

Sports Achievement Motivation Level between Male and Female Aerobic Gymnasts of Manipur

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ABSTRACT

The study aimed to find sports achievement motivation level between male and female aerobic gymnasts of Manipur. 50 each male and female aerobic gymnasts of Manipur at state levels were designated as a sample through the purposive sampling technique. The ages of players were from 12 to 16 years using Sports Achievement Motivation Test (SAMT) generated by M.L. Kamlesh, 1990. Both male and female aerobic gymnast players had slightly moderate psychological achievement motivation in the item of competition.

Keywords: Manipur, Aerobic Gymnasts, Male, Female, Motivation

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INTRODUCTION

Motivation is one of the powerful tools of psychological variables for sports achievement. It states to the aim of accomplishing an objective then an objective focused performance. An aerobic gymnastic is a movement that needs the player countless times to devote in training on behalf of competitive. Level of achievement motivation effect one's performance can appear if gymnastics has a standard measurement. Thus the study meant to explore Sports Achievement Motivation level between male and female aerobic gymnasts of Manipur.

METHODOLOGY OF THE STUDY

Aimed at the study 50 each male and female aerobic gymnasts of Manipur at state levels were designated as a sample through the purposive sampling technique. The age of players were extending from 12 to 16 years.

Through the provision of aerobic gymnasts, Sports Achievement Motivation Test (SAMT) was employed for setting to achieve the competition which is generated by M.L. Kamlesh, 1990. By self-assessment questionnaire, the players were allowed to test consisting of 20 statements. It comprises positive which awarded 2 marks and negative which awarded 0 marks for each statements, where the response assessment were stretched from 0 to 40 total marks (Table 1). The questionnaire is tested for retest reliability and finds to be 0.70

The collected data was computed and evaluated by applying Descriptive statistics i.e. Mean and Standard Deviation while to equate the mean scores, independent t-test was applied over SPSS version 20.0 at 0.05 level of significant.

Table 1: Scoring scale for Sports Achievement Motivation

Mean score	Classification
0-24	Low
24-30	Moderate
< 30	High

RESULTS

From Table 2, it revealed the Sports Achievement Motivation level between male and female aerobic gymnasts of Manipur, which highlighted that the mean and S.D. values were found to be 24.2 ± 3.1

and 24.3 ± 3.4 respectively. By referring the mean score of achievement motivation (Table 1), here it concluded that both male and female aerobic gymnast players had slightly moderate psychological achievement motivation in the item of competition.

Table 2: Sports Achievement Motivation level between male and female aerobic gymnasts of Manipur

Sex	Mean \pm S.D.	t-test
Male	24.2 ± 3.1	0.59
Female	24.3 ± 3.4	

*0.05 level of significant; t value = 1.98, df = 98

The t-test value of Achievement motivation between male and female aerobic gymnasts showed that there were insignificantly difference in achievement motivation ($t=0.59$). Hence the null hypothesis was accepted.

DISCUSSION AND CONCLUSION

Both male and female aerobic gymnast players had slightly moderate psychological achievement motivation in the item of competition. There was insignificant difference in Sports Achievement Motivation level between male and female aerobic gymnasts of Manipur. Each gymnast women and men need an explicit kind of psychosomatic abilities which aid toward attain great level of presentation in sports.

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