

## A COMPARATIVE ANALYSIS OF SPORTS ACHIEVEMENT MOTIVATION AMONG TEAMSPORTS

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**ABSTRACT :** This study compared the level of Achievement motivation in 3 team sports, i.e. football, basketball, and handball. The sampling technique which was used for the collection of data was purposive sampling. A total of 81 males ( $20.90 \pm 2.64$  years) who had Participated at the All-India University level in the sport of Basketball, Football, and Handball were taken for the study. Out of the 81 male athletes, groups were divided into 3 above-mentioned sports in equal numbers i.e. (27) each. For the study, the M.L. Kamlesh Sports Achievement Motivation Questionnaire (1990) was administered for the collection of data, and it was filled out by each of the individuals independently (SAMT). The SAMT consists of twenty questions with multiple-choice answers and awards a total of 40 points. Each question is worth a total of two (2) points awarded for a right response and zero (0) marks deducted for an incorrect answer. The response to the question indicated the degree to which students were driven to succeed in their athletic Endeavour. The obtained data was measured by descriptive statistics and for the calculation of mean difference ANOVA test was utilised. The significance level was set at 0.05. The result of the study shows a significant difference in the sport of Football when compared to that of other sports.

**Keywords** – Achievement motivation test, Questionnaire, Team Sports, Purposive Sampling, Psychological aspect.

### INTRODUCTION

The Latin term 'Movex' or the 'Matum', from which we get the English word motivation, means to move, motor, or be in motion. Because it is a step toward a predetermined goal, motivation may be thought of as a force that energizes the action of a learner. The essence of what it means to asports achiever if anything includes "competition with a standard of outstanding," then it may be termed motivation. The concept of sports achievement motivation as an essential psychological element in behavioral psychology has gained traction in recent years. Research on the effects of achievement motivation in competitive sports has shown positive outcomes. It is a natural drive that drives an athlete to succeed in the endeavors that are the toughest and the most difficult to achieve. The pursuit of excellence is a common theme in sports and other physically demanding pursuits. One's performance in both the competitions such as, team and individual competitions may be measured in comparison to predetermined criteria. One of the factors that contribute to the wide range of athlete behavior is the sports accomplishment scenario, which refers to how various athletes interpret the same set of circumstances due to their varying requirements of sports greatness (Sandhu, 1992) [1]. The crucial psychological aspects that play a role in determining an athlete's performance is their level of anxiety. Anxiety may be thought of as a sensation of uneasiness, similar to that of worry or dread, which can range in intensity from moderate to severe. Getting an awesome The healthy biological, psychological, social, and physical composition of a person is what ultimately determines their performance in any given competition. In competitions like sports and games, physiological variables serve as the foundation for a person to attain excellent performance; nevertheless, psychological aspects are what ultimately play the most important part in determining an individual's degree of success. Nevertheless, Schilling and Hayashi (2001) [2] found that a significant amount of importance was placed on psychological characteristics in competitive sports. The majority of those who are considered to be experts in the field of sports believe that the psychological make up is as important as the physical and technological abilities of an individual or a team. This is the view that is supported by the majority of those who are considered to be experts. Through this impeccable piece of study, researchers have attempted to discover the levels of achievement motivation in three team sports.

### METHODOLOGY

For the collection of data purposive sampling technique was opted. 81 male Participants with an average age of ( $20.90 \pm 2.64$ ) years old and who had Participated at the All-India University level in the sport of Basketball, Football, and Handball took part in this research. Out of the 81 athletes, groups were divided into 3 above-mentioned sports in equal numbers i.e. (27) each. For the study, M.L. Kamlesh's Sports Achievement Motivation Questionnaire was implemented for the collection of data, and it was filled out by each of the individuals independently (SAMT). The SAMT consists of twenty questions with multiple-choice answers and awards a total of 40 points. Each question is worth a total of two (2) points awarded for a right response and zero (0) marks deducted for an

incorrect answer. The response to the question indicated the degree to which students were driven to succeed in their athletic Endeavour.

### STATISTICS

To know and understand the data and also for testing descriptive statistics was used. A repeated measure analysis of variance (ANOVA) was used to detect the mean differences between every three different Sports. The SPSS version 20.0 was used. The significance level was set at 0.05.

### RESULTS

**Table 1**  
**DESCRIPTIVE STATISTICS**

#### ASMQ

	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum	Maximum
					Lower Bound	Upper Bound		
BB	27	34.8148	2.84249	.54704	33.6904	35.9393	30.00	40.00
HB	27	34.7407	2.48987	.47917	33.7558	35.7257	30.00	40.00
FB	27	36.7407	2.78171	.53534	35.6403	37.8411	32.00	40.00
Total	81	35.4321	2.83257	.31473	34.8058	36.0584	30.00	40.00

Above Table 1 shows the descriptive Statistics of all 3 sports, Basketball, handball & football.

**Table 2**  
**ANOVA TABLE**

#### ASMQ

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	69.432	2	34.716	4.730	.012
Within Groups	572.444	78	7.339		
Total	641.877	80			

The above table 2 of ANOVA analyses the within Group with that of between Group.

**Table 3**  
**Multiple Comparisons**  
Dependent Variable: ASMQ

#### LSD

(I) SPORTS	(J) SPORTS	Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval	
					Lower Bound	Upper Bound
BB	HB	.07407	.73731	.920	-1.3938	1.5420
	FB	-1.92593*	.73731	.011	-3.3938	-.4580
HB	BB	-.07407	.73731	.920	-1.5420	1.3938
	FB	-2.00000*	.73731	.008	-3.4679	-.5321
FB	BB	1.92593*	.73731	.011	.4580	3.3938
	HB	2.00000*	.73731	.008	.5321	3.4679

\*. The mean difference is significant at the 0.05 level.

The table shows the mean difference through LSD (Least Significance Difference).

### Test of Homogeneity of Variances

#### ASMQ

Levene Statistic	df1	df2	Sig.
.552	2	78	.578

The above-mentioned table 3 projects the Homogeneity of variance

### DISCUSSIONS

After analysis and interpretation of the data, it was concluded that the level of Achievement motivation differs in the sport of Football from that of the other 2 sports, basketball and handball. Analysis of variance of F-ratio lead to rejection of the null hypothesis  $H_0$ , To detect which mean led  $H_0$  to be rejected and to analyze the same

LSD i.e., least Significance Difference was used. It was found that the sport football differs significantly in sports achievement motivation. Before the running of the ANOVA test, the assumptions of equal variances test were used through Levene's Test.

## **CONCLUSION**

The study analyzed the Achievement motivation of 3 team sports i.e. Football, basketball, and handball. This provides a conclusive result that among the 3 team sports the sport football team possesses more of the achievement motivation factor. Whereas the sports basketball and handball show no difference. Owing to the result it can be stated that football athletes individually have more achievement and motivational determination. A feeling of accomplishment may motivate a person to go on the proper path towards the attainment of their professional goals by thriving in their efforts. If a culture cultivates this kind of spirit, athletes will be able to achieve higher levels of success. From this study, we achieved that team Football possesses more achievement motivation but at the same time, it does not tell us that in a generalized way all teams of football in the world may possess such factors. Hence it may vary, and also depends upon many factors for the inculcation and contouring of a team in a way to possess more achievement motivation factors. But particularly, in this case, Football serves to satisfy both the player's physical and mental requirements and as a sport, it has the potential to provide a person a greater sense of meaning and purpose in life. To conclude, it is essential to establish and maintain one's direction on the work at hand. A great time should be had when playing sports, and this should carry over into the professional ranks as well. Because everyone can't win, it's necessary to receive the pleasant feeling that comes with reaching excellent performance and being satisfied with yourself. It is essential to foster a love for the sport in young people so that they will continue to participate in it, whether on a competitive or leisure level.

## **RECOMMENDATION**

A similar kind of study can be conducted involving different team sports and also with elite teams participating at the International level. As the results indicate that there is a high degree of chance for a team to respond differently on different occasions. Furthermore, the choice of participants may be made on the premise of maintaining a consistent gender distribution across the group.

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