



SPORTS ACHIEVEMENT MOTIVATION OF KABADDI AND KHO-KHO PLAYERS: THE REVIEW STUDY

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ABSTRACT

Background: Sports achievement motivation contributes to an athlete's resilience and ability to recover from setbacks. In both Kho – Kho and kabaddi, players often face physical injuries, losses, or performance slumps. Highly motivated individuals are more likely to view these challenges as opportunities for growth rather than insurmountable obstacles. This positive outlook encourages them to engage in recovery processes, adapt their training strategies, and come back stronger. The ability to bounce back from difficulties is crucial for long-term success and consistent performance. **Purpose:** This conceptual article will highlight the sports achievement motivation on kho-kho and kabaddi players. **Method:** Relevant articles published by different researchers obtained through Google Scholar, Research Gate, wiki educator and Pub Med with the keywords sports achievement motivation, kho-kho and kabaddi players. **Results:** Sports achievement motivation plays a crucial role in how players perform under pressure. Motivated athletes are more likely to exhibit mental resilience, a key factor in maintaining performance during high-stakes situations. In kho – kho, this means executing strategic moves and maintaining composure during critical moments of the game. In kabaddi, it involves making split-second decisions and staying focused despite the physical and mental strain. High motivation equips players with the mental fortitude to perform consistently, even in challenging conditions. **Conclusion:** We are able to conclude that mean sports achievement motivation of kho-kho players (27.72) and kabaddi players (28.77) which shows us that the kho-kho and kabaddi players are moderate in sports achievement motivation.

KEYWORDS : Sports achievement motivation, kho-kho players, Kabaddi players.

INTRODUCTION

Sports achievement motivation is a crucial factor that drives athletes to excel, persevere through challenges, and achieve their highest potential. This motivational drive is particularly vital in traditional sports like Kho – Kho and Kabaddi, which, despite being less globally recognized compared to sports like football or basketball, hold significant cultural and competitive importance in India. Understanding what motivates players in these sports can shed light on how to foster success and enhance performance. Motivation serves to energize, select and direct performance. It helps in setting tough goals and directing the energy and effort to achieve those goals. Intrinsically motivated athletes strive hard to master the skill and are propelled by the inward drive to accomplish the task (Singh & Pathak, 2017).

Kho – Kho and kabaddi are deeply rooted in Indian tradition, characterized by their unique gameplay and physical demands. Kho – Kho is a tag game that involves agility, strategy, and speed, requiring players to chase and evade opponents while adhering to specific rules. Kabaddi, on the other hand, is a contact sport that combines wrestling and tag, demanding a blend of strength, agility, and tactical acumen. Both sports necessitate high levels of physical fitness and teamwork, making motivation a key element in a player's success and development.

A fundamental aspect of sports motivation is the setting of clear, achievable goals. For Kho – Kho and kabaddi players, these goals can be categorized into individual and team objectives. Individual goals might include mastering specific techniques, improving personal fitness levels, or achieving higher scores in practice drills. Team goals could involve winning tournaments, enhancing coordination, or developing effective defensive and offensive strategies. By setting and working towards these goals, players maintain a focus on their progress and accomplishments, fueling their drive to improve.

Motivation in kho – kho and kabaddi is closely linked to skill development and training. These sports require players to continuously refine their technical abilities and physical

attributes. For kho – kho players, this means practicing skills such as rapid chasing and agile dodging, while kabaddi players need to hone their raiding and defensive techniques. Structured and diverse training sessions that challenge players and allow them to see tangible improvements can significantly enhance motivation. Regular practice, combined with targeted fitness routines to build strength and endurance, ensures that players stay engaged and committed to their sport.

Recognizing and celebrating achievements plays a pivotal role in maintaining motivation. In Kho – Kho and kabaddi, acknowledging both individual and team successes can boost morale and encourage continued effort. Celebrations of victories, personal bests, or improvements in skill levels provide a sense of accomplishment and validation. Awards, certificates, and public recognition serve as powerful motivators, reinforcing the value of hard work and dedication.

The role of team spirit cannot be understated in sports motivation. Kho – Kho and kabaddi are team-oriented games where cooperation and mutual support are essential. Building a strong team dynamic through team-building activities and fostering a supportive environment enhances motivation. When players feel valued and supported by their teammates, their commitment to the sport and to each other is strengthened. A positive team atmosphere can also help players overcome challenges and setbacks, maintaining their enthusiasm and drive.

Achievement Motivation can be defined as the need for success or the attainment of excellence. Individuals will satisfy their needs through different means, and are driven to succeed for varying reasons both internal and external. Motivation is the basic drive for all of our actions. Achievement motivation is the effort an athlete makes to succeed within their chosen field. It's their attempts at overcoming obstacles or mastering a particular task. There are so many descriptions of this theory that an athlete, exerciser, sports psychologist, or coach could easily come up with. All of which help inspire us to achieve greatness and hit those targets we make for ourselves. In this article author have tried to explain the theory

of Achievement Motivation and its importance in Sports (KUNVARISING, 2020).

Inspiration from role models and mentors can significantly impact motivation. For Kho – Kho and kabaddi players, exposure to successful athletes and experienced coaches can provide valuable insights and encouragement. Role models who have achieved great success in these sports serve as living examples of what is possible with dedication and effort. Mentorship from experienced individuals offers guidance, practical advice, and emotional support, further motivating players to strive for excellence.

Keeping training sessions enjoyable and engaging is crucial for sustaining motivation. Incorporating a variety of drills, games, and friendly competitions can make practice sessions more appealing and less monotonous. By adding elements of fun, players are more likely to remain enthusiastic and committed to their training. Friendly matches and intra-team competitions also provide opportunities to apply skills in a less pressured environment, contributing to a more positive and motivating experience.

Constructive feedback is essential for player development and motivation. Regular, actionable feedback helps players understand their strengths and areas for improvement, guiding their efforts in the right direction. Emphasizing personal growth and mental resilience is also important. Techniques such as visualization, mindfulness, and stress management can help players build mental toughness and maintain a positive mindset, crucial for overcoming challenges and setbacks.

Sports achievement motivation is a powerful force that influences athletes' performance and development. In traditional sports such as Kho-Kho and kabaddi, where physical prowess, strategic thinking, and teamwork are essential, the impact of motivation can be profound. Understanding how sports achievement motivation affects performance can provide valuable insights into how players can maximize their potential and achieve success.

One of the most significant effects of sports achievement motivation is its influence on skill development. Motivated players are more likely to engage in focused practice, work diligently on refining their techniques, and actively seek feedback to improve. In Kho – Kho, this translates into better agility and strategic evasion tactics, while in kabaddi, it enhances raiding precision and defensive skills. High motivation drives players to push their boundaries, leading to continuous improvement and the honing of skills essential for high-level competition.

Motivation has a direct impact on a player's commitment to physical training and conditioning. In both Kho – Kho and Kabaddi, physical fitness is crucial due to the demanding nature of these sports. Players who are highly motivated are more likely to adhere to rigorous training schedules, focus on endurance and strength exercises, and maintain overall fitness. This increased commitment to physical conditioning results in enhanced stamina, strength, and agility, which are critical for effective performance in matches.

Team sports like kho – kho and kabaddi rely heavily on effective teamwork and communication. Motivated players contribute positively to team dynamics, fostering stronger cohesion and collaboration. In kho – kho, this results in better coordination between chasers and defenders, leading to more effective strategies. In kabaddi, it enhances synchronization between raiders and defenders, improving overall team performance. A motivated team is more likely to support each other, share insights, and work together towards common goals, resulting in a more unified and effective performance.

Motivated players are driven by specific goals, which significantly impacts their performance. Setting clear and challenging goals helps players focus their efforts and measure their progress. In kho – kho and kabaddi, achieving these goals can lead to improved performance metrics, such as higher scores, better rankings, and more successful game strategies. The pursuit of personal and team goals keeps players engaged and committed, leading to sustained efforts and incremental performance improvements.

MATERIAL AND METHODS

This study undertook an evaluation of literature concerning the sports achievement motivation of Kho – kho and kabaddi players among Indian youth. Relevant articles posted with the aid of exceptional researchers bought thru Google Scholar, Research Gate, wiki educator and Pub Med with the keywords sports achievement motivation, kho- kho and kabaddi players, Mean Sports Achievement Motivation and number of subjects was re-analyses and result concluded. The article included in the study in those sports achievement motivation scale developed by M.L. Kamlesh (1990) was used to assess the sports achievement motivation.

Related Literature

The purpose of study conducted by Velmurugan, M. (2016) was to compare the achievement motivation between men and women kabaddi and kho-kho players. To achieve the purpose of this study 120 players of kabaddi and kho-kho games studying in the Department of Physical Education and Sports Sciences, Annamalai University, Annamalai Nagar, Chidambaram, Cuddalore District, Tamil Nadu and India were randomly selected as subjects. Among them sixty men players (thirty men kabaddi and thirty men kho-kho players) and sixty women players (thirty women kabaddi and thirty women kho-kho players) with an age of the subjects were ranged between 18 to 24 years were selected as subjects. Achievement motivation was assessed by using standardized test item Kamlesh's sports achievement motivation test questionnaire and it was statistically analysed by using 2 x 2 factorial Anova. Whenever, the obtained 'F' ratio value for interaction effect was found to be significant, the simple effect test was applied as follow up test. In all cases, the .05 level of confidence was fixed to test the level of significance which was considered as an appropriate. There was significant difference between men and women players on selected psychological variable namely achievement motivation irrespective of their games (kabaddi and kho-kho) and gender (men and women). Among them, men Kho-kho players were better achievement motivation than other categories of players.

Dhar & Jaiswal (2014) conducted study to find out the relation between sports Achievement Motivation and actual competition achievement among difference state level kho-kho players. Seventy-two (N=72) State level kho-kho players from six Districts in North Zone were selected as the subject of the present studies. Their age ranged between 19 to 25 years. All the subjects possessed sound physique because subjects were kho-kho players. All the players undergoing participation in State level kho-kho tournament throughout the year. The statistical analysis revealed that approximately 17% of total State level Kho-Kho players had low Sports Achievement Motivation, 64% had moderate level Sports Achievement Motivation and 19% had high Sports Achievement Motivation. Thus Sports Achievement may play a vital role for high level of performance.

Chauhan, S. N. & Sabir M.G. (2018) stated in his study that sport achievement motivation is an effective arousal state directing behavior of athlete in an achievement-oriented activity cognitively appraised as potentially satisfying. The purpose of the study was to compare the level of sports achievement motivation between Male Kabaddi and Kho Kho

players of Banaras Hindu University. To achieve these purpose 40 male (Kabaddi=N-20 & Kho-Kho=N-20) inter university players who were already participated in Inter university tournament in 2016-2017 from Banaras Hindu University Varanasi, were selected on the basis of simple random sampling procedure. The age ranged between 19-24 years. For the specific purpose of the present study and scholar own understanding the questionnaire sports Achievement Motivation scale constructed by Dr. M.L. Kamlesh was used. The data was analyzed by applying t-test in order to determine the sports achievement motivation score of Kabaddi and Kho-Kho players. The result of study revealed that there was no significant difference was found between Kabaddi and Kho-Kho players. Since t-value of (0.635*) was lower than the tabulated value of (2.024) with 38 df at 0.05 level of significant. The result conclude that there was no significant difference between male Kabaddi and Kho-Kho inter-university players.

Malik, S. (2022) conducted study on sports achievement motivation among female kabaddi players participated at inter-university and state level championships. A sample of 250 female kabaddi players was taken on the basis of random sampling method. Sports Achievement Test developed by Kamlesh was used to collect the data. Mean, S.D and 't' test were used to analyse the data. Findings revealed that kabaddi players participated at inter-university and state level championships differ significantly on sports achievement motivation. It may, therefore, be said that female kabaddi players participated state level championships have more level of sports achievement motivation as compared to female kabaddi players participated at inter-university level championships.

Bhat, W.A. Kabir, I. and Sevi, R. (2024) conducted study to find out the levels of aggression and achievement motivation among college level kho – kho players hailing from diverse institutions within District Morena, Madhya Pradesh. The researcher opted for a random selection process, recruiting 150 male and female kho – kho athletes (75 individuals each) aged between 17 and 23. A significance level of 0.05 was predetermined. To evaluate aggression and achievement motivation, the researcher employed a questionnaire devised by Smith and Kamlesh. The gathered data underwent statistical scrutiny utilizing measures such as mean, standard deviation, and the 't' test. The study findings significant differences in aggression and achievement motivation between male and female college-level kho – kho players in District Morena, Madhya Pradesh. These findings underscore the importance of considering gender-specific psychological factors in athletes development programs within the sport.

Ahmad, Irfan; Dar, Sajad Ahmad; Pathak, Manoj Kumar; Khan, Mohammad Ashraf (2020) conducted comparative study on Selected Psychological Variables among Inter – University women Kabaddi and Kho-Kho Players. To achieve the purpose of the study the investigator had selected randomly sixty Kabaddi and sixty Kho-Kho University women players, who have participated in south-west zone inter-university tournament as subjects. The age of the subjects chosen for this study were ranging from 18- 25 years. To assess Sports Achievement Motivation of Kho- kho and kabaddi players standardized questionnaire developed and modified by M.L. Kamlesh (1996) was used. For testing the statistical significance of the difference between the players" test, 'F' test and least significant difference (LSD) post hoc analysis were used. Statistical Package for Social Science (SPSS) was used to analyze the data. Result of this study revealed that sports achievement motivation of kabaddi players was greater than kho – kho players.

Kaushik, Hooda and Kumari (2018) compared the male and female circle style kabaddi players with regard to their sports

achievement motivation. To accomplish the study, purposive sampling technique has been used. For this purpose, 100 national level circle style kabaddi Players (50 male and 50 female) were selected as subjects. The aim of present study is to compare the circle style kabaddi players with regard to their sports achievement motivation. The sample of the study has been selected from the 11th national circle style kabaddi (Men & Women) Championship held at Panjab University, Chandigarh from 23rd to 25th March, 2018. The standard psychological tool constructed by Dr. M.L. Kamlesh was used to measure sports achievement motivation (1990). To find out the difference in the level of sports achievement motivation, independent sample 't' test was applied through statistical product and service solutions (SPSS) version 20.0. The level of significance was set at 0.05. The result of the present study shows that no significant difference was found between male and female circle style kabaddi players with regard to their sports achievement motivation.

The review of studies shows different means of sports achievement motivation of kho- kho/kabaddi or both players. The researcher calculates the total score of sports achievement motivation through multiply the mean given by various studies and number of subjects they selected in their studies.

Table No. – 01

Name of Author	Number of Subject	Mean score of Kho – Kho	Mean Score of Kabaddi	Total Score of Kho – Kho	Total Score of Kabaddi
Velmurugan, M.	60+60	35.035	33.915	2102.1	2034.9
Dhar & Jaiswal	72	26.195		1886.042	
Chauhan, S. N. & Sabir M.G.	20+20	28.30	29.15	566	583
Malik, S.	250		28.96		7240
Bhat, W.A. Kabir, I. and Sevi, R.	150	27.3995		4109.925	
Ahmad, Irfan; Dar, Sajad Ahmad; Pathak, Manoj Kumar; Khan, Mohammad Ashraf	60 + 60	22.88	25.13	1372.8	1507.8
Kaushik, Hooda and Kumari	100		27.32		2732
Grand Total	852			10036.87	14097.7

The studies of Velmurugan, M. (2016) conducted study on two group of 120 players revealed in his study that mean sports achievement motivation score of kho – kho players was 35.035 and kabaddi players are having 33.915 mean sports achievement. Whereas Dhar & Jaiswal (2014) included 72 kho – kho players in their study they found mean sports achievement motivation score 26.195. Chauhan, S. N. & Sabir M.G. (2018) included 20 kho-kho and 20 kabaddi players in their study they have shown its mean score of sports achievement motivation 28.30 and 29.15 respectively. Total two hundred fifty (N = 250) kabaddi players were included by Malik, S. (2022) in his study and reveled mean sports achievement motivation 28.96. Whereas Bhat, W.A. Kabir, I. and Sevi, R. (2024) conducted study on 150 kho-kho players and shows the mean sports achievement motivation 27.3995 in his study. Ahmad, Irfan; Dar, Sajad Ahmad; Pathak, Manoj Kumar; Khan, Mohammad Ashraf (2020) conducted study on 60 kho kho and 60 kabaddi players and revealed mean sports

achievement motivation 22.88 and 25.13 respectively. Whereas as Kaushik, Hooda and Kumari (2018) include 100 kabaddi players in their study and shows (27.32) mean sports achievement motivation in their result of study.

Table – 02

	Total Subjects in All Studies	Mean Sports Achievement Motivation	Total Score of SAMT in all Studies
Kabaddi	490	28.77	14097.7
Kho – Kho	362	27.72	10036.867

RESULT AND CONCLUSION

It revealed from conclusion of various studies that total 490 kabaddi players and 362 kho – kho players were included in this review study the mean sports achievement motivation kabaddi players (28.77) whereas (27.72) mean sports achievement motivation of kho – kho players.

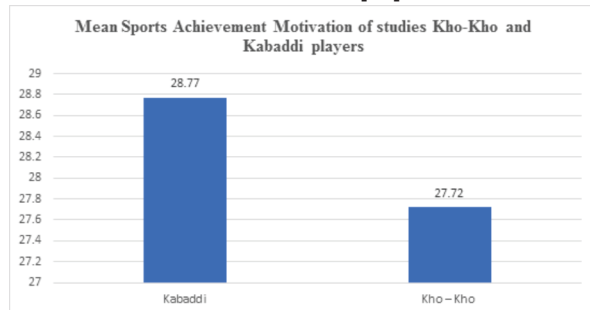


Figure – 01

Thus we are able to conclude that mean sports achievement motivation of kho-kho players (27.72) and kabaddi players (28.77) which shows us that the kho-kho and kabaddi players are moderate in sports achievement motivation.

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