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STUDY OF ACHIEVEMENT MOTIVATION, AGGRESSION AND ASPIRATION LEVEL IN TEAM AND INDIVIDUAL PLAYERS

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ABSTRACTS

The purpose of the study was to find out the relationship and comparison between achievement motivations, aggression and aspiration level of students studying in Government First Grade College for women's koppal and they were of selected teams and individual sport. 20 Team players of deferent sports teams of college were selected as subjects. The all subjects are female sportspersons.

In the total 40 players are selected 20 players were of team games and 20 players were of individual sports. The age of the subjects ranged between 19 to 21 years. The average age was 20 years. For measuring achievement motivation, aggression and aspiration level, Achievement Motivation test by Kamlesh (1980) and 'Sports aggression inventory by Shukla and Kumar (1986) respectively was applied.

Further to measure aspiration level of players grip strength efforts on grip dynamometer was used as a measure, where the subject was informed of his scores and was asked to estimate what scores he aspires on a second grip strength effort. This score was recorded as his aspiration score. Then, a second grip strength test was administered and performance was recorded as per performance score. After that aspiration discrepancy score was calculated by subtracting aspired score from actual performance score. On the basis of their aspiration discrepancy scores, players were classified into two group's i.e. high aspiration group and subjects with negative scores were placed in low aspiration group.

Twenty-two players were placed in high aspiration group, out of them 16 players were from team games and 6 players were from individual sports. In total 18 players were placed in low aspiration group, out of them 12 players were from team games and 6 players were from individual sports. To determine the relationship between aggression level and achievement motivation level of high and low aspiration groups, Pearson's product moment correlation was used. The level of significance was set at .05 level of confidence. In order to compare the high and low aspiration groups on their aggression and achievement motivation level't test was used.

One way analysis of variance (ANOVA) was used to compare the aggression level of players of team games and individual sports. One way analysis of variance (ANOVA) was also used to compare the achievement motivation level of players of team and individual sports of Government First Grade College for women's Koppal. The level of significance was set at 0.05 levels of confidences.

KEY WORDS : Aggression, Achievement Motivation, Aspiration.



INTRODUCTION

In all human beings there is a built in ambition to achieve, to mount the next step on the ladder and this flame of ambition must be so ardent that no obstacle can extinguish it. If sports and competitions have social values, then each individual has the right to be successful. Sports involve extremely complex behavioral issues. As a consequence of intense competition sportsman's behavior may undergo important changes.

Physical education scientists and coaches have not to be expert only in the matter of skill learning but also to be engineers who understand the mechanism of human behavior on the playfield under extremely diverse situations. In modern competitive sports, psychological preparation of an athlete or a team is as important as technique of the different skills of the game on specific lines. In modern competitive sports the athletes and teams are prepared not only to play the game, but also to win the games. And for winning the games it is not the proficiency in the skills only which bring victory but more important is the mental preparation, the spirit and the attitude of the athletes with which...Along with aggression a great deal of emphasis in sports is also placed upon competing against some standard of excellence and this is the exact focus of achievement motivation theory.

Motivation is considered as that process by which a child may be prepared to respond to situation which is directed towards the achievement of certain pre determined goals or objectives. In the field of sports, no athlete can win or even show better performance without motivation Thus not only the level of aspiration and motivation influences the performance standards of an athlete but aggression also plays an equally important role.

The purpose of the study was to relate and compare the aggression and achievement motivation level of Government First Grade College for women's Koppal sportspersons with their aspiration level in selected team and individual sports. The present study was an attempt at an investigation into the psychological makeup of college players.

The sports competition, today, is not at all a matter of 'brawn power' as it was the case about two decades back; it is a war of nerves and of nerves. The findings of this study will help the coach/trainer to manipulate optimum aspirations, aggression and achievement motivation level of college players by using appropriate psychological techniques to maintain their cool before, after and during the play and not to indulge in foul play unnecessarily. This study will also help coaches in the selection of suitable physical activities and sports for the players of colleges and institutions according to their level of aspiration, aggression and achievement motivational level.

Method

For the purpose of this study a total of 40 players aged 19 to 21 years of Government First Grade College for women's Koppal who had participated in Inter collegiate sports competitions in the year 2019-20 were selected as subjects. The all subjects are female sportspersons from individual sports i.e. track and field and Table tennis and Team games Volley Ball, Kabbadi and Kho Kho.

The criterion measures chosen to test the hypothesis were as follows;

- 1) Level of aspiration test based on the grip strength efforts on grip dynamometer by, Harrison Clarke and Stephen T. Stratton.
- 2) Aggression level was measured by the "Sports aggression inventory standardized by A. Kumar and P. Shukla.
- 3) Achievement motivation level was measured by using "Sports achievement motivation test standardized by Dr M.L. Kamlesh.

Level of aspiration test based on the grip strength efforts on grip dynamometer and "Sports achievement motivation questionnaire" were administered to each athlete one day prior to the competition, whereas "Sports aggression inventory" questionnaire was distributed to the players after the competition.

Statistical analysis Pearson's product moment correlation was used to determine the relationship between aggression level and achievement motivation level of high and low aspiration groups of Government First Grade women's College koppal players. Further to compare the high and low aspiration groups on their aggression and achievement motivation level 't' test was used. One way analysis of variance (ANNOVA) was used to compare the aggression level of players of team games and individual sports. One way analysis of variance (ANNOVA) was also used to compare the achievement motivation level of players of team and individual sports of Government first grade women's college koppal.

RESULTS OF THE STUDY

Discussions/conclusions of the study

From the findings it is evident that the achievement motivation level of the high aspiration players of team and individual sports of Government first grade women's college koppal was found significantly related with aggression level.

The reasons could be that as a result of victories with inferior opponents developed the confidence level of the players and they aspired to do better. Due to the motive to achieve success highly aspired players strive even harder to remain on the top and often displayed aggressive behavior. When the achievement motivation level of the low aspiration players of team games of Government first grade women's college koppal was correlated with aggression level then also the relationship was found to be significant. The reason could be social enforcement.

But, the findings also revealed that the achievement motivation level of low aspiration players of individual sports of Government first grade women's college koppal was not found to be significantly related with aggression level. The reasons could be that because of individual differences and inspire of high motivation level, low aspiration players show low aggression level due to fear of failure, tension and anxious characteristics.

CONCLUSION

There was significant difference between aggression and achievement motivation level of the high aspiration players of team games and individual sports of Government first grade women's college koppal. The findings also showed that there was significant difference between aggression and achievement motivation level of the low aspiration players of team games and individual sports. There was no significant differences between the aggression level of players of individual sports a and team games, and between the achievement motivation level of sportspersons of individual sports and team games of Government first grade women's college koppal.

This study helps coaches, physical education teachers, sports persons and all others related to sports field to find the aggression level of players how are in individual sports and in team games and also know the achievement motivation level of sportspersons those how are in individual sports and team sports as a pilot study.

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