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## **Analysis of achievement motivation and aggression among the chaser, dodger and all-round players at inter collegiate men Kho-Kho players**

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### **Abstract**

The purpose of this study was Analysis of Achievement Motivation and Aggression among the Chaser, Dodger and All-round Players at inter Collegiate Men Kho-Kho Players. A total 90 inter Collegiate level consist of chaser, dodger and All-rounder are selected as a random, they were divided into 3 equal groups (30 from chaser, 30 from dodger and 30 from All-rounder)

**Keywords:** Analysis, achievement motivation, aggression, among the chaser dodger, all-round players

### **Introduction**

Physical Education is an integral part of total Education. It is an education through, Physical Fitness, Social Fitness, Moral Fitness and Emotional Fitness for an individual to develop not only a good physique but also help in develop desirable social qualities. The word 'Sports' occasionally denotes either to a pleasant part time or somewhat hazardous recreation. Today Sports are considered as international discipline as it develop international understanding and universal brotherhood. Sports develop national character and also it provides to fullest self-expression to man and it is one of the fundamental needs. Human being id considered as an intellectual animal that wants to participate in physical activities to attain personal achieve growth and development and to maintain good health. It is natural is both quality and a child to participate in activities like running, jumping, throwing etc.

Sports is a dynamic, creative, continuous process which gives meaning to reflect and the values believes and ethics of participation. Sports is a chief component in promoting friendship, peace and understanding between people society and country because the trouble free delight come only form sports. Sports are psycho-social activity. Sports have a very important role in modern society. It is important to an individual, a group, a nation and indeed the world. The word sports have a popular appeal among people of all ages and both sexes, much of the attraction of sports comes from the wide variety of experience and feelings that result from participation of joy, anguish, success, failure, exhaustion pain relief and a feeling of belonging. Sports can bring money, glory, status and good will; sports can also bring tragedy, grief and even death.

The word of games and sports has crossed many milestones. Scientific theories applied to human performance have been playing an increasingly important role in the training of athletes and players to attain excellence in sports and games. Now coaches and athletes are concentrating on specific training means and methods with sustained scientific knowledge for outstanding performance and achievement is various levels of competition. Sports performance is the result and expression of the total personality of the sports man. The sports man is also to achieve high-level performance by concentrating on major areas like physical power, physiological efficiency, psychological development, application of bio-mechanics and environmental adjustments.

### **Psychology**

Psychology is the study of human behavior and human relationship. Sports psychology means applying psychological theories and concepts to aspects or sports such as coaching and teaching.

Sports psychology is concerned with analyzing human behavior in various types of sport settings. It is individuals' behavior acting individually and acting in a group. This sport psychologist uses psychological in assessment techniques and intervention strategies are an effort to help individuals to achieve their optimal performance.

According to M.L. Kamlesh sports psychology is the application or psychological principles to sport and psychological activity at all levels of skill development.

### **Sport Psychology**

Sports psychologist is the scientific study of people and their behaviours in sport. The main job of a sports psychologist is to recognize how participation in sport exercise and physical activity enhances a person's development.

Sport psychology is a specialization within psychology that seeks to understand psychological/mental factors that affect performance in sports, physical activity and exercise and apply these to enhance individual and team performance. It deals with increasing performance by managing emotions and minimizing the psychological effects of injury and poor performance. Some of the most important skills taught are goal setting, relaxation, visualization, self-talk awareness and control, concentration, using rituals, attribution training, and periodization.

### **Motivation**

Ask any person who is successful in whatever he or she is doing what motivates him/her, and very likely the answer will be "goals". Goal setting goals is extremely important to motivation and success. What motivates you? Why are you in college? If you are in college because that's what your parents want, you may find it difficult to motivate yourself. Sure, it's possible to succeed with someone else providing the motivation for you. "If you graduate from college, I'll give you a cat!" or worse "If you don't graduate from college, you won't get a car." But motivation that comes from within really makes the difference.

Certainly, you need some intelligence, knowledge base, study skills, and time management skills, but if you don't have motivation, you won't get. Think about this analogy. You have a car with a full tank of gas, a well-tuned engine, and good set of tires quadraphonic CD system, and a sleek, polished exterior. There it sits. This car has incredible potential. (Have you heard that before?) However, until a driver sits behind the wheel, puts the key in the ignition, and cranks it up, the car doesn't function. You guessed it; the KEY is MOTIVATION.

### **Concept of Motivation**

Sports psychologist Richard Alderman (1974) defines motivation as "The tendency for behavior to be controlled by its connections to consequences and the tendency of this behavior, or can be defined as "any condition that might energize and direct our actions (Crooks & Stein 1988).

Human behavior is a unique but strange combination of motives, drives and needs as well as mechanics operating amongst them. In order to understand motivation, it is necessary to have these three psychological constructs.

### **Motives**

Motive says Alderman: a latent relatively stable personality characteristic which causes a person to be attracted or repulsed by the consequences of particular courses of

action. It is a tendency within the person directing his thoughts, feelings and action towards the service of goals or functions.

Motive are those specific conditions which are attached to particular courses of action and their consequences which result from that arousal. Motives specifically.

Motive are those specific conditions which are attached to particular courses of action and their consequences which result from that arousal.

Motives specifically;

1. Mobilize organismic energy and energize action.
2. Direct behavior towards a goal and
3. Determine suitable response.

### **Motives are broadly classified into two groups**

1. **Biogenic motives:** Hunger, thirst, sleep, avoidance of pain and sex.
2. **Sociogenic motives:** Affiliation motive, Security motive and states motives.

### **Drives**

Drive is an impetus to action of a "thrust forward" or a force impelling the organism to move towards a predetermined goal. A drive therefore is essentially an energizer of action. It vitalizes the action potential of the organism in given situation. Drives are classified into two groups.

*Primary drives:* These are biological in nature and arise when instinctive tendencies such as hunger, thirst sex, love are in operation.

**Secondary drives:** Are artificially created

**NEED:** It is link between the motive and the drive. Murray (1943) defines need as a construct which stands for force in the brain region, a force which organizes perception, apperception, and action as to transform in a result of internal stimulation's and external events. Needs are classified as;

**Primary needs:** Are biological like hunger, thirst, sex, love.

**Secondary Needs:** Are psychological or hunger, thirst, sex, love.

**Secondary Needs:** Are psychological or social seeking adjustment. Each as achievement, affection, adjustment.

Motivation is classified into two broad categories they are 1) Intrinsic motivations and 2) Extrinsic motivations.

### **Intrinsic Motivation: (internal locus of control)**

As striving for excellence is an irresistible instinctive tendency in grained in human planners. This comes about from the satisfying fulfillment of needs felt by the individual. The needs include personal factors such as ability, skill perfection and body built. One motivates himself by virtue of gaining status, affiliation, recognition etc.

### **Extrinsic Motivation**

It is a socio-cultural milieu in which on athlete's lives and functions. Are those that arise from satisfying needs and requirement imposed by the environment. Motivation from outside like friends, coach and spectators act as motivations which encourage the sportsman to perform better, extrinsic motivation is of two types.

### **Verbal Motivation**

It is a way of praise of one's action whole heartedly. Application of certain effective techniques orally activates one's physical and mental resources to be utilized fully.

### **Tangible Motivation**

Mainly associated with certain concrete or substantial form of incentives being given to the players such as certificates, prizes, awards and refreshments to enhance perception and performance in competitive situation.

### **The Game**

Inside are some of the salient features of the game to enable you to appreciate and understand it. The game of Kho-Kho based on natural principles of physical development is vigorous and fosters a healthy combative spirit among the youth. It is controlled sprinting makes the game exciting and interesting to watch. In short the game of Kho-Kho gives to the players the real JOY OF EFFORTS, in addition well and truly made. To those who watch it, gives the thrill and satisfaction of having enjoyed a fine sport. The play is governed by specific rules of the game approved by the Kho-Kho federation of India.

### **A Flash of Thought**

Kho-Kho is a fine indigenous game that could be played with minimum investment in money time and space. It requires a happy blend of physical strength, speed skill and stamina. The game Kho-Kho evolves a high standard speed, strength, agility, endurance, judgment and skillful body movement from the participant and finally it provides scope for self-expression, creative imagination, self-discipline, unselfishness, self-sacrificing nature and provides an opportunity of such time interest in the game.

Like any other game Kho-Kho also educates human being to develop qualities of sportsmanship, team spirit, leadership and international understandings. It basically helps the player to prosper mentally and as well as physically. Taken up in early teens a boy or girl can be assured of sound and balanced development of those valuable physical virtues. We ought to be justly proud of this indigenous heritage, if only we shed our snobbishness a little. Kho-Kho provided to our early teenagers well guarantee better athletes and players in the future.

### **Statement of the Problem**

Analysis of Achievement Motivation and Aggression Among The Chaser, Dodger And All-Round Players At Inter Collegiate Men Kho-Kho Players

### **Limitation**

The limitation of the present study is as follows:

1. The food habits other regular habits and life styles are not controlled.
2. The regular activities of the students will not be controlled.
3. Family background of the subject will not be considered.
4. Environment factors, which contribute to the mental ability of the players, were not taken into consideration.
5. The response of the subject to the questionnaire might not be honest in all cases and this was recognized as a limitation.

### **Delimitation**

The present study was delimited in the following aspects

1. The study will be restricted to 30 chaser, 30 Dodger and 3 All-round players.
2. The age limit of the subject will be limited to the range of 18-25 years.
3. The study was restricted to two psychological variables namely achievement motivation and aggression.
4. Only standardized questionnaire was measured the psychological variables.
  - a. Amanda Kumar inventory for aggression
  - b. M. L. Kamalesh Questionnaire for achievement motivation.

### **Significance of the Study**

1. The study will be helping the players to find out psychological factors.
2. The study will help the coaches

### **Hypothesis**

It was hypothesized that there will be a significant difference of achievement motivation and aggression among the Chaser, Dodger and All-round players at intercollegiate level Kho-Kho players.

### **Definitions of Technical Terms**

#### **Aggression**

"Defines aggression as the intentional response a person makes to inflict pain or harm on another person"

#### **Achievement Motivation**

##### **Chaser**

The player who pursues the players of the opposite side actively is known as chaser.

##### **Dodger**

The player of the side other than the chasers are known as Dodger or Runner.

#### **Psychology**

The word psychology comes from the Greek word psyche — meaning mind (or) soul, of logos — meaning science. Therefore, psychology is science of the mind and the soul.

#### **'Psycho' is defined as**

1. The spirit or soul
2. The human mind
3. In psychoanalysis, the mind functioning as to center of thought, emotion and behavior.

#### **And defining 'SOUL' we have**

1. The spiritual or immortal elements in a person.
2. A person's mental or moral or emotional nature.

#### **Motivation**

According to 'Sage' - Motivation is "The internal mechanism and external stimuli which arouse and direct behavior".

According to 'Singer' — "Motivation is an urge to push towards a specific goal".

**Methodology**

In the Chapter the selection of subject, administrating of questionnaire, selection of variables, reliability of the data, instructions reliability, tester competence, subject reliability, orientation of the subject, collection of the data and statistical techniques employed for the data have been described.

**Selection of the Subject**

A total 90 inter Collegiate level consist of chaser, dodger and All-rounder are selected as a random, they were divided into 3 equal groups (30 from chaser, 30 from dodger and 30 from All-rounder)

**Selection of Variables**

The research scholars reviewed the available scientific literature, books, journals, periodicals and magazine and research papers pertaining to the study. Taking into consideration of the importance of these variables and the feasibility criteria for these following variables were selected for the investigator.

1. Achievement motivation
2. Aggression

**Instrument Reliability**

The purpose of this research study was to measure the achievement motivation and aggression level for the chaser, dodger and all-rounder on Kho-Kho players. The questionnaires, which were used to measure achievement motivation and aggression, were standard questionnaire and they considered reliable.

**Subject Reliability**

As the same subjects were used to measure for achievement motivation and aggression of ability with questionnaires by the same investigator were considered reliable.

**Orientation of the Subjects**

Prior to the administration of the test, to obtain full co-operation from the subjects they were oriented to the purpose of the study. The investigator explained each psychology factors and the questionnaires in detail to the subjects.

**Collection of Data**

The administration of the test and the method of the collection data were explained questionnaire.

**Psychological Variables.**

Achievement motivation laws measured by using questionnaire.

**Achievement Motivation**

Motivation was measured through achievement motivation questionnaire prepared by M. L. Kamlesh. Achievement

motivation was given to all investigation. The computed questionnaire was scored as follows.

For items 1, 3, 4, 9, 10, 11, 12, 13, 16, 17 and 20 the despondence answer “a” scored two points: if he answer “B” scored only zero points. For items 2, 5, 6, 7, 8, 14, 15, 18 and 19 the despondence answer “b” is scores 2 points, if the answer “a” scored only zero points. The larger the score, higher the achievement motivation of the subject

**Aggression**

To measure the aggression Anandkumar aggression scale prepared by Crafty was used.

Aggression was given to all investigation. The computed questionnaire was scored as follows. For items 1,4,5,6,9,12,14,15,18,21,22,24 and 25 answer “yes” he scored two point. In the answer “no” get zero point. For the items 2, 3, 7, 8, 10, 11, 13, 15, 17, 19, 20 and 23 answer “no” he scored two points. If he answers “yes” zero point.

**Statistical Techniques**

The data were analyzed with reference to the objectives and hypotheses by using one Way ANOVA followed by pair wise comparisons were estimated by using Tukeys multiple post hoc procedures. The statistical significance was set at 5% level of significance ( $p < 0.05$ ) and the results obtained thereby have been interpreted.

**Data**

However valid, reliable and adequate the data may be, it does not serve any useful purpose unless it is carefully processed, systematically classified and tabulated, scientifically analyzed, intelligently interpreted and rationally concluded.

After the data had been collected, it was processed and tabulated using Microsoft Excel - 2007 Software. The data collected on achievement motivation and aggression scores from chaser, dodger and all-rounder of Inter College men Kho-Kho players. The aim of the study is to “ANALYSIS Of Achievement Motivation and Aggression Scores from Chaser, Dodger and All-Rounders of Inter Colle Men Kho-Kho Players”. Then the data were analyzed with reference to the objectives and hypotheses by using one Way ANOVA followed by pair wise comparisons were estimated by using Tukeys multiple post hoc procedures. The statistical significance was set at 5% level of significance ( $p < 0.05$ ) and the results obtained thereby have been interpreted.

**Hypothesis-1:** There is no significant difference between three types of Kho-Kho players (Chaser, Dodger, all-rounder) with respect to their achievement motivation scores.

To achieve this hypothesis, the one-way ANOVA test was applied and the results are presented in the following table.

**Table 1:** Results of one-way ANOVA between three types of Kho-Kho players (Chaser, Dodger, all-rounder) with respect to their achievement motivation scores.

SV	DF	Sum of squares	Mean sum of squares	F-value	p-value
Between players	2	389.1000	194.5500	10.5357	0.0001*
Within players	57	1052.5500	18.4658		
Total	59	1441.6500			

\* $p < 0.05$

From the results of the above table, it can be seen that, the three types of Kho-Kho players (Chaser, Dodger, All-rounder) differ significantly with respect to their achievement motivation scores ( $F= 10.5357, p<0.05$ ) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the three types of Kho-Kho players (Chaser, Dodger, All-rounder) have different achievement motivation scores. If it is significant to know the pair wise comparison of three types of Kho-Kho players (Chaser, Dodger, All-rounder) have different achievement motivation scores by applying the Tukeys multiple post hoc procedures and the results are presented in the following table.

**Table 2:** Pair wise comparisons between three types of Kho-Kho players (Chaser, Dodger, All-rounder) with respect to their achievement motivation scores by Tukeys multiple post hoc procedures

Players	Chaser	Dodger	All-rounder
Mean	28.5500	34.4000	29.6000
SD	5.2262	2.1619	4.8384
Chaser	1.0000		
Dodger	0.0003*	1.0000	
All-rounder	0.7212	0.0024*	1.0000

\* $p<0.05$

**The above table clearly reveals the following**

1. The chaser and dodger Kho-Kho players differ significantly with respect to achievement motivation scores at 5% level of significance. It means that, the dodger Kho-Kho players have significant higher achievement motivation scores as compared to chaser Kho-Kho players.
2. The chaser and all-rounder Kho-Kho players do not differ significantly with respect to achievement

**Table 3:** Results of one-way ANOVA between three types of Kho-Kho players (Chaser, Dodger, all-rounder) with respect to their aggression scores

SV	DF	Sum of squares	Mean sum of squares	F-value	p-value
Between players	2	168.4333	84.2167	5.4867	0.0066*
Within players	57	874.9000	15.3491		
Total	59	1043.3333			

\* $p<0.05$

From the results of the above table, it can be seen that, the three types of Kho-Kho players (Chaser, Dodger, All-rounder) differ significantly with respect to their aggression scores ( $F= 5.4867, p<0.05$ ) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the three types of Kho-

**Table 4:** Pair wise comparisons between three types of Kho-Kho players (Chaser, Dodger, All-rounder) with respect to their aggression scores by Tukeys multiple post hoc procedures

Players	Chaser	Dodger	All-rounder
Mean	32.7000	29.2500	29.0500
SD	2.6970	2.9536	5.4818
Chaser	1.0000		
Dodger	0.0197*	1.0000	
All-rounder	0.0128*	0.9858	1.0000

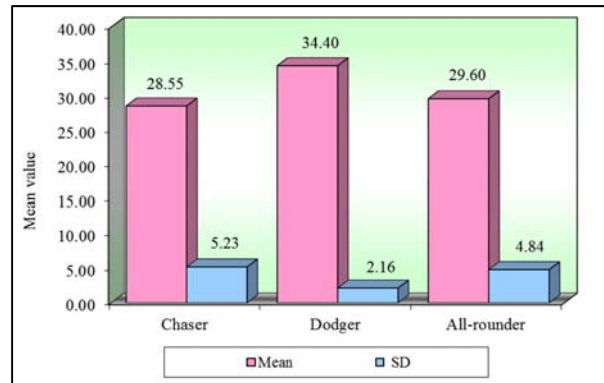
\* $p<0.05$

**The above table clearly reveals the following**

- The chaser and dodger Kho-Kho players differ significantly with respect to aggression scores at 5% level of significance. It means that, the chaser Kho-Kho

motivation scores at 5% level of significance. It means that, the chaser and all-rounder Kho-Kho players have similar achievement motivation scores.

3. The dodger and all-rounder Kho-Kho players differ significantly with respect to achievement motivation scores at 5% level of significance. It means that, the dodger Kho-Kho players have significant higher achievement motivation scores as compared to all-rounder Kho-Kho players. The mean and SD of achievement motivation scores are also presented in the following figure.



**Fig 1:** Comparison of three types of Kho-Kho players (Chaser, Dodger, All-rounder) with respect to their achievement motivation scores

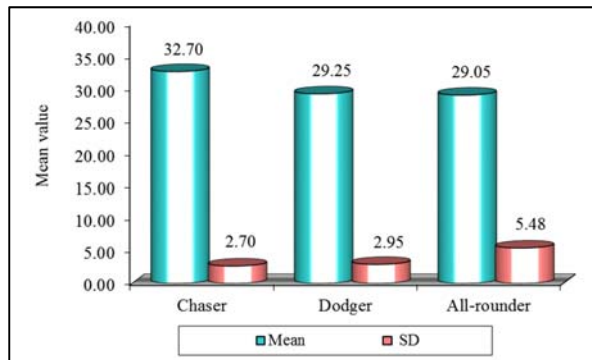
**Hypothesis 2:** There is no significant difference between three types of Kho-Kho players (Chaser, Dodger, all-rounder) with respect to their aggression scores. To achieve this hypothesis, the one-way ANOVA test was applied and the results are presented in the following table.

Kho players (Chaser, Dodger, All-rounder) have different aggression scores. If it is significant to know the pair wise comparison of three types of Kho-Kho players (Chaser, Dodger, All-rounder) have different aggression scores by applying the Tukeys multiple post hoc procedures and the results are presented in the following table.

- The chaser and all-rounder Kho-Kho players differ significantly with respect to aggression scores at 5%

level of significance. It means that, the chaser Kho-Kho players have significant higher aggression scores as compared to all-rounder Kho-Kho players.

- The dodger and all-rounder Kho-Kho players do not differ significantly with respect to aggression scores at 5% level of significance. It means that, dodger and all-rounder Kho-Kho players have similar aggression scores. The mean and SD of aggression scores are also presented in the following figure.



**Fig 2:** Comparison of three types of Kho-Kho players (Chaser, Dodger, All-rounder) with respect to aggression scores

### Conclusion

On the basis of the interpretation of the data the following conclusions were drawn. The three types of Kho-Kho players (Chaser, Dodger, All-rounder) have different achievement motivation. The dodger have significant higher achievement motivation scores as compared to chaser. The chaser and all-rounder players have similar achievement motivation. The dodger have significant higher achievement motivation as compared to all-rounder Kho-Kho players. The three types of Kho-Kho players (Chaser, Dodger, All-rounder) have different aggression. The chaser have significant higher aggression as compared to dodger. The chaser have significant higher aggression scores as compared to all-rounder.

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