

# Gender difference of achievement motivation in university kho-kho players

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## ■ ABSTRACT

**Background:** The modern sports training lays a greater emphasis on preparing the athletes psychologically than physically and thus lot of emphasis is being given to the psychological research dealing with psychological characteristics of the top level athletes. Male and female athletes (kho-kho players) not only differ physiologically but there are psychological differences also. Achievement motivation is one of the psychological parameter, which affects the performance of an athlete's (kho-kho player). Keeping in mind the determining role of achievement motivation in competitive performance the investigator decided to undertake this study. **Material and methods :** Fifteen (15) male and fifteen (15) female kho-kho players of Dr. Ram Manohar Lohia Avadh University Faizabad Uttar Pradesh were selected as subject for this study. To assess the achievement motivation of selected subject the Sports Achievement Motivation Test (SAMT) constructed by Kamlesh (1990) was used. The tool consisted of 20 test items to be answered by putting a mark of tick, t- test was used to compare the groups and significance of the values at 0.05 levels has been fixed. **Result:** Result of the study indicates that there is a significant difference in achievement motivation between university male and university female kho-kho players. On the basis of the result obtained in this study the investigator concludes the scores of achievement motivation between university male and university female kho-kho players. **Conclusion:** On the basis of the result obtained in this study the investigator concludes the scores that university male kho-kho players are significantly more motivated for their work as compared to university female kho-kho players.

■ **KEY WORDS :** Achievement motivation, Sports achievement motivation test (SAMT), Psychological differences, Kho-kho player

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Motivation is important psychological variable in sports and its need to achieve high level of competition. The present game of kho-kho is highly skillful interesting and demands high level fitness, and psychological characteristics. The game kho-kho

requires concentration, quick thinking and a great deal of moment. The speed of a game means that the players must be thinking for a moment about attack and the next about defense. They must be concentrating all the time if there are to keep up with play. Kho-kho is an action

packed game with none of the players acting as involuntary spectators for part of the game as in other team games. Above all the psychological variables of performance can't be ignored for top of the performance at different level of games and sex.

Male and female sports person not only defer physiologically but there are psychological differences also. The typical womanly temperament includes being passive, non-competitive, submissive, nurturing and non-achievement oriented. These characteristics are supposed to be possessed naturally only by female and have been designed feminine as a result. Male manifesting such traits are deemed to be out of the range of the normal male and indeed are treated derogatorily, just as so called 'masculine' female are treated as social misfits. Achievement Motivation is one of the psychological parameters, which affects the performance of a kho-kho player. Keeping in view the determining role of achievement motivation in competitive performance the investigators decided to undertake this study.

### Significance of the study:

The present study may help to assess the differences in the male and female university kho-kho player as well as the achievement motivation is concerned. The result of the study may provide useful information and guidance to coaches, physical education teachers and athletes regarding the achievement motivation of sportspersons and may be instrumental in effective psychological parameters of athletes so that the players perform better in field.

### ■ METHODOLOGY

The purpose of the study was compare of achievement motivation between male and female university kho-kho players for this study represented university kho-kho team players were selected as subjects by using purposive sampling method.

The sample consisted of 15 male university kho-kho players and 15 female university kho-kho players of Dr. Ram Manohar Lohia Avadh University Faizabad

Uttar Pradesh. In order to ensure the full cooperation from the subjects, the researcher had a meeting with them in presence of their coach/managers. The purpose of this study was made clear by giving a detailed explanation in order to ascertain that there was no ambiguity among the subjects regarding the efforts, which they had to put in the successful completion of the investigation.

### Administration of the questionnaires:

Achievement motivation has been assessed using sports achievement motivation test constructed by Kamlesh (1990). The tool consisted of 20 test items to be answered by putting a mark of tick. The scoring is giving two (2) marks for correct answers and wrong answers giving zero (0) mark is awarded. The reliability value of SAMT has been found to be 0.70.

### Statistical procedure:

"T" test was used to compare the achievement motivation between male and female university kho-kho players and significance of the values at 0.05 levels has been fixed.

The observation of the table reveals that the obtained "t" value is 3.80 which are statistically significant at and beyond 0.05 levels as they are more than tabular value of 2.048. The mean scores indicate that the university male is having higher mean score (31.2) in comparison to university female (23.9). The comparisons of the mean value between male and female University kho-kho players are also presented graphically in Fig. 1.

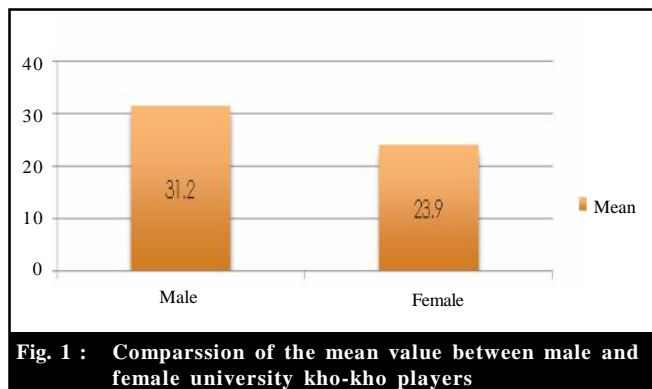
### ■ OBSERVATIONS AND DISCUSSION

There was significant difference in Achievement Motivation between university male and female kho-kho players. The findings reveal that university male kho-kho players are significantly more motivated for their work as compared to university female kho-kho players. The result of the study corroborates with the findings of Kumar (2013) who assessed motivational pattern of handball players in relation to gender and performance. The reason for this may be that female reaching upto

Table 1 : Significant difference between male and female university kho-kho players					
Players	N	Mean	SD	"T" value	Level of significance at 0.05 level
University male	15	31.2	6.71	3.08	2.048*
University female	15	23.9	6.35		

\* indicate significance of value at P=0.05





**Fig. 1 :** Comparison of the mean value between male and female university kho-kho players

college education are from better family background and they take sport more as a means of recreation than higher level of proficiency needed to fulfill their vocational aspirations. Conversely male at this stage start thinking about making sport a career and participated in high level, their level of achievement motivation is affected by this fact.

### Conclusion:

Achievement motivation is a very important factor for the performance of a player. The findings of the study revealed that statistically significant differences between male and female players on the variable of achievement motivation.

The findings reveal that university male kho-kho players are significantly more motivated for their work as compared to university female kho-kho players. The present study may help to assess the differences in the male and female university kho-kho player as well as the achievement motivation is concerned.

### Recommendation:

It is recommended that such type of studies may be conducted on larger sample and on different game players for better. The result of the study may provide useful information and guidance to coaches, physical education teachers and athletes regarding the achievement motivation of sportspersons.

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