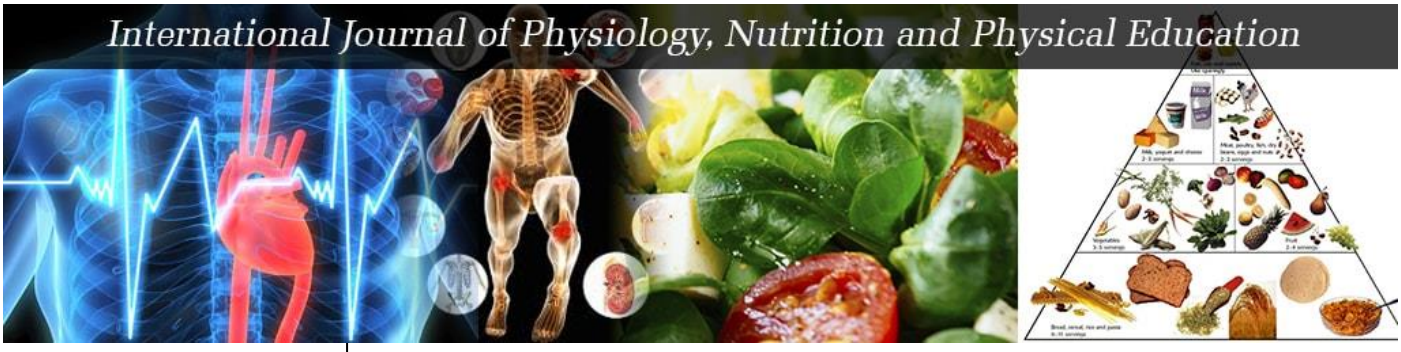

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Study of motivation among athletes in relation to different performance levels of male and female players of Punjab

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Abstract
Today sports psychology is a major field to help athletes for find his scope in sports. For improvement the performance of non-athletes the application of exercise and physical activity is a meaning use. Within a few decades of the modern cutting edge period of science and education, psychology developed into an awesome subject of profoundly specialized branches viz. educational psychology, experimental psychology, development psychology, legal psychology etc to quote a few. The purpose of this study was to investigate the differences in sport motivation in athletes. Understanding what motivates athletes is important as it indicates why an athlete engages in a sport and what they are hoping to gain by competing. The motivation types analyzed were intrinsic motivation, extrinsic motivation, and a motivation.

Keywords: Performance, male, female

Introduction
Motivation
Eggen and Kauchak, (1994) [3] Motivation, which stimulates and coordinates conduct toward an objective, could surely be seen as a standout amongst the most essential mental ideas in instruction. It is an internal want and drive required for fruitful execution. An entire meaning of inspiration ought to incorporate its association with ideas, for example, conduct, dispositions, learning and decision.
Pintrich & Schunk, (1996) [5]. Working environment productivity depends exceptionally to a great extent on the level of motivation of the workforce. Motivation could be an essential component of any solid show of human execution, and has been a centre of mechanical and organizational (I/O) psychology research for a long time.
Cerasoli, & Ford, (2014) [1]. Maslow's Progression of Needs is the elemental motivation hypothesis that has impacted current speculations and models of motivation within the work environment. The common component among hypothesis of work environment motivation is that people are inspired by inner and outside components. Motivational powers can be depicted as extrinsic or intrinsic, guiding towards the direction, and determination of performance behaviours. Natural motivation is driven by inner components such as work fulfilment, and outward inspiration is driven by outside variables such as commend and rewards.

Motivation
The motivation participation variables will be investigated by using the sports motivation participation scale developed by Mrs. Jagdish Kaur (1994) was used in the study. Motivational scale which consists 24 items and has the five point scale. While filling the questionnaire of achievement motivational scale the subject mark a circle on the five point scale which indicates the response of the subject about the agreement with each statement. The subject's response in the five point scale of each question items are calculated. The response on all the questions given by the subject are summed up and statistically calculated.

Selection of the Subjects

This is the survey type study and total 400 subject will be randomly selected from the state of Punjab out of which 200 will be male and 200 are female athletes of team games will be taken. The selected sample will be between the ranges of age group of 18-25 years. The subjects who were participated Interuniversity and intercollege level competition were selected as sample on random sampling method from the four different team sports. 50 players each were selected from the game of Hockey, Football, Cricket and Basketball.

Table 1: Mean, SD and T-Value of Male and Female Players in Motivation

Gender		N	Mean	Std. Deviation	t-value	p-value
	Female	200	55.029	7.690		
Team Spirit	Male	200	25.196	3.240	1.799	.05
	Female	200	24.600	3.343		
Fun and Affiliation	Male	200	16.391	2.046	.153	.05
	Female	200	16.360	1.977		
Power	Male	200	16.898	1.545	1.953	.05
	Female	200	16.600	1.470		
Physical fitness	Male	200	26.498	2.000	1.469	.05
	Female	200	26.760	1.422		
Risk taking	Male	200	17.031	1.393	2.425	.05*
	Female	200	16.686	1.438		
Excellence	Male	200	12.627	1.075	4.576	.05**
	Female	200	13.131	1.119		
Skill	Male	200	12.942	1.053	4.057	.05**
	Female	200	13.366	1.013		
Effort	Male	200	7.778	1.143	.685	.05
	Female	200	7.851	0.959		
Independence	Male	200	13.049	1.027	.948	.344
	Female	200	12.954	0.940		
Envy	Male	200	12.751	1.069	2.800	.05**
	Female	200	13.051	1.057		
Stress Seeking	Male	200	7.880	1.004	1.306	.05
	Female	200	8.006	0.887		

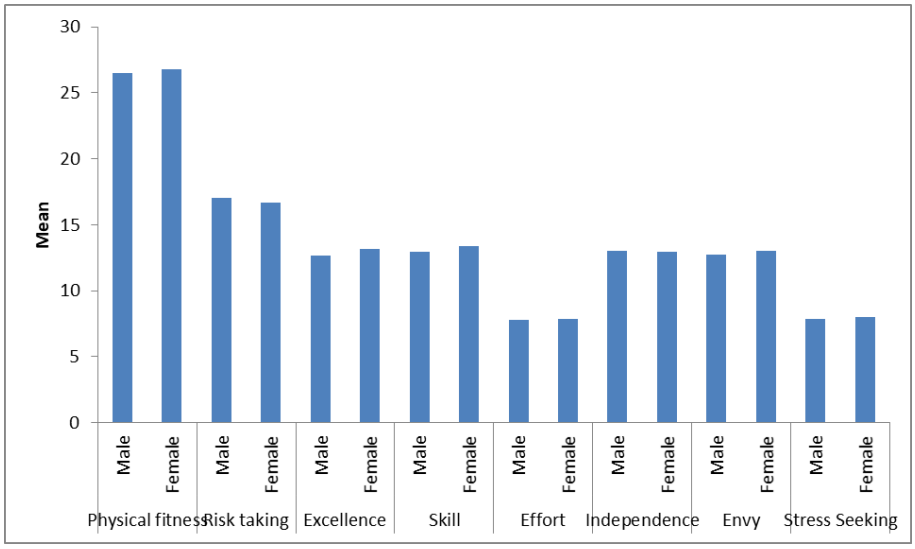

Fig 1: Mean of Male and Female in Motivation

A perusal of contents of the above table pertaining to male and female on the Participation Motivation sub variables would show that Team Spirit for male had secured the mean value 25.196 and SD value 3.240 and for female it has the mean value 24.600 and SD value 3.343. The t-value test shows that there is no statistically significant difference between team spirit and gender with *p* >. 05. Fun and Affiliation for male had secured the mean value 16.391 and SD value 2.046 and for female it has the mean value 16.360 and SD value 1.977. The t-value test shows that there is no statistically significant difference between fun and affiliation and gender with *p* >. 05. Power for male had secured the mean value 16.898 and SD value 1.545 and for female it has the mean value 16.600 and SD value 1.470. The t-value test shows that there is no statistically significant difference between power and gender with *p* >. 05. Physical Fitness for male had secured the mean value 26.948 and SD value 2.000 and for female it has the mean value 26.760 and SD value 1.422. The t-value test shows that there is no statistically significant difference between physical fitness and gender with p <. 05. Risk taking for male had secured the mean value 17.031 and SD value 1.393 and for female it has the mean value 16.686 and SD value 1.438. The t-value test shows that there is a statistically significant difference between risk taking and gender with p <. 05. Excellence for male had secured the mean value 12.627 and SD value 1.075 and for female it has the mean value 13.131 and SD value 1.119. The t-value test shows that there is a statistically significant

difference between excellence and gender with p <. 05. Skill for male had secured the mean value 12.942 and SD value 1.053 and for female it has the mean value 13.366 and SD 1.013. The t-value test shows that there is a statistically significant difference between skill and gender with p <. 05. Effort for male had secured the mean value 7.778 and SD value 1.143 and for female it has the mean value 7.85 and SD value 0.959. The t-value test shows that there is no statistically significant difference between effort and gender with *p* >. 05. Independence for male had secured the mean value 13.049 and SD value 1.027 and for female it has the mean value 12.954 and SD value 0.940. The t-value test shows that there is no statistically significant difference between independence and gender with *p* >. 05. Envy for male had secured the mean value 12.751 and SD value 1.069 and for female it has the mean value 13.051 and SD value 1.057. The t-value test shows that there is a statistically significant difference between envy and gender with p <. 05. Stress seeking for male had secured the mean value 7.880 and SD value 1.004 and for female it has the mean value 8.006 and SD value 0.887. The t-value test shows that there is no statistically significant difference between stress seeking and gender with *p* >. 05.

Conclusion

The result on the sub scale of motivation the team spirit for male has secured the mean value 25.19 and SD 3.24 and for female it has mean value 24.60 and SD is 3.34 the t-value shows that there is statistically significant difference between male and female athletes on team spirit. This study shows that male athlete have more sense of get to gather for achieving a common goal as compare to female athlete. Physical fitness for male athletes has secure mean value 26.49 and SD 2.00 and for female it has mean value 26.70 and SD 1.42. The t-test shows that there is statistical significant difference on male and female athletes. Fitness is most important factor in sports. The athletes who do not hold fitness could not give good performance. The male athlete were more fit as compared to female athlete that's why male athletes give good performance as compared to female ones. Risk taking for male has secured the mean value 17.03 and SD 1.39 and for female it has mean value 16.68 and SD 1.43. The t-value test shows that there is statistically significant difference between male and female athletes on the above statistic reveals that male athletes are risk prone to their performance as compare to female athletes. Effort for male athletes has secured the mean value 7.78 SD 0.89 and for university athletes it has been mean value 8.41and SD 0.86. T value shows that there is found a statistically significant difference between college and university athletes also university athletes were better than college athletes on the variable observed effort on (p<.05). Effort on male athletes has secured the mean value 7.17and SD 0.95 and on female athletes it has the mean value 7.26 and SD 0.77 T value shows that there is no statistically significant difference found between male and female athletes on the variable effort with p>.05. This study does not support the finding of Deci and Ryan (1985) [2] which shows that males were more competence belief than female. Skill for male has secure mean value 12.94 and SD 1.05 and for female it has the mean value 13.36 and SD 1.01. The t-value shows that there is statistical difference between male and female athletes on skill variable. The male athletes were more successful when they do their best, learn new skills that make them want to practice more and they really work hard as compared to college and female athlete. Stress seeking for male has secured mean value 7.80and SD 1.00 and for the female has mean value 8.00 and SD 0.88. There is found no statistical significant difference between male and female athletes. This study shows that male and female players are able to handle the stress that comes along with game performance and demands and pressure of their family, coach and team uplift

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