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An assessment study of achievement motivation among athletes and volleyball players of Chaudhary Charan Singh University

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Abstract

Achievement Motivation defined as the need to perform well or the striving the success as the need to perform well or the striving for success and evidenced by persistence and effort to achieve high performance in sports. Motivation is based on your emotions and achievement related goals. Achievement Motivation is the desire to excel at task. The purpose of the study is to find out the level of achievement motivation among Athletes and Volleyball Players of Chaudhary Charan Singh University, Meerut, Uttar Pradesh.

The sample for the study consists of 50 Athletes and 50 Volleyball players those who have participated in the Inter College Tournaments of Chaudhary Charan Singh University. The Standardized Dr. B.N. Mukharji Achievement Motivation scale were used for the study. It was found the Athletes are having more Achievement Motivation than Volleyball players because Athletes required compulsory motivation to achieve excel in performance. It is concluded that individual sportspersons like Athletes set goals and aims to give level best performance to win the competition, where as the Volleyball Players depend upon their group to give the high level of performance. It is recommended that achievement motivation is compulsory for all sportspersons to achieve high excellence in sports. The coaches must prepare all the sportspersons with high level of motivation to excel in sports and games.

Keywords: achievement motivation, athletes, volleyball players

Introduction

Achievement Motivation defined as the need to perform well or the striving the success as the need to perform well or the striving for success and evidenced by persistence and effort to achieve high performance in sports. Motivation is based on your emotions and achievement related goals. Achievement Motivation is the desire to excel at task. Sport Psychology is the scientific study of people and their behaviors in sport. The role of a sport psychologist is to recognize how participation in sport exercise and physical activity enhances a persons development. Beginning, in the 1970, Sport psychology became a part of the curriculum on university campuses. Today, sport and exercise psychologists have begun to research and provide information in the ways that psychological well being and vigorous physical activity are related. Modern day sports are very demanding. It requires for the sportsmen and athletes a like to perform to the very best of their abilities and beyond. Individual sport activities such as boxing, tennis, table tennis, wrestling, swimming, gymnastics, badminton etc., have shown to elicit higher anxiety levels than competitive team sport activities such as cricket, hockey, handball, basketball, softball, football etc.

Athletics

Athletics, also called track-and-field sports or track and field, a variety of competitions in running, walking, jumping, and throwing events. Although these contests are called track and field (or simply track) in the United States, they are generally designated as athletics elsewhere. Athletics is an exclusive collection of sporting events that involve competitive running, jumping, throwing, and walking. The most common types of athletics competitions are track and field, road running, cross country running, and race walking. The simplicity of the competitions, and the lack of a need for expensive equipment, makes athletics one of the most commonly competed sports in the world. Athletics is mostly an individual sport, with

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the exception of relay races and competitions which combine athletes' performances for a team score, such as cross country. Athletics have become the most truly international of sports, with nearly every country in the world engaging in some form of competition. Most nations send teams of men and women to the quadrennial Olympic Games and to the official World Championships of track and field.

Volleyball

Volleyball, game played by two teams, usually of six players on a side, in which the players use their hands to bat a ball back and forth over a high net, trying to make the ball touch the court within the opponents' playing area before it can be returned. To prevent this a player on the opposing team bats the ball up and toward a teammate before it touches the court surface—that teammate may then volley it back across the net or bat it to a third teammate who volleys it across the net. A team is allowed only three touches of the ball before it must be returned over the net.

Method

The purpose of the study is to find out the level of achievement motivation among Athletes and Volleyball Players of Chaudhary Charan Singh University, Meerut, U.P. The sample for the study consists of 50 Male Athletes and 50 Male Volleyball Players those who have participated in the Inter College Tournaments of Chaudhary Charan Singh University during the year 2018-19. The Standardized Dr. B.N. Mukharji Achievement Motivation Scale were used for the study. The Questionnaire were administered in small groups during the Chaudhary Charan Singh University Inter College Sports and Games for the year 2018- 2019 during the Coaching Camps conducted for the Athletics and Volleyball.

Result

Table 1: This table shows that Athletes have more achievement motivation than Volleyball Players must have more achievement motivation to excel in sports.

Sports Persons	Mean	S.D.	N	DF	't'
Athletes	32.12	5.92	50	0.98	8.14**
Volleyball Players	39.28	7.90	50		

The results in Table 1 shows that Athletes have more achievement motivation than Volleyball Players must have more achievement motivation to excel in sports. The decision must be made by Athletes persons is final for their performance. Whereas in Team Game like Volleyball there will be group effort among all players and their achievement motivation differs from each other. It was found the Athletes are having more achievement motivation than Volleyball Players because the Athletes required compulsory motivation to achieve excel in performance.

Conclusion

It is concluded that individual sportspersons like Athletes set goals and aims to give level best performance to win the competition, whereas the Volleyball Players depend upon their group to give the high level of performance. It is recommended that achievement motivation is compulsory for all sportspersons to achieve high excellence in sports.

The coaches must prepare all the sportspersons with high level of motivation to excel in sports and games.

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