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## Influence of physical fitness and achievement motivation on the McDonald soccer skill test performance of collegiate men football players of Dharwad district

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### Abstract

The participation in modern sports is influenced by various physical, physiological, sociological and psychological factors. During training, besides good physique and fitness of the athlete, main emphasis is laid on the development of various types of skills involved in the game as well as on teaching the strategies, techniques and tactics of the game. It is critically important that those studying the psychological and physical fitness concepts as they apply to the area of physical education and coaching be carefully attentive to the fact that social and cultural forces are operating constantly and a meticulous understanding of these is absolutely necessary in any attempt to unravel many factors causing and revealing behavior and its changes in sports setting. The purpose of the study is to assess the influence of physical fitness and achievement motivation on the McDonald soccer skill test performance of collegiate men football players of Dharwad district. Keeping the objectives in view total 120 football players were drawn from various degree colleges of Dharwad district (120) for the present study ranging between 18-25 years of age. To collect necessary data pertaining to the present study total 120 subjects were administered to selected Physical Fitness and Achievement motivation tests. Based on the obtained data the subjects were divided into two equal groups of high and low physical fitness and achievement motivation. Further, the McDonald Soccer Skill test is administered for predicting the game proficiency of football players. There is a significant difference between the high and low physical fitness and achievement motivation football players group on McDonald Soccer Skill test performance of Dharwad district football players.

**Keywords:** McDonald, physical, physiological, sociological and psychological, football players

### Introduction

The participation in modern sports is influenced by various physical, physiological, sociological and psychological factors. During training, besides good physique and fitness of the athlete, main emphasis is laid on the development of various types of skills involved in the game as well as on teaching the strategies, techniques and tactics of the game. Until recently, the coaches have been paying inadequate attention to the social and psychological factors which although have been proved to contribute to performance in events in the higher competitive sports. It is only recently that sports administrators and coaches have realized the importance of the psychological preparation and training of players to enable them to bear the strain and stresses inherent in sports participation.

So, now the sports trainer and coaches have started giving more importance to the psychological conditioning or the building the mental make-up of the players before their contents in the national and international competitions.

The aim of higher sports in this age of competition is to win in international meets or to attain peak performance in competition. And it is on this factor that the coaches try to concentrate. In order to reach the target and accomplish the social expectation the players also work hard, ignoring their comforts in their daily lives and practice for many hours a day. Unless the players are prepared mentally and psychologically for the contest, they are not able to achieve the desired results. The psychological training has to be provided to the players by the coaches to face stressful situation occurring during the competition.

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Initially most of the research work in physical education and sport was carried out in science related sub disciplines like exercise physiology, bio-mechanics, nutrition, physical fitness and anthropometry. Researchers in these fields were of the opinion that factors present in these areas were responsible for performance of a sportsman in competitive sport. As regards the role of socio-psychological factors in sport performance it was comparatively overlooked and under emphasized.

It is critically important that those studying the psychological and physical fitness concepts as they apply to the area of physical education and coaching be carefully attentive to the fact that social and cultural forces are operating constantly and a meticulous understanding of these is absolutely necessary in any attempt to unravel many factors causing and revealing behavior and its changes in sports setting.

### The purpose of the study

The purpose of the study is to assess the influence of physical fitness and achievement motivation on the McDonald soccer skill test performance of collegiate men football players of Dharwad district.

### Objectives of the study

- To assess the influence of physical fitness on performance of collegiate men football players of Dharwad district.
- To assess the influence of achievement motivation on performance of collegiate men football players of Dharwad district.
- To analyze the ability of predicting the game proficiency of collegiate men football players of Dharwad district.

### Materials and methods

#### The sample

The total 120 football player's were drawn as samples for the study from various degree colleges of Dharwad district ranging between 18-25 years of age. Keeping the objectives in view, the following research design is followed.

#### Sample Design

Category	District	Football Players
Men	Dharwad	120

#### Tools and Test

The following tools and tests were used.

#### 1. Mahesh Bhargava's Achievement Motive Test

The present test is intended to measure the N Ach score of the person. It is based on the lines following the pattern of Bishwanath Mukherji and the method of Sentence Completion Test. The test consists of 50 items of incomplete sentences/item/which are to be completed by the subject by putting a check-mark on any one of the three alternative responses given against each item. The subject are instructed about what they have to do and are required to check the item by choosing one of the alternative responses which indicate his/her true feelings with respect to the point asked through a particular item.

It is expected and believed that the subject who is engaged in the process of checking the item would consider all the possible aspects which may be thought of about the item at that time. Thus, his/her check on the alternative responses (which he/she chooses so) would indicate his/her true feelings. In this way all the items are to be checked indicating

his/her responses on the whole test. Another special feature of the test is that items are repeated more than once in order to know the level of consistency with which the subject is answering the test. Similar responses on similar test items indicate the consistency in responding to the test. This has been done so as to avoid the time interval gap effect which is usually present where test, retest is done allowing a time gap. Care has been taken to cover as many aspects as are conveniently permissible and possible from administration point of view. The usual time which is needed for administering the test is 30 minutes including the time needed for giving the instructions to the subjects.

#### 2. McDonald Soccer Skill test (1951)

This skill test constructed for college men, junior varsity and varsity soccer players as subjects, for the purpose of predicting game proficiency. The test consists of kicking a soccer ball at a kickboard 11 ½ feet in height by 30 feet long from a distance of 9 feet in front of the kickboard. The score is the number of volleys performed in a thirty-second period. The validity coefficient of the test ranged from 0.63 to 0.94. However, the test with a nine feet retraining distance provided the highest validity coefficient and is in common use for soccer skill testing.

#### Test Administration and Collection of Data

To collect necessary data pertaining to the present study total 120 subjects were administered to selected Physical Fitness and Achievement motivation tests. Based on the obtained data the subjects were divided into two equal groups of high and low physical fitness and achievement motivation. Further, the McDonald Soccer Skill test is administered two groups for predicting the game proficiency of football players. The data were in the form of performance given by the subjects in response to the Mc Donald Soccer Skill test. The subjects completed Mc Donald Soccer Skill test within the stipulated time after which the data were collected back for the comparison of scores.

#### Statistical methods

The following statistical methods were employed,

1. Descriptive statistics.
2. t-test.

#### Results and discussion

Based on the statistical data analysis the following tables were drawn and discussions were made.

**Table 1:** Mean and SD scores of Mc Donald Soccer Skill test of Dharwad district collegiate men Football players at two levels of Physical Fitness

Test	Physical Fitness level	Mean	SD	Total
McDonald Soccer Skill test	High	24	0.74	11.42**
	Low	16	0.63	

\*\*Significant at 0.05 level

Table.No.1 presents the Mean and SD scores of McDonald Soccer Skill test of high and low physical fitness collegiate men football players group of Dharwad district. The mean score of high physical fitness football players group (24) is higher than the and low physical fitness football players group (16). The t-value (11.42) is significant at 0.05 level. The mean values and t-value reveals that there is a significant difference in the performance of high and low physical fitness collegiate men Football players groups in the McDonald Soccer Skill test.

In other words, it is interpreted that the high physical fitness football players group are having very good football game proficiency than the low physical fitness players group.

**Table 2:** Mean and SD scores of Mc Donald Soccer Skill test of Dharwad district Collegiate men Football players at two levels of Achievement Motivation

Test	Physical Fitness level	Mean	SD	Total
McDonald Soccer Skill test	High	28	0.83	13.14**
	Low	17	0.71	

\*\*Significant at 0.005 level

Table.No.2 presents the Mean and SD scores of McDonald Soccer Skill test of high and low achievement motivation collegiate men football players group of Dharwad district. The mean score of high achievement motivation football players group (28) is higher than the and low physical fitness football players group (17). The t-value (13.14) is significant at 0.05 level. The mean values and t-value reveals that there is a significant difference in the performance of high and low achievement motivation collegiate men football players groups in the McDonald Soccer Skill test.

In other words, it is interpreted that the high achievement motivation football players group are having very good football game proficiency than the low physical fitness players group.

### Conclusions

1. There is a significant difference in the performance of high and low physical fitness collegiate men football players groups in the McDonald Soccer Skill test.
2. There is a significant difference in the performance of high and low high achievement motivation collegiate men football players groups in the McDonald Soccer Skill test.
3. The high physical fitness and achievement motivation football players groups are having very good football game proficiency than the low physical fitness players group.

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