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An Investigation of Achievement Motivation Level in Women Athletes Across Different Sports

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Abstract

The purpose of this study was an investigation of achievement motivation levels in women athletes across different sports. To achieve these purpose seventy five ($n = 75$) women athletes have been decided on as subjects at random. The athletes participated within the intercollegiate matches from decided on aggressive sports activities namely badminton, basketball and cricket. Every team was consisting of 25 ($n = 25$) players each and their age were ranged between 18 and 24 years. The selected variable turned into consisting of achievement motivation become tested through the usage of widespread mental questionnaire. One way analysis of variance (ANOVA) becomes used to find out the massive difference among groups. Scheffe's test was applied as post hoc to decide the distinction between the paired mean. The result was confirmed that there has been a vast difference among badminton and basketball ($p \leq .05$), badminton and cricket ($p \leq .05$) and basketball and cricket ($p \leq .05$) on motivation level.

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Keywords: Sports psychology, achievement motivation, women athletes, badminton, basketball, cricket athletes.

Introduction

In person sports activities, athletes are completely answerable for their performance and outcomes, leading to a strong feel of autonomy and personal responsibility. Psychology is described due to the fact the technological of the sports activities of a character in terms of his environment (Kamlesh, 1993). Sports activities psychology is the clinical observe of human behaviour in sports activities. Psychology is the technological of intellectual strategies and conduct. It lets in looking on the techniques of feel notion, wondering, studying, cognition, feelings and motivations, man or woman, bizarre behavior, interactions between people, and interactions with the environment. In institution sports results are a collective effort, emphasizing cooperation, conversation, and shared goals (George *et al.*, 2012).

The steadiness of intrinsic and extrinsic motivators additionally plays a critical position in prolonged-time period dedication and overall performance. Success motivation, particularly, seems to play a crucial characteristic for skills development and subsequent achievement. Elite sports performers make remarkable use of intellectual techniques in advance than. Sport psychologists are interested by two predominant areas: (a) assisting athletes use mental standards to reap most applicable highbrow health and to beautify overall performance (general overall performance enhancement) and (b) expertise how participation in recreation, exercise, and bodily activity impacts an person's psychological development, health, and well-being for the duration of the lifestyles span (Dine, 1986). The better the volume of opposition, the greater the psychological demands at the performer (Alderman, 1974). Psychology facilitates the sportsman to extend the right shape of emotional on the proper time and additionally assist to govern the emotions. It assists the coaches to teach his players successfully. Sports activities sports psychology is a carried out area wherein the ideas of mental elements are to be carried out in sports activities settings (George *et al.*, 2014). It is specifically concerned with the psycho regulative analysis of sports activities functionality and average performance.

Success in man or woman sports activities is heavily tied to inner elements including non-public delight, ability mastery, and accomplishing self-set desires. Research in the place of

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fulfillment because is amassing momentum in nearly all walks of life, in which excellence is the goal favored (Durand & Salmela, 2002; Ashokan & Abraham, 2014). Intelligence and success purpose are both important for learning and for behavioral changes. Success motivation can be characterized as the tendency to maintain and increase person expertise in all areas in which a favored or satisfactory is taken as binding (Desai, 1970). It's miles a complex bring together, it is defined as a found man or woman characteristic which is confirmed at the same time as a person suggests any such forms of conduct: (a) suggests opposition with an elegant of excellence and is worried with winning or doing higher than others, (b) demonstrates a long-term involvement inside the attainment of an achievement purpose (Butt, 1985). In one of kind words, motivation is a detail that encompasses 3 essential traits: starting off human motion in the direction of a determined aim, providing the capacity to keep that motion, and directing it positively (Balkis, 2019). This observes ambitions to look at the game-specific success motivation of active athletes' from badminton, basketball and cricket reading at different colleges.

Materials & Methods

For this examine seventy five college female students ($n = 75$) have been taken as a subject from the colleges of Mahatma Gandhi university, Kerala. The players participated in intercollegiate match from different colleges for badminton, basketball and cricket. Each group consists of 25 players and the age of the subjects ranged between 18-24 years. The standard questionnaire derived by Kamlesh become used to measure achievement motivation and referred the achievement Motivation Scale by Cassidy & Lynn, (1989). This take a look at includes 20 in entire statements which may be completed by means of deciding on either of the two proposed parts in opposition to each declaration the subjects was asked to tick the second one part which of their opinion fits in first-class with the primary part. This stock turned into scored with the help of a scoring key, a score of (2) became given for the appropriate solution and (0) for the wrong answer. The rating acquired for every partly finished sentence became introduced and it became taken into consideration as woman rating. The range of score is zero to forty (0 - 40). A better score suggests higher success motivation of the subject.

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One way analysis of variance (ANOVA) was used to find out the distinction amongst groups. Scheffe's test was carried out as a put post hoc to decide the distinction among the paired mean. The level of significance was set to priority at 0.05.

Results

Table – I
Analysis of Variance on Achievement Motivation Test of Badminton, Basketball and Cricket

Mean			S O V	SS	df	MS	F
Badminton	Basketball	Cricket					
28.46	25.57	21.39	B	482.03	2	253.84	22.62*
			W	759.92	27	9.29	

* Significant at 0.05 level of confidence

(The table value required for significant 0.05 levels with 2 and 72 is 3.126).

Table I shows that the mean values of the achievement motivation for badminton, basketball and cricket are 28.46, 25.57 and 21.39 respectively. The obtained F Ratio of 22.62 is higher than the table value of 3.126 for df 2 and 27 required for importance at the 0.05 degree of self-confidence. The result of the take a look at indicates that there's a great difference between the mean of badminton and basketball, badminton and cricket and basketball and cricket on achievement motivation.

Since there was a significant difference among groups, Scheffe's test became carried out as post hoc check and the outcomes are mentioned in table II

Table – II
Scheffe's Test for the Difference between the Mean of The Achievement Motivation

Mean			Mean difference	CI
Badminton	Basketball	Cricket		
28.46	25.57		2.89*	2.79
28.46		21.39	7.07*	
	25.57	21.39	4.18*	

* Significant at 0.05 level of confidence

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Table II shows the mean differences between badminton & basketball, badminton & cricket and basketball & cricket are 2.89, 7.07 and 4.18 respectively. These values are higher than the desired confident interval value 2.79, which display great difference at the.05 level of confidence. This result showed that there may be a significant distinction in achievement motivation between badminton & basketball, badminton & cricket and basketball & cricket athletes. The mean values of badminton, basketball and cricket on achievement motivation are presented in figure 1 and the level changes of the motivation among groups are presented in figure 2.

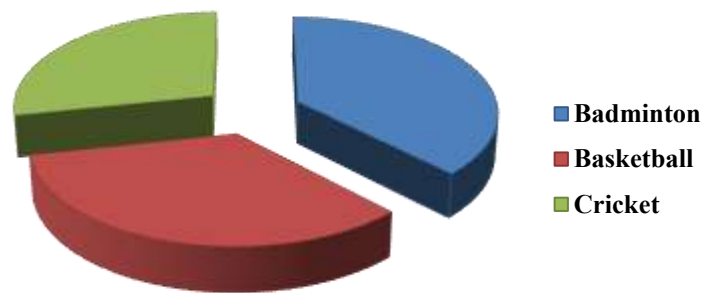


Figure 1: Mean values of Badminton, Basketball and Cricket on Achievement Motivation

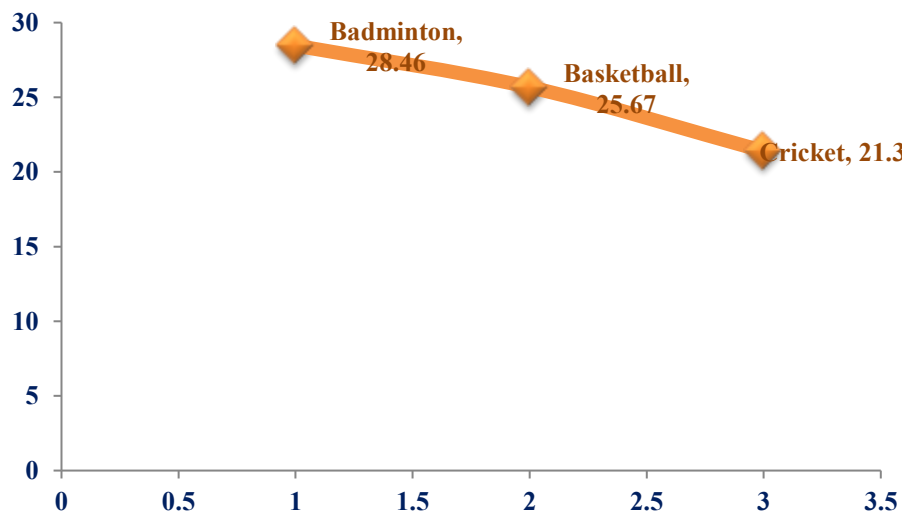


Figure 2: The level of Achievement Motivation for Badminton, Basketball and Cricket Athletes**Discussion**

The result of this investigation showed that there was a significant difference among the athletes of different sports such as badminton, basketball and cricket on achievement motivation. The athlete's motivation for achieving achievement is a psychological way that incentivizes them to interact in lively training, competitive, and rehabilitative sports to achieve a triumphing outcome and overcome limitations. Some research results are proved that the connection between mental health and personal achievement. Suryakumar *et al* (2016) found out the relation of mental health and personal achievement, while Kumar & Abraham (2018) clearly proved that the confidence play a major role the sports performance among the athletes of different games. Sports are result oriented and the whole thing is measured and compared. It became substantiated that comparing motivation for accomplishing fulfillment in the dimensions of the form of aggressive conduct among representatives of man or woman and group sports is a confirmatory take a look at, that is finished the use of valid, reliable, and representative psycho-diagnostic tools to installation big direct and inverse correlations and select out tremendous variations among the studies variables.

The studies were recorded a huge superiority of representatives of person sports activities over representatives of group sports activities in motivation for accomplishing achievement (Thomas *et al.*, 2024). On this have a look at the badminton are higher in fulfillment motivation examine to basketball and cricket. Moreover basketball athletes showed excessive fulfillment motivation than cricket athletes.

Achievement motivation varies across badminton, basketball & cricket, with research regularly showing badminton and basketball players having better motivation than cricket players, likely because of individualistic needs, intense opposition, and greater focus on personal mastery as opposed to crew dynamics, despite the fact that some studies finds similar tiers, suggesting game-unique education strategies are key for all. Studies advocate athletes in badminton and man or woman sports frequently show higher success motivation, driven with the

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aid of the use of direct goal success, self-reliance, and excessive cultural prominence. The study result of Vedagnanam & Abraham (2022) is an association with the result of the present study, which is proved that the role of achievement motivation among the college women athletes.

Basketball, a group sport, suggests quite decrease scores in some studies, probably due to the fact achievement is based extra on institution synergy, making person goal setting. Many researchers have discovered out that the players' motivational conduct is great (Hagger & Chatzisarantis, 2008). Success motivation refers to an individual's pressure to pursue fulfillment and attain specific goals, regularly recommended with the aid of personal tendencies and environmental factors (Abhinav & Abraham). This result is proved that the intellectual concept encompasses the behaviors and cognitive strategies involved in striving for accomplishment, highlighting how people set requirements of excellence, both internally and externally (Raphel *et al.*, 2011). The findings of this examine show that the volume of achievement motivation of badminton athletes turned into better than the basketball and cricket athletes. Weiss & Amore (2008) found out that the motivation of sports activities has changed in step with the scenario. Valchopoulos *et al.*, (2000) and Beaudoin (2006) determined that the sports motivation of the athletes. Kaushik & Abraham (2024) found out that the negative mental state influences the sports performance. According to researcher's findings, average overall performance in soccer and achievement motivation has a strong beneficial affiliation. The overall performance of soccer and could to win did now not substantially correlate. there was plenty of earlier studies on sports activities success motivation, however this study is unique juvenile athletes are less approximate in their use of mental abilities than older athletes. This finding is inconsistent with the effects of different investigations (Eloff *et al.*, 2011).

In comparison, Inter university players continually cited decrease ratings on sports activities achievement motivation, thereby indicating a potential developmental lag on this essential trait. Those game enthusiasts may additionally benefit significantly from dependent mental interventions geared toward success motivation, which is ability crucial for development to better competitive ranges. Zorlu *et al.* (2020), of their have a study examining the impact of character developments on success motivation in athletics, placed no good sized difference among individuals' sports fulfillment motivation sub-dimension ratings and their years of sports experience. The effects of this investigation endorse that badminton athletes have better advice

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rankings in achievement motivation in evaluation to basketball and cricket game enthusiasts. So, someone game is higher than organization sports to have better fulfillment motivation.

Conclusion

The outcome of this investigation highlights the want to assess the conduct of college women athletes to achievement motivation. The results of this examine found out that there was a full-size distinction in success motivation among badminton and basketball, badminton and cricket athletes and basketball and cricket athletes. Furthermore college badminton women athletes had higher degrees of achievement motivation than basketball and cricket athletes. It's additionally feasible to draw the realization that fulfillment motivation drastically impacts badminton and basketball players' general overall performance. Because of the reality the effects of our exams assisted us in identifying the vital mental skills that are by and large liable for the success of badminton and basketball ordinary overall performance; we're constructive that this paper will help plan and training lessons for badminton and basketball athletes in a more relaxed and greater effective way. We must finish by mentioning that brilliant achievement is handiest plausible if the athletes' education and the sport it are based on inclinations which have a scientific basis.

The records suggests that sports fulfillment motivation tends closer to more appropriate normal overall performance, indicating the want for fostering sports activities achievement motivation maximum of the college athletes, for an prolonged and outstanding career. Coaches, psychologists and help teams should take a focused approach in nurturing success motivation, and provide mental assist so that it will permit them to be driven in preserving an effective sport. Such help will play a beneficial characteristic in strengthening the athlete mentally and enabling him to have an extended and healthier playing career. Those findings offer valuable insights for coaches and sports psychologists to layout targeted interventions that decorate athlete performance throughout various competitive sports activities. It's concluded that the individual sports activities consisting of badminton gamers have shown higher achievement motivation evaluate to basketball and cricket athletes. However cricket athletes have low motivational stage examine to basketball athletes.

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Conflict of Interest

The authors claim no conflict of interest

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