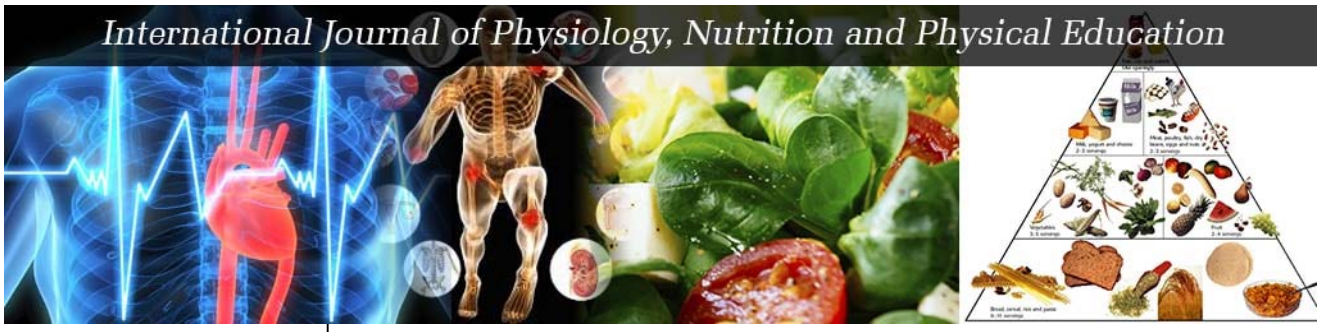

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A comparative study of achievement orientation between weight lifting and power lifting players

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Abstract
Sports psychology has emerged as a field with a research tradition that provides a foundation for direct application with athletes. As the role played by psychological Factors in the performance and well-being of athletes has become better understood, intervention have been designed to favourably affect athlete behaviour throughout their involvement in sports and beyond. Sport psychology researchers have been interested in how athletes psychological and characteristics influence performance. From this point, it is clear that psychological characteristics differ between more and less effective athletes and teams. More ever the ability to mentally prepare is considered a key component of such differences. Sports psychologists can teach skills to help athletes enhance their learning process and motor skills, cope with competitive pressures fine tune the level of awareness needed for optimal performance, and stay focused amid the many distraction of team travel and in the competitive environment. Psychological training should be an integral part of an athlete holistic training process, carried out in conjunction with other training elements. This is best accomplished by a collaborative effort among the coach, the sports psychologist, and the athlete; however, a knowledgeable and interested coach can learn basic psychological skills and impart them to the athlete especially during actual practice.

Keywords: achievement orientation, weight lifting, power lifting, sports psychology

Introduction

Selection of Subjects

The researcher collected the data on one Hundred Twenty (N=120), Male subjects between the age group of 18-28 years (Mean ± SD: age 21.13±2.38 years, height 173.86±3.91 m, body mass 69.46±3.75 kg) were selected. The subjects were purposively assigned into two groups:

- Group-A: Weight Lifting (n_1=60)
- Group-B: Power Lifting (n_2=60)

Subject's characteristics are displayed in Table-1 and are exhibited in Figure-1.

Table 1: Subject's Demographics**.**

Variables	Sample Size (N=120)		
	Total N=120	Weight Lifting (n_1=60)	Power Lifting (n_2=60)
Age	21.13±2.38	21.06±2.31	20.66±1.98
Body Height	173.86±3.91	174.00±3.60	173.80±3.50
Body Mass	69.46±3.75	68.73±3.65	70.06±3.80

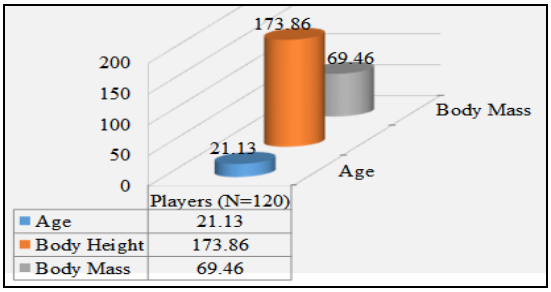

Fig 1: Subject's Demographics

Statistical Technique Employed

Student's t-test for independent data was used to determine the Achievement Orientation between Weight Lifting Players and Power Lifting players, unpaired t-test was employed for data analyses. To test the hypothesis, the level of significance was set at 0.05.

Analysis of Data

This is an exploratory study that has employed methods of data collection and analysis quantitatively. The purpose of this study was to find out the Achievement Orientation between Weight Lifting and Power Lifting Players.

Table 2: Comparison of Achievement Orientation between power lifters and weight lifters.

Variable	Group	N	Mean	S.D	t-value	p-value
Achievement Orientation	Power Lifters	60	100.45	10.19	9.81*	0.000
	Weight Lifters	60	118.40	2.90		

* indicates p<0.05

The mean score of Achievement Orientation of power lifters and weight lifters is shown in Table-2. The mean value of Achievement Orientation of power lifters and weight lifters was 100.45 and 118.40 respectively. As shown in the table the weight lifters were found to have significantly better competitiveness (t=9.81, p=0.000) as compared to the power lifters.

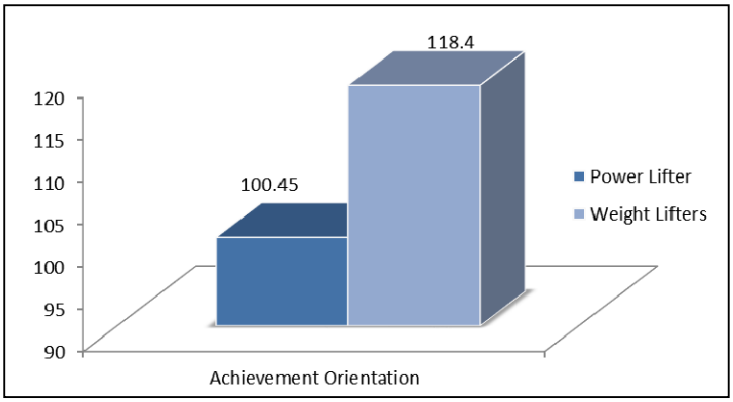

Fig. 2: Mean of Achievement Orientation between power lifters and weight lifters.

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