

## A STUDY OF ACHIEVEMENT MOTIVATION IN RELATION TO PHYSICAL FITNESS STATUS OF FEMALE COLLEGE ATHELETS

**Amanpreet Singh**

*Asst. Prof, Dav College sector-10 Chandigarh*

### Abstract

*The purpose of the study was to see whether there existed any relationship of Achievement motivation to physical fitness status of college female Athletes. The study was conducted on single group design basis in which 100 female athletes drawn from various recognized games and sports served as the sample. The sample was drawn from local colleges of Patiala. Physical fitness was assessed through administration of AAHPER Youth Fitness Test which comprised six sub-test of fitness measuring arm and shoulder strength, abdominal strength, agility, power, speed and endurance. Achievement motivation was measured through (SAMT) Sports Achievement Motivation Test developed and standardized by Dr. Kamlesh, M.L. 1986. Within the limits and limitations of the study it might be concluded that physical fitness and sports achievement motivation are not highly related terms.*



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### Introduction

Fitness is one of the basic elements which is essential for better performance. The players must need be in 'top' physical condition.

In the modern age, more and more emphasis has been laid on the nature of 'fitness' not only in terms of general health but more particularly of the special requirements for competitive sports and certain highly specialized and demanding occupations. The achievement and maintenance of high standards of fitness produce a remarkable effect on the human mechanism. Supreme fitness is artificial in the sense that it is not inherent in the individual but cultivated.

Physical fitness is considered as fitness of the body but in modern concept physical fitness means fitness of both body and mind. Due to body mind relationship physical fitness is viewed as the capacity to function in energy way at one's best.

High level of physical fitness is most important for high level of efficiency in techniques and tactics in most of the sports (Harre, 1979). That is why the physical fitness level of the players is of very high standard so that they should give their best performance. It is said that "The fittest in sports will win and the fit will dare complete."

Physical fit is the ability of a person's body to meet the demands placed upon it by his work, by his way of life and by the necessity to meet emergency situation. (Hart, 1964)

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Apart from this, no one would like to take part in physical activity or go to the extent of bearing extremely “Painful” or “Stressful situation” until and unless one was well motivated. Achievement and motivation and motivation and achievement go hand in hand.

We find that “Achievement motivation is a desire or a will to achieve, based on some standards of excellence, with situational variable such as possibility of success and incentive value of success determining to some extent or degree, how one views achievement motivation.” (Gardner, 1981)

“Most kinds in sports probably want to attain some level of perceived success. Sports by its very nature provides conditions that bring out a degree of achievement orientation in those who decide to complete.” (Singer, 1984)

Achievement motivation is typically concerned with behaviour in the contest in which there is :

- i. Reference to standards of excellence or competition against others, which allows for evaluation as to level of success (or failure)
- ii. A degree of challenge (uncertainly as to out come)
- iii. A personal sense of responsibility for the out come

Achievement motivation may only be applicable in a setting where a person knows his performance will be evaluated by himself and/or other in terms of some standards or criteria of excellence and that the outcome of his performance will be either favourable (success) or unfavourable (failure).

Individuals who exhibit a high need for achievement are optimistic, conscientious and ambitious and show more frequent patterns of delayed gratification and long time involvement.

Highly motivated individuals attach more importance to pursuit of excellence in performance than to prestige while the reverse is true for those low in motivation (MacClelland, 1953)

An understanding of the nature of achievement motivation is helpful in understanding kinds in general as well as individually in terms of what they do, how well they do, and how long they continue in sports.

Mokashi (1986) maintained there was little research in achievement motivation in sports, even though many psychologists, maintained that achievement motivation was an important factor in sports which definitely affected the performance of a player.

The urge to be physically and mentally fit in sports in general or in a particular activity is affected by many factors such as intelligence and achievement motivation.

### **Purpose of the Study**

The purpose of the study was to see whether there existed any relationship of Achievement motivation to physical fitness status of college female Athletes.

### **Hypothesis**

Achievement motivation had no relationship with physical fitness.

### **Methodology**

The study was conducted on single group design basis in which 100 female athletes drawn from various recognized games and sports served as the sample. The sample was drawn from local colleges of Patiala.

Physical fitness was assessed through administration of AAHPER Youth Fitness Test which comprised six sub-test of fitness measuring arm and shoulder strength, abdominal strength, agility, power, speed and endurance.

Achievement motivation was measured through (SAMT) Sports Achievement Motivation Test developed and standardized by Dr. Kamlesh, M.L. 1986.

**Presentation and Analysis of Data :** The data was statistically treated, analysed and interpreted in accordance with the purpose of the study. Co-efficient of correlation was calculated to draw results and make necessary comparison.

**Table : Showing co-efficient of correlation between physical fitness and sports Achievement motivation (N=100)**

Physical Fitness and Sports Achievement Motivation	.3786
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When two concepts were correlated the resultant co-efficient was .3786 which according to statistical standards shows only 'slight' relationship. This makes us believe that this relationship is just inconsequential. The sample has proved itself to be below average in most sub-variables of physical fitness and also their achievement motivation is just moderate.

## **Findings and Conclusion**

Within the limits and limitations of the study it might be concluded that physical fitness and sports achievement motivation are not highly related terms.

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