



TO STUDY THE INFLUENCE OF PERFORMANCE MOTIVATION ON THE PERFORMANCE OF PLAYERS

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Abstract

The purpose of this research work was to find out the influence of performance motivation on the performance of players with special reference to gender and performance. Performance motivation test constructed by Kaur (1994) was used to collect the data. The sample for the study comprised of 128 handball players belonging to different affiliated states and units with Handball Federation of India (HFI). Out of 128 samples, 64 male & 64 female each belonged to four semifinalist teams in both section who took part in the 39th Senior National (M &W) Handball Championship had been taken as sample. 't- test' was applied to find the significant difference between male and female handball players in performance motivation of first, second, third and fourth position holders. Pearson-product co-efficient of co-relation was used to find out the relationship among the first, second, third and fourth position holders male and female handball players. A significant difference was also observed in combined data among four position holders male and female National level handball players in performance motivation.

Keywords: *performance, motivation, performance of players, performance motivation*

A part of the great desire for sports comes from excess physical energy and its joyous and self expression of sportsmen. As we all have probably noticed that healthy children are so full of pent-up energy that they often cannot keep still or be quite. Most individuals like to test their capability to perform physical activities of their interest i.e. just to know about their potentials. They like risks and thrills for vigorous contests. They seek to gain reorganization, approval of society and prestige. They quickly participate in sports and rush through their daily work and duties. Frustrations in other areas may be forgotten, at least temporarily, through absorption in the games. But when one is motivated to learn to depend of his personal purposes and objectives and the learning of social values and particularly sportsmanship must be realized the purpose of the individual achievement and their results must be recognized and be made satisfying if learning is to take place properly. Gesell's point mentioned earlier regarding the development of sportsmanship in children during their vigorous play is not reported to occur as frequently or to such a great extent as the athlete reaches higher grades and higher sports level performance. There is an evidence which indicates stronger motivation, stronger drive to work fast success if the subjects have been deprived of many things. Satiation and perhaps the satiation from luxurious living may lower one's drive and willingness to work long and laboriously to reach high skill level in sports. Motivation has been considered an important variable from the athlete's performance point of view. Its role in training as well as in competition is well established through empirical studies. The experts observation are able to differentiate between

motivated behaviour from the behaviour which lacks motivation. It energizes behaviour, a force that reflects in outcome of an effort. Butt (1976) asserts, "Two people engaged in the sports activity may behave in a similar fashion overtly, but each may reach differently under the stress of winning or losing and may have different feelings". When talking about his participation in sports, the difference between the two lies in the degree or the extent to which each has been motivated. Cratty (1968) stated that motives could be defined as factors or conditions, which influence conditions or objects that are selected for attention. They reflect the intensity with which a person is engaged in some activity. Sports motivation needs for best results varies with the individual, but each individual has his own tolerance level beyond which his performance declines and it indicates that individuals are sometimes inclined to put too much of the pressure on themselves. Oxendine (1968) sums up motivation as "An aid to learning". High level motivation is advantageous for gross motor performance, but it may interfere with fine motor coordination.

One of the important questions in research studies revolves around the fact that what conditions and incentives are likely to produce intrinsic motivation in contrast to the extrinsic motivation. It is generally believed that people who are intrinsically motivated do better in athletic competitions, business, education and industry than those who depend on outside sources of motivation. However, sometimes it is important to use external source of motivation to alter intrinsic feelings of individuals. However, rewards on one hand may be perceived as controlling behaviour on other hand they may provide



feedback to the athlete. However, the danger of external rewards is that they might undermine intrinsic motivation of an individual. Alderman and Wood (1976) discovered the strength of various incentive systems of young hockey players. Alderman (1978) reported that his motivational system was consistent when his inventory was employed on several thousand athletes. According to Ryan and Lakie (1965) achievement needs often interact with competition in positive ways. This may also produce excessive task related anxiety. Achievement motivation scores are not always high predictive of superior athletic performance but to provide psychological indicators with which an overall pattern of behaviour may be assessed.

Jagdish Kaur (1994) in her study, on an assessment of motivation for sports participation and performance of Punjabi athletes, developed an inventory relating to motivation for sports performance and motivation for sports participation, through factor analysis. She has identified the items from a vast pool of motivational data which are instrumental in sports performance. These items too have some similarity with the incentive systems discovered by Alderman (1976). Gould et al (2002) studied the psychological characteristics of Olympic champions and identified mental toughness as a significant contribution to sports performance enhancement. One factor that helps children bounce back from challenging situation Papalia, Old, and Feldman (2004) it seems that is their ability to control their impulsive behaviors. Therefore, it was hypothesized in study that children's ability to control impulsive behaviour positively influences their academic performance.

Objectives : The study had following objectives: -

To find out difference between male and female first position holders of National level handball players on the variable of performance motivation.

To find out difference between male and female second position holders of National level handball players on the variable of performance motivation.

To find out difference between male and female third position holders of National level handball players on the variable of performance motivation.

To find out difference between male and female fourth position holders of National level handball players on the variable of performance motivation.

To find out difference among different performers in male handball players on the variable of performance motivation

To find out difference among different performers in female handball players on the variable of performance motivation

To find out difference among different performers in male and female handball players (total score) on the variable of performance motivation.

Hypotheses : The hypotheses of the study will be as follows: -

There would be a significant difference between male and female National level handball players in case of first position holders on the variable of performance motivation

There would be a significant difference between male and female National level handball players in case of second position holders on the variable of performance motivation

There would be a significant difference between male and female National level handball players in case of third position holders on the variable of performance motivation

There would be a significant difference between male and female National level handball players in case of fourth position holders on the variable of performance motivation

There would be a significant difference among four groups of male handball players (first position, second position, third position and fourth position holders) on the variable of performance motivation.

There would be a significant difference among four groups of female handball players (first position, second position, third position and fourth position holders) on the variable of performance motivation.

There would be a significant difference among four groups of male and female handball players (first position, second position, third position and fourth position holders) on the variable of performance motivation.

Results:

Table - I
mean difference of performance motivation score between male and female national level handball players.

Groups	Male N= 16		Female N= 16		Mean Diff.	SEDM	't'
	Mean	S.D.	Mean	S.D.			
1 st Position	73.62	2.802	69.75	7.532	3.875	2.009	1.929
2 nd Position	71.69	7.125	66.38	8.090	5.312	2.695	1.971
3 rd Position	67.12	6.163	69.12	5.439	2.000	2.055	.973
4 th Position	62.81	6.959	66.81	3.311	4.000	1.927	2.076*

*Significant at .05 level 't' < (2.04)

The results presented in table - I for performance motivation score between male and female National level handball players indicated that there has been no significant difference between first, second and third position holders of male and female National level handball players. The obtained 't' values 1.929, 1.971 and .973 respectively were less than the tabulated value of 2.04 needed to be significant at .05 level. However there was a significant difference between male and female National handball players holding fourth position as the obtained 't' value (2.076) was found higher than the tabulated value of 2.04 required to be significant at .05 level.

Discussion:- The fourth position holder female National handball players have the higher level of performance



motivation than the male National handball players as the mean score 66.81 achieved by female National level handball players was higher than the mean score 62.81 achieved by male National level handball players.

Table - II

Analysis of variance among four position holders in performance motivation of male national level handball players

	S.S.	df	MS	'F'
Between group	1124.375	3	374.792	10.337*
Within group	2175.375	60	36.256	

*significant at 0.05 level $F < (2.76)$

The results presented in table -II indicated a significant difference in performance motivation of male National level handball players among four position holders. The obtained 'F' value (10.337) was much higher than tabulated value of 2.76 required to be significant at .05 level.

Further Scheffe 'S' Post Hock Test of significance was applied to find out significant difference between paired of groups and the results have been given in the table – III

Table – III

Significant difference between paired of groups in performance motivation of male national level handball players

1 st Position	2 nd Position	3 rd Position	4 th Position	MD	CI
73.62	71.69	-	-	1.938	6.125
73.62	-	67.12	-	6.500*	
73.62	-	-	62.81	10.812*	
-	71.69	67.12	-	4.562	
-	71.69	-	62.81	8.875*	
-	-	67.12	62.81	4.312	

*significant at 0.05 level

The results presented in the table - III revealed that there was no significant difference among first, second and fourth position holders male National level hand ball players. However performance motivation level of third position holder male handball players was significantly different than the first position holder male National level handball players. The level of performance motivation of first position holders' male handball players was significantly higher than the third position holder male National handball players. Performance motivation level of fourth position holder male handball players was found significantly less than first and second position holders handball players. As the mean score of fourth position holders was found less than first and second position holders. However no significant difference was observed between first and second, second and third as well as third and fourth position holders National level handball players.

Table – IV

Analysis of variance among four position holders in performance motivation of female national level handball players

	S.S.	df	MS	'F'
Between group	134.047	3	44.682	1.098
Within group	2440.938	60	40.682	

The results presented in table - IV did not show a significant difference among four position holders female National level handball players in performance motivation variable. The obtained 'F' value (1.098) was less than the tabulated value of 2.76 required to be significant at .05 levels.

Table - V

analysis of variance among four position holders men and women national level handball players in performance motivation (total samples)

	S.S.	df	MS	'F'
Between group	772.836	3	257.612	6.236*
Within group	5122.219	124	41.308	

*significant at 0.05 level $F < (2.68)$

Presented results in table -V have shown that there is a significant difference among four position holders men and women National level handball players in performance motivation. The obtained 'F' value (6.236) was found higher than the tabulated value of 2.68 required to be significant at .05 levels. Further Scheffe S Post Hock Test of significance was applied to find out a significant difference between paired of groups has been given in table - VI

Table - VI

Significant difference between paired of groups in performance motivation of men and women national level handball players (total samples)

1 st Position	2 nd Position	3 rd position	4 th position	MD	CI
71.69	69.03	-	-	2.656	3.217
71.69	-	68.12	-	3.562*	
71.69	-	-	64.81	6.875*	
-	69.03	68.12	-	0.906	
-	69.03	-	64.81	4.219*	
-	-	68.12	64.81	3.312*	
-	-	-	-	-	

*significant at 0.05 level

The results presented in table – VI revealed that there was no significant difference between first and second position holders men and women National level handball players. However significant differences were observed between first and third, first and fourth, second and fourth and third and fourth position holders National level handball players. In these cases mean differences in the score were found higher than critical interval of 3.217 required to be significant at .05 level.

The results further indicated that performance motivation of first position holders men and women National level handball players was higher than the third and fourth position holders men and women National level handball players. At the same time performance motivation of second and third position holders men and women National level handball players was higher than the fourth position holders men and women National level handball players.

Discussion:

The research scholar has done all the efforts to find out the related study of similar material for providing sporting



evidence to the results obtained in the study. Only one such type of study was found which could serve to supplement the finding of the present study. It was Sachdeva Kannupriya, who conducted a study of motivational pattern in relation to performance of volley ball players having different level of participation. The results of the present study are matching to the results of Kannupriya in which the higher performers were superior in participation. Kannupriya also found that University level volley ball players were superior to inter-college volley ball players. However the results of performance motivation are contrary to her finding.

Discussion of Hypotheses

First hypothesis stated that there would be a significant difference between male and female National level handball players in case of first position holders on the variables of performance motivation. The results did not yield any significant difference between male and female handball players performance motivation. Therefore hypothesis has been partially rejected. Second hypothesis stated that there would be a significant difference between male and female National level handball players in case of second position holders on the variables of performance motivation. The results did not yield any significant relations. Therefore, hypothesis has been rejected. As per the third hypothesis, there would be a significant difference between male and female national level handball players in case of third position holders on the variables of performance motivation. The results have shown no significant difference between male and female National level handball players in performance. Therefore, the hypothesis has been rejected. The next hypothesis stated that there would be a significant difference between fourth position holder male and female handball players. The results indicated that there was a significant difference between male and female National level handball players performance motivation hence the hypothesis has been accepted. Fifth hypothesis stated that there would be a significant difference among four groups (first position, second position, third position and fourth position holders) of male National level handball players on the variable of performance motivation. The result has shown significant difference among four position holders in performance motivation. Therefore the hypothesis has been accepted. Sixth hypothesis stated that there would be a significant difference among four groups (first position, second position, third position and fourth position holders) of female National level handball players on the variable of performance motivation. The results have shown insignificant difference in case of performance

motivation. Therefore the hypothesis has been rejected. Seventh hypothesis stated that there would be a significant difference among four groups of male and female handball players (first position, second position, third position and fourth position holders) on the (total samples) of variable of performance motivation. In case of male and female (total samples) among four groups a significant difference was observed in performance motivation. Therefore the hypothesis has been accepted.

Conclusions

A significant difference was observed between male and female National level handball players of fourth position holders in performance motivation. A significant difference was observed among four position holders male National level handball players in performance motivation. Again no significant difference was observed among four position holders female National level handball players in performance motivation. A significant difference was also observed in combined data among four position holders male and female National level handball players in performance motivation.

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