

ACHIEVEMENT MOTIVATION AMONG INDIVIDUAL AND TEAM SPORTS PLAYERS

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Abstract:

Achievement motivation is the desire to excel at tasks. This means that individuals with high achievement motivation tend to set goals that are neither too easy nor extremely difficult. A major characteristic of high achievement motivation is a stronger-than-average need for feedback on performance versus feedback on characteristics. The purpose of the study is to find out the level of achievement motivation among Individual and team sports players. The sample for the study consists of 150 Individual sports players and 150 team sports players are the participants in the Kerala University inter collegiate tournaments during the year 2011-2012. The age of the subjects was between 18 and 25 years. The standard psychology tool device by Dr. Kamlesh (1990) was used to measure achievement motivation. It was found the Individual sports players are having significant difference in Achievement Motivation than team sports players because the individual sports players required compulsory motivation to achieve excel in sports then the team sports players is a group effort. This type is study is useful to the physical educators, coaches and sports psychologists to enhance the performance through achievement motivation.

KEYWORDS:

Achievement motivation, team players,

INTRODUCTION

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. This idea of psychophysiology, monitoring brain activity during exercise has aided in this research. Also, sport psychologists are beginning to consider exercise to be a therapeutic addition to healthy mental adjustment. Competitive sports reflect cultural aspirations of a people and they have now become an inextricable part of all civilizations. Recreative sports are mainly concerned with man's well being where as competitive sports aim to measure and enhance human "potentiality and performance". All other things being equal in two opponents, in sports, the one with better "psychological training or mental conditioning will always have an upper edge over the other" (Kamlesh, 1988). Psychology of sports is an application of psychology in the field of sports and games. In other words, it is the psychological approach to sports and games, in order to make them efficient, fruitful and interesting. (Mohan et.al.1986) 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 sports such as Boxing, Judo, Wrestling, Weight Lifting, Lawn Tennis and gymnastics, have shown to elicit higher anxiety levels than competitive team sport activities such as Football, Volleyball, Handball, Kabaddi, Hockey, Cricket and Basketball.

The term 'motivation' in education means inculcating and stimulating interest in studies and other such activities in the students. The term motivation has been derived from 'movere' which means to move. Motivation is the process of arousing action, sustaining activity in process of arousing action, sustaining

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activity in progress, regulating and directing pattern of activity through energy transformation within the tissues of the organism. It is a variant form of 'motive' which represents urges, drives, will determination, incentives and the like. Anything that moves an individual to action may be described as a motive. Motives are of two kinds, natural motives and the acquired motives.

In the field of sports the achievement motivation is more important because in this area the goals always remain first priority. McClelland and Atkinson have defined this term. According to them "Achievement motivation may be associated with a variety of goals, but in general the behavior adopted will involve activity which is directed towards the attainment of some standard excellence. "Hence it can be said that achievement motivation is an expectancy of finding satisfaction in mastering challenging and difficult performances. In the process of goal oriented achievement a number of motivational factors play important role. The incentives, the facilities, the moral boost, the soothing environment, future success, praise & popularity social esteem etc. are the motives which move the athletes go ahead and make his action worthy of commendation. Motives are thus acquire in the same way as new reflexes are acquires. The interaction of an individual with his environment provides a constant source of modification of his old motives and acquisition of new ones.

OBJECTIVES OF THE STUDY

The objective of the study is to find out the differences on achievement motivation among players of Individual Sports and Team Sports.

HYPOTHESIS

It was hypothesized that there would be significant difference in the achievement motivation among players of Individual Sports and Team Sports.

ACHIEVEMENT MOTIVATION

A system of goal direction in human activity that is closely related to competence, aggressiveness and dominance is described by psychologists as achievement motivation (M.C. David & Hasrani, 1985).

METHODOLOGY

Thus the study covered 150 Men Individual players in Athletics, Badminton, Boxing, Judo, Wrestling, Weight Lifting and 150 Men players in Foot Ball, Volleyball, Basket Ball, Hand Ball, Cricket are taken for the study. These players are the Participants in the Kerala University Inter Collegiate Tournaments during the year 2011-2012. The age of the subjects was between 18 and 25 years.

ACHIEVEMENT MOTIVATION SCALE

The standard psychology tool device by Dr.Kamlesh (1990) was used to measure achievement motivation. This test consist of 20 questions includes both positive and negative statement. Each statement consists of two alternate responses.

RESULTS OF THE STUDY

Table .1 Descriptive statistics of the groups

	<i>Group</i>	<i>N</i>	<i>Mean</i>	<i>Std. Deviation</i>	<i>Std. Error Mean</i>
Achievement Motivation	Individual Players	150	26.61	4.065	.332
	Team Players	150	24.34	3.132	.256

The values of the mean, standard deviation and standard error of the mean for Individual Players and Team Players are given in the table .1. The mean Achievement Motivation of the Individual Players is (26.61) larger than that of the Team Players (24.34).

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Table 2 t-table for testing the equality of variances and equality of means of two groups

	Levene's Test for Equality of Variances		t-test for Equality of Means						
	<i>F</i>	<i>Sig.</i>	<i>t</i>	<i>df</i>	<i>Sig. (2-tailed)</i>	<i>Mean Diff</i>	<i>SE Diff</i>	95% Confidence Interval of the Difference	
Achievement Motivation of the Group								Lower	Upper
Equal variances assumed	18.548	.000	5.41	298	.000	2.26	.419	1.44	3.091
Equal variances not assumed			5.41	279.81	.000	2.26	.419	1.44	3.091

It can be seen from the Table.1 that the value of t- statistic is 5.41. This t- value is significant as the p-value is .000 which is less than 0.05. Thus, the null hypothesis of equality of population means of two groups is accepted and it may be concluded that the Achievement Motivation of Individual Players and Team Players are different. In this example only two- tail test was used and, therefore, only conclusion which can be drawn is that the Achievement Motivation of both the groups are significant.

Table 3 t – table for the data on Achievement Motivation along with F- value

<i>Group</i>	<i>Means</i>	<i>S.D</i>	<i>Mean Diff</i>	<i>SE of Diff.</i>	<i>t-value</i>	<i>p-value</i>	<i>F-value</i>	<i>p-value</i>
Individual Players	26.61	4.065						
			2.26	.419	5.41	.000	18.548	.000
Team Players	24.34	3.132						

The table 3 shows the f value of Individual Sports Players verses Team Sports Players F = 18.548(p= .000) which is significant at 0.05 level.

The result shows that Individual Sports Players are more Achievement motivation than Team Sports Players. Individual Performance sports like Athletics, Badminton, boxing, Judo, Weight Lifting etc must have more achievement motivation to excel in sports. The Decision must be made by Individual Sports Players is final for his performance. Whereas in Team Sports there will be group effort among all players and their achievement motivation differs from each Sports Players to Sports Players. More research in this area is warranted as researchers attempt to understand achievement motivation in the sport domain. Specifically, there is a need to examine socially-oriented motivation for a greater understanding of achievement motivation. Sport research in achievement motivation has continually relied on quantitative measures primarily based on task and ego goal orientations to the exclusion of other relevant goal orientations.

Only when researchers broaden their conceptualization of achievement motivation and explore underused testing sites will we gain a more comprehensive understanding of achievement motivation. The present study offered an initial contribution to the literature concerning motivational orientations of athletes in particular sport groups, more research is needed. This study found evidence for social factors of motivation among the research participants by using the broader theoretical framework offered by Maehr and Braskamp (1986). This study also revealed that the athletes value multiple personal incentives in that they reported positive and negative experiences in terms of task, ego, and social goals.

It is concluded that Individual Sports Players are having more Achievement Motivation because they set goals and aims to give level best performance to win the Competition, where as the Team Sports

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Players depend upon their group to give the high level of performance. It is recommended that achievement motivation is compulsory for all Sportsmen to achieve high excellence in sports. The Coaches must prepare all the sports persons with high level of motivation to excel in sports.

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