

## SPORTS ACHIEVEMENT MOTIVATION AMONG WRESTLERS AND JUDOKAS-A COMPARATIVE STUDY

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### ABSTRACT

*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, the other psychological features and abilities do not provide nearly so much influence on performance. The present study was conducted to examine the sports achievement motivation among wrestlers and judokas. Total fifty (N=50) male subjects, twenty five (N=25) wrestlers and twenty five (N=25) judokas who had participated at inter-college competitions from various colleges of Panjab University, Chandigarh were selected for this study. Achievement motivation was measured by applying Sports Achievement Motivation test prepared by Kamlesh, M.L. (1990). The age of the subjects was ranged between 19 to 25 years. The Mean, SD, MD, SEDM and 't'-value were calculated to find out the significance of difference and direction of difference between wrestlers and judokas. The level of significance was set at 0.05. The results revealed significant difference with regard to the variable Sports Achievement Motivation between wrestlers and judokas. While comparing the mean values of groups in question, it has been observed that judokas have exhibited significantly better sports achievement motivation than wrestlers.*

Key Words: *Achievement Motivation, Wrestlers and Judokas.*

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### INTRODUCTION:

Achievement motivation is the tendency to endeavor for success and to choose goal oriented success or failure in activities. Achievement motivation is an effective arousal state directing behavior in an achievement oriented activity cognitively appraised as potentially satisfying. Motivation inspires an individual to do something. It is that psychophysical condition of the organism which causes an individual to work and strive to fulfill his needs. In the games and sports, psychological and physiological factors play an important role in determining the performance level (Schilling & Hyashi, 2001). Numerous studies have demonstrated the impact of psychological factors on sports performance (Crespo, 2002). Taylor (1994) treated motivation as the base of a pyramid towards success in sports. 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 (Carey et al. 2000).

Achievement motivation influences other factors affecting performance in sport like: physical preparation, technique, tactics and even life style. Achievement motivation cannot be described as something that occurs during competition but mostly as a trait having ‘permanent character,’ being formed during the preceding weeks, months and years. It considered to be the “driving power of activity”, should be understood as the joint function of the motive power (which is a permanent property of personality) and the consequences of what a given individual expects of his own actions (Franken, 1993).

This action is a product of two tendencies: (1) to achieve a success and (2) to avoid a failure. People with greater achievement motivation prefer tasks and situations where they can do their best. Such people continue long lasting insoluble tasks more effectively and reveal greater persistence (Atkinson & Feather, 1966). Achievement motivation leads people to set realistic but challenging goals. To become an elite athlete in any sport requires hours upon hours of training. Often this training is rigorous, painful, or injurious. However, the athletes who have reached the pinnacle of their sport have more than likely put in their time to get to achieve that high level of success. To do this, these athletes must have something that motivates them to continually push their bodies and come back from whatever struggles or setbacks they may experience along the way (Kamlesh, 2004).

Numerous studies have demonstrated the impact of psychological factors on sports performance (Crespo, 2002). Scientific pedagogies and innovative approach have made the game more performance oriented than ever before. High achievement motivation often manifests in an optimum level of stimulation in difficult situations and in realistic levels of aspiration (Czajkowski, 1995). Rogulj (2006) supported that it is a sport, which includes complex and accurate motor skills and suggested that psychological factors play a decisive role in a competition, differentiating between successful and less successful teams or individuals. The purpose of the present study was to assess the sports achievement motivation between wrestlers and judokas.

**MATERIALS AND METHODS:****Sample:**

Total fifty (N=50) males which include twenty five (N=25) wrestlers and twenty five (N=25) judokas who had participated at inter-college competitions from various colleges of Panjab University, Chandigarh were selected to act as subjects for the present study. The age of wrestlers and judokas ranges from 18 to 25 years.

**Tool:**

Keeping in view the research objective and availability of the appropriate questionnaires/inventories, Sports Achievement Motivation Test developed by Kamlesh, M.L. (1990) was used to collect the required data.

**Statistical treatment:**

The Mean, SD, MD, SEDM and 't'-value were calculated to find out the significance of difference and direction of difference between wrestler and judokas. The level of significance was set at 0.05.

**RESULTS:**

The results of sports achievement motivation between wrestlers and judokas are presented in the table below.

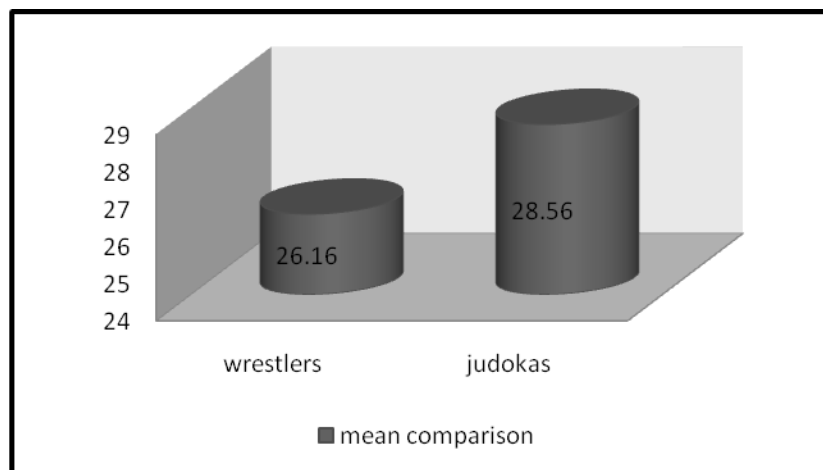
Table-1: Significant differences in the Mean scores between Wrestlers and Judokas with regard to variable Sports Achievement Motivation

Sr.No.	Variable	Wrestlers=25		Judokas=25		MD	SEDM	't'-ratio	Sig.
		Mean	SD	Mean	SD				
1	Sports Achievement Motivation	26.16	2.511	28.56	2.937	2.4	0.773	3.15*	0.002

\*Significant at 0.05 level (df=48)

Table-1 presents the results of variable sports achievement motivation between wrestlers and judokas. The descriptive statistics shows the Mean and S.D. values of wrestlers as 26.16 and 2.511 respectively. However, judokas had Mean and S.D. values as 28.56 and 2.983 respectively. The Mean Difference and Standard Error Difference of Mean were -2.4 and 0.773 respectively. The 't'-value -3.15 as shown in the table above was found statistically significant as the p-value (sig) 0.0017 was found lesser than 0.05 level of significance with (df=48).

Figure: 1 Graphical representation of mean scores with regard to the variable sports achievement motivation between wrestlers and judokas.



#### DISCUSSION:

It is evident from the above findings that significant differences have been observed on the variable sports achievement motivation between wrestlers and judokas. When comparing the mean values of both the groups, it has been found that judokas have performed better on the said variable. The outcome of above result might be due to the difference in emotional stability, adjustment with stressful situation and stress coping strategies of different trainers and different training experience or training environment. Khan et al. (2011) were conducted a study to find out the relationship between Anxiety and Motivation of intervarsity Badminton players. The total sample consisted of twenty players age ranged from 17 to 25 years. It was found that significant negative relationship between Achievement Motivation and Anxiety. Lihong et al. (2011) examined the relationships between Athletic Achievement Motivation, Coping strategies and Pre-competition emotions, and the differences of Achievement Motivation orientation and Coping strategies of different genders and training experience. They found significant differences in the evaluation of Achievement Motivation among athletes of different training experience. Stepwise regression showed that different Athletic Achievement Motivation and Coping strategies had different effects on pre-competition emotions for athletes. Pangma et al. (2009) have observed direct relationship between achievement motivation and adversity

quotient. Emotional adjustability helps an athlete in successfully dealing with the pressures of stressful situations occurring in competitive sport. Better emotional stability helps an athlete to remain focused on the task and enables him to put in his best efforts even when faced with tough situations. Jones (2003) was also of the view that emotional and social factors could influence achievement motivation along with both physical and cognitive functioning which facilitates the acquisition of high levels of sport proficiency. Fry and Fry (1999) used the theory of achievement motivation to examine the goal perspectives and motivational responses of elite junior weight lifting athletes and ascertain that variables including: goal orientations, enjoyment, effort, perceived ability, and physical self-worth significantly influence the level of motivation. Butt and Cox (1992) investigated the influence of achievement motivation and performance level of tennis players. The results indicated a higher level of achievement motivation among top class tennis players in relation to university players in the USA. It also revealed that high achievement motivation is an important factor that distinguishes high level performers.

#### CONCLUSION:

It is concluded from the above findings that significant differences were observed between wrestlers and judokas on the variable sports achievement motivation. Judokas were found to be significantly better as compared to their counterpart wrestlers.

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