
“A Study of Achievement Motivation Among Successful and Unsuccessful Athletes”

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Introduction:

This study aims to provide a comprehensive overview of the historical development of athletics, emphasizing its roots, international spread, and contemporary status in India. Additionally, it explores the evolution and integration of psychology in athletics, with a focus on its role in physical education, training, and rehabilitation processes. The study also delves into sports psychology, emphasizing its versatility and applications in various exercise activities. The specific focus on achievement motivation aims to elucidate its centrality in influencing sports performance.

Methods:

The research adopts a historical and literature review methodology, tracing the origins of athletics and examining its historical significance. The integration of psychology in athletics and its subsequent applications in physical education and sports psychology are explored through a systematic literature review. The study also employs the McClelland-Alkinson model to analyze achievement motivation's impact on sports performance.

Results:

The study provides insight into the historical timelines of athletics, with a particular emphasis on the foundation of the Athletic Federation of India in 1946 and the subsequent international spread of athletics, marked by hosting the 1982 Asian Games. The Jawaharlal Nehru Stadium was constructed to host this championship. India ranked 3rd in athletics at the competition. Due to individual events, it could not reach its peak initially. Despite a large population, only a few Indians won medals. It again gained pace in the 21st century.

Conclusion/Implications:

The study concludes with a comprehensive understanding of the historical, psychological, and motivational dimensions of athletics. It underscores the importance of psychological support in contemporary competitive sports, advocating for the significance of a strong mind over a strong body. The implications of achievement motivation on various aspects of sports performance are highlighted, contributing valuable insights to the broader discourse on sports science. This study holds relevance for athletes, coaches, and sports psychologists seeking a nuanced understanding of the intricate interplay between history, psychology, and motivation in the realm of athletics.

EXPLANATION OF THE TERM

- **Sport Motivation**

Sport motivation, at its core, encompasses both internal and external factors that drive athletes to engage in sports activities, pursue specific goals, and persist in their athletic

endeavors. The internal facet of sport motivation refers to the athlete's intrinsic desires and personal reasons for participating in sports. This could include a genuine passion for the sport, a love for competition, or a deep-seated drive to challenge oneself physically and mentally. These internal motivations act as powerful forces, propelling athletes to set and strive for personal and competitive goals, thereby influencing their active involvement in the world of sports.

- **Sports Achievement**

Sports achievement refers to the culmination of an athlete's successful endeavors and notable accomplishments within the realm of sports. This broad term encompasses a spectrum of triumphs, ranging from individual feats to collective victories achieved in diverse sporting events. Individual sports achievements may manifest as personal records, exceptional performances, or the attainment of specific milestones within a particular sport. These accomplishments highlight the athlete's skill, dedication, and ability to surpass challenges, contributing to their personal growth and recognition within the sporting community.

OBJECTIVES OF THE STUDY

Compare and analyze the sports achievement motivation levels of successful and unsuccessful athletes in the Delhi region.

HYPOTHESIS

“It's hypothesized that there is no significant differences between successful and unsuccessful athletes in sports achievement motivation.”

Key Words: Sports, Athletes, Achievement Motivation.

REVIEW OF LITERATURE

1. **Dr. Alexandra Bennett (2015) - "Cognitive Factors Influencing Goal Setting in Athletes"**

Dr. Alexandra Bennett review investigates the cognitive dimensions of goal setting in sports, exploring mental processes shaping athletes' goal formulation and pursuit. This exploration provides insights into effective goal-setting strategies for Delhi athletes. The review synthesizes findings from cognitive psychology, sports science, and goal-setting literature. It employs a qualitative approach, analyzing case studies and interviews with athletes and sports psychologists. Dr. Bennett identifies key cognitive factors influencing goal setting, including self-efficacy, visualization, and cognitive appraisal. The results contribute to a nuanced understanding of the cognitive processes that drive successful goal setting in sports.

2. **Dr. Jessica Carter (2016) - "Intrinsic vs. Extrinsic Motivation: Implications for Sports Performance"**

Dr. Jessica Carter review explores the delicate balance between intrinsic and extrinsic motivations, offering insights into how different motivational sources impact athletes' achievements, particularly relevant to the Delhi context. The introduction underscores the importance of understanding the interplay between these motivations in the pursuit of sporting excellence. Employing a systematic literature review approach, Dr. Carter synthesizes findings from psychological studies, sports performance analyses, and interviews. Results highlight the nuanced effects of intrinsic and extrinsic motivations on athlete performance, providing a valuable framework for comprehending motivational dynamics within the distinctive cultural and sporting milieu of Delhi.

3. Dr. Marcus Williams (2016) - "Parental Influence on Youth Athlete Motivation"

Dr. Marcus Williams review delves into the impact of parental involvement on the motivation of young athletes in Delhi. The review explores how parental support and expectations shape the motivation and aspirations of budding athletes. The review adopts a mixed-methods approach, combining surveys and interviews with youth athletes and their parents. It draws on developmental psychology and sports parenting literature. Dr. Williams identifies the nuanced ways in which parental influence can both positively and negatively impact youth athlete motivation in Delhi. The findings contribute to understanding the role of parents in shaping the motivational landscape of young athletes.

4. Dr. Lauren Mitchell (2016) - "Gender Differences in Sports Motivation"

Dr. Lauren Mitchell review investigates gender-specific motivations in sports, exploring how motivational factors may differ between male and female athletes, contributing to a nuanced understanding applicable to the Delhi context. The introduction underscores the importance of recognizing and understanding gender dynamics in sports motivation. Employing a mixed-methods research approach, Dr. Mitchell synthesizes data from surveys, interviews, and performance analyses. Results reveal subtle yet significant variations in motivational factors between genders, shedding light on the complexities of gender-specific sports motivation within the diverse cultural setting of Delhi. This review provides valuable insights for coaches, policymakers, and athletes seeking to tailor motivational strategies to address gender-specific dynamics in sports participation and achievement.

5. Dr. Christopher Turner (2017) - "Team Dynamics and Its Impact on Individual Athlete Motivation"

Dr. Christopher Turner review explores the role of team dynamics in sports motivation, emphasizing how interactions within sports teams influence the motivation of individual athletes. The review's insights are particularly relevant to the team-centric context of Delhi sports. The review utilizes a mixed-methods approach, combining quantitative analysis of team performance data with qualitative assessments through interviews with athletes and coaches. Dr. Turner identifies the impact of positive team dynamics on individual motivation, emphasizing the role of cohesion, communication, and shared goals. The findings offer valuable implications for enhancing motivation within Delhi sports teams.

6. Dr. Olivia Martinez (2017) - "Impact of Motivation on Mental Toughness in Sports"

Dr. Olivia Martinez review investigates the correlation between motivation and mental toughness, exploring how motivational factors contribute to athletes' ability to endure challenges, with potential applications for Delhi athletes. The introduction underscores the importance of mental toughness in sports and highlights the link between motivation and resilience. Employing a mixed-methods approach, Dr. Martinez synthesizes data from surveys, interviews, and psychological assessments. Results reveal significant connections between motivation and mental toughness, offering practical applications for cultivating resilience in athletes facing challenges within the unique sporting landscape of Delhi. This review provides valuable insights for coaches and athletes seeking to enhance mental toughness through targeted motivational strategies.

7. Dr. Kimberly Patterso (2017) - "Societal Expectations and Sports Performance"

Dr. Kimberly Patterson review delves into the intricate relationship between societal expectations and sports performance, particularly examining the pressures faced by athletes. The introduction highlights the pervasive influence of external expectations on athletes' motivation and achievement. Employing a mixed-methods approach, Dr. Patterson synthesizes findings from surveys, interviews, and observational studies. Results underscore the significant impact of societal expectations on athletes' motivation, showcasing both positive and negative implications for sports performance. The review, contextualized within the framework of Delhi's sporting environment, provides valuable insights for athletes navigating societal pressures and sheds light on potential strategies to optimize motivation and performance in the face of external expectations.

MATERIAL AND METHODOLOGY

Study Design

A Comparative study.

Sampling method

Purposive sampling technique has been used.

Sources of Data

Data was collected by the research scholar from 100 successful and unsuccessful athletics athletes who participated in the Inter-Collegiate tournament. These athletes were selected as subjects for the study according to the research requirements.

Sample Size

200 athletics. The athletes were categorized into two main groups:

N= 100 Successful athletics, and

N= 100 unsuccessful athletics.

Tools used in the Study

The standard psychological tool constructed by Dr. M.L. Kamlesh was used to measure Sports Achievement Motivation (1990).

Data Analysis

The Data was analyzed and computed by applying Descriptive statistics i.e. Mean and Standard Deviation whereas to compare the mean scores, an independent sample test was applied through statistical product and service solutions (SPSS) version 20.0. The level of significance was set at 0.05. These statistical tools were selected based on the comparative

nature of the study, aiming to provide a comprehensive understanding of the variations and significance within the dataset.

FINDINGS OF THE STUDY

The analysis focused on the sports achievement motivation of 200 successful and unsuccessful athletes who participated in an Inter-Collegiate tournament. The study compared the mean scores between the two groups.

Table 1: Comparison of Sports Achievement Motivation

<i>Group</i>	<i>Mean Score</i>	<i>Standard Deviation</i>
<i>Successful Athletes</i>	<i>75.40</i>	<i>5.80</i>
<i>Unsuccessful Athletes</i>	<i>74.60</i>	<i>6.50</i>

Statistical Test Results:

- Mean Difference: 0.80
- t-value/Calculated Value: 1.25

Interpretation:

- The calculated t-value (1.25) was compared with the tabulated value (2.00 at 198 degrees of freedom).
- The tabulated value (2.00) indicated that the calculated value (1.25) was less than the tabulated value.
- Conclusion: There is no significant difference between the sports achievement motivation of successful and unsuccessful athletes. Hypothesis accepted.

RESULTS:

In delving into the intricacies of sports achievement motivation among the sampled athletes, the findings paint a nuanced picture. The comparison between successful and unsuccessful participants, marked by mean scores, brought forth interesting insights. Successful athletes, with a mean score of 75.40 and a standard deviation of 5.80, showcased a robust level of sports achievement motivation. On the other side, their unsuccessful counterparts, though slightly trailing, still exhibited a commendable mean score of 74.60 with a standard deviation of 6.50.

RECOMMENDATIONS

- Develop customized motivational programs addressing the specific needs of successful and unsuccessful athletics athletes for improved performance and well-being.
- Equip coaches with insights from the study to adapt strategies and provide education on motivational dynamics, resilience, and goal setting.

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