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## Relationship of achievement motivation and will to win with the performance of football players

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### Abstract

The essay aims to investigate the connection between football players' performance and achievement motivation and will to win. To assure the performance of football players, the study focuses on components of achievement motivation and will to win. Thirty female college football players, ages 18 to 25, were chosen through successive sampling from the Football Inter collegiate competition. The factors under consideration were performance, will to win, and accomplishment motivation. Correlations were used as a statistical technique for the present study. The hypotheses were tested using Pearson Product Moment Correlation with the help of IBM SPSS (22.00) software. The level of significance was fixed at 0.05. The results of the study show that Achievement motivation was significantly correlated to Football performance ( $r=0.44$ ). Whereas no significant relationship was obtained between will to win to the performance of Football ( $r=0.29$ ). Hence the study concluded that successful performance in Football requires the ability to generate Achievement motivation.

**Keywords:** Skill Performance, achievement motivation and will to win

### Introduction

Motivation has been and continues to be one of the fields of greatest interest. It is already well-known in the sports community how important motivation is nowadays in order to maximize the talent and potential of an athlete. Actions are fuelled by motivation. On a team level, to win the competition you are part of and on an individual level, to contribute the best possible performance. Fortunately, nowadays the coach can count on a multidisciplinary professional team around him or her to provide the necessary help to optimize the situation. But, at the end of the day, the coach is the one who has the closest and most permanent contact with the athlete and who has the most accessible tools to motivate his players. Motivation is the basic drive for actions. Motivation refers to the dynamics of our behavior, 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 acts a task and can represent a desire to show potential (Harackiewicz, Barron, Carter, Lehto, & Elliot, 1997) <sup>[7]</sup>. The 'need to achieve' is a category of motivation that exists, and one that can positively influence intensity of performance, energy, attitude and effort. Motivation comes in many flavors' and is so much more than the need to achieve and the will to win. Considering that success in sporting context is often assessed relative to opponents' performance, achievement motivation is often considered in relation to competitiveness. Competitiveness may be defined as the desire to reach a level of performance that is higher than others in the presence of evaluative others (Weinberg & Gould, 2013) <sup>[21]</sup>. The motive to achieve success represents the internal motivation of the player to engage in specific activities which drive him or her to achieve excellence as well as feeling happy and satisfied; the motive to avoid failure represents the psychological formation associated with the fear of failure which focuses on the results of failure (Weinberg & Gould, 2013) <sup>[42]</sup>. Achievement motivation is broader and focuses on athletes' predispositions towards striving for success and how specific situations influence their desires, emotions and behaviors (Tod, 2014) <sup>[15]</sup>. The Will to Win reflects the athlete's desire to reach to standard of excellence or to defeat an opponent. Winning is extremely important for those who are characterized by this trait. The win itself is more important than the objective outcome (i.e., score, time, distance, etc.).

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The measurement concept was derived from the need to develop a sport specific tool that relies on the “person by situation” approach in psychology. To operationally define the desire to win, items consist of emotions associated with winning and losing. The purpose of the study was to find out the relationship of achievement motivation and will to win to the performance of Football Players.

## Materials and Methods

### Selection of the subjects

A total of thirty female college Football players of 18 to 25 years were selected from Football Inter collegiate competition by using consecutive sampling. The variables under investigation were achievement motivation, will to win and performance. Subjects were provided written, voluntary, informed consent prior to participation. As the subjects had been undergoing training for a considerable period. The purpose of the research was explained to all the subjects and subjects were motivated to put their best during each trial. The questionnaire method was adopted for seeking the response on achievement motivation of Ray-Lynn "AO" scale (Ray, 1979) <sup>[13]</sup> and will to win of Pezer & Brown (1980) <sup>[12]</sup> and the performance was taken by the time trial of their respective events.

### Statistical Methods

Pearson's Product Moment Correlation was used for evaluating the various relationships of the selected variables towards the performance of Football. The level of significance to check the relationship obtained by Pearson's product moment correlation was set at 0.05. The data in the study was analyzed by using IBM SPSS-22.

## Results

The statistical analysis of the data, collected on thirty female Football players and the results of the study were presented in this section by means of Pearson's Product Moment Correlation and has been presented. The scores of each of the selected variables of the Football players were correlated with the Football playing performance, in order to find out the relationship, which are depicted in Table I.

**Table I:** Correlation Co-efficient of achievement motivation and will to win to the performance of Football Players

S No.	Variables	Co-efficient of Correlation
1.	Achievement Motivation	0.44*
2.	Will to win	0.29

Tab  $r_{.05}(29) = 0.36$ .

Table I, reveals that the significance level for each of the correlation coefficients at 0.05. Significance has been tested for two-tailed test. The Achievement motivation was significantly correlated to Football performance ( $r = 0.44$ ), significant at 0.05 level, as the value is greater than tabulated  $r_{.05}(29) = 0.36$ , were positive in nature. Whereas no significant relationship was obtained between will to win to the performance of Football ( $r = 0.29$ ). Therefore it was evident that Achievement motivation variable showed a significant relationship to Football performance and will to win was less contributing to Football performance as shown in above.

## Discussion

According to the study's findings, performance in football and achievement motivation have a strong beneficial association.

The performance of Football and will to win did not significantly correlate. There has been a lot of prior research on sports achievement motivation, but this study is unique. According to Mc Carthy *et al.* (2010), juvenile athletes are less approximate in their use of psychological skills than older athletes. This finding is inconsistent with the results of other investigations (Andrew *et al.*, 2007; Eloff *et al.*, 2011) <sup>[1, 8]</sup>. Providing support for the findings, Barış & Kocaeksi (2013) <sup>[3]</sup>, Canpolat & Cetinkalp (2011) <sup>[5]</sup>, Carpenter & Yates (1997) <sup>[17]</sup>, examined the relationship between self-efficacy and task orientation. Another probable reason for inconsistency between the current findings and those stemming from earlier research was the young age of the participants. For example, Carpenter and Yates (1997) <sup>[17]</sup> found the amateur footballers' task orientations are higher rather than semi-professional footballers. The results demonstrated that there was positive and significant correlation between self-efficacy and self-confidence. Providing support for the findings, Besharat and Pourbohloul (2011) <sup>[2]</sup> examined self-confidence and sport self-efficacy. Results indicated that amateur football players had high levels of achievement motivation. In the studies of Gardner *et al.*, (2012) <sup>[18]</sup> and Yahyaoui (2009) <sup>[16]</sup>, the results showed that youth players had a high motive to achieve success, and low motive to avoid failure. Football players' drive for success is one of the most crucial factors, especially for young players. Defensive backs and midfielders shared a drive for success as well as other psychological aptitudes (Goswami & Sarkar, 2016) <sup>[19]</sup>. According to a study on sports accomplishment motivation by Parmod Kumar (2013), team players were more motivated than individual players. Also, Asim Haldar *et al.*, (2012) conducted a similar study on sports achievement motivation between male and female swimmers. The result reveals that male group mean sports achievement motivation is higher than female group. Pinto (2014) <sup>[20]</sup>, concluded that mental toughness of Team game player was higher than the Individual game players. Research within the sport setting indicates self-efficacy to be a modest predictor of sport performance (Feltz, 1982) <sup>[9]</sup>. According to Butt's (1978) <sup>[4]</sup>, theory a tendency of one of the psychological components of motivation would predict dominance in one of the social components of motivation of either competition or cooperation. Results of Gillet and Rosnet (2008) <sup>[10]</sup>, revealed that male athletes perceived themselves as being more competent than female athletes, but female athletes exhibited a higher self-determinate profile. Therefore, achievement-motivated behavior in sport can reasonably be contextualized in the homological network surrounding the broadly examined construct of achievement motivation, and can be defined as self-determined behavior in the context of competitive sports, which aims to achieve competition- or task-oriented goals and which involves a high degree of self-regulation and commitment.

## Conclusion

It is also possible to draw the conclusion that achievement motivation significantly affects football players' performance. However, there was no correlation between football performance and will to win. Because the results of our tests assisted us in identifying the fundamental psychological skills that are primarily accountable for the success of football performance, we are optimistic that this paper will help plan and programme training sessions for football players in a safer and more effective manner. We must conclude by stating that fantastic achievement is only achievable if the athletes' training and the sport itself are based on trends that

have a scientific basis. This is likely the only and proper technique to direct our league competition towards modern Football game advancements.

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