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## Analysis of achievement motivation among individual game sports persons and team game sports persons

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### Abstract

Achievement Motivation defined as the need to perform well or the striving the success as the need to perform well or the striving for success and evidenced by persistence and effort to achieve high performance in sports. Motivation is based on your emotions and achievement related goals. Achievement Motivation is the desire to excel at task. The purpose of the study is to find out the level of achievement motivation among Individual Game Sports Person and Team Game Sports Persons. The sample for the study consists of 100 Individual Game Player and 100 Team Game Players those who have participated in the Inter College Tournaments of R.T.M. Nagpur University, Nagpur. The Standardized Dr. B.N. Mukharji Achievement Motivation scale were used for the study. It was found the Individual Game Player are having more Achievement Motivation than Team Game Player because the Individual Game Players required compulsory Motivation to achieve excel in sports then the Team Game Player is a group effort. This type is study is useful to the Physical Educators and Coaches to enhance the performance through achievement motivation.

**Keywords:** Achievement motivation, striving, performance etc.

### Introduction

Sport Psychology is the scientific study of people and their behaviours in sport. The role of a sport psychologist is to recognize how participation in sport exercise and physical activity enhances a person's development.

Beginning, in the 1970, Sport psychology became a part of the curriculum on university campuses. Today, sport and exercise psychologists have begun to research and provide Information in the ways that psychological wellbeing and vigorous physical activity are related. Modern day sports are very demanding. It requires for the sportsmen and athletes a like to perform to the very best of their abilities and beyond. Individual sport activities such as wrestling and gymnastics, have shown to elicit higher anxiety levels than competitive team sport activities such as softball and basketball.

Achievement Motivation defined as the need to perform well or the striving for success and evidenced by persistence and effort in the face of difficulties. Achievement Motivation is regarded as central human motivation. Achievement Motivation form to be the basic for good life. People who are oriented towards achievement in general, enjoy life and feel in control, being motivated keeps people dynamic and gives them self-respect. They set moderately difficult but easily achievable targets, which help them, achieve their objectives. They do not set up extremely difficult or extreme easy targets by motivated people prefer to work on a problem rather than leaving the outcome to chance. It is also seen that achievement motivated sports persons seem to be more concerned with their personal achievement rather the rewards of success.

### Team sport

A team sport includes any sport where individuals are organized into opposing teams which compete to win. Team members act together towards a shared objective. This can be done in a number of ways such as outscoring the opposing team. Team members set goals, make decisions, communicate, manage conflict, and solve problems in a supportive, trusting atmosphere in order to accomplish their objectives.

Examples are basketball, volleyball, rugby, water polo, handball, lacrosse, cricket, baseball, and the various forms of association football and hockey.

Team sports are practiced between opposing teams, where the players generally interact directly and simultaneously between them to achieve an objective. The objective often involves teammates facilitating the movement of a ball or similar object in accordance with a set of rules, in order to score points.

The meaning of a "team sport" has been disputed in recent years. Some types of sports have different objectives or rules than "traditional" team sports. These types of team sports do not involve teammates facilitating the movement of a ball or similar item in accordance with a set of rules, in order to score points. For example, swimming, rowing, sailing, dragon boat racing, and track and field among others can also be considered team sports. In other types of team sports, there may not be an opposing team or point scoring, for example, mountaineering. Instead of points scored against an opposing team, the relative difficulty of the climb or walk is the measure of the achievement. In some sports where participants are entered by a team, they do not only compete against members of other teams but also against each other for points towards championship standings. For example, motorsport, particularly Formula One. In cycling however, team members whilst still in competition with each other, will also work towards assisting one, usually a specialist, member of the team to the highest possible finishing position. This process is known as team orders and although previously accepted was banned in Formula One between 2002 and 2010. After a controversy involving team orders at the 2010 German Grand Prix however, the regulation was removed as of the 2011 season.

Through the years, the popularity of team sport has continued to grow, positively influencing not just athletes, but also fans, local and national economies. All over the world, the impact of team sport can be seen as professional athletes live out their dreams while serving as role models, youth athletes develop life skills and follow in the footsteps of their role models, fans bond over the love of their teams while supporting their economies with their support.

### Olympic team sports

There are seven team sports currently on the program of the Summer Olympics. Cricket's inclusion in the 2024 Summer Olympics depends on the decision of the International Cricket Council and its members. A cricket tournament formed part of the Summer Olympics in 1900, although only one match was played, between teams representing Great Britain and France. However, the British team was effectively a club touring side and the French players were drawn partly from expatriates living in Paris.

Ice hockey and curling are team sports at the Winter Olympics together with the bobsleigh competition where the men's event has classes for both two-man and four-man sleds, but the women's class is restricted to two persons only.

All Olympic team sports include competitions for both men and women.

### Statement of problem

To find out the Achievement Motivation among sports persons of Individual Sports and Team Games.

### Sample

For the present study 100 Male Individual Sports Persons in

Athletics, Badminton, Boxing, Judo, Wrestling, Weight Lifting, Lawn Tennis and 100 Male Sports Person in Foot Ball, Volley Ball, Basket Ball, Hand Ball, Cricket are taken for the study. This sports persons are participants in the R.T.M. Nagpur University.

Inter College Tournaments during the year 2017-18.

### Tool

The Standardized Dr. B.N. Mukharji Scale were used for the study.

### Results and Discussion

The Questionnaire were administered in small groups during the R.T.M. Nagpur University Inter College Sports and Games for the year 2017-18.

**Table 1:** Show the sports person male team

Sports Persons Male Team	Mean	S.D.	N	DF	't'
Game Sports Persons	32.13	5.92	100		
				198	8.14**
Male	39.27	7.90	100		

Individual, Sports, Persons

The results in Table 1 Shows that Individual Sports Persons are more Achievement than Team Game Sports Persons. Individual Performance sports like Athletics, Badminton, boxing, Judo, Weight Lifting etc., must have more achievement motivation to excel in sports. The decision must be made by Individual sports persons is final for his performance. Whereas in Team Game there will be group effort among all players and their achievement motivation differs from each sports persons to sports persons.

### Conclusions and Recommendations

- It is concluded that Individual Sports persons are having more Achievement Motivation because they set goals and aims to give level best performance to win the Competition, whereas the Team Game sports persons depend upon their group to give the high level of performance.
- It is recommended that achievement motivation is compulsory for all sports persons to achieve high excellence in sports.
- The Coaches must prepare all the sports persons with high level of motivation to excel in sports.

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