



ISSN: 2456-0057

IJPNPE 2019; 4(1): 65-66

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www.journalofsports.com

Received: 20-11-2018

Accepted: 23-12-2018

**Dr. Prakash Chand Baid**

Assistant Professor Deptt. of  
Physical Education, Vipra Arts,  
Commerce and Physical  
Education College, Raipur,  
Chhattisgarh, India

**Dr. Milind Bhandeo**

Assistant Professor Deptt. of  
Physical Education, Vipra Arts,  
Commerce and Physical  
Education College, Raipur,  
Chhattisgarh, India

## A study of sports achievement between successful and unsuccessful national female judo players

**Dr. Prakash Chand Baid and Dr. Milind Bhandeo**

### Abstract

In this study sports achievement motivation among female judo players was compared on the basis of their accomplishments. To conduct the study 80 national level female judo players (Ave. age 23.11 years) were selected as sample. The sample comprise of equal number of medal winners and non-medal winners. The sports achievement motivation in selected female judo players was assessed by Sports Achievement Motivation Test (SAMT) prepared by Kamlesh (1990). Data analysis through independent sample 't' test reveal that medal winner female judo players have significantly higher magnitude of sports achievement motivation as compared to non medal winner female judo players. It was concluded that efforts made by medal winner female judo players to achieve excellence was greater as compared to non medal winner female judo players.

**Keywords:** Sports achievement motivation, judo, female

### Introduction

It has been scientifically documented that certain psychological plays a big part as far as achievements in sports are concerned. Quite a few variables namely self confidence, mental toughness, neuroticism, emotional intelligence has been linked with sports performance. One such variable which has given lot of attention in sports psychology is achievement motivation. According to Arslanogluna (2005) <sup>[1]</sup> "motive is one of the factors prompting a person to take an action or to choose one of the many action options and perform relative continuous." It is one of the most important factors associated with ambition of a person. Achievement motivation is related to efforts and perseverance towards desired goals when an individual knows that his/her performance will be assessed in the light some set standards. This behavior is known as achievement oriented. In sports and games, motivation can be referred to as efforts made towards achieving excellence. According to Taylor (1994) <sup>[9]</sup> achievement motivation is the basis of success in sports. In sports psychology achievement motivation has been studied widely but the results are somewhat contrary. In some studies it has been linked to sports performance (Ibrahim and Gwari, 2011, Hasan *et al.*, 2015) <sup>[5, 4]</sup>. But in a study conducted by Dureha *et al.* (2010) <sup>[3]</sup>, the results are just opposite i.e. no significant association was observed between sports achievement and sports performance.

One such sport where achievement motivation may be important is judo. It is a high intensity sport which requires some specific trait to succeed at highest level. Whether achievement motivation is one of them? This question has been unresolved despite number of psychological studies conducted on judo players. Researchers like Peter, 2011 <sup>[8]</sup>; Verma, Kavita, 2015 <sup>[11]</sup>, Katralli *et al.*, 2015 <sup>[6]</sup>, Usha, Rani, 2016 <sup>[10]</sup>, Bhat and Shaw, 2016 <sup>[2]</sup>, Mastram and Jaswant, 2016 <sup>[7]</sup> have conducted empirical studies on psychological characteristics of high achiever judokas but none so far has compared achievement motivation of successful and unsuccessful national female judo players. Hence to fill this gap in knowledge, the present study was planned.

### Hypothesis

It was hypothesized that successful female national judo players will show more magnitude of sports achievement motivation as compared to unsuccessful national female judo players.

### Correspondence

**Dr. Prakash Chand Baid**

Assistant Professor Deptt. of  
Physical Education, Vipra Arts,  
Commerce and Physical  
Education College, Raipur,  
Chhattisgarh, India

## Methodology

The following methodological steps were taken in order to conduct the present study.

## Sample

To conduct the study 80 national level female judo players (Ave. age 23.11 years) were selected as sample. The sample comprise of equal number of medal winners and non-medal winners. The sample was collected through purposive sampling method.

## Tools

### Sports Achievement Motivation Test

To assess sports achievement motivation of selected national female judo players, Sports Achievement Motivation Test (SAMT) developed and standardized by Kamlesh (1990) was adopted. This test consists of 20 statements and this test is highly reliable and valid.

**Table 1:** Comparison of Sports Achievement Motivation between Successful (Medal winners) and Unsuccessful (Non-medal winners) National Female Judo Players

	Groups				't'
	Medal Winners (N=40)		Non medal winners (N=40)		
	M	S.D.	M	S.D.	
Sports Achievement Motivation	26.70	6.27	23.05	5.32	2.80**

\*\* Significant at .01 level,  $t(df=78) = 1.99$

Results shown in table 1 indicate statistically significant difference between successful and unsuccessful national female judo players on sports achievement motivation.  $t=2.80$  also reveal that medal winner national female judo players exhibited more magnitude of sports achievement motivation ( $M=26.70$ ) as compared to non medal winner national female judo players ( $M=23.05$ ) at .01 level of significance.

On the basis of analysis of data, following results are obtained.

## Results

Sports achievement motivation in successful national female judo players was found to be significantly higher as compared to unsuccessful national female judo players.

## Discussion

Achievement motivation is related to efforts and perseverance towards desired goals when an individual knows that his/her performance will be assessed in the light some set standards. Results of the present study clearly suggest that those national players who put more effort towards desired goals are successful. The results of the present study once again reiterate the role of sports achievement motivation towards sporting success as quoted by Ibrahim and Gwari, 2011<sup>[5]</sup>, Hasan *et al.*, 2015<sup>[4]</sup> in their studies.

## Conclusion

On the basis of results, it was concluded that successful national female judo players possesses higher degree of sports achievement motivation as compared to unsuccessful national female judo players.

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## Procedure

- First of all 80 national female judo players were selected in which 40 subjects were medal winners while the rest were non-medal winners.
- Sports Achievement Motivation Test prepared by Kamlesh (1990) was administered as per the norms for administration of test.

After scoring of the responses were computed according to author's manual. The data then was tabulated according to their respective groups.

To compare sports achievement motivation between successful and unsuccessful national female judo players, independent sample 't' test was used. Result depicted in table 1 respectively.

## Analysis of data

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