

A Comparison of Male and Female Football Players' Motivation for Achievement

¹*Dr. Man Singh

¹ Associate Professor, Indira Gandhi Institute of Physical Education and Sports Sciences, University of Delhi.

Cite this paper as: Dr. Man Singh (2024). A Comparison of Male and Female Football Players' Motivation for Achievement. *Frontiers in Health Informatics*, 13 (8) 1123-1125

Abstract:

This study investigates the differences in achievement motivation between male and female football players at the intercollegiate level. Forty football players (20 male, 20 female), aged 18–25, from the University of Delhi participated in the research. Data was gathered using Kamlesh's (1990) Sports Achievement Motivation Test (SAMT). Male players showed greater achievement motivation than their female counterparts ($p = 0.003$), according to statistical research employing descriptive statistics and an independent t-test. The findings highlight the need for gender-sensitive psychological training in sports settings.

Keywords: Achievement motivation, Gender differences, Football players, Sports psychology, Intercollegiate athletes

INTRODUCTION

Achievement motivation plays a pivotal role in influencing an athlete's performance, persistence, and willingness to engage in goal-oriented behavior. It reflects an individual's drive to excel, overcome challenges, and attain personal and competitive success (McClelland, 1988). In sports contexts, achievement motivation often determines the extent to which athletes invest in training, handle competitive pressure, and sustain their commitment over time (Weinberg & Gould, 2018). Understanding the psychological underpinnings of athletic behavior is critical for optimizing performance and developing effective coaching strategies.

Football, as a globally dominant sport, demands not only physical prowess but also significant psychological resilience. Motivation in football can vary based on intrinsic factors such as personal satisfaction and passion for the game, or extrinsic factors such as rewards and recognition (Deci & Ryan, 1985). Gender-based differences in motivation have drawn increasing attention in sports psychology, with studies suggesting that male athletes are often more driven by competition and achievement, while female athletes tend to value teamwork and personal growth (Kerr, 2004; Roberts, 2012). These differences may be influenced by socialization patterns, cultural expectations, and access to opportunities, all of which shape how athletes perceive and pursue success.

Despite growing research in this domain, there remains a need for empirical investigations into achievement motivation among male and female football players, particularly in the Indian context. This study addresses this gap by comparing the achievement motivation levels of male and female intercollegiate football players using a standardized psychological measure. The findings aim to inform coaching practices, encourage gender-sensitive motivational strategies, and contribute to the broader understanding of how gender influences sports participation and performance.

METHODOLOGY

SELECTION OF SUBJECTS

The sample consisted of 40 intercollegiate football players (20 male, 20 female) aged between 18 and 25 years, selected through random sampling from the University of Delhi.

SELECTION OF VARIABLE

The study focused on one key psychological variable i.e. Achievement Motivation of male & female football players.

CRITERION MEASURE

The Sports Achievement Motivation Test (SAMT) developed by Kamlesh (1990) was used. It consists of 20 self-evaluation items scored on a 0–2 scale, with a maximum score of 40. The reliability of the test is 0.70.

STATISTICAL TOOLS USED

To ascertain gender differences in accomplishment motivation, descriptive statistics (mean and standard deviation) and an independent t-test were utilized. The threshold for significance was $p < 0.05$.

RESULTS

Table 1: Independent ‘t’ test between male and female football players.

Variables	Gender	N	Mean	S.D.	Std. Error Mean	Mean Difference	t	Sig. (2-tailed)
Achievement Motivation	Male	20	26.90	2.45	0.55	2.40	3.20	0.003
	Female	20	24.50	2.31	0.52			

There is a statistically significant difference in the achievement motivation of male and female football players, as indicated by the computed t-value of 3.20 and p-value of 0.003.

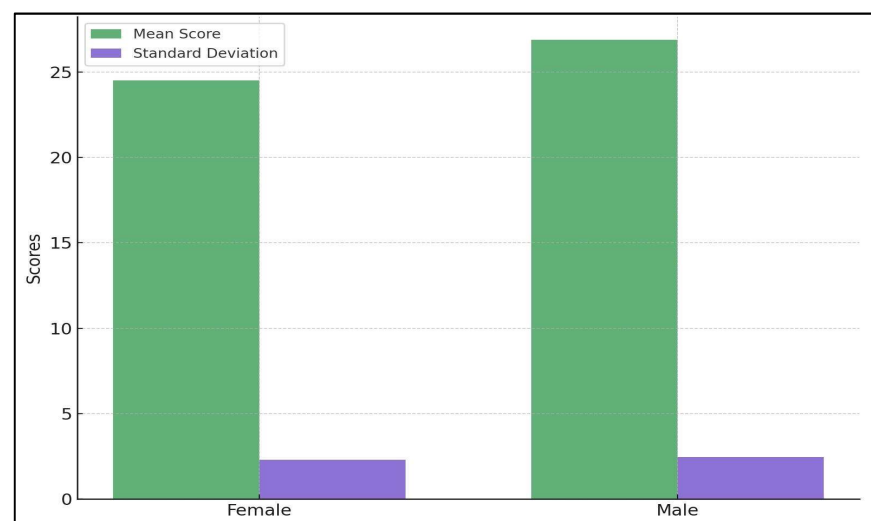


Figure 1: Represents the mean and standard deviation of the football players' achievement motivation scores, both male and female.

DISCUSSION

The results of this study indicate a statistically significant difference in achievement motivation between male and female intercollegiate football players, with male players demonstrating higher levels of motivation. This aligns with previous research suggesting that male athletes often exhibit stronger competitive tendencies and goal-oriented behavior due to societal norms and reinforced gender roles in sports (McClelland, 1988; Weinberg & Gould, 2018). These findings also support Kerr's (2004) assertion that male athletes are more extrinsically motivated, often driven by external rewards such as recognition, status, and competitive success. On the other hand, while female athletes may also exhibit strong commitment, their motivation is more likely to be influenced by intrinsic factors like personal growth, enjoyment, and social connections (Roberts, 2012; Deci & Ryan, 1985).

These differences in motivation have significant implications for coaching and athlete development. Coaches and sports psychologists should adopt gender-sensitive approaches to motivation, recognizing that a one-size-fits-all strategy may not be effective. Female athletes may benefit more from supportive environments that emphasize personal development, team cohesion, and constructive feedback, whereas male athletes may respond better to competitive challenges and performance-based goals (Smith & Smoll, 2002). Moreover, given the moderate levels of motivation observed in both groups, there is scope to implement structured psychological skills training programs that enhance intrinsic motivation, boost confidence, and reduce fear of failure across genders (Weinberg & Gould, 2018). Future research should explore motivational dynamics in different sports, competitive levels, and cultural contexts to develop more inclusive and effective intervention strategies.

CONCLUSION

The study confirms a significant gender difference in achievement motivation among intercollegiate football players, with males showing higher levels. These findings underscore the importance of implementing gender-responsive motivation enhancement strategies in training programs.

REFERENCES

1. Deci, E. L., & Ryan, R. M. (1985). *Intrinsic motivation and self-determination in human behavior*. Springer.
2. Kerr, J. H. (2004). *Rethinking aggression and violence in sport*. Routledge.
3. McClelland, D. C. (1988). *Human motivation*. Cambridge University Press.
4. Roberts, G. C. (2012). *Motivation in sport and exercise* (3rd ed.). Human Kinetics.
5. Smith, R. E., & Smoll, F. L. (2002). *Psychological interventions in youth sports*. American Psychological Association.
6. Weinberg, R. S., & Gould, D. (2018). *Foundations of sport and exercise psychology* (7th ed.). Human Kinetics.