



A comparative Study of Achievement Motivation Level of Taekwondo and Kickboxing Players

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Abstract

The purpose of the study was to investigate the achievement motivation level of the Taekwondo and kickboxing players. Total 40 subjects were taken for the study from different region and data were collected using Achievement Motivation Inventory and then 't' test was used by using SPSS for the comparison of achievement motivation. Level of significance was set to 0.05. Significant difference was found in the level of achievement motivation on the basis of which it is concluded that Taekwondo players have high level of achievement motivation as compared to Kickboxing players.

Keywords: Achievement motivation, Taekwondo, Kickboxing, Achievement Motivation Inventory

Introduction

One's motivation level to engage in achievement behaviour which is based on the involvement of the parameters that are need for achievement, incentive value to get success and expectancy of success is called achievement motivation. One may engage in a task for different reasons that may be intrinsic reasons or extrinsic reason and maybe to obtain external approval that is required. Achievement motivation can be defined as an attempt to increase or to maintain as high as possible, one's own competence throughout in which the excellence standard is thought to apply.

In the world of motivation, achievement motivation is a new concept and now a days it can be very commonly heard in the area of education. An individual hunger to strive for the attainment of success is referred as achievement motivation. Individuals who are in high in the achievement motivation level tends to give their best only when they maintain their involvement in the activities that ensures their excellence and are under their coordination.

In the combative sports like Taekwondo and Kickboxing, achievement motivation plays a very important role in determining the competence level of the players, players who have high achievement motivation level will always have some characteristics in the personality such as: takes risk, wants feedback, persistent and also tries to seek out the competitive situations while the players who are low in achievement motivation will always be worry about failure and tries to avoid competition

Material and Methods

Total of 40 subjects were selected for the study out of which 20 were Taekwondo players and 20 were Kickboxing players. The players were selected from the Uttar Pradesh, Haryana, Uttarakhand, Madhya Pradesh and Punjab Region. All the 40 subjects were lies in the age group of 17-21 years. Selection of the subjects were done by Random Sampling. For the measurement of the Achievement Motivation of the Taekwondo and Kickboxing Players Achievement Motivation Inventory was used which was prepared by the Dr. Pal and Dr. Tasneem N and this achievement motivation level inventory is highly reliable and highly valid. Prior to data collection, all subjects were instructed how to fill the inventory and inventory was filled by all the 40 subjects under the supervision to maintain the accuracy of results.

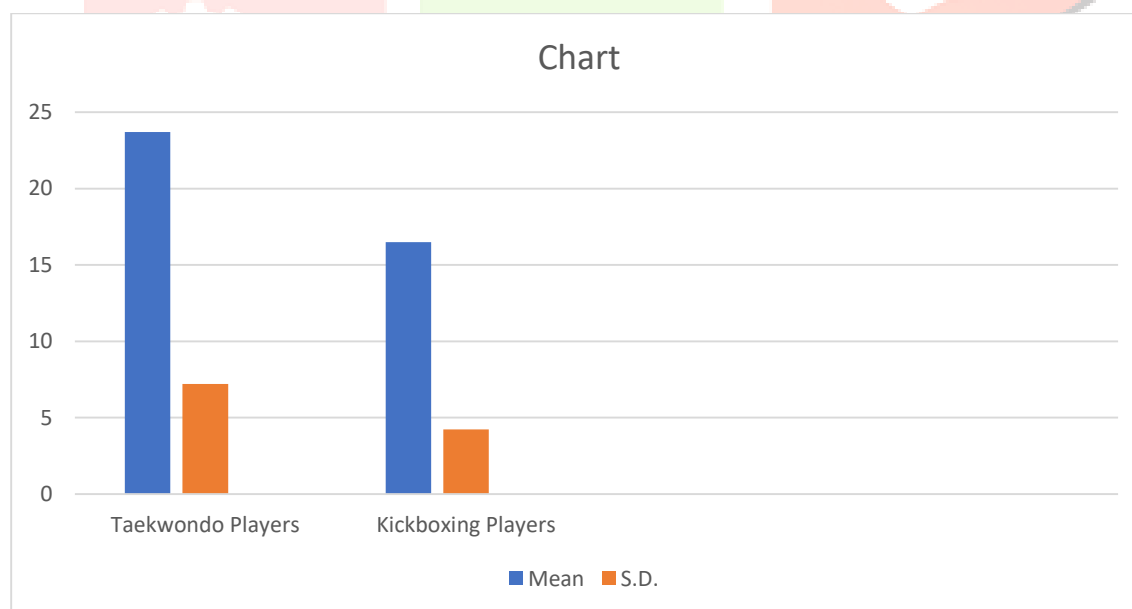
For the comparison of the level of achievement motivation of the Taekwondo Players and Kickboxing Players 't' test was used by using SPSS. Level of significance for the study was 0.05

Result and Discussions

The data collected from the achievement motivation inventory was treated statistically and 't' test were employed to the data. The statistical analysis of the raw score is represented in table 1

| Group | N | Mean | S.D. | M.D. | t |
|--------------------|----|------|------|------|------|
| Taekwondo Players | 20 | 23.7 | 7.20 | 7.2 | 2.19 |
| Kickboxing Players | 20 | 16.5 | 4.24 | | |

Table 1



Results depicted that significant difference was found in the achievement motivation level of the Taekwondo and Kickboxing players. From table No 1; result showed that Taekwondo players have better achievement motivation level (M = 23.7, SD = 7.20) as compared to the kickboxing players (M =16.5, SD = 4.24). The calculated value of 't' is 2.19 which shows that significance difference has been found at 0.05 levels.

This study was conducted to compare the level of achievement motivation of the Taekwondo and Kickboxing players. The root cause for this significant difference can be the level of competition, schedule of the training and very specified competitive demands of the games. Competition level in Kickboxing is

low as compared to the Taekwondo, this can be the one of the main reasons for the low level of achievement motivation in Kickboxing players.

Conclusions

On the basis of the results of the present study it can be concluded that there is significant difference exist between the level of the achievement motivation of Taekwondo and Kickboxing players. Taekwondo Players have more level of achievement motivation as compared to the Kickboxing players and reason for this can be the nature of the game, Taekwondo and Kickboxing have almost same nature, but still Taekwondo is somehow more violent and highly competitive than Kickboxing this might be the reason that Taekwondo players have better level of achievement motivation.

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