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A comparative study of sports achievement motivation of national level circle style kabaddi players

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Abstract

The aim of present study is to compare the male and female circle style kabaddi players with regard to their sports achievement motivation. To accomplish the study, purposive sampling technique has been used. For this purpose, 100 national level circle style kabaddi Players (50 male and 50 female) were selected as subjects. The aim of present study is to compare the circle style kabaddi players with regard to their sports achievement motivation. The sample of the study has been selected from the 11th national circle style kabaddi (Men & Women) Championship held at Panjab University, Chandigarh from 23rd to 25th March, 2018. The standard psychological tool constructed by Dr. M.L. Kamlesh was used to measure sports achievement motivation (1990). To find out the difference in the level of sports achievement motivation, independent sample 't' test was applied through statistical product and service solutions (SPSS) version 20.0. The level of significance was set at 0.05. The result of the present study shows that no significant difference was found between male and female circle style kabaddi players with regard to their sports achievement motivation.

Keywords: Sports achievement motivation, circle style kabaddi, national level, players

Introduction

Kabaddi is the regional sport of the Punjab region and was referred to as Punjabi kabaddi in India and Pakistan. However, with the formation of the states of Haryana and Punjab in India, the same game was referred to as Punjab kabaddi and Haryana kabaddi. This caused confusion and therefore, in 1978, the Amateur Circle Kabaddi Federation of India was formed and the style of kabaddi played in the Punjab region was named circle kabaddi. In the games and sports, psychological and physiological factors play an important role in determining the performance level (Grange & Kerr, 2010; Schilling & Hyashi, 2001) [9, 12]. Numerous studies have demonstrated the impact of psychological factors on sports performance (Crespo, 2002) [5]. Taylor (1994) [13] treated motivation as the base of a pyramid towards success in sports. Achievement Motivation is a Complex area in terms of concept and measurement. Atkinson (1964) defined achievement motivation "as the tendency to Endeavour for the attaining goal". A specific motive is concerned with the attainment of a specific type of goal. The most important motivation for educational psychology is achievement motivation, the generalized tendency to strive for success and to choose goal oriented success/failure activities. Achievement motivated students want and expect to succeed, and when they fail, they redouble their efforts until they do succeed. Coaches, exercise leaders and teachers have an interest in achievement motivation. It is a disposition to strive for satisfaction when making comparisons with some standard of excellence in the presence of evaluating others. The level of achievement motivation would bring out this self-competition would influence behavior in sociality evaluated situation. Several motivation theories in the academic area have been adopted in the quest for greater understanding of achievement motivation in sport (Ames, 1984, 1992; Dweck, 1986; Nicholls, 1989) [2, 3, 7, 11] 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.

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Achievement motivation influences other factors affecting performance in sport like: physical preparation, technique, tactics and even life style.

Objective of the study

To analyze the difference between male and female circle style kabaddi players with regard to their sports achievement motivation.

Delimitations of the study

- The study is delimited to circle style kabaddi Players.
- The study is delimited to 11th senior national circle style kabaddi championship.
- The study is delimited to male and female players.
- The study is delimited to sports achievement motivation.

Criterion measure/tool used

The standard psychological tool constructed by Dr. M.L. Kamlesh was used to measure Sports Achievement Motivation (1990).

Scoring

Motivation is measured through Achievement Motivation test. The test consists of incomplete statements which can be completed by choosing either of the two proposed parts against each statement. The Sports Achievement Motivation Test is a self-evaluation questionnaire of twenty statements. It includes positive and negative statements, response value which extends from 0 to 40. Each statement carries a maximum score of two and the minimum, zero. When the subject ticks the high pole part, they were given two points and when they touch the low poles they earn zero. The correct responses are 1a, 2b, 3a, 4a, 5b, 6b, 7b, 8b, 9b, 10a, 11a, 12a, 13a, 14b, 15b, 16a, 17a, 18a, 19a, 20a. The items 1, 3, 4, 9, 10, 11, 12, 13, 16, 17, 18 and 20, if the respondent answers "a" he/she scores 2 points, if the answer is "b" he/she gets only zero point. The items 2, 5, 6, 7, 8, 14, 15 and 19, if the respondent answers "b" he/she scores 2 points, if "a" he/she gets only zero point. The scores of each subject on each

statement are summed up and represent the individual's total score with regard to aggression. A score ranging from 0-24 is considered as low sports achievement motivation, score ranging from 24-30 is considered as moderate sports achievement motivation and the scores above 30 are considered as high sports achievement motivation.

Method & procedure

For this purpose, 100 national level circle style kabaddi Players (50 male and 50 female) were selected as subjects. The aim of present study is to compare the circle style kabaddi players with regard to their sports achievement motivation. To accomplish the study, purposive sampling technique has been used. The sample of the study has been selected from the 11th national circle style kabaddi (Men & Women) Championship held at Panjab University, Chandigarh from 23rd to 25th March 2018. The standard psychological tool constructed by Dr. M.L. Kamlesh was used to measure (SAMT) Achievement Motivation (1990). To find out the difference in the level of sports achievement motivation, independent sample 't' test was applied through statistical product and service solutions (SPSS) version 20.0. The level of significance was set at 0.05. The result of the present study shows that no significant difference was found between male and female circle style kabaddi players with regard to their sports achievement motivation.

Statistical technique

The Data was analyzed and computed by applying Descriptive statistics i.e. Mean and Standard Deviation whereas to compare the mean scores, independent sample t-test was applied through statistical product and service solutions (SPSS) version 20.0. The level of significance was set at 0.05.

Findings of the study

The table no.1 presents significance of mean difference between male and female circle style kabaddi players with regard to their sports achievement motivation.

Table 1: Significance of mean difference between male and female circle style kabaddi players with regard to their sports achievement motivation

Variable	Groups	N	Mean	S.D.	M.D.	t -value	Sig. (p-value)
Sports Achievement Motivation	Male	50	27.24	4.99	.160	.164	.870
	Female	50	27.40	4.73			

Level of significance was set at .05
t value at 98 degree of freedom was 1.98

Table 1 represents the significance of mean difference between male and female circle style kabaddi players with regard to their sports achievement motivation. The male circle style kabaddi players registered 27.24 as mean score with standard deviation 4.99. Whereas female circle style kabaddi players recorded 27.40 as mean score with standard deviation 4.73. The mean difference between male and female circle style kabaddi players obtained was .160 and the t-value/calculated value obtained was .164. The tabulated value was 1.98 at 98 degrees of freedom which showed that the

calculated value was less than the tabulated value and revealed no significant difference between the male and female circle style kabaddi players with regard to their sports achievement motivation. The p-value (sig.) obtained was .870 which also states no significant difference between male and female circle style kabaddi players as the p-value (sig.) was higher than the .05 level of significance. The comparison of mean and standard deviation scores of both the groups has been presented graphically in figure 1.



Fig 1: The graphical representation of male and female circle style kabaddi players with regard to their sports achievement motivation

Discussion of the findings

The present study was conducted to compare male and female circle style kabaddi players with regard to their sports achievement motivation. The findings of the study highlighted that no significant difference was obtained between male and female circle style kabaddi players with regard to their sports achievement motivation. Results in table 1 indicated that female circle style kabaddi players mean score obtained was high as compared to the male circle style kabaddi players and the male players have the more tendency to divert from their average score as compared to females with regard to their sports achievement motivation. The difference exists between mean scores of both the groups was not much higher that it can display the significant difference. The possible reasons might be that both the groups possess equal level of belief in achievement motivation, loose temper if spectators hoot while playing, angry behavior when losing the game, extremely irritated on unfair decision, feel excited when the opponent is aggressive, hurt the opponent to deprive him from winning, never feel angry while playing, forget everything in anger, pay him back when the opponent trying to do wrong, go out of the way to win a game, worried to see my opponent hurt and screaming, player must be penalized for in appropriate violence, winning or losing a game is not important tonic, attention towards planning of the game, ability to play with more courage at the time of losing, they feel sad when opposed players loosing or lacking behind, take part in the game that they are going to win, they don't feel bad while playing bad game, they don't feel bad when their coach didn't give them full co-operation, etc. are definitely the strong parameters that influence the psychological state and performance of the players.

The findings are in consistency with Dureha *et al.* (2010)^[6] compared the status of national and international hockey players on the selected psychological variables. As shown by the result of the study there was insignificant difference was found in incentive motivation, achievement motivation, state anxiety and trait anxiety between national and international hockey players and significant difference was found in sports competition anxiety. In order to test, t'' test was used and 0.05 level of significance was used. Elliot and McGregor (1999)^[8] studied Hierarchal Model of Achievement Motivation. They suggested that achievement motives are said to have an indirect or distal influence, and achievement goals are said to have a direct or proximal influence on achievement-relevant outcomes. Achievement motivation has been conceptualized

in many different ways. Our understanding of achievement-relevant effects, cognition, and behavior has improved. Despite being similar in nature, many achievement motivation approaches have been developed separately, suggesting that most achievement motivation theories are in concordance with one another instead of competing. In reality, such a belief was blind because of male dominated society. However, recent researcher reveals the opposite fact and indicates that the female are good in studies in possessing better result in examination. However, overall situation reveals the psychological states of males and females are mostly similar. The result of the present study also supports the same and, then, there is no difference between male and females in sports achievement motivation level.

Conclusion

The following conclusion were drawn from the present study that there was no significant difference was obtained between male and female circle style kabaddi players with regard to their sports achievement motivation.

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