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## Comparative study of achievement motivation between zonal and national level volleyball players

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### Abstract

The purpose of the study was to compare the achievement motivation of zonal and national level male Volleyball players whose ages ranged from 15 to 17 years. The subjects for the study were 15 zonal and 15 national level male Volleyball players studying in different schools of Delhi. The zonal level athletes had represented their school only in the zonal level tournament whereas the national level Volleyball players had represented Delhi state in the national tournament organized by the School Games federation of India. The significance of mean difference between the pre test and post test scores each of the criterion variables among the groups were analyzed by using the 't'-ratio, the level of significant was 0.05. The analysis of data clearly shows that national level male Volleyball players are significantly superior to that of zonal level male Volleyball players in achievement motivation at 0.05 level of confidence.

**Keywords:** Volleyball players, zonal level, national level, achievement motivation

### Introduction

World class execution in games is not just a result of physiological factors and specialized parts of games be that as it may, it additionally requests preparing of mental qualities of the sportsman for achievement (Cratty, 1968) <sup>[5]</sup>. Keeping in mind the end goal to set up superior in games physical and physiological readiness of games individual alone is insufficient. Today with a specific end goal to achieve sports execution practically identical to national and global principles finish mental planning is likewise required. Hence approach towards finish mental planning notwithstanding physical and physiological arrangement is to be guaranteed from before levels of execution that is school level. Finish physical, physiological and mental planning will empower a games individual to accomplish a level of execution in similarity to his/her requirements.

Psychology in physical education and sports is not simply an academic subject at the training colleges; it is practiced by coaches and athletes in the field-setting. Psychological intervention, coping strategy, mental skills such as imagining, concentrating, focusing etc, team-interaction and cohesion are all practical task in which athletes, teacher/ teachers and sports psychologist plays a reciprocally cooperative but decisive roles. All other things being equal, and athletic event/ game is won in the mind. One of the goals of applied sport psychology is to investigate human performance (Schilling, 1992) <sup>[16]</sup>, to stabilize and to enhance the sports performance (Seiler, 1992) <sup>[17]</sup>, by striking a balance between the physical and mental dimension of performance. Sports without psychology is a headless horseman trying to run in various directions without accomplishing anything worth of name.

According to Atkinson *et al.* (1966) <sup>[18]</sup> "Achievement motivation is conceived as talent disposition which is manifested in overt striving only when the individual perceives performance as instrumental to a sense of personal accomplishment."

### Subjects

The present study was confined to the school level Volleyball who have participated at zonal school level tournament organized by Directorate of Education, Sports Branch, Delhi and national level tournament in Volleyball organized by the School Games Federation of India.

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Keeping in mind the purpose of the study, 15 male Volleyball players who won the zonal tournament and 15 male Volleyball players who won the school national tournament were selected as subjects for the study. The age of the subjects ranged between 15 to 17 years.

### Methods

To find out the achievement motivation level of zonal and national level of volleyball players. Achievement Motivation was the only psychological variable selected in the present study to compare the male volleyball players of zonal and national levels. Achievement Motivation Questionnaire developed and standardized by Dr. M.L.Kamlesh was used.

In order to know the achievement motivation level of zonal and national level of volleyball players t-test was employed. The level of significance chosen was 0.05.

### Results

In order to determine the significant difference between experimental group and control group after administering the pranayama training, the pre and post test score are collected, the initial and final test score has been analyzed using 't'-ratio. The results of study are presented in tabular form and figure for each selected variable separately.

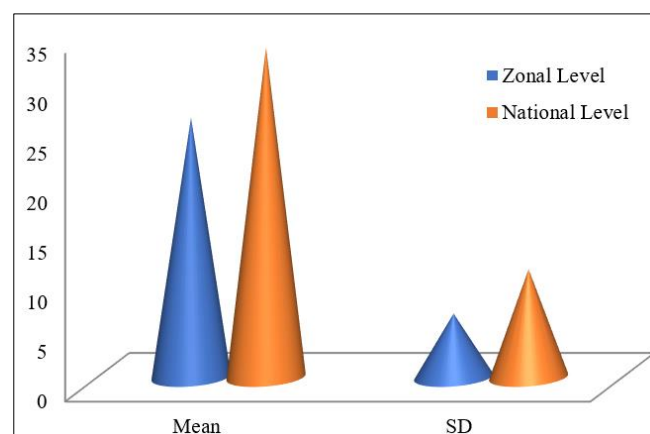
**Table 1:** Significance of difference in the means of male Volleyball players of zonal level and national level in achievement motivation

Group	Mean	Mean Diff.	Standard Deviation	Standard Error	t-ratio
Zonal Level	26.13		6.41		
		7.07		3.25	2.17*
National Level	33.20		10.88		

\*Significant at 0.05 level,  $t_{0.05}(28)=2.05$

The analysis of data in the above table reveals that the means of the male zonal level and national level Volleyball players are 26.13 and 33.20 respectively. Employing mean difference method (t-test) it has been observed that the difference of 7.07 in the means of the two groups has provided a t-ratio of 2.17 which is significant at 0.05 level of confidence with 28 degrees of freedom.

The means of the two groups are graphically represented in Fig.1.



**Fig 1:** Means and Standard Deviations of male Volleyball players of Zonal and National Levels in Achievement Motivation

### Conclusion

From the analysis of data it is evident that national level male Volleyball players have significantly better achievement motivation as compared to zonal level male Volleyball players. Achievement motivation can be described as the need for success or the attainment of excellence. Those who have high achievement motivation are able to satisfy their needs through different means and are driven towards success due to both internal and external reasons. One of the characteristic of achievement motivated person is that he/she appears to be more concerned about his personal achievement. Highly achievement motivated individual constantly seeks improvement and looks for the ways of doing things in a better way. It is an accepted fact that the male Volleyball players of national level, in view of their better performance, are more concerned about their personal achievement and possibly they might have risen to higher level of performance as a result of hard work. For putting up good performance national level Volleyball players might have resorted to adoption of different means and methods in order to excel. The methods adopted and the hard training done by national level Volleyball players probably have helped them in satisfying their need to excel in performance. The reason for higher achievement motivation in national level male Volleyball players as compared to zonal level male Volleyball players could be attributed to the above factors.

Another factor that could be attributed to significantly higher achievement motivation in the case of national level male Volleyball players as compared to zonal level male Volleyball players could be that they had an opportunity to compete with sprinter of other zones at a much higher level of competition. Their desire to further excel and achieve higher targets could have been the reason for exhibiting higher level of achievement motivation.

### Within the delimitations of the study, following conclusions can be drawn

1. The national level male Volleyball players who represented Delhi state in the Volleyball tournament are superior in achievement motivation as compared to the zonal level male Volleyball players who represented their school in the zonal level Volleyball tournament.
2. The difference in the means of achievement motivation of national level male Volleyball players and zonal level male Volleyball players is statistically significant at 0.05 level of confidence.

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