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## A comparative study of sports achievement motivation between kabaddi and volleyball players

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### Abstract

Achievement motivation is defined as a way for an individual to develop or demonstrate high ability in two ways: reference to one's own performance or mastery, or reference of oneself relative to others. The purpose of the study was to compare the sports achievement motivation between Kabaddi and volleyball players that take part in inter college sports competitions. For this study the researcher selected twenty-five (25) kabaddi players and twenty-five (25) volleyball players. The subjects were randomly selected for this study, between the age group of 18-28 years and the level of significance 0.05. To measure sports achievement motivation between kabaddi and volleyball male players, a questionnaire developed by Kamlesh (1990) was employed and for statistical analysis and interpretation of data mean, standard deviation and 't' test was conducted. The result shows that there was no significant difference in sports achievement motivation among kabaddi and volleyball players.

**Keywords:** Sports achievement motivation, kabaddi, volleyball

### Introduction

Achievement motivation can be defined as striving to increase, or keep as high as possible one's own capability in all activities in which a standard of excellence is thought to apply and where the execution of such activities can either succeed or fail (Heckhausen, 2013). Sports achievement motivation has been discovered as a strong psychological factor in the display of behavior. Achievement behavior has been found to be rewarding in competitive sports. It is a force that engages an athlete in the tasks which are challenging and difficult enough to attain. Sports and Physical activities are generally achievement oriented. Personal success in team and individual events can be evaluated against specific standards. One of the reasons of the variability in athlete's behavior is sports achievement situation wherein athletes perceive situations in different ways, owing to different needs for Sports excellence (Sandhu, 1992) [2]. Achievement motivation comes into picture when an individual knows that his performance will be evaluated that the consequence of his actions will be either a success or a failure and that good performance will produce a feeling of pride in accomplishment. Hence, achievement motive may be considered as a disposition to approach success or a capacity for taking pride in accomplishment when success at one or another activity is achieved (Harold, & Rosemary, 1979).

Thakur *et al.* (2008) Studied to assess the personality traits, anxiety and achievement motivation level of volleyball players and non-sportsmen. The result of the study indicated that higher level performance groups was more extrovert than the low performance group and non-sportsmen, whereas, non-sportsmen was more neurotic than those of high and low performance group. Cognitive anxiety and somatic anxiety of non-sportsmen was higher than intervarsity level of performance groups, was also better than non-sportsmen. Achievement motivation level of high-performance groups was also better than non-sportsmen.

### Statement of the problem

A comparative study of sports achievement motivation between kabaddi and volleyball players.

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### Objectives of the study

1. To assess the sports achievement motivation among kabaddi players.
2. To assess the sports achievement motivation among volleyball players.
3. To compare the sports achievement motivation between kabaddi players and volleyball players.

### Hypothesis

- There is no significant difference between sports achievement motivation among kabaddi players and volleyball players.

### Sampling

The present study consisted of 25 kabaddi players and 25 volleyball players selected by simple random technique from Kashmir university during inter collage competitions.

### Tool used

The data was collected on all the subjects by administering the M.L. Kamlesh Sports Achievement Motivation

Questionnaire (SAMT). SAMT consist of 20 Multiple Choice Questions of 40 marks. Each Question carries two (2) marks for correct answer and zero (0) mark for wrong answer. The question measured the extent to which student were motivated towards sports achievement. The SAMT carrying a test retest reliability as 0.70, in a test of twenty statements the response value of which range between 0 – 40. The validity SAMT with the actual performance of the athletes had been worked out to be 0.55 which is marked. Considering the population of the study, stratified random sampling technique has been employed and the sample size has been targeted in this investigation to 25 of kabaddi players and 25 of volleyball players (Age group: 18-28 years) who participated in the inter college level tournament.

Statistical tool was used for accurate and systematic results. Independent t-test was use as Statistical Technique for comparative analysis. And the level of significant was set at 0.05 level.

### Data analysis and interpretation

**Table 1:** Descriptive statistics of “Sports Achievement Motivation” scores of kabaddi players and volleyball players

Groups	N	Mean	SD	t-value	Significance Level
Kabaddi Players	25	24.48	5.516	1.834	Not Significant
Volleyball Players	25	26.88	3.515		

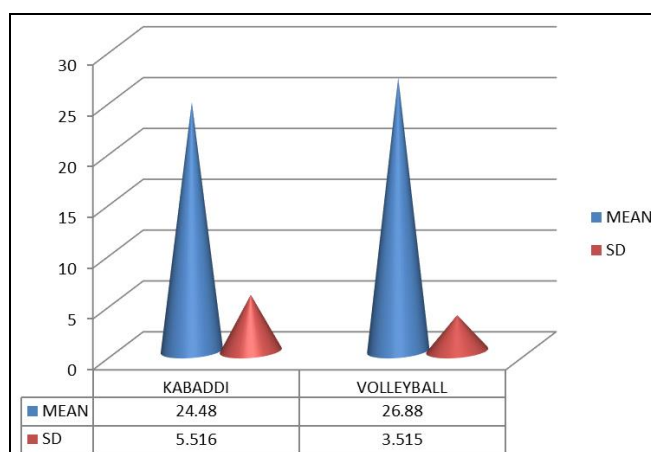
\*df = (48) =2.011 Level of Significance=0.05

The above table shows that t-value is 1.834 which is less than calculated value 2.011 was found to be insignificant. at 0.05 level of significance with degree of freedom of 48 and while comparing the two mean values it shows that volleyball players have performed better on the variable ‘Achievement Motivation’ than their counterpart kabaddi players. Thus, from the confirmation of the above result revealed that there is no significant difference between the kabaddi and volleyball players stand partially accepted.

researcher can say that there is no significant difference of sports achievement motivation among kabaddi and volleyball players. Therefore, hypothesis is accepted.

### References

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**Fig 1:** Graphical representation of mean and standard deviation of kabaddi players and volleyball players

### Discussion & research findings

The result of present study demonstrated that there is no significant level of sports achievement motivation among kabaddi players and volleyball players. The mean, standard deviation and t-value of sports achievement motivation of kabaddi players and volleyball players were found (Mean 24.48, 26.88) (S.D 5.516, 3.515) t-value was found 1.834 with degree of freedom 48 which is found no significant at 0.05 level of significance. Thus, on the basis of finding the