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Comparative study of motivation and self-concept between India and Sri Lanka international kho- kho players

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Abstract

The purpose of the study was “Comparison of motivation and self-concept between India and Sri Lanka kho-kho players”. The subject for this study was 12th South Asian Games 2016, which was organized by India in Guwahati (Assam). Total 30 (Thirty) male Kho-Kho players, 15 players of India and 15 player of Sri Lanka were (19-30 years of age) selected. The sports motivation scale (sms28) developed by Luc G. Pelletier, Michelle Fortier, and self-concept questionnaire developed by Robson [1989] were selected for this. The selected variables were motivation and self-concept. The obtained data were analyzed by applying independent ‘t’ test in order to comparison of motivation and self-concept differential between India and Sri Lanka Kho-Kho players. Further, the level of significance was set at 0.05 level of confidence. The finding of the study reveals that there was significant difference in case of motivation where Indian kho-kho players exhibit higher motivation in comparison with the Sri Lankan kho-kho players. The insignificant difference was found in case of self-concept between India and Sri Lanka kho-kho players may be due to the reason that the Indian kho-kho players were highly motivated to win 12th South Asian Games, right training and a very high level of fitness in comparison with Sri Lankan players which must have been a probable cause.

Keywords: motivation, self-concept and India kho-kho players, Sri Lanka kho-kho players

Introduction

Self Concept is an important term for both social psychology and humanism. This is the most basic part of the self-scheme or self-concept; the sense of being separate and distinct from others and the awareness of the constancy of the self” (Bee, 1992) [4].

The self is the totality of our impressions, thoughts and feelings such that we have a continuing conscious sense of being. Rogers defines the self as an organized, consistent, concept gestalt composed of perceptions of the characteristics of the 'I' or 'Me' and the perceptions of the relationships of the 'I' or 'Me' to others and to various aspects of life, together with the values attached to these perceptions. Self-concept is the sum total of all an individual can call his own, including both physical and mental data. It is a composite of ideas, feelings and attitudes a person has about himself. It includes ones self-esteem sense of personal worth, and one's sense of who or what one would like to be or one's ideal self.

Motivation refers to “the reasons underlying behavior” (Guay *et al.*, 2010) [7]. Paraphrasing Gredler, Broussard and Garrison (2004) [9] broadly define motivation as “the attribute that moves us to do or not to do something” (p. 106). Intrinsic motivation is motivation that is animated by personal enjoyment, interest, or pleasure. As Deci *et al.* (1999) observe, “intrinsic motivation energizes and sustains activities through the spontaneous satisfactions inherent in effective volitional action. It is manifest in behaviors such as play, exploration, and challenge seeking that people often do for external rewards” (p. 658).

Motivation plays a key role in any given activity or task, stated by “Sage states as the direction and intensity of ones efforts” (cited by Sewell, Watkins and Griffin, p.355), referring to the drive to take part in some form of activity and persisting in that activity. Weiss (1992) and Weinberg (1995) argued that this definition is too simplistic (cited by Wesson, Wiggins, Thompson and Hartigan, p.576). This essay aims to define and evaluate the three main types of motivation and their consequences in terms of participation within sport and physical activity. Motivation itself can be categorised into three types: amotivation, extrinsic motivation and intrinsic motivation.

The first type of motivation is amotivation, and occurs when an individual has very low levels of motivation towards any given task. The individual will display neither intrinsic nor extrinsic based behavior (O'Connor & Vallerand 1989). From a sporting perspective, an amotivated athlete will not know why they participate in their sports. In addition they won't find any benefits from participation in their sport or physical activity.

The second type of motivation is extrinsic motivation. Defined by Honeybourne (2005, p.81) as "the drive that is caused by motives that are external or environmental." Extrinsic motivation is similar to intrinsic motivation in terms of self-determinism. According to Deci and Ryan (1991) there are four types of extrinsic motivation: External regulation, Introjected regulation, Identified regulation and Integrated regulation.

Finally, is intrinsic motivation; Gill (2005 p.80) defines this as the "internal drive that people have to participate or to perform well in sport" cited (Honeybourne, 2005). This internal drive Gill discusses can be broken down into three parts: knowledge, accomplishment and stimulation. The knowledge aspect of intrinsic motivation reflects the need to learn new skills (Cox, 2007).

Review of related literature

Chand and A.S. Sajwan [2015] studied comparative study of self concept and sports competitive anxiety between high achieving and low achieving national level footballers. 144 subjects selected for the study. There was significant difference in case of self-concept where high achieving national level footballers exhibit better self-concept in comparison with the low achieving national level footballers.

Ryan *et al.* (1997) conducted research on athletic motivation and whether initial motivation predicted adherence to that particular sport. The purpose of their study was to explore how an athletes motives for initiating activity in a particular sport related to his or her continuation and participation in that particular sport. An important distinction was made between intrinsic and extrinsic motivation. As discussed briefly above, intrinsically motivated behaviors are performed for the satisfaction one gains from engaging in the activity itself.

The aim of Bakker, De Koning, Van Ingen Schenau, & De Groot=s (1993) study was to replicate Scanlan *et al* s. (1989)1 earlier study that enjoyment is not only related to achievement in sport (i.e., perceived competence and social recognition of competence), but also to the social (i.e., social and life opportunities) and movement dimensions (i.e., the act of skating) (e.g., Bakker *et al.*, 1993). In contrast to Scanlan and colleagues, Bakker *et al.* (1993) sampled skaters at the national and international level who were still competing, whereas Scanlan *et al.*=s. (1989) study was limited to retired skaters. Bakker *et al.* (1993) planned to use the four themes identified by Scanlan *et al.* (1989) these are: sources of enjoyment, social and life opportunities, perceived competence and social recognition of competence, and the act of skating (e.g., Bakker *et al.*, 1993).

Criterion Measures

The self-concept score of the subjects was obtained by using Robson [SCQ] developed by Robson. The motivation score of the subjects was obtained by using sports motivation scale (sms28) developed by Luc G. Pelletier, Michelle Fortier.

Procedure

Total 30 male Kho-Kho players (19-30 years of age) selected from South Asian Games-2016 which was organized by India

in Guwahati (Assam). The selected variable was self-concept and motivation. After obtaining approval for the human subjects protocol from the tournament organizer, prospective team coaches were contacted about the taken the data.

Measures

Robson Self Concept Questionnaire (Robson, 1989) [16] This is a 30-item questionnaire for assessment of self-esteem with good reliability and validity. Defining self-esteem as a composite and not single entity, the scale assesses seven components of self-esteem: subjective sense of significance; worthiness; appearance and social acceptability, competence, resilience and determination; control over personal destiny and the value of existence. The individual is asked to indicate how much they agree or disagree with each statement, according to how they typically feel. The answers are scored on a scale of 0-7 and a total score is calculated. A high score represents high self-esteem, with 140 being considered the "normal" mean with a standard deviation of 20 (Romans *et al.*, 1996; Robson, 1989) [16]. This measure has been used previously in studies with people with psychosis (e.g. Close and Garety, 1998; Freeman *et al.*, 1998) and correlates highly with Rosenberg's (1965) measure of self-esteem (Robson, 1989) [16].

Hypothesis

It was hypothesized that there may be significant difference in self-concept and motivation between India and Sri Lanka men Kho-Kho players.

Statistical Technique

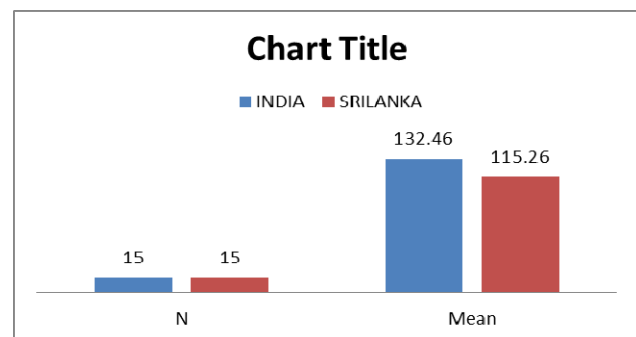
The obtained data were analyzed by applying independent 't' test in order to comparison of Mental Toughness differential between India and Sri Lanka men Kho-Kho players. The level of significant was set at 0.05.

Results

Table 1: Comparison of self-concept between India and Sri Lanka Kho-Kho Players

| Team | N | Min | Max | Mean | SD | 't' |
|-----------|----|-----|-----|--------|-------|------|
| India | 15 | 96 | 150 | 116.33 | 15.84 | 1.60 |
| Sri Lanka | 15 | 87 | 127 | 108.40 | 10.84 | |

*t'(2, 28) = 2.048



From the above table-1, It is revealed that there was insignificant difference in case of self- esteem test as calculated 't' value [1.60] was less than tabulated 't' value [2.048] at 0.05 level of significance. Thus it may be concluded that there was insignificant difference between India and Sri Lanka kho-kho players related to self-concept test, in which mean self-concept test is insignificantly higher for Indian kho-kho players than Sri Lanka men kho-kho players at 0.05 level of significance. The finding of the table 1 are presented above in fig. 1

Table 2: Comparison of Motivation between India and Sri Lanka Kho-Kho Players

| Team | N | Min | Max | Mean | SD | 't' |
|-----------|----|-----|-----|--------|-------|-------|
| India | 15 | 93 | 162 | 132.46 | 21.74 | 2.36* |
| Sri Lanka | 15 | 88 | 150 | 115.26 | 17.94 | |

* $t'(2, 28) = 2.048$

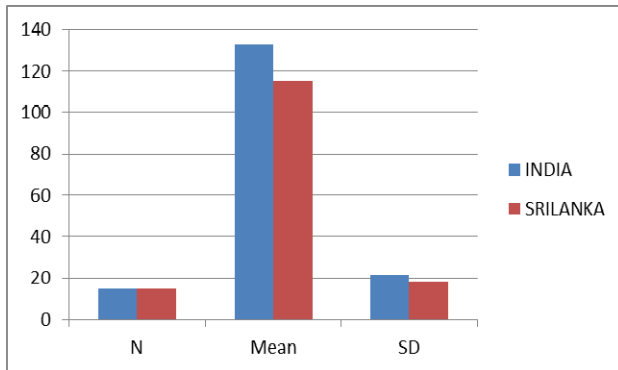


Table 2 Reveals that there is significant difference between India and Sri Lanka International kho-kho players of motivation. Since the calculated [2.36*] is less than tabulated ' t' [2.048] at 0.05 level of significance, thus it may be concluded that the Indian players are more motivated.

Discussion of Finding

Significant difference was found in case of motivation where Indian kho-kho players exhibited more motivation in comparison with the Sri Lanka kho-kho players. It may be due to the more aware about the technique, right training, more experience, or may be due to the higher skill ability, moral and intellectual ability. The insignificant difference in self-concept between India and Sri Lanka may be due to the reason that the players were almost of the same level of fitness level, or having a equal amount of training which must have been a probable cause for this.

Conclusion

Within the limitation of the study the following conclusion may be drawn:

1. There is significant difference in case of motivation between India and Sri Lanka kho-kho players.
2. There is no significant difference in case of self-concept between India and Sri Lanka kho-kho players

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