



AN ASSESSMENT ON SPORTS ACHIEVEMENT MOTIVATION BETWEEN ACTIVE AND INACTIVE SCHOOL GOING BOYS

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ABSTRACT

Background: - Sports Achievement Motivation is the effort of an athlete puts in to succeed in their chosen field, such as overcoming obstacles or mastering a task. It is a strong psychological factor for determining the athlete's performance. **Purpose:** - The purpose of the study was to compare the Sports achievement Motivation between the Active and Inactive school going boys in Paschim Medinipur district. **Materials & Methods:** -Total Sixty (60) subjects were taken from Harimara Konarpur S.S.C High School, Goaltore, Paschim Medinipur, West Bengal for the study. They were divided into two groups such as Active and Inactive Groups. Thirty (30) Active and Thirty (30) Inactive boys (age, 16-18yrs) were randomly selected for the study. To measure the Sports achievement Motivation between Active and Inactive boys, a questionnaire developed by Kamlesh (1990) was employed. For statistical analysis and Interpretation of data 't' test was conducted at 0.05 level of significant. **Result & Discussion:** -The finding of the study reveals that there was a significant difference found on Sports achievement Motivation between Active and Inactive boys. It was observed from the table that Mean and SD of the active boys were (15.56 & 3.12) and Mean and SD of Inactive boys were (12.42 & 2.08) and MD was (3.14). It was also seen that calculated t-value (5.78) was more than the table value in the significant of 0.05 Level of Confidence. So, the Active boys have better sports achievement motivation because they were involved in various types of physical activities & games and sports regularly. Similarly, Inactive boys have lower level of sports achievement motivation than Active boys because they were not involved in games and sports. **Conclusion:** -On the basis of obtained result, it has been observed that Active boys have higher sports achievement motivation than the Inactive boys.

KEYWORDS : Sports Achievement Motivation, Active & Inactive boys.

INTRODUCTION:-

Sports Achievement Motivation has been discovered as a strong psychological factor in the display of behavior of a person. Achievement Motivation of an individual has been found to be rewarding in competitive sports. It is a force that engages a sports person in task which is challenging and hard to attain. The nature of sports and physical activities are generally achievement oriented. Personal success in team and individual events can be evaluated against standards. There are many studies conducted in the aspect of achievement motivation and its effect on performance. Studies suggest that achievement motivation is most significant predictor of performance and essential to participate in a competition (Huschle, et. al. 2008; Carey, et. al. 2000). Several motivation theories in the academic area have been adopted in the quest for greater understanding of achievement motivation in sport (Ames, 1984, 1992; Dweck, 1986; Nicholls, 1989). Motivation is an essential element of human personality. It directs a person's activity and makes it more or less dynamic. Without the desire to succeed other psychological features and abilities do not provide nearly so much influence on performance. Achievement motivation influences other factors affecting performance in sport like: physical preparation, technique, tactics and even life style.

Motivation plays an important role for performing any competition or games & sports. Motivation is at the heart of many of sport's most interesting problems, both as a developmental outcome of social environments such as competition and coach's behaviors and as a developmental influence on behavioral variables such as persistence, perceptions of an ego-involving climate, learning, performance and achievements goals (Ormrod, 2011). Sports Achievement Motivation has been discovered as a strong psychological factor in the display of behavior of a person. The Athlete can develop their motivation through games and sports. Thus, the purpose of the present study was to compare

the sports achievement motivation between the Active and Inactive school going boys in Paschim Medinipur district.

Objective Of The Study: The objective of the study was to compare the Sports achievement Motivation between the Active and Inactive school going boys in Paschim Medinipur district.

Delimitations Of The Study:

- The study was delimited because the active school going boys were regularly participated in various types of games and sports.
- The study was delimited because of their age ranging between 16 to 18 years.
- The study was delimited for the boys only.
- The study was delimited to the sports achievement motivation.
- Finally, the study was also delimited for the standard psychological tool constructed by Dr. M.L. Kamlesh to measure the Sports Achievement Motivation (1990).

Hypothesis:

It was hypothesized that there was a significant difference found on sports achievement motivation between active and inactive school going boys age ranging between 16 to 18 years.

MATERIALS & METHODS:

Subjects: - Thirty (30) Active and Thirty (30) Inactive boys (age 16-18 years) were randomly selected from Harimara Konarpur S.S.C High School, Goaltore, Paschim Medinipur, West Bengal for the study. Active boys were those students who used to take part in physical activities regularly and participated in various types of games and sports. On the other hand, Inactive boys were those who never used to go in any physical activities or games and sports. The random sampling method and random group design were used for the

study.

Procedure: -To measure the Sports achievement Motivation between Active and Inactive boys, a questionnaire (SAMT) developed by Kamlesh (1990) was employed. Data was collected administering by M.L.Kamlesh (1990) of sports achievements motivation questionnaires (SAMT). It consists of twenty (20) multiple choice questions of forty (40) marks. Each question carries two (2) marks for correct answer and zero (0) marks for wrong answer. The question measured the extent to which students were motivated towards the sports achievement. The score ranges from 20 to 80. The higher score indicates the better sports achievement motivation. For statistical analysis and Interpretation of data 't'- test was conducted.

Statistical Analysis: -To compare the sports achievement motivation between Active and Inactive boys, the Independent't' test was used at 0.05 level of significance. To get the final result Mean, Standard Deviation, Mean Difference and 't'-test were calculated.

RESULTS AND DISCUSSION:

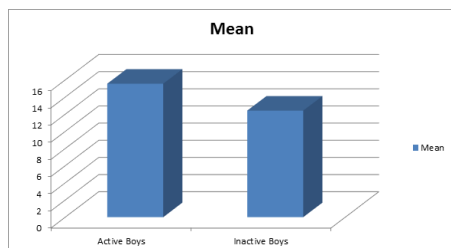
Results of the study have been shown in the table. It shows that Mean and SD of Sports Achievement Motivation of Active boys were (15.56 & 3.12). Similarly, Mean and SD of Sports Achievement Motivation of Inactive boys were (12.42 & 2.08). MD of Sports Achievement Motivation was (3.14). It was also seen that the calculated t-value (5.78) was more than the table value. So, there was a significant difference found on Sports Achievement Motivation between Active and Inactive boys as the calculated t-value (5.78). The result showed that Active boys have better sports achievement Motivation than Inactive boys because of their involvement of games and sports regularly. Similarly, Inactive boys have lower level of sports achievement motivation than Active boys because they were not involved in games and sports regularly. Unierzyski (2003) investigated the level of achievement motivation of young tennis players and their future progress and examine the influence of achievement motivation on tennis performance. He found in his study that the players who later reached international level in tennis possessed significantly higher level of achievement motivation than the players who never reached international level. . For statistical analysis and interpretation of data 't'-test was conducted. The result has been presented in the Table.

Table:-

Mean, SD & MD of Sports Achievement Motivation and Comparison of 't'-test Between the Active and Inactive School Going Boys.

Group	Mean	SD	MD	t-value	Remarks
Active Boys	15.56	3.12	3.14	5.78*	Significant
Inactive Boys	12.42	2.08			

* Significant at 0.05 level.



Graph showing the Sports Achievement Motivation between Active and Inactive school going boys.

Table gives information regarding the Sports Achievement Motivation of Active and Inactive school going boys. Table shows that there were significant differences found in Sports

Achievement Motivation of Active and Inactive boys. The 't' test was applied and t-value (5.78) appeared significant. Graphical representation (Fig. 1) also indicates similar trend of this study.

CONCLUSION:-

On the basis of the result obtained from the present empirical investigation and within the limitation, the following conclusion may be drawn.

1) Active Boys have higher Sports Achievement Motivation than the Inactive Boys due to the involvement of games and sports.

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