



Comparative Study Between Kabaddi Players And Non-Kabaddi Players Based On Achievement Motivation

Sukhwant Singh Research Scholar SGGSWU, Fatehgarh Sahib

Abstract

The purpose of the present study was to compare the level of achievement motivation between Kabaddi players and non-Kabaddi players studying at Sri Guru Granth Sahib World University, Fatehgarh Sahib. A total sample of 40 male students was selected for the study. The subjects were divided into two groups: Kabaddi players ($n = 20$) and Non-Kabaddi players ($n = 20$). Achievement motivation was measured using a standardized Achievement Motivation Test. Descriptive statistic, including mean and standard deviation, were calculated, and an independent samples t-test was applied to examine differences between the groups. The findings revealed that Kabaddi players demonstrated significantly higher achievement motivation compared to non-Kabaddi players. The results suggest that participation in competitive sports such as Kabaddi may enhance motivational traits among university students.

Keywords: Achievement Motivation, Kabaddi Players, Non-Kabaddi Players, Sports Psychology.

Introduction

Sports play a vital role in the physical, psychological, and social development of individuals. Participation in sports activities contributes to the development of discipline, teamwork, emotional stability, and motivation. In the field of sports psychology, achievement motivation is regarded as one of the most significant psychological factors influencing sports performance.

Achievement motivation is one type of motivation that helps to determine how and why an individual behaves in a certain way. It investigates what gives some people “drive,” and some don’t. Motivation is a psychological feature that arouses an organism to act towards a desired goal and elicits, controls, and sustains

certain goal-directed behaviors. Achievement motivation refers to the tendency to set and work hard to meet personal standards and attain goals within one's social environment (Ziegler, Schmukle, Egloff, and Buhner, 2010).

Kabaddi is one of the most popular traditional sports in India. The game requires physical strength, agility, quick decision-making, coordination, and psychological resilience. Players regularly participate in training sessions and competitions, which may help in developing higher levels of achievement motivation.

In contrast, non-sports participants may not experience the same level of competitive pressure or goal-oriented training as athletes. Therefore, differences in achievement motivation may exist between individuals who participate in sports and those who do not.

The present study aims to compare achievement motivation between Kabaddi players and non-Kabaddi players studying at Sri Guru Granth Sahib World University, Fatehgarh Sahib.

Hypothesis

- There will be a significant difference in achievement motivation between Kabaddi players and non-Kabaddi players.

Research Methodology

Sample

The study adopted a comparative research design to examine differences in achievement motivation between Kabaddi players and non-Kabaddi players. A random sampling technique was used to select participants for the study. A total of 40 male students were selected from Sri Guru Granth Sahib World University, Fatehgarh Sahib. The age range of all the participants was 18-22 years. The subjects were divided into two groups: Kabaddi Players: 20, Non-Kabaddi Players: 20

Methodology

Research Design

The study adopted a comparative research design to examine differences in achievement motivation between Kabaddi players and non-Kabaddi players. A total of 40 male students were selected from Sri Guru Granth Sahib World University, Fatehgarh Sahib. The age range of all the participants was 18-25 years. The subjects were divided into two groups: Kabaddi Players: 20, Non-Kabaddi Players: 20

Tools Used

The Achievement Motivation Scale (n-Ach) developed by Deo and Mohan (2018) was used to measure the level of achievement motivation among the participants.

Procedure

The investigation was carried out on sports and non-sports persons, aged 18-25 years. Samples for sports persons were collected from Sri Guru Granth Sahib World University, Fatehgarh Sahib. A total sample of 40 male students was collected. After that, the above-mentioned scales were administered on the selected samples with proper instructions given in the respective manuals. The obtained responses were analyzed with the help of the standard procedure given in the manual.

RESULTS AND ANALYSIS

Table 1

Descriptive Statistics of Achievement Motivation Scores

Group	N	Mean	Standard Deviation
Kabaddi Players	20	27.45	4.20
Non-Kabaddi Players	20	23.10	3.85

The table no.1 shows that Kabaddi players have a higher mean score of achievement motivation compared to non-Kabaddi players.

Table 2

Independent Samples t-test for Achievement Motivation

Group	N	Mean	SD	t-value
Kabaddi Players	20	27.45	4.20	3.21
Non-Kabaddi Players	20	23.10	3.85	

Level of significance = 0.05 Table value of t = 2.02

Since the calculated t-value (3.21) is greater than the table value (2.02), the difference between the two groups is statistically significant.

Results

- Kabaddi players showed higher achievement motivation compared to non-Kabaddi players.
- The difference between the groups was statistically significant.
- Sports participation may positively influence motivational characteristics.

Discussion

The results of the study indicate that Kabaddi players possess higher achievement motivation compared to non-Kabaddi players. Participation in sports involves competition, regular practice, goal setting, and teamwork. These factors help develop psychological attributes such as confidence, determination, and motivation.

Athletes often strive to improve their performance and achieve success in competitions. This competitive environment may strengthen their motivation to achieve higher goals. On the other hand, non-sports participants may not experience similar levels of competitive motivation.

The findings of this study support the idea that participating in sports plays a key role in developing achievement motivation among students.

Conclusion

Based on the findings of the study, it can be concluded that Kabaddi players have significantly higher achievement motivation compared to non-Kabaddi players. Participation in sports activities contributes to the development of positive psychological characteristics among university students.

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