



P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (RJIIF): 5.38
IJPESH 2023; 10(2): 440-442
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www.kheljournal.com
Received: 12-02-2023
Accepted: 21-03-2023

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An analysis of achievement-motivation of athletes of University of Delhi

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DOI: <https://doi.org/10.22271/kheljournal.2023.v10.i2g.2898>

Abstract

Motivation is most essential element of human personality. It makes person's activity more or less dynamic. The study was conducted to analyze, interpret and assess the level of Achievement Motivation of players of University of Delhi. For the purpose of this study, 40 players were selected from IGIPES, University of Delhi. To measure sports achievement motivation, Sports Achievement Motivation Test (SAMT) developed by M.L. Kamlesh in 1990 was used. It was found out that most of the players had low level of achievement motivation level.

Keywords: SMAT, Sports Psychology, Achievement Motivation, Athlete

Introduction

The word 'Motivation' is a Latin word derived from 'Matum' or 'Movex' which means move or motion. It is a force which energizes behavior of the learner to move towards set goal. The definition of Sports Achievement Motivation involves 'standard of excellence in competition'. Sports psychology is the scientific study of player and their behavior in physical activity or sports. It is recognizing how physical activities and sports exercises enhances an individual development. Psychological preparation has always been an essential aspect of sports performance, higher the level of competition greater the psychological demand. Psychology helps sports person to develop and express right emotion at right time.

Motivation is an essential element in process of cognitive learning. Learning without motivation is almost zero because of which motivation is considered as an essential part in which a child is prepared to respond in situations which are directed towards achievement of certain predetermined objectives. Sports field also implements the same philosophy. In the field of physical education and sports, no athlete can win or exhibit better performance without motivation (M.L. Kamlesh, 1983) ^[4].

In sports and games, psychological factors play an important role in determining level of performance. Motivation is considered as the base for towards success in sports (Taylor 1994). Achievement motivation is a complex construct; which is a learned personality characteristics which can be seen when a person demonstrates one of these types of behavior:

- a. Competes with a standard of excellence focusing on winning or doing better than others
- b. Demonstrate long term involvement in attaining goal.

Several studies are conducted on achievement motivation and its effect on performance. According to studies achievement motivation is most significant predictor of player's performance as it is an innate force which enables an athlete to do more difficult and challenging task.

Atkinson (1964) defined achievement motivation "as the tendency to Endeavour for attaining goal". It is the generalized tendency to choose goal-oriented success or failure activities and strive for success. Specific type of motive is concerned for attaining specific type of goal.

Without optimum desire of success other psychological features and abilities does not provide much influence on performance. Factors like physical preparation, tactics, technique and life style are strongly influenced by achievement motivation.

Achievement motivation is a tendency which makes an athlete prepare and accomplish optimum level of performance for difficult and challenging sports competitive situations.

Methodology

For the purpose of this study, 40 players from Indira Gandhi Institute of Physical Education and Sports Sciences, University of Delhi were randomly selected from the college campus. Sports achievement motivation was selected as the variable of the study.

Sports Achievement Motivation Test developed by Dr. M.L. Kamlesh (1990) was used to measure the achievement motivation of the players which consists of total 20 incomplete statements which were completed by choosing either of the two proposed parts against each statement. In total responses values ranges from 0-40, each statement carries a maximum score of two and minimum of zero. Two points were when subjects ticked high pole part and zero point when he touches low.

On the basis of score analysis norms of SAMT following classification of the scores were as follows:

Table 1: Norms of SAMT Questionnaire

Raw/ mean score	Classification
0-24	Low
24-30	Moderate
30 and above	High

The administration of the test was executed with standardized instructions related to the questionnaire and were also assisted when they were unable to understand statements of questionnaire. No time limit was set to complete the questionnaire. Participating in sports competition with normal institutional curriculum was followed by the subjects. The scores were calculated according to SAMT questionnaire scoring key.

For statistical analysis Mean, Standard Error, Standard deviation, Kurtosis, Skewness, Range, Minimum, Maximum was applied using ms office excel 2010.

Analysis

The statistical analysis of the data reveals the followings which have been shown in Table 2: Statistics of Sports Achievement Motivation.

Table 2: Descriptive Statistics of the collected Data

Mean	23.9
Standard Error	0.856199114
Standard Deviation	5.415078663
Kurtosis	0.603132991
Skewness	0.145353182
Range	26
Minimum	10
Maximum	36
Sum	956
N	40

Table 2: Depicts the mean (23.9), Standard Error (0.85), Standard Deviation (5.41), Kurtosis (0.60), Skewness (0.14), Range (26), Minimum (10), Maximum (36) of sports achievement motivation among players of University of Delhi.

Table 3: Percentages of scores

Range	Classification	Percentage
0-24	Low	62.5%
24-30	Medium	30%
Above 30	High	7.5%

Table 3: Depicts the percentages of the players in low, medium and high classification according to the score range.

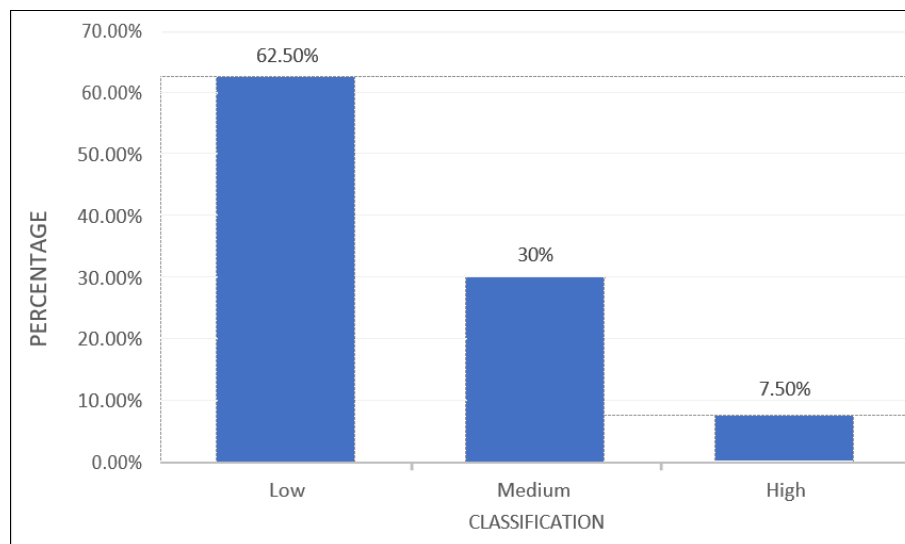


Fig 1: Level of sports achievement motivation score

Figure 1: Graphical presentation of all three level reveals that most of players of University of Delhi lies in low category (62.50%), in medium category (30%) and in high category (7.50%).

Discussion

After analysis of the result of the study we can say that the players of University of Delhi mostly lied in low level of

motivation category and few of them were in medium level of motivation category and very few lied in high level of achievement motivation category. The results of the present study are in line with the result of Khan, Khan, & Ahmad (2010) investigated the level of achievement motivation of Asian players. The results of their study revealed that most of the Asian players (60%) had higher level of achievement motivation.

Conclusions

Recognizing the limitations of the study and on the basis of statistical findings the following conclusion is drawn:

- Majority of players from University of Delhi had low level of achievement motivation level and few had high level of motivation level.
- All the selected subject fall in low level, which is less than 24 score.
- It is also concluded that Achievement motivation ability is essential for higher level sports performance.

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