

## **Study of Achievement Motivation and Aggression among Different Level of Aspiration in Athletes of Uttar Pradesh**

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### **Abstract**

The aim of the study was twofold- first to find out the relationship between achievement motivation and aggression of different aspiration level in athletes of Uttar pradesh and second to compare achievement motivation and aggression among Uttar pradesh athletes of different aspiration level. For the purpose of study a total of 198 athletes (108 team game and 90 individual sports) age ranged from 16 to 24 years were selected. The athletes were categorized into high and low aspiration groups and then were assessed on achievement motivation and aggression. The questionnaire was distributed to all the participants, proper instructions regarding the objectives of study and procedure of performing the test were also given to all the participants. The obtained data was analyzed by using statistical software (SPSS 20 version). Pearson Product Moment Correlation was used to find out the relationship between achievement motivation and aggression among high and low aspiration group of team game and individual sports, t-test was used to compare the high and low aspiration group in terms of achievement motivation and aggression. The level of significance was set at 0.05. The results showed that there was a significant relationship between achievement motivation and aggression among high aspiration group as well low aspiration group for athletes of team game. Whereas, significant relationship was found between achievement motivation and aggression among high aspiration group for athletes of individual sports but in case of low aspiration group there was no significant relationship found between achievement motivation and aggression.

### **INTRODUCTION**

Sports involve extremely complex behavioural issues. As a consequence of intense competition sportsman's behavior may undergo important changes. Physical education scientists and coaches have not to be expert only in the matter of skill learning but also to be engineers who understand the mechanism of human behavior on the playfield, under extremely diverse situations. The modern sports training lays a greater emphasis on preparing the athletes psychologically than physically and thus lot of emphasis is being given to the psychological research dealing with psychological characteristics of the top level athletes, mental rehearsals of training task etc. Not only that, new field of psychology which has come up very fast and is still progressing in leaps and bounds is "Sports psychology". It has helped coaches to coach more effectively and athletes to learn more efficiently.<sup>1</sup>

In modern competitive sports, psychological preparation of an athlete or a team is as important as technique of the different skills of the game on specific lines. In modern competitive sports the athletes and teams are prepared not only to play the game, but also to win the games. And for winning the games it is not the proficiency in the skills only which bring victory but more important is the mental preparation, the spirit and the attitude of the athletes with which they play and perform the best in the competition. The success depends greatly upon level of aspiration. Every individual has a goal which he aspires to achieve. The standard he expects to achieve in any task is described by psychologists as his level of aspiration.

<sup>1</sup> John. H. Llewellyn and Judy. A. Blucker, "Psychology of Coaching Theory and Applications", Delhi: Surjeet publications, 1982, p.1.

Aggression is as old as the human race. Throughout history, people have fought with each other in the tribal wars, ethnic wars, religious wars and worldwide conflicts. It appears that the technical and cultural advancement of man has led to more violent and destructive behavior. The word aggression comes from the two Latin root “aggre” means ‘to or toward’ and “gradi” means ‘work’. Thus literal meaning of aggression is ‘to move towards with intention to hurt or harm’. Aggressive behavior is an overt verbal or physical act that can psychologically or physically injure another person or oneself. Sports may be arranged in a scale according to the intensity and type of aggression inherent in each. Some sports require that a great deal of physical force to be directed against one’s opponent whereas others require forceful actions against the environment. Many sports however require that individual aggression should be within structured rules and specified conditions.<sup>2</sup>

Along with aggression a great deal emphasis in sports is also placed upon competing against some standard of excellence and this is exact focus of achievement motivation theory. According to Atkinson, achievement motivation actually combines two personality constructs. The motive to approach success is the capacity to experience pride or satisfaction in accomplishment, and the motive to avoid failure is the capacity to experience shame or humiliation as a consequence of failure. Everyone has both characteristics. We all like to be successful and we all feel good when we accomplish something. On the other hand, we all feel badly when we make mistakes, perform poorly or are unsuccessful in our achievement efforts.

Thus not only the level of aspiration and motivation influences the performance standards of an athlete but aggression also plays an equally important role, keeping this in view and realizing the importance of aspiration, achievement motivation and aggression in enhancing sports performance, the present study has been selected.

## **METHODOLOGY**

### **Selection of subjects**

For the purpose of this study a total 198 players of Uttar pradesh who had participated in their respective Competitions in the year 2015-16 were selected as subjects. The subjects comprised of athletes from the following individual sports and team games:-

- (a) Individual Sports: Track & Field, Lawn Tennis, Squash and Boxing.
- (b) Team Games: Basketball, Cricket, Football and Hockey.

In total 108 players were of team games and 90 players were of individual sports. The age of the subjects ranged between 16 to 24 years.

### **Selection of Variables**

The following variables were selected for the purpose of this study:

- (1) Aspiration level.
- (2) Aggression.
- (3) Achievement motivation.

## **ADMINISTRATION OF TEST**

### **Level of Aspiration Test Based on the Grip Strength Efforts on Grip Dynamometer**

Purpose: To measure aspiration level of players of residential schools.

Equipment: Grip Dynamometer.

Procedure: After explaining instructions for grip testing technique, grip strength of subjects was measured which was Trial Score (TS). After measuring grip strength of subject he was informed of his scores. Then subject was asked to estimate what scores he aspires he can attain on a

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<sup>2</sup> Bryant. J. Cratty, “Psychology in Contemporary Sport Guidelines for Coaches and Athletes”, Englewood Cliffs, N.J.: Prentice Hall Inc., 1983, p.90.

second grip strength effort. This score was recorded as his aspiration score (AS). Then second grip strength test was administered and performance (PS) was recorded.

**Scoring:** After administration of the test Aspiration Discrepancy Scores (ADS) was calculated by subtracting aspired score (AS) with actual performance score (PS) on same trial.

Aspiration Discrepancy Scores (ADS) = Aspired Score (AS) - Actual performance score on same trial (PS).

On the basis of ADS subjects were divided into following two groups:

1. High aspiration group: Subjects with positive scores on Aspiration Discrepancy Scores (ADS).
2. Low aspiration group: Subjects with negative scores on Aspiration Discrepancy Scores (ADS).

#### **Sports Achievement Motivation Test**

**Purpose:** The purpose was to measure achievement motivation level of players.

**Procedure:** The Sports Achievement Motivation Test was given to subjects before the start of competition to yield a general assessment of achievement motivation needs. The questionnaire consisted of 20 items and each item has got two answers.

**Scoring:** For the correct answer 2 marks were given, whereas for the incorrect responses '0' (zero) was given. Total scores obtained for all the correct response were the final score on achievement motivation. The 'Sports Achievement Motivation' test has twenty test items, response value of test extends from 0 to 40.

#### **Sports Aggression Inventory**

**Purpose:** The purpose was to measure aggression level of players.

**Procedure:** Questionnaire was distributed to the subjects after the competition. The directions were read by the researcher. This inventory consists of 25 items, in which 13 items are keyed "YES" and rest of 12 are keyed "NO". The statements which are keyed "YES" are 1,4,5,6,9,12,14,16,18,21,22,24 and 25 and the statements which are keyed "NO" are 2, 3, 7, 8, 10, 11, 13, 15, 17, 19, 20 and 23.

**Scoring:** For each correct item the score is 1, whereas for the incorrect response zero was given. Scores obtained by each subject on each statement was added up which had represented one's total score on aggression.

### **RESULTS**

The relationship and comparison between aspiration level, achievement motivation level and aggression level of residential school sportspersons is presented in the following tables:-

**Table 1 Relationship between Achievement Motivation Level and Aggression of High Aspiration Players of Team Games**

Variables	Pearson Correlation	N	Sig. (2-tailed)
Achievement motivation level	.267*	62	.000
Aggression level			

\* Significant at the .05 level of significance.

Table 1 show that there is a significant correlation between achievement motivation level and aggression level of high aspiration players of team games. Thus, it is concluded that there is

a significant relationship between achievement motivation level and aggression level of high aspiration players of team games of Uttar Pradesh.

**Table 2 Relationship between Achievement Motivation Level and Aggression of Low Aspiration Players of Team Games**

Variables	Pearson Correlation	N	Sig. (2-tailed)
Achievement motivation level Aggression level	.434*	46	.000

\* Significant at the .05 level of significance.

Table 2 indicates that there is a significant correlation between achievement motivation level and aggression level of low aspiration players of team games. Thus, it is concluded that there is a significant relationship between achievement motivation level and aggression level of low aspiration players of team games of Uttar Pradesh.

**Table 3 Relationship between Achievement Motivation Level and Aggression Level of High Aspiration Players of Individual Sports**

Variables	Pearson Correlation	N	Sig. (2-tailed)
Achievement motivation level Aggression level	.461*	54	.000

\* Significant at the .05 level of significance.

Table 3 reveals that there is a significant correlation between achievement motivation level and aggression level of high aspiration players of individual sports. Thus, it is concluded that there is a significant relationship between achievement motivation level and aggression level of high aspiration players of individual sports of Uttar Pradesh.

**Table 4 Relationship between Achievement Motivation Level and Aggression Level of Low Aspiration Players of Individual Sports**

Variables	Pearson Correlation	N	Sig. (2-tailed)
Achievement motivation level Aggression level	.342	36	.055

Table 4 shows that there is no significant correlation between achievement motivation level and aggression level of low aspiration players of individual sports. Thus, it is concluded that there is no significant relationship between achievement motivation level and aggression level of low aspiration players of individual sports of Uttar Pradesh.

**Table 5 Significance of Difference between Means of High Aspiration Group and Low**

**Aspiration Group in Achievement Motivation of Athletes of Team Game**

	N	Mean	Std. Deviation	t-value	df	Sig. (2-tailed)
<b>High Aspiration Group</b>	62	24.247	5.49	31.8*	107	.000
<b>Low Aspiration Group</b>	46	11.40	3.56			

\*Significant at the .05 level of significance.

An examination of Table 5 reveals that there is a significant difference in Achievement Motivation scores of High Aspiration Group and Low Aspiration Group athletes of team game. The value of t-statistics (31.8) is significant as the p-value is .000 which is less than 0.05.

**Table 6 Significance of Difference between Means of High Aspiration Group and Low Aspiration Group in Aggression of Athletes of Team Game**

	N	Mean	Std. Deviation	t-value	df	Sig. (2-tailed)
<b>High Aspiration Group</b>	62	24	5	30.38*	107	.000
<b>Low Aspiration Group</b>	46	11.17	2.77			

\* Significant at the .05 level of significance.

Table 6 reveals that there is a significant difference in Aggression scores of High Aspiration Group and Low Aspiration Group athletes of team game. The value of t-statistics (30.38) is significant as the p-value is .000 which is less than 0.05.

**Table 7 Significance of Difference between Means of High Aspiration Group and Low Aspiration Group in Achievement Motivation of Athletes of Individual Sport**

	N	Mean	Std. Deviation	t-value	df	Sig. (2-tailed)
<b>High Aspiration Group</b>	54	25.8	5.51	20.98*	89	.000

	36	12.21	2.5	
<b>Low Aspiration Group</b>				

\* Significant at the .05 level of significance.

It is evident from Table 7 that there is a significant difference in Achievement Motivation scores of High Aspiration Group and Low Aspiration Group athletes of Individual Sport. The value of t-statistics (20.98) is significant as the p-value is .000 which is less than 0.05.

**Table 8 Significance of Difference between Means of High Aspiration Group and Low Aspiration Group in Aggression of Athletes of Individual Sports**

	N	Mean	Std. Deviation	t-value	df	Sig. (2-tailed)
<b>High Aspiration Group</b>	54	23.43	5.1	14.48*	89	.000
<b>Low Aspiration Group</b>	36	11	2.31			

\* Significant at the .05 level of significance.

Table 8 shows that there is a significant difference in Aggression scores of High Aspiration Group and Low Aspiration Group athletes of team game. This value of t-statistics (14.48) is significant as the p-value is .000 which is less than 0.05.

### **DISCUSSION OF FINDINGS**

From the findings, it is evident that the achievement motivation level of the high aspiration players of team and individual sports of Uttar Pradesh was found to be significantly related with aggression level. It could be due to the fact that long string of victories or competitions with inferior opponents develops confidence level of players and they aspired to do better. This urge in sports to do better always to run fast, jump higher, score more goals and so on seems to increase achievement motivation level of players. Driven by motive to achieve success highly aspired players strive even harder to remain on top and often show aggressive behaviour, selects challenging tasks and takes intermediate risks to win the competition. There have been many cases in sports competitions in which highly aspired and motivated players became very aggressive on the field. It is often seen that highly aspired and motivated but less skilled players commit aggressive acts against an opponent with higher skill levels to distract the superior player or draw him into a fight.

When achievement motivation level of the low aspiration players of team games of Uttar Pradesh was correlated with aggression level then also the relationship was found to be significant. It could be due to the fact that in case of team games even if certain players shows low aspiration level, then also motivation and aggression level of players can remain high because of social enforcement. Coaches and others team members can help low aspiration players to realize their own greater potentials. All the positive and negative comments or reactions made by coaches, parents or fellow players increases achievement motivation and aggression level of players. However, findings also revealed that the achievement motivation level of low aspiration players of individual sports of Uttar Pradesh was not found to be significantly related with aggression level. It could be due to the fact that victory over inferior opponent and social reinforcement can cause low aspiration players to increase their achievement motivation level. But, in case of individual sports psychological profile of player plays an important role in his sports performance. Different players perceive situations in different ways

due to individual differences. As a result, in spite of having high achievement motivation level certain low aspiration players show low aggression level due to fear of failure, tension and anxious characteristics.

To compare the high and low aspiration groups on their aggression and achievement motivation level, t-test was used. The findings showed that there is a significant difference between high aspiration group and low aspiration group in achievement motivation level of team game and individual athletes of Uttar Pradesh. Significant difference also exists between high aspiration group and low aspiration group in aggression level of team game and individual sport athletes of Uttar Pradesh.

Unlike the stated hypothesis, this study has brought a complete new concept that the aggression and achievement motivation level of players of Uttar Pradesh hardly plays any significant role whether it is a team game or individual sport. This may be because now a day in maximum team games and individual sports coaches emphasis more on mind game and tactful strategies. These strategies can only be applied with proper concentration of mind without any psychological and physiological disturbances. There are examples when series of success and aggression factor of the players had resulted into victory in individual sports as well as team games. For e.g. Boxer Mike Tyson (U.S.A.) remained undefeated till he was sentenced to jail for his involvement in anti-social activities; Australian cricket team is well known for their aggressive behaviour on and off the field, they had remained number one in both test and one day cricket ranking for a long time. On the other hand there are examples when an aggressive act of the player had spoiled the total outcome of the result. In 1972 Munich Olympic Games undefeated U.S.A. basketball team was defeated by U.S.S.R when half won basketball match was given up by the frustrated U.S.A. players. Thus, coaches of different organisations irrespective of team games and individual sports should advise today's generation players not to become over confident because of past series of victories and to keep their calm under every possible situation to ensure victory.

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