

# **A Study of Sports Achievement, Motivation and Performance of Bachelor of Physical Education Aspirants**

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## **ABSTRACT**

The Purpose of this present study is to find out correlation between performances of Bachelor of Physical Education aspirants and their sports Achievement motivation. For this purpose total seventy five (N=75) aspirants were selected from Department of Physical Education, B.M. University, Rohtak. For the assessing their performance Modified AAPHRED physical fitness test was applied. For measuring their height stadiometer was used. Sports Achievement Motivation Test developed by Sharma (1990), was used for assessing their achievement motivation. Pearson's Product moment correlation was used on gathered data for statistical analysis. Findings of the study revealed that there is a positive correlation between performance & their sports achievement motivation, and performance & Height of Bachelor of Physical Education aspirants.

**Key words:-**Aspirants, Bachelor of Physical Education, Sports Achievement Motivation, Stadiometer.

## **INTRODUCTION**

In present sporting environment, sport scientists and sports psychologists have directly or indirectly support towards the enhancement of athlete's performance. Scientific research and development in India has not been able to keep pace with standard in the arena of sport psychology, exercise physiology, sport training methods, kinesiology, sports medicine and injury management etc.

To achieve the highest and economical performance in the field of sports at the national and international level, a positive attention must be given towards research development in sports sciences and in all its allied fields.

## **REVIEW OF LITERATURE**

Psychological variables are the most important contributors for performance in all sports. Athletics requires considerable amount of mental alertness. Motivation performance in sports is the combined result of physical as well as mental fitness. Mental fitness has relatively been remained neglected in India. As asserted by Singh (1981), most of the coaches agree that the physical characteristic, skills and training of the players are very important. Singh further indicate that the good mental preparation for competitions, which is a necessary component of success. In countries like Russia, Germany, Bulgaria much stress are being laid on the mental preparation conditioning of their sportspersons.

A coach has the right to help the player to find out his specific talents and factors to their fullest potentials helps in developing in physical attributes. The athletes and teams are prepared not only to play the game but also to win it. For winning the games it is not only the proficiency in the skills which brings victory but more important is the preparation, the spirit and the attitude of the athletes with which they play and perform the best in the competition. The modern sport training lays a greater emphasis on preparing the athletes psychologically. Lots of emphases are being given to the psychological research dealing with different psychological variables and mental rehearsals of the training.

Sports involve an extremely complex behavioral issue. As a consequence of intense competition sportsman's behavior may also undergo important changes. So, physical education scientists and coaches have not only be the expert only in the matter of the skill training but also to be engineers who understand the mechanism of the human behavior on the playfields and under extremely diverse situations. No training in the sports is complete without reference to the psychological study and the training of the athletes. All other factors such as- biological and sociological being equal, psychological conditioning of an athlete decidedly determines his success or failure in the competition.

Kamlesh (1983), explained that in modern competitive sports, psychological preparation of an athlete or a team is more important as technique of the different skills of the game on specific lines.

Participation in sport and physical activity has the potential to act in a positive fashion, affecting moral development through such processes as observing positive role models in coaches, parents and other children (Martens, 1993) and having the opportunity to engage in pro social, or ethical, behavior.

From a psychological perspective, there are very important concerns about the relationship of body image to female's attitudes about physical activity and actual behavior in sport and exercise settings (Gill, 1993).

Psychological activity is associated with enhanced self-esteem, self-concept, anxiety and body image (Plaited, 1995, Snyder and Spritzer, 1977).

Study show that females are generally more negative about their bodies and are concerned with physical beauty and maintaining an ideal, thin shape where males are concerned with size, strength and power (Gill, 1995).

According to Hart, Leary and Rejeski (1989), such dissatisfaction with body image is associated with both low self-esteem, depression, low self-concept and less motivation.

Both social and sport-based pressures on flame athletes to be this can be implicated in this excessive focus on an appearance (Plastid, 1995). For example, societal pressure idealizing a body image, that is not particularly the health or attainable for many females has important consequence in terms of self-esteem and disordered eating.

Motivation is one psychological characteristic which affects the performance of any individual. This is true in the case of sport person also. Motivation effects performance of any individuals. Motivations is responsible for initiations continuation and direction of any activity, so a motivated sports persons is able to start sports activity continue it and take it in the desired direction.

Forts (1971), has rightly stared that motivations in general is a process, which indicated why people participate in sports and the way they do so. The urge to run and play when competing, to struggle when contained to be aggressive when anger had to be faced, when frightened and typical of man as he matures and develops and moves through life's many dangerous sports and competitive situations.

In fact achievement motivation is the motivation to achieve; this idea has been emphasized by Barrow and Rosemary (1979), when they state that the basis of achievement motivation is achievement motive that is a motive to achieve. Those who engage themselves in a task on account of an achievement motive are said to work under the spirit of achievement motivation.

Achievement motive comes into picture when an individual knows that his performance will be evaluated, that the consequence of his actions will be either as success or a failure and that good performance will produce a feeling of pride and accomplishment. Hence, achievement motive may be considered as a disposition to approached success or capacity for taking pride in accomplishment when success at one or another activity is achieved.

The process of achievement motivation had been analyzed by psychologists from time to time. For example, Cleland et.al. (1953), are of the view that the theory of Achievement Motivation originated from the level of motivation in players. According to them in players three points are important. They are:-

- i. Strength of fairly consistent motives or needs of players.
- ii. Expectations of what outcome the certain actions will produce.
- iii. How badly at this time they want a certain payoff over all the other wants they have and over the risks they face.

Heckhausen defines as the striving to increase or keep as high as possible one's own capacity in all activities in which standard of excellence of such activities can either success or fail.

Kamlesh, Kumar & Kaur (1987), studies the level of the Sports Achievement Motivations with inter collegiate female players belonging to various games such as- from Volleyball, Hockey, Kho-Kho, Football, Kabaddi, Gymnastic and Track and Fields. Sports Achievement Motivations Test by Kamlesh was administered to the subjects in the convenient size

groups. It was concluded that the inter-collegiate female players have the moderate level of Sports Achievement Motivation. No inter sport differences on the level of Achievement Motivation were found in the.ir study.

**Present Study:-**

The American Alliance for Health, Physical Education, Recreation and Education & Recreation, is an organization providing support to professionals Dance (AAHPERD), previously known as the Association for Health, Physical specializing in health, physical education, recreation and dance. AAHPERD is also using in India for assessing the physical fitness of Youth. Most of the Educational Institutes Running Course Bachelor of Physical Education in their curriculum preferred using AAHPERD for selecting of aspirants.

B. M University Also conduct same test for Bachelor of Physical Education aspirants selections:-

**Selection of Sample:-** From the department of Physical Education, Seventy Five (N=75) aspirants were selected for the present study. All participated were qualify written test and intimated for Modified AAHPERD Test. Most of the aspirants came from different parts of Haryana and were also of different socio-economic status. Before filing the questionnaire of Sports Achievement Motivation the researcher held meetings with the aspirants, told them the objective of the study and requested to give their response honestly in the interest of scientific investigation. Aspirants were very enthusiastic and cooperative throughout the whole data collection. The age range was limited from 18 up to 30 years.

**Criterion measures:-** For keeping the entire study unitary and integrated, expert's consultation was also taken. The criterion measure for the present study was the final ratings of the appropriate scales, selected for assessing the following variables of the study:-

**Tools:-** Sports Achievement Motivation Test developed by Kamlesh (1990), was used for measuring Sports Achievement Motivation Test. Psychological tests are used to measure and understand the human behavior. It is a matter of fact that there is not a single tool or psychological instrument, which may understand all aspect of the behavior because of the complex and varying psycho- emotional attributes of personality and human behavior dimensions.

**Sports Achievement of Motivation Test (SAMT):-** The sports achievement motivation test (Kamlesh, 1990), is a self-evaluation questionnaire of 30 statements, the response value of this test extended from 0 to 30 in total. Each statement carries a maximum score of two and minimum zero. The test measure only one thing, i.e. the level of Sports Achievement Motivations. After conducting further studies by using SAMT the author has given the following classification criteria based on percent and point.

**Table 1: Classification of Sports Achievement of Motivation Test**

Sr. No.	Raw/ Mean Score	Classification
1.	0-20	Low
2.	20-25	Moderate
3.	25 and above	High

Source: Analyzed from primary data

**Statistical Procedure:-** Objective of the study is to find out relationship between physical fitness index and sports achievement of Bachelor of Physical Education aspirants of B. M. University, Rohtak. Re treating the objectives of the study person product moment correlation was applied on gathered data. Level of significance set at 0.05 levels.

**Analysis of Data:-** After collecting the data's, it was analyzed by using various methods. Such as:-

**Table 2: Achievement motivation & Performance**

	Achievement motivation	Performance
<b>Mean</b>	<b>27.6506</b>	<b>29.4244</b>
<b>Correlation</b>	<b>0.09744</b>	

Source: Analyzed from primary data

**Achievement motivation & Performance:-** Person's product movement correlation shows that a positive correlation (0.097) exists between sports achievement motivation test and performance of physical fitness test of Bachelor of Physical Education aspirants of B. M. University, Rohtak.

**Table 3: Height & Performance**

	<b>Height</b>	<b>Performance</b>
<b>Mean</b>	<b>169.2118</b>	<b>29.4244</b>
<b>Correlation</b>	<b>0.07547</b>	

Source: Analyzed from primary data

**Height & Performance:-** Pearson's product moment correlation shows that a positive correlation (0.075) exists between Sports Achievement Motivation test and performance of physical fitness test Bachelor of Physical Education aspirants of B.M. University, Rohtak.

## CONCLUSION

Pearson's product moment correlation shows that a positive correlation (0.097) exists between sports achievement motivation test and performance of physical fitness test Bachelor of Physical Education aspirants of B. M. University, Rohtak. Greater the sports achievement motivation may provide more confidence thus Bachelor of Physical Education aspirants performs better during physical fitness test. Most of the Bachelor of Physical Education aspirants are belonging to sports person community thus they are having greater sports achievements

Pearson's Product moment correlation shows that a positive correlation (0.075) exists between Height and Physical fitness test's Performance of Bachelor of Physical Education aspirants of B. M. University, Rohtak. The Height is a natural phenomenon for sports person as it provides more the mechanical advantage to the sports persons, who performed during the physical fitness test. It also provides benefits for the taller aspirants thus the height having positive correlation with performance.

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