CHAPTER – I

INTRODUCTION
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The true innate authority in sports with royal blessings might have been carved out with the birth of humanism based on spiritual beliefs. The inception of monarchy in social phases inadvertently paved the way for sportsmanship qualities in the very beginning. The epoch where men considered sports as entertainment process have been irrevocably past and a new phenomenon has immerged with a different concept and reality. This new phenomenon of sports intervenes today in many fields of human endeavours for both the young and the old alike. Under the aegis of delicate diplomacy sports have flourished with divergent colours. Sports, thus, have experienced, in the long run, an enormous pressure both qualitatively and quantitatively with many positive and negative outcomes. The basic and the only goal of sports is that of good health and apart from health, sports with different interpretations like a boon of prophylaxis have been servicing against the noxious hazards to civilization of a healthy society. The belief of extreme principles with stringent performance in sports tend to deviate from the right goal of sports thereby curtailing the periphery of sports unexpectantly. The
method of applying hard and fast rule certainly increases unwanted stress and strain to sports persons.

Physical Education has tentatively merged various aspects of life into a unique reality with a long trace of historical backgrounds. It is a process that has taken place and still takes place in various informal and formal ways in every culture. From the time of primitive man to the present, either directly or indirectly, physical activity has played a vital role in the lives of all people. It is clear that the objectives of physical education have changed over the course of history from survival to satisfy socio-nationalistic needs and more recently for individual and social development.

Sports is one of the avenues of mankind's never ceasing strive for excellence. Its uniqueness lie in the intimacy between the physical happenings of our bodies and their repercussions on minds as well as in the general recognizability of the social and aesthetic values which sport endeavours. Sports evoke civilizations which involves profoundly modifying concepts of our environment.
Today, in the modern competition era every sportsman is in a race to excel the other, and competition has a fundamental mode of human expression as it is one of the very important functions by which National and International recognition and prestige is gained. From its very simple form, sports have emerged into a highly organised activity of human society and has become a complex social and cultured phenomenon.

The increased concern of society for the performance of athletes at the National and International level has transformed sports competition into a highly exciting enterprise. Regional and National prestige is frequently at stake. Society takes pride in the performance of athletes who represent a particular region or country. Perhaps this is the reason why athletes are under pressure to win and to create records. The whole process induces stress and allied responses in the athlete, the degree of which depends on his inner dispositions and the situational factors that surround him.

Sports, the general innate tendency, is a highly organised form of play with certain conducive applications. Various organisers are made ineffectual by stunting their growth and
development. The delicacy involve in sports may have varied and complexed behavioural issues. For example, great intensity felt by sports persons while putting efforts in intensified forms of competitions tend to undergo important changes on competitions. Physical Education Scientists are expected to master themselves in order to pin-point such scenario. Likewise, coaches have to be experts in skill training and be able to understand the mechanisms of human behaviour on the playfields under extremely diverse situations.

The impinging force and adaptability nature of sports have curved a niche in almost all the hearts of mankind today. It has slowly crept into our social institutions including education, art politics, law, mass communications and even to international diplomacy.

At each Olympic games and International competitions the standard of performance is raised and new records are set for human skill and endurance. Partially it is due to the improvement in sports facilities and equipments and mainly due to the development of modern training methods, and adoption of sports training on more scientific lines. Sports training has become more
efficient and effective as a result of applied and fundamental research in the era of mechanics, physiology, psychology, nutrition and sports medicine besides understanding the athletes in their totality. Competitions at all the levels are so keen that no coach or player can afford to neglect the application of scientific training principles that can give him an advantage over or at least keep them in a pace with their opponents.

Records and outstanding sporting achievement requires the highest standard of performance and maximum will power to achieve that standard. The limits of physical and psychological performance are being consistently advanced through training and competition. Evaluation and analysis of world championships, Olympic games etc. indicate that only those athletes will achieve impressive performance who are suited for the sports in question; who possess the necessary psychological and moral characteristics, who have an outstanding physical potential, who have perfect command of the technique and tactics of their sports and who have proved themselves over a number of years of competitions. It has become increasingly clear in the past few years that the highest standard of athletic excellence could be
achieved only by those who have developed the necessary pre-
requisites in their childhood and youth.¹

Modern competitive sports consists of a variety of different
disciplines, which in the course of history have evolved as groups
of physical exercises that have lent themselves particularly well to
comparison and matches. The dynamic development of sports
still continues to endeavour new forms. The past decade has
experienced a substantial increase in the number of sports in
which international championships are held.²

Training in sports is essentially an educational process. The
athlete is supervised and educated by the trainer, the sports
teacher, and the coach. Here, it is a matter of developing, the pre-
requisite essentials for sports in such a way that as a unity it
guarantee optimal development in performance. The quality of
work must always be run in conjunction especially with attitude,
ideals, self-concept, motives etc. Performance in sports reflects

¹ Deitrich Harre. Principles of Sports Training (Berline: Sportverlag, 1982),
² ibid. p.1
the state of development of physical and psychological pre-requisites for performance.\textsuperscript{3}

With each sports there is a disagreement with respect to the physical attributes, in order to excell under variety of potentially stress producing circumstances. In recent years sports scientist lay more emphasis on psychological aspects rather than physical preparation. Many research studies have proved this with regards to excellent performers in different sports. For example, Lee Evans said, that he lays more important to the psychological build up of the athlete and he tries to toughen the mental attitude of his trainee (Buch Reynold, world record holder in 400m race) and more than one occasion Evans has found his method was proved correct.\textsuperscript{4}

The modern sports training lays greater emphasis on preparing the athletes psychological represents dealing with psychological characteristics of the top level athletes, mental rehearsals of the training task etc. Not only that, new field of psychology which have come up very fast and is still progressing in leaps and bounds is that of “sports psychology”. It has helped

\textsuperscript{3} Gerhadt Sehmolinsky. \textit{Track and field} (Berline; Sportverlag, 1983), p.17.
the coaches to coach more effectively and athletes to learn more efficiently. No training in the sports field is completed without reference to the psychological study and psychological training of athletes. All other factors biological and sociological are being equal, psychological conditioning of an athlete decidedly determines his success or failure in competition.

Sports psychology as an applied psychology is the greatest blessing of the modern day sports science in this age. Within a short span of time, sports psychology had taken grant studies. The knowledge in all field of endeavour, specially of behaviour, has expanded to such an extend that it is difficult to discuss one aspect of behaviour without reference to others. Singer, states that "sports psychology explores one's behaviour in athletics". All present the psychological aspect have been emphasized and have become increasingly vital in the study of psychological

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6 M.L. Kamlesh; Psychology of Physical Education and Sports. (New-Delhi; Metropolitan Books Company Pvt.Ltd., 1983)
characteristics that limit the performance of an individual in a given sports at high level competition.⁷

Most people generally think of sports as a male activity and most of the sports behaviour as masculine behaviour. If our typical sport behaviours are masculine, we might ask now female behaviour in sports differs. In general, females are less competitive, less concerned with sports, their femininity are affected by the competitive outcomes of winning and losing, they are more oriented to social values and open to co-operative alternatives than values.⁸

Even the most documented sex differences are neither universal nor absolute. Most investigators acknowledge that biological factors have some influences on behaviour, but not that factors are absolute determinant. Instead the behaviour of females and males are over-lapped considerably, about 40% of females are more aggressive, have higher self concept, higher motivation than the average male. Similarly, many female are ⁷ Robert N. Singer. Myths and truth in sports psychology’ (New York: Hesper and Row Publishers, 1975), p.4 ⁸ Diane L.Gill. Psychological Dynamics of sports (Campaign, Human Kinatien Publishers Inc. 1948) pp. 79-82.
more competitive than many males. Even if biological sex has influence on competitive behaviour, the social psychological aspect of gender in sport and competition pose questions and implications for sports participants.  

Nervous variables influence sex difference when females and males are confronted with physical performance situations. Females and males may not necessarily experience and respond to sports arena in the similar way. Boys are more likely, even as young children, to express more conscious about physical activities than girls and are less likely to feel guilty about motivation, self-concept and aggression they do express. Girls are found more likely to evidence “dependency behaviour” in a variety of situations than boys.  

Motivation, the central core of learning process in life is the psycho-physiological condition of the organism which causes an individual to work or strive to fulfill his needs. Every human being needs motivation. An unmotivated person would not involve

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9 Diane L. Gill, *Psychological Dynamics of sports* (Campaign, Human Kinatien Publishers Inc. 1948) pp. 79-82
10 Reuben B. Frost; "Psychological concepts applied to physical education and coaching" (Massachusetts: Addition Wesley, 1971), p.61
himself in learning, competing against others and achieving, higher goals in life. In the absence of proper motivation, not only learning, process, but also life itself becomes an uninteresting uphill task.

Motivation in general is a process which indicates why people participate in sports the way they do. The urge to run and play when young, to excel when competing, to struggle when hindered, to prove something, when challenged, to escape when confined, to be aggressive when angered and to flee when frightened are typical of man as he matures and develops and moves through life's many dangerous and competitive situations.

An understanding of the nature of achievement motivation is helpful in understanding the kinds in general as well as individually in terms of what they do; how well they do and how long they continue in sports. Once one comes to know as to what works as a "driving force" it becomes easier to guide the athlete into achieving excellence, getting ahead, improving, upon past
record, beating competitions, doing things better, faster more efficiently and finding unique solutions to difficult problems.¹¹

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Wood,\textsuperscript{13} assumed that the incentive value of various goals that individuals perceived as available partially determine their motivation to participate in competitive sport. The theory of incentive motivation is till in infancy; however it revolves round at least seven major system: they are (i) Excellence, (successfully competing against a standard of excellence); (ii) Power (to influence, change and control the opinions and attitudes primarily of other athletes and coaches towards them) (iii) Sensation (to have exciting, interesting and sensory experiences providing in terms of novelty, uncertainty and complexity i.e. to seek


\textsuperscript{13} Cynthia Pemberton L. Glyn, C. Robert and Skin Kelkins, "Learning experience in sports psychology" (Illinoin: Human kinetic Publishers Inc,1986). p.77
excitement through sports; (iv) Independence (to do things without the advice or criticism of other athletes and coaches); (v) Success (to receive prestige, recognition, status and social approval for their achievement); (vi) Aggression (to physically dominate and psychologically intimidate other athletes); and (vii) affiliation (to attain, maintain and associate consolidate, worm interpersonal relationship, primarily with other players and coaches). A few studies conducted on the incentive motivation upheld that the major reasons why athletes participate in competitive sport fall under the incentive systems of excellence, affiliation, sensation and success.

One of the central issues in sports psychology is motivation. An insight into how to construct motivation in sports and physical activities is an important area of interest to sports psychologist and also has practical relevance for coaches, teachers and parents.¹⁴

The concept of motivation used in explaining the causes as to why some individuals have greater desire to compete and win than others. This is clearly reflected in the fact that between two

equally skillful individuals who are challenged by a difficult task, one is more capable of achieving success than the other. Thus the concept of motivation refers to the intensity and direction of behaviour. Where direction of behaviour indicates an individual's approach or avoidance to a particular situation, the intensity of behaviour relates to the degree of effort to accomplish the behaviour itself. This implies that motivation affects the direction, intensity and persistence of an individual's behaviour which influences the quality of performance of the individual. It is believed that motivation, whether intrinsic or extrinsic, is the reinforces of each and every activity which is performed by an individual and consist of motives, drives, and need.

When an athlete is highly motivated, practice is more effective and he becomes more efficient in activities and in turn his skill may be expected to improve more. But not all the athletes develop their interest in the sport with the same motive, nor they develop to the same extent.

Through an analysis of their behaviour, it has become possible to formulate notions about their behaviour. If we can assume that achievement in any given situation is reflected by capabilities and motivation, then we can readily understand and improve the achievement of those who are apparently poorly motivated for special activities and responsibilities.

The self awareness that the student develops in the process of interaction with people and environment leads to compare himself with peers in competition. It also develops the feeling of confidence and courage as a result of success or failure in his endeavours.

Psychologists in recent years began to realise that greater progress in understanding human behaviour can become possible through the study of the individuals as a whole. It is the concept of self which personifies the individuals as a whole. The self-concept is the individual's way of looking at himself. It also signifies his ways of thinking, feeling and behaving. The problem of measuring the self-concept to a large extent still remain unsolved. The difficulty in conducting research in such an area is that it is not very well defined. Moreover, the nature of the thing
under studies in a state of infancy. Nevertheless, some real progress have been made through certain studies. But many of these conclusions are still on a speculative level only.

When mind and body were thought of as two separate entities, physical education was obviously an education of the physical. With new understanding of the nature of human organism in which wholeness of the individual is the outstanding fact, physical education becomes the education through physical. With this view of operative, physical education is concerned with emotional responses, personal relationships, group behaviours, mental learning, and other intellectual, social, emotional and aesthetic outcomes.\textsuperscript{16}

The main objective of the test is to measure the self concept of the student participating in different games and sports. Self-concept is the most important simple attributant and the key to understanding the behaviour of the individual. The important role of self-concept as a determinant of human behaviour and its acceptance as a concise measure of personality is increasingly realised. Mostly present day educators and psychologists

\textsuperscript{16} Media Sub-Committee, 5th National Games, Govt. of Manipur; "Introduction to Manipur", p.1
consider that an individual's self concept is a critical fact of his personality. Adjustment, academic achievement and general behaviour are among the development features of an individual, which are subject to the influence of his self-concept.

Manipur the small state, is situated on the Eastern Frontier of India. It is a beautiful state with hills, valleys and lakes. Manipur has been variously described as "a flower on lofty heights," and "a paradise on earth." To endorse it all, Pandit Jawaharlal Nehru described Manipur as "a Jewel of India."\(^{17}\)

It is bounded on the East by Myanmar, on the North by the state of Nagaland, on the West by Assam and on the South by the state of Mizoram and between 93.03\(^{0}\)E and 94.78\(^{0}\)E longitude. It has an area of 22,327 sq.kms. Physically Manipur may be divided into two parts: the hills and the valley. The valley is at the centre surrounded by hills on all sides. The hills cover about 3/4 of the total area of the state. The valley is about .790 metres above the sea level and the hill ranges higher on the north

\(^{17}\) ibid, p. 1:2
and gradually diminishes in height as they reach the southern part.\textsuperscript{18}

The total population of the state as per 1991 census is 18,37,149 out of which 9,38,359 are males and 8,98,790 are females. The rural and urban population are 13,31,504 and 5,05,645 respectively and that of scheduled caste and scheduled tribes are 37,105 and 6,32,173 respectively. About one third of the population lives in the hills and mainly consist various of tribes. The density of population is 82 per sq.km. The sex ratio of the state is 958 females per 1000 males. The main occupation of the state is agriculture and small industries. Nearly 80\% of the people of Manipur are agriculturist and the main income of the state comes from agriculture and forest.\textsuperscript{19}

Imphal is the capital of Manipur. There are 9(nine) districts in the state, five in the hills and four in the valley. The five hill districts are Chandel, Churachandpur, Tamenglong, Senapati and Ukhrul; and the four valley districts are - Imphal West, Imphal

\textsuperscript{18} ibid., p.3
\textsuperscript{19} Media Sub-Committee, 5th National Games, Govt. of Manipur; "Introduction to Manipur, p.3
East, Thoubal and Bishnupur. Altogether there are 31 towns and 2,182 inhabited villages in the state.

The small state of Manipur has contributed much in India's Sports arena by producing many sports talented persons. Her sports persons have brought laurels in different games and sports in the National and International sports competitions. Thus the sports persons of Manipur have enhanced the glory of India in the sports area of the world. 20

The inhabitants of Manipur are generally short statured and Mongoloid in appearance except some exceptions. The physical feature of the inhabitants of Manipur are well suited for certain games and sports. Since the age of medieval period the people of Manipur have been clinching indistinctly with traditional games and sports like fencing, wrestling and horse polo.

The colonial rulers fancied much with the crude forms of traditional games and sports of Manipur. They even tried to alleviate the qualities of traditional forms of games. The neighbourhood inhabitants of Manipur acknowledged with the

20 Diane L. Gill, "Psychological Dynamics of Sports" (Champaign; Human Kimties Publishers Inc: 1948) pp.79-82
superiority of Manipur swordsmanship. On many occasions the swords men of Manipur have caused havoc and terror to the neighbouring states and even the British colonial government had tasted with defeating bitterness in the hands of Manipur swordsmen.

Traces of great zeal and valour are still apparently flourishing with intermittent phases. People of Manipur are well conducive to certain types of games and sports. The much essential factors of games and sports are strength and stamina. Self-conscious and motivation follows later on as a guiding principle. An athlete is placed on a stage of triumph if he is well equipped with innate qualities. All these essential factors are naturally well knitted to the sportpersons of Manipur. The only gap which is lacking towards a high degree of performance is that of privilege and inadequacy of facilities. Although the improvement is at a snails pace but it is within a conscious limit.

**Purpose of the study:**

The main purpose of the study was "A Study of Gender Difference on Self-Concept and Motivation Among the Sportpersons of Manipur"
Statement of the Problem:

The purpose of the study was to survey the existing motivational and self conceptional problems which affects the performance of sportpersons in the state of Manipur and also to investigate the different cause due to motivational and self conceptional factors among male and female athletes. In order to make this study a successful, the following points are considered necessary:

1) To investigate whether the motivational and self conceptional factors really affect the performance of the sportpersons of Manipur.

2) To study whether there is any difference in motivation and self conceptional level between male athletes and female athletes.

Delimitations:

There are many sportpersons in Manipur in different disciplines of games and sports. But the study is confined to only for some selected sportpersons of Manipur in unselected games and sports, the following delimitations are detected:
1) The study is delimited to the sportpersons of Manipur who are receiving Sports Talents Scholarship and who do not receive any of such talent scholarships during the period of 1999-2002.

2) The study has been delimited to the sports-men and sports-women of Manipur in unselected selected games and sports.

Limitations:

1) The study is confined to male and female sportpersons of Manipur who have been selected at random during the year 1997 to 2002 only.

2) The datas and information relied upon are directly collected from the selected subjects of two hundred sportpersons of Manipur both male and female.

3) The study is not confined to only certain types of games and sports, but the whole ambit of games and sports are covered.
Hypothesis:

1. It was hypothesised that there is a significant difference between the male and the female sportpersons of Manipur in their motivational and self conceptional levels.

2. Further, it was also hypothesised that the male sportpersons of Manipur have a higher motivations and self concepts than the female sports persons of Manipur.

Definitions and Explanations of the terms:

Gender:- Sex refers to the biological features based on categories of male and female and Gender refers to the psychological features frequently associated with these biological state. In concerned with sports psychology we usually focus on social psychological aspects of personality and behaviour, and thus the role of Gender are the terms typically used to refer to those characteristics and behaviours.  

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Motivation: Motivation, the central core of learning process in life, is the psycho-physiological condition of the organism which causes and individual to work or strive to fulfill his needs. Every human being needs motivation. An unmotivated person would not involve himself in learning, competing against others and achieving higher goals in life. In the absence of proper motivation, not only learning process but also life itself becomes an uninteresting up-hill task.

Kelly has defined motivation as, "Motivation is the central factor in the effective management of the process of learning. Some type of motivation must be present in all learning."²²

Self-Concept: Self-concept may be defined as the sum total of the view which an individual has about himself or herself. It is a unique set of perception, ideas and attitudes one has of one self. The important dimensions of self concept are body self, social self, cognitive self and self esteem.

²² Diane L. Gill. "Psychological Dynamics of Sports" (Champaign; Human Kineties Publishers Inc; 1948), pp.79-82.
Self-concept is the image of oneself. Psychologist has different opinion of this term. In general self concept or self consciousness make an individual to know:

i) What he is?

ii) What others think about?

iii) What he himself thinks about himself?

In the total universe of the living animals, it is only man who possesses personality because he is conscious of himself. It helps sportsmen to evaluate himself. Whether he is superior or inferior with regard to others in his own estimation. Sportsmen in general have high self-concept about themselves such as self confidence, consistent, respect, regard, assertiveness etc. Self-concept makes the sportsmen conscious of their limit and limitations thereby making their effort not to get wasted. High self-concepts are found to be generally high achievers as per various studies conducted.

According to Kirchuer, self image is one of the most important factors in learning motor skill. He recommended that physical education activities must be presented in such a way

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23 Kelley, W.A. op.cit Chapter 17.
that every child achieves some success. As success in motor skills depends upon physical fitness, it could be postulated that physical fitness reflected through successful learning of a motor skill will enhance self image and thus it may hypothesised that there might be positive co-relation between self-concept and physical fitness.

**Significance of the study:**

The study is significant in the following ways :-

1. The study of Gender difference on Motivation and Self Concept will enable efficient planning for an ideal sports curriculum to the Government of Manipur.

2. It may help to the Youth Affairs and Sports, Government of Manipur, about the successful effectiveness of compulsory sports programme in the educational institutions.

3. The parent body of different disciplines of Games and Sports may be able to make suitable changes to attain better results in sports performance in Manipur.

4. The study will be an eye opener to the parents, public, administrators and authorities about the role played by
motivation and self concept in promoting efficiency among the sportpersons of Manipur.

5. Finding of the present study will be useful to the coaches and physical education teachers in giving coaching and training successfully and effectively to the sports students.