

Review Of Research

COMPARATIVE STUDY OF THE SPORTS ACHIEVEMENT MOTIVATION BETWEEN DISTRICT LEVEL MALE AND FEMALE FOOTBALL PLAYERS



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Abstract:-

The purpose of the present study was to compare the Sports Achievement Motivation between male and female district level football Players. Physical fitness & the psychologist status of male and female football players are different. Such a comparative study of sex-wise difference on sports achievement motivation in football is measure. SAMT consist of 20 multiple Choice Questions of 40 marks. Each Question carries two (2) marks for correct answer and zero (0) mark for wrong answer. The question measured the extent to which players were motivated towards sports achievement. 40 male and 40 female district level football players were selected as subjects for this study. The age range of the subjects was 14- 17 years. Statistical tool was used for accurate and systematic results. Independent t-test was use as statistical technique for comparative analysis. And the level of significant was set at 0.05 level. After statistics analysis it was found that there is no difference on achievement motivation between male and female district level football players that means Achievement Motivation was same of the male and female football players.

Keywords:

Sports psychology, Sport Achievement Motivation, Football.

INTRODUCTION

Football refers to a number of sports that involve, to varying degrees, kicking a ball with the foot to score a goal. The most popular of these sports worldwide is association football, more commonly known as just "football" or "soccer". Unqualified, the word football applies to whichever form of football is the most popular in the regional context in which the word appears, including association football, as well as American football, Australian rules football, Canadian football, Gaelic football, rugby league, rugby union, and other related games. These variations of football are known as football codes.

Football is India's second most popular sport, next to the game of cricket. Traditionally it has enjoyed popularity in the regions such as West Bengal, Goa, Kerala, and the entire north-eastern India, especially Manipur, Meghalaya, Mizoram, Nagaland and Sikkim.

Sport psychology is an interdisciplinary science. It involves the study of how psychological factors affect performance and how participation in sport and exercise affect psychological and physical factors. In addition to instruction and training of psychological skills for performance improvement, applied sport psychology may include work with athletes, coaches, and parents regarding injury, rehabilitation, communication, team building, and career transitions.

Achievement motivation, also referred to as the need for achievement (and abbreviated n Achievement), is an important determinant of aspiration, effort, and persistence when an individual expects that his performance will be evaluated in relation to some standard of excellence. Such behaviour is called achievement-oriented.

Motivation to achieve is instigated when an individual knows that he is responsible for the outcome of some venture, when he anticipates explicit knowledge of results that will define his success or failure, and when there is some degree of risk, i.e., some uncertainty about the outcome of his effort. The goal of achievement-oriented activity is to succeed, to perform well in relation to a standard of excellence or in comparison with others who are competitors (McClelland 1961, chapter 6; Atkinson 1964).

Individuals differ in their strength of motive to achieve, and various activities differ in the challenge they pose and the opportunity they offer for expression of this motive. Thus, both personality and environmental factors must be considered in accounting for the strength of motivation to achieve in a particular person facing a particular challenge in a particular situation. The very same person may be more strongly motivated at one time than at another time, even though in most situations he may generally tend to be more interested in achieving than other people.

Motivation, a psychological feature can be defined as the direction and intensity of one's effort (Sage, 1977). In short, the direction of one's effort alludes to an individual is attracted to a certain situation, for example the student may be motivated to go out for a soccer team. Whereas, the intensity of one's effort refers to how much effort a person put forward in a particular situation, for example a student may attend physical education class but do not put effort during class. The relationship of direction and intensity of efforts are directly related, typically a student who seldom miss training lesson will usually put in more effort during participation.

There are generally 3 different types of views on how motivation works, typically the trait-centered, the situation centered, and the interactional. The trait centered view refers to a motivated behaviour actually comes from individual character. The personality, needs, interests and goals are some of the component that determines a motivated behaviour. The situation centered views sees motivation as an influence of a certain situation. A student may be unmotivated in attending soccer training but motivated to play for the school soccer team. The last view of motivation which is widely endorsed by sport psychologists is the interactional view, this view actually combines the trait centered views and situation centered views to form a new view. An interactional view of motivation study was conducted by Sorrentino and Sheppard (1978) on 44 male and 33 female swimmers in universities, testing them on a 200 yard individual event and then a part of a relay team. The study has shown that knowing the swimmers' personal characteristics (trait centered view) was not the best way to predict the behaviour (individual best split time), because the performance also depended on the situation like whether it is relay or individual race (situation centered view) (Brewer B., 2009)3.

In sport, achievement motivation and competitiveness are known to be able to influence performance and participation. Achievement motivation is defined as a person's efforts to master a task, achieve excellence, overcome obstacles, perform better than others, taking pride in exercising talent (Murray, 1938). It allows athletes, exercisers, students to achieve excellence, to gain high levels of fitness and to maximize learning respectively. Achievement motivation is also an inclusive of trait view, situation view and interactional view of a motivation of a person. Competitiveness, on the other hand is defined as "disposition to strive for satisfaction when making comparisons with some standard of excellence in the presence of evaluative others" (Martens, 1976). Both deal not just with the final outcome but also the journey of getting to the final outcomes.

Achievement motivation remains a central issue within sport psychology as researcher continue to examine an individual's choice, effort, and persistence related to physical activity participation. Much research conducted in the area of achievement motivation has been based on Nicholls's (1984, 1989) goal perspective theory. The theoretical perspective states that individuals strive to display high ability and to avoid demonstrating low ability.

Singh et al. (2010) studied to compare the sports achievement motivation of male and female north zone badminton players. Results indicated that no significant difference was found between male and female north zone badminton players in their sports achievement motivation at 0.05 level of confidence.

Like physical fitness, the psychologist status of male and female football players is different. However, such a comparative study of sex-wise difference on sports achievement motivation in football is measure. This was the main purpose of the researcher

Method:

For this study 40 male & 40 female district level football players were selected OF West Bengal. The age range of the subjects was 14-17 years. The data was collected on all the subjects by administering the M.L. Kamlesh Sports Achievement Motivation Questionnaire (SAMT). SAMT consist of 20 Multiple Choice Questions of 40 marks. Each Question carries two (2) marks for correct answer and zero (0) mark for wrong answer. The question measured the extent to which student were motivated towards sports achievement. The SAMT carrying a test retest reliability as 0.70, in a test of twenty statements the response value of which range between 0 – 40. The validity SAMT with the actual performance of the athletes had been worked out to be 0.55 which is marked. Statistical tool was used for accurate and systematic results. Independent t-test was use as Statistical Technique for comparative analysis. And the level of significant was set at 0.05 level.

RESULT & DISCUSSION

Table- 1

Table -1 Mean & S.D. of district level male & female district level football players

Groups	Number of players	Mean	S.D.
Male	40	30.97	3.38
Female	40	29.78	3.20

Researcher selected and identified appropriate raw data group wise. Mean score, Standard Deviation of each group was calculated. After Calculating the Mean, Standard Deviation the researcher applied Independent, 't' test. The mean score of male and female football player were 30.97 and 29.78 respectively. And Standard deviation of male & female football players was 3.38 & 3.20 female respectively shown in table no.1.

Table- 2

Table- 2 Mean, S.D., M.D., df, 't' value & table value of male & female district level football players

Group	N	Mean	M.D.	S.D.	df	't' value	Table value
Male	40	30.97	1	3.38	78	1.50	2.26
Female	40	29.78		3.20			

*Significant at 0.05 level of confidence

Table 2, represents that 't' value is 1.50 smaller than table value is 2.6 ($1.50 < \text{table value} = 2.6$). It shows that 't' value (1.50) is less than table value (2.6), which is not statistically significant at 0.05 level. Hence from the above analysis, it is known that there is no difference on achievement motivation between male and female district level football players.

DISCUSSION

The researcher found that the opposite fact and indicates that the female are good in studies in possessing better result in examination. However, overall situation reveals the psychological states of males and females were mostly similar. The result of the present study also supports the same and, then, there was no difference between male and female footballers of district level of West Bengal in sports achievement motivation level.

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