



COMPARATIVE STUDY ON SPORTS ACHIEVEMENT MOTIVATION AND MENTAL TOUGHNESS OF KHO-KHO PLAYERS OF DIFFERENT COLLEGES.

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ABSTRACT

This study aimed to investigate and compare the psychological variables i.e., achievement motivation and mental toughness among male Kho-Kho players. A sample of Kho-Kho players was selected from different colleges. The participants of the study are Kho Kho players from four colleges affiliated with Dr. Bhimrao Ambedkar University Agra (A. k. College Shikohabad L.R. College Jasrana Agra College Agra St. Johns College Agra). A total of 100 players, 25 from each college, are selected through purposive sampling. The age range of the players was 19 to 25. In this study, and data were collected using standardized instruments to measure achievement motivation and mental toughness. Statistical analyses, including ANOVA were conducted to compare the psychological variables across colleges. The findings provide insights into the psychological characteristics of Kho-Kho players and have implications for player development and coaching strategies within Agra University. Analysis of variance (ANOVA) was conducted to examine these differences, with p-values obtained to determine statistical significance. For Mental Toughness, ANOVA revealed a p-value of 7.26, indicating no significant differences among the groups ($p > .05$). Similarly, for Achievement Motivation, ANOVA yielded a p-value of 5.48, suggesting no significant differences among the groups ($p > .05$). In conclusion, based on both ANOVA results and descriptive statistics, there were insignificant differences in Mental Toughness and Achievement Motivation among the student groups studied.

KEYWORDS : Kho-Kho, achievement motivation, mental toughness, Agra University, comparative analysis

INTRODUCTION

Kho-Kho, a traditional Indian sport, requires a unique blend of physical prowess and mental fortitude for success. While the physical aspects of sports performance have been extensively studied, the psychological variables influencing athletes, particularly in lesser-known sports like Kho-Kho, remain relatively unexplored. This research seeks to address this gap by examining key psychological factors among Kho-Kho players from different colleges under Agra University.

The term "mental toughness" is widely used to describe a set of psychological characteristics thought to be required for effective performance.(Butt,J., (2010).)

Performance in games and sports is significantly influenced by psychological and physiological factors.(Grange, (2010).)

Achievement sports are professionally organized and managed sports activities that aim to form and develop potential athletes with a gradual and continuous concept through competition in accordance with predetermined terms, achieve success through science and technology sports, and reach peak performance in sports.(Nissa, 2021.)

Previous studies have highlighted the importance of psychological variables in sports performance. Achievement motivation, defined as the desire to excel and accomplish goals, has been linked to increased effort and persistence in athletes.(McClelland, (1961).) Similarly, mental toughness, characterized by resilience and determination, has been associated with success in competitive sports(Gucciardi, (2009).) Researchers and sport psychologists seem to agree in general that mental toughness, is a significant multidimensional factor associated with effective performance and results in sports.(Crust, 2008.) However, limited research has examined these variables specifically in the context of Kho-Kho.

Procedure and Methodology

Kho - Kho players from various colleges affiliated with Agra University were included for this study. A quantitative research design was employed, utilizing standardized psychological assessments to measure Achievement Motivation, and Mental Toughness. Surveys was conducted to collect demographic

information and data of participants' Kho-Kho players. Statistical analysis, including descriptive statistics and one way Analysis of Variance (ANOVA), was applied on gathered data to compare the sports achievement motivation and mental toughness of certain samples.

Selection of Subjects

The subjects of the study of Kho - Kho players were selected from four colleges i.e. A. k. College Shikohabad, L.R. College Jasrana, Agra College Agra and St. Johns College, Agra. A total of 100 players, (25 from each college) were selected through purposive sampling.

Selection of the Tools/Questionnaires

- 1. Achievement Motivation:** for assessing the Sports Achievement Motivation the standard test developed by M.L. Kamlesh (1993) was applied.
- 2. Mental toughness:** for assessing the Mental toughness of kho- kho players Mental Toughness Questionnaire developed by Alan Goldberg (1995) was applied.

Administration of Questionnaires

The selected players were asked to support and complete the questionnaires in a controlled environment. Data collection was supervised to ensure consistency and accuracy.

The individuals were given the questionnaire when it was confirmed they understood the overall instructions. All subjects received the complete questionnaires under the supervision of the lead investigator. The questionnaires were distributed in compliance with the guidelines provided in the corresponding manuals. These assessments were given one after the other, one to ten minutes apart. It was requested of the subjects to thoroughly read each statement on the questionnaire. If there were any questions, the investigator answered them and instructed them to complete the form. An estimated twenty minutes were needed to finish each quiz. But there was no time restriction specified for any of the tests. However, after they were properly filled out, the questionnaires were returned. Every variable was scored in accordance with the guidelines provided in the corresponding manual.

Data Analysis

The gathered data was analyzed using M.S. Excel software. Descriptive statistics summarize the data, and ANOVA is used to compare the sports achievement motivation and mental toughness among kho – kho players from different colleges.

Analysis of data

The results pertaining to descriptive statistics and analysis of variance among kho-kho players of four different colleges.

Table – 1 Descriptive Statistics for Sports Achievement Motivation of Kho – Kho Players

Descriptive Statistics	Mean	SE	SD	Sample Variance	Kurtosis	Skewness
Sports Achievement Motivation A.K. College Shikohabad	14.40	0.25	1.26	1.58	-0.81	-0.30
Sports Achievement Motivation Agra College Agra	13.28	0.33	1.67	2.79	-0.65	-0.77
Sports Achievement Motivation St. Johns College Agra	11.60	0.48	2.40	5.75	-0.46	-0.31
Sports Achievement Motivation L.R. College Jastrana	13.40	0.34	1.68	2.83	-0.82	-0.07

Graphical Representation of Sports Achievement Motivation of Kho – Kho Players

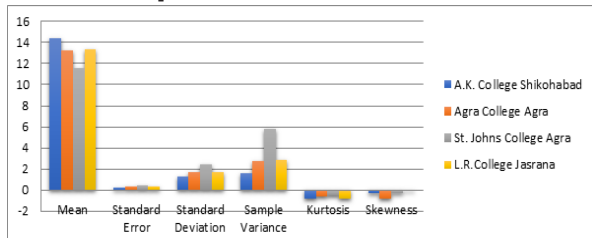


Figure – 1

Table -1 Reveled that the mean and standard deviation was found 14.40 ± 1.26 in relation to Achievement Motivation of A.K. College, while the standard error was found 0.25, the sample variance was found 1.58, whereas the skewness and kurtosis value was -.30 and -0.81 respectively.

Table -1 also explains that the mean and standard deviation was found 13.28 ± 1.67 in relation to Achievement Motivation of Agra College Agra, while the standard error was found 0.33, the sample variance was found 2.79, whereas the skewness and kurtosis value was -0.77 and -0.65 respectively.

Table -1 also explains that the mean and standard deviation was found 11.60 ± 2.40 in relation to Achievement Motivation of St. Johns College Agra, while the standard error was found 0.48, the sample variance was found 5.75, whereas the skewness and kurtosis value was -0.31 and -0.46 respectively.

Table -1 also explains that the mean and standard deviation was found 13.40 ± 1.68 in relation to Achievement Motivation of L.R. College Jastrana, while the standard error was found 0.34, the sample variance was found 2.83, whereas the skewness and kurtosis value was -0.07 and -0.82 respectively.

Table – 2 Analysis of variance of Sports Achievement motivation of kho – kho players of different colleges

Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups	101.07	3	33.69	10.39815	5.4809E-06	2.699393

Within Groups	311.04	96	3.24			
Total	412.11	99				

On the basis statistical analysis the analysis of variance (ANOVA) revealed that the p value (5.48) is greater than .05, thus we are able to conclude that there is insignificant difference were found among the groups. On the basis of descriptive statistics, mean achievement motivation of A.K. College students was greater followed by the sports achievement motivation of students of L.R. college jastrana, Agra college and St. Johns College agra.

Table – 3 Descriptive Statistics for Mental Toughness of Kho – Kho Players of Different Colleges

Descriptiv Statistics	Mean	SE	SD	Sample Variance	Kurtosis	Skewness
A.K. College Shikohabad	19.00	0.58	2.92	8.50	-1.14	-0.52
Agra College Agra	18.00	0.72	3.59	12.92	4.54	-1.46
St. Johns College Agra	14.36	0.88	4.42	19.57	-1.05	-0.26
L.R. College Jastrana	17.92	0.52	2.58	6.66	5.30	-1.94

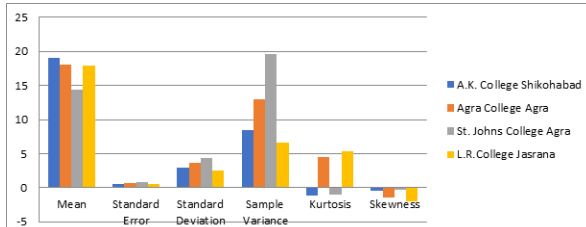


Figure – 2 Graphical Representation of Mental Toughness of Kho – Kho Players of Different Colleges

Table -3 Reveled that the mean and standard deviation was found 19.00 ± 2.92 in relation to Mental Toughness of A.K. College Shikohabad, while the standard error was found 0.58, the sample variance was found 8.50, whereas the skewness and kurtosis value was -0.52 and -1.14 respectively.

Table -3 also explains that the mean and standard deviation was found 18.00 ± 3.59 in relation to Mental Toughness of Agra College Agra, while the standard error was found 0.72, the sample variance was found 12.92, whereas the skewness and kurtosis value was -1.46 and 4.54 respectively.

Table -3 also explains that the mean and standard deviation was found 14.36 ± 4.42 in relation to Mental Toughness of St. Johns College Agra, while the standard error was found 0.88, the sample variance was found 19.57, whereas the skewness and kurtosis value was -0.26 and -1.05 respectively.

Table -3 also explains that the mean and standard deviation was found 17.92 ± 2.58 in relation to Mental Toughness of L.R. College Jastrana, while the standard error was found 0.52, the sample variance was found 6.66, whereas the skewness and kurtosis value was -1.94 and 5.30 respectively.

Table – 4 Analysis of variance for Mental Toughness of Kho – Kho Players of Different Colleges

Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups	298.16	2	149.08	10.910	7.26134E-05	3.123907
Within Groups	983.76	72	13.66333			
Total	1281.92	74				

On the basis statistical analysis the analysis of variance (ANOVA) revealed that the p value (7.26) is greater than .05,

thus we are able to conclude that there is insignificant difference were found among the groups. On the basis of descriptive statistics, mean Mental Toughness of A.K. College students was greater followed by the Mental Toughness of students of Agra college, L.R. college and St. Johns College agra.

DISCUSSION OF RESULTS

This research was conducted on intercollegiate Kho-Kho players, revealing no significant differences, possibly due to the players coming from the same university and having similar levels of play. If conducted at the interuniversity and national levels, the results may be different.

Analysis of data revealed that the sports achievement motivation of kho-kho players of different colleges defers insignificantly thus we are able conclude that the mean achievement motivation and mental toughness of A.K. College students was greater followed by the sports achievement motivation and mental toughness of students of L.R. college, Agra college and St. Johns College agra.

Similar study was conducted by Dhar and Jaiswal (2014) and concluded Sports Achievement may play a vital role for high level of performance. Singh et.al.(2015) did not find association of mental toughness with sports performance.

Similar result has been found by (Kumar, 2016;) Regarding the mental toughness component, no discernible difference between male and female Kho-Kho players.

Similar result has been found by (Amin Akbar, 2023.) There was no difference in mental toughness among athletes competing at the regional, national, and provincial levels, according to the study's findings.

CONCLUSION

In conclusion, based on both ANOVA results and descriptive statistics, there were insignificant differences in Mental Toughness and Achievement Motivation between different college student of dr. Bhim rao ambedkar University Agra studied.

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