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## Analysis of motivation among international kho-kho players of 12<sup>th</sup> South Asian games

Sunil Kumar and Chandan Paramanik

**Abstract**

The purpose of the study was to compare the motivation among India, Nepal, Sri Lanka and Bangladesh kho-kho players. The subject for this study was from 12<sup>th</sup> South Asian Games 2016, which was organized by India in Guwahati (Assam). Total 60 (Thirty) male Kho-Kho players, 15 players of India, 15 players of Sri Lanka, 15 player of Nepal 15 players of Bangladesh were (17-30 years of age) selected. The motivation score of the subjects was obtained by using sports motivation scale (sms28) developed by Luc G. Pelletier, Michelle Fortier. The selected variables was motivation. The obtained data were analyzed by applying analysis of variance 'F' test in order to find out the motivation among India, Sri Lanka, Nepal and Bangladesh Kho-Kho players. Further, the level of significance was set at 0.05 level of confidence. The finding of the study reveals that there was significant difference in case of motivation Nepal players are highly motivated in comparison with the Sri Lanka kho-kho players. On the other side there is no significant difference among India, Nepal and Sri Lanka kho-kho players. The significant difference was found may be due to the reason that the Nepal players are well motivated, mentally tough, better intellectual ability, than other teams, but due to lack of skill ability they could not win 12<sup>th</sup> South Asian Games.

**Keywords:** Mental toughness and India, Sri Lanka, Nepal, Bangladesh kho-kho players

**Introduction**

Motivation refers to "the reasons underlying behavior" (Guay *et al.*, 2010, p. 712) [4]. Paraphrasing Gredler, Broussard and Garrison (2004) [5] broadly define motivation as "the attribute that moves us to do or not to do something" (p. 106). Intrinsic motivation is motivation that is animated by personal enjoyment, interest, or pleasure. As Deci *et al.* (1999) [6] observe, "intrinsic motivation energizes and sustains activities through the spontaneous satisfactions inherent in effective volitional action. It is manifest in behaviors such as play, exploration, and challenge seeking that people often do for external rewards" (p. 658). Researchers often contrast intrinsic motivation with extrinsic motivation, which is motivation governed by reinforcement contingencies. Traditionally, educators consider intrinsic motivation to be more desirable and to result in better learning outcomes than extrinsic motivation (Deci *et al.*, 1999) [6].

Motivation involves a constellation of beliefs, perceptions, values, interests, and actions that are all closely related. As a result, various approaches to motivation can focus on cognitive behaviors (such as monitoring and strategy use), non-cognitive aspects (such as perceptions, beliefs, and attitudes), or both. For example, Gottfried (1990) [7] defines academic motivation as "enjoyment of school learning characterized by a mastery orientation; curiosity; persistence; task-endogeny; and the learning of challenging, difficult, and novel tasks" (p. 525). On the other hand, Turner (1995) [8] considers motivation to be synonymous with cognitive engagement, which he defines as "voluntary uses of high-level self-regulated learning strategies, such as paying attention, connection, planning, and monitoring" (p. 413). Motivation plays a key role in any given activity or task, stated by "Sage states as the direction and intensity of ones efforts" (cited by Sewell, Watkins and Griffin, p.355), referring to the drive to take part in some form of activity and persisting in that activity. Weiss (1992) [9] and Weinberg (1995) [9] argued that this definition is too simplistic (cited by Wesson, Wiggins, Thompson and Hartigan, p. 576). This essay aims to define and evaluate the three main types of motivation and their consequences in terms of participation within sport and physical activity. Motivation itself can be catagorised into three types: amotivation, extrinsic motivation and intrinsic motivation.

**Review of related literature**

Ryan *et al.* (1997) [15] conducted research on athletic motivation and whether initial motivation predicted adherence to that particular sport. The purpose of their study was to explore how an athletes motives for initiating activity in a particular sport related to his or her continuation and participation in that particular sport. An important distinction was made between intrinsic and extrinsic motivation. As discussed briefly above, intrinsically motivated behaviors are performed for the satisfaction one gains from engaging in the activity itself.

Duda (1988) [13-16] examined the relationship between goal perspectives and selected motivation behavior (i.e., persistence and intensity) among intra-mural league participation. Persistence was defined as the number of years of participation in the sports whereas intensity was optimized as the hours and weeks spent practicing the recreational sports in the student’s free time. Results indicated that grater persistence and intensity corresponded to the student’s emphasis on task involvement in sports.

The aim of Bakker, De Koning, Van Ingen Schenau, & De Groot=s (1993) [18] study was to replicate Scanlan *et al*=s. (1989) [19] 1 earlier study that enjoyment is not only related to achievement in sport (i.e., perceived competence and social recognition of competence), but also to the social (i.e., social and life opportunities) and movement dimensions (i.e., the act of skating) (e.g., Bakker *et al.*, 1993) [14]. In contrast to Scanlan and colleagues, Bakker *et al.* (1993) [14]. Sampled skaters at the national and international level who were still competing, whereas Scanlan *et al*=s. (1989) [19] Study was limited to retired skaters. Bakker *et al.* (1993) [14]. Planned to us the four themes identified by Scanlan *et al.* (1989) [19] these are: sources of enjoyment, social and life opportunities, Perceived competence and social recognition of competence, and the act of skating (e.g., Bakker *et al.*, 1993) [14].



**Criterion Measures**

The motivation score of the subjects was obtained by using sports motivation scale (sms28) developed by Luc G. Pelletier, Michelle Fortier.

**Procedure**

Total 60 male Kho-Kho players (19-30 years of age) selected from South Asian Games-2016 which was organized by India in Guwahati (Assam). The selected variable was motivation. After obtaining approval for the human subjects protocol from the tournament organizer,

prospective team coaches were contacted about the taken the data.

**Measures**

Sport motivation scale (SMS; Pelletier *et al.*, 1995) [17] The scale was designed to assess individuals ’level of motivation towards sport, using the self-determination theory framework. Participants reported the extent to which the listed reasons for practicing their sport corresponded with their own personal reasons. Participants’ motivation was assessed using a 7-point Likert scale ranging from 1 (Does not correspond at all) to 7(Corresponds completely). The scale consisted of the 28 items measuring seven factors (three types of intrinsic motivation, four types of extrinsic motivation, and amotivation).

**Hypothesis**

It was hypothesized that there may be significant difference in motivation among India, Nepal, Bangladesh and Sri Lanka men Kho-Kho players.

**Statistical Technique**

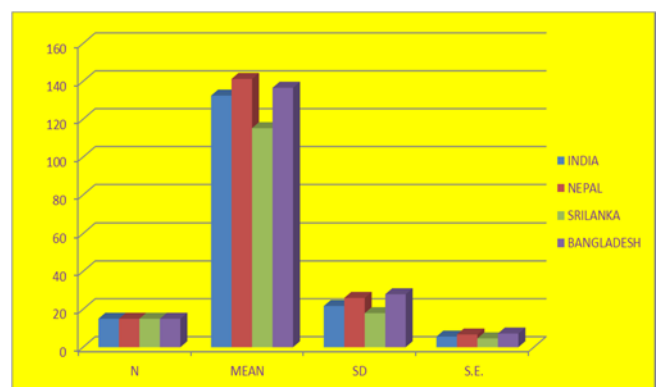
One way Analysis of variance (ANOVA) was employed to find out intra-group differences. Scheffe, s post hoc tests were also used for significant F value. To test the hypothesis, the level of significance was set at 0.05.

**Finding of the study**

**Table 1**

Country	N	Mean	Sd	S.E.	Min.	Max.
India	15	132.47	21.74	5.61	93	162
Nepal	15	141.27	26.00	6.71	101	182
Sri Lanka	15	115.27	17.94	4.63	88	150
Bangladesh	15	136.60	27.93	7.21	96	185
Total	60	131.40	25.14	3.24	96	185

Table-1 shows that mean and standard deviation of Motivation of India was 132.47-21.74, Nepal was 141.27-26.00, Sri Lanka was 115.27-17.94, Bangladesh was 136.60-27.93.



**Fig 2:** Graph of the mean, standard deviation and standard error.

**Table 2:** Motivation

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	5787.200	3	1929.067	3.427*	.023
Within Groups	31523.200	56	562.914		
Total	37310.400	59			

Significant at 0.05 level (4, 56) = 2.38

Table-2: It appears from the table -2 that there was significant difference of motivation among four countries as calculated F value (3.427\*) was greater than the tabulated F value (2.38) at 0.05 level of significance.

### Multiple Comparisons

Post Hoc Test

Dependent Variable: SCORE

### Scheffe's test

Table 3

(I) Sample	(J) Sample	Mean Difference (I-J)		Std. Error	Sig.	95% Confidence Interval	
		Lower Bound	Upper Bound			Lower Bound	Upper Bound
IND	NEP	-8.800	8.663	.794	-33.77	16.17	
	SRI	17.200	8.663	.279	-7.77	42.17	
	BAN	-4.133	8.663	.973	-29.10	20.84	
NEP	IND	8.800	8.663	.794	-16.17	33.77	
	SRI	26.000(*)	8.663	.038	1.03	50.97	
	BAN	4.667	8.663	.962	-20.30	29.64	
SRI	IND	-17.200	8.663	.279	-42.17	7.77	
	NEP	-26.000(*)	8.663	.038	-50.97	-1.03	
	BAN	-21.333	8.663	.121	-46.30	3.64	
BAN	IND	4.133	8.663	.973	-20.84	29.10	
	NEP	-4.667	8.663	.962	-29.64	20.30	
	SRI	21.333	8.663	.121	-3.64	46.30	

\* The mean difference is significant at the .05 level.

Table-3 Reveals that there is significant difference in case of motivation Nepal players are highly motivated than Sri Lanka Kho-Kho players. There is no difference between among India, Bangladesh, Sri Lanka teams

### Discussion

The finding of the study reveals that there was significant difference in case of motivation where Nepal kho-kho players are highly motivated than in comparison with Sri Lanka kho-kho players. There is no significant difference in case of motivation among India, Bangladesh and Sri Lanka kho-kho players. The significant difference was found may be due to the reason that the Nepal players are well motivated, mentally tough, better fitness, intellectual ability, than other teams, but due to lack of skill ability they could not win 12<sup>th</sup> South Asian Games.

### Conclusion

1. There is significant difference was found in case of motivation where Nepal kho-kho players exhibit high motivation than Sri Lanka team.
2. There is no significant difference in motivation among India, Bangladesh, Sri Lanka.
3. There is no significant difference in motivation between India, Nepal, Bangladesh.

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