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## A STUDY ON PARTICIPATION MOTIVATION LEVEL BETWEEN KHO-KHO AND HANDBALL PLAYERS OF MANGALORE UNIVERSITY: A COMPARATIVE STUDY

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### ABSTRACT:

Participation motivation is recognized as motives of participation in competitive sports. We can also say that certain needs, derives or unaccomplished goals which further take the form of motives and force a person to participate for some specific reason is known as participation motivation. The present study researcher try to compare the participation motivation level between Kho-Kho and Handball players of Mangalore University. The achieve purpose of the study necessary data was collecting through the standardized questionnaire developed by Briere N M, Vallerand R J, Blais M R and Pelletier(1995) from total of 80 subjects of which 40 from Kho-Kho and 40 from male handball players. The subjects selected were from Mangalore university intercollegiate Inter collegiate Kho-Kho and Handball tournament for men in 2019-2020. The z-test was used for testing the hypothesis for significance of mean and standard deviation for testing difference in the statistical formula. This study conclude that the there is a significant difference in extrinsic motivation-interjected between Kho-Kho and Handball players.

**Key words:** Participation motivation, Kho-Kho, Handball, Mangalore University

### INTRODUCTION

Motivation is a broad-based term and encompasses a great many aspects of individual as well as collective behavior. Whether it is in work, study, or spools, individuals or groups are needed to be motivated to strive and respond to the incoming stimuli. As a mare of fact, behavior is the result of deferent motivational factors (conscious and unconscious) some of them are biological in nature, others psychological and still others draw their specific characteristics from the socio-cultural environments.

Motivation is the rein force of behavior. A person who is better motivated is bound to achieve greater success than the one who has not been properly motivated if all other factors are equal. The former would look more enthusiastic, lively and over- brimming with spirit than the latter. Bur (1976) asserts: "Two people engaged in the same sports activity may behave in a similar fashion ove1Iy, but each may reach differently under the stress of veining or losing and may have different feelings when talking about his participation in sports". The difference here between the two lies in the degree or the extent to which each one has been motivated. Norman L. Munn (1959) states that initially our motivation is like that of other organisms and it has the same physiochemical foundations. We share with them such physiological needs as hunger, thirst and sex. We are aroused much as they are when such needs arise and are not satisfied; like them we are driven to activity. There is, however, an implant expression of such needs. Dorothy Raugh (1987) found that the individual's optimal level of motivation in sports and related physical activities is unique and task specific; an evaluative instrument that determines the individual's goals and their relative strengths for each activity would be a useful tool for the physical educator and athletic coach.

## Participation Motivation

Participation motivation is recognized as motives of participation in competitive sports. We can also say that certain needs, derives or unaccomplished goals which further take the form of motives and force a person to participate for some specific reason is known as participation motivation. Participation motivation acts as a force, which energizes a man to act and to make constant efforts in order to satisfy his basic motives. The motive behind the participation of an athlete may be to achieve the external sources which are the extrinsic motivational factors such as praise, grades, and prize and like whereas the incentives a person receives from the intrinsic sources basis of intensive motivation could be in the form of satisfaction, self7 fulfillment. Both the factors will increase to participate in sports activities with self-respect and pride. The periodic feedback becomes an active source of participation motivation. It is of great concern to coaches, trainers and physical educationists to know why people participate in competitive sports even when they feel discomfort, face injuries and sometimes feel out of breath and face an agony of defeat. Participation Motivation in sports has been examined by various approaches of Martins (1970), Sunstroke (1974), Gill, Gross and Huddleston (1983), and Singh and Sharma (1987). They conducted investigation on participation motivation of young athletes. From these studies it appears that the major motives that the young athletes have for their participation are improvement in their skills, improvement in fitness carrier making, fun and making new trends. From these studies of participation motivation, it appears that it is related to the acquisition of material gains which have little deviations from achievement motivation that has more concern in the improvement of self-image and goal of excellence in a particular field. Till date, information on participation motivation in youth sports is limited. In fact information on participation motivation at any level is limited. Participation motivation in sports has been examined using various approaches (Martins, 1970; Sunstroke, 1974; Sunstroke and Kampar, 1980), but these studies provide little guidance for investigations with youth sport populations. Martins (1970) related the general participation motivation categories of affiliation and task orientation to success and satisfaction with University, intramural participants and noted that high affiliation motivated teams were less successful but more satisfied than low affiliated motivated teams whereas high task motivated teams were more successful and more satisfied than low task motivated teams. Sapp and Hauben-Stricker (1978) reported that 'having fun' was the most frequently identified reason for participating in youth sports, with 'learning new skill', 'becoming physically fit', and 'friends play' also cited as important reasons. Butt (1980) proposed a schematic representation of sports motivation according to biological, social, psychological and reinforcement levels that interact to determine and shape extrinsic motivation for the individual in sports. Aggression, conflict and competence composed the psychological level, while competition and cooperation defined the social level. Some research studies have been conducted in an attempt to identify the needs, objectives and reasons for participation in sports and related physical activities by athletes and non-athletes. The following motivational factors have been identified as most important to the populations surveyed: to develop skills in various sports, learn lifetime activities, having fun, getting regular exercise, keeping good health and physical condition and challenge. While a number of different views of motivation have prevailed in the past, contemporary sports psychologists have found it most useful to view motivated behavior as a continuous interaction between the athlete and the situation in which he or she is placed. Alderman (1978) found that an athlete's level of motivation results from the interaction or personal factors such as one's personality needs and motives and situational factors such as importance of the game or event, one's opponent and the approach utilized by one's coach. Thus to maintain and increase motivation in young athletes and the athlete's motives for participation should be recognized and that the athletic situation should be structured to fulfill these motives.

## Delimitations

- The study was delimited to 40 male Kho-Kho and 40 male Handball Players.
- The study was restricted to the Mangalore University Inter-collegiate Kho-Kho and Handball participants.
- The study was delimited to men section only.
- The study was conducted during the Mangalore University inter-collegiate tournament 2019-20.

## Limitations

- No special motivational technique was used during the data collection. This was also considered as the limitation the study
- Honest responses from the subjects during data collection could not be ascertained.

**The signification of study**

The present study will be significant for the following reasons

- The relationship between Kho-Kho and Handball players can be understood through the present study.
- The participation motivation ability status of sports players can be understood from the present investigation.
- The results of the study will reveal the levels of participation motivation of Mangalore University inter collegiate male players.
- The study will help in promoting positive attitude among players, their parent, coach and society towards sports.

**METHODOLOGY****Selection of subjects**

The achieve purpose of the study necessary data was collecting from total of 80 subjects of which 40 from Kho-Kho and 40 from handball players. The subjects selected were from Mangalore university intercollegiate participants in Mangalore University Inter collegiate Kho-Kho tournament for men 2019-2020.

**Selection of test items****Assessment of motivation scale**

The data on motivation for participation in Kho-Kho and handball was collected through the standardized questionnaire developed by Briere N M, Vallerand R J, Blais M R and Pelletier(1995).

**Procedure for test administration and collection of data**

The researcher along with a trained helper collected necessary data related to the present investigation in out of fiend area set up. Data was collected by investigator during spare time of the subject at their competition venue at Objectives of the test were made clear to the subjects the outside. The researcher oriented the subjects regarding the procedure of all the test to be conducted. An informed written consent was received from each subject to ensure their willingness to take part in the study as subjects. Honest responses were sought from the subjects and doubts were timely clarified. Each written test tool took no more than 20 minutes each. The field in questionnaire was received by the subjects for intended analysis of data.

**Statistical analysis**

The collected data were tabulated for the purpose of analysis. The z-test was used for testing the hypothesis for significance of mean and standard deviation for testing difference in the statistical formula.

**ANALYSIS AND INTERPRETATION OF DATA**

The collected data was calculated by mean, standard deviation and z-test. Result was represented by suitable figures and tables

Table.1

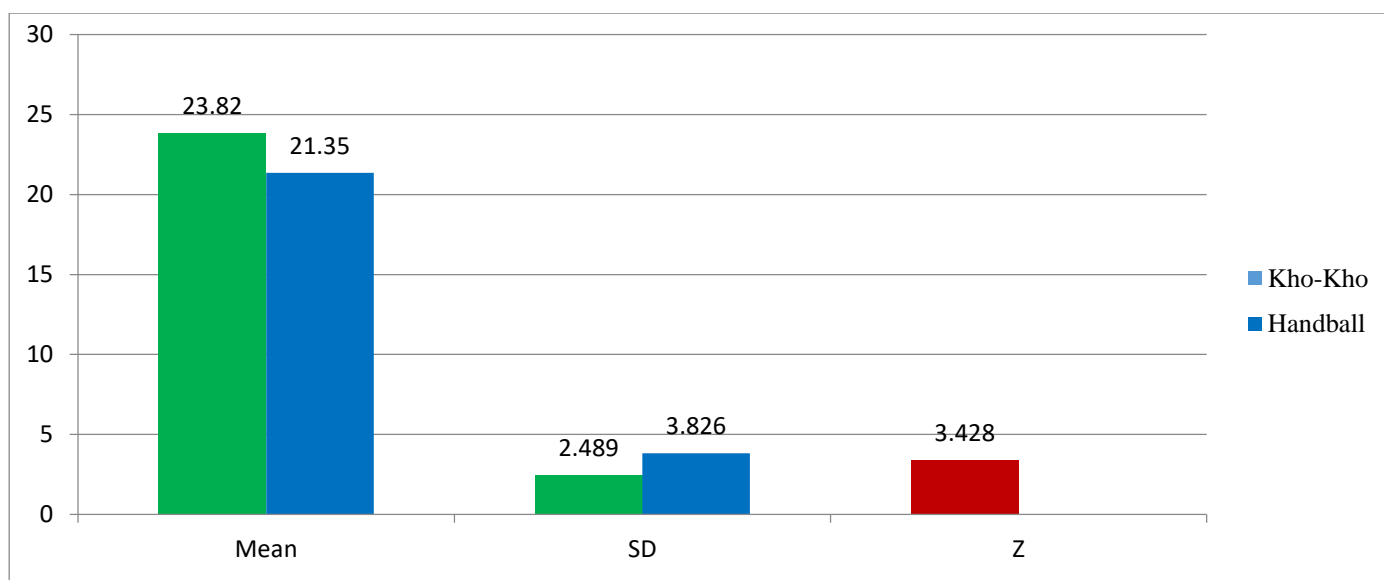
The following table represented the level of participation of motivation between Kho- Kho and Hand ball

subscales	Game	N		Mean	SD	Z value	Sig. (2Tailed)
To know	Kho-Kho	40		22.55	3.153	1.557	1.959
	Handball	40		21.32	3.845		
To accomplish	Kho-Kho	40		23.05	3.630	0.357	
	Handball	40		22.75	3.868		
To experience stimulation	Kho-Kho	40		23.27	3.104	0.79	
	Handball	40		22.72	3.071		
Identified	Kho-Kho	40		23.32	2.730	1.197	
	Handball	40		22.65	2.293		
Extrinsic motivation Interjected	Kho-Kho	40		23.82	2.489	3.428	
	Handball	40		21.35	3.826		
External Regulation	Kho-Kho	40		19.82	4.307	-0.648	
	Handball	40		20.35	2.760		
A motivation	Kho-Kho	40		21.72	2.773	1.910	
	Handball	40		20.47	3.071		

The above table evident that there is a no significant difference in subscales other than Extrinsic motivation-interjected among Kho-Kho and Handball men participants of Mangalore University inter collegiate tournament.

Figure 1

The following Figure represented the level of extrinsic motivation-interjected between Kho-Kho and Handball players.



The above figure compares that calculated value of extrinsic motivation-interjected between Kho-Kho and Handball male players is 3.42. Since calculated value of  $z$  is greater than table value hence we rejected and conclude that Kho-Kho players have better extrinsic motivation-interjected than the Handball participants

### Discussion of hypothesis

The study analyzed all the subscales of sports motivation scale. Since calculate value is 3.428 for the extrinsic motivation-Interjected subscale which is more than the table value. Hence we rejected null hypothesis ( $H_0$ ) and concluded that there is significant difference in Kho-Kho and Handball players.

### SUMMARY CONCLUSION AND RECOMMENDATIONS

In this present study researcher analyzed the participation motivation scale between Handball and Kho-Kho players of Mangalore University. For data collection 40 Handball players and 40 Kho-Kho players of Mangalore University inter collegiate tournament during the year 2019-20.

According to Chiara Bergerone. (1985) states that motivation develops within the group if a good relationship is established among children and if bonds of friendship are formed that become a source of satisfaction. A positive relationship between trainer and pupils, in which the children are respected and stimulated to develop their personalities, also becomes a motivating factor that satisfies the children's needs to have an adult as reference and who acts as a guide and facilitator in their learning processes. In school, it is important for the trainer to make use of the most genuine motivations of the children and to go halfway in meeting their needs and desires for growth, self-realization, and success, by explaining to them the importance of what they are doing and by permitting them to find motivations for continuing their activity every time they learn a new movement, perfect a skill, play, cooperate and compete.

### Conclusion

From the analysis of data, the following conclusions were drawn.

The purpose of this study was to compares the participation motivation level between Kho-Kho and Handball male players of Mangalore University. This study shows that the there is a significant difference in extrinsic motivation-interjected between Kho-Kho and Handball players. Since calculated value is more than the table value. Hence Kho-Kho players have more extrinsic motivation than the Handball players.

### Recommendations

- Similar studies can be carried out on the other psychological variables during competition.
- A similar study may be conducted on the players who are participated in the indigenous games.
- Similar study may be conducted for various age groups.
- The present study mainly focused on male participants only. The same study may be done on female participants.

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