

COMPARISON OF SPORTS ACHIEVEMENT MOTIVATION BETWEEN VOLLEYBALL PLAYERS AND SPINTERS OF LUCKNOW UNIVERSITY

Ms. Priyanka Maurya

Assistant Teacher, R.L.D Kanya Inter College Chirgaon Jhansi

Email: priyankamaurya1097@gmail.com

ABSTRACT

Purpose of the study: The main purpose of the study was to compare the Sports Achievement Motivation between volleyball players and sprinters of Lucknow University.

Research Methodology: The present study was conducted on 20 female volleyball players and 20 sprinters were selected of Lucknow University to assess the selected psychological variable Sports Achievement Motivation. To assess the Sports Achievement Motivation, Dr. M.L. Kamlesh standardized questionnaire (SAMT) was used. The questionnaire consists of 20 incomplete statements which can be completed by choosing either of the two proposed parts against each statement. The subjects were asked to tick to second part, which in their opinion fits in the best, in the first part. Each statement carries a maximum score of two and the minimum zero. Two marks for correct answer and zero mark for wrong answer. Considering the sample of the study, random sampling technique has been employed and sample size has been targeted in this investigation to 20 female volleyball players and 20 female sprinters. The collected data were analyzed using 't' test statistical technique at 0.05 level of significance.

Conclusions: The study clearly indicated that there is a significant difference in Sports Achievement Motivation between female volleyball players and female sprinters of Lucknow University. Volleyball female athletes were found highly motivated as compared to female sprinters. This may be due to team games increase self-esteem, build strong relationships and build leadership skills.

Keywords: Sports Achievement Motivation, Volleyball Players, Psychological variable and Sprinter

INTRODUCTION

The achievement motivation is often defined as a devotion to stand out compared to others, but also in comparison to oneself, through own accomplishments (Francesko, Mihic, & Bala, 2002). This is a complex motivation consisting of several simple ones, among which the competitiveness motivation, the need for reputation, the level of aspiration. Achievement motivation is the need for excellence and significant accomplishment, despite what rewards may be offered after the achievement has been met. Achievement motivation is an important area of motivational research to understand how the achievement related beliefs, values and goals develop and differ (Wigfield et al., 2015). Studies have shown that achievement motivation is linked to many sport related factors such as intrinsic motivation, subjective vitality, performance and task engagement etc. (Adie & Jowet, 2010; Reinboth & Duda, 2016). High levels of motivation can benefit athlete sporting performance more than he would ever believe; it is absolutely essential whether athlete is playing for recreation or for competition. It raises athlete up, keeps him going and tells him that you can achieve whatever your heart desires. In games and sports, psychological factors play an important role in determining the performance level. Taylor (1994) treated motivation as the base of a pyramid towards success in sports. High performances athletes claim that 90% of their success comes from mental training and ability. It is clear that mental factors affect sports performance. This is true for elite athletes as well as anyone participating in sports. The psychological factors of sports and exercise that most affect performance are self-confidence, motivation, emotional control and self concentration. Motivation is very important for any especially in sports area where you want to optimize your performance. Achievement and

motivation are interrelated whenever a person follows a path of learning he may acquire some new skills. After learning new skills he feels satisfied. This satisfaction of success is known as achievement. Motivation is beginning of the activity and achievement is result of motivation. Many researchers had done researches related to sports achievement motivation. Studies suggest that achievement motivation is most significant predictor of performance and essential to participate in a competition (Carey et al. 2000). Considering the role of Psychology variable (Sports Achievement Motivation), the present study was undertaken

AIMS AND OBJECTIVES:

The main purpose of the study was to compare the Sports Achievement Motivation between female volleyball players and female sprinters of Lucknow University.

RESEARCH METHODOLOGY:

The present study was conducted on 20 female volleyball players and 20 sprinters were selected of Lucknow University to assess the selected psychological variable Sports Achievement Motivation. To assess the Sports Achievement Motivation, Dr. M.L. Kamlesh standardized questionnaire (SAMT) was used. The questionnaire consists of 20 incomplete statements which can be completed by choosing either of the two proposed parts against each statement. The subjects were asked to tick to second part, which in their opinion fits in the best, in the first part. Each statement carries a maximum score of two and the minimum zero. Two marks for correct answer and zero mark for wrong answer. Considering the sample of the study, random sampling technique has been employed and sample size has been targeted in this investigation to 20 female volleyball players and 20 female sprinters. The collected data were analyzed using 't' test statistical technique at 0.05 level of significance.

RESULTS AND DISCUSSIONS

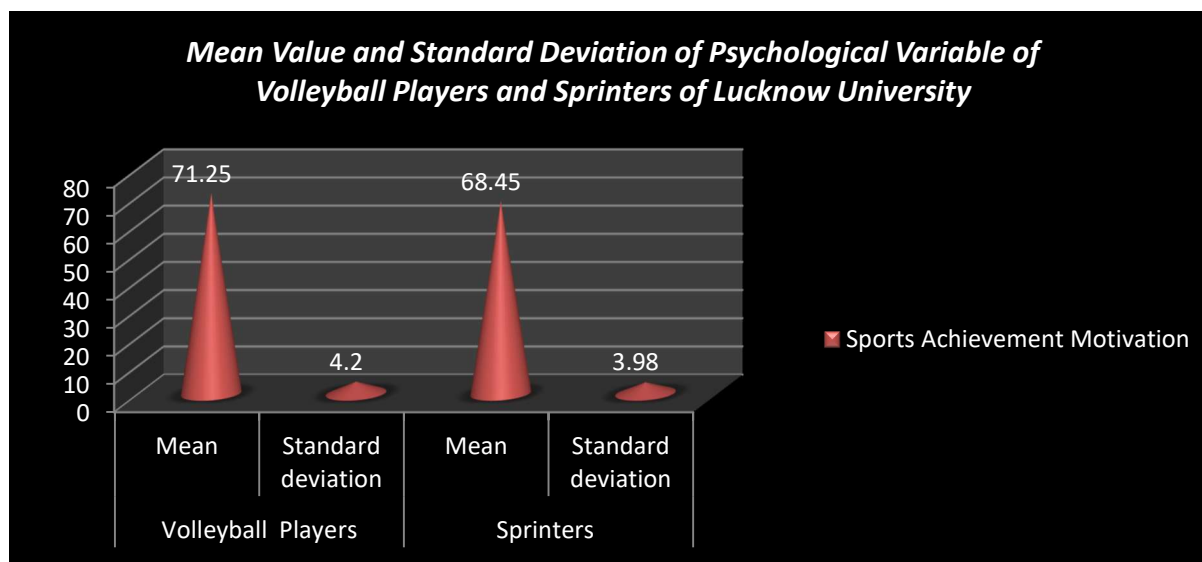
Table 1
Mean, Standard Deviation And ‘t’ Value Of Volleyball Players And Sprinters

Variable	Volleyball Players		Sprinters		‘t’ Value
	Mean	Standard deviation	Mean	Standard deviation	
Sports Achievement Motivation	71.25	4.20	68.45	3.98	2.33*

*Significance at 0.05 level

It is evident from the table 1 that there is a significant difference between two groups. In Sports Achievement Motivation, Volleyball players mean value is 71.25 with standard deviation is 4.20 and Sprinters mean value is 68.45 with standard deviation is 3.98 and the ‘t’ value is 2.33. The mean differences are found in both the groups and calculated ‘t’ values are greater than the tabulated value i.e. 1.68. This shows that Volleyball players are more highly motivated as compared to Sprinters. This may be due to team games increase self-esteem, build strong relationships and build leadership skills.

Graphical Representation of mean value and standard deviation of Psychological Variable of Volleyball Players and Sprinters of Lucknow University is presented in figure 1.



CONCLUSION

We can conclude from the above analysis that there is a significant difference in Sports Achievement Motivation between female volleyball players and female sprinters of Lucknow University. Volleyball female athletes were found highly motivated as compared to female sprinters. This may be due to team games increase self-esteem, build strong relationships and build leadership skills.

REFERENCES

1. B.S. Thakur and L. Mohan “Personality Traits, Anxiety and Achievement Motivation Level of Volleyball Players and Non- Sportsmen”, Journal Of Sports and Sports Sciences, 31(4), 2008, pp. 23-29.
2. Gill, D. L., Gross, J.B., & Huddleston, S. (1983). Participation motivation in youth sports. *International journal of sport psychology*, 14(1), 1-14.
3. Gropel, P., Wegner, M., & Julia Schuler, J. (2016). Achievement motive and sport participation. *Psychology of Sport and Exercise*, 27, 93-100.
4. Heitman, R.J., Vicory, J.R., Kovaleski, J.E., Pugh, S.F., & Norell, P.M. (2006). Collegiate year of eligibility, sex, and sports achievement motivation. *Perceptual and Motor Skills*, 102(1), 171-174.
5. K. Kaur, N.P. Sharma and D.K. Dureha “Relationship between Achievement Motivation and Pre-Competition Anxiety of Indian Inter-university Hockey Players” *Scientific Journal in Sports and Exercise*, 3(2), 2007, pp. 24-26.
6. Mouloud, K., Abd Elkader, B. (2016). Self-efficacy and Achievement Motivation among Football Player. *The Swedish Journal of Scientific Research*, 3(11), 13-19.
7. Roberts, G.C., Treasure, D.C., & Kavussanu, M. (1996). Orthogonality of achievement goals and its relationship to beliefs about success and satisfaction in sport. *The Sport Psychologist*, 10, 398-408.

8. Sarkar, M., & Fletcher, D. (2014). Psychological resilience in sport performers: a review of stressors and protective factors. *Journal of Sports Sciences*, 32(15), 1419-1434.
9. Schilling TA, Hayashi CT. Achievement Motivation among High School Basketball and Cross-Country Athletes: A Personal Investment Perspective. *Journal of Applied Sports Psychology*. 2001; 13:103-128.
10. Tod, D., & Hodge, K. (2001). Moral reasoning and achievement motivation in sport: A qualitative inquiry. *Journal of Sport Behavior*, 24(3), 307-326.