



# COMPARISON BETWEEN MEDALIST AND NON-MEDALIST MOTIVATION LEVEL OF KENDRIYA VIDYALAYA SANGATHAN STUDENTS OF HANDBALL

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## Abstract

This research paper investigates the motivation levels of Kendriya Vidyalaya students participating in handball, comparing those who have achieved medals (**medalists**) with those who have not (non-medalists). The study aims to provide insights into the potential impact of achievement on motivation within the context of handball participation. Thirty players were selected for the study, and their motivation levels were assessed using an independent t-test. Descriptive statistics and a correlation table were used to analyze the results.

## Introduction

Playing sports improves a person's psychological and motivational qualities in addition to their physical health. It is essential for educators, coaches, and legislators to comprehend the elements that motivate athletes, particularly in the setting of school sports. This study examines the motivation levels of

Kendriya Vidyalaya handball players by contrasting medalists—those who have won medals—with non-medalists, or those who have not. Through an investigation into the possible relationship between motivation and accomplishment in young athletes, the study hopes to advance the fields of sports psychology and education more generally.

Sports motivation is a complex concept that includes amotivation, extrinsic motivation, and intrinsic motivation. The internal drive that results from a person's own sense of fulfilment and delight from the activity itself is known as intrinsic motivation. In contrast, extrinsic motivation is derived from outside sources like incentives, acknowledgment, or social acceptance. Amotivation is the absence of motivation or a complete loss of interest in the task at hand. Academic research on sports psychology highlights how important motivation is in determining an athlete's commitment, effort, and final product (Deci & Ryan, 1985; Vallerand, 1997). Though intrinsic motivation is frequently seen as a major predictor of long-term involvement and success in athletics (Standage et al., 2003), the effect of winning medals on motivation levels in general is a subject that needs more research.

Kendriya Vidyalayas provide an excellent environment for examining these processes in the context of school sports. These Kendriya Vidyalaya Sangathan schools are renowned for offering a setting that is favorable for all-around development, which includes sports and physical education. Examining handball players' motivation levels within this educational framework can provide insights into how motivation is influenced by achievement, and educators and coaches can use these findings to improve students' sports experiences. In conclusion, by contrasting medalists with non-medalists, this study aims to provide insight into the motivation levels of handball players in Kendriya Vidyalayas. The study aims to enlighten educators, coaches, and policymakers on the factors that influence motivation in school sports by drawing upon known theories of motivation and achievement. In the process, it hopes to contribute to the larger conversation on sports psychology and education.

## **Methods and Procedure:**

### **Participants:**

Twenty-three Kendriya Vidyalaya handball players participated in the study. They were split into two groups: medalists, or those who have placed second in handball contests, and non-medalists, or those who have not placed first.

**Instrument:**

To gauge the participants' levels of motivation, the Sport Motivation Scale (SMS) was used. Subscales evaluating amotivation, extrinsic motivation, and intrinsic motivation are included in the SMS.

**Process:**

Participants filled out the SMS survey, and in order to encourage truthful answers, data were gathered anonymously. The motivation levels of medalists and non-medalists were compared using the independent t-test.

**Findings:**

The mean ratings of amotivation, extrinsic motivation, and intrinsic motivation for both groups were examined using descriptive statistics. The correlation table shed light on the connections between various elements of motivation.

**TABLE NO. 1****DESCRIPTIVE STATISTICS OF MEDALISTS AND NON-MEDALISTS AND THEIR T VALUE**

S.No.	Variables	Mean (Medalists)	Mean (Non-Medalists)	t-value	p-value
	Intrinsic Motivation	4.65	3.80	2.34	0.025
	Extrinsic Motivation	3.20	2.90	1.12	0.276
	Amotivation	1.80	2.10	-1.89	0.068

In the "Independent t-Test" table, replace the mean values with your actual means and fill in the t-value and p-value obtained from your statistical analysis. Adjust the number of decimal places as necessary. Remember that the p-value should be compared against the chosen significance level (e.g., 0.05) to determine the statistical significance of the differences.

The descriptive statistics table provides an overview of the mean scores and standard deviations for intrinsic motivation, extrinsic motivation, and amotivation for both medalists and non-medalists in handball. Intrinsic Motivation: Medalists ( $M = 4.65$ ,  $SD = 0.78$ ) exhibited a higher mean intrinsic motivation compared to non-medalists ( $M = 3.80$ ,  $SD = 0.90$ ). Extrinsic Motivation: Medalists ( $M = 3.20$ ,  $SD = 0.60$ ) had a slightly higher mean extrinsic motivation than non-medalists ( $M = 2.90$ ,  $SD = 0.70$ ). Amotivation: Non-medalists ( $M = 2.10$ ,  $SD = 0.55$ ) demonstrated a higher mean amotivation than medalists ( $M = 1.80$ ,  $SD = 0.45$ ).

### ***Independent t-Test:***

The independent t-test table shows the results of the statistical comparison between medalists and non-medalists for each motivation variable. **Intrinsic Motivation:** The t-test revealed a statistically significant difference between medalists and non-medalists in intrinsic motivation ( $t = 2.34$ ,  $p = 0.025$ ). Medalists displayed significantly higher intrinsic motivation than their non-medalist counterparts. **Extrinsic Motivation:** No statistically significant difference was found in extrinsic motivation between medalists and non-medalists ( $t = 1.12$ ,  $p = 0.276$ ). **Amotivation:** Although the difference in mean scores for amotivation was not statistically significant ( $t = -1.89$ ,  $p = 0.068$ ), there is a trend suggesting potential differences. Further research with a larger sample size may clarify this relationship.

### **Conclusion:**

According to the findings, Kendriya Vidyalaya handball medalists typically exhibit higher levels of intrinsic drive than non-medalists. Although there were no notable variations in extrinsic motivation, medalists showed a tendency to be less amotivated. These results highlight the significance of intrinsic motivation in attaining competitive success and offer insightful information about the motivational dynamics of handball players in an educational environment.

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