



COMPARISON OF SPORTS ACHIEVEMENT MOTIVATION BETWEEN WINNERS AND LOSERS FEMALE ATHLETES OF LUCKNOW UNIVERSITY

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ABSTRACT :

Purpose of the study: The main purpose of the study was to compare the Sports Achievement Motivation between winners and losers female athletes of Lucknow University.

Research Methodology: The present study was conducted on 30 female athletes (winners who won medal) and 30 female athletes (losers who didn't win any medal) in the Inter-collegiate tournaments were selected of Lucknow University to assess the selected psychological variable Sports Achievement Motivation. To assess the Sports Achievement Motivation, Dr. M.L. Kamlesh standardized questionnaire (SAMT) was used. The questionnaire consists of 20 incomplete statements which can be completed by choosing either of the two proposed parts against each statement. The subjects were asked to tick to second part, which in their opinion fits in the best, in the first part. Each statement carries a maximum score of two and the minimum zero. Two marks for correct answer and zero mark for wrong answer. Considering the sample of the study, random sampling technique has been employed and sample size has been targeted in this investigation to 30 winners and 30 losers female athletes.

The collected data were analyzed using 't' test statistical technique at 0.05 level of significance.

Conclusions: The study clearly indicated that there is a significant difference in Sports Achievement Motivation between winner's female athletes and loser's female athletes of Lucknow University. Winners female athletes were found highly motivated as compared to losers female athletes.

KEYWORDS : Sports Achievements Motivation, Psychological variable and Athlete.

INTRODUCTION:

Competition is an event or contest in which people take part in order to establish superiority or supremacy in a particular area. Sports are integral part of human life and there is a great importance of sports in all spheres of life. In the present day world have become extremely competitive, previous records are being broken whenever there is a competition. In games and sports, psychological factors play an important role in determining the performance level. Taylor (1994) treated motivation as the base of a pyramid towards success in sports. High performances athletes claim that 90% of their success comes from mental training and ability. It is clear that mental factors affect sports performance. This is true for elite athletes as well as anyone participating in sports. The psychological factors of sports and exercise that most affect performance are self-confidence, motivation, emotional control and self concentration. Motivation is very important for any especially in sports area where you want to optimize your performance. Achievement and motivation are interrelated whenever a person follows a path of learning he may acquire some new skills. After learning new skills he feels satisfied. This satisfaction of success is known as achievement. Motivation is beginning of the activity and achievement is result of motivation. Many researchers had done

researches related to sports achievement motivation. Studies suggest that achievement motivation is most significant predictor of performance and essential to participate in a competition (Carey et al. 2000).

AIMS AND OBJECTIVES:

The main purpose of the study was to compare the Sports Achievement Motivation between winners and losers female athletes of Lucknow University.

RESEARCH METHODOLOGY:

The present study was conducted on 30 female athletes (winners who won medal) and 30 female athletes (losers who didn't win any medal) in the Inter-collegiate tournament were selected of Lucknow University to assess the selected psychological variable Sports Achievement Motivation. To assess the Sports Achievement Motivation, Dr. M.C. Kamlesh standardized questionnaire (SAMT) was used. The questionnaire consists of 20 incomplete statements which can be completed by choosing either of the two proposed parts against each statement. The subjects were asked to tick to second part, which in their opinion fits in the best, in the first part. Each statement carries a maximum score of two and the minimum zero. Two marks for correct answer and zero mark for wrong answer. Considering the sample of the study, random sampling technique has been employed and sample size has been targeted in this investigation to 30 winners and 30 losers female athletes.

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RESULTS AND DISCUSSIONS

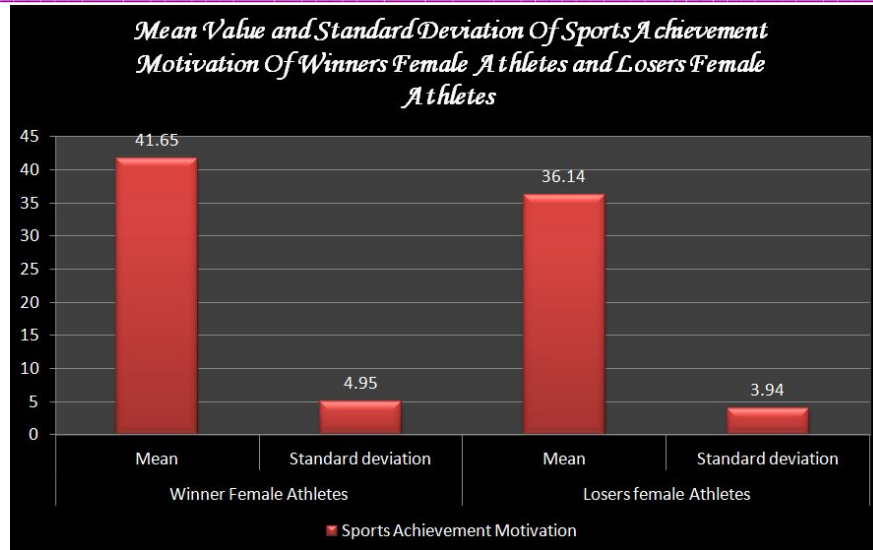
Table 1
Mean, Standard Deviation And't' Value Of Winners Female Athletes And Losers Female Athletes

Variable	Winner Female Athletes		Losers female Athletes		't' Value
	Mean	Standard deviation	Mean	Standard deviation	
Sports Achievement Motivation	41.65	4.95	36.14	3.94	3.512*

**Significance at 0.05 level*

It is evident from the table 1 that there is a significant difference between two groups. In Sports Achievement Motivation, winners female athletes mean value is 41.65 with standard deviation is 4.95 and losers female athletes mean value is 36.14 with standard deviation is 3.94 and the 't' value is 3.512. The mean differences are found in both the groups and calculated 't' values are greater than the tabulated value i.e. 2.05. This shows that winners female athletes are more highly motivated as compared to losers female athletes. It may be due to winning medals in competition.

Graphical Representation of mean value and standard deviation of Psychological Variable of Winners Female Athletes and Losers Female Athletes is presented in figure 1.



CONCLUSION

We can conclude from the above analysis that there is a significant difference in Psychological variable between winners female athletes and losers female athletes. This shows that winners female athletes are more highly motivated to losers female athletes. It may be due to winning medals in competition.

RECOMMENDATIONS:

1. Similar study may be undertaken to compare the Sports Achievement Motivation among young athletes.
2. Similar study may be undertaken to compare the Sports Achievement Motivation between athletes and non athletes.
3. Similar study may be undertaken to compare the Sports Achievement Motivation among middle age athletes.
4. Similar study may be undertaken to compare the other psychological variable like self concept, locus of control, self-esteem, anxiety etc. among athletes.
5. Similar study may be undertaken to compare the other psychological variable like self concept, locus of control, self-esteem, and anxiety between individual and team games athletes.
6. Similar study may be undertaken to compare the other different psychological variable like depression, trait anxiety, state anxiety and mental toughness between individual and team games athletes.

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