

## A COMPARATIVE STUDY OF ACHIEVEMENT MOTIVATION AMONG TRIATHLON ATHLETE AND NON-ATHLETES MALE

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### Abstract:

Achievement motivation is the inner drive to succeed and excel in sports characterized by persistence in the face of challenges, a desire to master skills, and a focus on high-level performance. The main purpose of this study was to compare achievement motivation among triathlon athlete and non-athletes male. To obtain the data the investigators selected total 100 ( $N=100$ ) subjects; ( $N=50$ ) inter college level triathlon athlete and ( $N=50$ ) subjects non-athletes male from Pune University affiliated various colleges of in Nashik district. Deo-Mohan Achievement motivation (n-Ach) scale were used for this study; the age group of 18-25 years. The study was admitted to compare between the group. It was hypothesized that there would be significant differences achievement motivation among triathlon athlete and non-athletes male. To analyse the collected data  $t$ -test was employed. The finding of the study indicated that there was significant differences among the group as  $t(0.01,98)=5.01$

**Key words:** Triathlon, Athlete, Non-Athletes, Achievement Motivation

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### Introduction:

Achievement motivation is the inner drive to set challenging goals, strive for excellence, and find satisfaction in personal accomplishment and success, independent of external rewards. Developed by psychologists like David McClelland and John W. Atkinson, this concept explains the psychological basis for aspirations and accomplishments, highlighting the role of factors such as self-efficacy, personal beliefs, environmental influences, and the balance between the desire to succeed and the fear of failure.

### Need for Achievement (n-Ach):

Individuals with a high need for achievement are intrinsically motivated to do things better, efficiently, and to a higher standard than others. They seek challenging roles, prefer clear, rapid feedback, and are driven by the internal satisfaction of achieving goals rather than material rewards.

### Goal-Oriented Behavior:

High achievement motivation leads to behaviors like setting high standards, persisting in efforts, and continuing to work toward accomplishing difficult goals, even when faced with setbacks.

### **Intrinsic vs. Extrinsic Motivation:**

Achievement motivation can be influenced by intrinsic factors (like the personal satisfaction of success) and extrinsic factors (like approval or rewards).

### **Atkinson's Theory:**

Atkinson's theory proposes that achievement motivation is a combination of the desire to succeed (tendency to achieve success) and the desire to avoid failure (tendency to avoid failure). The interplay between these two motives influences an individual's approach to challenging situations.

Factors Influencing Achievement Motivation

### **Self-Efficacy:**

A person's belief in their ability to succeed in a particular situation is a significant factor.

### **Environmental Factors:**

The surrounding environment, including cultural influences, can shape the level of one's need for achievement.

### **Personal Beliefs:**

Individual beliefs about effort and talent play a role in how people explain their successes and failures, which in turn influences future motivation.

### **Feedback:**

A desire for quick and constructive feedback helps individuals with high achievement motivation improve their performance.

### **Objective:**

1. To study the achievement motivation of triathlon athletes and non-athletes.
2. To compare the achievement motivation of triathlon athletes and non-athletes.

### **Hypothesis:**

1. There will be significant differences achievement motivation among triathlon athlete and non-athletes male.

### **Variables:**

#### **I) Independent variables:**

triathlon athlete male  
non-athletes male

#### **II) Dependant variable** - Achievement motivation

**SAMPLE-** This test have administered of the total 100 (N= 100) subjects;(N=50) inter college leval triathlon athlete and (N=50) subjects non-athletes male from Pune University affiliated various colleges of in Nashik district. .The age group of 18-25 years.

**TOOL :-** Deo-Mohan Achievement motivation (n- Ach) scale were used for this study.

**Data Analysis:**

‘t’ on the basis of data collection the results were analyzed by calculating mean values, SD and ‘t’ ratio.

**Result table:**

table ‘t’ showing the significant differences among triathlon athlete and non-athletes male in terms of their achievement motivation.

No.	Class	N	Mean	SD	‘t’	Level of sig.
1	triathlon athlete	50	148.58	7.79	5.01	0.01
2	non-athletes	50	140.39	7.79		

**Df= 98**

**Standard error of differences =1.102**

In the above table triathlon athlete mean is 148.58 (SD=7.79) and non- athletes male mean is 140.39 (SD=7.79). The obtained ‘t’ value is 5.01 which is significance(0.01). This means that there is significant differences among triathlon athlete and non-athletes male in terms of their achievement motivation. Research indicates that athletes generally exhibit higher achievement motivation compared to non-athletes, driven by the inherent competitive nature of sports, which cultivates a strong desire to succeed, set goals, and demonstrate excellence. This higher motivation is linked to enhanced self-confidence, a greater willingness to take on challenges, and persistent effort toward mastering skills and achieving high standards in performance.

**Conclusion:**

Result shows that there is significant differences among triathlon athlete and non-athletes male in terms of their achievement motivation. It means triathlon athlete have high level of achievement motivation than non athletes male.

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