

Sports achievement motivation of all India intervarsity tennis players

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Abstract

The purpose of the study was Sports Achievement Motivation of All India Inter University Tennis players. The subjects were randomly selected from North zone and south zone All India Intersvarsity Tennis players. Total 28 males' tennis players were selected each 14 from north zone and 14 from south zone. The age of the subjects ranged from 16-28 years. Standardized questionnaire Sports Achievement Motivation test prepared by M. L. Kamlesh was used to assess and to compare the Sports Achievement Motivation of the subjects. Means, standard deviation and Independent t-test was used to analyse the data, and level of significant was set at .05. Achievement motivation is a very important factor for the performance of a player. The findings of the study revealed that there was significant difference between the North Zone and South Zone All India Intersvarsity tennis players. The reason may be due to the level of participation at the tournament. North zone team had reached six time in All India Competition.

Keywords: Lawn Tennis Players and Sports Achievement Motivation test

1. Introduction

Sports performance is a psychomotor performance and it depends upon the quality of heart and head of players. It is generally recognized that psychological factors play crucial role in high level competition. Motivation is an internal energy force that determines all aspects of our behaviour; it also impacts on how we think, feel and interact with others. In sport, high motivation is widely accepted as an essential prerequisite in getting athletes to fulfil their potential. Motivation can be defined as the driving force behind all the actions of an individual. The influence of an individual's needs and desires both have a strong impact on the direction of their behaviour. Motivation is based on your emotions and achievement-related goals. There are different forms of motivation including extrinsic, intrinsic, physiological, and achievement motivation. There are also more negative forms of motivation. Achievement motivation can be defined as the need for success or the attainment of excellence. Individuals will satisfy their needs through different means, and are driven to succeed for varying reasons both internal and external. Motivation is the basic drive for all of our actions. Motivation refers to the dynamics of our behaviour, which involves our needs, desires, and ambitions in life. Achievement motivation is based on reaching success and achieving all of our aspirations in life. ^[1] Achievement motivation in sports looks at how athletes need to constantly challenge themselves and how they thrive on accomplishing their goals and conquering things that are difficult.

2. Objectives of the study

The objectives of the study was to assess and compare the sports achievement motivation of North Zone and South Zone All India Intersvarsity Tennis players.

3. Methodology

The purpose of the study was Sports Achievement Motivation of All India Intersvarsity Tennis players.

3.1 Selection of subjects

The subjects were randomly selected from north zone and south zone All India Inter University Tennis players. Total 28 males' tennis players each 14 from north zone and 14 from south zone. The age of the subjects ranged from 16-28 years. Scores obtained in the Sports Achievement Motivation Test was considered as criterion measure of the study.

3.2 Tools of data collection

The questionnaire used for the study was Sports Achievement Motivation questionnaire prepared by M. L. Kamlesh (1983) ^[2]. Achievement Motivation questionnaire was given to all subjects. Twenty items were adopted for achievement motivation for this study.

3.3 Scoring Procedure

The computed questioner was scored as follows: For items 1,3,4,9,10,11,12,13,16,17 and 20 the represented answer "a" he scores 2 points. If he answers "b" gets zero point. For items 2, 5,6,7,8,14,15,18 and 19 the represented answer "a" he scores 2 points. If he answers "b" gets zero point.

4. Collection of Data

Data was collected from North Zone and South Zone All India Intersvarsity Tennis tournament held at Indore (Madhya Pradesh) season 2015-16. All the subjects were instructed to respond independently. There was no time limit for the completion of the questionnaire but the subjects were instructed not to ponder too long over any statement and respond all the statements in the questionnaire independently.

5. Findings

In order to analyse the data of the study descriptive statistics was applied and for comparing the sports achievement motivation of North Zone and South Zone All India Intersvarsity Tennis players 't' - test was used. The level of significance for t' test was set at .05. The data pertaining to

Sports Achievement motivation test has been presented in Table 1

Table 1: Mean difference and t- ratio of Sports Achievement Motivation of North Zone and South Zone All India Intersarsity Tennis players

Groups	Mean	Std. D	MD	't'-value
North Zone	29.2	8.54	5.21	1.82*
South Zone	24.0	6.47		

*Significant at $t_{.05}(26) = 1.70$

Table – 1 revealed that the mean and standard deviation score of North zone and South zone All India Inter University Tennis Players are 29.2 ± 8.54 and 24.0 ± 6.47 respectively. The observation of the table reveals that there was significant difference between the north zone and south zone All India Intersarsity tennis players, as obtained t value is 1.82 which was greater than the tabulated $t_{.05}(26) = 1.70$. Graphically representation of mean and standard deviation of All India Interuniversity Tennis players in figure - 1

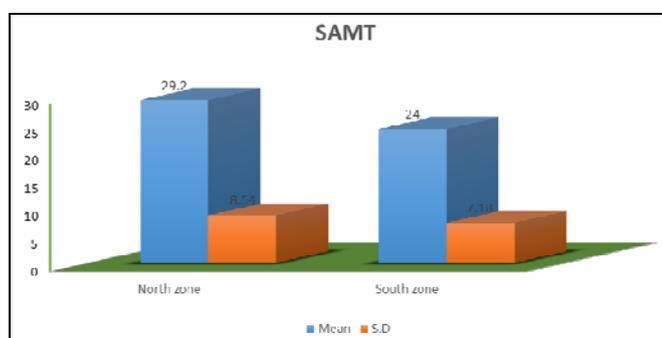


Fig 1: Mean and standard deviation of North zone and South zone All India Intersarsity Tennis players

6. Discussion of finding and Conclusion

Achievement motivation is a very important factor for the performance of a player. The findings of the study revealed that there was significant difference between the North Zone and South Zone All India Intersarsity tennis players. The mean score of North Zone: 29.2 is higher than the South Zone players: 24.0. The North zone players were highly motivated in comparison to South zone. The reason may be due to the level of participation at the tournament. North zone players team had reached six time in All India Competition out of that six they won four time and the south zone players has also achievement motivation level but in comparison, north zone players has higher achievement motivation level to south zone players.

7. Reference

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