

## A STUDY ON SPORTS ACHIEVEMENT MOTIVATION AMONG STATE LEVEL KHO-KHO PLAYERS

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### ABSTRACT

*The purpose of the present study was to find out the relation between sports Achievement Motivation and actual competition achievement among difference state level kho-kho players. Seventy-two (N=72) State level kho-kho players from six Districts in NORTH ZONE were selected as the subject of the present studies. Their age ranged between 19 to 25 years. All the subjects possessed sound physique because subjects were kho-kho players. All the players undergoing participation in State level kho-kho tournament throughout the year. Their general health condition was good. In the present study, the criterion measure was only six state level kho-kho teams have been selected as the subjects of the north zone state kho-kho tournament.*

**Key words** – sports Achievement Motivation, Actual sports competition achievement, Kho- Kho.

### INTRODUCTION:

Nothing has engaged the attention of the physical educationist, who ever specialized in the field of physical education to a greater extent than the attempt of the sports psychologists to analyze the high mental process, sports behavior and performance of athletes. In fact athletic performance is not an unidimensional, but it is a multidimensional activity, involving number of phases. Athletic performance is also influenced by different psychological factors among which achievement motivation plays vital role. In the words of Mc Clelland, “achievement motivation is the success in competition with some definite standard of excellence”. According to Taylor “achievement motivation is a combination of forces which initiates, direct and sustain behavior towards a scholarly goal”. Thus achievement motivation may be characterized as the tendency to maintain and increase individual proficiency in all areas in which standard or quality is taken as binding. A few or quality distinct characteristics of persons who possess achievement motivation are self confident, sets challenging goals which require maximum effort, makes more accurate and long term plans, time conscious and secures from striving for challenging goals of excellence. The first major systematic work on measuring achievement motivation was done by Mc Clelland and his associates during 1948.

Watson (1982) states that in sports, achievement motivation is the degree to which a player is willing to approach competition situation. Lazarekic and Bacanac (1985) showed that sports motive achievement significantly correlated with emotional engagement in sports achievement situations. In the present study sports achievement motivation was measured by M. L. Kamlesh (1987).

#### PURPOSE OF THE STUDY:

1. To measure the sports Achievement Motivation level of the players participating in the State level Kho-Kho tournament.
2. To measure the Sports Achievement Motivation difference among the different State level kho kho players.
3. To observe relationship between the sports Achievement Motivation and Actual Performance in State level Kho-Kho tournament.

#### METHODOLOGY:

**THE SUBJECT:** Seventy-two (N=72) State level kho-kho players from six Districts (Darjeeling District, Jalpaiguri District, Cooch Behar District, North Dinajpur District, South Dinajpur District, and Malda District) in NORTH ZONE were selected as the subject of the present studies. Their age ranged between 19 to 25 years. All the subjects possessed sound physique because subjects were kho-kho players. Male adolescent boy's subjects were healthy and had been undergoing participation in State level kho-kho tournament throughout the year. Their general health condition was good.

**TOOLS USED:** A closed type standardized questionnaire (English version) by Dr. M.L. Kamlesh was used, consisting of twenty (20) questions having two possible answers for each question.

#### TEST ADMINISTRATION:

**Required Facilities and Equipment–Questionnaire of SAMT :** Sports Achievement Motivation Test (SAMT) of Kamlesh (1987) is a questionnaire of 20 statements, the response value of which ranges from 0 to 40. On the basis of the percentile norms suggested in the test,

subjects scoring below 24 could be characterized low in sports achievement motivation, those scoring 30 and below but above 24 as moderate and those scoring above 30 as highly motivated.

**Procedure:** The subjects were asked to take sit in the playground and questionnaires were served. Before starting the test, the purpose and direction of the test was clearly explained to them. They were directed to tick mark 'a' or 'b' which they found appropriate against each of the 20 incomplete statements. There was no time limit for the test.

**Scoring:** Each correct answer carries 2 marks and wrong answer carries 0 marks. Thus one may score for 20 statements in between 0 to 40. For statistical analysis this score was converted to standard score.

#### ANALYSIS OF THE DATA:

**Standard analytical procedure was used for analyzing the score.**

- 1) The mean was calculated as a measure of central tendency by using the formula :

$$\bar{X} = \frac{\sum X}{N}$$

- 2) The standard deviation was calculated as the measure of variability. The formula used for this was

$$\text{Standard deviation } (\sigma) = \sqrt{\frac{\sum (X - \bar{X})^2}{N}},$$

Where  $\sigma$  denoted the standard deviation,  $\sum (X - \bar{X})^2$  denoted the total of square of the deviation and N denoted the number of scores. All the score was converted to standard score.

#### RESULT AND DISCUSSION:

The data collected on Sports Achievement Motivation Test (SAMT) according to the procedure mentioned earlier were presented tabular form.

**Table 1 Mean and standard Deviation values of various levels of Sports Achievement Motivation scoring of the subject.**

Group	No. of Subject Male	Mean	SD	%
Low Sports Achievement Motivation (Score below 24)	12	17.33	4.92	16.67
Moderate Sports Achievement Motivation (Score range from 24 to 30)	46	26.26	1.85	63.89
High Sports Achievement Motivations (Score more than 30)	14	33.57	1.15	19.44

From table 1, it appears that out of State level kho-kho players 12 were in Low Sports Achievement Motivation group with a mean value of 17.33 and 46 were in Moderate Sports Achievement Motivation group with a mean value of 26.26 and the rest 14 players were in high Sports Achievement Motivation group and the mean value of the group was 33.57.

So from the above discussion, we find that more or less 64% of the players were in moderate Sports Achievement Motivation group.

**Table 2. Distribution of Kho-Kho players in Sports Achievement Motivation Test (SAMT) scoring by each specific District.**

Name of the State	No. of Player	Low Sports Achievement Motivation (Score below 24)	Moderate Sports Achievement Motivation (Score range from 24 to 30)	High Sports Achievement Motivations (Score more than 30)
UTTAR DINAJPUR DISTRICT	12	4	8	0
SOUTH DINAJPUR DISTRICT	12	3	9	0
MALDA DISTRICT	12	2	9	1
JALPAIGURI DISTRICT	12	0	12	0
COOCH BEHER DISTRICT	12	2	4	6
DARJEELING DISTRICT	12	1	4	7

1. From Uttar Dinajpur District out of 12 players only 4 players were in low Sports Achievement Motivation Test group (SAMT) and 8 were in moderate SAMT group and there was no high motive.
2. In case of South Dinajpur District, there were only 3 players for low SAMT group and 9 for moderate SAMT group.
3. However in case of Malda District 2, 9 and 1 players were in low moderate and high SAMT group respectively.
4. Similarly in Jalpaiguri District all of 12 players were in moderate SAMT group.
5. In Cooch Behar District, out of 12 players 2 and 4 were in low and moderate SAMT group respectively, but 6 players were in high SAMT group.
6. Finally, in case of Darjeeling District out of 12 players, 1, 4 and 7 players were low, moderate and high SAMT group respectively.

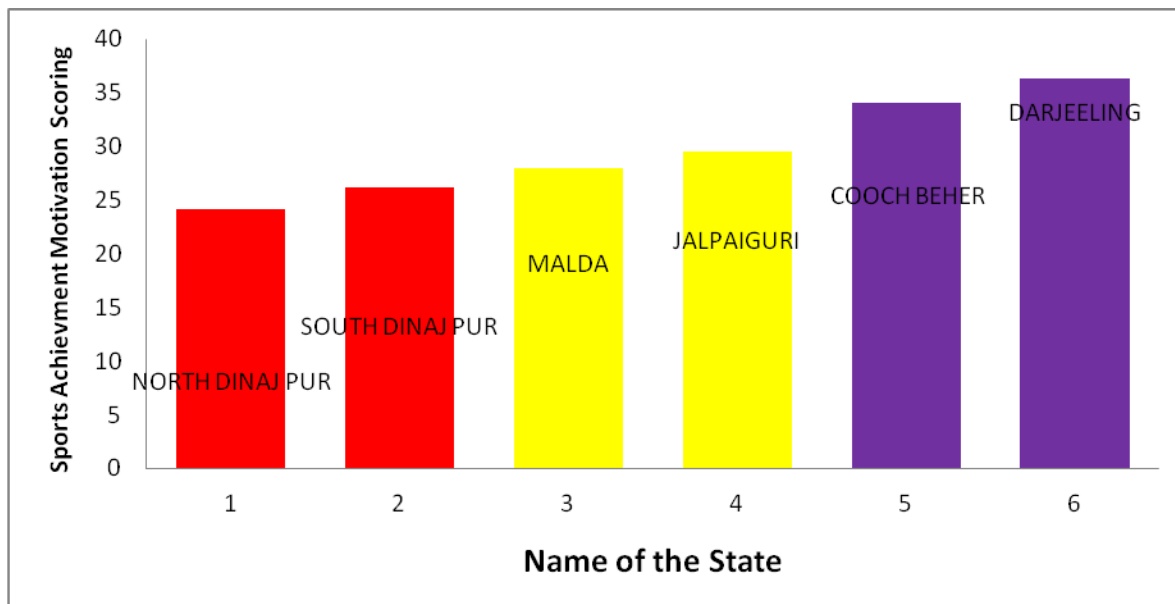
**Table 3. Mean and S.D of Sports Achievement Motivation Scoring among six State level kho- kho players.**

Name of the State	NO. of Players	Mean	S.D
UTTAR DINAJPUR DISTRICT	12	23.17	5.94
SOUTH DINAJPUR DISTRICT	12	24.17	4.38
MALDA DISTRICT	12	25.00	6.35
JALPAIGURI DISTRICT	12	25.50	1.24
COOCH BEHER DISTRICT	12	29.00	5.93
DARJEELING DISTRICT	12	30.33	4.41

It appeared from the table-3 and fig No.1 the Mean and S. D. of Uttar Dinajpur District players was  $23.17 \pm 5.94$ , for South Dinajpur District players was  $24.17 \pm 4.38$ , for Malda District players was  $25.00 \pm 6.35$ , and Jalpaiguri District players was  $25.50 \pm 1.24$  respectively.

In case of Cooch Behar District players the Mean and S. D. was  $29.00 \pm 5.93$  while in Darjeeling District players was  $30.33 \pm 4.41$  respectively. It was observed from the mean value of Darjeeling District players was better than the other five districts kho-kho players.

**Fig No.1 Graphical Representation of Sports Achievement Motivation of Different University Level Kho-Kho Players.**



## CONCLUSION:

1. Approximately 17% of total State level Kho-Kho players had low Sports Achievement Motivation, 64% had moderate level Sports Achievement Motivation and 19% had high Sports Achievement Motivation.
2. There was a relation between Sports Achievement Motivation and actual sports competition achievement.

3. Sports Achievement may play a vital role for high level of performance.

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