

# COMPARISON OF ACHIEVEMENT MOTIVATION AND EMOTIONAL INTELLIGENCE AMONG FOOTBALL PLAYERS

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**Abstract:** This study was conducted to comparison of Achievement Motivation and Emotional Intelligence among Football Players. Descriptive survey method was used in the study to obtain pertinent and precise information. The investigator selected 50 Football Players as sample through stratified random sampling technique for his investigation. For collection of data the investigator used standardized Sports Achievement Motivation Test (SAMT) and Mangal Emotional Intelligence Inventory (MEII). In order to explore the difference between samples on both the variables the investigator used t-test as a statistical technique. The objective the study was to find out the difference between rural and urban football players in their achievement motivation and the second objective of the study was to find out the difference between rural and urban football players in their Emotional Intelligence. The results of 1st and 2<sup>nd</sup> objective showed that there exists no difference between rural and urban football players in their achievement motivation and Emotional Intelligence. It can be explained that the mean score of rural football players and urban football having similarity, so rural and urban football players have equal achievement motivation and emotional intelligence levels. The present study was delimited to 50 football players (25 Rural and 25 urban football players). The investigator on the basis of result gave recommendations that only qualified and experienced coached and teachers should recruited to teach or training in the physical education subject or sports games.

**Keywords:** *Achievement Motivation, Emotional Intelligence and Football players.*

## Introduction

The performance of a participant now not just is predicated on his physical skills or productiveness of the understanding instead it likewise is predicated usually upon his psychological training. It has been found in range of cases and introduced or announced in newspapers and distinct wellsprings of the media. Inside the modern length of sports activities competition the sports activities psychology has made a

noteworthy commitment in upgrading the overall performance of the sports humans.

Sports psychologists have accentuated the means of persona characteristics attitudes, achievement motivation, self-assurance, emotional intelligence and loads of different psychological factors that influence execution of athletes (Porat, Lufi et. al, 1989).

Football in India became unfold all through the times of the British Empire. Many soccer golf equipment in India were made all through this time, and pre-date a few of the institutions and golf equipment, like FIFA, which can be most important in the sport today. The primary recorded recreation in India came about between 'Calcutta club of civilians' and 'the gentlemen of Barrackpore' in 1854. Soccer in India has a non-stop records that stretches back in to the 19th century. Many clubs can observe their origins again to the Eighties rivalries really exist which have been challenged for the reason that time that period. This evaluation will go about as an advent to this history and expects to outline the important thing events and figures in the narrative of football in India.

In competitive sports uniquely to football things have changed somewhat recently, the game has become quicker, yet additionally the strain on the players. Football match-up is a space of use of principles, strategies and methods of analysis, appraisal and improvement for advancing the performance of footballers. Newspaper account mirror the performance utilized before or during rivalry and TV sports pundits, observers and investigators dig into the puzzling of clarifying startling athletic performances. Football as such game where players interact directly and simultaneously to accomplish a genuine that includes colleagues working with the movement of a ball as per a bunch of rules to score objective and to keep the resistance from scoring. These days in the each round of sports for example group game and individual game players are performing week, while requesting them and audits from some concentrated on those clarified a few purposes for it like there are absence of methods, not steady climate by the guardians, mentors and associations. From them the many investigations or investigates investigated the strain of their

home, tensions, stress, less reasonable capacity, absence of inspiration and the ability to understand individuals on a profound level these sorts of psychological issues are there due to those our Indian football players couldn't proceed according to their capacity. Thus, it is generally imperative to concentrate on the psychological issues identified with the football players for their better performance accordingly. It is miles appropriate to symbolize the formerly noted psychological elements and study their pertinence to sports overall performance.

Over the last three a long time, research on motivation in game have followed a cognitive method. One method, fulfillment purpose theory, has become one of the main procedures to information recreation motivation. Dreams are cognitive representations of the various purposes people might also have in achievement conditions, and are attempted to manual behavior and cognition, and affect academic, work, or game situations.

Achievement motivation can be characterized because the athlete's inclination to approach or avoid an aggressive state of affairs. From a broader perspective, it carries the concept of need, or need to dominate. The craving to attain accomplishment in recreation is something however an innate power, like craving or thirst, but is affordable one this is created or discovered in the wearing surroundings. The exceptional clarification of method avoidance war state of affairs for the athlete is given by using the McClelland Atkinson version of achievement motivation. In its maximum trustworthy shape, it proposes that fulfillment motivation is a component of two develops. Those two builds are (a) the cause to reap success, and (b) the concern of failure. The intent to reap achievement is believed to deal with an athlete's inborn motivation to have interaction in an exciting interest. The concern of failure is a psychological build associated with cognitive state anxiety. In keeping with this concept, a character's longing to go into an achievement situation is an element of the relative qualities of those two builds the idea system to acquire achievement and the worry of failure. Assuming a character's longing to participate in the interest is extra than the concern of failure, then, at that point, all things considered, the person will play out the interest.

Sport performance has taken an extraordinary jump throughout the most recent twenty years. Innovation has upgraded our degree of performance significantly through further developed hardware and wholesome items. Harking back to the 1980's it was adequate to be fitter than your rival, that would get the success; it was sufficient to have more specialized abilities, it would guarantee the high ground; in any event, having strategic abilities would consider a benefit. Today in any case, everyone is as fit, as in fact and strategically progressed as their adversary. The playing fields have been evened out by and by. What could give us the edge that we are frantically searching for to surrender us the one on our rivals.

Football is a game that requires close to home associations among colleagues, resilience of stress and dissatisfaction, emotional limitation and emotional reactivity at different occasions - word related pre requisites which can be reflected in evaluations of emotional intelligence. The situational requests of this career to reflect an equilibrium of cutthroat and helpful talents, physical abilities, and mental developments, which includes interpersonal and intrapersonal characteristics.

Intelligence comprises the vital trait of humans. The level of intelligence is pondered through the clearness of direction, notion and pastime in a novel's behavior. It includes Copyrights @Kalahari Journals

information the precise circumstance in which the singular tracks down himself, and fittingly reacting to it. It incorporates digestion of records, managing of information, really apt determination of an option out of the big range of alternatives provided, and objective navigation. sooner or later, intelligence incorporates in acting in a given situation with utilization of previous experience, with due recognize to what mainly is novel inside the situation, and to the whole circumstance in place of to a few striking splitting of it. It is a manner having know-how into the manner in to the whole situation or problem.

Football is a sports which require all above referred to psychological characteristics however the variables for example achievement motivation, emotional and are chief significant at all levels of the interest. Little work has been executed on those variables within the discipline of sports but, a crucial assessment of exploration studies led in our kingdom supply apparent evidence that now not many analyst have endeavored to take a look at the impact of psychological variables like achievement motivation and emotional intelligence on the overall performance of football players. In this way the investigator chose to deal with these variables and attempted to set up the way that these variables truly impact the performance at various degrees of interest and going to compare in the present study.

#### **Significance of the Study:**

Achievement Behavior is a perplexing interaction and when it must be applied in sports it become considerably more basic to sort out the influences of specific psychological factors those have a positive just as negative impact. The review would be useful to the physical education teachers, coaches, trainers, professionals and scientists in the field of physical education by letting them to comprehend the connection between the psychological factors that might influence the exhibition of the competitors among the football players. The review would help the approach creators of sports to comprehend the significance of the psychological variable and sports execution embraced for study. The review would open another aspect in preparing the football players. The review might make interest among others understudies, scientists to take comparative investigations or with other psychological variables at various levels so Indian football might gain its lost glory or appreciation.

#### **Statement of the Problem:**

Keeping in view the purpose of the study and after reviewing the available literature, the study is stated as "*Comparison of Achievement Motivation and Emotional Intelligence among Football Players.*"

#### **Objective of the Study:**

- To study the difference between Urban and Rural football players with respect to their achievement motivation.
- To study the difference between Urban and Rural football players with respect to their emotional intelligence.

#### **Hypotheses of the Study:**

- There exists no significant difference between mean scores of achievement motivation of Urban and Rural football players.
- There exists no significant difference between mean scores of emotional intelligence of Urban and Rural football players.

#### **Operational Definition of key terms:**

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**Achievement Motivation:** Achievement motivation as a configuration of activities and feeling associated with endeavoring to accomplish some internalized standard of excellence in execution. It is the combination of psychological forces which coordinate and sustain behavior in the direction of powerful accomplishment of a few goal which gives a feel of achievement.

**Emotional Intelligence:** Emotional intelligence implies the capability to monitor one's personal and other's emotions for instance Intrapersonal Awareness: being familiar with one's own feelings, and Interpersonal Awareness: being familiar with others feelings or Intrapersonal Management: dealing with one's own feelings and Interpersonal Management: overseeing others feelings, to segregate amongst them and to utilize the knowledge to guide one's thinking and action.

**Football:** Football is a sport where various parts of the body can be utilized, aside from hands for the field players. To keep the ball action and control by utilizing of the distinctive legal parts of the body was perceived as the football technique.

## Reviews

**Kumar and Deepla (2011)** considered to discover the degree of achievement motivation among individual game sportsperson and group game sportsperson. The example for the review comprises of 100 individual game player and 100 group game players the people who have partaken in the entomb school competitions of Osmania University, Hyderabad. It was observed the individual game players were having more achievement motivation than group game players.

**Singh, Ahmed and Hussain (2010)** explored the sports achievement motivation of male and female badminton players, with the end goal of the review they selected 140 (70 male and 70 female) badminton players from north zone intervarsity badminton championship. Their aftereffects of the review showed no critical difference among male and female badminton players in their degree of sports achievement motivation.

**Ali (2010)** analyzed the relationship of sports achievement motivation with the exhibition of the badminton players, they chose 80 male badminton players (40 superior workers and 40 low entertainers) for the reason for their review from north zone intervarsity badminton championship. They found insignificant difference among high and low entertainers corresponding to the sports achievement motivation.

**Saklofske (2007)** concentrated on connection between emotional intelligence, character and exercise; they enlisted 497 Canadian undergraduates as an example for their study. The aftereffects of their study showed that there is huge distinction between emotional intelligence of competitor and non-competitor people. Additionally, aftereffects of this review showed that degree of relational intelligence that is a part of emotional intelligence, is higher in the athletes of aggregate game than individual ones.

**Parveen and Iqbal (2007)** examined the contrasts among female and male athletes of Hyderabad city concerning their emotional intelligence. With the end goal of the review they utilized 70 male and 70 female athletes as an example. After the culmination of the investigation they discovered that female athletes are more emotionally keen than the male piece of the populace.

**Wagner, Moseley, Grant, Gore and Owens (2002)** concentrated on the Physicians' emotional intelligence and

patient fulfillment. In this study they researched the connection between patient fulfillment and doctors' emotional intelligence. Patient subjects were enlisted at the conclusion of an office visit and finished a patient fulfillment study they discovered that there is a restricted connection between the doctors' emotional intelligence and patient fulfillment.

## Summary of the Review:

In the field of sports there are very less number of research was conducted on team game players related to football game with respect to psychological variables. So there are not previous record of studies related to football players with achievement motivation and emotional intelligence available. So, the researcher made the plan and discussed with her guide with empirical proof or data and selected a specific problem related to compare the achievement motivation and emotional intelligence of football players.

## Research Method:

Research methodology plays a vital role in good research. It is a systematic investigation into existing and new knowledge gained the way to systematically clear up the research problems. It may be understood as a technology of studying how research is completed scientifically. Preserving in view the identical, present examine has employed Descriptive Survey approach. The descriptive research technique has undoubtedly been the maximum famous and widely used studies method in sports education.

## Sampling Technique:

A sample is a miniature picture of the complete organization from which information can be taken. Sampling region is the unit of location which is taken from population. To be able to get a representative sample the researcher could be collected the records from 50 football players who are studying in urban and rural area of Khalsa College from Amritsar district of Punjab state only, while applying purposive sampling method underneath the nonrandom sampling approach.

## Tools Used for the Present Study

For all types of research, an investigator calls for sure instruments to acquire authentic records to discover new horizons/ fields. The choice of appropriate tool is of important importance for properly nice of studies. Tools are nothing but the instrument that helps the researcher to collect data. Following tools were utilized by investigator for the collection of information inside the take a look at:

- Sports Achievement Motivation Test (SAMT)
- Mangal Emotional Intelligence Inventory (MEII)

## Procedure of Data Collection:

After that the data collection schedule was framed, to the extent possible at the convenience of the data providers and with adequate time to respond. As per the planning of data collection by the researcher he explained the purpose of the research to the selected sample or subjects and administered the suitable scales or tools for the present study and after the data collection researcher tabulated the data for analyzing the while and planed the suitable statistical techniques for testing his framed hypothesis on the basis of objectives of the study.

## Statistical Techniques:

Statistics is a set of decision-making techniques which helps to researcher for collection, presentation, analysis and interpretation of numerical data. These are the methods of

mathematical formulas, models and techniques which helps statistical evaluation of raw research data. The application of statistical strategies extracts records from studies records and provides specific approaches to degree or examines the first-rate outcomes of research. In the gift have looks at the subsequent statistical techniques can be used for data analysis:-

- Mean and percentage were used for computation of data to find out the levels of achievement motivation and emotional intelligence of the players.
- T-test was used to determine the significance of difference between means scores of the sample groups.

**1<sup>st</sup>Objective: Results pertaining to the difference between rural and urban football players in their achievement motivation.**

One of the objectives of the present study was to study the achievement motivation of football players with respect to locality, so for this purpose the investigator used a standardized scale of achievement motivation. Data were analyzed by t-test and the obtained results were tabulated the interpreted in the light of the following hypothesis:

**Hypothesis**

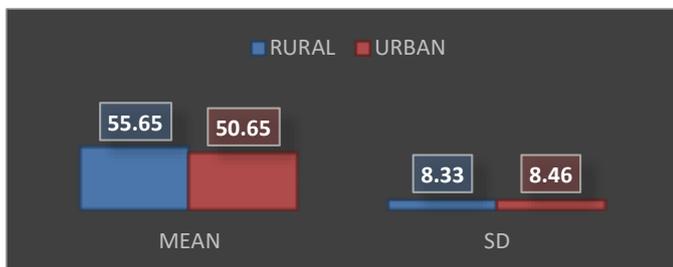
**No.1.** There is no significant difference between rural and urban football players in their achievement motivation.

**Table No. 4.3. Showing the data of difference between rural and urban football players in their achievement motivation**

Locality	N	Mean score	SD	t-value	Level of significance	
Rural	25	55.65	8.33	6.02	0.01 level	0.05 level
Urban	25	50.65	8.46		S	S

S=Significant

**Figure No. 4.3. Showing the data of difference between rural and urban football players in their achievement motivation.**



A look at the above table and figure 4.3 shows that the mean score of the football players 55.65 found to be 55.65 and urban is 50.65 respectively and the SD computed for rural football players is found to be 8.33 and for urban is 8.46 respectively. As per the statistical rules degree of freedom (DF) calculated is 48 and t-value calculated is 6.02 than the t-value is compared with the table value and result interpreted which is no significant at both 0.01 and 0.05 level of significance.

This indicated that there exists significant no difference between rural and urban football players in their achievement motivation. It further can be explained that the mean score of rural football players and urban football having similarity.

It shows that rural and urban football players have equal achievement motivation levels. Based on the above stated findings hypothesis no. 3<sup>rd</sup>, i.e. “there exists no significant difference between rural and urban football players in their achievement motivation, is thus rejected.

**2nd Objective: Results pertaining to the difference between rural and urban football players in their emotional intelligence.**

Another objective of the present study was to study the emotional intelligence of football players with respect to locality, so for this purpose the investigator used a standardized scale of emotional intelligence. Data were analyzed by t-test and the obtained results were tabulated the interpreted in the light of the following hypothesis:

**Hypothesis**

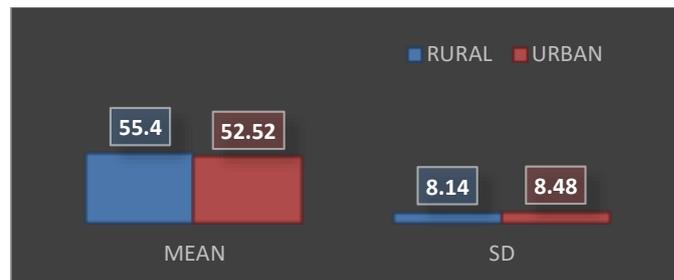
**No.2.** There is no significant difference found between rural and urban football players in their emotional intelligence.

**Table No 4.4. Showing the data of difference between rural and urban football players in their emotional intelligence**

Locality	N	Mean score	SD	t-value	Level of significance	
Rural	25	55.40	8.14	7.37	0.01 level	0.05 level
Urban	25	52.52	8.48		S	S

S=Significant

**Figure No. 4.4. Showing the data of difference between rural and urban football players in their emotional intelligence**



A look at the above table and figure 4.4 shows that the mean score of emotional intelligence of the football players rural found to be 55.40 and urban is 52.52 respectively the SD computed for rural football players is found to be 8.14 and urban is 8.48. Than the t-value calculated were 7.37 which is no significant at both 0.01 and 0.05 level of significance.

This indicated that there exists significant difference between rural and urban football players in their emotional intelligence. It further can be explained that the mean score of rural football players is (55.40) and urban football players mean score (52.52) having not much difference. It shows that rural and urban football players almost similar in their emotional intelligence. Based on the above stated findings hypothesis no. 2<sup>nd</sup> i.e. “there exists no significant difference between rural and urban football players in their emotional intelligence, is thus rejected.

## Conclusions:

On the basis of the analysis and interpretations done in the previous chapter the following conclusion have been drawn out:

Maximum football players are lying in average level of achievement motivation and emotional maturity which is justified as per federation for the distribution of sample in which maximum population on any construct lies in the average area and there are approximate equal deviations of comparative less percentage on the positive and negative sides. This may be due to the reason that performance in football of players and training they received vary from individual to individual. Achievement motivation is also depends upon how a player motivate to play and masters the specific techniques and use the min his performance process. So, many factors influence the achievement motivation of the players in their performance and differ from one player to another.

There was slightly difference on the variable of achievement motivation between urban and rural football players. Urban football players have little high level of achievement motivation in comparison of rural football players.

There was minor difference between urban and rural football players in their emotional intelligence. However, there was bit difference between urban and rural football players on the variable of emotional intelligence. Urban football players have slightly more emotional intelligence in comparison to rural football players. Both the variables having highly correlated with each other. Various other studies have been done in this regard and significant findings have been achieved (Ali, J., Rahaman, A. & Khan, M. T. (2010), Khna M.T., 2013, Khan and Devi R. (2019), Khan M.T. 2019

## Recommendations:

- Only qualified and experienced coached and teachers should be recruited to each or training in the physical education subject or games.
- Rural players need for remedial treatment to improve their performance in their game.
- Organizations should have to provide better conditions of service for both urban and rural football players to enhance their player's performance in the game.
- Teachers and coaches should have to motivate their players/students for the better performance.
- Teachers and coaches should have to develop their emotional intelligence of their players/students for the better performance.
- Policy maker need to make policies related to the players benefit so that players can perform better in their game without any burden, stress and family issues.
- Teachers and coaches' appraisal should be there to know the levels of their players' achievement motivation and emotional intelligence and steps should be taken immediately to enhance the performance of their students and players.

## Suggestions for further research:

Keeping in view the findings of the present study, the following suggestions are being made:

- The study may be conducted on large sample to get more reliable results.
- The study may include the whole state of Punjab.
- Similar studies can be conducted on other games and sports.

- The scope of the study can be widened to cover international, all India inter university and state level sports persons.
- A comparative study may be conducted on East, West, North and South-Zone of players.
- Other psychological variables which have been left unattended in this study may be included in other studies to have a broader under-standing of the psychological makeup of the players.
- In future, a series of studies need to be conducted considering the important psychological variables and their relationship to performance of the players.

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