



A Comparative study of Sports Achievement Motivation among National Level Athletes

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Abstract

The purpose of the present study was to determine the differences and level of Achievement motivation in national basketball, national hockey and national Badminton players. The age of the subjects was between 19-24 years. The total number of players who participated in present Investigation was 63 (21 Badminton, 21 Basketball and 21 hockey players). One Way analysis of variance and Least Significant Difference Post-hoc test was used to analyse the Data, the level of significance for the study was chosen as 0.05. The results of the study revealed that National basketball players had higher and Badminton players had a lower level of Achievement motivation amongst the group. Further as per the norms of the Questionnaire National Basketball and National Hockey players had high level of achievement motivation and National Badminton players had moderate level of achievement motivation.

Key Words: Achievement Motivation, Post-Hoc Test.

1. Introduction:

Motivation is a psycho-physiological condition of the living organisms, which inspire them to strive to fulfil 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. Thus, it can be said that motivation induces movement. Without the help of these tools, a person can be prepared to respond to those conditions which affect the pre-determined goals and their achievement. In sports, success provides a kind of satisfaction to all the human beings and such kind of satisfaction motivate them to a great extent. This motivation inspires the learners to strive for achieving endeavours. If person keep on getting success, then he gets more

Motivated and inspired. Without motivation, no teacher or coach can arouse will to learn and to strive in the learners or players. Research in exercise and sport psychology has shown that individuals have different goals for achievement and that to truly understand motivation we must understand how each person defines success or competence for him or herself. Many studies have been conducted in the aspect of achievement motivation and their effect on performance. Literature in the field of sports psychology suggests that achievement motivation is most significant predictor of performance and essential to participate in a competition (Huschle, Katie S. & M.S, 2008; Carey, Carl & Jr. (2000), Ayers, Sharonda C., 2010) Motivation is the basic drive for all of our actions. Motivation refers to the dynamics of our behaviour, which involves our needs, desires, and ambitions in life. Achievement motivation is based on reaching success and achieving all of our aspirations in life. Achievement goals can affect the way a person performs a task and represent a desire to show competence (Harackiewicz, Barron, Carter, Lehto, & Elliot, 1997). Initially our motivation is like that of other organisms and it has the same physiochemical foundation. These physiological needs are hunger, thirst and sex. Taylor (1994) treated motivation as the base of a pyramid of towards success in sports. Other important factors in this area include 'goal orientation', 'goal setting,' 'motivational climate' (Boyce, Wayda, Johnston, Bunker, & Eliot, 2001) and 'burnout' (Gould, Tuffey, Udry, & Loehr, 1996). Despite our advances in the field of training, still regarding the role of psychological variable in sports there are considerable gaps in our knowledge. Until now the vast majority of the research has been focused on mental features such as "trainable" abilities. However, there is still little research on 'achievement motivation' - described as a psychological feature which has a character of 'lasting property'. Achievement motivation cannot be described as something that occurs during competition but mostly as a trait having 'permanent character,' - being formed during the preceding weeks, months and years. Therefore, it is obvious that coaches may look for athletes who have had this characteristic at a high level from the very beginning and therefore,

do not need much psychological intervention. The lack of psychological knowledge by coaches in the area of 'motivation' is one of the main reasons for mistakes made in the talent identification process. It often causes disappointment of those players who are not predestined to practice high-professional by the basics of their personality -these players who do not possess high level of achievement motivation and they do not reach the highest levels of the game despite good results at a young age.

2. Research Methodology:

2.1 Sample of the Study:

The sample of the present study was drawn from the National Basketball (n=21) Championship held at New Delhi, National Hockey (n=21) championship held at Ambala and National Badminton (n=21) Championship held at New Delhi.

2.2 Tool Used:

➤ Sports Achievement Motivation Test:

Sports Achievement Motivation test designed by Kamlesh (1990) was used to collect the data. Test consisted of 20 incomplete statements which were to be completed by choosing either of the two proposed parts against each statement. On the basis of percentile points norms as suggested in the test those with scores below or equal 24 were categorized as low, within 25-29 were moderate and those with 30 and above scores were categorized as high in sport achievement motivation. Descriptive statistics was used to analyze the data.

3. Result of the Study:

The results of the data analysis are presented in the following tables.

Table I: Descriptive analysis of achievement motivation of different sports

Samples	Mean	S.D
Basketball	32.66	3.24
Hockey	31.14	4.22
Badminton	28.71	4.17

The data in table I shows the mean and standard deviation of the players of Basketball, Hockey and Badminton. In which the Basketball players have scored the highest mean with 32.66 and a more uniform standard deviation of 3.24. The Badminton players have scored the lowest with the mean score of 28.71 and the standard deviation of 4.17.

Table II: Analysis of variance of achievement motivation among Basketball, Hockey and Badminton

Variable	Source of variation	Df	SS	MSS	F-Value	P
Achievement Motivation	Between Groups	3	166.18	55	5.43*	Less than 0.05
	Within Groups	60	816.6	10.2		

Significant at 5% probability level

Tab. F.05 (3, 60) = 2.72

Since the resultant value of F-ratio (F.05 (80) = 5.43) is greater than tabulated value of F-ratio (F.05 (80) = 2.72). It means significant difference exist amongst the different groups. To further analyse which game players, have high and low level of achievement motivation, pair wise mean comparison analysis was done by using Least Significant Difference Post-hoc test.

Table III: Pair Wise Mean Difference of Different Game Players on Achievement Motivation

Games				Mean Difference	Critical Difference
Basketball	Hockey	Badminton			
32.66	31.14		1.52	1.96	
32.66		30.38	02.28*		
	31.14	30.38	0.76		

*Significant at 5% level.

Comparing the pair wise mean difference of basketball, hockey and badminton players with critical difference, it is clear from the table III that the mean difference between basketball and hockey players (01.52); hockey and badminton

(00.76) are insignificant at obtained critical difference value. Further mean difference between basketball and badminton (02.28) are significant at calculated critical difference value (01.96).

4. Discussion of Findings:

After analysis and interpretation of the data it was concluded that the level of Achievement motivation differs in all sports. From table III, comparing the pair wise difference of means with critical difference amongst basketball, hockey and badminton players on achievement motivation. It was concluded that basketball players had higher level of achievement motivation in comparison to hockey and badminton players. Further Badminton players had low level of achievement motivation amongst the groups. As per the norms of the questionnaire national basketball and National hockey players had high level of achievement motivation and national Badminton players had moderate level of achievement motivation amongst the groups.

The results of the present study are in line with the result of Khan, Khan, & Ahmad (2010) investigated the level of achievement motivation of Asian players. The results of their study revealed that most of the Asian players (60%) had higher level of achievement motivation. Rathee & Singh (2011) focused to examine the levels of achievement motivation, among international and national players of basketball, hockey and handball games. He concluded that International players had higher levels of achievement motivation as compared to the National players. Unierzyski (2003) investigate the level of achievement motivation of young tennis Players and their future progress and examine the influence of achievement motivation on tennis performance. He found in his study that the players who reached at International level in tennis possessed significantly higher level of achievement motivation than the players who never reached International level. The study further in context to Indian studies conducted by Patial (1991) and Singh (1992) endorses their findings as National and International level Indian players have moderate level of achievement motivation.

5. Conclusion:

On the basis of above discussion, it may be concluded that National Basketball and National Hockey players had high level of achievement motivation and National Badminton players had moderate level of achievement motivation..

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