

Vol 4 Issue 5 June 2014

ISSN No : 2230-7850

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International Multidisciplinary  
Research Journal

*Indian Streams  
Research Journal*

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**RNI MAHMUL/2011/38595**

**ISSN No.2230-7850**

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## IMPORTANCE OF ACHIEVEMENT MOTIVATION IN SPORTS PERFORMANCE

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**Abstract:-** The present article defines the psychological construct of Achievement motivation and its influence on Sportsman to achieve their goals and to improve their performance level. Achievement Motivation is a mindset that leads people to set for themselves realistic but challenging goals. In Achievement Motivation can calculate mathematically by taking a person's desire to succeed and subtracting their fear of failure. When a student is motivated, he is inspired to pursue greater academic goals. Underlying motivations can include grades, social acceptance or parental approval.

According to the research presented in the article, the achievement motivation can be treated as an important psychological predictor of sports person's future success or failure. The study was carried out 120 P.G. Students of Karnataka State Women's University, Bijapur, 60 Sports Women's and 60 non Sports Women's ( 20 to 25 years) were selected by purposive sampling method. By using Achievement Motivation Scale, t-test was used for deriving the result. Significant difference was found between Achievement Motivation of Sports Women's and Non Sports women's. This may be fact that sports woman's are having better achievement motivation.

**Keywords:**achievement motivation, and spots performance.

### INTRODUCTION

In the modern Era, Achievement Motivation is considered a pre-requisite for success in academic settings. Everyone is striving and struggling hard to achieve more success in life. Automatically the desire, the zeal comes out to face the hurdles and get success in the same.

The term 'Achievement Motivation refers to motivate stemming from a desire to perform well or to achieve success. Motivation is the reinforce of behavior. An individual, with a high level of Motivation is likely to do better performance, achieve greater and show excellence than the one who is least motivated.

Achievement is task-oriented behavior that allows the individual's performance to be evaluated according to some internally or externally imposed criterion, that involves the individual in competing with others, or that otherwise involves some standard of excellence. ... Behavior is ordinarily described as intrinsically motivated if it is pleasurable in its own right and is not being undertaken merely to obtain some external reward; the reward for performing is inherent in the performance itself.

People who are oriented towards achievement, in general, enjoy life and feel in control. Being motivated keeps people dynamic and gives them self-respect. They set moderately difficult but easily achievable targets, which help them, achieve their objectives. They do not set up extremely difficult or extremely easy targets. By doing this they ensure that they only undertake tasks that can be achieved by them.

### DEFINITIONS:-

Achievement motivation can, therefore, be defined as the striving Achievement Motivation is a mindset that leads people to set for themselves realistic but challenging goals. In sports like weight-lifting, a person will not increase their strength with weights that will be lifted easily or weights that might damage your muscles - only difficult but manageable weights that will stretch and strengthen the muscles. Achievement Motivation can calculated mathematically by taking a person's desire to succeed and subtracting their fear of failure.

Thereafter, research on achievement motivation was extended by D. Mc Clelland [10]. According to him, the achievement motivation is a constant drive to improve one's level of performance, to accomplish success in contention.

The term "need for achievement" was used for the first time and introduced into psychology by H. Murray in Explorations in Personality (1938). The author defined it as an intense, prolonged and repeated efforts to accomplish something difficult; to work with singleness of purpose towards a high and distant goal; to have the determination to win"

**TABEL 1.1**  
**Comparative Score of Sports Women's And Non Sports Women's of Achievement Motivation.**

Group	N	M	SD	t-ratio	Group with Higher Mean
Sports Woman	60	58.16	17.26	7.48**	Sports Girls
Non Sports Woman	60	48.51	15.01		

Significant at .01 levels

The data in Table 1.1 comparing the difference between sports and non sports woman's in achievement motivation of Karnataka State Women's University. It reveal that a significant difference existed between them ( $t=7.48$ - statistically significant at .01 level of Achievement Motivation,  $p.<.01$ ). The difference between mean scores of sports and non sports woman's did go to indicate that the sports woman's had better Achievement Motivation. This may be fact that sports woman's are having better achievement motivation, must have a very definite concept of themselves, and are clear in their thinking to participate in physical activities, which make them more physical sound.

**CONCLUSIONS:**

Achievement motivation is one of the crucial psychological factors determining future academic and sports success. Therefore, Sports women's and Non Sports Women's should be completed with training focused on psychological skills useful and desirable in everyday life. Formation of students' competence without practicing and developing needed psychological components will not let the value on sports and games so comprehensively result in their failure on sports and in common life.

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