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## Passion in sports: A comparative study of male and female athletes

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### Abstract

**Aim:** The Aim of this study is to assess level of Passion in sports between male and female athletes at intercollegiate level of Mansa District

**Methodology:** For present research work a sample of 25 male athletes and 25 female athletes of Mansa district were selected.

**Tools:** To evaluate the passion between athletes Passion scale designed by Vallerand, R.J., Blanchard, C.M., Mageau, G.A., Koestner, R., Ratelle, C., Léonard, M., Gagné, M., & Marsolais, J. (2003) was used to assess the passion among athletes.

**Statistical analysis:** To find out the relationship among the research variables exists or not, t- test was used to test the significance of difference between the variables. Statistics for each characteristic were calculated; Mean, Standard deviation, Standard error of Mean. Data was analysed using SPSS (Statistical package for the social sciences). Statistical significance was set at  $p < 0.05$ .

**Results:** significant difference exist between male and female athletes on overall passion scale. Non-significant differences exist on harmonious passion scale and on passion criterion between male and female athletes. On obsessive passion significant difference exist between male and female athletes.

**Conclusion:** Passion helps in choosing and engaging individual in sports activity without passion the interest in sports become useless. Passion adds zeal in sports activity.

**Keywords:** Harmonious passion, obsessive passion, passion criteria

### Introduction

Every living organism has a Passion and purpose of life, without these two the life become meaningless. Without true passion (Intrinsic motivation) and 100% dedication one cannot achieve target in life. In sports some individual participate in sports without purpose and passion their participation in sports is limited to enjoyment. Coaches and parents involve their kids in sports for excellence, even the kids having natural talent fail to achieve the target the reason being lack of passion to achieve the target. A passionate athlete love to participate in toughest training and having urge to learn, his intrinsic motivation level is so high that all his weakness will be overpower by the passion he possess in his heart. Passion can be defined as "Passion is a strong emotion of desire or enthusiasm felt for another person or for an activity" The key components in passionate people are "Desire and Enthusiasm" passionate people have aspiration to achieve the target; the power behind the passionate people is hope and faith which elevate their passion. Hope is attempting something new and trusting a positive outcome will occur. Faith believes that your planning has bought off. To study passion in sports the dualistic model of passion (DMP) describes passion two types i) Harmonious Passion ii) Obsessive Passion.

### Harmonious passion

Refers to an autonomous internalization that leads individuals to choose to engage in the activity that they like. Harmonious Passion promotes healthy adaptation, with harmonious passion; there is a placid integration among the passionate activity and our identity. Thus, the activity occupies an important, but not overtaking, space in the person's identity and remains in harmony with other aspects of the person's life, harmonious passion helps in focusing the target.

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**Obsessive passion**

Refers to a controlled internalization of an activity in one’s identity that creates an internal pressure to engage in the activity that the person likes. Obsessive Passion thwarts healthy adaptation it by causing negative affect and rigid persistence. Due to obsessive passion the activity become the part of one’s personality in this situation activity controls the person.

**Passion development**

There are at least three procedures by which an interesting activity such as sport can transform into a passionate activity.

- (a) Activity selection.
- (b) Activity valuation.
- (c) The type of internalization process that takes place.

**Passion and performance**

Both forms of passion engage the athlete in intentional training which leads to improved performance. Researcher indicates that achievement goal act as mediator between both types of passion. In nutshell both types of passion helps for higher performance but to achieve highest performance through a painless, even happy, passionate participation in the sport to the highest level that it is harmonious in nature.

**Aim of the study:** The Aim of this study is to assess level of Passion in sports between male and female athletes at intercollegiate level of Mansa District.

**Methodology**

**Sample**

For present research work a sample of 25 male athletes and 25female athletes of inter college level was taken randomly. The subjects were selected randomly from Mansa District (Punjab).

**Limitation**

The study is limited to inter college level male and female athletes of Mansa District only.

**Tools**

Passion scale designed by Vallerand, R.J., Blanchard, C.M., Mageau, G.A., Koestner, R., Ratelle, C., Léonard, M., Gagné, M., & Marsolais, J. [12] (2003) was used to assess the passion among athletes. The passion scale consists of 17 self-repot-report questionnaires for the assessment of passion. The passion response are rated on a 7-point likert scale with response ranging from Not agree At all, Very Slightly Agree, Slightly agree, Moderately Agree, Mostly Agree, Strongly Agree, Very Strongly Agree, The passion scale has 3 subscales to assess the different kinds of passions.

- 1. Harmonious passion- 1, 3, 5, 6, 8, 10
- 2. Obsessive passion- 2, 4, 7, 9, 11, 12
- 3. Passion Criteria- 13 and 17

**Administration of test**

Questionnaire schedule was distributed among athletes and the purpose of the test was explained to the athletes any difficulty in filling the questionnaire was sought out, the scoring pattern was explained to the sports persons. After completing the test the questionnaire schedules were collected for scoring.

**Scoring**

Scoring was done by using the 7 point scale assessing passion

level between male and female athletes, Not agree At all=1, Very Slightly Agree=2, Slightly agree=3, Moderately Agree=4, Mostly Agree=5, Strongly Agree=6, Very Strongly Agree=7. The scale is designed to asses 3 different category of passion, Harmonious passion consist of 6 questions. Obsessive passion consists of 6 questions and Passion Criteria comprises 2 questions. Passion scoring ranges from 4-28 with higher scores indicating higher passion level.

**Statistical analysis**

To find out the relationship among the research variables exists or not, t-test was used to test the significance of difference between the means. Statistics for each characteristic were calculated; Mean, Standard deviation, Standard error of Mean. Data was analysed using SPSS (Statistical package for the social sciences). Statistical significance was set at  $p < 0.05$ .

**Result and Discussion**

**Table 1:** Passion scale

Male athletes			Female Athletes			
Mean	SD	SE m	Mean	SD	SE m	t-score
82	6.825	1.365	76.76	7.72	1.54	2.54*

\* $p < 0.05$

Table-1 shows the mean value of passion between male and female athletes the result indicates that male athletes shows higher mean value of 82 than female athletes showing mean value of 76.76 showing significant t-value of 2.54, the result indicates that male athletes were more passionate than their counterparts, this indicates that intrinsic motivation level in male athletes is high than female counterparts by which all their weakness will be overpower by the passion they possess in their heart. The results of Moen Fet.al [7] (2016) and Kelecek Selen and Aşçı F Hulya [5] (2013) supports the results of above study.

**Table 2:** Harmonious passion

Male Athletes			Female Athletes			
Mean	SD	SE m	Mean	SD	SE m	t-score
28.32	3.848	0.77	26.76	3.83	0.77	1.44

\* $p < 0.05$

Table-2 Indicates the mean value of harmonious passion between male and female athletes showing male athletes having higher mean value of 28.32 than female athletes having mean value of 26.76, showing nonsignificant t-value of 1.44. The results indicate male athletes were more adaptable with activity and more focused than female athletes. The results of Martin Eric Michael [6] (2016) and Briki Walid [2] (2017) supports the results of the above study that male athletes possess more harmonious passion than female athletes.

**Table 3:** Obsessive Passion

Male athletes			Female Athletes			
Mean	SD	SE m	Mean	SD	SE m	t-score
29.84	4.595	0.92	27.8	3.71	0.74	1.73*

$P < .05$

Table-3 Shows mean value of obsessive passion between male and female athletes, results indicate that male athletes shows higher mean value of 29.84 than female counterpart having mean value of 27.8 indicates significant t-value of

1.73 at  $p < 0.05$ , The above results indicates that athletes having obsessive passion was a positive predictor of mastery, performance-approach, and performance-avoidance goal pursuit. The studies of Szabo Attila *et al.* <sup>[11]</sup> (2018) and Kelecek Selen and Asci F. Hülya <sup>[5]</sup> (2018) also found that male players had more obsessive passion than female players.

**Table 4:** Passion criteria

Male athletes			Female Athletes			
Mean	SD	SE.m	Mean	SD	SE.m	t-score
8.88	2.666	0.533	8.56	2.46	0.49	0.44

$P < 0.05$

Table-4 Indicates the mean value of passion criteria between male and female athletes, showing higher mean value of male athletes 8.88 than female athletes having mean value of 8.56 indicating nonsignificant t-value of 0.44 at  $p < .05$  level. The results of the above study show that male athletes were more passionate towards their activity i.e. more love for their activity; spending more time and energy on their activity than female athletes.

### Conclusion

From the above study it shows that significant differences exist on overall passion between male and female athletes the results indicates that male athletes were more passionate than female athletes about their event of participation. In case of obsessive passion significant differences exist between male and female athletes it was concluded that male athletes shows more controlled internalization of the activity into one's identity than female athletes. Nonsignificant differences exist on the variable of Harmonious passion but results indicate that male athletes were more liberal in choosing the activity than female athletes the reason be social freedom. In case of passion criterion nonsignificant difference exists but results indicates that male athletes spent more time on activity than female athletes. It was further concluded that passion is the drive force which helps the athletes to achieve targets.

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