



**A STUDY OF MOTIVATIONAL CHARACTERISTICS OF MALE AND FEMALE KABADDI PAYERS**  
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**ABSTRACT**

The purpose of the present study was to explore and compare the motivational characteristics of male and female kabaddi players representing their respective state in 65<sup>th</sup> Senior National Kabaddi Championships held at Hyderabad in the Year 2017-2018. Sports Motivation was assessed using Sports Motivation (SMS-6) scale constructed by Mollet et. Al. (2007) was used 240 national level kabaddi players were selected for the present study of which 120 were males and 120 were female players. The subject complete sports motivation scale to assess various factor of motivation i.e. A motivation, External Regulation, Interjected Regulation, Identified Regulation, Integration Regulation and Intrinsic Motivation. Results revealed that male kabaddi players were significantly more Interjected Regulation than females. Male kabaddi players also exhibit more external regulation. However, there was no significant difference between male and female but female kabaddi player achieved high mean scores in amotivation, identified regulation, integration regulation and intrinsic motivation which concludes that female are more intrinsic motivated than males in the group.

**Keywords:** Motivation, Male, Female, Kabaddi, National players

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## 1. INTRODUCTION

Motivation is a major psychological quality word only a few have concentrated on started research is the competitive particular profile awful light players (Heyman, 1992). motivation is a key of human personality, according to I writing and motivational theories. It guides and make a human being actively more or less variation. other add a psychological quality and technique do not have nearly as big off and impression on performance when there is no expedition to succeed (Stewart & Meyers, 2004). Motivation is a key factor in rule how well a player can handle hurdle and problems. It has one of the most important effect on a sportsperson's position to succeed. Up proper motivation player has not lost his or her self-examination and strong in stressful conditions (Raglin, Morgan & Luchsinger, 1990).

Motivation is a player's internal loyalty or try to succeed of gold that they headset for themselves M. Otten (2009). Molten, for this simple reason that it allow players do achieve their goals' they are concentrated on being the top they can be. And institution which is analysis to execute actions that need motivation, begin and produces motivation. The capacity to perform well in sports essential high level of motivation (Mary D. Fry & Joan L. Duda (1989), John G. Nicholls (1989), John G. Nicholls (1989). External and says motivated would together to produce the light from of motivational allowing people to start goals and work hard to achieve them (Singer, R. O. 1986)(Singer, R. O. 1986). Effective motivation can be more you would. Players sport winning then they may believe weather player or playing for pleasure or full of position makes a great impact. If motivates them and remind them that they have the privilege to travel whenever the heart wants. Jimmy Z's to my winning anything they want as long as they remade motivated.(Taylor ,1994) viewed motivation as base of a sportsperson. Quite then quality of life's care idiomatic expressions motivation is one of the most basic essential. In other words, if an individual psychological seek to meet his requirements (Kamlesh, 1983). gaining of motivation is a mixture of two personality variables. Tendency to seek achievement and desire to avoid failure Atkinson and Feather (1966). Atkinson feather write "the urge of hard working in tough and difficult activities and develop a sense of success as a result (Biggie and Hunt ,1980).

The achievement of a certain type of girl is the focus of a particular motive. Achievement motivation or the large tendency to attempt success and follow goal orientated success or non-success, is the most significant motivator for education psychology. Student that are guide buy reaching desire and expect to succeed. And when they don't, they raise their efforts until they do. Achievement motivation is major to coaches, exercises and leaders and instructors. When set up differentiation with some standard of excellence of judging others,this competition with self would be determined by the bulk of ability impulse in a sociality cognizant contact V. M. Tammen, V. M. Tammen, V. M. Tammen (1998). Motivation has been measured in diverse ways formally by educationist as well s by psychologists in informally. According to (Ormrod, 2012, p. 426) Agnate to impulse is and intrinsic level of our brain that awakes us for action, keeps as committed in variety of activity and also liable for presuming us in a given direction. Broussard and garrison (2004), largely describe motivation as "the description that makes us to move to do something or not to do something. "motivation indicates to "the reasons underlying behaviour (Guay et al., 2010).

In sports and games, physiological and psychological element plays a major role in inclusive the achievement level (Grange & Kerr, 2010; Schilling &Hyashi, 2001). Diverse researches have indicated the effect of psychological elements on sports performance. Tailor (1994), examine the impulse as the base of a pyramid on direction of success in field of achievement motivation is a complicated area in terms of measurement and concept (Crespo,

2002). Well toughness of mentality in sports men plays major role to improve her/ his game to the top level to create last result in a championship [Crust, & Clough, (2005)]. This also involved that the essential concentration and capability to focus on the target is regulated by the toughness in mentality [Rani, Malik, & Thapa, (2012); Gucciardi, Gordon, & Dimmock, (2000)]. Mental strongness in a sports man is mostly the capability to control condition by focusing our concentrating on the incident of a specific supporting regulation and not an controlling the pressure of the condition in the match or the impression of occasion to get improved than that of the athlete [Sheard, & Lavallee, (2003); Fox, (2000); Golby, Gucciardi, (2011)].

## 2. MATERIALS AND METHOD

The purpose of the study was to analyze various level of sports motivation scale of national level of 240 male and female Kabaddi players representing their respective state in 65<sup>th</sup> Senior National Kabaddi Championships held at Hyderabad in the Year 2017-2018. Sports Motivation was assessed using Sports Motivation (SMS-6) scale. Sports motivation scale consists of 24 test items and further divided into 6 sub-scales containing 4 items for each sub-scale measured in 7-pointlikert scale,

All the data on selected variable related to the present study was collected by the scholar in the competitive setting during the competition. Each player was contacted for this purpose and the permission for administration of questionnaire was sought from the Coach/Manager of the concerned teams. Before actual administration of questionnaire, the scholar explained the player about the purpose of study. The time taken for data collection was about 75 minutes. Answer sheets were distributed to the players, and they responded each questionnaire one by one after reading items from the questionnaire. The responses were recorded on the answer sheet. The scholar was available for clearing the doubts and to monitor the response and make sure that no question is left blank or answered falsely.

Descriptive statistics (mean and standard deviation) and inferential statistics was used to compare male and female player on sports motivation scale and the level of significance was set at .05 level.

## 3. RESULTS

**TABLE 1**  
**DESCRIPTIVE STATISTICS AND COMPARATIVE ANALYSIS ON SUB-SCALES OF**  
**SPORTS MOTIVATION BETWEEN MALE AND FEMALE NATIONAL LEVEL**  
**KABADDI PLAYERS**

Sub Scales of Sports Motivation	Gender	Mean	SD	MD	$\sigma$ DM	t
Motivation	Female	15.92	2.88	0.01	0.26	0.09
	Male	15.90	2.89		0.26	
External Regulation	Female	15.63	3.02	0.12	0.28	1.25
	Male	16.09	2.75		0.25	
Interjected Regulation	Female	14.76	3.21	0.25	0.29	2.71*
	Male	15.78	2.57		0.23	
Identified Regulation	Female	15.67	3.27	0.08	0.30	0.82
	Male	15.35	2.77		0.25	
Integration Regulation	Female	15.15	3.58	0.06	0.33	0.54
	Male	14.93	2.86		0.26	
Intrinsic Motivation	Female	15.30	3.46	0.03	0.32	0.25
	Male	15.19	3.31		0.30	

\*significant at 0.05 level,  
t.05(238) =1.97

Data depicted in table one on sports motivation and its sub-scales between male and female Kabaddi players revealed significant differences on interjected regulation sub scales of sports motivation. Obtained mean scores for interjected regulation of male is 14.76 whereas female had mean scores 15.78, mean difference between the group was 0.25, Calculated 't' (2.71) was much higher than the required 't' value (1.97) to be significant at 0.05 level at 238 degree of freedom.

The table further reveals that remaining sub scales of motivation i.e. external regulation, intrinsic motivation, identified regulation and integration regulation did not differ significantly as their obtained 't' values were less than the tabulated value of 't' (1.97 at 0.05 significance level 238 at degree of freedom.

#### **4.DISCUSSION**

Male Kabaddi players had a higher score in Interjected regulation than female Kabaddi players, according to a comparative investigation. Regulators are motivated by partially internalized actions and ideals such as avoiding humiliation, seeking praise, and preserving the ego. Interjected regulation is frequently seen as a useful kind of motivation when it serves as the initial step in the internalization of external regulation into personally relevant and important goals in a player's life. The other sub-scales of sports motivation, such as motivation, external regulation, internal motivation, identified regulation, and integrated regulation, did not differ substantially between male and female athletes, indicating that the athlete's gender had no influence on these sub-scales.

#### **5. CONCLUSION**

From the analysis it is concluded that male kabaddi players were significantly have more interjected Regulation than females. Male kabaddi players also exhibit more external regulation. However, there was no significant difference between male and female but female kabaddi player achieved high mean scores in amotivation, identified regulation, integration regulation and intrinsic motivation which concludes that female are more intrinsic motivated than male kabaddi players.

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