

A Study on the Role of Achievement Motivation and Resilience among Individual Sport Athletes and Team Sport Athletes

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Abstract: *The present study was conducted to assess the Achievement Motivation and Resilience among Individual Sport Athletes and Team Sport Athletes. The study adapted comparative and correlational research design. A purposive sample of 60 (30 Individual Sport Athletes and 30 Team Sport Athletes) were selected for the study. Achievement motivation scale (Pratibha, D., & Asha, M.,) [1] and Resilience (Powell, K. A., Frye, R. E., & Smith, B. A.) [2], were used to collect the data. The result was analyzed using independent sample t-test and Pearson's coefficient of correlation. The result indicates that, there is no significant difference in the level of achievement motivation among Individual Sport Athletes and Team Sport Athletes, there is a significant difference in the level of Resilience among Individual Sport Athletes and Team Sport Athletes, there is a negative relationship, but not the significant relationship is found between achievement motivation and Resilience among Individual Sport Athletes, and there is There is a negative relationship, but not the significant relationship is found between achievement motivation and Resilience among Team Sport Athletes.*

Keywords: Achievement Motivation, Resilience, Individual Sport, Team Sport & Athletes

1. Introduction

1.1 Achievement Motivation

Achievement motivation is a tendency to strive for success, excellence, and mastery in tasks and activities that individual and team performs.

1.2 Resilience

Resilience capacity to withstand, recover, and adapt in the face of adversity, trauma, or stress.

1.3 Individual Sport Athletes

Individual sport athletes, such as tennis players, golfers, and runners, face unique psychological and physical challenges that require self-reliance, resilience, and strategic planning to optimize performance and achieve success.

1.4 Team Sport Athletes

Team sport athletes, such as soccer, basketball, and football players, must balance individual skills with collective teamwork, strategy, and communication to achieve victory.

1.5 Research Rationale

Athletes often have to maintain their sports commitments with educational or occupational responsibilities. This dual role can be extremely challenging and may affect their mental health, motivation, and overall performance. Individual sport athletes are more prone to mental health issues compared to team sport counterparts. This heightened vulnerability

necessitates a deeper exploration into the psychological factors that contribute to these disparities. So, the present study is focusing on the Achievement Motivation and Resilience among Individual Sport Athletes and Team Sport Athletes.

2. Review of Literature

2.1 Ihor Popovych, et. al., (2022) [3]

The purpose of this study was to investigate athletes' resilience typology: a comparative analysis of individual and team sports. The sample 312 athletics, (boxing, and weightlifting athletics) 322 athletics (mini-football, football, handball, and volleyball) the study. The tools used were resilience. The results indicated that Athletes' resilience was classified into two typologies: individual and team sports. Individual sports athletes' resilience was categorized into four types: Value-Oriented, Motivational-Oriented, Socially Acceptable, and Emotionally Stable. Team sports athletes' resilience was categorized into four types: Motivational-Valued, Control-Pragmatic, Socially Acceptable, and Resilient. The study found that the Socially Acceptable type of resilience was similar in both individual and team sports, with no significant differences. The study recommends that coaches and trainers consider these results and incorporate them into athletes' training programs to enhance their resilience.

2.2 Pietrzak, A., & Tokarz, A. (2019) [4]

The study examined the structure of achievement motivation dispositions in elite and non-elite track and field athletes. A sample of 54 elite and 50 non-elite athletes participated in the

study, which utilized McClelland's definition of achievement motivation. Cluster analysis revealed three sets of achievement dispositions that varied in intensity. The results indicated that athletes tend to perceive their competence accurately, and differences were found between elite and non-elite athletes in two of the three clusters.

2.3 Katagami, E., & Kyoritsu (2016) [5]

The study involved 239 Japanese university student athletes who completed questionnaires on social support, psychological well-being, and personality. The results showed a positive correlation between received support and athletes' psychological well-being, while perceived support was not a significant predictor. However, received and perceived support were positively correlated with each other. Additionally, perceived support was positively correlated with positive self-schema, whereas received support showed no relationship. The findings suggest that received support is a salient predictor of athletes' psychological well-being.

3. Methodology

This chapter encompasses the aim, variables, research design, sampling method, and procedure to understand the Achievement Motivation and Resilience among Individual Sport Athletes and Team Sport Athletes.

3.1 Aim

To study Achievement Motivation and Resilience among Individual Sport Athletes and Team Sport Athletes.

3.2 Objectives

- To assess the level of achievement motivation and resilience among Individual Sport Athletes and Team Sport Athletes.
- To explore the significant difference among Individual Sport Athletes and Team Sport Athletes in terms of Achievement Motivation and resilience.
- To explore the significant relationship of Achievement Motivation and resilience among Individual Sport Athletes and Team Sport Athletes.
- To understand the implication of Achievement Motivation and resilience among Individual Sport Athletes and Team Sport Athletes.

3.3 Hypotheses

H₀ 1: There is no significant difference in the level of Achievement Motivation among Individual Sport Athletes and Team Sport Athletes.

H₀ 2: There is no significant difference in the level of Resilience among Individual Sport Athletes and Team Sport Athletes.

H₀ 3: There is no significant relationship between Achievement Motivation and resilience among Individual Sport Athletes.

H₀ 4: There is no significant relationship between Achievement Motivation and resilience among Team Sport Athletes.

Variables

Independent variable

- Individual Sport Athletes
- Team Sport Athletes

Dependent variable

- Achievement Motivation
- Resilience

Table 3.1: Sample Distribution

Individual Sport Athletes	Team Sport Athletes	Total
30	30	60

A purposive sample of 30 Individual Sport Athletes and 30 Team Sport Athletes were selected for the present study.

3.4 Research Design

Comparative and correlational research design.

3.5 Inclusion Criteria

- Participants must be athletes aged 19-29 years old (emerging adult).
- Participants must be actively competing in individual sports (e.g. Rock climbing/Swimming/Gymnastics) or team sports (e.g. Kho-Kho/Basketball/Volleyball).
- Participants must have at least 2 consecutive years of uninterrupted experience in their respective sport.
- Participants were taken to the study was students and employees.

3.6 Exclusion Criteria

- Gender
- Ex athletes are not considering in the study.
- Physical injured athletes are not consider in the study
- Coaches are excluded.

3.7 Research Tools

3.7.1 Achievement motivation scale by Pratibha, D., & Asha, M (1971) [1]

Achievement motivation scale was developed by Pratibha, D., & Asha, M. the scale consists of 50 items. The response format is a 5-point rating scale. The test is reliable and valid.

3.7.2 Scoring

Scoring is done on a 5-point rating scale in which a score of 0 is given for Never, 1 for rarely, 2 for Sometimes, 3 for frequently, 4 for Always.

3.7.3 Resilience Assessment Questionnaire - Powell, K. A., Frye, R. E., & Smith, B. A. (2010) [8]

The Resilience Assessment Questionnaire (RAQ) is a 35-item self-report measure developed by Powell, Frye, and Smith (2010). The scale assesses resilience using a 5-point Likert scale, ranging from 1 (No, never) to 5 (Yes, always). The RAQ has demonstrated reliability and validity.

3.7.4 Scoring

Scoring is done on a 5-point rating scale in which a score of 1 is given for Never, 2 for rarely, 3 for Sometimes, 4 for Often, 5 for Always.

3.8 Procedure

The purpose of the study was explained to the participants. The participant's willingness to participate in the study was ascertained and shared the questionnaires through google form with the necessary instructions. The socio-demographic details were filled. After the completion of marking the responses, the questionnaires were collected back and the data was computed and analysed using SPSS.

3.9 Ethical Considerations

- Consent from the participants was taken.
- Clear information and instructions were given regarding the study and the questionnaires respectively.
- Respondents' were assured that they have the right to refuse for participating in the study and about maintaining confidentiality of the data.

3.10 Statistical Methods

- Independent Sample t-test
- Pearson's Coefficient of Correlation

4. Findings and Analysis

The main objective of the study was to understand the Achievement Motivation and Resilience among Individual Sport Athletes and Team Sport Athletes. To meet the objectives of the research, null hypotheses were formulated. The obtained data was analyzed using the independent sample t-test and Pearson's Coefficient of Co efficient.

4.1 Section – 01 Descriptive Statistics

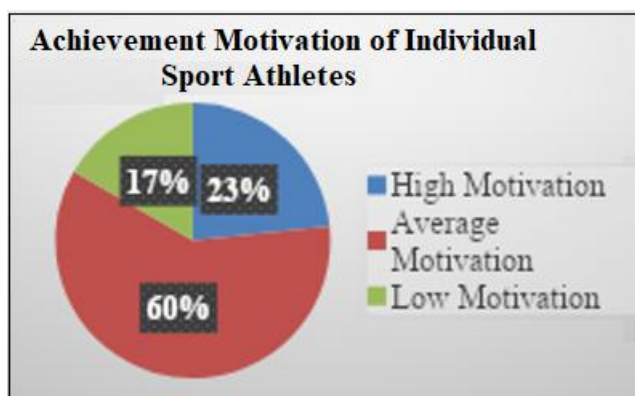


Figure 4.1: Level of achievement motivation of individual sport athletes.

Pie chart for the Achievement Motivation of Individual Sport Athletes reveals that, 17% of the participants is having low level, 60% participants having average level, & 23% participants having high level of Achievement Motivation.

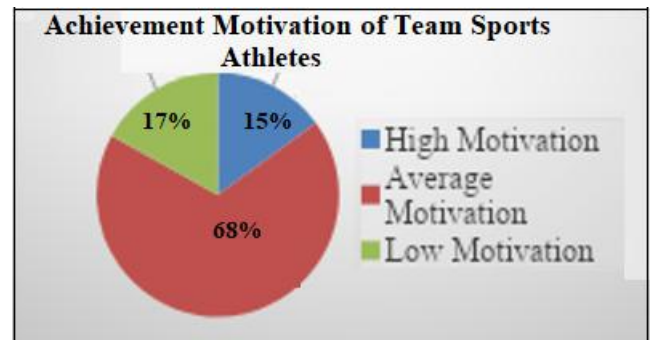


Figure 4.2: Level of achievement motivation of Team sport athletes

Pie chart for the Achievement Motivation of Team Sport Athletes reveals that, 17% of the participants having low level, 68% participants having average level & 15% participants having high level of Resilience.

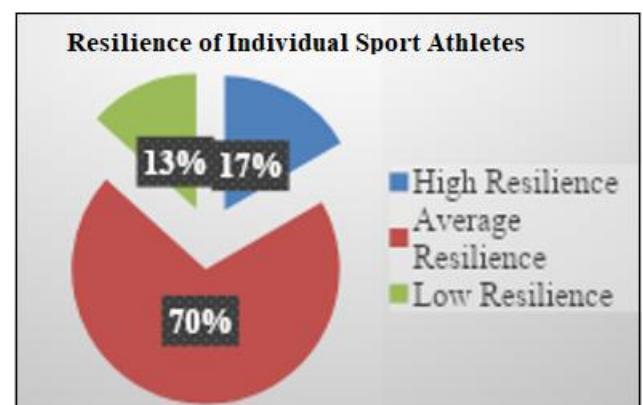


Figure 4.3: Level of Resilience of Individual Sport Athletes

Resilience of Team Sport Athletes

Pie chart for the Resilience of Individual Sport Athletes reveals that, 13% of the participants having low level, 70% participants having average level & 17% of participants having high level of Resilience.

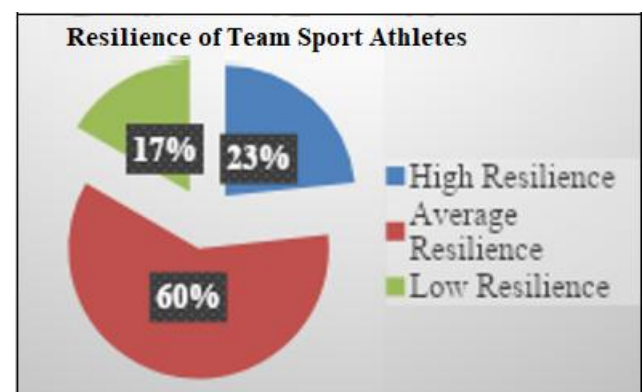


Figure 4.4: Level of Resilience of Team Sport Athletes

Pie chart for the Resilience of team sport athletes reveals that, 17% of the participants having low level, 60% participants having average level & 23% of participants having high level of Resilience.

4.2 Section – 02 Inferential Statistics (Independent Sample – t test)

Table 4.1: Mean, Standard deviation and t value of Individual Sport Athletes and Team Sport Athletes on achievement motivation

Area	Athletes	N	Mean,	SD	t-Value	P-Value
Achievement Motivation	Individual Sport Athletes	30	124.3667	28.13941	-.034	.973
	Team Sport Athletes	30	124.6000	24.65150	-.034	.973

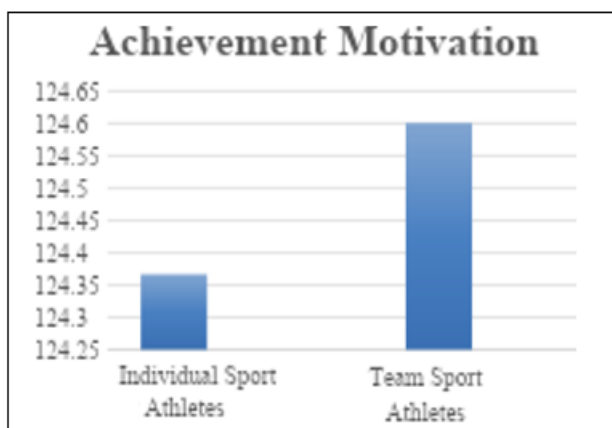


Figure 4.2: Mean score of Individual Sport Athletes and Team Sport Athletes on Resilience.

The hypothesis stating that, there is no significant difference in the level of Achievement Motivation among Individual Sport Athletes and Team Sport Athletes was tested using independent sample t test. The P value for Achievement Motivation is .973, which is not significant. Hence, the null hypothesis is accepted which states there is no significant difference in the level of Achievement Motivation among Individual Sport Athletes and Team Sport Athletes. The mean scores indicate that Team Sport Athletes have high level of Achievement Motivation compared to Individual Sport Athletes. The result of the present study supported by the result of the study conducted by Kavussanu, Pol, P.K.C. van de M. (2012) [9]. The result indicated that there is no significant a difference between the Achievement Motivation among Individual Sport Athletes and Team Sport Athletes.

Table 4.2: Mean, Standard deviation and t value of Individual Sport Athletes and Team Sport Athletes on achievement motivation

Area	Athletes	N	Mean,	SD	t-Value	P-Value
Resilience	Individual Sport Athletes	30	123.3667	18.73312	1.082	.284
	Team Sport Athletes	30	117.5667	22.61169	1.082	.284

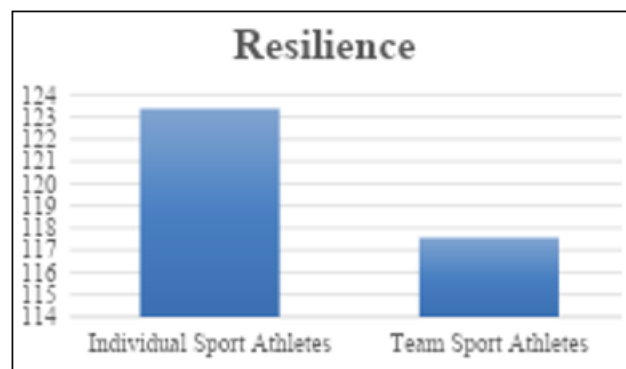


Figure 4.6: Mean score of Individual Sport Athletes and Team Sport Athletes On achievement motivation

The hypothesis stating that, there is no significant difference in the level of Resilience among Individual Sport Athletes and Team Sport Athletes was tested using independent sample t-test. The p value for Resilience is .284, which is not significant. Hence, the null hypothesis is accepted, which states there is no significant difference in the level of resilience among Individual Sport Athletes and Team Sport Athletes. The mean scores indicate that Individual Sport Athletes have high level of Resilience compared to Team Sport Athletes. The result of the present study is supported by the result of the study conducted by Gharedaghi Boghrabadi, S., Arabameri, E., & Sheikh, M. (2015)[10] A Comparative Study on Resiliency and Stress Coping Strategies among Individual and Team Elite Athletes and Non-Athletes. Journal of Sports Science and Medicine, 14(3), 253-262. The result indicated that there is no significant difference in the Resilience between Individual Sport Athletes and Team Sport Athletes.

4.3 Section – 03 Pearson's Co efficient of Correlation

Table 4.3: Pearson's co-efficient of co-relation on Achievement Motivation and Resilience among individual sports athletes

Area	Achievement Motivation	Resilience
Achievement Motivation	1	-.099
Resilience	-.099	1

The hypothesis which states that, there is no significant relationship between Achievement Motivation and Resilience among individual sports athletes was tested using Pearson coefficient of correlation. The result indicates that, negative correlation between Achievement Motivation and Resilience among Resilience individual sports athletes, but not a significant relationship. Hence, the null hypothesis is accepted which means that there is no significant relationship between. The result of the present study supported by the result of the study conducted by Mrs Saumya Arora (2015) [11], which indicates, there is no significant difference between the Achievement Motivation and Resilience among team Sport Athletes.

Table 4.4: Pearson's co-efficient of co-relation on Achievement Motivation and Resilience among team sports athletes

Area	Achievement Motivation	Resilience
Achievement Motivation	1	-.080
Resilience	-.080	1

The hypothesis which states that, there is no significant relationship between Achievement Motivation and Resilience among team sports athletes was tested using Pearson coefficient of correlation. The result indicates negative correlation between Achievement Motivation and Resilience among Resilience team sports athletes, but not a significant relationship. Hence, the null hypothesis is accepted, which means that there is no significant relationship. The result of the present study supported by the result of the study conducted by Mrs Saumya Arora (2015) [11]. The result indicated that there is no significant difference between the Achievement Motivation and Resilience among Individual Sport Athletes.

5. Summary and Conclusion

This chapter encompasses the Major findings, Limitations of the study, Implications of the study, Delimitations of the Study and Scope for further study

5.1 Major findings

- There is no significant difference in the level of Achievement Motivation among Individual Sport Athletes and Team Sport Athletes.
- There is no significant difference in the level of Resilience among Individual Sport Athletes and Team Sport Athletes.
- There is a negative relationship, but not a significant relationship between achievement motivation and Resilience among Individual Sport Athletes.
- There is a negative relationship, but not a significant relationship between achievement motivation and Resilience among Team Sport Athletes.

5.2 Limitations of the study

- The study was conducted in a limited time period.
- The findings of the study cannot be generalized, as it is confined to Karnataka Athletes.

5.3 Implications of the study

The implication of the study is based on the opinions of the participants and result of the study, even though the research is not concerned about assessing the level of Achievement Motivation and Resilience. While collecting the data for the study, almost all the participants expressed that they need to enhance their level of Achievement Motivation and Resilience for their further growth. So certain psychological methods can be introduced to these Athletes.

- Sports organizations, coaches, and training programs can leverage the study's results to refine their methods, focusing on enhancing both achievement motivation and resilience.
- Tailored mental training programs can be developed for different types of athletes, leading to more effective and efficient training outcomes

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Author Profile



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