CHAPTER – III

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In order to effectuate the study of the present topic, the data collection pertaining to the self-concept and motivation to both female and male sportspersons of Manipur was the foremost step.

The following methods were adopted to collect the datas:

1. Sources of data:-
   
a. Interview:- Two hundred selected sportspersons with equal numbers of males and females of Manipur were personally interviewed and their responses towards the subject were carefully noted.

b. Visit:- Visited various associations of sports organisations and Youth Affairs and Sports Department to collect the lists of outstanding sportspersons.

c. Questionnaire:- “Incentive Motivation Inventory” method developed by N.L. Wood and Alderman along
with Tennessee self-concept scale and questionnaire were used at the analysis.

2. Procedure of Administration of self-concept and incentive motivation questionnaire:-

The selected subjects were consulted personally and their responses were scrupulously noted and the co-operation so received are highly solicited. Many of the respondents were met at the places where they could be conveniently tested and enquired into. The theme of the study was explained in plain and simple language and they were placed at their self-composure. After securing maximum confidence the two forms of questionnaires were distributed without fixing any particular time limit for the responses but the subjects were tried to evoke their responses as quickly as possible. The stated procedure were adopted on every different occasions.

**Self-Concept Questionnaire**

To obtain the best results and responses the subjects were personally approached at their residences and sports associations, grounds, offices, etc. The purpose of the study was
clearly explained to the subjects and the efforts put in the undertaking of the study were narrated for better cooperation.

Questionnaires were applied to the subjects after reading out the contents and full explanation of the meanings thereof. All the possible assistances were provided at various intervals and wherever required. All the doubts were clearly explained, if any, and made known.

The self-concept scale provides six separate and distinct dimensions of self-concept, viz. physical, social, temperament, educational, moral and intellectual self-concept. The practical efforts put on the distinct dimensions of self-concept for the study were:-

**Physical:** Individual’s view on health, physical appearance and strength.

**Social:** Individual’s sense of worth in social interaction.

**Temperamental:** Individual’s view if individuals prevailing emotional state or predominance of particular kind of emotional reaction.
Educational:- Individual's view of oneself in relation to school, teachers and extra-curricular activities.

Moral:- Individual's estimation of one's moral worth, right and wrong activities.

Intellectual:- Individual's awareness of their intelligence and capacity of problem solving and judgements.

Each item was provided with five alternatives. Responses were obtained on test booklets. There was no time limit but generally 30 minutes had been found sufficient for reminding to all the items.

Scoring:- The respondent were provided with five alternatives to give his/her responses ranging from acceptable to best acceptable description of his/her self-concept. The alternatives or responses were arranged in such a way that the scoring system for all the items remained the same i.e. 5, 4, 3, 2, 1 whether the items were positive or negative. If the respondent put (√)mark for the first alternative: the score was 5 points, the second alternative the scored was 4 points, the third alternative the score was 3 points, the fourth it was 2 points and the last alternative the
score was 1 point. The summated score of all the forty-eight items provided the total self-concept of an individual. A high score on this inventory indicates a high self-concept, while a low score indicated a low self-concept. The scores of each item were transferred to the front page against that item. All the scores of the eight items given in that column were added up and which represented that particular dimension of self-concept.

**Incentive Motivation Inventory**

The strength of attraction of the sports persons are tested by means of this method. The reasons for participation by the major sports persons are provided by incentive motivation and the required information for the competitive sports are made abundantly available to them. The incentive system had been classified into seven major heads viz. excellence, power, sensation, independence, prestige, aggression, affiliation. A modified version of their incentive system was by Alderman and
Wood to examine the more specific motivation of athletes. The "incentive motivation inventory" is an instrument for pre-recording and to evaluate the incentives for every sport persons, termed as subjects and it gives alternatives boosts to every sport persons to sports competitions.

The inventory contains 70 items. The questions and statements were evenly spread over on the seven incentive systems i.e. there were ten question statements for each system. The subjects responded by using a four point ordinal scale response inventory system for each item which varies from 1 to 4 viz. 1(never), 2(seldom), 3(often) and 4(always) in order to generate their feelings. Hence the maximum response score derived from the total inventory is 280 and minimum 70, and in the case of each system response score ranges from 7 to 40.

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The normative response intervals for each of the systems are given below:

- 0 – 18   Low
- 18 – 22  Below average
- 22 – 28  Average
- 28 – 32  Above average
- 32 – 40  High

The treatment of data emanating from the administration of IMI was done in accordance with the instruction of author and objective of the study.