

Level of Aspiration and Sports Performance of Athletes of University of Delhi

Kavita Sharma

Associate Professor, Department of Physical Education, Daulat Ram College, University of Delhi, India

Abstract

The study was conducted to assess the Level of Aspiration of athletes of University of Delhi and to compare the level of Level of Aspiration on the basis of their sports performance. For the purpose of the study a test of Level of Aspiration developed by Dr. M. A. Shah and Mahesh Bhargava was administered on 100 athletes of University of Delhi who had participated in the Delhi University Inter College tournaments 2014-15 in Swimming/ Diving (50) and Track & Field (50). The administered questionnaire was quantified for obtaining the scores of Level of Aspiration as per the instructions/ guidelines. Mean, Standard Deviation and Independent Sample 't'- test were used as statistical procedure for analyzing the data. Findings of the study revealed that the Level of Aspiration of medalist athletes of University of Delhi obtained from Goal Discrepancy Score (GDS), Attainment Discrepancy Score (ADS) and Number of times the goal reach score (NTRS) were 4.832 ± 1.86 , 3.334 ± 1.55 and 1.760 ± 0.47 respectively while for the non medalists athletes it was found to be 2.436 ± 1.48 , 1.440 ± 0.80 and 3.080 ± 1.64 respectively. When compared for performance, it was seen that the medalist athletes of University of Delhi were having significantly higher level of Goal Discrepancy Score (GDS), Attainment Discrepancy Score (ADS) and lower number of times the goal reach score (NTRS) as compared to non- medalist athletes of University of Delhi as the calculated 't' value obtained were 17.51, 11.23 and 5.43 respectively with $p < 0.05$. Therefore it was concluded that the Level of Aspiration plays an important role in the performance of an athlete, a lower Level of Aspiration deteriorates athletes' performance. And hence, it is recommended that the findings of the study must be used to design appropriate training programmes to help athletes acquire suitable coping strategies so as to enhance their Level of Aspiration levels and enhance their performance.

KEYWORDS: Level of Aspiration and Performance

1. Introduction

Motivation plays a big role in the success of an individual and it is intimately related to the level of aspiration. It could also be deduced from the avoidable and recorded literature that sports activities have a significant effect doing away with a sports man's sublimating anti social tendencies attitude; personality adjustment and other personal characteristics. Sports men possess need for achievement and set goals prior to competitions when a participant attains or surpass his level of aspiration for a particular task, he could be considered to have succeeded. On the other hand his inability to reach his predicted level constitutes a failure. The participant's future level of aspiration is affected somewhat by his previous performances and tends to vary with his prior success or failure. Thus an individual may start a session with aspiration for superior performance

but as the session progresses a failure is likely to lower his aspiration and attitude in subsequent contests.

The term level of aspiration was used by Demoo in 1930 in connection with a study of the dynamics of anger. An individual's aspiration level represents him not as he is at that particular moment but also as he would like to be. It is a "measure of his intentional dispositions, an important element of his long range behaviour. It is an index of the person as an individual helps to determent by the amount of self esteem he needs to maintain." An individual aspire for things out of immediate reach for two reasons. As a social self he is impelled by the standards of society to compare himself with other's in the realism of achievement and it is the nature of every healthy human organism to reach out beyond the limits of his current attainment. Previous researches have shown that Level of Aspiration has an impact on the performance of athletes during training sessions but regards to sports performance in real competition, studies on Level of Aspiration have hardly taken a step in real competitions. Therefore this study was taken to understand the Level of Aspiration of athletes of University of Delhi and its impact on the performance i.e. winning a medal in real competition situation.

2. Procedure and Methodology

For the purpose of the study 100 athletes (25 medalist and 25 non-medalist athletes from each game i.e. swimming/ diving and track & field). Successful athletes were those athletes who have secured I, II and III position while unsuccessful athletes were those who had secured IV, V and VI position in their respective events. The events were randomly selected from list of events organized in the Delhi University Inter College Tournaments in swimming/ diving and track & field 2014-15. The subjects selected were in the age group of 17 years to 20 years. A test of Level of Aspiration developed by Dr. M. A. Shah and Mahesh Bhargava was administered on the selected athletes. The administered questionnaire was quantified for obtaining the score of sports competition anxiety.

3. Statistical Analysis

To explain the level of Level of Aspiration in athletes of University of Delhi Mean and Standard Deviation were calculated. To compare the level of Level of Aspiration between the medalist and non- medalist athletes of University of Delhi independent sample 't' test was employed.

4. Analysis of Data and Findings of the Study

Table- 1: Descriptive Statistics of Level of Aspiration of athletes of University of Delhi on the basis of their Performance

Variable	Performance	N	Mean	Std. Deviation
Goal Discrepancy Score (GDS)	Medalists	50	4.832	1.86
	Non- Medalists	50	2.436	1.48
Attainment Discrepancy Score (ADS)	Medalists	50	3.334	1.55
	Non- Medalists	50	1.440	0.80
Number of times the goal reach score (NTRS)	Medalists	50	1.760	0.47
	Non- Medalists	50	3.080	1.64

Table- 1 reveals that the mean score of Goal Discrepancy Score (GDS),

Attainment Discrepancy Score (ADS) and Number of times the goal reach score (NTRS) of medalist athletes of University of Delhi were 4.832 ± 1.86 , 3.334 ± 1.55 and 1.760 ± 0.47 respectively while for the non medalists athletes of University of Delhi were 2.436 ± 1.48 , 1.440 ± 0.80 and 3.080 ± 1.64 respectively. The above table also shows that in medalist athletes Goal Discrepancy Score (GDS) and Attainment Discrepancy Score (ADS) was higher while Number of times the goal reach score (NTRS) was lower than that of non- medalist athletes.

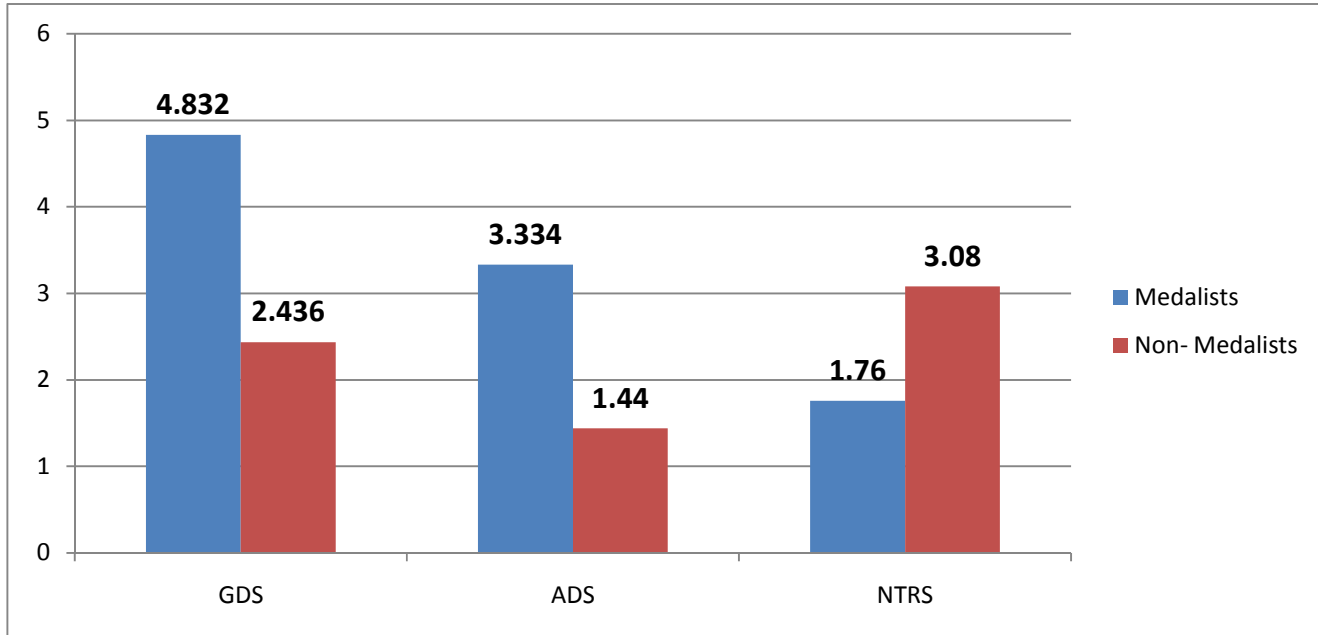


Fig.: 1: Level of Aspiration of Athletes of University of Delhi

Table- 2: Comparison of Level of Aspiration between Medalist and Non- Medalist Athletes of University of Delhi

Level of Aspiration	t-test for Equality of Means			
	t	Df	Sig. (2-tailed)	Mean Difference
Goal Discrepancy Score (GDS)	17.51*	98	0.05	2.396
Attainment Discrepancy Score (ADS)	11.23*	98	0.05	1.894
Number of times the goal reach score (NTRS)	5.43*	98	0.05	-1.320

*Significant at 0.05 level of significance

Table- 2 reveals that the medalist athletes of University of Delhi had significantly higher Goal Discrepancy Score (GDS) and Attainment Discrepancy Score (ADS) while lower Number of times the goal reach score (NTRS) than that of non- medalist athletes as the calculated ‘t’ value obtained were 17.51, 11.23 and 5.43 respectively with $p < 0.05$.

5. Discussion

Based on the findings of the present study, it was found that the athletes of University of Delhi who had participated in the Delhi University Inter College Tournaments in the academic session 2014-15 had an average level of Level of Aspiration. When this data was seen in regards to performance, the level of Level of Aspiration in medalist athletes of University of Delhi was significantly higher than that of non- medalist athletes. The result of the present study supports the previous researches that the higher level of Level of Aspiration will enhance athletes' performance in sport (Weinberg & Gould, 1999; Ortiz, 2006). On the contrary, a lower level of Level of Aspiration was found to have deteriorate the performance of athletes (Krane & Williams, 1994) and hence the drawn hypothesis was accepted.

6. Conclusion

The result of the study showed that there was a significant difference in the Level of Aspiration of medalist and non- medalist athletes of University of Delhi therefore it was concluded that level of Level of Aspiration had a relation with the performance of athletes. Hence further it is recommended that sport psychologists, counsellors, and coaches use the findings of the present study to design appropriate training programmes to help athletes acquire suitable coping strategies so as to enhance their Level of Aspiration levels and enhance their performance.

7. References

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