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A study on psychological profile achievement motivation of hand ball and volleyball female inter collegiate players of Kuvempu University

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Abstract

Introduction: Human beings and animals are product of a long process of biological evolution. Their activities are highly complex in nature and directed from within since ancient times philosophers have tried to understand why human beings and other animals behave as they do (Murphy, 1995). The meaning of achievement motivation has been a controversial subject and a topic of key interest to psychologists. The concept of achievement motivation appears in almost every theoretical account of behavior. Motivation is a mental event which determines the course of action. Motivation is used to consider any inner conditions of the organism that initiates or directs its behavior towards a goal. Sports, games and physical education activities are looked upon an avenue for achieving and establishing supremacy, prestigious social recognition and etc. To achieve this recognition we require extraordinary talent, skill, sustained interest, determination, and training and so on (Ayya, 1982). A Sport is one of the most enduring. If all human activities virtually from the beginning of any writer of human recorders in civilizations across the world accounts of sports and sports related activity of sports and sports related activity are found for less than the last century sports has been studied scientifically and sports psychology is an important part of that scientific study (Encyclopedia, 2012).

Purpose: a study on psychological profile achievement motivation of hand ball and volleyball female inter collegiate players of Kuvempu University and also to compare the same with two sports disciplines.

Methodology: The subject for the study was 60 female players in 30 Hand ball players and 30 Volley ball players. Who was represented in kuvempu University Inter collegiate held at Shimoga during 2016-2017. Simple random sampling technique was used to select the subject.

Hypothesis: It was hypothesized that there will be a significant between Volleyball and Handball inter collegiate female players of Kuvempu University.

Keywords: sports psychological, achievement motivation, handball players, and volleyball players.

1. Introduction

Motivation may be considered the most important variable in athletics. It can affect sport performance as well as the overall sports experience for an athlete. But what exactly is motivation? How is it defined? And how is it assessed? Motivation has been defined in many contexts, but a widely accepted definition is, "It represents the hypothetical construct used to describe the internal and/or external forces that lead to the initiation, direction, intensity, and persistence of behavior. Motivation is a psycho-physiological condition of the living organisms, which inspire them to strive to fulfill their needs. It includes preparing a person to perform a task not only physically but also mentally. Without this, all tasks will become uninteresting. No person can achieve higher goals unless he or she is properly motivated to do so (Zamirullah khan 2014) [1]. Sports, games and physical education activities are looked upon an avenue for achieving and establishing supremacy, prestigious social recognition and etc. To achieve this recognition we require extraordinary talent, skill, sustained interest, determination, training and so on (Ayya, 1982). The sports have been of great interest to people from times immemorial even today a sport is on in wonder map, Olympic, world cup tournament, Asian games and test matches of national comply the breadlines in Newspapers. Every day columns after columns are devotee to the sports news, The importance and the recognition which the sports have received from government press and public clearly indicate that sports are not taken up for more creation prestige purposes the preparation in sports (Byrne, 1974). Today in

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the modern competitive year every sports man is a race to excel others and competition has become a fundamental mode of human expression as it is one of the every important function by which national and international recognition and prestige is gained. From its very simple form, sports have emerged in to highly organized activity of human society and it has become a complex social and cultural phenomenon.

Need and Importance of Psychology in Sports

The sports psychologist uses psychological assessment techniques and achieves their optimal with analyzing human behavior in various types of performance. During the past few years, interest has been increased in the field of sports psychology; cognitive sports psychology focuses on the influence of mental factors on performance. Sports psychologists have acknowledged that an individual's thoughts and feelings can have a critical impact on his or her performance. Role of psychology in selection training, training materials and rehabilitations would definitely help in achieving sports excellence. The emphasis has been laid on pointing out that psychology and sports coverage at the same point and excellence in sports can be optimally obtained by developing appropriate strategies.

2. Methodology

The purpose of the study was to asses of psychological profile achievement motivation of Hand ball and Volleyball female inter collegiate players of Kuvempu University and also to compare the same with two sports disciplines of study. The subject for the study was 60 female players in 30 Hand ball players and 30 Volley ball players. Who was represented in kuvempu University Inter collegiate held at Shimogga during 2016- 2017. Simple random sampling technique was used to select the subject.

2.1 Delimitations of Study

- The study was delimited to Kuvempu University intercollegiate female players.
- The study was further delimited to age range from 18 to 28 years.
- The study was again delimited to regular players who participated in the intercollegiate tournaments during the period 2016-17 in Tarikere.
- The study was further delimited to the sample size 30 each sport.

- The study was delimited to psychological profits achievement motivation.
- The study was delimited to Hand ball is Volley ball female players only.

2.2 Limitations of Study

- Questionnaires are having their own limitations.
- Opinion of the subject may be one of the limitations of study.
- Data given by the subject may not be faith or honest in all the time, it is another limitation of the study.
- Another factor is socio-economic status also were not considered in this study.

3. Tools

The questionnaires were handed over to the subjects and the subjects were asked to answer all the questions whithout omitting any questions. Before collecting the questionnaires an attempt was made to check whether all the statements in the questionnaires were answered or not. The scoring was done by the answer keys suggested by ML. Kmalesh achievement motivation test questionnaires.

4. The Analysis, Interpretation and Results of Study

analysis of the data, findings and discussions of findings with regard to achievement motivation among Kuvempu university inter collegiate Hand ball and Volley ball female players.

4.1 Test of Significance

This is the crucial portion of the thesis in arriving at the conclusion by examining the hypothesis. The procedure of testing the hypothesis was ended either by accepting the hypothesis or by rejecting the hypothesis. In accordance with the results obtained in relation to the level of confidence. The level of confidence was fixed at 0.05 level which was considered sufficient for this study, the test was usually called the test of no significance. To test whether there is a difference between two factors and interaction was not significant or not in the present study. The test was usually called the test of significance. If the obtained value was accepted. If the obtained value was less than the table value 0.05 level, then the hypothesis was rejected to the effect.

4.2 Presentation of Data

Table 4.1: Comparison of achievement motivation level of volley ball and handball players

Sl. No	Players	Sample Size	Mean± Standard Deviation	't' value
1	Volleyball	30	23.46±4.840	0.608
2	Handball	30	24.13±4.232	

Table 1 shows the mean value and standard deviation of the two groups i. e. Volleyball and Handball players with 't' score. The 't' score on calculation is 0.608 which is lesser than the table value i. e. 2.0452 and is no significant at 0.05 level. The result is not in agreement with the hypothesis of the researcher.

5. Summary, Conclusions

Summary

The purpose of the study was to compare the achievement motivation of Kuvempu university inter collegiate Volleyball and Handball women players. The main purpose of the study was to check whether Kuvempu university Volleyball and

Handball players are psychologically different. In order to achieve the purpose of the study, 60 students from Kuvempu University were selected randomly and they were Volleyball and Handball players. The standard questionnaire of achievement motivation was used for collection of the data. The data thus collected was statistically treated by using SPSS software.

6. Conclusions

At the beginning of the study, the investigator had formulated the hypothesis that there will be no significant difference in the achievement motivation among Kuvempu university intercollegiate Handball and Volleyball female players. The

results showed that there was no significant difference in achievement motivation among the above said players. From the above findings, the investigator's hypothesis was accepted.

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