

# Will to Win Attitude of Athletes at Different Levels of Performance

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## ABSTRACT

*The present study is an endeavor to explore the effect of will to win attitude on sports performance. A purposive method of sampling was used to include 300 position holder male athletes of colleges, universities and state.*

*Kumar & Shukla (1988) Will to Win Questionnaire was used for the collection of relevant information. The results indicate that will to win behaviour of athletes is an important factor which influences the athlete's performance. As per as their performance goes up, the will to win attitude also increases. On the other hand as per as their will to win increases, the level of performance also increases.*

## INTRODUCTION

Will to win is the strength of any human especially soldiers, farmers, sportsmen and athletes, his attribute, collective attitude and determination. It is athlete's power in his mind. It is an energy of intention, power of effecting one's intentions of dominating other persons. An athlete who has enough of will, he always leads the group and succeeds. Among those who have the capacity of will to win, always win the battle at border. An athlete who has the same will always succeeds in a competition.

Will to win always gives the energy to players of all sported games. It boosts the players to do something, compete energetically with full enthusiasm and

with great spirit. You can see the example of Gandhi ji, who displayed it in 1942 'Quit India Movement'. He instigated the people, "you have only two routes to live, either do something to compel the British rulers to leave the Country or die". So inspired and motivated by him, people gathered, all around India, to compel the rulers to leave the country. That's why India became Independent in 1947.

Will is the determination of the mind coupled with all bodily resources, strength, agility, speed, endurance etc. Athlete's goal is only victory, nothing short of it can make him happy. He has to win. That's why they do hard training in summers, in winters and rainy season for

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long hours, so that they can achieve their goal. He always moves, runs, jumps, swims or throw the implement by bearing fatigue or tiredness. They do this with the spirit of do or die. With the energy of more fast, more farther and then heavier under the conditions of fatigue.

An athlete, who is full of will to win spirit, always sees the sky higher and higher and kisses the victory. He always sees the eye of the bird, neither the tree nor its branches like Arjuna. Many times we have seen that we were leading in International Hockey Match by 3-0, but in the end we lost the match. What is this? This is lack of will to win. It has to be improved by psychological training, sports medicines, by telling stories of Guru Gobind Singh ji, Shiva ji Maratha, Rani Jhansi etc. It is also called the killing spirit. If we have enough spirit to win, then we can give our best performance at any international competition. It is a psychological trait of

any athlete. With this attitude, he prepares himself through best techniques available nearby, he feeds himself properly, he practices properly, he looks at the events of competition from all angles. His morale remains high, confidence always up.

We can see the example of flying Sikh S. Milkha Singh; S. Jarnail Singh, Footballer; S. Surjit Singh, Hockey player; cricketer, Sachin Tendulkar; S. Sardara Singh, Hockey player; Mary Kom; and Tennis player P.V. Sindhu; all of these had high spirit of will to win. That is how all are World Champions in their respective events.

#### METHODOLOGY

Before going through the data, it will be advisable to consult the norms given by the author of the test on the variable of will to win. The author gives the following mean scores based on a sample of 1000 male and female participants in competitive sports:

| Sex    | N   | Mean | SD   |
|--------|-----|------|------|
| Male   | 500 | 8.58 | 1.77 |
| Female | 500 | 7.19 | 1.80 |

The present study is based on primary source of data. The data was collected from 300 male athletes of college, university and state level position holders, through a questionnaire. After collection of data it was tabulated and also represented through figures. Simple statistical

techniques were used for analysis of data.

#### Questionnaire

For the collection of data, researcher used the questionnaire administered by Kumar and Shukla (1988). For the convenience of athletes, the questionnaire was



translated in Punjabi language, because all the athletes belonged to Punjab. There were 14 items in the test, such as - I strongly hate defeat. When I didn't play up to the mark I myself get upset. When I loose I feel irritated. I do not feel bad while adopting different sports techniques although I lose by adopting them. I always play to win. I feel sad regarding defeat of opponents. I do not get angry when my team-mates didn't

play up to the mark. Competitions are held for winning. I feel bad when we loose a match after tough competition.

### RESULTS & DISCUSSION

The motivating aspect is that as the level of performances increase from college to university and university to state, the graph of will to win also rises.

Table 1 reveals that college, university and state level athletes have mean score of 8.36, 9.69 and 11.12, on

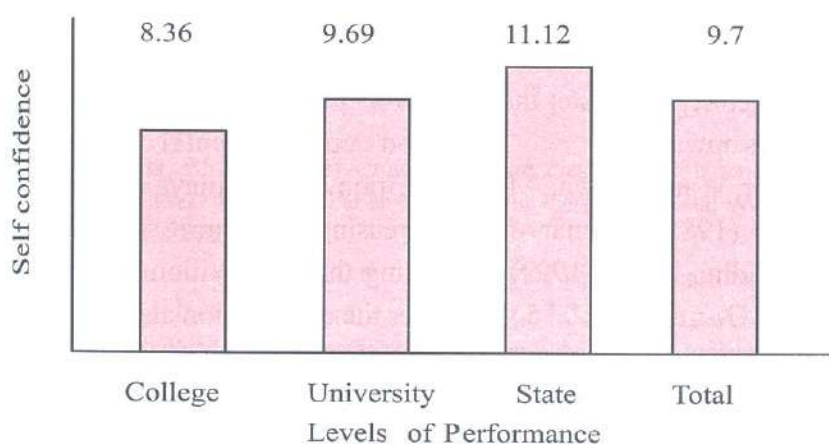
**Table-1: Will to win attitude of different levels of performance**

| Sr. No. | Level of Performance | N   | Mean  | SD   |
|---------|----------------------|-----|-------|------|
| 1       | College Level        | 100 | 8.36  | 2.10 |
| 2       | University Level     | 100 | 9.69  | 2.36 |
| 3       | State Level          | 100 | 11.12 | 2.11 |
|         | Total                | 300 | 9.72  | 2.47 |

will to win variable of athletes. As a whole the mean score of total athletes stands at 9.72. The analysis indicates that as the level of performance goes up from college to university and university to state, the will to win of

athletes rises accordingly. These results are also shown in Fig. 1.

The analysis of variance presented in Table 2 gives F value of the magnitude by 39.052 at df:2 statistically signature at .0 \* $p < .01$



**Fig.1: Will to Win of Athletes at different levels of performance**



The analysis of variance in scores on will to win of the athletes in three levels, college, university and state, points out that the athletes of three levels differ

**Table-2: (One way) Anova on Mean scores on will to win of athletes at Different levels of performance.**

| Description    | Sum of squares | df. | mean square | F      | Sig    |
|----------------|----------------|-----|-------------|--------|--------|
| Between levels | 381.047        | 2   | 190.52      | 39.052 | *p<.01 |
| Within levels  | 1448.99        | 297 | 4.879       |        |        |
| Total          | 1830.037       | 299 |             |        |        |

significantly in the magnitude of will to win, as the F ratio is 39.052.

The Table 3 confirms that the difference of scores on will to win become significant as the level of performance goes up from college to

state level. The athletes at state level have the highest magnitude of will to win.

### CONCLUSION

In conclusion it can be said that as the athletes move from lower level of

**Table-3: Matrix of Mean Differences in will to win of athletes at different levels of performance (Turkey Test)**

|                  | College Level | University Level | State Level |
|------------------|---------------|------------------|-------------|
|                  | 8.36          | 9.69             | 11.72       |
| College Level    | x             | 1.33*            | 2.76*       |
| University Level | 1.33*         | x                | 1.43*       |
| State Level      | 2.76*         | 1.43*            | x           |

\* P<.01

performance to the higher level, their will to win also increases significantly and this increase is statistically significant and level of performance going higher from college to state, the will to win also goes upwards.

Studies by Pezer, V. and Brown,, M. (1980); Diano, A. (1985); Kumar & Shukla (1988)' Sidhu, A.S. (1999); Ramakrishnan Gandhi (2015), Gopinathan, P. (2014), Ferrano, T. (1999); Conray, D.E. (2001); Baker, J. (1996); Woloscuk, W. (1986); Sidhu, A.S. (2006), Singh, Shamsher and

Dhaka, Deepak (2012) have already proved that will to win influences the sports performance.

Technical training, tactical training, sports psychology, sports medicine, good environmental facilities and nutrition always plays a major role in increasing that spirit. Encouragement during the competition and before and after the competition also plays a major role to increase the will to win.

The present study was limited to athletics and male athletes only. The will to win should be tested in more



games and female sportspersons also; so that the standard of sports can be improved. Special counselling courses must be arranged to enhance psychological strength of sports persons.

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