



# International Journal of Physical Education, Sports and Health

P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (ISRA): 5.38  
IJPESH 2016; 3(4): 55-57  
© 2016 IJPESH  
www.kheljournal.com  
Received: 09-05-2016  
Accepted: 10-06-2016

**Kumudlata Singh**  
Research Scholar, Department of  
Physical Education, Bilaspur  
(C.G), Bilaspur (C.G), India.

## Comparative study of achievement motivation between active and sedentary of Bilaspur (C.G)

**Kumudlata Singh**

### Abstract

The purpose of the research work was to find out the comparative study of achievement motivation between Active and Sedentary. Standardized questionnaire was used for measuring the achievement motivation test (V.P. Bhargava) was used to collect the data. The sample for the study comprises of 50 (25 Active and 25 sedentary) belong to Bilaspur (C.G). Active who participated in different sports activity and sedentary person did not participate in any sports activity. The age of the subject ranged from 20 to 25 years. The statistical technique t-test was used and the level of significance was set at 0.05 level for testing the hypothesis. The result revealed that there was significant differences between Active and Sedentary person of Bilaspur in achievement motivation.

**Keywords:** Achievement Motivation, Questionnaires, sports

### Introduction

Achievement motivations an part on almost know mankind's choice making forms. In any case of the situation, little might a chance to be attained without those fitting tackling from claiming inspiration. Exploration seems will demonstrate that Achievement motivations a vital part done human improvement Also accomplishment. Those accomplishment motivation standard looks for will clarify mankind's conduct concerning illustration a striving to brilliance in any case from claiming outside remunerates. Motivation will be those establishments for mankind's accomplishment. A mental construct, "motivation is recognized both an impetus for Taking in What's more a Conclusion about learning" (Hurley, 1993, p. 17). Without motivation minimal could make achieved, be that for those fitting innate Furthermore outward inspiration, inspiration, considerable development might happen. An investigation Toward Cattell, Barton, and Dielman (1972) noted that about 25% from claiming scholar accomplishment might make attributed with motivational components. A standout amongst those Initially works for accomplishment motivation might have been Eventually Tom's perusing murray (1938) who recognized accomplishment motivation to make built upon three key conditions: (a) a need for achievement, (b) an methodology motive, and (c) Previously, shirking (the shirking motive).

Motivation takes A large number separate types What's more is, to a lot of people ways, exceptional on each representative. Ormrod (2004) characterized person motivational constructs—achievement motivation—as "the necessity to brilliance to its identity or sake, without view for At whatever outside remunerates that one's accomplishments may bring" (p. 438). A fundamental underpinning of motivational theory, innate Furthermore outward motivation may be two key terms straightforwardly identifying with the inner alternately outside way of a person's inspiration. Inalienable motivation might a chance to be seen as continuously determined starting with inside the individual alternately task, same time outward motivation might effect when those hotspot about motivation happens starting with outside the distinct alternately undertaking (Ormrod, 2004). Murray (1938) characterized accomplishment motivation in the Emulating words, "To finish something difficult, to master, will control or c physical objects, individual alternately ideas, will would this quickly Furthermore as freely Likewise possible; with succeed obstacles Furthermore accomplish An helter skelter standard; to exceed expectations oneself Furthermore should rival and surpass others and to build self view by those effective exercise of talent". Decharms (1986) reasoned that accomplishment motivation, might have been mien should strive to something and needed fulfillment inferred

**Correspondence**  
**Kumudlata Singh**  
Research Scholar, Department of  
Physical Education, Bilaspur  
(C.G), Bilaspur (C.G), India.

starting with triumph Previously, rival On A percentage standard about incredibleness. Bhusan and Aggarwal (1978) directed an investigation from claiming customized qualities for helter skelter Also low accomplishing Indian sports staff. Those secondary achievers scored essentially higher over their low achiever counterparts for predominance What's more passionate Dependability being known as concerning illustration those essential factors. On the second request factors, remarkable sportspersons were fundamentally a greater amount extroverted over those low achievers". Those remarkable sportsmen, similarly as contrasted with dynamic for general, scored essentially higher on the grade elements from claiming dominance, suspiciousness, and strained quality Also more level ahead outgoingness, enthusiastic solidness Also youthful mindedness. On the second request factors, those sportswomen were essentially All the more anxious, alert, poised also free.

Remarkable ladies players were All the more predominant and free over those remarkable men players a direct result they required to get through the stronger obstructions of traditions and custom to contend done An men universe. Nault (1982) investigated the impact of accomplishment motivation with respect to danger taking conduct technique Also execution from claiming 60 male high roller scholars. The effects uncovered that helter skelter achievers gotten preferred execution over bring down achievers in the preliminary stage. Bias (1982) directed An investigation for accomplishment motivation with respect to b-ball players. That aftereffect shown that they exhibited totally mixture and exceptions about prosperity Also failure, Furthermore that likening those winning Also losing with accomplishment What's more disappointment might speak to a wrong suspicion.

**Objective of the study**

To compare Achievement motivation between Active and Sedentary.

**Methodology**

For the present study 25 Active and 25 sedentary people were randomly selected to serve as subjects of the study. Age of the subjects ranged between 20-25 years. In this study achievement motivation test developed by V.P. Bhargawa was used to measure achievement motivation.

**Statistical Analysis**

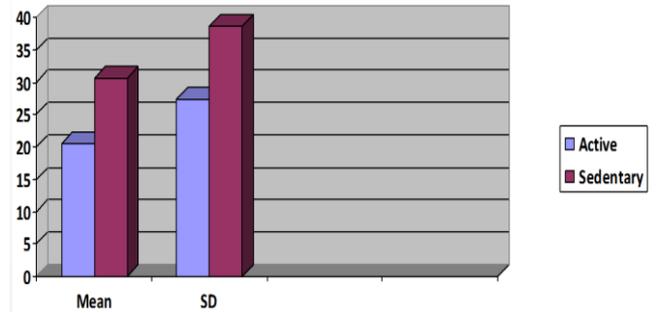
Descriptive Statistic, Mean, Standard Deviation and Independent t-test was applied to compare the degree of Achievement Motivation between Active and Sedentary person. The level of Significance was set at 0.05.

**Result and Finding of the study**

**Table 1:** Descriptive and Comparative statistics of Achievement Motivation between Active and Sedentary person

	N	M	SD	t-value
Active	25	19.44	2.8	5.923*
Sedentary	25	24.48	3.2	

From table 1 it was reveals that the calculated t-value (0.5.923) was greater than the tabulated t-value (2.01), so there was significant difference between the Active and Sedentary person in relation to Achievement Motivation of Bilaspur (C.G).



**Fig 1:** Graphical representation of Mean and SD of Active and Sedentary person in relation to Achievement motivation.

**Discussion**

Motivation plays a role in decision making processes, whether based upon intrinsic or extrinsic motivational factors, or various goal orientations. In the absence of motivation, little may be achieved. Researchers appear to have found that motivation plays a crucial role in the developing of human achievement (e.g., Driscoll, 2009; Hallam, 2002; Miksza, 2006) [6]. The results of the study in general revealed that there was significant difference in Achievement motivation between sports male and non-sports male. From the findings of the study it was evident that the sports male were more motivated as compare to the non-sports male. Sports achievement motivation, may be because, sports achievers are always performance oriented so that they take part in competition with a 'motive to win'. This motive to win among high performers results due to feeling of need-achievement. Need-achievement is a desire to attain highest level of fulfillment in situation which is perceived as potentially challenging and satisfying. Hence, high achievement motivation is a dominant quality found in sports achievers, which basically play a significant role in sustaining repeated effort and desire to win?. Non sports male were of low achievement motivation level, since motive to participate in competition is more of to avoid failure than to win. This motive is due to their low expectation about the result and their own performance. The result of the present study is substantiated by the following studies of Basu and Banerjee (2003), Krishnan and Nageswaran (1999),

**Conclusion**

The following conclusions were drawn on the basis of the analysis of the present data that, Active were having greater achievement motivation level than sedentary person.

**References**

1. Anderman EM, Maehr ML. Motivation and schooling in the middle grades. Review of Educational Research 1994; 64(2):287-309.
2. Asmus EP. Sixth graders' achievement motivation: Their views of success and failure in music. Bulletin of the Council for Research in Music Education 1985; 85:1-13.
3. Allport Garden W. Personality: A Psychological Interpretation New York: Holf, 1973.
4. Bråten I, Strømsø HI. Epistemological beliefs and implicit theories of intelligence as predictors of achievement goals. Contemporary Educational Psychology 2004; 29(4):371-388.
5. Coakley Jay. Sport in Society: Issues & Controversies McGraw-Hill Co. Inc., 2001.
6. Driscoll J. If I play my sax my parents are nice to me: Opportunity and motivation in musical instrument and singing tuition. Music Education Researchl 2009;

11(1):37-55.

7. Frost Reuben B. Psychological Concepts Applied to Physical Education and Coaching Massachusetts: Addison Wesley, Morris Tony and Summers Jeff, Sports Psychology: Theory, 1971.
8. Applications and Issues John Wiley & Sons Australia, Ltd., Pandey Ambika Prasad, Canadian Self Esteem Inventory (CSEI) Manovaigyanik Parikchhan Sansthan, Varanasi, 2005.
9. Pestolesi Robert A, Chindi Baker. Introduction to Physical Education: A Contemporary Careers Approach 2nd ed.