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PERSONALITY AND ACHIEVEMENT MOTIVATION OF KABADDI PLAYERS

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Abstract:

The present study is an attempt to determine the relationship between Personality and Achievement Motivation of Kabaddi players. The sample consists of 70 Kabaddi players from Pune and Solapur district. They responded to the tools of Sport Specific Personality Test (2010) and Achievement Motivation Test (1994). The Pearson product moment correlation was used to find out correlation among seven personality dimensions with achievement motivation. The obtained finding shows that except Extraversion all other six dimensions of personality i.e. Sociability ($r = 0.27$, $p < 0.05$), Dominance ($r = 0.31$, $p < 0.05$), Self Concept ($r = 0.41$, $p < 0.01$), Conventionality ($r = 0.35$, $p < 0.01$), Mental Toughness ($r = 0.54$, $p < 0.01$) and Emotional Stability ($r = 0.44$, $p < 0.01$) were significantly correlated with achievement motivation of Kabaddi players.

Keywords: Sport specific personality, Achievement Motivation, Kabaddi Players.

Personality needs play predominant role in the selection, training and achieving high motivation and performance in sport. Sports specific personality is the personality of an individual in the field of sports. This includes the dimensions of personality such as sociability, dominance, extraversion, self-concept and conventionality, mental toughness and emotional stability. Personality can affect the motivation to achieve in sports.

Operational definitions of Personality Dimensions

- 1) **Sociability** means a sociable person is warm, good natured, easy going, ready to cooperate, attentive to people, kindly, trustful, soft hearted, adaptable and warm hearted. It is an important trait for athletes in that it implies being generous to team mates and that criticism from others will be accepted in good faith.
- 2) **Dominance** denotes self assertiveness, self assurance, hardness and toughness, unconventionality and competitive aggressiveness, persuading, seducing or commanding others. Dominance is characterized by desire to influence and control one's environment and other people through subduing, persuading seducing or commanding them.
- 3) **Extraversion** means outgoing, uninhibited, impulsive, involved in group activities, sociable, being friendly, craving for excitement and having many social contacts. They stick their necks out and take chances act on the spur of the moment, are optimistic, aggressive, laugh a great deal, lose

their temper easily and are unable to keep their feelings under control.

- 4) **Self concept** reflects to several kinds of identifiable personality traits such as self confidence ,self assurance, self assertiveness, self esteem, self regard, self consistence, self enhancement, self respect. What a person perceives of himself and his achievement in life is called self concept. Self confidence and self assurance in athletes are expressed in behavior as cheerful, resilience, toughness, placidity, experience, carelessness, vigor energy, fearlessness and self security.
- 5) **Conventionality** denotes behavior such as being alert to proper way of doing things, being, very practical, narrowing of interests to immediate problems, being realistic, dependable, sound, being concerned and worried about issues. Many researchers have found athletes to be highly conservative and conventional in their responses to social situations.
- 6) **Mental Toughness** indicates that mentally tough athletes can take rough handling; they are not easily upset about losing, playing badly or being spoken to harshly, can accept strong criticism without being hurt and do not need too much encouragement from their coaches. This is also manifested in realistic, self reliant and cynical behavior.
- 7) **Emotional Stability** is characterized by maturity, stability quite realism, absence of neurotic fatigue, placidness,

unaffectedness, optimism and self discipline. While on the other hand, Emotional Instability is characterized by low tolerance of frustration, immaturity, unstableness, high excitability, evasiveness, wordiness and neurotic fatigability. There is a high level of anxiety and apprehensiveness together with diminished activity, lowered self confidence and a general loss of initiative.

Achievement Motivation: Achievement motivation has also been referred to as the need for achievement and abbreviated as n-achievement. It refers to the behavior of an individual who strives to accomplish something, to do his best, to excel others in performance. It is thus a learned motive to complete and to strive for success. There is universal tendency in man to strive, to excel and succeed and to win and go ahead of others. Atkinson (1966) defines achievement motivation as the striving to increase one's capacity or activities in which a stand of excellence is to apply and where the execution of such activities can either succeed or fail.

Achievement motivation in sports looks at how athletes need to constantly challenge themselves and how they thrive on accomplishing their goals and conquering things that are difficult. Those evaluating athletes with a high level of achievement motivation should provide them with balanced feedback. They want to improve and become greater, so they want to know what they are doing right and wrong so that they can make changes for improvement. Achievement Motivation is a habitual desire to

achieve goals through one's individual efforts, with an emphasis on establishing realistic goals, mastering the tasks needed to achieve these goals, discovering solution to problems encountered in striving to reach these goals, and then being open to and even seeking out feedback on one's performance.

Objectives:

- 1) To study the personality of the Kabaddi Players.
- 2) To study the Achievement Motivation of the Kabaddi Players.
- 3) To find of the relationship between Personality and Achievement Motivation of the Kabaddi Players.

Hypotheses:

There will be positive relationship between Personalty and Achievement Motivation of the Kabaddi Players.

Review of Literatures:

Rayat, A. and colleagues (2016) determine the relationship between personality and motivation in school football players. Results showed there was a significant relationship between personality traits and motivation.

Ramos-Villagrasa, Garcia-Izquierdo, and Navarro (2013) examined the affect of the big five personality traits on the effectiveness of male and female basketball players. It was concluded that conscientiousness was the best big five predictor of

achievement in basketball games. Openness was the second largest personality factors that lead to better achievement in this sport whereas high scores on conscientiousness and openness were also identified as important factors in sporting achievement from a literature review by Saale-Prasad (2013). Additionally, it was concluded that high on extraversion and low on agreeableness were also factors in practicing successful athletic achievement motivation. Bamman, S., Dongre, S. and Halemani, S. (2012) evaluate sport performance in relation to select personality factors of sport persons result concluded that personality factors are significantly related to the sports performance.

Singh, Singh and Bal (2012) investigate the significant differences among the players of individual and team sports on the variable achievement motivation and locus of control. The result shows that Significant between group differences were found among the athletes of individual and team sports on the variable achievement motivation and locus of control.

Thakur and Mohan (2008) assessed the personality traits, anxiety and achievement motivation of volley ball players and non volleyball players. The result of the study indicated that achievement motivation level of high performance groups was better than non sportsman.

O'Connor and Paunonen (2007) stated that by knowing the connection that personality has with achievement motivation it can help foster achievement. Knowing the strengths and weaknesses of a

person's personality in terms of the traits that predict achievement motivation can aid this.

Schilling (2001) investigates achievement Motivation among high school Basketball and Cross-Country Athletes. This research present implication for practice and research, particularly in terms of situational factors (e.g., motivational climate) related to goal perspectives. The athletes in this study, particularly. The basketball players indicated the importance of social factors in achievement motivation.

Methodology:

Statement of the Problem: To Study the relationship between personality and achievement motivation of Kabaddi players.

Sample:

The sample was selected through purposive sampling method. 70 Kabaddi Players were selected from various colleges of Baramati and Malshiras Tahsil with age range of 18 to 24 years.

Research Design:

Correlational research design is used for the present study.

Data Collection:

The investigators collected the data by taking the prior permission from the college and sport Dept. authorities. The topic of the research was introduced to the Kabaddi Players to enhance their

understanding and for eliciting the co-operation. The tests were presented to the respondent and they were assured that whatever responses they will give would be kept confidential and would be used only for the research purposes. Thus, they were requested to give only honest and true responses. The standardized instructions for the tests were given each time. Data collection was done in small convenient groups on the required sample from colleges.

Tools used in the study:

There were three standardized psychological tests was used with addition of personal data sheet for collecting the data. The tests were namely as follows.

Sports Specific Personality Test (2010): It was devised by Dr. Agyajit Singh and Dr. H.S Cheema. This test consists of 100 items and measures seven traits of personality measures. The reliability coefficients of the test for all the traits were calculated by using test retest method and were found to be 0.90,0.84,0.69,0.93,0.82,0.87,0.58 for Sociability, dominance, extraversion, conventionality, self-concept, mental toughness, emotional stability and 0.86 for the total test. Reliability co-efficient using split half method was found to be 0.86, 0.77, 0.61, 0.82, 0.80, 0.92 & 0.62 for the seven components respectively and 0.91 for the total test. Concurrent validity of the test as calculated by correlating the scores of the test with the rating scores obtained from the coaches on a four point scale from very true to not true which were

found to be 0.66,0.63,0.62,0.56,0.61,0.53,0.62 respectively as well as 0.64 for the total test.

Achievement Motivation Test (ACMT): It was developed by V. P. Bhargava (1994). It is a sentence completion test and it has 50 incomplete sentences. Each item has three alternatives and respondents have to select one alternative by putting tick mark. The score on the scale range from above 23 which mean high achievement motivation and from below 11 which mean low achievement motivation. Test-retest reliability is 0.91 and validity index of this test is 0.85.

Result and Discussion:

There were 70 Kabaddi Players participated in the study. The suitable statistical method will be used to analyze the data by using IBM statistics SPSS 20. The mean, S.D. is used as a part of descriptive statistics. For correlation the Pearson product moment coefficient will be used as inferential statistics.

Table 1 showing descriptive statistics for all variables

Sr. No.	Variables	N	Mean	S.D.
1.	Personality			
	Sociability	70	42.48	5.30
	Dominance	70	40.08	4.93
	Extraversion	70	35.01	4.13
	Self concept	70	39.03	4.75
	Conventionality	70	36.20	4.92
	Mental Toughness	70	40.40	5.50

	Emotional Stability	70	40.25	4.94
2.	Achievement Motivation	70	30.28	5.08

Table 1 shows the descriptive statistics on Personality dimensions and Achievement Motivation of the Kabaddi Players. The Mean score on Dominance is 42.08 and S.D. is 5.30 which show low score. For Dominance (M = 40.08, S.D. = 4.93) raw score is above average. The mean score on Extraversion is 35.01 and S. D. is 4.13 which is low while for Self concept (M = 39.03, S.D. = 4.75) it was average. For Conventuality, Mental Toughness, Emotional Stability dimension the mean score shows average value. The mean score for Achievement Motivation is 30.28 and S.D. is 5.08.

Table 1.2 Correlation between all variables

Variables	Sociability	Dominance	Extraversion	Self concept	Conventuality	Mental Toughness	Emotional Stability	Achievement Motivation
Sociability	1	0.24	0.25	0.42**	0.33*	0.11	0.35*	0.27*
Dominance		1	0.16	0.11	0.16	0.53*	0.10	0.31*
Extraversion			1	0.12	0.15	0.37*	0.19	0.16
Self concept				1	0.36**	0.31*	0.18	0.41**
Conventuality					1	0.54*	0.49*	0.35**
Mental Toughness						1	0.11	0.54**
Emotional Stability							1	0.44**
Achievement Motivation								1

** p< 0.01

* p< 0.05

Table shows the correlation between dimension of sport specific personality and achievement motivation of Kabaddi Players. It is seen that there is positive and significant correlation between Six dimensions of personality i.e. Sociability (r = 0.27, p<0.05), Dominance (r = 0.31, p<0.05), Self Concept (r = 0.41, p<0.01), Conventionality (r = 0.35, p<0.01), Mental Toughness (r = 0.54, p<0.01) and Emotional Stability (r = 0.44, p<0.01) with achievement motivation of Kabaddi players. Extraversion dimension of personality is positively correlated with motivation of Kabaddi players but not significant. Here the hypothesis that there is positive relationship between personality and achievement motivation of Kabaddi players is accepted. This result shows that of Kabaddi players who are high on particular dimension of personality have shown high level of achievement motivation. Earlier studies by Rayat, A. and colleagues (2016) reported that there was a significant relationship between personality traits and motivation. O'Connor and Paunonen (2007) stated that by knowing the connection that personality has with achievement motivation, it can help foster achievement and also personality factors are significantly related to the sports performance.(Bamman, S., Dongre, S. and Halemani, S. 2012).

The result of this study indicates that identifying personality traits of players is very important. Because coaches by identifying players' traits could be use them in best times and suitable positions.

Conclusion:

Findings are substantial and relevant on the line of hypothesis.

There is positive relationship between personality and achievement motivation of Kabaddi players

Limitation:

1. The study considers limited geographical area.
2. The sample consist only Kabaddi Players.

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