Impact of Socio-Economic Status, Achievement Motivation on the Performance of State Level Kho-Kho Players of Karnataka

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Abstract

Physical Education and sports deals with physical, physiological, sociological and mental pursuits. Amid preparing, other than great body and wellness of the competitor, primary accentuation is laid on the improvement of different sorts of aptitudes associated with the amusement and also on instructing the systems, procedures and strategies of the diversion. As of not long ago, the mentors have been giving careful consideration to the social and mental components which despite the fact that have been demonstrated to add to execution in occasions in the higher focused games. It is just as of late that games executives and mentors have understood the significance of the mental planning and preparing of players to empower them to hold up under the strain and stresses natural in sports investment. Along these lines, now the games mentor and mentors have begun giving more significance to the mental molding or the building the mental make-up of the players previously their challenges in the national and universal rivalries.

The point of higher games in this period of rivalry is to win in universal meets or to accomplish top execution in rivalry. With a specific end goal to achieve the objective and fulfil the social desire the players additionally buckle down, overlooking their solaces in their everyday lives and practice for a long time a day. Unless the players are arranged rationally and mentally for the challenge, they are not ready to accomplish the coveted outcomes. The mental preparing must be given to the players by the mentors to confront unpleasant circumstance happening amid the opposition.

Keywords: Achievement, motivation, performance

Introduction

Physical Education and sports deals with physical, physiological, sociological and mental pursuits. Amid preparing, other than great body and wellness of the competitor, primary accentuation is laid on the improvement of different sorts of aptitudes associated with the amusement and also on instructing the systems, procedures and strategies of the diversion. As of not long ago, the mentors have been giving careful consideration to the social and mental components which despite the fact that have been demonstrated to add to execution in occasions in the higher focused games. It is just as of late that games executives and mentors have understood the significance of the mental planning and preparing of players to empower them to hold up under the strain and stresses natural in sports investment. Along these lines, now the games mentor and mentors have begun giving more significance to the mental molding or the building the mental make-up of the players previously their challenges in the national and universal rivalries.

The point of higher games in this period of rivalry is to win in universal meets or to accomplish top execution in rivalry. What's more, it is on this factor the mentors attempt to think. With a specific end goal to achieve the objective and fulfill

the social desire the players additionally buckle down, overlooking their solaces in their everyday lives and practice for a long time a day. Unless the players are arranged rationally and mentally for the challenge, they are not ready to accomplish the coveted outcomes. The mental preparing must be given to the players by the mentors to confront unpleasant circumstance happening amid the opposition.

Psychology and Sport

In aggressive games, mental planning of a group is as imperative as showing them the distinctive aptitudes of an amusement with logical strategies. In nowadays, the groups are readied to play, as well as to win the amusements. Furthermore, to win the recreations, it isn't just the capability in the aptitudes, which matters, yet in addition the soul and state of mind of the players with which they play. The mental state of mind of every individual player and in addition of the group can help or prevent their execution. The vast majority of the mentors concur that the physical qualities, aptitudes and preparing of the players are critical, however they likewise feel that great mental or mental planning for rivalry is an important segment for progress. The branch

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of brain science which is personally associated with human conduct on the playfield-both under training and focused circumstances with a view to realize subjective change in execution, is called Sport Psychology.

Achievement Motivation
Inspiration is a fundamental component of human identity. It coordinates a man's action and makes it pretty much powerful. Without the want to succeed other mental highlights and capacities don't give almost such a great amount of effect on execution. Accomplishment inspiration impacts different elements influencing execution in don like: physical planning, system, strategies and even way of life.

Concept of Performance
The idea of games execution has been deficiently investigated in light of the fact that games execution is a confounded multi-dimensional procedure of handling a games undertaking. Its investigation additionally needs a coordinated exertion with respect to different preparing science controls and hypothesis and strategies for particular games. Human development, human execution is a subject for such changed sciences as exercise, physiology, neuro-physiology, biomechanics, brain research, human robotics and so forth (Brook and Whiting, 1975).

The sports performance is a process-the process of tackling a given motor task. The degree, to which this task has been fulfilled, is the result of the process of tackling the motor task. Therefore, the concept of sports performance should include the actual process of tackling the task.

The sports performance is defined as, "unity of execution and result of sports action or a complex sequence of sports actions measured or evaluated according to agreed and socially determined names" (Schnabel, 1987).

The actual performance is the psycho-socio-biological process. The nature of sports performance can be understood completely only by studying this process. The study of this process will field variable information about the structure of performance thereby giving valuable information having implications about training. Therefore, it is of utmost importance to understand the sports performance as a unity of movement and its result.

Structure of the Performance Capacity
The performance capacity along with external factors determines the sports performance. Performance capacity is a complex performance, which is divided into five groups.

a) **Personality:** It consists of belief, values, interest, attitudes, temperament, mental capacities, personality traits, habits etc

b) **Condition:** It is also known as physical fitness. It consists of strength, speed, endurance and their complex forms

c) **Technique/Co-ordination:** It consists of technical skills, flexibility and coordinative abilities.

d) **Tactics:** It consists of tactical knowledge, tactical skill and tactical abilities

e) **Constitution:** It is consists of physique, body height and weight, size, width and length of body parts, body fat, lean body mass and stability of bones, joints etc.

All these five elements are between related and between subordinate. The level of significance of these elements for execution is unique and subsequently preparing for each game must be contrastingly planned to guarantee the ideal advancement of every execution factor for better and higher

games execution. Like the structure of competition performance, the different performance pre-requisites are the result and expression of co-ordination and energetic process of the human system. Hence, for further exploration of each performance pre-requisite an integrated effort on the part of various human sciences is necessary.

Statement of the Problem
The purpose of the study is to assess the impact of socio-economic status, achievement motivation on the performance of state level Kho-Kho players of Karnataka.

Objectives
The following are the main objectives of the study:
1. To assess the impact of SES on the performance of Kho-kho players.
2. To study the impact of Achievement Motivation on the performance of State level Kho-Kho players.
3. To examine sex differences in the performance of different sample sub groups.
4. To examine differences in the performance of difference sample sub groups ;of three age groups

Hypothesis
The following are the hypotheses of the present study:
1. There is a significant impact of SES on performance of kho-kho players.
2. There is a significance impact of Achievement Motivation on the performance of state level kho-kho players.
3. There will be sex differences in kho-kho performance of different sample sub groups.

There would be significant differences in kho-kho performance of three age groups

Significance of the Study
The importance of the psychological factors in competitive sports has been increasingly realized. Various scholars have categorically pronounced the fact that achievement motivation and SES plays a significant role in sports performance.

The present study makes an attempt to add to the existing knowledge of this particular aspect.

The study will also address itself to establish the extent to which an individual performance is impacted by achievement motivational, SES, etc.

The knowledge of this kind is more helpful to the coaches, trainee and other experts in the field of training and preparing the individuals (or athletes) for a higher level of performance.

Methodology
In this chapter the selection of subjects, selection of variables, method used for collection of data, steps adopted in the administration of the questionnaire and the statistical techniques employed for analyzing the data have been described.

The Sample: The study was conducted on the sample of 360 state level kho-kho players (male and female) selected from the state level competitions held in Karnataka state. Attempt was made to categorize the sample into equal sub groups based on socio economic status, achievement motivation, and age category. These will be accounted for assessing their impact on the performance of state level kho-kho players of Karnataka. The sample design based on SES, achievement motivation, sex and age is given the following tables.

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Table 1(a): Distribution of Sample on Socio Economic status

SES	Seniors		Juniors		Sub-juniors		Total
	Men	Women	Men	Women	Men	Women	
High	30	30	30	30	30	30	180
Low	30	30	30	30	30	30	180
Total	60	60	60	60	60	60	360

Table 2(b): Distribution of Sample on Achievement Motivation

AM	Seniors		Juniors		Sub-juniors		Total
	Men	Women	Men	Women	Men	Women	
High	30	30	30	30	30	30	180
Low	30	30	30	30	30	30	180
Total	60	60	60	60	60	60	360

Tools Used: The following Physical Fitness ability tests have been used to examine the performance level of the samples in the study.

1. Motor Ability Tests (AAHPER)

Table 3: Showing the motor ability in various unit measurement

Sl. No.	Motor Ability	Test	Unit of Measurement
1.	Speed	50 yard dash	Time
2.	Endurance	12 min. Run & Walk	Distance
3.	Flexibility	Sit & Reach test	Inches
4.	Agility	Shuttle run 10x4 Yards	Time
5.	Strength	Pull Ups	Score

2. Socio-Economic Status Scale: The SES scale is constructed by Dr.Rajeeve Lochan Bhardwaj (1971), this scale consists 7 items (areas) like family, social, education, professional, property, monthly income and caste perspective. The reliability of the test as been calculated by test and retest method. The scale was administered on a sample of 200 students and was re-administered on the same sample. The correlation between two scores was calculated by spearman brown formula and was found to be 0.76.

3. Sports Achievement Motivation Test (SAMT): Sports Achievement Motivation Test (SAMT) developed by M.L. Kamlesh (1990) was used to measure the achievement motivation of the players. The test consists of 20 statements; each statement has a maximum two (2) as a response value. When the subject ticked the high pole part, he is given two points, and when he touched the low pole, earned zero. Hence the total range was 0-40. The test re-test reliability of the questionnaire is .70.

Administration of Tests

For the collection of data from state kho-kho players the researcher had to seek co-operation from many quarters. He had to approach the directors of sports of various universities and colleges to ask for cooperation for collection of the data. The subjects were administered the tests at a place where no distraction or minimum distraction could be caused. All the three questionnaires were administered one after the other and before the commencement of the each test, the test instruction were read out to the students and they were allowed to ask questions, if any, about the test. in almost all the tests, the subjects were told to list their first response without any delay, to meet the demands of the tests. If any subject lagged

behind, he/she was allowed to complete the task as soon as he/she could. Each subject was asked to hand over the response sheet immediately after it was duly filled. After collecting the answer sheets from subjects researcher computed the result according to the manual of the tests. After the researcher divided whole sample in to two groups i.e., High Self-confidence and low Self-confidence group, high SES and low SES group and high achievement motivation and low achievement motivation group. After making the groups the researcher has conducted the AAHPER fitness test to find the performance of the sample subgroups.

Statistical Techniques Used

The following statistical tests were used in the present study:
i). t-test to examine differences in sample subgroups.
ii). Correlation-'r' to examine the relationship between the variables.

Analysis and Interpretation of the Data

The purpose of present study is to find the *Impact of Socio-Economic Status, Achievement Motivation on the Performance of State Level Kho-Kho Players of Karnataka*. There were 360 kho-kho players who were classified in to two groups based on sports participation, gender, and other demographic factors. The subjects were administered standardized tools and the results were subject to statistical analysis like t-test& correlation, and ANOVA and reported in the tables.

Table 4: Showing Mean, SD and t-values of physical fitness test-speed (50m dash) in different age groups of Men & women to their socio economic status: (N = 360)

Variables			Age		
			Sub-junior (Below 14)	Junior 14-18	Senior 18& above
Male (N=180)	HSES	M	9.58	9.02	8.16
		SD	2.71	2.16	2.01
	LSES	M	10.59	10.05	8.98
		SD	2.88	2.23	2.14
	t-values		3.48**	4.47**	3.90**
Female (N=180)	HSES	M	9.98	9.62	8.86
		SD	2.41	2.36	2.21
	LSES	M	10.99	10.75	9.98
		SD	2.28	2.43	2.64
	t-values		4.20**	4.52**	4.48**

The table No. 4 reveals the performance of male and female kho-kho players in relation to their high and low SES level. The SES male S-junior group has a mean of 9.58 where as the LSES male sub junior sample has the mean of 10.59 it means the S-Junior HSES sample have taken less time to complete the given task (50m dash) than S-junior LSES sample. The t-value 3.48 is significant. The HSES male junior group has a mean of 9.02 where as the LSES male junior sample has the mean of 10.05 it means the Junior HSES sample have taken less time to complete the given task (50m dash) than junior LSES sample. The t-value 4.47 is significant. The HSES male senior group has a mean of 8.16 where as the LSES male senior sample has the mean of 8.98 it means the senior HSES sample have taken less time to complete the given task (50m dash) than senior LSES sample.

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The t-value 3.90 is significant. The HSES female S-junior group has a mean of 9.98 where as the LSES female sub junior sample has the mean of 10.99 it means the S-Junior HSES sample have taken less time to complete the given task (50m dash) than S-junior LSES sample. The t-value 4.20 is significant. The HSES female junior group has a mean of 9.62 where as the LSES female junior sample has the mean of 10.75 it means the Junior HSES sample have taken less time to complete the given task (50m dash) than junior LSES sample. The t-value 4.52 is significant. The HSES female senior group has a mean of 8.86 where as the LSES female senior sample has the mean of 9.98 it means the senior HSES sample have taken less time to complete the given task (50m dash) than senior LSES sample. The t-value 4.48 is significant. There is significant differences found in the performance of kho-kho players in speed test and the same result found in between inter age group samples. The high socio economic status male kho-kho players of all age groups have of shown high performance in speed test comparing to low socio economic status group.
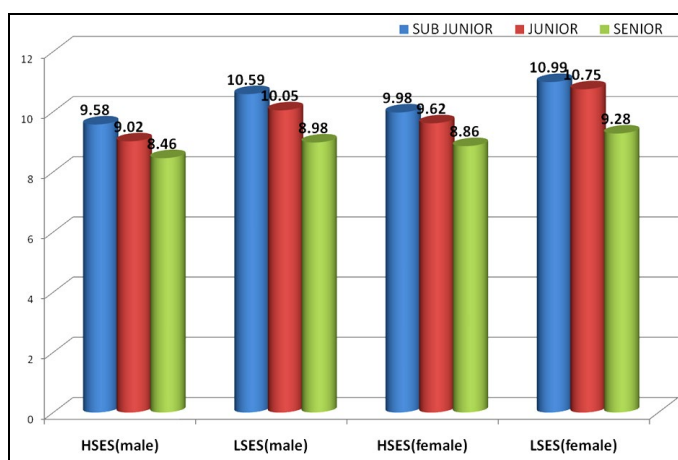

Fig 1: SES and speed performance among different age group of men & women

Table 5: Showing Mean, SD and t-values of physical fitness test-Endurance (12 min run & walk) in different age groups of men & women socio economic status: (N = 360).

Variables			Age		
			Sub-junior (Below 14)	Junior 14-18	Senior 18& above
Male (N=180)	HSES	M	2474.3	2569.1	2641.3
		SD	289.2	294.1	299.5
	LSES	M	2351.2	2397.5	2451.3
		SD	256.1	267.6	276.3
t-values			4.28**	6.00**	6.25**
Female (N=180)	HSES	M	2174.3	2269.1	2341.3
		SD	259.2	244.1	279.5
	LSES	M	2051.2	2097.5	2151.3
		SD	216.1	264.6	225.3
t-values			4.89**	6.39**	7.10**

The table No. 5 reveals the performance of male and female kho-kho players in relation to their high and low SES level. The HSES male S-junior group has a mean of 2474.3 where as the LSES male sub junior sample has the mean of 2351.2 it means the S-Junior HSES sample have taken less time to complete the given task (12 min run & walk) than S-junior

LSES sample. The t-value 4.28 is significant. The HSES male junior group has a mean of 2569.1 where as the LSES male junior sample has the mean of 2397.5 it means the Junior HSES sample have taken less time to complete the given task (12 min run & walk) than junior LSES sample. The t-value 6.00 is significant. The HSES male senior group has a mean of 2641.3 where as the LSES male senior sample has the mean of 2451.3 it means the senior HSES sample have taken less time to complete the given task (12 min run & walk) than senior LSES sample. The t-value 6.25 is significant.

The HSES female S-junior group has a mean of 2174.3 where as the LSES female sub junior sample has the mean of 2051.2 it means the S-Junior HSES sample have taken less time to complete the given task (12 min run & walk) than S-junior LSES sample. The t-value 4.89 is significant. The HSES female junior group has a mean of 2269.1 where as the LSES female junior sample has the mean of 2097.5 it means the Junior HSES sample have taken less time to complete the given task (50m dash) than junior LSES sample. The t-value 6.39 is significant. The HSES female senior group has a mean of 2341.3 where as the LSES female senior sample has the mean of 2151.3 it means the senior HSES sample have taken less time to complete the given task (12 min run & walk) than senior LSES sample. The t-value 7.10 is significant.

There is significant differences found in the performance of kho-kho players in Endurance test and the same result found in between inter age group samples. The high socio economic status male kho-kho players of all age groups have of shown high performance in Endurance test comparing to low socio economic status groups.
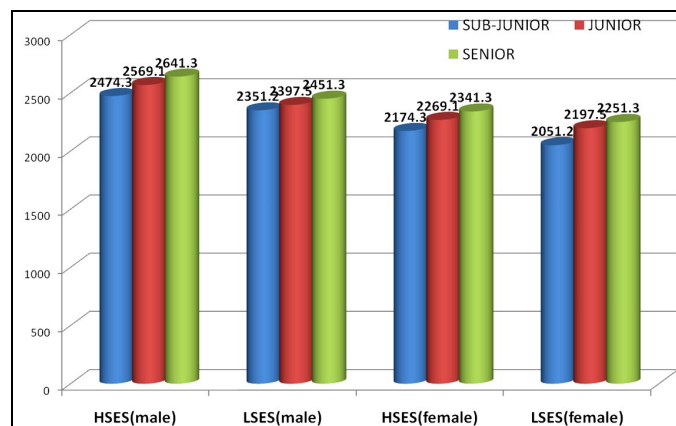

Fig 2: SES and endurance performance among different age group of men & women

Table 6: Showing Mean, SD and t-values of physical fitness test-in Strength (Standing Broad Jump) in different age groups of women socio economic status: (N = 360)

Variables			Age		
			Sub-junior (Below14)	Junior 14-18	Senior18& above
Male (N=180)	HSES	M	7.96	7.89	6.99
		SD	3.15	3.11	3.02
	LSES	M	7.14	7.05	6.13
		SD	3.45	3.66	2.24
t-values			2.41*	2.40*	3.07**
Female (N=180)	HSES	M	8.62	7.92	7.47
		SD	3.25	3.31	3.42
	LSES	M	7.44	7.05	6.38
		SD	3.02	3.41	2.98
t-values			3.27**	2.48*	3.30**

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The Table No. 6 reveals the performance of male and female kho-kho players in relation to their high and low SES level. The HSES male S-junior group has a mean of 7.96 where as the LSES male sub junior sample has the mean of 7.14 it means the S-Junior HSES sample have taken less time to complete the given task (Pull ups) than S-junior LSES sample. The t-value 2.41 is significant. The HSES male junior group has a mean of 7.89 where as the LSES male junior sample has the mean of 7.05 it means the Junior HSES sample have taken less time to complete the given task (Pull ups) than junior LSES sample. The t-value 2.40 is significant. The HSES male senior group has a mean of 6.99 where as the LSES male senior sample has the mean of 6.13 it means the senior HSES sample have taken less time to complete the given task (Pull ups) than senior LSES sample. The t-value 3.07 is significant.

The HSES female S-junior group has a mean of 8.62 where as the LSES female sub junior sample has the mean of 7.44 it means the S-Junior HSES sample have taken less time to complete the given task (Pull ups) than S-junior LSES sample. The t-value 3.27 is significant. The HSES female junior group has a mean of 7.92 where as the LSES female junior sample has the mean of 7.05 it means the Junior HSES sample have taken less time to complete the given task (Pull ups) than junior LSES sample. The t-value 2.48 is significant. The HSES female senior group has a mean of 7.47 where as the LSES female senior sample has the mean of 6.38 it means the senior HSES sample have taken less time to complete the given task (Pull ups) than senior LSES sample. The t-value 3.30 is significant.

There is significant differences found in the performance of kho-kho players in strength test and the same result found in between inter age group samples. The high socio economic status male kho-kho players of all age groups have of shown high performance in strength test comparing to low socio economic status groups.
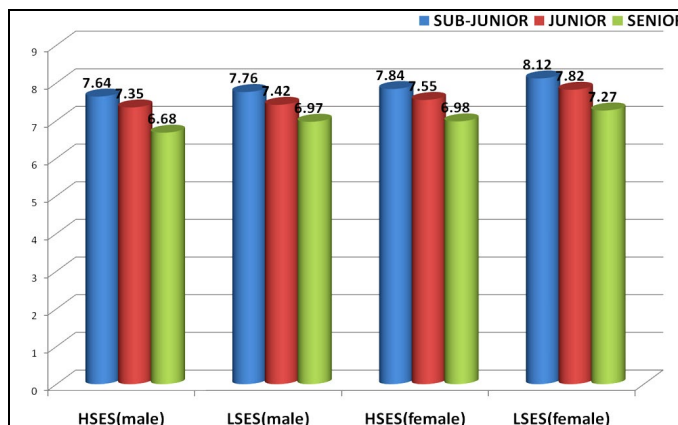

Fig 3: SES and strength performance among different age group of men & women

Table 7: Showing Mean, SD and t-values of physical fitness test-Agility (10 x 4 yards meters shuttle run) in different age groups of men & women socio economic status: (N=360)

Variables			Age		
			Sub-junior (Below14)	Junior14-18	Senior18&above
Male (N=180)	HSES	M	9.79	9.61	9.34
		SD	1.56	1.36	1.18
	LSES	M	10.96	10.46	10.28
		SD	1.49	1.35	1.26
t-values			7.31**	6.07**	7.83**
Female (N=180)	HSES	M	9.89	9.66	9.47
		SD	1.26	1.16	1.08
	LSES	M	11.96	10.96	10.48
		SD	1.39	1.15	1.36
t-values			13.8**	10.83**	8.41**

The **Table No. 7** reveals the performance of male and female kho-kho players in relation to their high and low SES level. The HSESmale S-junior group has a mean of 9.79 where as the LSES male sub junior sample has the mean of 10.96 it means the S-Junior HSES sample have taken less time to complete the given task (10 x 4 yards meters shuttle run) than S-junior LSES sample. The t-value 7.31 is significant. The HSES male junior group has a mean of 9.61 where as the LSES male junior sample has the mean of 10.46 it means the Junior HSES sample have taken less time to complete the given task (10 x 4 yards meters shuttle run) than junior LSES sample. The t-value 6.07 is significant. The HSES male senior group has a mean of 9.34 where as the LSES male senior sample has the mean of 10.28 it means the senior HSES sample have taken less time to complete the given task (10 x 4 yards meters shuttle run) than senior LSES sample. The t-value 7.83 is significant.

The HSES female S-junior group has a mean of 9.89 where as the LSES female sub junior sample has the mean of 11.96 it means the S-Junior HSES sample have taken less time to complete the given task (10 x 4 yards meters shuttle run) than S-junior LSES sample. The t-value 13.8 is significant. The HSES female junior group has a mean of 9.66 where as the LSES female junior sample has the mean of 10.96 it means the Junior HSES sample have taken less time to complete the given task (10 x 4 yards meters shuttle run) than junior LSES sample. The t-value 10.83 is significant. The HSES female senior group has a mean of 9.47 where as the LSES female senior sample has the mean of 10.48 it means the senior HSES sample have taken less time to complete the given task (10 x 4 yards meters shuttle run) than senior LSES sample. The t-value 8.41 is significant.

There is significant differences found in the performance of kho-kho players in agility test and the same result found in between inter age group samples. The high socio economic status male kho-kho players of all age groups have of shown high performance in agility test comparing to low socio economic status groups.
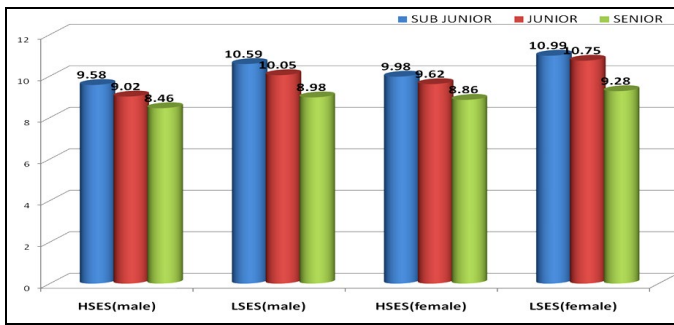
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Fig 4: SES and agility performance among different age group of men & women

Table 8: Showing Mean, SD and t-values of physical fitness test-Agility (10 x 4 yards meters shuttle run) in different age groups of men & women to their achievement & motivation: (N = 360)

Variables			Age		
			Sub-junior (Below14)	Junior14-18	Senior18& above
Male (N=180)	HAM	M	9.55	9.34	9.06
		SD	1.86	1.46	1.13
	LAM	M	10.23	10.05	9.69
		SD	1.38	1.26	1.16
	t-values		4.00**	5.07**	5.25**
Female (N=180)	HAM	M	10.65	9.64	8.76
		SD	1.66	1.56	1.73
	LAM	M	11.23	10.55	9.85
		SD	1.58	1.36	1.26
	t-values		3.41**	6.06**	7.26**

The Table No. 8 reveals the performance of male and female kho-kho players in relation to their high and low AM level. The HAM male S-junior group has a mean of 9.55 where as the LAM male sub junior sample has the mean of 10.23 it means the S-Junior HAM sample have taken less time to complete the given task (10 x 4 yards meters shuttle run than S-junior LAM sample. The t-value 4.00 is significant. The HAM male junior group has a mean of 9.34 where as the LAM male junior sample has the mean of 10.05 it means the Junior HAM sample have taken less time to complete the given task (10 x 4 yards meters shuttle run than junior LAM sample. The t-value 5.07 is significant. The HAM male senior group has a mean of 9.06 where as the LAM male senior sample has the mean of 9.69 it means the senior HAM sample have taken less time to complete the given task (10 x 4 yards meters shuttle run than senior LAM sample. The t-value 5.25 is significant.

The HAM female S-junior group has a mean of 10.65 where as the LAM female sub junior sample has the mean of 11.23 it means the S-Junior HAM sample have taken less time to complete the given task (10 x 4 yards meters shuttle run than S-junior LAM sample. The t-value 3.41 is significant. The HAM female junior group has a mean of 9.64 where as the LAM female junior sample has the mean of 10.55 it means the Junior HAM sample have taken less time to complete the given task (10 x 4 yards meters shuttle run than junior LAM sample. The t-value 6.06 is significant.
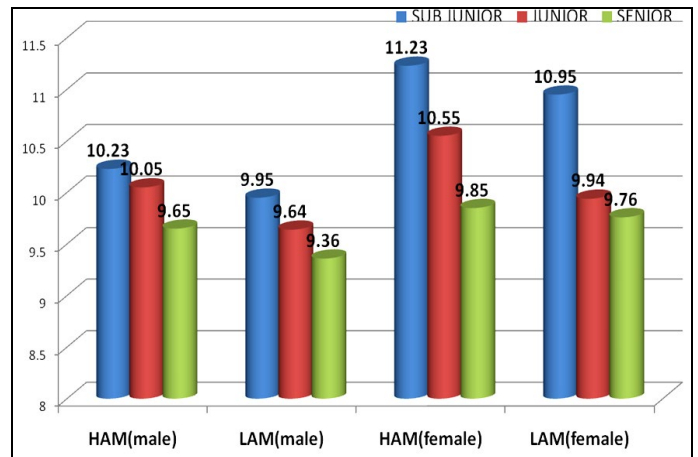

Fig 5: Achievement motivation and agility performance among different age group of men & women

Conclusion

There is significant difference in high and low SES kho-kho players (men & women) in relation to their performance and High SES kho-kho players are having high performance than low SES players in Speed (50m dash) test performance, Endurance test performance (12min run and walk), Strength test performance (Pull ups), Agility test performance (10X4 yard shuttle run). There is significant difference in high and low Achievement Motivation kho-kho players (men & women) in relation to their performance and High Achievement Motivation kho-kho players are having high performance than low Achievement Motivation players in Speed (50m dash) test performance.

There is significant difference in high and low Achievement Motivation kho-kho players (men & women) in relation to their performance and High Achievement Motivation kho-kho players are having high performance than low Achievement Motivation players in Endurance test performance (12min run and walk), Strength test performance (Pull Ups),Agility test performance (10X4 yard shuttle run),Flexibility test performance (Sit & reach test).

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