

## A STUDY OF RELATIONSHIP BETWEEN PHYSICAL PERFORMANCE AND MOTIVATION IN ATHLETES OF PUNJAB

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### ABSTRACT

*The purpose of the study was to determine the relationship between physical performance and motivation in athletes of Punjab. Total 300 subjects were selected from six districts of Punjab namely Amritsar (50), Patiala (50), Hoshiarpur (50), Bhatinda (50), Jalandhar (50) and Sangrur (50). Athletes' participating in only 100, 400 and 1500 metres races and 110 metres hurdle race were included as subjects. Rao's achievement Motivation Test was used to measure achievement motivation. Performance was noted against the time taken by the athletes to cover a particular distance in college competitions only. The t-test was applied to determine the significance of differences between the criterion groups for their mean scores on achievement motivation. The coefficients of correlation were computed to determine the relationship of subject's performance in different track events with their achievement motivation.*

**KEY WORDS:** - Performance, athletes, motivation, relationship

### INTRODUCTION:

Sports, probably, are one such activity which gets identified with the best, colorful and magnificent in man. Be it Greek, Roman or ancient Indian civilizations, men who attain remarkable physical prowess have great recognition from their follow men. Apart from the social recognition, physical activity adds in man great qualities of head and heart. This is why sports activities in one form or another, have existed in almost every society. Today sport has many facets. It is an organized and institutionalized form of activity, a tool of competition, big show fair, industry, recreation and therapy, etcetera. More than ever before modern psychology and contemporary education consider sports to be very important dimension of man's life. The scientific curiosity, as well as general interest has made sports, sportsmen and competitions very important for analysis and understanding. Achievement Motivation can be defined as an individual's need to meet realistic goals, receive feedback and experience a sense of accomplishment. Achievement motivation here refers to "sense of achievement and excellence."

One of the most intriguing problems persistently faced by psychologists and educationists is to account for motivational or dynamic properties of behavior and their effect on achievement. To this end, a variety of theoretical formulations have been proposed. They differ widely with respect to purpose, nature of variables and level of analysis. For instance, on one extreme we find psychoanalytic theory which is mostly concerned with unconscious and personal processes and focuses at explaining human behaviour through non-empirical and theoretical constructs, while the other extreme is occupied by behaviorist model which have empirical base and consist of hypothetical constructs and intervening variables. Motivational psychologists study what moves people to act and why people think and do what they do (Pintrich, 2003; Weiner, 1992). Motivation energizes and directs actions, and so it has great relevance to many important developmental outcomes. Achievement motivation refers more specifically to motivation relevant to performance on tasks in which standards of excellence are operative. Fundamentally, motivational theorists and researchers work to understand the motivational predictors of choice, persistence, and effort (Eccles, Wigfield, & Schiefele, 1998; Wigfield, Eccles, Schiefele, Roeser, & Davis-Kean, 2006). Recently, Kirkcaldy (2008) a personality theorist working mainly within the clearly person logical Eysenckian approach states that performance jags in competitions occurring as a function of gradual arousal changes are due to need for higher success. A similar observation was made by Michael (1985) who pointed out that in a competitive environment, performance jags or changes which are generally accompanied by considerable alteration in the emotional state of the athlete are due to his desire to win.

## OBJECTIVE

The objective of the study was to determine the relationship between physical performance and motivation in athletes of Punjab.

## HYPOTHESIS

There will be positive relationship between Achievement motivation and track events.

## METHODOLOGY

The purpose of the study was to determine the relationship between physical performance and motivation in athletes of Punjab. 300 male adults participated in this study.

## TOOLS

Rao's achievement Motivation Test was used to measure achievement motivation. Performance was noted against the time taken by the athletes to cover a particular distance in college competitions only. The t-test was applied to determine the significance of differences between the criterion groups for their mean scores on achievement motivation. The coefficients of correlation were computed to determine the relationship of subject's performance in different track events with their achievement motivation.

## PROCEDURE OF TEST:-

Rao's Achievement Motivation Test provides a simple and objective measure of achievement motivation of students. It consists of 20 incomplete sentences, each of which is followed by two possible alternatives A and B. Though both the alternatives are achievement-oriented and socially acceptable, yet one of them implies a higher sense of achievement and excellence. The student has to indicate the alternative he generally prefers.

The test may be administered to a group or an individual. It is suitable for use with both sexes. There is no time limit but the group test takes about 8-10 minutes for its completion.

The author of the test claims that though the test is standardized on the sample of Madhya Pradesh, the nature of the items is such that the test can be used in any part of the country on a similar sample. The total score on the test provides a clue to the parents and teachers for providing suitable opportunities for higher achievement of students. The test may be

used by the counselors for diagnostic purposes. It may also be used as a tool for further research.

**STATISTICAL ANALYSIS** The t-test was used to determine the significance of differences between the extreme groups for their mean scores on achievement motivation. The coefficients of correlation were computed to determine the relationship of subject's performance in different track events with their achievement motivation.

**RESULT:** The results have been presented in table no.-1.

Table-1  
Relevant Data for Identifying High and Low Performance Groups in Different Track Events

Track Event	Mean	SD	N	Performance	Score
				High Group	Low Group
100 meters race	489.50	67.40	75	506.55 and above (N=28)	472.85 and below (N=32)
400 meters	543.97	39.80	75	553.92 and above (N=34)	534.02 and below (N=39)
1500 meters	747.50	48.00	75	759.50 and above (N=34)	735.50 and below (N=32)
110 meters hurdle race	497.30	63.80	75	513.24 and above (N=31)	481.36 and below (N=30)

Table-2

The Coefficients of Correlation between Achievement Motivation Scores and Performance Scores in Track Events

Parameter	Track Event			
	100 Metres Race (N=75)	400 Metres Race (N=75)	1500 Metres Race (N=75)	110 Metres Hurdle Race (N=75)
Achievement Motivation	.3188*	.215*	.280*	.288*

\* Significance at <.05 level of confidence.

Table-3

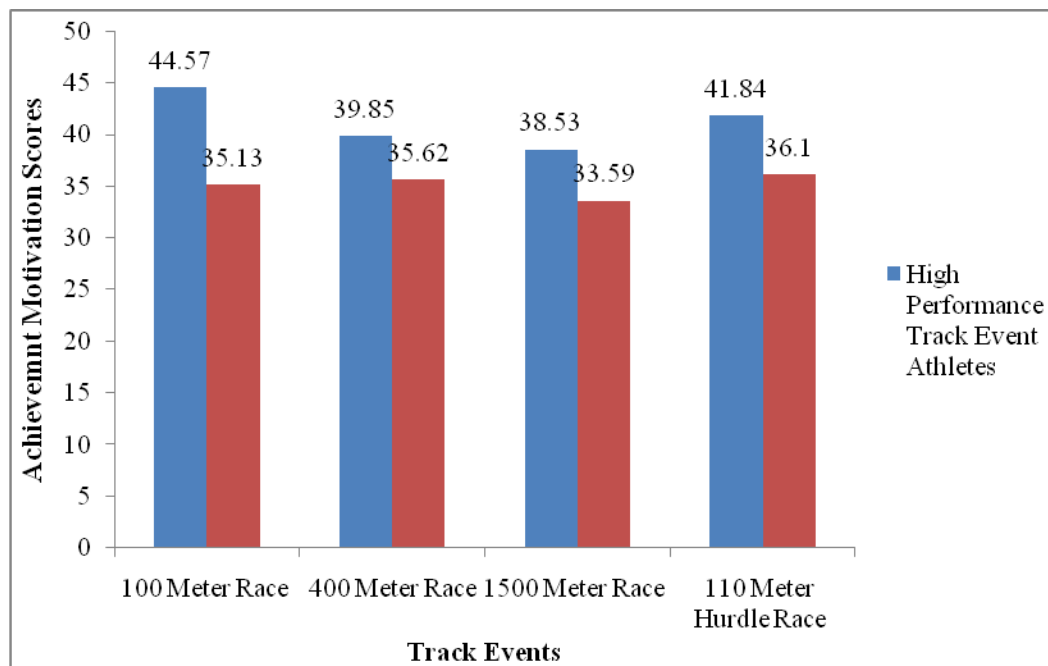
Comparison of High and Low Performers in Track Events on Rao's Achievement Motivation Test

Track Event	High Performers				Low Performers					
	Mean	SD	SE	N	Mean	SD	SE	N	t	Df
100 meters race	44.57	9.15	1.73	28	35.13	9.50	1.58	32	3.92*	58
400 meters race	39.85	7.30	1.79	34	35.62	8.39	1.34	39	2.30*	71
1500 meters race	38.53	7.99	1.36	34	33.59	9.82	1.37	32	3.00*	64
110 meters hurdle race	41.84	8.33	1.67	31	36.10	8.92	1.63	30	2.45*	59

\*Significance at <.05 level of confidence

FIGURE-1

Comparison of High and Low Performers in Track Events on Rao's Achievement Motivation Test



## DISCUSSION & FINDINGS

The purpose of the study was to determine the relationship between physical performance and motivation in athletes of Punjab. Total 300 subjects were selected from six districts of Punjab. Athletes' participating in only 100, 400 and 1500 meters races and 110 meters hurdle race were included as subjects. Rao's achievement Motivation Test was used to measure achievement motivation. Performance was noted against the time taken by the athletes to cover a particular distance in college competitions only. The t-test was applied to determine the significance of differences between the criterion groups for their mean scores on achievement motivation. The coefficients of correlation were computed to determine the relationship of subject's performance in different track events with their achievement motivation. The cutoff point in terms of performance scores for high groups

in respect of 100, 400 and 1500 meters races and 110 meters hurdle race were 506.55, 553.92, 759.50 and 513.24 respectively. In the case of low groups, these were 472.85, 534.02, 735.50 and 481.36 respectively. The results in Table -2 depict that all the coefficients of correlation between achievements motivation and the criterion variable are positive and statistically significant  $p$  being  $<.05$  in each case. The results clearly indicate that the relationship between the track performance of different types of athletes and their achievement motivation is positive and significant. It implies that athletes with high performance, obtained high scores at the achievement motivation measures and those with low performance had low scores at the test. No significant differences have been observed in the achievement motivation of various categories of athletes. This shows that irrespective of the distances involved, all types of racers have the same level of drive or urge to achieve. Perhaps, their entry into competition itself sets in them an urge for winning or showing excellence, and this urge is informally of the same level in all types of racers.

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