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**Dr. Anil Mili**  
Assistant Professor, Department  
of Physical Education, Rajiv  
Gandhi University, Rono Hills,  
Arunachal Pradesh, India

## A comparison of sports achievement motivation between the medal winning and non-medal winning athletes in the inter college sports tournaments

**Dr. Anil Mili**

### Abstract

The purpose of the study was to see the difference in sports achievement motivation between the medal winning players and non medal winning players in the inter college sports tournament. 72 female athletes who won medal and 72 female athletes who did not win any medals in the tournament were identified and took part as subjects with an age ranging from  $22.3 \pm 3.4$  in the study. Sports Achievement motivation was assessed using the SAM questionnaire, developed by M. L. Kamlesh (1990). To find out the difference in sports achievement motivation between female athletes who won medal and the female athletes who could not win any medals in various tournaments, the t test was applied at 0.05 level of significance. The result showed significant difference in the level of sports achievement motivation between both the group of successful and unsuccessful athletes. It was concluded that the athletes winning medal were higher than non-medal winning athletes in the sports achievement motivation.

**Keywords:** Women athletes, sports achievement motivation, psychophysical condition

### Introduction

Motivation is one of the most essential element of human personality. It helps shape and directs a person's activity to be termed as a more or a less dynamic personality. In absence of willingness to succeed, the other psychological factors and abilities do not provide the impetus on performance.

The basis of achievement motivations is achievement motive i.e., a desire and motive to achieve a goal. Motivation is the basic drive for all of our 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 performs a task and represent a desire to show competence (Harackiewicz, Barron, Carter, Lehto, & Elliot, 1997).

People who usually engage themselves in a process of some task for achievement motive than it can be termed that a particular is working under the spirit the spirit of achievement motivation. When an individual becomes aware of the fact that, his or performance is being scrutinized and evaluated leading to feeling of pride and accomplishment. Hence achievement motive considered as a disposition to approach success or a capacity for taking pride in accomplishment when success at one or another activity is achieved (Keith Bell F, 1982) [9].

Achievement motivation is the driving force present in an individual which helps in attainment of success through the process of goal oriented success or failure. Achievement motivation is an effective arousal state which enables an individual to direct his or her behavior resulting into an achievement oriented activity which can be cognitively appraised and psychologically satisfying. Motivation stimulates an individual to strive for something that is unique and different. Motivation is a psychophysical condition of an organism that enhances an organism's ability to overcome the hurdles and work harder in order to fulfill and complete one's own desires. In the games and sports, psychological and physiological factors play an important role in determining the performance level (Schilling & Hyashi, 2001) [7]. Numerous studies have demonstrated the impact of psychological factors on sports performance (Crespo, 2002) [4]. Taylor (1994) [8] treated motivation as the base of a pyramid towards success in sports. There are many studies conducted in the aspect of achievement motivation and its effect

### Correspondence

**Dr. Anil Mili**  
Assistant Professor, Department  
of Physical Education, Rajiv  
Gandhi University, Rono Hills,  
Arunachal Pradesh, India

on performance. Studies suggest that achievement motivation is most significant predictor of performance and essential to participate in a competition (Carey *et al.* 2000) [3].

**Aims and Objectives**

The purpose of the study was to see the difference between medal winner and non medal winners in the Inter Collegiate Sports Tournaments.

**Methodology**

- **Selection of subjects:** 144 female (72 medal winner and 72 non medal winner) athletes were selected as the subjects for the study, representing various affiliated colleges of Rajiv Gandhi University, Doimukh Arunachal Pradesh in the Inter Collegiate Sports Tournaments. The age ranged from 22.3 ± 3.4 years having represented their district team as well with competition experiences.
- **Tools:** For assessing the sports achievement motivation, the sport achievement motivation questionnaire, (SAM), developed by M.L. Kamlesh (1995) was used. It consist 20 statements and test retest reliability of questionnaire is 0.70 which quite high. Prior to the administration of psychological test, the investigator approached coach and participants at the personal level. The investigator explained clearly the objectives of the study to the participants and was asked to complete all test items of the questionnaire.
- **Statistical technique:** To find out the difference between the group (medal winner and non medal winners, t-test was used and level of significance was set at 0.05.

**Results and Discussion**

The results of sports achievement motivation between medal winner and non medal winners in the Inter Collegiate Sports Tournaments are presented in the table below.

**Findings**

**Table 1:** Descriptive Statistics of Qualified and Non-Qualified teams

Teams	N	Mean	SD	SEM
Medal Winners	72	33.26	1.79	.241
Non Medal Winners	72	26.34	1.38	.203

Table 1 reveals that there were 72 subjects in each group. The mean ± SD of sports achievement motivation of medal winners and non-medal winners were 33.26 ± 1.79 and 26.34 ± 1.38 and the standard error of mean was .241 and .203 respectively.

**Table 2:** Test of significant

Levene's test for Equality of Variances		t ratio			
F	P value	df	Mean Difference	t	P value
3.042	.084	94	4.52083	14.648*	.000

\*Significant at 0.05 level

Table 2 reveals that the equal variance was assumed between the qualifying and non qualifying team as the Levene's test was found insignificant.

Table 2 also reveals that a significant difference was found between medal winner and non medal winner athletes at 0.05 level of Significant as the p-value (.000) is less than .05.

So that it was concluded that there was a significant difference between sports achievement motivation of medal winners and non medal winners.

**Conclusion**

On the basis of the result of the study, significant difference was found in sports achievement motivation of medal winner and non medal winners in various inter collegiate sports tournaments. It is concluded that the medal winners were highly motivated in comparison of non-medal winning athletes.

**Discussion**

Findings of the study reveal that, there was a significant difference between sports achievement motivation of medal winner and non medal winning athletes. These results may be corroborated with the findings of Rathee and Singh (2011), they observed that the differences between the two performance levels i.e. national and international have been found to be significant. Butt and Cox (1992) [2] investigated the influence of achievement motivation and performance level of tennis players. The results indicated a higher level of achievement motivation among top class tennis players in relation to university players in the USA. It also revealed that high achievement motivation is an important factor that distinguishes high level performers. These results provided evidence that high achievement motivation is an important factor that distinguishes high level performers (Butt and Cox, 1992) [2].

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