

## Analysis of Sports Achievement Motivation between School Boys and Girls

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### Abstract

The purpose of the study was to analyse the sports achievement motivation between school boys and girls. To achieve the purpose the study fifty boys and fifty girl's physical education students were selected from Sirsa district. The age of the selected subjects ranged from 14 to 18 years and all of them were in good health and without any obvious physical or mental deficiencies. The standardized psychological tool devised by Kamallesh, M.L. was used to quantify the sports achievement motivation of players. In order to find out the difference between the boys and girls t-test was used. From the results it was observed that there was a significant difference between boys and girls on sports achievement motivation.

**KEYWORDS:** Sports Achievement Motivation.

### INTRODUCTION

Sport is around us and it forms an important part of our lives. Today sports are considered as an International discipline because it develops International understanding and Universal brotherhood. Sports are also one of the factors developing National character. Physical Education and Sports should form an integral part of the lifelong education in over all educational system and their promotion from per school age to old age should be treated as one of the fundamental human rights. Physical Education serves as a medium for men's total education, emotional and intellectual development using experience centered in movement. Hence the promotion of the physical education and sports is the moral and social responsibility of each nation.

According to Clifford (1993) combining the two elements mental and technical training gives the players an opportunity establish a consistent, peak performance every time they step on the field. Kamlesh (1986) opines that sports psychology professionals are interested in how participation in sport, exercise and physical activity may enhance personal development and well-being throughout the life span. Sport psychology is the study of a person's behavior in sport. According to Rechar (1985) sports psychology mainly seeks to understand and optimize athletic performance. Achievement Motivation is a habitual desire to achieve goals through one's individual efforts, with an emphasis on establishing realistic goals, mastering the tasks needed to achieve these goals, discovering solution to problems encountered in striving to reach these goals, and then being open to and even seeking out feedback on one's performance (Cratty, 1989).

Since the investigator wants to find out the spots achievement motivation between boys and girls students of physical education the following procedures were followed.

### METHODOLOGY

The purpose of the study was to analyse the sports achievement motivation between School boys and girls students. To achieve the purpose the study fifty boys and fifty girl's physical education students were selected from Sirsa district. The age of the selected subjects ranged from 14 to 18 years and all of them were in good health and

without any obvious physical or mental deficiencies. The standardized psychological tool devised by Kamalesh, M.L. was used to quantify the sports achievement motivation of players. Hence, it was accepted as reliable and precise for the purpose of this study. In order to find out the difference between the boys and girls t-test was used.

**RESULTS AND DISCUSSION**

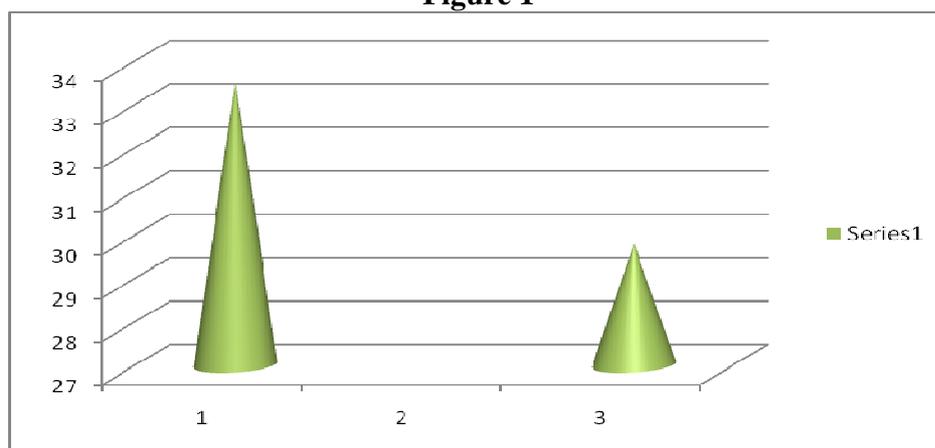
**TABLE –I**

**MEAN AND STANDARD DEVIATION OF SPORTS ACHIEVEMENT MOTIVATION BETWEEN SCHOOL BOYS AND GIRLS**

	<b>Mean</b>	<b>SD</b>	<b>SED</b>	<b>t-ratio</b>
<b>Boys</b>	33.50	2.38	1.01	3.19
<b>Girls</b>	29.80	2.01		

\*Significance at 0.05 levels

**Figure 1**



The mean and standard deviation of sports achievement motivation between boys and girls were numerically presented in the above table –I. The mean score of boys has greater than girl’s scores of 33.50 and 29.80 respectively. Table indicates that the obtained ‘t’ ratio was 3.19 which were greater than the required table value 1.96 at 0.05 level of confidence. It also shows that there was significant different of sports achievement motivation between college boys and girls.

**DESCUSSION**

From the results it was observed that after testing the sports achievement motivation between boys and girls, it was found that there was a significant difference between of boys and girls on sports achievement motivation. Hence, it was concluded from the mean values that the performance of sports achievement motivation was in favors of boy’s physical education students.

Since the physical education programme follows systematically towards an goal, the result of the study reveals the same and supports the findings of Kilpatrick et al. (2005) and Durai (2001).

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