

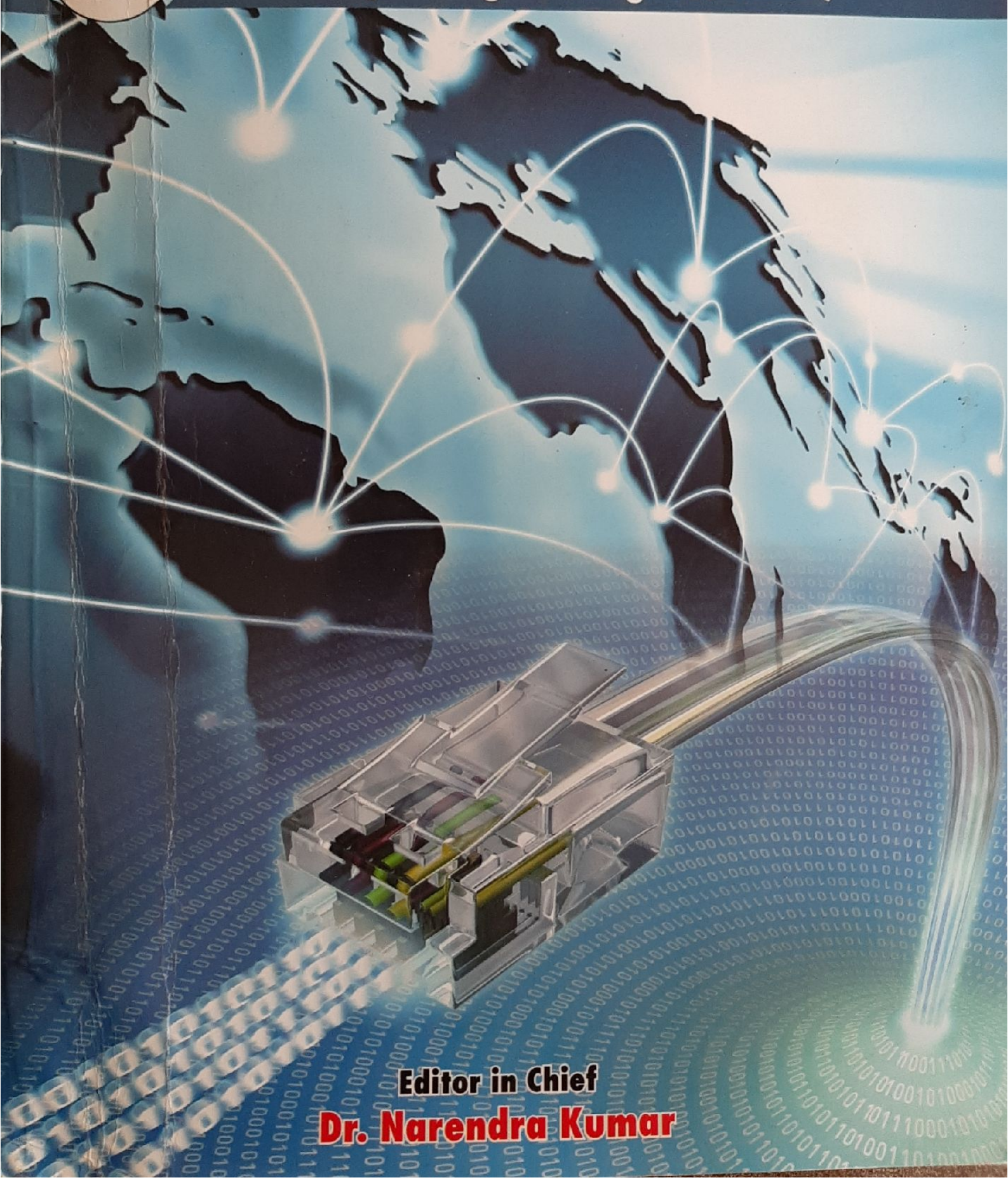
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## Physical Education

# Comparative Study on Sports Achievement Motivation of Different Level Kho-Kho Players

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### Abstract

KHO KHO is an ancient game of undivided India, probably was derived from the different strategy and tactics of "Kurukshetra" war in Mahabharata. The present study was conducted on three hundreds (N = 300) kho - kho players of India. Since calculated F - value is greater than tabulated F - value, we are able to conclude that the significant difference was exists between the mean sports Achievement Motivation of All India level, South Zone and Inter - collegiate level kho - kho players.

**KEY WORDS:** Sports Achievement Motivation, Kho-Kho

### Introduction

The chariot fight during the war and zigzag pathways followed by the retreating soldiers indicates the formation of Chain Play -Defense Skill in the game of KHO KHO. On the 11th day of the war, the Chief of Kaurav Army, Guru Dronacharya drew a typical strategic formation - CHAKRAVYUH (Circular formation) keeping Jayadratha at the main entrance with seven soldiers to draw in and kill the enemy. Veer Abhimanyu, the son of Arjuna, entered into the trap but could not get his way out and in the process got killed. He fought gallantly alone against seven soldiers. The method adopted by Abhimanyu resembles the idea of "Ring Play" - a Defense tactics in Kho Kho game. KHO KHO based on natural principles of physical development, fosters a healthy combative spirit of term understanding.<sup>1</sup>

Kho - Kho is a tag sport played by teams of twelve players who try to avoid being touched by members of the opposing team, only 9 players of the team enter the field. It is one of the two most popular traditional tag games of the Indian subcontinent, the other being kabbadi (Peter 2010). Apart from the Subcontinent, it is also played in South Africa.

In the year 1936, during the event of BERLIN OLYMPICS, one Kho Kho Team from Pune exhibited the salient features of the game of Kho Kho at Berlin which was highly appreciated by Hitler.

Asian Kho Kho Federation (A.K.K.F.) was established in the year 1987 during 3rd SAF Games, held at Kolkata, India. The member country was India, Bangladesh, Pakistan, Sri Lanka, Nepal and Maldives.

Kho Kho made its entry into INTERNATIONAL SPORTS Arena via 1st ASIAN KHOKHO CHAMPIONSHIP held at Kolkata, India in 1996, organized by West Bengal KhoKho Association under the auspices of KhoKho Federation of India and SIAN Kho Kho Federation on "Tera Flex" Court at Netaji Subhash Indoor Stadium, Kolkata, West Bengal, India in a most beautiful manner. India and Bangladesh were Winner and Runnerup respectively. The participants were Bangladesh, Pakistan, Sri Lanka, Nepal and host India. 2nd Asian KhoKho Championship was held in Bangladesh in the year 2000 at Mirapur Indoor Stadium, Dhaka, Bangladesh has strengthened the approach of the game KhoKho in the International Arena.

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India, Sri Lanka, Pakistan, Nepal, Japan, Thailand and host Bangladesh were looking forward for a glorious entry in International Sports Arena very soon.

The performance of a player not only depends upon his physical abilities or efficiency of the skill rather it also depends to a great extent on his psychological training. It has been seen in number of cases and presented (reported) in newspapers and other sources of the media. In the contemporary period of sports competition the sports psychology has made a remarkable contribution in enhancing the performance of the sports persons.

Sports psychologists have emphasized the significance of personality characteristics attitudes, achievement motivation, self-concept, emotional intelligence and lots of other psychological factors that influence performance of athletes.

The significance of psychological factors for improving the performance has been forcefully advocated by many experts (Nisar, 2008; Ali, 1996; Bull, 1995; Singer & Kane, 1975; Brooke & Whiting, 1975; Wein, 1973). They suggested that those individuals are affected not merely by their physical, technical and tactical qualities but also by their psychological make-up. Nohney (1983) reported that within the constructs of his or her ability, an athlete's performance is significantly related to his or her psychological functioning. Sports performance is complex and multidimensional in nature. It is the process of tackling the given sports tasks.

Motivation is a frequently studied topic in various areas of scientific research such as education (Ames & Archer, 1988), business (Schwalb, Schwalb, Harnisch, Maehr & Akabane, 1992) and exercise (Duda, 1992). Specifically, motivation is a construct that describes why some people choose to participate in various activities, try

harder, and persist longer than others. Within sport psychology, motivation is of central importance as researchers attempt to understand and explain human behaviour within the realm of physical activity via participation and discontinuation motives, intrinsic and extrinsic orientations, and achievement goals (Weiss & Chaumeton, 1992).

Motivational researchers share the view that achievement behavior is an interaction between situational variables and the individual subject's motivation to achieve. Two motives are directly involved in the prediction of behavior, implicit and explicit. Implicit motives are spontaneous impulses to act, also known as task performances, and are aroused through incentives inherent to the task. Explicit motives are expressed through deliberate choices and more often stimulated for extrinsic reasons. Also, individuals with strong implicit needs to achieve goals set higher internal standards, whereas others tend to adhere to the societal norms. These two motives often work together to determine the behavior of the individual in direction and passion (Brunstein & Maier, 2005).

Achievement motivation can be defined as the athlete's predisposition to approach or avoid a competitive situation. In a broader sense, it includes the concept of desire, or desire to excel. The desire to achieve success in sport is not an innate drive, such as hunger or thirst, but is likely one that is developed or learned in the sporting environment.

The best explanation of approach-avoidance conflict situation for the athlete is provided by the McClelland-Atkinson model of achievement motivation. In its simplest form, it suggests that achievement motivation is a function of two constructs. These two constructs are (a) the motive to achieve success, and (b) the fear of failure. The motive to achieve success is believed to represent an athlete's intrinsic motivation to engage in an



exciting activity. The fear of failure is a psychological construct associated with cognitive state anxiety. According to this theory, a person's desire to enter an achievement situation is a function of the relative strengths of these two constructs – the motive to achieve success and the fear of failure. If an individual's desire to participate in the activity is greater than the fear of failure, then it is likely that the person will perform the activity.

Achievement 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 other psychological features and abilities do not provide nearly so much influence on performance. Achievement motivation influences other factors affecting performance in sport like: physical preparation, technique, tactics and even life style (Gracz & Sankowski, 1995).

Thus **objective** of our study is to find out the difference amongst the players of different level on the variable of achievement motivation.

### **Hypothesis**

Keeping in view the objectives of the study, literature survey, experts' opinion and investigator's own understanding of the problem the following hypothesis was formulated. *"There would be difference amongst the players on the variable of achievement motivation with the level of participation"*.

### **Selection of subjects**

The present study was conducted on three hundreds (N = 300) kho – kho players of India. Who were participated in inter university tournaments was randomly selected as subject for the present study. The players were categorized into three main groups: intercollegiate (100), south zone intervarsity (100), and all India intervarsity (100) kho – kho players. Kho – Kho players were selected

from Intercollegiate, South zone and All India Inter – zonal Kho Kho tournaments.

### **Design of the study**

The present study is a status study, which did not require the investigator basically to manipulate any of the variables included in it. Rather the collection of data became instrumental in providing correct insight into the sports achievement motivation. It was not intended to study the interaction among various variables. In all there were two sample and three variables to be investigated.

### **Tool of the study**

Sports Achievement Motivation Test (SAMT) developed by M.L. Kamlesh (1990) was used to measure the achievement motivation of the players. The test consists of 20 statements; each statement has a maximum two (2) as a response value. When the subject ticked the high pole part, he is given two points, and when he touched the low pole, earned zero. Hence the total range was 0-40. The test re-test reliability of the questionnaire is .70.

### **Data Collection:**

The data was collected through the questionnaires that were distributed to the players after the consent of their coaches/managers. The researcher collected the data by contacting the players personally either at the venue of competition or at sports hostel. Even the players were contacted at their training centres and at educational institutions.

### **Statistical Analysis:**

Once the data was collected and scored, one way analysis of variance (ANOVA) was used to test the difference of chosen variable among different level of kho kho players, where f value find significant further to calculate pair wise critical mean differences the LSD test was applied.



# Analysis of Data and Discussion of Result:

Analysis of variance (ANOVA) of Sports Achievement Motivation Test of different level kho - kho players

Table - 1

Source of Variance	DF	SS	MSS	F-VALUE
Treatment	2	488.7267	244.3633	75.35891*
Error	297	963.07	3.24266	

\*Significance at .05 level

Tab  $F_{.05}(2,297) = 3.02$

Since calculated F - value is greater than tabulated F - value, we are able to conclude that the significant difference was exists between the mean sports Achievement Motivation of All India level, South Zone and Inter - collegiate level kho - kho players. To further find out which group's mean Sports Achievement Motivation is greater than the other, pair wise means analysis is done through LSD test.

Table - 2

Least significant difference Test of mean Sports Achievement Motivation Test of different level Kho - Kho Players shown through Critical mean difference of Sports Achievement motivation of different level Kho - Kho players is presented below.

Treatment means arranged in order of magnitude

All India Intervarsity	South - zone	Inter - Collegiate	Mean Difference	C.D.Mean
28.39	27.46		0.93*	0.41892
28.39		25.34	3.05*	
	27.46	25.34	2.12*	

\*Significance at .05 level

Critical mean difference of mean sports Achievement motivation of All India intervarsity level kho - kho players is significantly greater than mean sports Achievement motivation of South zone level kho - kho players further the mean sports Achievement motivation of south zone level kho - kho players was significantly greater than the mean sports achievement of inter - collegiate level Kho - Kho players.

Figure - 1



Figure: Shows the Mean Sports Achievement Motivation of different level kho - kho players.



## DISCUSSION OF FINDING

On the basis of results obtaining through the implemented method one way analysis of variance following discussion were made according to our findings.

The Mean sports Achievement motivation of All India intervarsity level Kho – Kho players is significantly greater than mean sports Achievement motivation of South zone level and inter collegiate level Kho – Kho players further the mean sports Achievement motivation of south zone level Kho – Kho players was also significantly greater than the mean sports achievement of Inter – Collegiate level Kho – Kho players.

Following of the studies were related to sports achievement motivation support to our findings: **Ahmadi, Namazizadeh, Abdoli, & Seyed (2009)** studied achievement motivation and its subscales (competitiveness, win orientation and goal orientation) between soccer players of high and low ranking teams in super league of Iran. The results revealed that there were no significant differences between soccer players of high and low ranking teams on achievement motivation.

**Ali (2010)** examined the relationship of sports achievement motivation with the performance of the badminton players. He found his study insignificant difference between high and low performers in relation to the sports achievement motivation. **Badawy, Al-Anani & El - Sayed (2010)** established an achievement motivation scale for the sport for all specialists. The researchers recommend taking advantage of the results of this research because of its importance in identifying the motivation achievement to the specialist of the sports for all. **Butler & Parasuraman (1977)** studied on "Degree of uniformity of achievement motivation levels of team members: its effect on team performance in a simulation game" the study consisted of 85 undergraduate students enrolled in a junior-level management course

at Indiana University. The study results seem to indicate that the differences in team composition, based on the achievement motivation levels of team members, do not contribute much to the dynamics of team behavior that may have a bearing on team performance. **Dhar and Jaiswal (2014)** find out the relation between sports Achievement Motivation and actual competition achievement among difference state level kho-kho players. Seventy-two (N=72) State level kho-kho players from six Districts in NORTH ZONE were selected as the subject of the present studies. Their age ranged between 19 to 25 years. All the subjects possessed sound physique because subjects were kho-kho players. All the players undergoing participation in State level kho-kho tournament throughout the year. Their general health condition was good. In the present study, the criterion measure was only six state level kho-kho teams have been selected as the subjects of the north zone state kho-kho tournament. **Kaur, Sharma & Dureha (2007)** studied to find out the relationship between achievement motivation and pre-competition anxiety among inter university hockey players. Finding of the study revealed that there was a significant relationship between achievement motivation and pre-competition anxiety of interuniversity level male hockey players and there was a significant difference in the level of achievement motivation of high pre-competition anxiety group and low pre-competition anxiety group of interuniversity level male hockey players.

**Khan, Haider & Ahmed (2010)** explored the difference of achievement motivation between university level male and female basketball players. They found insignificant difference between male and female players on the variable of achievement motivation. **Khan, Haider & Ahmed (2011a)** investigated the effects of gender differences on achievement motivation of university badminton players. The study was based on interuniversity level players who participated



in north zone interuniversity badminton tournament held at Aligarh Muslim University, Aligarh India. The result of the study showed that there was no significant difference between male and female badminton players on achievement motivation. **Khan, Khan & Ahmed (2010)** investigated the level of achievement motivation of asian players, they used twenty one asian players as a subject for their study. The results of their study revealed that 57.14% Asian players had high level, 9.52% had moderate level and 33.33% players had low level of achievement motivation.

**Kumar & Deepla (2011)** studied to find out the level of achievement motivation among individual game sportsperson and team game sportsperson. It was found the individual

game players were having more achievement motivation than team game players. **Kumar & Kalidasan (2011)** studied to compare the sports achievement motivation level between Tamil Nadu and Karnataka fresher and experienced ball badminton players. Result revealed a significant difference between Tamil Nadu and Karnataka ball badminton players on sports achievement motivation and also found significant difference between fresher's and experienced ball badminton players on sports achievement motivation. Further it revealed that there was no significant difference between Tamil Nadu and Karnataka fresher's and experienced ball badminton players on sports achievement motivation.

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