

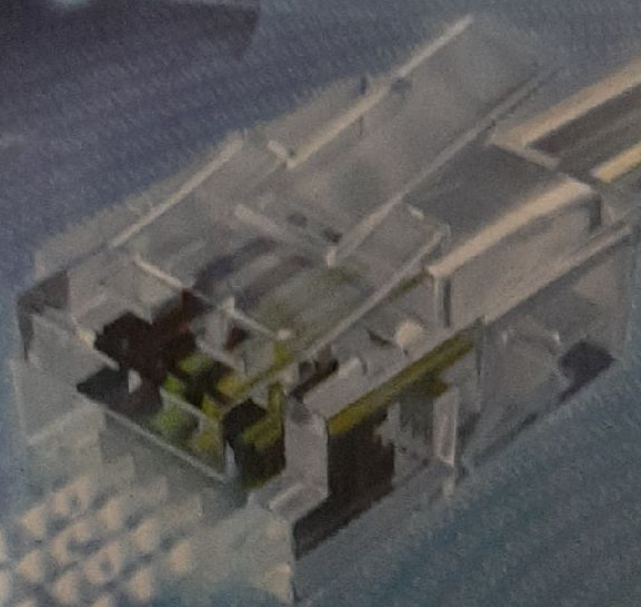
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Physical Education

A Study on Sports Achievement Motivation of Different Level Runners, Throwers and Jumpers

Prof. Ravi Machale, Dr. SK. Md. Attaullah M.K. (Jagirdar)***

Abstract

The poor performance of Indian track-and-field athletes at the International level has been a cause of great concern, especially to the coaches, physical educationists and sports scientists. Critical mean difference of mean Sports Achievement motivation of all India level jumpers are significantly greater than mean sports achievement motivation of inter-collegiate level jumpers and university level jumpers, further the mean sports Achievement motivation of inter - collegiate jumpers is significantly greater than the mean sports Achievement Motivation of university level jumpers.

Key Words: Sports Achievement Motivation, Runners, Throwers and Jumpers

Introduction

Efforts have been made to improve the standard of our sportsmen for long, but little success has been achieved so far. It is important to note that in contemporary India the choice of sports is determined by the child's interest, facilities available and popularity of the sports in that particular society, but it is immaterial whether, his body structure is fulfilling the mechanical requirements of the game or not. If he chooses a wrong activity for which his body structure is not suited a limit is set beyond which, his performance cannot be improved, and however, hard he and his coach may try.*

However as man develops from birth to maturity some of the most observable changes in his body are those of his physical characteristics - his height, weight, shape and proportions. The patterns of growth of these characteristics result from the interaction of both inborn (genetic) and environmental factors, which are responsible for the performance of a sportsman. The physique and body composition including size, shape and form are known to play a

significant role on the performance of an athlete. The performance of a sportsman in any game is also dependent on his suppleness, skill, training and motivation and on various other factor of physiological and bio-chemical nature. Age, sex and physical growth have also been noticed to influence a person's capacity for physical activity.

Sport psychology as an applied psychology is considered as the greatest boon of the modern day sports. In a very short time, sports psychology has completed long steps. The knowledge which we have in all the field of human hard working sector, especially of behaviour has increased to such a level that we find ourselves helpless in order to discuss one's character of behaviour with out giving the reference of others. Singer has rightly remarked that "sports psychology explores one's behaviour in athletics". At present, in the sports, the psychological aspects are getting more and more importance and getting the most important place in the study of psychological characteristics of time limit of performance of an individual in a high level of competition.

*Navgan College, Parli Vejnath, Dist. Beed, (M.S)

** H.O.D. Physical Education, Milliya Arts & Science College, Beed (M.S.)

We consider of psychological area in physical education and sport with motor performance, motor learning and motor acquisition. We have a clear large swing toward a lesser, more phenomenological approach to the psychology of physical activity and sport and it is shown by an increasing interest in the behaviour of the participant in comparison of his performance. So, if we make a behavioural analysis of the psychology of the sport, we find in general terms that psychological, social and emotional aspect of an individual are in a context of physical activity and athletics.

The general term achievement motivation and achievement in all fields is used to cover. When an individual shown by the degree of competition which means learning towards individuality inspiration competitiveness. Achievement links sport-specific achievement motivation, led psychologists to focus on the game. This failure (less NAF) associated with the need to avoid the low (high Nach) a high need to achieve: The main focus which an individual achievement motivation that determines the extent to which he get success. Two personality traits are to get motivated. With these characteristics, the desire to succeed far outweighs the fear of failure. These artists are high in achievement motivation and failure (high NAF) the need to avoid is associated with a high (lowNach) needed to achieve low to high achievers. With these characteristics so far outweighs the desire for success is the fear of failure. These artists are low in achievement motivation and are referred to as low achievers.

Achievement motivation can be examined in terms of achievement behavior in competitive sport (Gill, 1993, 2000; Gill & Deeter, 1988; Gill & Dzewaltowski, 1988). Using the theoretical underpinnings advanced by Spence and Helmreich (1978) and Helmreich and Spence (1983), achievement motivation has been conceptualized as multidimensional, with mastery, work, and

competitiveness dimensions. This implies that some people approach achievement situations with the desire to strive for excellence, others emphasize competition, and still others desire to outperform other people (Gill & Williams, 2008). According to Gill and Williams (2008), achievement behavior is central to sport and exercise endeavors, and understanding individual differences in motivation orientation is a key to understanding achievement. Achievement behavior, and specifically competitive achievement behavior, is one of the most prominent features of sports and exercise activities (Gill & Deeter, 1988). However, many explanations for individual differences in achievement behavior exist. Some emphasize personality and others stress perceptions and interpretations, but nearly all stem from the classic work of Atkinson (1964) and Atkinson (1974).

According to Atkinson (1964) and Atkinson (1974), the tendency to approach success is a function of the person's motive to approach success as well as the situational factors. High achievers are most likely to strive to achieve when their motive for success is high and there is a 50% chance of success, which would make the victory the most rewarding. People with a strong motive to avoid failure tend to avoid these situations. When forced into an achievement situation, a low achiever will choose either very easy or very difficult tasks (Gill & Williams, 2008; Weiss & Chaumeton, 1992). Competitiveness reflects enjoyment of competition and desire to strive for success in competitive situations. Achievement or success of a defect with achievement motivation theory can be interpreted in many ways some artists, for example, a long jump athlete to win an events a victory over others as a success. These people are called ego goal orientation. Believe that the ability of those with ego orientation and the Criteria for success against others. For example, a second long jump ego goal orientation can see success as an athlete, it

also improves the functions based on individual 'product' goal is to judge other artists Achievement of a better performance. These people are called to task orientation. Task orientation 'performance' or 'process' goals can be achieved through Achievement motivation that the two personality traits: (High Nach) need it to achieve a high failure (less NAF) and is associated with less need to avoid. With these characteristics, the desire to succeed far outweighs the fear of failure. These artists are high in achievement Motivation and referred to as the high achievers. (Low Nach) also failure to obtain required two short (high NAF) and is associated with a high need for escape. Desire for success far outweighs these characteristics fear of failure. These artists are low in achievement Motivation and referred to as the low achievers

Harwood, et al., (2003), studied imagery use in elite youth sport participants: Reinforcing the applied significance of achievement goal theory, the findings of the study concluded that role of achievement motivation in influencing young athlete's behavioural investments in mental strategies.

TOOL OF THE STUDY

Sports Achievement Motivation Test

Achievement motivation is pre-deposition to approach of avoid a competitive situation. The sport achievement motivation test developed by M.L. Kamlesh (1990) is self evaluation questionnaires of twenty statements responsive value of which extend from 0 – 40 in total statement carries a maximum score of two and minimum score of zero when the subject tick the high place. He has given 2 points and when he touched the low placed he earned zero. After conducting further studies by using SAMT the author has given the following classification criteria based on percent and point.

Row/Mean

- 0-24
- 24-30
- 30 above

Classification

- Low
- Moderate
- High

The treatment of a data obtained from the administration of SMAT. The subject will do in the light of instructions contained in the test.

STATISTICAL PROCEDURE

Reiterating the objective of the study, we have to point out that we intend to investigate the psychological and physiological variables of different level athletes of India. Thus we shall

A general achievement motivation is widely recognized as a capacity to experience pride in accomplishment or a disposition to strive for success across varied achievement situations and standards (Atkinson, 1964, Atkinson 1974). Thus, another important component of achievement in the physical domain involves competition.

Thus purpose of the study is to find out the sports achievement motivation among different level runners throwers and jumpers of India.

SELECTION OF SUBJECTS

For purpose of this study Three hundred fifteen subjects (105 each for Jumps, Throw and Run) for the study will be randomly selected from the Inter College, University and All India Intervarsity Athletic tournaments. Most of the subjects came from different parts of India and were of different Socio-economic status. Before filing the questionnaire of different Psychological variables and conducted physiological tests, the research scholar will make meetings with the subject, coaches and managers of the teams. The age was limited from 18 to 25 years.

use analysis of variance to found out the significant difference among the three types of athletes. Where the difference will significant, we will use L.S.D. test to analyses, which groups mean is greater than other. The differences in various variables of performance of different level male athletes of India will be tested at 0.05 level of Significance.

Analysis of Data

Table - 1
Analysis of variance of sports achievement motivation of different level runners

Source of variance	DF	SS	MSS	F-value
TREATMENT	2	1009.676	504.8381	70.13823*
ERROR	102	734.1714	7.197759	

*Significant at .05 level

[Tab. Value .05 (2,102) = 3.07]

Since calculated F value is greater than tabulated F value, we are able to conclude that there is significant difference in the mean Sports Achievement motivation of All India level, University Level and inter-collegiate level runners. To further find out which group's mean sports achievement motivation is greater than the other, pair wise means analysis is done through LSD test.

Table - 2

Least significant difference Test of mean sports achievement motivation of different level runners shown through Critical mean difference of sports achievement motivation of different level runners is presented below.

Critical mean difference of sports achievement motivation of different level runners, Treatment means arranged in order of magnitude

All India level	Inter collegiate level	University level	Mean difference	C.D.Mean
33.08571	26.68571		6.4*	1.06332
33.08571		26.34286	6.742857*	
	26.68571	26.34286	0.342857	

*Significantly at 0.5 level

Critical mean difference of mean Sports Achievement motivation of all India level runners are significantly greater than mean Sports achievement motivation of inter-collegiate level runners and university level runners, further the mean sports achievement motivation of inter-collegiate runners is significantly greater than the mean sports achievement motivation of university level runners.

Figure - 1

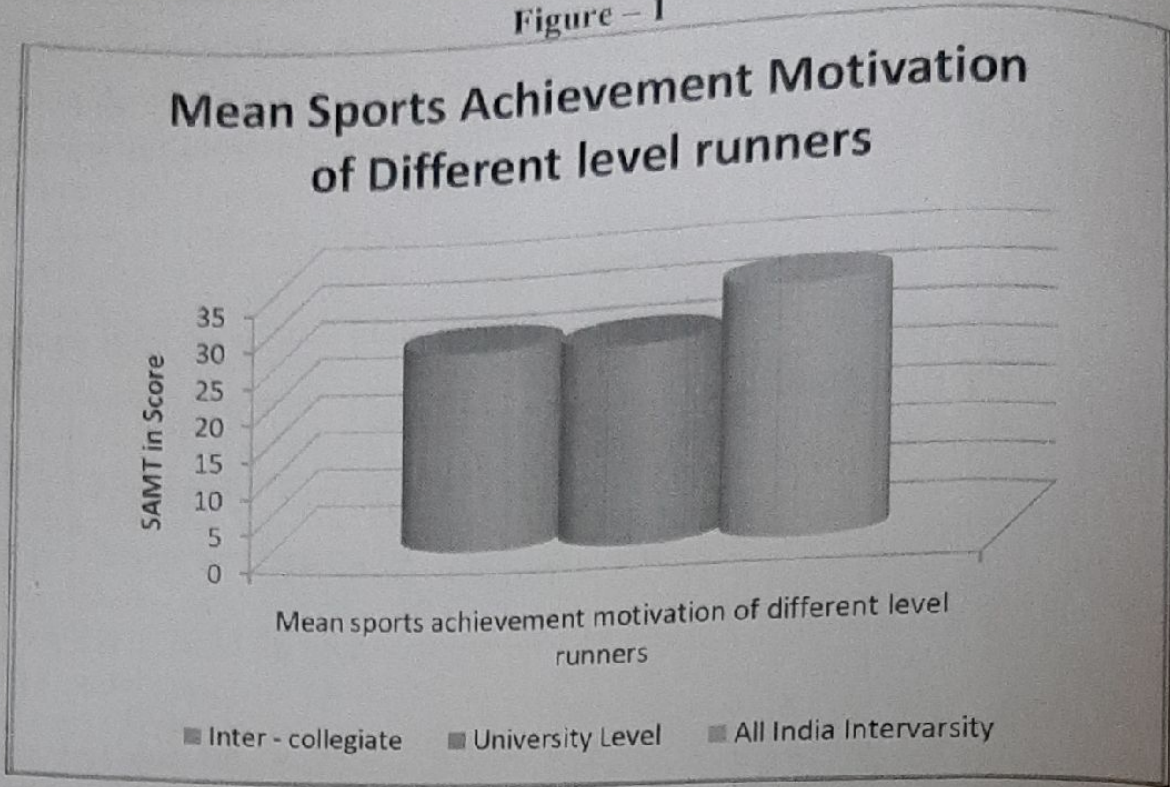


Figure - 1: Shows the mean sports Achievement motivation of All India Intersvarsity, Inter-collegiate and University level runners.

Table - 3

Analysis of variance of Sports achievement motivation of different level throwers

Source of Variance	DF	SS	MSS	F-value
TREATMENT	2	443.7333	221.8667	19.778*
ERROR	102	1144.229	11.21793	

*Significant at .05 level
 [Tab. value .05 (2,102) = 3.07]

Since calculated F value is greater than tabulated F value, we are able to conclude that there is significant difference in the mean Sports achievement motivation of All India level, University Level and inter-collegiate level throwers. To further find out which group's mean sports achievement motivation is greater than the other, pair wise means analysis is done through LSD test.

Table - 4

Least significant difference Test of mean sports achievement motivation of different level throwers shown through Critical mean difference of sports achievement motivation of different level throwers is presented below.

Critical mean difference of sports achievement motivation of different level throwers, Treatment means arranged in order of magnitude

Inter-collegiate level	All India level	University level	Mean difference	C.D. Mean
31.02857	30.57143		0.457143	1.327461
31.02857		26.45714	4.571429*	
	30.57143	26.45714	4.114286*	

*Significantly at 0.5 level

Critical mean difference of mean Sports achievement motivation of inter collegiate level throwers and university level throwers, further the mean sports achievement motivation of all India level throwers is significantly greater than the mean sports achievement motivation of university level throwers.

Figure - 2

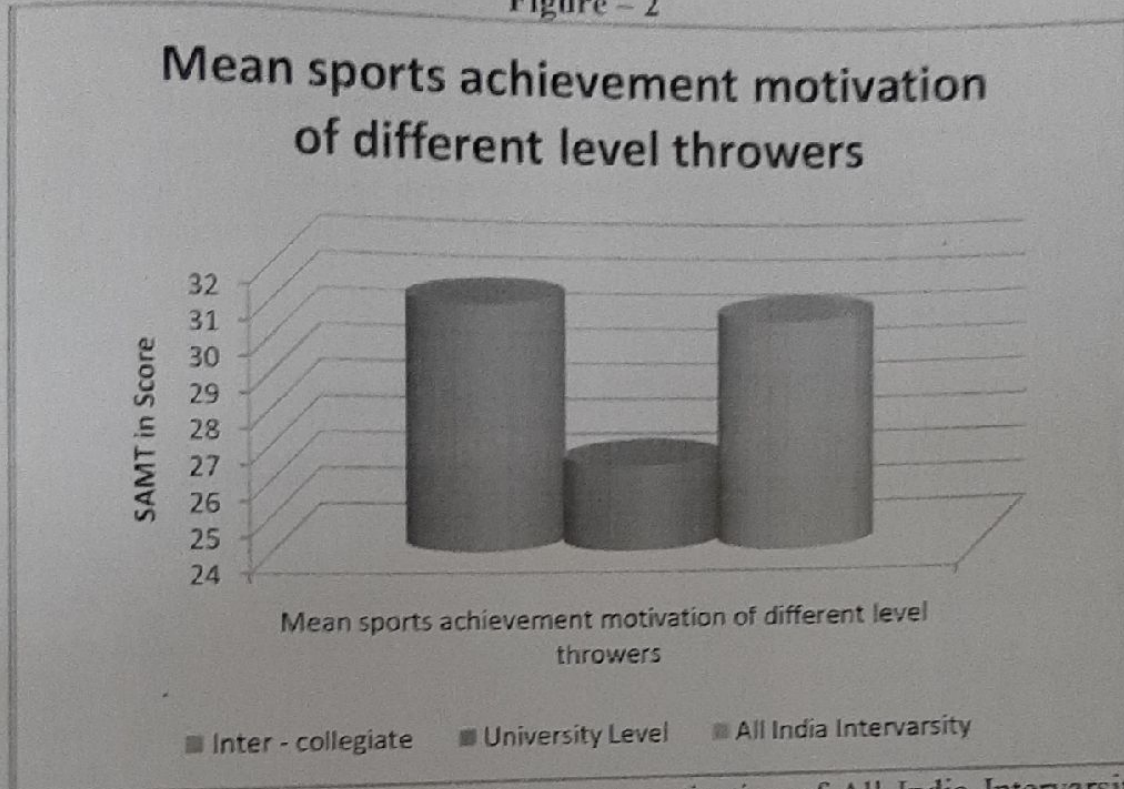


Figure - 2: Shows the mean sports Achievement motivation of All India Intersarsity, Inter-collegiate and University level throwers.

Table - 5

Analysis of variance of Sports achievement motivation of different level jumpers

Source of variance	DF	SS	MSS	F-value
TREATMENT	2	850.5143	425.2571	51.66649*
ERROR	102	839.5429	8.230812	

*Significant at .05 level

[Tab. value .05 (2,102) = 3.07]

Since calculated F value is greater than tabulated F value, we are able to conclude that there is significant difference in the mean Sports achievement motivation of All India level, University Level and inter-collegiate level jumpers. To further find out which group's mean sports achievement motivation is greater than the other, pair wise means analysis is done through LSD test.

Table - 6

Least significant difference Test of mean sports achievement motivation of different level jumper shown through Critical mean difference of sports achievement motivation of different level jumpers is presented below.

Critical mean difference of sports achievement motivation of different level jumpers
Treatment means arranged in order of magnitude

All India level	Inter collegiate level	University level	Mean difference	C.D.Mean
36.17143	31.94286	29.25714	4.228571*	1.137069
36.17143		29.25714	6.914286*	
	31.94286	29.25714	2.685714*	

*Significantly at 0.5 level

Critical mean difference of mean Sports Achievement motivation of all India level jumpers are significantly greater than mean sports achievement motivation of inter-collegiate level jumpers and university level jumpers, further the mean sports Achievement motivation of inter - collegiate jumpers is significantly greater than the mean sports Achievement Motivation of university level jumpers.

Figure - 3

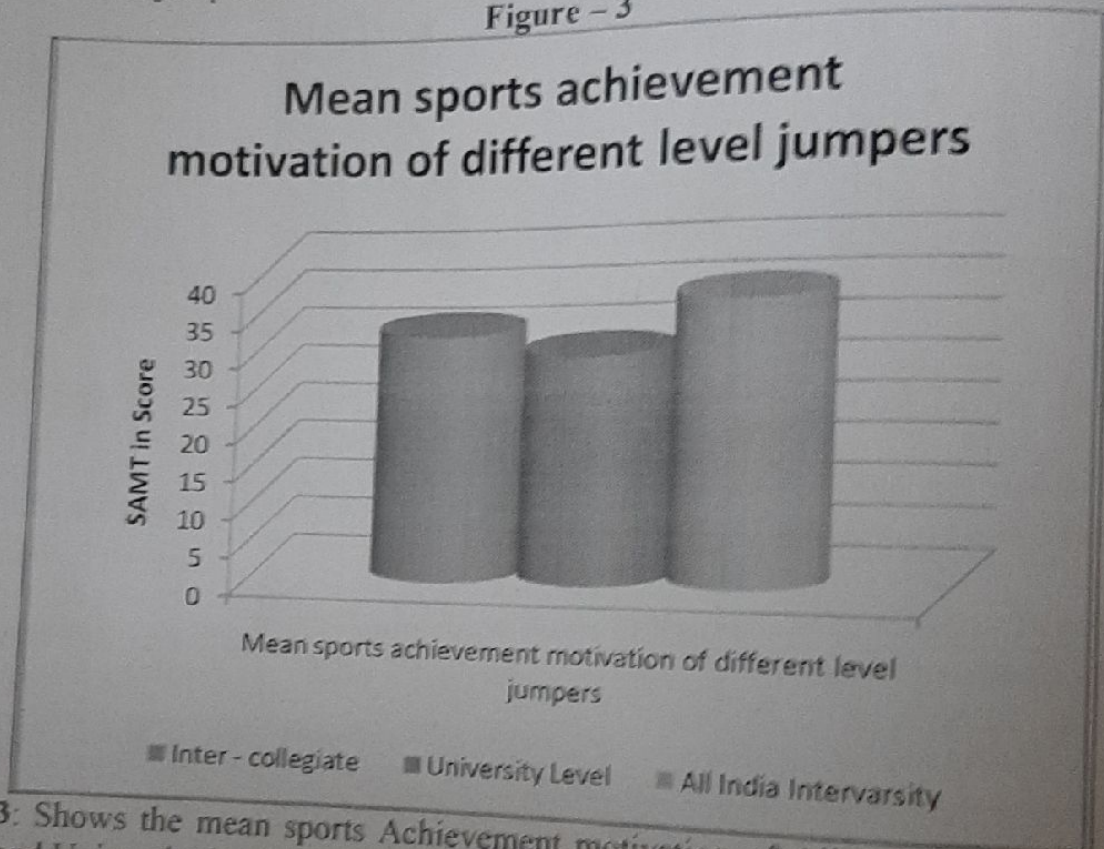


Figure - 3: Shows the mean sports Achievement motivation of All India Intersarsity, Inter-collegiate and University level jumpers.

Discussion of Findings

Critical mean difference of mean Sports Achievement motivation of all India level runners are significantly greater than mean Sports achievement motivation of inter-collegiate level runners and university level runners, further the mean sports achievement motivation of inter-collegiate runners is significantly greater than the mean sports achievement motivation of university level runners.

Critical mean difference of mean Sports achievement motivation of inter collegiate level throwers are significantly greater than mean sports achievement motivation of all India level throwers and university level throwers, further the mean sports achievement motivation of all India level throwers is significantly greater than the mean sports achievement motivation of university level throwers.

Critical mean difference of mean Sports Achievement motivation of all India level jumpers are significantly greater than mean sports achievement motivation of inter-collegiate inter - collegiate jumpers is significantly greater than the mean sports Achievement Motivation of university level jumpers.

The above findings are in consonance with the studies conducted by Harwood, et al., 2003 and Thomassen and Halvari, 1996.

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