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Comparative study of sports motivation between boys and girls of Coimbatore district

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Abstract

The intention of this study was to compare sports motivation between high school high school boys and girls players of Coimbatore district. 15 boys and 15 girl's players, totaling 30 boys and girls subjects were randomly selected for the study. Their age ranged from 13-15 years. The objective was to identify the sports motivation tests were administered. The results showed that there is significant difference between boys and girls players. Boy's players have more sports motivation.

Keywords: Sports motivation

Introduction

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. Motives can be defined as factors or conditions which influence events or objects that are selected for attention. The attempt to explain the intensity with which an individual engages in something or the effort sustained in some activity. Motivation is a broad-based term and encompasses a great many aspects of individual as well as collective behavior. Whether it is in work, study, or sports, individuals or groups are needed to be motivated to strive and respond to the incoming stimuli. As a matter of fact, behavior is the result of different motivational factors (conscious and unconscious); some of them are biological in nature, others psychological and still others draw their specific characteristics from the socio-cultural environments.

Achievement Motivation

Achievement motivation can, be defined as the striving to increase or to keep as high as possible, one's own capabilities in all activities in which a standard of excellence is thought to apply and where the execution of such activities can, therefore either succeed or fail. Achievement motivation typically refers to the level of one's motivation to engage in achievement behaviors, based on the interaction of such parameters as need for achievement, expectancy of success, and the incentive value of success. Our construct of motivational orientation refers to the type of motivational stance which the child adopts toward classroom learning. Thus, one may engage in schoolwork for intrinsic reasons, because work is challenging, enjoyable, and piques one's curiosity, or alternatively, one may engage in schoolwork for extrinsic reasons, either to obtain external approval or because the educational system requires it.

Sports Achievement Motivation

Sports achievement motivation has been discovered as a strong psychological factor in the display of behavior. Achievement behavior has been found to be rewarding in competitive sports. It is a force that engages an athlete in the tasks which are challenging and difficult enough to attain. Sports and Physical activities are generally achievement oriented. Personal success in team and individual events can be evaluated against specific standards. One of the reasons of the variability in athlete's behavior is sports achievement situation wherein athletes perceive situations in different ways, owing to different needs for Sports excellence (Sandhu, 1992). Sports Achievement Motivation has been discovered as a strong psychological factor in the display of behavior of a person. Achievement Motivation of an individual has been found

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to be rewarding in competitive sports. It is a force that engages a sports person in task which is challenging and hard to attain. The nature of sports and physical activities are generally achievement oriented. Personal success in team and individual events can be evaluated against standards. One of the reasons of variability in behavior of an individual is sports achievement situation is that sports person perceive situation in different ways, because they have different needs for sports excellence. Anxiety is one of the important psychological factors for determining athlete's performance. Performance is a byproduct of biological, psychological, sociological and physical makeup of an individual. In games and sports not only physiological factors but also psychological factors play an important role in determining the performance level of an individual. However, great important is assigned to psychological parameters in competitive sports (Schilling & Hayashi, 2001). Many experts advocated that individuals are affected not merely by their physical and techno-tactical ability but also by their psychological makeup.

Need of Achievement Motivation In Schools

The effects of various motivational devices are different on different individuals. One may be a collector of stamps, another of coins or antiques. One may want to be doctor, the other an actor. It is often seen that a factor which motivates the poor child may not motivate the rich and vice versa. Children coming from rural areas are motivated by such things which they have not come across in the country side while the children from the urban areas by those things which they have never experienced in the city setting. 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 (Robert S. Weinberg). 1983

Statement of the problem

Comparative study of sports achievement motivation between boys and girls of Coimbatore district

Hypothesis

It was hypothesized that there would be a significant difference between sports motivation between high school boys and girls.

Methodology

To achieve the purpose of the study the investigator randomly selected 15 boys and girls players from various high schools in Coimbatore district. Their age ranged between 13 to 15 years. Totally 30 subjects were selected. The psychological variables selected for this study was sports motivation. Sports achievement motivation Questionnaire is used for the study.

Analysis and interpretation of data

The analyses of the results on the selected psychological variables of sports motivation players have been presented in the tables and figures below.

Level of significance

For testing mean difference among the boys and girls players the level of significance was fixed at 0.05 level of confidence. The data was collected as per the standard procedure. It was compared by calculated means of scores. The standard deviation and standard error for the collected data was computed. Further "t" ratio was calculated for all the scores (sports achievement motivation). The resultant data was analyzed statically and the result are presented below.

Table 1: Computation of mean, standard deviation, mean difference and "t" ratio For sports motivation of School boys and girls

Group	Mean	Standard Deviation	Mean Difference	Std. Error Mean	't' Ratio
Boys	1.50	0.50	0.29	0.89	3.28
Girls	1.20	0.20			

*The table value is 2.14 *The level of confidence 0.05

Table-1. Gives information regarding sports motivation between school boys and girls in Coimbatore district. Table shows that there were significant differences in sports motivation. The Mean of sports motivation between school boys and girls in Coimbatore district were 1.50 and 1.20 respectively. The 't' test was applied and t-value (3.28) appeared a significant Graphical representation (Fig.1.1) also

indicates similar trend of this study.

It may be understood from the table above that there is a significant difference in the level of sports motivation between school boys and girls in Coimbatore district, since the calculated value of 0.29 is higher than the table value of 0.05 level of confidence. Hence the hypothesis accepted.

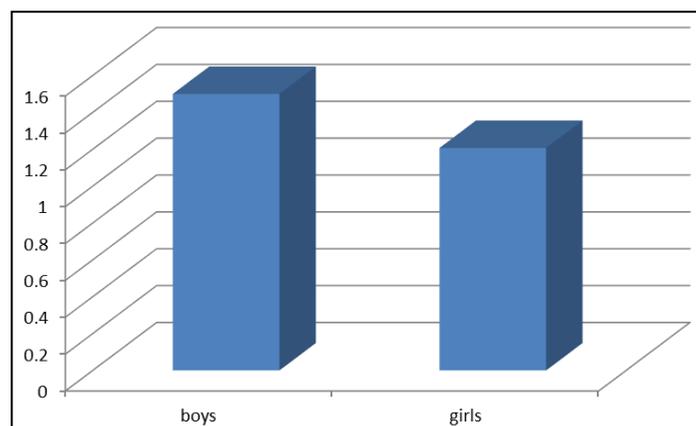


Fig 1: Bar diagram showing the differences of competitive sports motivation between school boys and girls

Discussion on the findings

It is documented from the table that calculated 't'(3.28) was lesser than tabulated 't' (2.14) which indicated that a significant difference between sports motivation at 0.05 level of significance. The result may be corroborated with the findings Singh, Ahmad abd Hussain (2010), Sayed Tariq Murtaza, Mohd Imran and Arshi Saleem (2013).They found the similar result among male and female players.

Conclusions

Within the limitations of the present study the following conclusion was drawn: There were significant difference found on sports motivation between boys and girls in Coimbatore district. There is a difference in school boys and girls in sports motivation between school boys and girls in Coimbatore district.

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