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A study of psychological profile of women senior national kho-kho players in India

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Abstract

The present study was to investigate a study of the psychological profile of women senior national Kho-Kho players in India. The present study was conducted on (30) thirty Female 56th Senior National Kho-Kho players who were randomly selected as subjects for this study. Subjects aged between 18-25 years were selected for the study. The variables selected for the present study were incentive motivation and achievement motivation. Descriptive statistics (mean and standard deviation) were calculated to study incentive motivation and achievement motivation. Based on the results, it was concluded that in incentive motivation all subjects were above average in the system of power, sensation, independence, prestige, aggression, and affiliation. And average in excellence. In achievement motivation, all the subjects were moderate levels of sports achievement motivation.

Keywords: Incentive motivation, achievement motivation, kho-kho

Introduction

A sport is a psycho-social activity. Sports psychology in many ways is a fortunate scientific field of inquiry. Researchers are afforded ample opportunity to observe, describe and explain the various psychological factors that influence diverse aspects of sports and physical activity. Athletes and coaches have often described the crucial “psychological factors, which resulted in a momentum shift during a game or explained an important loss on the road as a function of the influential force of game location. While these ‘armchair’ opportunities are often afforded to us the fact that sports psychology is viewed as a science means that the process of observation, description, and explanation must be conducted in a systematic, repeatable, and valid manner. Through scientific methods we can test out our hunches about a new psychological factor that influences sport performance or new sport participation may influence the athlete’s psychological development. Psychological and social dimensions, besides physical, psychological, and technical aspects. In this modern era of competition, the psychological preparation of a team is as much important as teaching the different skills of a game on the scientific lines. The teams are prepared not only to play the games but to win the games and for winning the games, it is not only the proficiency in the skills which brings victory but more important the sprint of the players with which they play and perform best in the competition. Certain accepted psychological principles have to be applied so that the athletes and players can show their best in their performance. It is important to know about the role of emotional phenomena like incentive motivation, and achievement motivation, of the players during training as well as competitive situations. Wood assumed that the incentive value of various goals that individuals perceived as available partially determine their motivation to participate in competitive sports. The theory of incentive motivation is still in infancy: however it revolves round at least seven major systems (1) Excellence (successful competing against a standard of excellence) (2) power (to influence, change and control the opinions and attitudes primarily of other athletes and coaches towards them) (3) sensation (to have exciting, interesting and sensory experiences primarily in terms of novelty uncertainty and complexity) i.e., to seek excitement through sports (4) independence (to do things without the advice or criticism of other athletes and coaches) (5) success (to receive prestige, recognition, status and social approval for their achievements) (6) aggression (to physically dominate and psychologically intimidate other athletes) and (7) affiliation (to attain, maintain and consolidate warm inter personal relationship primarily with other players

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and coaches) A few studies conducted on the incentive motivation upheld that the major reasons why athletes participate in competitive sport fall under the incentive systems of excellence, affiliation, sensation, success. To take a coherent view of the level of motivation in athletes, it is necessary to access the incentive motivation system along with achievement motivation. An understanding of the nature of achievement motivation helps understand kinds in general as well as individually in terms of what they do and how long they continue in sports. Once one comes to know what works as a driving force, it becomes easier to guide the athlete into achieving excellence. As an overview of the picture pointed above it can be safely said that motivation in the context of the study of psychological aspects related to elite KhoKho players of India. It is a known fact that infrastructure facilities for the elite Kho-Kho players of India have improved amply. The only factor which perhaps does not seem to have been given adequate attention is the psychological approach. It is also established beyond doubt that no serious study on elite Kho-Kho players of India about their psychological make-up was ever taken up to spot the gaps and subsequently bridge them. The present study is a modest effort in this direction. Because of this, psychological variables namely incentive motivation and achievement motivation was examined in the present study.

Materials and Methodology

The present study was conducted on 30 senior National Kho-Kho players. The players were selected from the 56th senior national Kho-Kho championship (Women) from 20th to 24th November, 2022 held at Osmanabad, Maharashtra, India. Age of the subjects ranged from 18-25 years. The following psychological variables were selected for this study: Incentive motivation (IM) consisted of 7 items namely excellence, power, sensation, independence, success, aggression, and affiliation. Achievement motivation (AM).

Incentive motivation inventory (IMI), Alderman and Wood (1990) were adopted to collect the data for incentive motivation.

Sports Achievement motivation test (SAMT), M.L. Kamlesh (1990) was adopted to collect the data for achievement motivation.

Incentive Motivation Inventory

It is a test of a player's strength of attraction for incentives operating within goal-oriented situations incentive Motivation provides information on the athlete's major reasons for participating in particular sports. The inventory contains 70 items. These question statements are evenly spread over the seven incentive systems i.e., there are ten question statements for each system. The subjects respond using a four-point ordinal scale. Response intensity for each item varies from I (never) to 4 (always) to the ascendance of the feeling. Hence the maximum response score for the total

inventory is 280 minimum of 70 and in the case of each system, the response score ranges from 7 to 40. The normative response intervals for each of the systems are given below:

0-18	Low
18-22	Below Average
22-28	Average
28-32	Above Average
32-40	High

The treatment of data emanating from the administration of IMI was done following the instructions of the author and the objectives of the study.

Sports Achievement Motivation Test

Achievement motivation as related to sports is the degree to which a player is willing to approach a competition situation. The sports achievement motivation test is a self-evaluation questionnaire of twenty statements. Responses value which extends from 0 to 40 in total. Each statement causes a maximum score of two and a minimum zero, when the subject ticked the high pole part, he was given two points and when he touched the low pole, he earned zero. After concluding further studies by using SAMT and author has given the following classification criteria on percent and points.

Raw/Mean Scores	Classification
0-24	Low
24-30	Moderate
30 & above	High

The treatment of the data obtained from the administration of SAMT to the subjects was done in light of the instructions contained in the test.

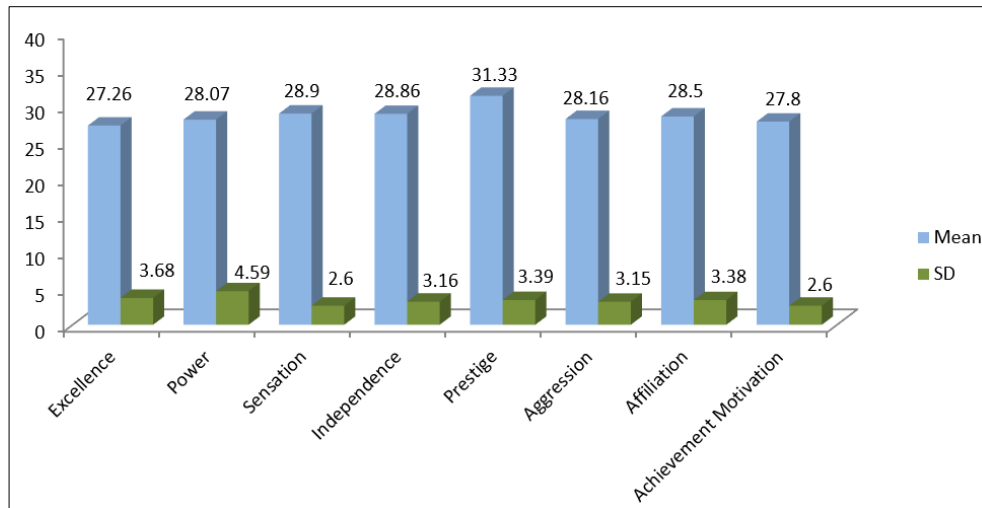
Statistical Techniques

Mean and standard deviation was calculated to study the psychological profiles of women senior national KhoKho players.

Results and Discussion

Table 1: mean scores and standard deviation of women senior national Kho-Kho players based on IMI& SAMT

Psychological Profile	Mean	S.D.
(1) Incentive Motivation		
Excellence	27.26	3.68
Power	28.07	4.59
Sensation	28.90	2.60
Independence	28.86	3.16
Prestige	31.33	3.39
Aggression	28.16	3.15
Affiliation	28.50	3.38
(2) Achievement Motivation	27.80	2.60



Graph 1: Graphical representation mean and SD of IMI and SAMT of KhoKho players.

Incentive Motivation

As shown in Table-1 incentive motivation is the only variable that has seven systems separately treated. The obtained values of mean and standard deviation from Table-1 revealed that under incentive motivation, the highest mean score is in the system of prestige (31.33 ± 3.39) and the lower mean score is in the system of Excellence (27.26 ± 3.68) and the mean score in the rest of cases falls between these two extremes. The homogeneity of the sample is indicated by the Standard deviation which is not higher than 4.59 in the case of power and not less than 2.60 in the case of sensation. The normative response interval for each of the systems prepared by Wood is given below:

0-18	Low
18-22	Below Average
22-28	Average
28-32	Above Average
32-40	High

When the statistical data are judged based on these norms, clearly revealed that senior national Kho-Kho players are above average in the system of power, sensation, independence, prestige, aggression, and affiliation, and average in excellence.

Achievement Motivation

Achievement motivation in sports situations is the degree to which an individual is willing to approach a competition situation. A sports achievement motivation test used in this study is a self-evaluation questionnaire. Response value of which extends from 0 to 40 in total. The mean scores of the woman senior national Kho-Kho players are 27.80 ± 2.60 as given in Table 1 falling within 24-30 intervals which are characterized by moderate levels of sports achievement motivation. Hence, from the obtained mean it is very clear that men senior national Kho-Kho players may be considered to possess very bright profiles on achievement motivation.

Conclusion

Within the limitations of the present study, the following conclusions were drawn:

1. Incentive motivation among women in senior national Kho-Kho was above average in the system of power,

sensation, independence, prestige, aggression, and affiliation, only excellence was average.

2. Achievement motivation was moderate when the statistical data were judged based on these norms.

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