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INDEX

Sr. No.	Title of Research Paper	Author(s)	Page No.
1	A Study Of Eugene O'neill's Female Psyche in "The Iceman Cometh"	Dr. Sudam Shankar	1-5
2	Traveling Solitary Waves - Burgers-Korteweg-De Vries Equation	Mahesh K. Kulkarni, Dr. Kamal Kumar Jain	6-20
3	Transversely Identical Thick-Walled Rotating Cylinder-Creep Transition	Premdas M. Rathod	21-32
4	Effect of Motivation Technique and Socio Economic on the Performance of Sportsmen	Dr. Sk.Md. A.M.K. Jagirdar, Rahul N. Vidate	33-36
5	महात्मा गांधी राष्ट्रीय ग्रामीण रोजगार हमी योजनेचे विश्लेषण	डॉ. प्रभाकर यु. आठवले	37-39
6	डॉ. बाबासाहेब आंबेडकरांची राजकीय कार्ये : एक अध्ययन	व्यंकट इरवंतराव पाटील	40-49
7	महाराष्ट्रातील पक्षीय राजकारणाची वाटचाल : एक अभ्यास	सी. एन. मावची, जे. व्ही. पाडवी	50-59
8	महिलांच्या सबलीकरणामध्ये डॉ. बाबासाहेब आंबेडकरांचे योगदान	डॉ. बळीराम पी. अवचार	60-63

EFFECT OF MOTIVATION TECHNIQUE AND SOCIO ECONOMIC ON THE PERFORMANCE OF SPORTSMEN

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ABSTRACT

The major objective of the present study has been to access the influence of motivation technique on the performance of sportsman. The study also on compasses the effect of SES, self confidence and locus of control on sports performance. For the purpose, five motivation technique reward (RD), goal setting. Recognition (RE) presence of others (PO) and Punishment (PUN) are used to assess their influence on the performance of sportsman in the five motor abilities speed, endurance flexibility, agility and strength.

Introduction :

Motivation is a core element of human behavior which occupies a central position on the analysis of the dynamics of human society. Motivation is a mental event which determines the course of action. Motivation is used to consider any inner condition of the organism that initiates or directs it's behavior towards a goal.

Socio economic status (SES) is one of the key factors which has been studied

extensively in behavioral sciences research. It has been observed that SES as an independent variable has a greater impact on dependent variable performance of an individual.

Methodology :

There would be significant impact of motivational techniques on performance of sportsmen. There would be influence of SES on motor abilities on sample sub groups. There would be influence of self confidence on the sports performance. There would be impact of locus of control on performance of sportsmen. There will be sex differences in the performances of sports persons.

Table -1 Distribution of sample

Sex	SES		Total
	High	Low	
Men	50	50	100
Women	50	50	100
Total	100	100	200

Analysis of Data :

Table - 2 Showing mean, SD and t-value of motor ability tests speed in different motivational techniques: pre and post test (N=200)

Variable	Pre Test	Post test scores for difference motivation technique						t-value for pre and post tests					
		RD	GS	RE	PO	PUN	RD	GS	RE	PO	PUN		
HSES	M	12.48	9.42	9.18	9.09	9.42	9.54	11.63	13.00	12.60 *	11.43	10.11	
	SD	1.79	1.91	1.78	1.99	1.97	2.27						
LSES	M	11.27	9.04	8.64	8.72	8.84	8.91	8.42	10.52	10.07	9.80	9.41	
	SD	1.64	2.06	1.87	1.91	1.84	1.88						
H-SC	M	11.45	8.94	8.72	8.73	8.91	8.97	8.92	9.63	9.60*8	9.05	8.84	
	SD	1.94	2.00	2.03	2.03	1.99	1.99						
L-SC	M	12.31	9.52	9.10	9.08	9.36	9.49	11.12	14.15	13.28	12.13	10.41	
	SD	1.57	1.94	1.62	1.84	1.84	2.19						
I-LOC	M	11.43	9.00	8.69	8.70	8.96	8.97	8.99	10.44	10.10	9.21	8.74	
	SD	1.84	1.96	1.85	1.96	1.93	2.11						
E-LOC	M	12.32	9.46	9.13	9.12	9.31	9.48	10.86	12.77	12.41	11.74	10.57	
	SD	1.69	2.00	1.82	1.93	1.91	2.07						
Male	M	10.35	7.39	7.27	7.17	7.46	7.47	23.07	21.99	23.50	22.10	22.34	
	SD	1.01	0.78	0.96	0.89	0.82	0.79						
Female	M	13.40	11.07	10.55	10.64	10.80	10.97	19.64	24.03	20.98	18.17	14.01	
	SD	0.95	0.70	0.70	0.90	1.06	1.44						

* Significant at 0.05 level

** Significant at 0.01 level

Hence the performance of sportsman on speed is found to have excelled in motivated settings. The motivations like reward, recognition, goal setting, presence of others and punishment are all emerged as strong reinforces of performance. The sports performance, in addition to other variables like SES, self confidence, locus of control, sex etc., is largely influenced and accelerated by the motivational factors.

Conclusions :

1. There is a significant difference in the performance of sportsmen between pretest and post test conditions.
2. The respondent's performance was increased in speed when the motivational techniques like reward, goal setting, recognition, present of others and punishment were employed.
3. There is significant difference in the performance of sportsmen in two level of SES : Low SES group exhibited significant increase in the performance.
4. There are significant sex differences in sports performance male players have on edge over female players.

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