

Comparative Study On Selected Psychological Variables Between Athlete And Non Athlete Higher At Secondary School Girls

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Abstract

The purpose of the study was to assess the selected psychological variables between Athlete and Non Athlete of higher secondary school girls. Aggression and achievement motivation were selected as the variable for the study. The Aggressiveness questionnaire by Anand Kumar and Premshankarshukla and for Achievement Motivation M.L. Kamalesh questionnaire was used. The subjects for this study were oriented and the purpose of the study was explained. The method of answering each question was explained to them in their mother tongue. The nature and importance of this study was explained to the subjects for their maximum participation. The data collected from the two groups of selected psychological variables such as aggression and achievement motivation were analysed the difference through t- test at 0.05 level of significance. In both the variables, there exists insignificant difference at 5% level.

KEYWORD:- Aggression, Achievement Motivation

INTRODUCTION

All sports involve physical and mental activities that are pursued for more than simply utilitarian reasons. For instance, running, when done as a sport, occurs for reasons beyond simply moving from one place to another. Value is gained from this activity when it is conducted simply for its own sake. This is similar to the concept of [aesthetic](#) value, which is seeing something over and above the strictly functional value coming from an object's normal use. For instance, an aesthetically pleasing car is one which doesn't just get from A to B, but which impresses with its grace, poise, and charisma. In the same way, a sporting performance such as jumping doesn't just impress as being an effective way to avoid obstacles. It impresses because of the ability, skill, and style that is demonstrated in its performance (Ramesh Bhardwaj 2011)1.

Sports make people mentally strong. Success and failure are both parts of sports as well as life. A sportsman knows that there will be times when he will win matches; there will also be times when he will lose them. A sportsperson knows how to handle defeat and thus, treats success and failure equally. This is an important life lesson too, which sports can teach a person. Besides this, another importance of sports for children or for adults is that it teaches them how to handle competition, and be fearless when facing the adversaries2.

"Motivation is based on your emotions and achievement-related goals. Achievement motivation is based on reaching success and achieving all of our aspirations in life," reports the Rochester Institute of Technology (RIT). People's needs and desires visibly influence their behaviour([Scott T. Rabideau](#) ,

2005)3.

Aggression refers to any behaviour that is hostile, destructive, and/or violent. Generally, aggressive behaviour has the potential to inflict injury or damage to the target person or object. Examples of aggressive behaviour include physical assault, throwing objects, property destruction, self-harming behaviours, and verbal threats. Aggression can have mental aspects, as well (Michele Galietta, 2012)4.

METHODOLOGY

For this study fifty subjects were selected randomly from athlete and non-athlete group. Twenty five in each groups, age ranging 12-17 years from St. Mary's Higher Secondary School, Moolamattom, Kerala. Two variables were selected for this study namely Aggression and achievement motivation. For assessment purpose standard questionnaire were employed. The Aggressiveness questionnaire developed by Anand Kumar and Premshankarshukla and Achievement Motivation questionnaire developed by M.L. Kamaleshwere administered.

FINDINGS

Finding pertaining to the descriptive Statistics in Achievement Motivation and Aggression are presented in table 1

Table 1
DESCRIPTIVE STATISTICS OF ACHIEVEMENT MOTIVATION AND AGGRESSION OF ATHLETE AND NON-ATHLETE

variable	Grouping	N	Mean	S.d
Achievement Motivation	Athlete	25	24.88	3.32
	non-athlete	25	23.52	3.22
Aggression	Athlete	25	11.20	3.18
	Non-Athlete	25	11.84	2.51

Table 1 reveals that Achievement Motivation mean in Athlete was slightly higher than Non-Athlete and in terms of aggression Non-Athlete shows high aggression than Athlete

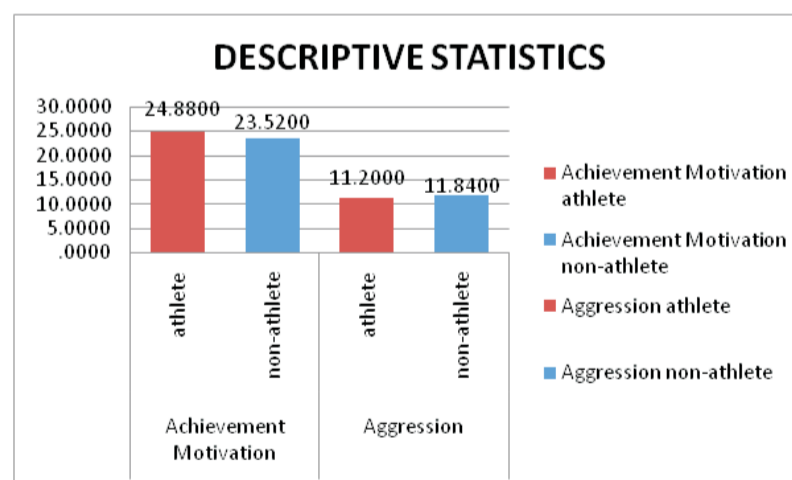


Fig.1 Mean Values Of Achievement Motivation And Aggression Of Athlete And Non-athlete

Table 2
COMPARISON MEANS OF ACHIEVEMENT MOTIVATION AND AGGRESSION OF
ATHLETE AND NON-ATHLETE

VARIABLES	t	df	Sig
Achievement Motivation	1.468	48	.149
Aggression	-.788	48	.434

*Significant at 0.05 level

Table 2 reveals that there exists no significant difference ($p > 0.05$) in both the variables at 0.05 level of significance.

DISCUSSION OF FINDINGS

The findings of table 1 supports the nature of sports as sportsman strives for competitive success. They undergo hard training to clinch position in the competition and on achieving that they become highly satisfied and gets motivated for next such event .further in case of aggression also ,findings revealed that sportsman are low in aggression than non-sportsman. This can be attributed to the fact that participation in sports inculcates many sporting values and self-control is one of them and self-control leads to low aggression.

However there doesn't found any significant difference in these two characteristics which might be due to low sample size and heterogeneity in the nature of sports constituting the athlete group.

CONCLUSION

From the findings it can be concluded that, though insignificant difference exists but the result cannot be generalised for the whole population due to low sample size and insignificant difference among participants of the group. However in the particular school scenario these found insignificant difference in the selected psychological variables.

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