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A STUDY ON SPORTS ACHIEVEMENT MOTIVATION AMONG DEGREE COLLEGE STUDENTS

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Abstract

The study was undertaken to examine the level of sports achievement motivation among degree college students of Vijayapura District, Karnataka. Achievement motivation is recognized as a crucial psychological factor influencing sports participation, performance, and persistence. The investigation followed a descriptive survey research design. The population comprised undergraduate students from selected degree colleges in Vijayapura District, and a representative sample was obtained through stratified random sampling. Data were collected using a standardized Sports Achievement Motivation Scale along with a demographic and participation questionnaire. Statistical techniques such as mean, standard deviation, t-test was employed to analyze the data and to determine differences in motivation levels with respect to gender, type of sport, and level of participation. The study is expected to reveal that students with higher levels of competitive exposure possess greater achievement motivation. The findings may contribute to the formulation of effective strategies by coaches, physical education teachers, and administrators for enhancing sports performance and motivation among college students.

Keywords: Sports Achievement Motivation

ACHIEVEMENT MOTIVATION

In the last thirty years, a social cognitive approach is adopted by many studies and Motivation in sports to comprehend sports Motivation, Achievement goal theory has become the most significant approaches.

The theory of Achievement Motivation which originally emanated from the work of Mc Celland (1953) was developed to account for behavior in all Achievement related situations. As indicated by Atkinson (1964), an Achievement circumstance contains those occasions where an individual realizes that his execution will be assessed without anyone else's input or by others as far as some standard of perfection and that the results of his activities will be either an ideal assessment (Achievement) or unfavorable assessment (disappointment).

The pursuit of excellence is inherent part of many cultures. According to Weiss (1969) one of the few ways in which youths may exhibit excellence is through physical endeavors, using their bodies as the vehicle for acquiring a measure of greatness not usually attainable by youths in intellectual endeavors, requiring broad experience. In other words, they are intrinsically motivated. The presence of Achievement or the mastery motives in the human personality has been studied by several teachers. Murray (1938) listed the need to exercise power as an important "psycho-genic" need. This type of theorizing marked the first breaking away by those studying human Motivation from more mechanistic and behavioristic angle.

REVIEWS OF RELATED LITERATURE

Stuart J.H Biddle and C.KJohn Wang (2003) in their journal article on "Motivation and self-perception profiles and links with physical activity in adolescent girls". Research shows a decline in participation in physical activity across



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the teenage years. It is important, therefore, to examine factors that might influence adolescent girl's likelihood of being physically active. This study used contemporary theoretical perspectives from psychology to assess a comprehensive profile of motivational and self-perception variables in 11-16 year old English girls ($n=516$). A cross-sectional design was employed. Cluster analysis was conducted to (a) map cluster profiles and (b) test whether clusters differed in physical self-worth, global self-esteem, and physical activity. Results revealed a five-cluster solution depicting 40% of the sample as moderately motivated, 30% lowly motivated in two clusters, and 30% highly motivated, also in two clusters. However, differences between clusters on physical activity were quite small. Results show potential areas for intervention to enhance the motivation of adolescent girls for physical activity

Gupta and Vandana (2004) studied on "Psychological Profiles of National Women Football Players". The main objectives of the study were (1) To compare the status of senior national, junior national and international women football players on the selected psychological variables; (2) sketch group profiles of international, senior national and junior national women football players, and (3) to draw psychological profiles of individual women football international players. Method: The sample of the present study comprised of 325 female national football players of India. Keeping in view the purpose of the study they were divided into three groups senior national ($N=160$), junior national ($N=150$) and international ($N=15$) female football players. The data collected from those senior national and junior national players who reached in the quarter final league of 11th Women National Football Tournament held at Chennai from 8th to 24th June 2003 and 3rd Girls U-19 Football Tournament held at Haldwani from 26th September to 8th October 2003. The statistical methods like One-way analysis of variance and F-test, used for statistical analysis. Findings: (1) Senior national women football players had medium anxiety, medium self-confidence, moderate achievement motivation and average level of mental toughness. (2) Junior national women football players had medium anxiety, medium self-confidence, moderate achievement motivation and low level of mental toughness. (3) The level of anxiety of international women football players was significantly low as compared to the junior national women football players. (4) International women football players were significantly higher in self-confidence than the junior national women football players. (5) There was no significant difference in achievement motivation of international, senior national and junior national women football players. (6) International women football players had significantly high level of mental toughness as compared to senior and junior national women football players. The study cites one hundred forty six references.

RESEARCH METHODOLOGY

Statement of the problem

A Study on Sports Achievement Motivation Among Degree College Students.

Significance of the Study

The present study examined the difference in sports achievement motivation between male and female degree college students of Vijayapura District. A total of fifty male and fifty female students of the same age group were selected, and the Sports Achievement Motivation Scale was administered to determine the significant difference in their motivation levels.

Objectives of the Study

- To assess the level of sports achievement motivation among male and female degree college students of Vijayapura District.



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- To determine the significant difference in the selected psychological variable—sports achievement motivation—between the sample groups.
- To examine the influence of gender on sports achievement motivation among degree college students of Vijayapura District

The hypothesis

- ❖ There would be influence of gender on the sports achievement motivation factor among the sample of the study.
- ❖ There would be difference in the sample groups due to the gender.

Sample

The researcher selected randomly 50 male and 50 female degree college students with same age group from Vijayapura district and tested their sports achievement motivation through the standard scale to find out the result of the study.

Tool

Sports Achievement Motivation Test (samt)

In the sports achievement motivation test questionnaire developed by Dr.M.L.Kamlesh, there are twenty test items, among them, for questions 1,3,4,9,10,11,12,13,15,16,17,and 20 the expected answer is A, for the questions, 2,5,6,7,8,14,18,and 19 the expected answer is B. for the correct statement 2 marks and for incorrect zero mark was awarded, the range of score was from 0 to 40. The higher score indicates higher in sports achievement motivation.

Data collection the researcher collected the primary data from the sample groups through the SAMT and also collected secondary data from the online library sources.

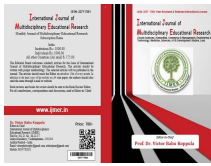
Statistical techniques

- Mean
- Standard deviation
- T test were used to find the objectives of the study

ANALYSIS AND INTERPRETATION OF DATA

THE TABLE NO 1 SHOWING THE MEAN STANDARD DEVIATION AND T VALUE OF SPORTS ACHIEVEMENT MOTIVATION AMONG MALE AND FEMALE STUDENTS (N-100)

SAMPLE	N	MEAN	SD	T VALUE
MALE	50	32.06	3.136	6.440**



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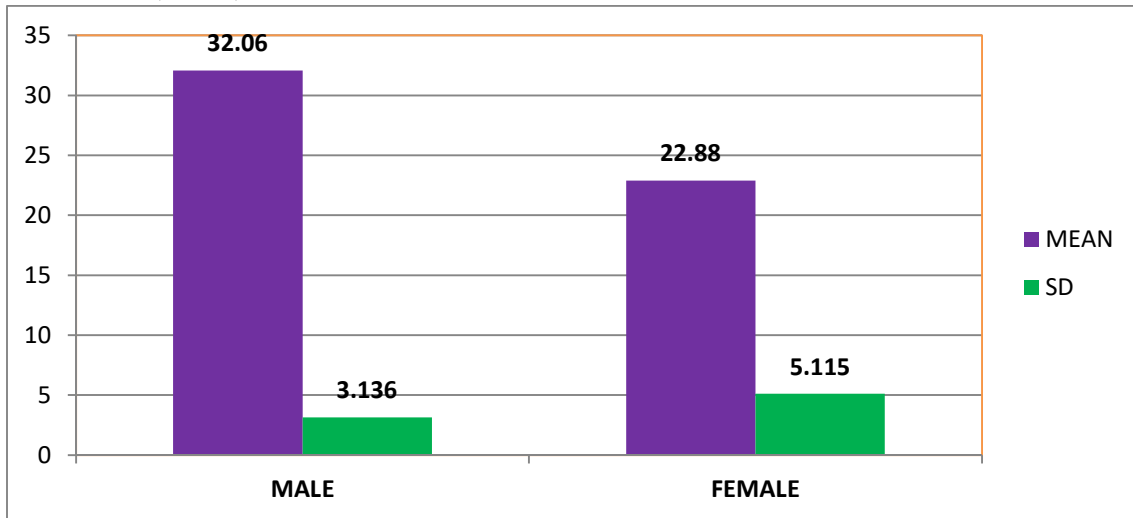
FEMALE	50	22.88	5.115	
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Significant at 0.05 levels

The present study showing the significance difference in sports achievement motivation among the male and female students of degree college in Vijayapura district.

The male mean score is the sports achievement motivation test is 32.06, the standard deviation is 3.136, and the female students mean score is 22.88, the standard deviation is 5.115, the statistically calculated t value is 6.440**, which is significant at 0.05 levels. The research study showing that there is significance difference in sports achievement motivation among male and female students.

THE GRAPH NO 1 SHOWING MEAN DIFFERENCE IN SPORTS ACHIEVEMENT MOTIVATION AMONG SAMPLE GROUPS. (N-100)



SUMMARY AND CONCLUSION

The results of the study revealed that **male students exhibited higher sports achievement motivation than female students**. This indicates that gender plays a significant role in determining achievement motivation in the sports context. The higher motivation levels among male students may be attributed to greater exposure, participation opportunities, and social encouragement in sports activities.



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It is concluded that motivational factors differ between male and female students, and there is a need to create equal opportunities and supportive environments to enhance motivation among female participants. The findings suggest that physical education teachers, coaches, and institutions should implement gender-sensitive programs and motivational strategies to foster greater sports involvement and performance among all students.

Conclusion

- ❖ The male students are having the higher sports achievement motivation in their personality.
- ❖ The female students are lower sports achievement motivation than the male students.
- ❖ The gender has the influence on the psychological factor of the study among the sample.

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