



P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (ISRA): 5.38  
IJPESH 2021; 8(1): 162-164  
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[www.kheljournal.com](http://www.kheljournal.com)  
Received: 07-11-2020  
Accepted: 14-12-2020

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## Study on playing ability and sports achievement motivation of national level and club level women football players

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### Abstract

The purpose of the study was to observe the difference in sports achievement motivation between national-level women football players and club level women football players. 32 national-level women football players of West Bengal and 32 club level women football players of Kolkata league were selected for this study. The age range of the players was 18 to 25 years. The questionnaire of M. L. Kamlesh (1995) was used to observe the sports achievement motivation level of the respective two groups. For statistical calculation mean, SD and were used. To find out the difference in sports achievement motivation between national-level women football players and club level women football players, the 't' test was applied at 0.05 level of significance. Coefficient of correlation was done to observe the relation between playing ability and sports achievement motivation of national and club level women football players. The result showed a significant difference in the level of sports achievement motivation between two groups of women football players. It was concluded that the sports achievement motivation of national-level women football players was higher than the club level women football players. Sports achievement motivation was significantly correlated with playing ability of national-level women football players but no significant correlation was found in case of club level women football players of West Bengal.

**Keywords:** Women football players, playing ability, sports achievement motivation

### 1. Introduction

Women Soccer is the most popular team sport played by women around the world. It is played at the professional level in numerous countries throughout the world and 176 national teams participate internationally.

Like men's football, women's football won the growth of popularity and participation at the beginning of the 21<sup>st</sup> century. From the inaugural FIFA Women's World Cup tournament held in 1991, where 1,194,221 tickets were sold, which signifies that the craze and support of women's professional football have increased around the globe.

In India, 20-25 state women's teams have been participating in the national championship since the early period of the 1990's. Onwards. The women's game, also its early pioneers was in the state of West Bengal. East Bengal and Mohan Bagan started women's club sides in the 2000- 2001 seasons and they participated with other teams in the Kolkata Women Football League. It has been recently seen that players from Manipur have made advances in the game.

According to the association for the advancement of applied sports psychology (AAASP), sports psychology is the study of psychological and mental factors that are influenced by participation and performance in sports, exercise, and physical activity and the application of the knowledge gained through this study to everyday setting. Sports psychology has been recognized as an essential element in all physical activities and is generally considered as the key factor of sports performance.

Motivation is one of the most essential elements of human personality. It helps shape and directs a person's activity to be termed as a more or a less dynamic personality. In the 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 of achievement motivation. When an individual becomes aware of the fact that, his or her 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) [7].

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 in an achievement-oriented activity that 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) [8]. Numerous studies have demonstrated the impact of psychological factors on sports performance (Crespo, 2002) [9]. Taylor (1994) [11] treated motivation as the base of a pyramid towards success in sports. There are many studies conducted on the aspect of achievement motivation and its effect on performance. Studies suggest that achievement motivation is the most significant predictor of performance and essential to participate in a competition (Carey *et al.* 2000) [10].

Dureha *et al.* (2010) [2] studied a comparative study of incentive motivation, achievement motivation and anxiety level between national and international hockey players. As

shown by the result of the study there was insignificant difference was found in incentive motivation, achievement motivation, state anxiety and trait anxiety between national and international hockey players and a significant difference was found in sports competition anxiety. In order to test 't' test was used and 0.05 level of significance was used.

The performance of the individual is dependent upon her/his innate neuro motor makeup, physical structure, and typical level activation. Comprehensive physiological, physical, psychological and tactical qualities are needed to become a professional soccer player. Alderman (1974) enlisted four major group of factors responsible for athletics performance: a. the natural ability, capacity, and physical endowment and individual receives via genetic inheritance, b. the acquisition of the specific skills required for excellence in a particular task or sports, c. the specific type and level of physical fitness mandatory for that task or sports, d. the general psychological make-up of the person in terms of his personality, motivational and emotional strength.

## 2. Methodology

For this study, 32 national-level women football players (West Bengal) and 32 club level women football players (Kolkata league) were selected. The age range of the women football players were 18 to 25 years. For assessing the sports achievement motivation, the sport achievement motivation questionnaire (SAM), developed by M.L. Kamlesh (1995) was used. To find out the difference between the groups, t-test was used and the level of significance was set at 0.05. The playing ability of the women football players was measured through the expert's opinion. All the football players were assessed during game situation on the ten-point scale. The mean of three expert's score were considered as the football playing ability score of the players. Correlation was done to observe relationship between football playing ability and sports achievement motivation of national and club level women football players of West Bengal.

## 3. Results and Discussions

The researcher tried to observe the difference in between national and club level women football players in SAM and playing ability.

The mean, SD and 't' values of sports achievement motivation of the national and club level women football players were presentec in Table – 1.

**Table 1:** The mean and SD values of SAM of the national level women football players

Variables	Groups	Mean $\pm$ SD	N	Mean difference	S.E.	't' value
SAM	National level women football players	27.41 $\pm$ 3.25	32	0.0148	0.937	2.507
	Club level women football players	25.06 $\pm$ 4.19	32			

From Table-1 the mean and SD values of SAM of the national level women football players were found 27.41  $\pm$  3.25 respectively and the mean and SD values of SAM of club level women football players were 25.06  $\pm$  4.19 respectively. The mean difference was found 0.0148 with a standard error 0.937 and 't' value was found 2.507 which was statistically significant. So, the mean SAM of the subjects of the national level women football players was higher than the club level women football players.

Hiware (2013) observed that female handball players (high performance) were significantly greater in the case of mean achievement motivation than female handball players (low performance). The high-performance players felt motivation after winning or participating in the high-level competition of

handball. Unierzyski (2003) [3] investigated the level of achievement of young tennis players and their future progress and examined the influence of achievement motivation on tennis performance. The researcher found that the players who later reached international level in tennis possessed significantly higher level of achievement motivation than the players who never reached international level.

The results provided evidence that high-level achievement motivation is an important factor that distinguishes high-level performers (Butt and Cox, 1992) [1].

The mean, SD and 't' values of playing ability of the national and club level women football players were presented in Table -2

**Table 2:** The mean, SD and 't' values of playing ability of the national and club level women football players were presented

Variables	Groups	Mean $\pm$ SD	N	Mean difference	S.E.	't' value
Football Playing Ability	National level women football players	6.01 $\pm$ 1.02	32	0.0023	0.270	3.183
	Club level women football players	5.15 $\pm$ 1.14	32			

From Table -2 it observes that the mean and SD values of the football playing ability of the national level women football players were 6.01 $\pm$ 1.02 respectively. The mean and SD values of football playing ability of club level women football players were 5.15  $\pm$  1.14 respectively. The mean difference was found 0.0023 with a standard error 0.270 and 't' value was found 3.183 which was statistically significant. So, the mean football playing ability of the subjects of the national level women football players was higher than the club level

women football players.

Biswas (2002) <sup>[12]</sup> observed that the university level player's football-playing ability was higher than the district level players. Therefore, observation of the present study found similarities with the observation of previous researcher.

The coefficient of correlation between football playing ability and sports achievement motivation of national and club level women football players were presented in Table -3

**Table 3:** The coefficient of correlation between football playing ability and sports achievement motivation of national

Variables	Level	'r' value
Football playing ability and SAM	National level women football players	0.42 *
	Club level women football players	0.29

\* Correlation significant at the 0.05 level, df= 30, r value at 0.05 level = 0.349

Table -3 represents that the coefficient of correlation between football playing ability and sports achievement motivation was found positively significant at 0.05 level of national-level women football players. But no significant relationship was found between football playing ability with sports achievement motivation of club level women football players. Kamlesh and others (1987) <sup>[14]</sup> observed a positive correlation between SAM and performance in athletic ability. Banerjee and others (1990) <sup>[13]</sup> observed positive correlation between SAM and performance. Therefore, observation of the present study found similarities with the observation of previous researchers.

#### 4. Conclusion

It is concluded from the study that the sports achievement motivation of national-level women football players was higher than club level women football players. According to the norms national level women, football players were at moderate level and club level women football players of Kolkata League were at lower level of sports achievement motivation. Sports achievement motivation was positively related to football playing ability in case of national and club both level of women football players. The correlation was significant in case of national-level women football players.

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