



Comparative Study Of Achievement Motivation Between State-Level Kabaddi And Softball Players

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Abstract

The purpose of the present study was to compare Achievement Motivation between state-level Kabaddi and Softball players. Achievement motivation is considered a vital psychological determinant influencing persistence, competitive drive, goal orientation, and overall sports performance. A total of sixty (N = 60) male state-level players aged between 18 and 25 years were selected for the study, comprising thirty (n = 30) Kabaddi players and thirty (n = 30) Softball players. The Sports Achievement Motivation Test, developed by M. L. Kamlesh (1990), was used to assess participants' level of achievement motivation. Descriptive statistics, including Mean and Standard Deviation, were computed for both groups. The results indicated that Kabaddi players obtained a higher mean score (M = 135.42, SD = 12.18) compared to Softball players (M = 128.36, SD = 11.54), showing observable variation in achievement motivation levels. To determine whether this difference was statistically significant, an Independent Samples t-test was applied. The obtained t-value was 2.31 with 58 degrees of freedom, and the corresponding p-value was 0.024, which is less than the established 0.05 level of significance. The findings revealed a statistically significant difference in achievement motivation between Kabaddi and Softball players. Therefore, the null hypothesis stating that there is no significant difference between the groups was rejected, and the alternative hypothesis was accepted. The study concludes that sport type influences achievement motivation, with Kabaddi players demonstrating comparatively higher motivational orientation than Softball players.

Keywords: Achievement Motivation, Kabaddi, Softball, Sports Psychology, Independent t-test

Introduction

Sports performance is a multidimensional phenomenon influenced not only by physical fitness and technical skill but also by psychological variables. Among these psychological determinants, achievement motivation is considered one of the most crucial factors affecting athletic success. Achievement motivation refers to an individual's inner drive to accomplish goals, strive for excellence, overcome obstacles, and attain high standards of performance (McClelland, 1961). In competitive sports, athletes with high achievement motivation tend to display persistence, determination, confidence, and a strong desire to win, all of which are essential attributes for optimal performance.

Sport psychology researchers emphasise that motivation plays a central role in shaping athletes' behaviour, adherence to training, competitive mindset, and performance outcomes (Weinberg & Gould, 2019). Achievement-oriented athletes are more likely to set challenging goals, maintain focus during pressure situations, and demonstrate resilience after failure. Conversely, athletes with lower achievement motivation may struggle with consistency, competitive stress, and long-term performance development. Therefore, understanding achievement motivation levels among athletes is essential for coaches, trainers, and sport psychologists to design effective training and psychological conditioning programs.

Different sports demand different psychological qualities. Kabaddi, for instance, is a high-intensity combative team sport requiring courage, aggression, instant decision-making, and risk-taking ability. Players must confront opponents directly, often under physically demanding and psychologically stressful situations. Such conditions may naturally foster higher levels of competitive drive and achievement orientation. In contrast, Softball is a skill-dominant team sport that requires concentration, coordination, anticipation, timing, and tactical planning. Success in softball depends largely on precision, patience, and strategic thinking rather than physical confrontation. Because of these contrasting sport characteristics, athletes from these two disciplines may develop different motivational patterns and psychological profiles.

Previous studies in sport psychology indicate that type of sport significantly influences psychological traits such as motivation, anxiety, confidence, and aggression (Martens, 1987; Gill, 2000). Contact sports often enhance assertiveness and competitive motivation, while non-contact or skill-based sports may cultivate cognitive focus and intrinsic motivation. These sport-specific psychological adaptations occur due to differences in training methods, competitive environments, coaching styles, and performance demands. Thus, comparing athletes from different sports provides valuable insights into how sport participation shapes motivational tendencies.

At the state level of competition, athletes are exposed to structured training, professional coaching, and regular tournaments. Such exposure is likely to enhance achievement motivation because athletes must continuously perform to maintain their selection status and competitive ranking. However, the extent of motivation may still vary depending on the sport type and its psychological demands. Identifying such differences is important for developing sport-specific psychological interventions and performance enhancement strategies. Therefore, the present study aims to compare achievement motivation between state-level Kabaddi and Softball players. The findings of this study may contribute to the existing body of knowledge in sports psychology and provide practical guidance for designing motivation-enhancement programs tailored to specific sports disciplines.

Materials & Method

Method

The Descriptive Comparative research method was used to compare Achievement Motivation between state level Kabaddi and Softball players.

Participants

A total of sixty (N = 60) male state-level players were selected using a purposive sampling technique. The subjects included thirty Kabaddi players and thirty Softball players from colleges and sports academies. The age of the subjects ranged from 18 to 25 years.

Variables & Tools

The psychological variable selected for the study was Achievement Motivation. The Sports Achievement Motivation Test (SAMT) developed by M. L. Kamlesh (1990) was used for measuring

achievement motivation. The test is standardized and has established reliability and validity. Standard administration procedures were followed during data collection.

Procedure

The purpose and significance of the study were explained to the subjects before data collection. After obtaining consent, the questionnaire was administered under similar environmental conditions for both groups. Proper instructions were given to ensure accurate responses. After collecting the data, appropriate statistical techniques were applied for analysis.

Statistical Analysis

Descriptive statistics such as Mean, Standard Deviation, and Standard Error of Mean were computed. Levene's Test for Equality of Variances was applied to test the assumption of homogeneity. The Independent Samples t-test was used to determine the significant difference between Kabaddi and Softball players. The level of significance was set at 0.05

Results

The obtained scores were analysed to determine differences in achievement motivation between the two groups using descriptive and inferential statistics.

Table 1
Descriptive Statistics of Achievement Motivation Scores of Kabaddi and Softball Players

Variable	Group	N	Mean	SD
Achievement Motivation	Kabaddi	30	135.42	12.18
	Softball	30	128.36	11.54

As per the above-mentioned Table 1, the mean and standard deviation values of achievement motivation scores of Kabaddi and Softball players were analysed. The results indicate that Kabaddi players demonstrated a higher mean score (135.42 ± 12.18) compared to Softball players (128.36 ± 11.54). The difference in mean values suggests that Kabaddi players possess comparatively greater achievement motivation. The standard deviation values indicate moderate variability in both groups, showing that the scores are reasonably consistent within each category. Overall, the descriptive statistics suggest that Kabaddi players exhibited relatively higher motivational orientation than Softball players.

Table 2

	Levene's Test for Equality of Variances		t-test for Equality of Means			
	F	Sig.	t	df	Sig. (2- tailed)	Mean Difference
Equal variances assumed	0.42	0.52	2.31	58	0.024	7.06
Equal variances not assumed			2.31	57.48	0.024	7.06

As shown in Table 2, an independent samples t-test was employed to determine whether a significant difference existed between Kabaddi and Softball players with respect to achievement motivation. The results revealed a statistically significant difference between the two groups ($t = 2.31$, $p = 0.024$), as the obtained p-value was less than the 0.05 level of significance. This indicates that the observed difference in mean achievement motivation scores is statistically significant and not due to chance variation. Therefore, the null hypothesis stating that there is no significant difference between Kabaddi and Softball players in achievement motivation was rejected.

Overall, the findings from the independent samples t-test suggest that Kabaddi players demonstrate significantly higher achievement motivation compared to Softball players, highlighting the influence of sport type on psychological characteristics of athletes.

Discussion

The results of the present study indicate a significant difference between Kabaddi and Softball players in achievement motivation. Kabaddi players were found to possess significantly higher achievement motivation compared to Softball players. This difference may be attributed to the combative and high-intensity nature of Kabaddi, which demands greater competitive drive, risk-taking ability, aggression, and psychological readiness. Such sport-specific demands may naturally foster a stronger motivational orientation among Kabaddi players.

Participation in contact sports often enhances goal orientation, determination, and persistence because athletes are frequently exposed to direct competitive challenges and pressure situations. In contrast, Softball is a skill-dominant sport that emphasises precision, coordination, and strategic execution. Although motivation is essential in both sports, the psychological demands differ in nature, which may influence the level of achievement motivation developed by athletes.

The findings of this study are consistent with previous research indicating that sport type plays an important role in shaping the psychological characteristics of athletes. Differences in training environment, competition exposure, coaching style, and performance expectations may contribute to variations in motivational levels. Overall, the results highlight the importance of sport-specific psychological conditioning programs for improving athletes' performance.

Conclusion

Based on the results of the study, it can be concluded that state-level Kabaddi players demonstrate significantly higher achievement motivation compared to state-level Softball players. The findings suggest that the type of sport influences psychological attributes, particularly motivational orientation. Therefore, coaches, trainers, and sport psychologists should design sport-specific psychological training programs to enhance achievement motivation and optimise athletic performance.

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