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The role of achievement motivation in elevating national level Kho-Kho player's performance

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Abstract

This study evaluates The Role of Achievement Motivation in Elevating National Level Kho-Kho Performance. The study was conducted on a purposeful sample of 75 male volunteers. The ages of the people were 18 to 25. The study's premise was that male national level Gamers of Kho-Kho would be very motivated to achieve. According to the study's findings, national male Kho-Kho players have a moderate level of Achievement Motivation. In order to gauge the amount of Achievement Motivation among male national level Kho-Kho players, the study's mean and standard deviation were calculated. A questionnaire Sports Achievement Motivation Test (SAMT) was employed for this purpose. The level of willingness with which a person approaches a competitive scenario in sports is referred to as incentive for accomplishment. This study used a self-evaluation questionnaire as a measure of sports achievement whose overall reaction score is between 0 and 40. According to the male's average score national Kho Kho athletes is 25.10. This falls between 24 and 30 internal, indicating a modest level of motivation for sports performance.

Keywords: Sports achievement motivation, descriptive statistics, level of significance

Introduction

• Motivation

The instillation and enhancement of a learner's interest in the learning activities is the focus of motivation. It piques the interest of a player in playing his preferred game and a student in learning. Motivation is correlated with interest, which is the primary component in learning. According to Crow & Crow, "Motivation is considered with the arousal of interest in learning and so on, is basic to learning."

• Achievement Motivation

Achievement motivation refers to an individual's a strong desire to accomplish, do well in comparison to predetermined criteria, and excel. It is a critical concept in psychology, especially in the fields of educational and organizational psychology. One of the foundational works on achievement motivation is by David McClelland.

• In "The Achieving Society": McClelland discusses the need for achievement (nAch) as a significant motivator that drives individuals to pursue and attain challenging goals. This need for achievement influences various aspects of behavior, including risk-taking, persistence, and the preference for tasks that are moderately difficult.

Atkinson examines how the desire to achieve success and the fear of failure influence individuals' choices and behaviors in achievement-related contexts. His work lays the groundwork for understanding how motivation affects performance and goal-setting.

• Selection of the Subjects

By applying random sampling 75 male players who have represented their respective state in nationals were selected and were taken as the research's subjects. The individuals were between the ages of 18 and 25.

• Selection of Variables

The athletes' drive for accomplishment was gauged using the Sports accomplishment drive Test, created by Kamlesh (1990). The twenty-statement self-evaluation questionnaire that makes up the sports accomplishment motivation test. The responses have values ranging from 0 to 40 overall.

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Every sentence results in two at the most and zero at the least; the subject receives two things for ticking the high pole portion and zero points for touching the low pole.

- The questionnaire with (N=80) has a test-retest reliability of 70, which is considered to be rather excellent. The exam assesses only one thing—the label of athletic achievement—so it is immediately legitimate, but more evidence is needed to support this claim. The author attempted to establish a correlation between it and the real sports accomplishments (scored on a 15-point scale) of a diverse group of players. Sports levels and the validity quotient (0.55) revealed a strong correlation achievement on different samples.
- The following categorization criteria on percent and points have been provided by the author following the conclusion of further research utilizing SAMT.

Average Scores	Categorizing
0-24	Minimal
24-30	Moderate
30 and above	Maximal

The instructions were taken into consideration while processing the data that was gathered from giving the individuals the SAMT. It consisted of 20 total questions and each questions had 2 different answers. The subjects were told to read and select the most appropriate answer.

Reliability Quotient of the Test

S.NO.	Selected Traits	Test	Reliability
1.	Achievement Motivation	0.70 (SAMT)	0.70

Administration of the Questionnaire and Collection of Data

- Before the participants were fully informed of the study's aims prior to the questionnaire being administered. Participants received questionnaires to complete when they had a thorough understanding of the study's goals and the process. Furthermore, the researcher provided clarifications to any participants who encountered any issues completing the questionnaire. Following each player's completion of the questionnaire, the researcher gathered them all back.
- **Statistical Technique Used**
For the purpose of the study mean and SD computed in order evaluate players' motivation for achievement in Kho-Kho. 0.05 was chosen as the additional threshold of significance levels.
- **Findings**
The examination of information for judgement of sports competition anxiety and sports achievement motivation were taken from seventy five (75) National level Male Kho Kho players.
- Statistical findings pertaining to the assessment of national level Kho Kho athletes' motivation for sporting performance are presented below in table no. 1.

Table 1: Descriptive Statistics of Sports Competitive Anxiety

S. No.	Variable	N	Mean	S.D
1.	Sports Achievement Motivation	75	25.10	3.75

Table 1, depicts the National-level Kho-Kho athletes' motivation for sports achievement, the researcher found Mean & Standard Deviation score of Sports Achievement Motivation (25.10±3.75) respectively.

The result shows that, at the 0.05 level of significance, Achievement Motivation had shown a moderate level of Sports Achievement Motivation amongst the male Kho Kho players.

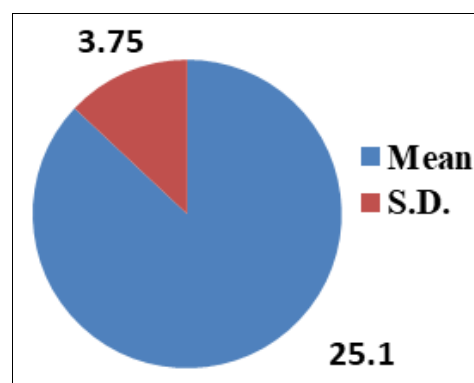


Fig 1: Kho Kho Players Graphical Representation of Mean and Standard of Achievement Motivation

Discussion of Findings

The current study's data was obtained from 75 subjects gathered randomly, collected from National Level Kho-Kho Players. The result utilizing the SAMT Questionnaire, data was gathered.

Motivation for accomplishment in connection to sports situations is the level of openness with which a person will confront a competitive circumstance. A self-evaluation questionnaire was included in this study as a sports accomplishment test whose total response value ranges from 0 to 40. The National Male Kho Kho athletes' average scores are 25.10 as seen in the following chart and falls between 24 and 30 internal. This is defined by a modest drive for athletic performance.

Therefore, it is evident from the mean that was acquired that male national Kho Kho athletes may not be seen to have a very brilliant feature when it comes to achieving drive. Additionally, similar outcomes of few investigator, Yadav *et al.* (2007) [2].

Conclusions

For the purpose of the study (75) Kho Kho players who participated in the Senior Nationals or Junior nationals or All India University were randomly selected as subjects. The factors chosen for this investigation were athletics achievement motivation and an anxiety test related to sporting competitions.

Finding of the study reveals that the sports achievement motivation amongst the male Kho Kho players was found to be moderate.

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