

COMPARATIVE STUDY ON SPORTS MOTIVATIONAL LEVEL OF FEMALE AND MALE FOOTBALLERS

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ABSTRACT

The objective of the study is to assess and compare the motivational level of the Female and Male Football Players. For the purpose of the study thirty (30) Senior National Women Football Players and fifty (50) Inter-University Male Football Players were selected for the purpose of the study. The average age of the players were ranged from 18 to 24 years. And to assess the motivational levels of the athletes the Sports Motivation Scale (28 SMS) questionnaire by Pelletier et al. (1995) was used. The descriptive statistics such as mean, standard deviation, std. error mean etc. were used and for the comparison of both female and male footballers on the factor of Sports Motivation Scale the independent “t-test” was employed. The mean and standard deviation of the factors of Sports Motivations of female and male are as follows; Intrinsic Motivation to Know (IMTK) (23.32 ± 3.47) and (21.92 ± 4.32), Intrinsic Motivation to Experience Stimulation (IMTES) (22.20 ± 4.52) and (20.26 ± 4.51), Extrinsic Motivation Identification (EMIF) (20.88 ± 4.77) and (20.38 ± 4.20), Intrinsic Motivation to Accomplish (IMTA) (21.98 ± 4.06) and (21.10 ± 3.96), Extrinsic Motivation External Regulation (EMER) (20.08 ± 3.61) and (21.10 ± 4.91), Extrinsic Motivation Introjection (EMIJ) (22.06 ± 3.88) and (20.56 ± 3.91), and Amotivation (AMT) (20.94 ± 4.18) and (19.88 ± 3.68). The descriptive statistic also shows that the female and male scores are negatively skewed in all the factors of sports motivations except Extrinsic Motivation External Regulation (0.059) in female, which implies majority of the selected footballers scores are above the mean value and possess better interest and motivated in playing football. And also, the Kurtosis values of all the scores obtain by both female and male are insignificant as the values are lesser than twice the standard error of Kurtosis, which resembles that the scores are more scattered from the modal value. The Independent t-test results shows that all the factor Intrinsic Motivation to Experience Stimulation ($p = .034$) only exists significant difference as the obtain p value was less than 0.05 ($p < .05$). This implies that in spite of similarities in nature of sports events there exist significance difference on Intrinsic Motivation to Experience Stimulation. And rest the factors exists similarities as the obtain p value were greater than 0.05 ($p < .05$). The female and male footballers have got the similar level of motivation, enjoyment and self-confidence while actively involved in playing football and participated at any level of competition.