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## Comparative study of the participation motivation between residential and non-residential sports women at school level

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### Abstract

The purpose of the study was to compare the participation motivation between residential and non-residential Sports women at school level. The propose questionnaire might have the own limitations. As the data represented the information provided by the subjects, the research scholar did not couch for authenticity of information revealed by them. The study was delimited to 50 residential school girls of Dhoom Manikpur. The study was delimited to 50 non-residential school girls of Dhoom Manikpur. The study was also delimited to five six participation motivation factors as measured by SMS-24 Questionnaire. On the basis of available literature, experts and researcher's own understanding it was hypothesized that there would be significant difference between comparison of participation motivation between residential and non-residential Sports women at school level.

**Keywords:** Motivation, residential, sports women

### Introduction

The 'Sports psychology' section is a continuation of the AS section 'Acquiring movement skills'. The focus at AS was upon how skills are learned and controlled. By way of extension, 'Sports psychology' addresses the important mental processes that work together to facilitate effective performance in sport. In their separate ways, both 'Acquiring movement skills' and 'Sports psychology' demonstrate how sporting competence and participation can be increased. Through this, a common theme emerges, as both areas set out to encourage and sustain a balanced, active and healthy lifestyle.

Sports women display their own unique patterns of behavior whilst engaged in sports performance. Some psychologists believe that quality of performance and participation in sport are determined by personality.

Personality Dynamics means the individual is confident, energetic and independent. Personality of an individual is an identity that is molded by many factors i.e., socialization, training, life experiences, social perception and education Human Dynamics based on the psychological, affection and the bodily aspect of an organism, which are of comparable significance and worth, proved that some people are psychologically, expressively and bodily centered, possessing extra or less intellectual qualities, sympathetic, skillful or talented. Personality dynamic in general is comprised of major dimensions such as the process of learning; the way problem is solved and the way communication skill are utilized. Human Dynamics based on the psychology, affection and the bodily aspect of an organism, are of comparable significance and worth. An individual's behavior is not predetermined; rather it is based on his preferences.

### Selection of the subjects

The purpose of the study was to analyze the participation motivation between residential and non-residential school girls. Fifty (N=50) female players from residential and Fifty (N=50) female players from non-residential who has participated in different sports were selected purposively as subjects for the study. The age of the subject ranged between 16-18 years.

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**Criterion measures:** The following selected questionnaires was taken as a criterion measures:

The Sport Motivation Scale (SMS-28) developed by Lue G. Pelletier, Michelle Fortier, Robert J. Vallerand, Nathalie M. Briere, Kim M. Tuson & Marc R. Blais, 1995.

#### Narration of the test (NOT)

**Participation Motivation:** To assess participation motivation of the subjects, Questionnaire the Sport Motivation Scale (SMS-28) will be used.

It contain 28 items, answered on seven points from does not correspond at all to corresponds exactly. It helps to measure intrinsic motivation, extrinsic motivation and Amotivation.

**Statistical Technique:** To analyze the data of the study as

entitled as "Comparison of participation motivation between residential & non-residential Sports women at school level" independent t-test and SPSS 20 was used.

#### Findings

Data collected through administration of Sport Motivation Scale for obtaining the scores of residential and non-residential Sports women at school level and analysed separately for each factor.

Descriptive statistics and independent t-test were calculated with SPSS 20 software in order to assess the participation motivation of Sports women at school level.

The data thus has been explained in tables and figures that are hereby presented in the following pages:

**Table 1:** Descriptive Statistics of Sport Motivation Scale factors of residential and non- residential Sports women

| Variables              | Groups          | N  | Mean  | Std. Deviation | Std. Error Mean |
|------------------------|-----------------|----|-------|----------------|-----------------|
| Amotivation            | Residential     | 50 | 15.62 | 4.20           | 0.59            |
|                        | Non-residential | 50 | 18.40 | 7.49           | 1.06            |
| External Regulation    | Residential     | 50 | 15.66 | 4.56           | 0.64            |
|                        | Non-residential | 50 | 20.00 | 6.47           | 0.91            |
| Introjected Regulation | Residential     | 50 | 16.66 | 5.26           | 0.74            |
|                        | Non-residential | 50 | 21.10 | 5.07           | 0.71            |
| Identified Regulation  | Residential     | 50 | 19.00 | 3.73           | 0.52            |
|                        | Non-residential | 50 | 21.06 | 5.75           | 0.81            |
| Integrated Regulation  | Residential     | 50 | 15.62 | 4.94           | 0.69            |
|                        | Non-residential | 50 | 19.54 | 6.47           | 0.91            |
| Intrinsic Regulation   | Residential     | 50 | 17.72 | 4.66           | 0.65            |
|                        | Non-residential | 50 | 21.02 | 5.13           | 0.72            |

Table 1 shows that scores of mean and standard deviation scores of participation motivation factors in case of amotivation for the residential Sports women was  $15.62 \pm 4.20$ ; external regulation  $15.66 \pm 4.56$ ; introjected regulation  $16.66 \pm 5.26$ ; identified regulation  $19.00 \pm 3.73$ ; integrated regulation  $15.62 \pm 4.94$ ; intrinsic regulation  $17.72 \pm 4.66$  and for non-residential Sports women amotivation  $18.40 \pm 7.49$ ; external regulation  $20.00 \pm 6.47$ ; introjected regulation  $21.10 \pm 5.07$ ; identified regulation  $21.06 \pm 5.75$ ; integrated regulation  $19.54 \pm 6.47$ ; intrinsic regulation  $21.02 \pm 5.13$ .

**Table 4:** Comparison of mean scores of Sport Motivation Scale factors of residential and non-residential Sports women

| Variables              | t- test for equality of means |    |                  |
|------------------------|-------------------------------|----|------------------|
|                        | T                             | df | Sig. (2- tailed) |
| Amotivation            | 2.28                          | 98 | 0.02             |
| External Regulation    | 3.87                          | 98 | 0.00             |
| Introjected Regulation | 4.29                          | 98 | 0.00             |
| Identified Regulation  | 2.12                          | 98 | 0.03             |
| Integrated Regulation  | 3.40                          | 98 | 0.00             |
| Intrinsic Motivation   | 3.36                          | 98 | 0.00             |

Significant at 0.05 levels;  $t_{0.05} (98 \text{ df}) = 1.984$

#### Table value

Since, the amotivation calculated t (2.28) is more than the tabulated t value (1.98) with df 98.00 at 0.05 level of significant thus, there is significant difference between residential and non- residential Sports women.

External regulation calculated t (3.87) is more than the tabulated t value (1.98) with df 98.00 at 0.05 level of significant thus, there is significant difference between residential and non- residential Sports women.

Introjected regulation calculated t (4.29) is more than the tabulated t value (1.98) with df 98.00 at 0.05 level of significant thus, there is significant difference between

residential and non- residential Sports women.

Identified regulation calculated t (2.12) is more than the tabulated t value (1.98) with df 98.00 at 0.05 level of significant thus, there is significant difference between residential and non- residential Sports women.

Integrated regulation calculated t (3.40) is more than the tabulated t value (1.98) with df 98.00 at 0.05 level of significant thus, there is significant difference between residential and non- residential Sports women.

Intrinsic motivation calculated t (3.36) is more than the tabulated t value (1.98) with df 98.00 at 0.05 level of significant thus, there is significant difference between residential and non- residential Sports women

#### Interpretation of finding

The following interpretation can be made on the basis of results shown in the above outputs:

#### Amotivation

It can be seen from the table no.2 that the value of t- statistics is 2.28. This t value is significant as the p- value is 0.02 which is less than 0.05. Thus, the null hypothesis of equality of population means of two groups is rejected and it may be concluded that the amotivation of residential Sports women differ significantly from non- residential Sports women.

#### External Regulation

It can be seen from the table no.2 that the value of t- statistics is 3.87. This t value is significant as the p-value is 0.00 which is less than 0.05. Thus, the null hypothesis of equality of population means of two groups is rejected and it may be concluded that the external regulation of residential Sports women differ significantly from non-residential Sports women.

### **Interjected Regulation**

It can be seen from the table no.2 that the value of t- statistics is 4.29. This t value is significant as the  $p$ -value is 0.00 which is less than 0.05. Thus, the null hypothesis of equality of population means of two groups is rejected and it may be concluded that the interjected regulation of residential Sports women differ significantly from non- residential Sports women.

### **Identified Regulation**

It can be seen from the table no.2 that the value of t- statistics is 2.12. This t value is significant as the  $p$ -value is 0.03 which is less than 0.05. Thus, the null hypothesis of equality of population means of two groups is rejected and it may be concluded that the identified regulation of residential Sports women differ significantly from non-residential Sports women.

### **Integrated Regulation**

It can be seen from the table no.2 that the value of t- statistics is 3.40. This t value is significant as the  $p$ -value is 0.00 which is less than 0.05. Thus, the null hypothesis of equality of population means of two groups is rejected and it may be concluded that the integrated regulation of residential Sports women differ significantly from non-residential Sports women.

### **Intrinsic Motivation**

It can be seen from the table no.2 that the value of t-statistics is 3.36. This t value is significant as the  $p$ - value is 0.00 which is less than 0.05. Thus, the null hypothesis of equality of population means of two groups is rejected and it may be concluded that the intrinsic motivation of residential Sports women differ significantly from non- residential Sports women.

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