological traits and skills have far less of an impact on productivity. There is a correlation between achievement motivation and physical training, strategy, and even diet and lifestyle choices. Achievement motivation has been found to be the single most important predictor of performance and a necessary condition for taking part in competitive events. Data motivation of male and female kabaddi players found that both sexes are highly motivated to succeed in the achievement. The importance of sports achievement motivation cannot be overstated. As can be shown from the aforementioned literature analysis, the degree of sports achievement motivation plays a crucial influence in sports performance. Given the importance of the aforementioned psychological factors in the realm of physical education, the research may prove useful in shaping effective coaching performances.

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