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Comparing team and individual athletes: A study for athletic achievement motivation

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Abstract

In the world of sports, the drive to succeed is a crucial factor that separates the good from the great. This drive, often referred to as athletic achievement motivation, is the fuel that propels athletes to push beyond their limits and strive for excellence. In the world of sports, there are two main categories of athletes: those who compete as part of a team and those who compete as individuals. Both types of athletes have their own unique motivations and challenges when it comes to achieving success. This research, will explore the differences between team and individual athletes. The sample for the study consists of 30 individual and 30 team game players those who had competed in Inter-Collegiate tournaments of M.D.S. University, Ajmer. The Standardized Dr. M.L. Kamlesh Sports Achievement Motivation Test (SMAT) was employed for the purpose of the study. The results of the study indicated that Individual game players had slightly lower achievement motivation than Team game players. This type of study is beneficial for physical educators and coaches to improve performance through achievement motivation.

Keywords: Sports achievement motivation, individual game, team game

Introduction

Motivation is a powerful tool when it comes to sports achievement. It is what drives players to be the best version of themselves and strive for greatness. It is a key factor in determining success in any sport. When it comes to team and individual sports, the type of motivation can be quite different. This paper will explore the differences between team and individual sports achievement motivation and how it affects each type of athlete.

Athletic achievement motivation is the psychological drive that pushes athletes to strive for success and improve their performance. It is a critical factor in determining an athlete's ability to overcome challenges, maintain discipline, and achieve their goals. For team athletes, their motivation often stems from the collective goal of the team. They are driven by the desire to contribute to the team's success and the camaraderie that comes with being part of a group. On the other hand, individual athletes rely on their personal goals and ambitions. Their motivation is often fueled by the desire to prove themselves and achieve personal glory.

Team sports have a unique dynamic when it comes to motivation. The motivation of the team is often driven by the collective goal of the team. All players are striving for the same end goal and this creates a sense of unity and team spirit. Players often rely on each other for motivation and support. Teammates can challenge and push each other to be better, while also providing support and encouragement. This type of motivation can be incredibly powerful and can lead to great team success.

Individual sports have a different motivation dynamic. The motivation in individual sports is often driven by the individual player. They are solely responsible for their own success and must push themselves to be the best. They must have the necessary determination and drive to continue striving for excellence. This type of motivation can be incredibly powerful and can lead to great individual success.

Statement of problem

To identify the motivation to achieve success among individuals and team game players

Sample

To compare the sports achievement motivation between the individual and team game

players who had participated in inter-college tournaments. The investigator selected 30 individual and 30 team game participants from Sophia Girls' College in Ajmer, Rajasthan, India, resulting in a total of 60 participants. The age range of the participants ranged from 17 to 25 years.

Tool

To measure sports achievement motivation between individual and team game players, a questionnaire (SAMT) developed by Kamlesh (1990) ^[8] was used to evaluate the sports achievement motivation of the subjects.

Administration of Questionnaire

The players were provided with the questionnaire while the researcher was present, and all the required information was provided in the questionnaire.

Statistical Techniques

For the purpose of this study, the mean, standard deviation and independent 't' test were used to evaluate the data.

Results and Discussion

Table-1 provides data on the Sports Achievement Motivation (SAMT) of Individual Game Players and Team Game Players. The Mean of Individual game players was 25.82, with a standard deviation of 1.73, and the Mean of Team game players was 27.46 with a standard deviation of 2.14. Table-1 displays the 't' test result, which indicates a t-value (1.35) that appears to be statistically significant at a level of 0.05.

Table 1: Means and S.D. of sports achievement motivation of different groups.

Groups	Mean	S.D.	't'
Individual Sports Players	25.82	1.73	1.35
Team Sports Players	27.46	2.14	

Conclusion

Team players are motivated by the desire to help their teammates achieve success. For team players, the goal is to win as a group-not necessarily as an individual. Team players are driven by the idea of working together to achieve a common goal, and they are willing to sacrifice personal glory for the betterment of the team. Team players are also motivated by the prospect of gaining recognition from their peers for their contributions to the team's success.

Individual players, on the other hand, are motivated by the desire to demonstrate their own personal abilities and compete against themselves. Individual players are driven by their own goals and are often focused on setting personal records and achieving personal bests. Individual players are also motivated by the prospect of gaining recognition from their peers for their individual achievements.

Overall, team and individual players are both driven by the desire to achieve success. However, their motivation is different and comes from different sources. Team players are motivated by the desire to help their teammates achieve success and gain recognition from their peers. Individual players are motivated by the desire to demonstrate their own personal abilities and compete against themselves. Understanding these differences can help athletes, coaches, and fans appreciate the unique challenges and motivations of both types of athletes.

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