

A STUDY OF SPORTS ACHIEVEMENT MOTIVATION OF HANDBALL PLAYERS PARTICIPATING AT DIFFERENT LEVEL

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Abstract

The concept of motivation specially, achievement motivation, has attracted the interest of many coaches and researchers working with athletes. Motivation appears to be the key to accomplishment, whether it be in sports, In teaching, in research or in some other challenging pursuit; volumes have been written about the various theories of motivation. The purpose of the study is to analyze and investigate the sports achievement motivation of handball players participating at three different levels. 60 male handball players who have participated at National University and inter collegiate level serve as subjects each for this study 20 each for three groups was selected randomly. Sports Achievement Motivation Test constructed by M. L. Kamlesh was used for the collection of data for this study. In order to find out the comparison of achievement motivation level between three levels of Hand Ball players the F- Ratio (one way analysis of variance) was applied and level of significance was set 0.05. There was significant difference found between the mean scores of three levels of hand ball players. National level player's Sports Achievement Motivation was found superior then inter-collegiate level players. National level player's Sports Achievement Motivation was found superior then Inter-University level players. There was no significant difference found between the inter-collegiate level players and inter-university level players.

Keywords: Motivation, Sports Achievement, School, College and National level

Introduction

Achievement motivation seems to vary from person to person. Some people have high achievement motivations in school, while others in bowling, while others in nothing at all. What makes us strive or not strive for that goal- well one easy way to think about it is through extrinsic and intrinsic motivators. Extrinsic motivators are rewards that we get for accomplishments from outside ourselves. Intrinsic motivators are rewards we get internally, such as enjoyment or satisfaction.

Becoming a highly skilled person in any field, athletics, art, surgery, science, writing, teaching, demands commitments and sacrifice on the part of the person concerned. Even if an individual possesses with high level of general motor ability, but lacks the basic motor qualities necessary, to achieve he may still be unable to perform well in a particular sports unless he has developed a specific skill of that sports through long hours of practice. Strength, speed, endurance, agility, reaction time, speed of movement and coordination are the general components of the performance in the field of sports and games. General motor abilities assist a sportsman in learning specific skills and form a solid base, over which he can develop excellence in the particular game in which he is involved. The craze for winning medals in the Olympics and other international competitions has catalyzed the sport scientists to take interest in exploring all the aspects and possibilities which can contribute to enhance sports performance to undreamt heights. It has been established beyond doubt that much of human physiology is controlled by human psychology and that physiological preparation in sports is inconsequential in the absence of study of human behavior as it related to competitive sport. The virgin realm of the mind has to be explored without which neither excellence nor perfection could be ensured. Modern competitive sports of today demands more emphasis on the training of psychological aspects of sport. The high level performance seen in competitive sports in nothing but a perfect optimum harmonies relationship between one's psychological preparedness and technical preparation. Psychological make-up here, to a great extent, encompasses personality structure, motivation and emotional control. Direct assistance from various sports sciences such as sports physiology, sports medicine, bio-mechanics, sports psychology so forth and so on has brought sports excellence to such a level where physical fitness, tactics and techniques of performance are considered just not adequate. The sports scientists have not started looking beyond

these horizons. The idea that athletes must perform under similar conditions of training and competition is getting entrenched firmly because "physical efforts prevail in training and psychic efforts prevail at competition. Motivation in general is a process which indicates why people participate in sports the way they do. "The urge to run and play when young, to excel when competing, to struggle when hindered, to prove something when challenged, to escape when confined, to be aggressive when angered and to flee when frightened are typical of man as he matures and develops and over through life's many dangerous and competitive situations. Motivation is a process by which an individual is inspired, guided as coaxed to do something. It is one of the important conditions rather than control core of life. In other words it is that psycho-physical condition of the organism which causes an individual to work as strive to fulfill his needs. In the absence of proper motivation not only the learning process but also life itself becomes an uninteresting uphill task. Motivation than is considered as that process by which a child may be prepared to respond to situations which are directed towards the achievement of certain predetermined goals or objectives. In this field of physical education and sports, no athlete can win or even show better performance without motivation. The concept of motivation specially, achievement motivation, has attracted the interest of many coaches and researchers working with athletes. Motivation appears to be the key to accomplishment, whether it be in sports, In teaching, in research or in some other challenging pursuit; volumes have been written about the various theories of motivation.

Methodology

The purpose of the study is to analyze and investigate the sports achievement motivation of handball players participating at three different levels.

Selection of Subjects: 60 male handball players who have participated at National University and inter collegiate level serve as subjects each for this study 20 each for three groups was selected randomly.

Selection of Variables: The psychological characteristics as achievement motivation were being relevant and contribute factors for performance efficiency of handball. Hence, this variable will be considered appropriate for purpose of the present study.

Criterion Measures: Total score obtained from the sports achievement was be serve criterion measures of the study.

Administration of Questionnaire and Collection of Data: Sports Achievement Motivation Test constructed by M. L. Kamlesh was used for the collection of data for this study.

Procedure of Administration: The sports achievement motivation test was administrated prior to the competition. The subjects were assembled in a group. The purpose of study was clearly explained. Necessary instruction required before answering the questionnaire was explained to the subjects. After making sure that subjects understood the instructions the questionnaires was distributed to groups. The subjects were given enough time to answer the questionnaire and it was taken back after duly completion.

Scoring: After extensive study of the literature on the need for and implication of achievement motivation in sports was made it become obvious that achievement motivation in sports in an important factor so it was felt necessary to know as to why people do sports and what they actually like to become? And how they approach their goals. For this purpose, first of all those sports situation and condition that how light on the need for achievement motivation were identified to determine the need of achievement in performance the sports achievement motivation prepared and standardize by Kamlesh was administered this consisted of twenty statement. When the subject ticked the high pole he was given 2 point and when he ticked the low pole was earn zero. The told response range from zero to forty. Subject scoring below 24 marks could be characterized as low in sports achievements motivation thus scoring below 30 and above 24 marks as moderate and above 30 marks as high motivated as suggested by Kamlesh.

Statistical Analysis of Data

In order to find out the comparison of achievement motivation level between three levels of Hand Ball players the F- Ratio (one way analysis of variance) was applied as statistical procedure.

Findings

The analysis of variance of sports achievement motivation for three levels of handball players presented in table – 1.

Table – 1
ANALYSIS OF VARIANCE OF THE INTER-COLLEGE, INTER-UNIVERSITY AND NATIONAL LEVEL HANDBALL PLAYERS.

Source of Variance	Sum of Square	df	Mean Square	F Value
Between Groups	188.93	K-1 = 2	94.467	4.17*
Within Groups	1295.8	N-K = 57	22.66	

*Significance at 0.05 levels F (df. 2, 57) at 0.05 level = 3.15

The obtained value of 'F' (4.17) from table '1' is statistically significant at 0.05 level. F value is found significant because calculated value is more than tabulated value subsequent to the finding of significant F value, it is indicated that there are significant mean differences between all three level players for Sports Achievement Motivation. Thus the null Hypothesis is rejected there was no difference between sports Achievement Motivation mean score of Handball players participating at different level.

Table – 2
MEAN DIFFERENCE OF SPORTS ACHIEVEMENT MOTIVATION TEST SCORES FOR INTER COLLEGIATE, INTER-UNIVERSITY AND NATIONAL LEVEL HANDBALL PLAYERS.

College	Group Mean		Mean Dif.	Critical Dif.
	University	National		
26.6	27.2 27.2	30.7 30.7	0.6 3.1*	2.67*
26.6			3.5*	

Significant at 0.05 levels C.D. =2.67

Post Hoc Comparison (from table-2) of different group mean revealed that three significance difference between group A (i.e. inter-collegiate level players) and group C (i.e. national level players). Significant difference were also found between group B (university level players) and group C (i.e. National level players). No significance differences were found between scores of group A and B. National level players in Sports Achievement Motivation were found to be superior then inter-collegiate level players. Also National level players's sports Achievement Motivation was found to be superior to university players. Results of study clearly indicated that national level player's sports Achievement Motivation is superior to the other level players. The graphical representation of all three groups is presented in figure.

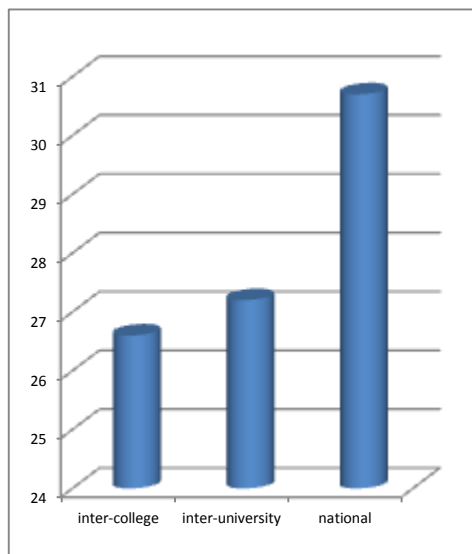


Fig. no. 1: Mean value of Sports Achievement Motivation level of Inter-College, Inter- University and National level Players

Conclusions

Within the limitations of the present study; the following conclusions were drawn:

There was significant difference found between the mean scores of three levels of hand ball players. National level player's Sports Achievement Motivation was found superior then inter-collegiate level players. National level player's Sports Achievement Motivation was found superior then Inter-University level players. There was no significant difference found between the inter-collegiate level players and inter-university level players.

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