

Sports Participation and Achievement Motivation: A Gender-Based Analysis among College Students

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ABSTRACT

Present study was aimed to find out the effects of sports participation and gender upon achievement motivation of college students. The total sample comprised of 200 students. Out of the 200 students, 100 were male (50 participating in sports and 50 non-participating in sports) and 100 were female (50 participating in sports and 50 non-participating in sports). The sample was selected using randomized sampling technique from various Degree Colleges affiliated to Dr. Ram Manohar Lohia Avadh University, Faizabad, Uttar Pradesh, India. The data collection was done with the help of "Achievement Motivation Scale" constructed by Deo and Mohan. The obtained data was analysed with the help of Two-way ANOVA. In the result was found a significant effect of sports participation and gender upon achievement motivation of college students. The Sports participants were found high in the level of achievement motivation than their non-Sports participant. The male was found high in the level of achievement motivation than their female.

Key Words- Achievement, Motivation, Sports,

INTRODUCTION

In a general, motivation refers to a state that impels an individual to perform an action. However, merely stating this does not sufficiently clarify its meaning. To understand the true meaning of motivation According to Baron, Byrne & Kantowitz (1980), "In psychology, we define motivation as a hypothetical internal process that provides the impetus for behavior and directs behavior toward a specific goal." According to Morgan, King, Weisz, and Schopler (1986): "Motivation refers to a driving and pulling force that continuously directs behavior toward a specific goal." According to Coon and Mitterer (2007): "Motivation refers to the dynamics of behavior—the ways in which our actions are initiated, sustained, directed, and terminated."

Defining this motive, Atkinson and Feather (1966) mentioned: "The achievement motive is a relatively stable disposition within an individual that is concerned with the attainment of achievement or success." It has been observed that individuals in whom this motivation is present in high measure tend to prefer engaging in tasks that elicit praise or acclaim. In the field of motivation, prior to 1950, this specific motive received neither significant attention nor was it the subject of any substantial experimental studies. Only Murray (H. A. Murray, 1938), in the list of 20 needs he presented, recognized this motive as one such fundamental need. However, since 1950, not only have numerous significant studies been conducted on this motive, but the concept itself has also gained considerably greater prominence. This motivation was accorded its greatest significance by McClelland (1953) and Atkinson (J. W. Atkinson, 1964).

Driven by this motive, an individual may be activated to engage in a variety of behaviors, such as: (1) striving for a "Level of Excellence" in a particular domain of behavior; (2) endeavoring to achieve success in specific, chosen fields; (3) striving to secure the top position in any competitive endeavor; (4) striving to further enhance and improve the quality of their life; (5) experiencing joy and taking pride in their own success; and (6) accepting personal responsibility if they encounter failure in their pursuit of achievement. McClelland (1953) and his associates developed a quantitative methodology for measuring this motive with the aid of TAT (Thematic Apperception Test) images. This motivation has also been measured through the use of verbal checklists. (Mukerjee 1955, Linn 1969, etc.). One study (Atkinson & Reitman, 1956) observed that when this motive is dominant, individuals tend to engage more in tasks that allow them to demonstrate their excellence. Several studies (French 1956, McClelland and Winter 1969) have noted that, when this motivation is high, individuals prefer working with experts rather than with friends.

REVIEW OF LITERATURE

Sharma and Lavania (2022) investigated the effect of gender on achievement motivation. Finding of the study indicated that a significant difference between boy and girl on achievement motivation level. Girls were found high level of achievement motivation than male. **Kavya and Ankalesh (2021)** assessed achievement motivation and positive mental health among high school. Findings observed that a significant gender difference in the level of achievement motivation. Girls’ students were found high level of achievement motivation than male students. **Kumar and Singh (2021)** investigated the achievement motivation among male sports achievers, non-achievers and non-participant collegiates. The result of the study found that a significant difference among male sports achievers, non-achievers and non-participant collegiates on achievement motivation level. Male sports achievers and non-achievers were found significantly higher level of achievement motivation than non-participant collegiates. **Jadhav (2020)** conducted a comparative study of achievement motivation among sports and non-sports persons. Finding of the study indicated that a significant difference between sports and non-sports persons in regarded to achievement motivation. Sports persons were found high level of achievement motivation than non-sports persons. **Dahiya et. al., (2019)** carried out a comparative study of sports achievement motivation and anxiety level of male sports person and non-sports person of Sirsa, Haryana Finding of the study indicated that a significant difference in sports achievement motivation among male sports person and non-sports person. Male sports persons were found high level of achievement motivation than non-sports persons. **Kaura and Sharma (2015)** conducted research the effect of gender on achievement motivation. The result of the study showed that no significant difference between gender and the level of achievement motivation.

Objective-

The following objectives were formulated in the research-

- To assess the effect of sports participation upon achievement motivation of college students.
- To find out the effect of gender upon achievement motivation of college students.
- To observe the interactional effect of gender and sports participation upon achievement motivation of college students.

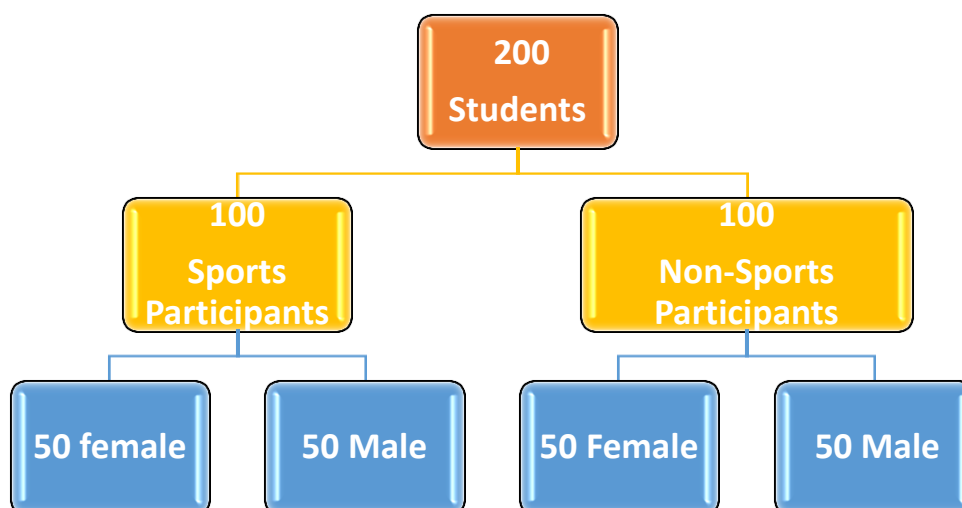
Hypothesis-

The following hypotheses were framed for the research-

- There would be a significant effect of sports participation upon achievement motivation of college students.
- There would be a significant effect of gender upon achievement motivation of college students.
- There would be a significant interactional effect of sports participation and gender upon achievement motivation of college students.

Research Design-In this study 2x2 mixed model factorial design has been adopted with 2 types of gender (male 7 female) and 2 types of sports participation (Participant and non-participant).

SAMPLE- For the purpose of the present study the total sample comprised of 200 students. Out of the 200 students, 100 were male (50 participating in sports and 50 non-participating in sports) and 100 were female (50 participating in sports and 50 non-participating in sports). The sample was selected using randomized sampling technique from various Degree Colleges affiliated to Dr. Ram Manohar Lohia Avadh University, Faizabad, Uttar Pradesh, India. The age range of students was between 17-23 years.



Schematic presentation of the sample

Tools used- The data collected with the help of “Achievement Motivation Scale” constructed by Deo and Mohan. The scale has total 50 items. 37 items are Positive and 13 items are Negative. For the scoring of scale, each item was scored 0,1,2,3,4. In positive items 4 points for Always, 3 points for Frequently, 2 points for Sometimes, points for 1 Rarely and 0 Never. In negative items 0 points for Always, 1 point for Frequently, 2 points for Sometimes, points for 3 Rarely and 4 Never. The obtained reliability of this Scale is 0.69. The obtained Validity of this Scale is 0.93.

Statistical Treatment- After the achievement motivation data collection, Mean and Two-Way ANOVA has been calculated to assess the significant difference between means of different groups (gender and sports participation). For the analysis of data, Statistical Package for Social Science (SPSS) version 27 has been used.

RESULT

The main objective of the study was to find out the level of attitude toward marriage among the youth based upon their gender and participation in sports. The testing of previously framed hypotheses was done in the light of obtained results. Each hypothesis was tested independently to assess the effects of variables.

Table-1. Table shows the F-value of sports participation and gender upon achievement motivation.

Source	Sum of Squares	df	Mean Square	F
sports participation	4940.180	1	4940.180	41.12
Gender	1764.180	1	1764.180	14.68
sports participation*gender	14.580	1	14.580	.121
Error	23542.480	196	120.115	
Total	3320900.000	200		

*significant at .05 level of significance. Table-1

It is evident from table -1 that (i) The effect of sports participation (participating in sports and non-participating in sports) upon achievement motivation was found significant even at 0.05 level of confidence, ($F=41.12, P>.05$). The Sports participants (133.24) were found high in the level of achievement motivation than their non-Sports participant (123.30). The hypothesis that there would be a significant effect of sports participation upon achievement motivation of college students gets accepted. (ii) The effect of gender (female and male) upon achievement motivation was found significant even at 0.05 level of confidence, ($F=14.68, P>.05$). The male (131.24) were found high in the level of achievement motivation than their female (125.30). The hypothesis that there would be a significant effect of gender upon achievement motivation of college students gets accepted. (iii) The interactional effect of sports participation and gender upon achievement motivation was found significant even at 0.05 level of confidence, ($F=0.121, P>.05$). Both groups were found equal level of achievement motivation. The hypothesis that there would be a significant interactional effect of sports participation and gender upon achievement motivation of college students gets rejected.

Table-2. Table shows the mean value of sports participation and gender upon achievement motivation.

		N	Mean	S.D.
Sports participation	Sports participant	100	133.24	13.24
	Non-Sports participant	100	123.30	8.96
Gender	Female	100	125.30	12.03
	Male	100	131.24	11.96

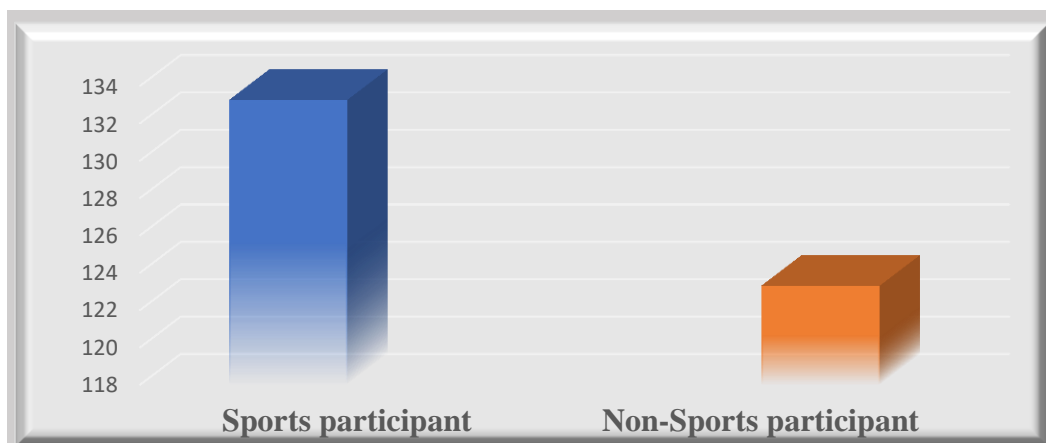


Figure-1. Figure shows the mean value of sports participation upon achievement motivation.

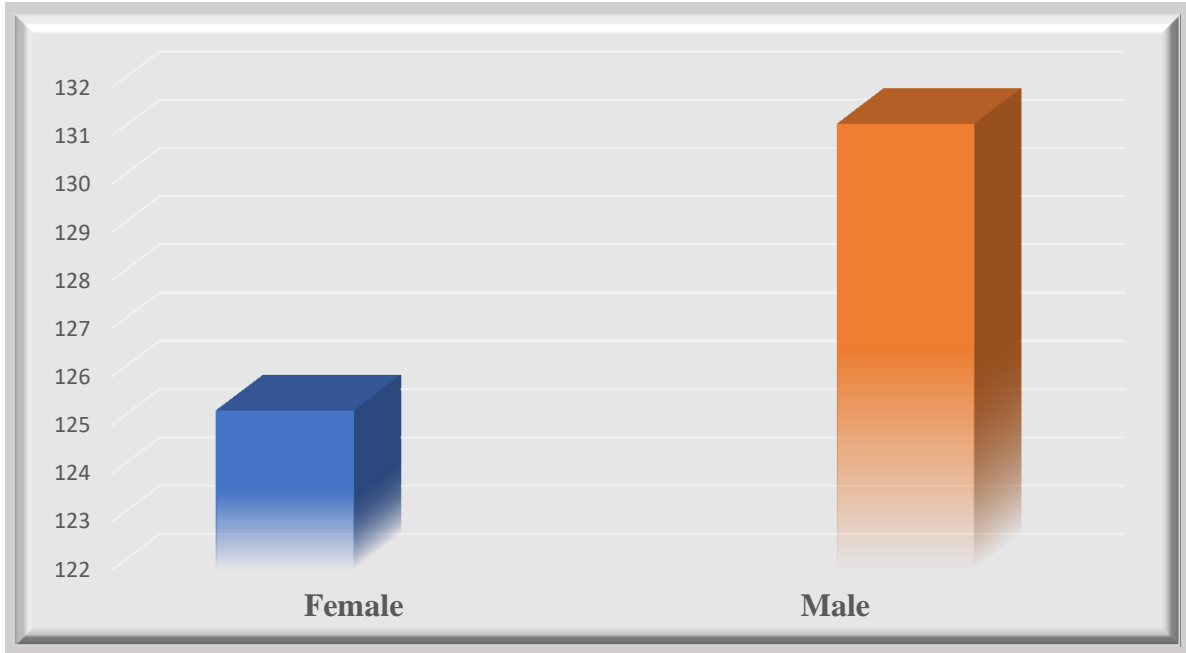


Figure-2. Figure shows the mean value of gender upon achievement motivation.

Table 3- The mean values showing the interaction mean of sports participation and gender upon achievement motivation.

	Sports participant		Non-Sports participant	
	N	Mean	N	Mean
Female	50	130.00	50	120.60
male	50	136.48	50	126.00

Table-3

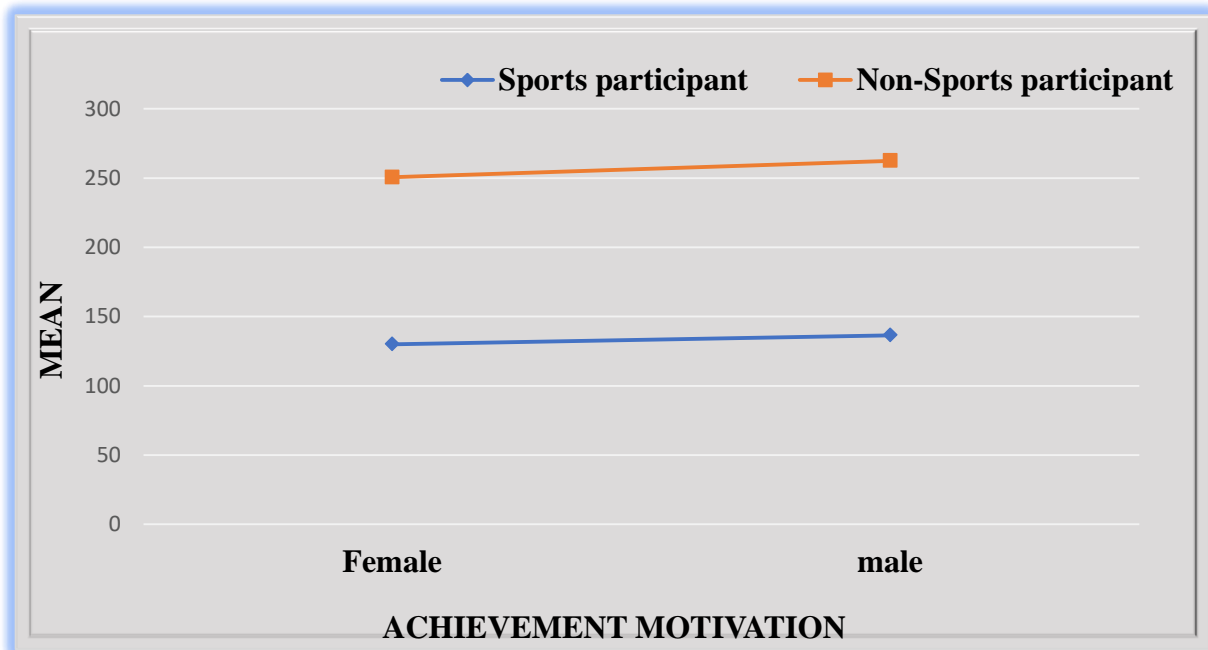


Figure 2- The mean values showing the interaction mean of sports participation and gender upon achievement motivation.

DISCUSSION

The first objective of the study was to find the effect of sports participation upon achievement motivation of college students. It was hypothesized that there would be a significant effect of sports participation upon achievement motivation of college students. Close perusal of the table 1 shows that this hypothesis also gets accepted as sports participation has found a significant effect upon achievement motivation. The students who have participated in sports have shown higher level of achievement motivation than students who have not participated in sports. The results of this study are consistent with the results of **Jadhav (2020)** found a significant difference between sports and non-sports persons in regard to achievement motivation. Sports persons were found high level of achievement motivation than non-sports persons. The second objective of the study was to find out the effect of gender upon achievement motivation of college students. It was hypothesized that there would be a significant effect of gender upon achievement motivation of college students. Close perusal of the table 1 shows that this hypothesis also gets accepted as gender has found a significant effect upon achievement motivation. The male students have shown higher level of achievement motivation than female students. The results of this study are consistent with the results of **Sharma and Lavania (2022)** found a significant difference between boy and girl on achievement motivation level. Girls were found high level of achievement motivation than male. **Kavya and Ankalesh (2021)** found a significant gender difference in the level of achievement motivation. Girls' students were found high level of achievement motivation than male students. The third objective of the study was to find out the interaction effect of sports participation and gender upon achievement motivation of college students. It was hypothesized that there would be a significant interaction effect of sports participation and gender upon achievement motivation of college students. Close perusal of the table 1 shows that this hypothesis also gets rejected as sports participation and gender has found no interaction significant effect upon achievement motivation.

CONCLUSION

The present study was aimed to find out the effect of sports participation and gender upon achievement motivation of college students. On the basis of the results obtained in the study following conclusions can be drawn-

1. A significant effect of sports participation upon achievement motivation of college students.
2. A significant effect of gender upon achievement motivation of college students.
3. No significant interaction effect of sports participation and gender upon achievement motivation of college students.

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