A Comparative Study of Level of Motivation between University Level Male Football and Hockey Players of North Zone of India

Gurdan Singh¹, Ravinder Singh Sumal²
¹²Assistant Professor, Department of Physical Education, Guru Kashi University, Talwandi Sabo

Abstract- When the players are ready to perform in competition then level of motivation is very high in players. According to this the researcher was selected this study “level of motivation of University Level male Football and Hockey Players”. Total numbers of players 200 male players (100 Football, 100 Hockey) are observed for the study by having a questionnaire scheduled including closed-ended questions. All players are university players from Haryana, Himachal Pradesh, Jammu & Kashmir, Punjab, and Uttrakhand. Their age group is the stage of between 18 to 25 years. To evaluate level of motivation scale this contains 44 items formulated by Hardeo Ojha & Brejbala Sah (2010) was applied. It concludes the more difference of level of anxiety among Football and hockey players. The level of significance set at 0.05 levels.

Keywords: Level, Motivation, University players, Football, Hockey, Questionnaire.

I. Introduction:

1.1 Psychology in Physical Education and Sports
While activity is the bedrock of physical education, the gorgeous monument of sport stands on the foundation of physical education, which at the baseline is the function of school education. From an academic perspective physical education and sport make an art-science combine based on the fundamental concepts of movement, motion, activity, play, recreation, etc. In structure, they are activity-oriented behaviours; in function, they are instruments of good health and fitness; in objective, they are developmental to the hilt; in nature, they are joyful, recreating and relaxing; and in purpose, they are perfectly educational. Psychology is their guiding force. (Kamlesh, 2011)

II. MOTIVATION
Motivation, in general, is a process which indicates why people participate in sports the way they do. The urge to run and play when young, to excel when competing, to struggle when hindered, to prove something when challenged, to escape when continued, to be aggressive when angered and to feat when frightened are typical of man as he matures and develops and moves through life's many dangerous and competitive situations. (Frost 1971)

During the past century, however, many dedicated and gifted behavioural scientists, physiologists, and psychologists have focused their energies on human motivation. (Caratty 1984)

The most extreme behaviourist claimed that to understand behaviour we need only to observe the behaviour and the environment while ignoring thoughts, feelings, and other inner processes. In contrast, cognitive approaches not only accept inner processes but infect focus on them. Because cognitive theorist sees the individual as an active perceiver and interpretation of information, they consider these cognitive processes to be the key to understanding motivation and behaviour. (Gill 1980)

2.1. Motivation and Sports
In the field of physical education and sports no athlete can win or even show good performance without motivation. Motivation is a wonder drug which works miracles with athletes on and off the field. It is a sort of warm up before the final plunge. In the absence of proper motivation, not only the learning process but also the performance becomes an uphill task. An unmotivated performer would not involve himself in learning, competing against others and achieving higher goals in life. (Kamlesh, 1983)

Motivation plays a vital role in learning sports and athletics. It improves the performances because the facial expression of the spectators and their cheering, exert influence on the performance.

The achievement motivation varies for people from situation to situation and it is influenced by cultural and social forces. Therefore, the urge to achieve in sports in general or in a particular activity is effected potentially by the values and actions of others. Ultimately, it is the young person’s cognitive and personality disposition that determine the degree of presence of an achievement motivation. (Cox, 1985)
2.2 Objectives of the Study
To analyze the level of motivation in university players of football.
To evaluate the level of motivation in university players of hockey.
To comparison the level of motivation in university players of football and hockey.

III. METHOD AND TECHNIQUE
The study was designed to find out the significance difference in male university players (Haryana, Himachal Pradesh, Jammu & Kashmir, Punjab, and Uttrakhand) of football and hockey. The 200 (20 players from each state) male players (100 of football and 100 of hockey) were selected for this study with the age group of 18 to 25 years. The random sampling method was used for selection of players. Only level of motivation was calculated through Power Motive Inventory which included 44 items designed by Hardeo Ojha & Brejbala Sah (2010) was applied. The ‘t’ ratio was used for signification of the study. After that the difference in level of motivation was presented in following table and graph.

Table no. 1: The ‘t’ ratio in level of motivation between university players

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Game</th>
<th>Mean</th>
<th>S.D.</th>
<th>Mean Difference</th>
<th>S.E.</th>
<th>‘t’ Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Football</td>
<td>27.90</td>
<td>05.12</td>
<td>0.85</td>
<td>0.53</td>
<td>1.16</td>
</tr>
<tr>
<td>2</td>
<td>Hockey</td>
<td>28.75</td>
<td>05.25</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Level of Significance 0.05, Tabulated value at (98fd) = 3.40

According to table no. 1 statistically represent that the Mean and Standard Deviation with regard to university level players of Football is 27.90 and 28.75 of Hockey, where as in case of university level players of Football is 05.12 and 05.25 of hockey respectively. The calculated t-value (1.16) which is less than the tabulated value (3.40) at levels 0.05.

In this table it can be concluded that university level players of football have less level of motivation as compare the hockey university level players. So, it indicates that there is no significant difference between university level players of Football and Hockey for their level of motivation.

Figure No: 1 Mean value of level of motivation between university players

IV. CONCLUSION
It can be concluded that university level players of Hockey have high level of motivation compare to university level players of Football.

V. REFERENCES