



ISSN Print: 2394-7500  
ISSN Online: 2394-5869  
Impact Factor: 3.4  
IJAR 2015; 1(6): 326-328  
www.allresearchjournal.com  
Received: 06-03-2015  
Accepted: 10-04-2015

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## Motivation among individual and Team sports players

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### Abstract

The intention of the study is to discover out the level of motivation among Individual and team sports players. The model for the study consists of 50 Individual sports players and 50 team sports players are the contestants in the Kurukshetra University inter collegiate tournaments during the year 2014-2015. The age of the subjects was between 19 and 23 years. The standard psychology tool device by Dr. Kamlesh (1990) [1] was used to evaluate motivation. It was found the Individual sports players are having noteworthy difference in Motivation than team sports players because the individual sports players required necessary motivation to attain excel in sports then the team sports players is a group exertion. This type is study is useful to the physical educators, coaches and sports psychologists to enhance the performance through achievement motivation.

**Keywords:** Motivation, Individual Players, Team Players.

### 1. Introduction

Motivation is a theoretical construct used to explain behavior. It represents the reasons for people's actions, desires, and needs. Motivation can also be defined as one's direction to behavior or what causes a person to want to repeat a behavior and vice versa. A motive is what prompts the person to act in a certain way or at least develop an inclination for specific behavior. For example, when someone eats food to satisfy the need of hunger, or when a student does his/her work in school because he/she wants a good grade. Both show a similar connection between what we do and why we do it. According to Maehr and Meyer, "Motivation is a word that is part of the popular culture as few other psychological concepts are". Wikipedia readers will have a motive (or motives) for reading an article, even if such motives are complex and difficult to pinpoint. At the other end of the range of complexity, hunger is frequently the motive for seeking out and consuming food.

Motivation is defined as the process that initiates, guides, and maintains goal-oriented behaviors. Motivation is what causes us to act, whether it is getting a glass of water to reduce thirst or reading a book to gain knowledge.

It involves the biological, emotional, social, and cognitive forces that activate behavior. In everyday usage, the term motivation is frequently used to describe why a person does something.

For example, you might say that a student is so motivated to get into a clinical psychology program that she spends every night studying.

"The term motivation refers to factors that activate, direct, and sustain goal-directed behavior. Motives are the "whys" of behavior - the needs or wants that drive behavior and explain what we do. We don't actually observe a motive; rather, we infer that one exists based on the behavior we observe."

Psychologists have proposed a number of different theories of motivation, including drive theory, instinct theory, and humanistic theory.

Anyone who has ever had a goal (like wanting to lose ten pounds or wanting to run a marathon) probably immediately realizes that simply having the desire to accomplish something is not enough. Achieving such a goal requires the ability to persist through obstacles and endurance to keep going in spite of difficulties.

There are three major components to motivation: activation, persistence, and intensity.

Activation involves the decision to initiate a behavior, such as enrolling in a psychology class.

Persistence is the continued effort toward a goal even though obstacles may exist, such as taking more psychology courses in order to earn a degree although it requires a significant investment of time, energy, and resources.

Finally, intensity can be seen in the concentration and vigor that goes into pursuing a goal. For example, one student might coast by without much effort, while another student will study regularly, participate in discussions and take advantage of research opportunities outside of class.

The sports in this category usually have individuals, rather than teams, as participants, although it is possible to create a team competition in any sport by combining the results of several individual competitors or by having team members take turns to play.

The possibilities are endless and you should find a person, people or group local to you that could help. You should develop a program which is interesting, relevant to you and will improve your physical fitness. Along the way you'll have fun, make friends, learn new skills - or even share your own skills with others.

A team sport includes any sport which involves players working together towards a shared objective.

A team sport is an activity in which individuals are organized into opposing teams which compete to win. Examples are basketball, volleyball, water polo, handball, lacrosse, cricket, baseball, and the various forms of football and hockey.

Team sports are practiced between opposing teams, where the players interact directly and simultaneously between them to achieve an objective. The objective generally involves teammates facilitating the movement of a ball or similar object in accordance with a set of rules, in order to score points.

However, other types of team sports do not involve teammates facilitating the movement of a ball or similar item in accordance with a set of rules, in order to score points. For example, swimming, rowing, sailing, dragon boat racing, and track and field among others are also team sports. In other types of team sports there may not be an opposing team or point scoring, for example, mountaineering. Instead of points scored against an opposing team, the relative difficulty of the climb or walk is the measure of the achievement.

**Objectives of the Study**

The objective of the study is to discover out the differences on motivation among players of Individual Sports and Team Sports.

**Hypothesis**

It was hypothesized that there would be significant difference in the achievement motivation among players of Individual Sports and Team Sports.

**Motivation**

A system of goal direction in individual activity that is closely related to proficiency, assertiveness and supremacy is described by psychologists as motivation.

**Methodology**

Thus the study covered 50 Men Individual players in Athletics, Badminton, Boxing, Judo, Wrestling, Weight Lifting and 50 Men players in Foot Ball, Volleyball, Basket Ball, Hand Ball, Cricket are taken for the study. These

players are the Participants in the Kurushetra University Inter College Tournaments during the year 2014-2015. The age of the subjects was between 19 to 23 years.

**Motivation Scale**

The standard psychology tool device by Dr. Kamlesh (1990) [1] was used to evaluate motivation. This test consist of 20 questions includes both positive and negative statement. Each statement consists of two alternate responses.

**Result of the Study**

**Table 1:** Descriptive Statistics of the Groups

	Group	N	Mean	S.D
Motivation	Individual Players	50	24.52	3.85
	Team Players	50	23.45	2.43

The values of the mean and standard deviation for Individual Players and Team Players are given in the table. 1. The mean Achievement Motivation of the Individual Players is (24.52) larger than that of the Team Players (23.45).

**Table 2:** t – Table for the data on Achievement Motivation along with F- value

Groups	Mean	S.D	Mean Diff.	t-value	f-value
Individual Players	24.52	3.85			
			1.70	4.98	15.75
Team Players	23.45	2.43			

Significant at 0.05 levels

The table 3 shows the f value of Individual Sports Players verses Team Sports Players F - 15.75.

The result proves that Individual Sports Players have more motivation than Team Sports Players. Individual Performance sports like Athletics, Badminton, boxing, Judo, Weight Lifting etc must have more motivation to excel in sports. The conclusion must be completed by Individual Sports Players is final for his recital. Whereas in Team Sports there will be group exertion amid all players and their motivation be different from each Sports Players to Sports Players. More research in this area is necessary as researchers challenge to appreciate motivation in the sport province. Specifically, there is required to scrutinize socially-oriented motivation for a greater understanding of motivation. Sport research in motivation has repeatedly relied on quantitative measures mostly based on task and ego goal orientations to the prohibiting of other appropriate goal orientations.

Only when researchers widen their conceptualization of motivation and discover underused testing sites will we expand a more comprehensive understanding of motivation. The present study accessible an original involvement to the literature regarding motivational orientations of athletes in finicky sport groups, more research is needed. This study found confirmation for social factors of motivation among the research participants by using the broader theoretical structure accessible by Maehr and Braskamp (1986) [8]. This study also exposed that the athletes value multiple individual inducement in that they reported positive and negative experiences in terms of task, ego, and social goals.

It is fulfilled that Individual Sports Players are having more Motivation because they put goals and aims to provide level

best performance to succeed the Competition, where as the Team Sports Players depend upon their group to give the high level of performance. It is suggested that motivation is required for all Sportsmen to reach high excellence in sports. The Coaches must organize all the sports persons with high level of motivation to excel in sports.

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