

ANALYSIS OF SPORTS ACHIEVEMENT MOTIVATION BETWEEN BEGINNERS AND EXPERIENCED KHO KHO PLAYERS

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ABSTRACT

The purpose of the study was to analyse the sports achievement motivation between beginners and experienced kho kho players. To achieve the purpose the study thirty players in that 15 players were beginners and 15 players were experienced kho kho players from Sri Sarada College of Education, Salem, Tamilnadu were selected. The age of the selected players ranged from 21 to 24 years and all of them were in good health and without any obvious physical or mental deficiencies. Those who participating first time in Inter-collegiate Tournaments were considered as beginners and more than that could be considered as experienced players. The standardized psychological tool devised by Kamalesh, M.L. was used to quantify the sports achievement motivation of players. Hence, it was accepted as reliable and precise for the purpose of this study. In order to find out the difference between the beginners and experienced kho kho players Independent 't' test was used. It was concluded from the mean values that the performance of sports achievement motivation was in favour of experienced players.

Keywords: Sports Achievement Motivation, Kho-Kho.

INTRODUCTION

Sport is all around us, and it is a big part of our life. Sports are now seen as an international discipline since they promote international cooperation and camaraderie. Sports are also a component in the development of national character. Physical Education and Sports should be a part of everyone's lifelong education in every educational system, and its promotion from childhood to old age should be considered a fundamental human right. Physical Education is a vehicle for men's entire education, emotional and intellectual development through movement-based experiences. As a result, each nation's moral and social responsibility is to promote physical education and sports.

When mental and technical training are combined, players have the opportunity to achieve consistent, peak performance every time they go on the field. Clifford is a character in the film Clifford (1993). Professionals in sports psychology are interested in how sport, exercise, and physical activity can benefit one's personal growth and well-being throughout one's life. The study of a person's behavior in sports is known as sport psychology Kamlesh (1986). The goal of sports psychology is to better understand and improve athletic performance. Achievement Motivation is a habitual desire to achieve goals through one's own efforts, with an emphasis on setting realistic goals, mastering the tasks required to achieve these goals, solving problems encountered while pursuing these goals, and then being open to, and even seeking, feedback on one's performance (Cratty, 1989).

Kho-Kho is an indigenous game that is getting increasingly popular as scientific techniques improve. Kho-Kho players require fitness, tact, agility, speed, movements, and confidence, as well as strength and stamina to focus on the precise technique, which necessitates mental and physical health. Kho-kho has no expectations; on each nine-

minute round, the chasing team's player must fit, stand, and run numerous times in fast succession, requiring incredible fitness. The more skilled and quick the attackers and defenders are, the more tense the situation becomes for the spectators. Quickness is the soul of this game and consequently the short duration of nine minutes of the game is full enthusiasm shouts and encouragement and keen competition (Gopinath, 1985). Since the investigator wants to find out the sports achievement motivation between beginners and experienced kho kho players the following procedures were followed.

METHODOLOGY

The purpose of the study was to analyse the sports achievement motivation between beginners and experienced kho kho players. To achieve the purpose the study thirty players in that 15 players were beginners and 15 players were experienced kho kho players from Sri Sarada College of Education, Salem, Tamilnadu were selected. The age of the selected players ranged from 21 to 24 years and all of them were in good health and without any obvious physical or mental deficiencies. Those who participating first time in Inter-collegiate Tournaments were considered as beginners and more than that could be considered as experienced players. The standardized psychological tool devised by Kamallesh, M.L. was used to quantify the sports achievement motivation of players. Hence, it was accepted as reliable and precise for the purpose of this study. In order to find out the difference between the beginners and experienced kho kho players Independent 't' test was used.

RESULTS

TABLE – I
MEAN AND STANDARD DEVIATION OF SPORTS ACHIEVEMENT
MOTIVATION BETWEEN BEGINNERS AND EXPERIENCED
KHO KHO PLAYERS

S.No	Variables	Beginners	Experienced Players	Mean difference	Std. Dev (±)	σ DM	't' Ratio
1	Sports Achievement Motivation	29.70	33.50	3.80	1.38	0.81	11.01*

Table I shows the obtained 't' ratio for beginners and experienced players mean difference in sports achievement motivation (11.01). The obtained ratio when compared with the table value of 2.14 of the degrees of freedom (14) it was found to be statistically significant at 0.05 level of confidence ($p < 0.05$) thus the formulated hypothesis is accepted.

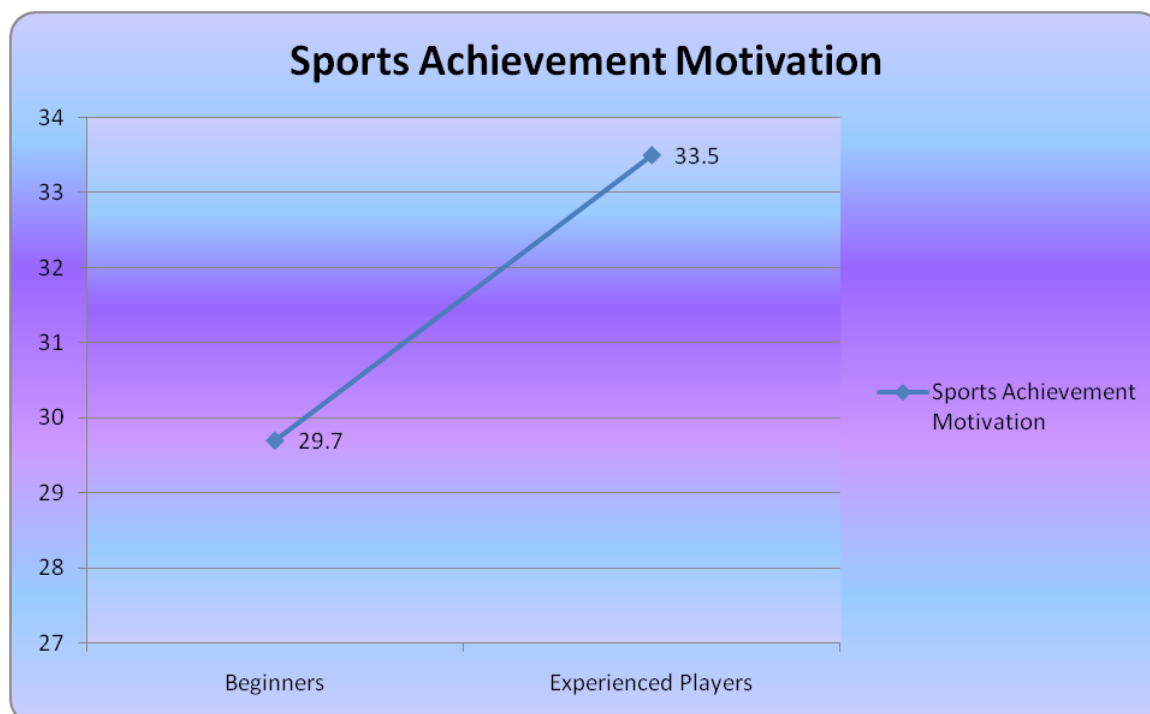


FIGURE – 1
SPORTS ACHIEVEMENT MOTIVATION BETWEEN BEGINNERS AND EXPERIENCED PLAYERS

CONCLUSION

From the results it was observed that after testing the sports achievement motivation between beginners and experienced players, it was found that there was a significant difference between beginners and experienced players. Hence, it was concluded from the mean values that the performance of sports achievement motivation was in favour of experienced players.

Since the physical education programme follows systematically towards an goal, the result of the study reveals the same and supports the findings of Kilpatrick et al. (2005) and Durai (2001).

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