



# Academic Sports Scholars

## A COMPARATIVE STUDY OF ACHIEVEMENT MOTIVATION AMONG INDIVIDUAL GAME SPORTS PERSONS AND TEAM GAME SPORTS PERSONS OF INTEGRAL UNIVERSITY LUCKNOW

Mohd. Tanveer Khan<sup>1</sup>, Mohammad Sharique<sup>2</sup> and Mohd. Zafar<sup>3</sup>

<sup>1</sup>Assistant Professor, Integral University Lucknow, U.P. India.

<sup>2</sup>Assistant Professor, Khwaja Moinuddin Chishti Urdu, Arbi-farsi University Lucknow, U.P. India.

<sup>3</sup>Physical Instructor, Integral University Lucknow, U.P. India.

### ABSTRACT

The purpose of the present study was to compare the level of achievement motivation among Individual Game Sports Person and Team Game Sports Persons. The sample for the study consists of 50 Individual Game Player and 50 Team Game Players those who have participated in the FIESTA (Annual Sports day) Inter College Tournaments at Integral University, Lucknow. The Standardized Dr. B. N. Mukharji Achievement Motivation scale was used for the study. It was found the Individual Game Player are having more Achievement Motivation than Team Game Player because the Individual Game Players required compulsory Motivation to achieve excel in sports then the Team Game Player is a group effort. This type of study is useful to the Physical Educators and Coaches to enhance the performance through achievement motivation.

**KEYWORDS** : Achievement Motivation, Striving, Performance etc.

### INTRODUCTION :

Motivation is one of the most essential attribute for effective performance. It is driving force which compels the athlete to accomplish difficult and challenging tasks. The urge to compete, excel and achieve is a universal phenomena common to all human



beings. There may be many types of motives, maternal motive, aggressive or combative motive, affiliation motive, achievement motive etc.

Achievement motivation refers to persons efforts to master achieve excellence, overcome obstacles, perform better than, and take pride in exercising talent (Murray, 1938).

Achievement Motivation is a person’s orientation to strive for task success, persist in the face of failure and experience pride in accomplishments (Gill, 2000).

Sport Psychology is the scientific study of people and their behaviors in sport. The role of a sport psychologist is to recognize how participation in sport exercise and physical activity enhances a person’s development.

Beginning, in the 1970, Sport psychology became a part of the curriculum on university campuses. Today, sport and exercise psychologists have begun to research and provide information in the ways that psychological well being and vigorous physical activity are related. Modern day sports are very demanding. It requires for the sportsmen and athletes a like to perform to the very best of their abilities and beyond. Individual sport activities such as Athletics and Power Lifting have shown to elicit higher anxiety levels than competitive team sport activities such as Volleyball and basket ball.

Achievement Motivation defined as the need to perform well or the striving for success and evidenced by persistence and effort in the face of difficulties. Achievement Motivation is regarded as central human motivation. Achievement Motivation form to be the basic for good life. 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 modularly difficult but easily achievable targets, which help them, achieve their objectives. They do not set up extremely difficult or extreme easy targets by motivated people prefer to work on a problem rather than leaving the outcome to chance. It is also seen that achievement motivated sports persons seem to be more concerned with their personal achievement rather the rewards of success.

**METHOD**

For the present study 50 Male Individual Sports Persons in Athletics, Badminton, Weight Lifting, Power Lifting, Lawn Tennis and 50 Male Sports Person in Football, Volleyball, Basketball, Cricket are taken for the study. These sports persons are participants in the FIESTA (Annual Sports day) Inter College Tournaments at Integral University, Lucknow.

**TOOL**

The Standardized Dr.B.N.Mukharji Scale was used for the study.

**RESULTS AND DISCUSSION**

The Questionnaire was administered in small groups during the FIESTA (Annual Sports day) Inter College Tournaments at Integral University, Lucknow

**Table No.1**

<b>Sports Persons</b>	<b>Number</b>	<b>Mean</b>	<b>Standard Deviation</b>	<b>‘t’ Value</b>
Male Team Game Sports Persons	50	22.6496	0.920915605	7.51281E-89
Male Individual Sports Persons	50	36.8568	0.951541	

Significant at 0.05 level of Significance with 48 df. Tabulated ‘t’= 2.00



**Figure 1: Illustration of achievement motivation between Male Team Game Sports Persons and Male Individual Sports Persons of Integral University Lucknow**

It may be observed from given table 1 that Individual Sports Persons are more Achievement than Team Game Sports Persons. Individual Performance sports like Athletics, Badminton, Weight Lifting, Power Lifting, Lawn Tennis etc must have more achievement motivation to excel in sports. The Decision must be made by Individual sports persons is final for his performance. Whereas in Team Game there will be group effort among all players and their achievement motivation differs from each sports persons to sports persons. The calculated 't' value (7.51281) is higher than tabulated 't' value (2.00) at 0.05 level of confidence.

**CONCLUSIONS AND RECOMMENDATIONS:**

It is concluded that Athletes are having good personality traits compare to non athletes. It is recommended that Coaches and Trainers must give psychological training to sports Persons to enhance the sports performance.

**REFERENCES:**

1. Deci. E. & Ryan, R (1985) the general causality orientation scale. Self determination in personality, Journal of Research in Personality, 19, 109-134.
2. Gill, D. (2000) .Psychological dimension of sport and exercise. Champaign, IL: Human Kinetics.
3. Lepper, M.K. Greene, D & Nisbett, R. (1973) Undermining Children’s intrinsic interest with extrinsic reward. A test of the over justification. Journal of Personality and Social Psychology, 28, 129-137.
4. Murray, H.A. (1938) Explorations in personality, New York: Oxford university press