



## Effect of Incentive Motivation of Reading the Books on Study Skills of University Boys

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### Abstract

The purpose of the study was to find out the effect of incentive motivation of reading the books on study skills of university boys. For this study, thirty boys were selected from Tamilnadu physical education and sports university at random aged 22 to 24yrs. They were divided into two groups namely experimental and control groups. The collected data on study skills Questionnaire by M.Kanchana were statistically analyzed using dependent 't' ratio at 0.05 level was fixed as level of significance. The results of the study revealed that can be significant improvement in study skills of the university boys.

**Keywords:** Incentive Motivation, study skills.

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### Introduction

Now a day's more than 90 percent of the people are leading a mechanical life. Peoples are not find time to care good mind and fine body is the foundations of a healthy human life. Our ancient Indian traditions to understand that the yogic principles and the foundations for Indian culture. Yoga is not a religion. It is a science that regular the individual physiological and psychological behaviours. Science and technology have revolutionized the life style of man. Increased standard of living has brought great comfort to mankind. Within a short period of about 100 years, the modern medicine with its scientific approach and research has been able to unravel many mysteries, which were out of reach for mankind over generations. Along with this developments, the modern man becoming submerged by a world full of concentration with large number of problems and recurrent crisis. Among these are the distortions of values, the corruption of mind, endless social problems. Drug consumption and abuses, stress, mental and physical ailment are increased in high rate. These problems will not be solved through new technological developments. Instead, the resolution to these human problems will come only when we discover within ourselves that for which all of mankind is searching inner peace, tranquility, and wisdom. This attainment is the goal of yoga, for yoga is the practical science intended to help human beings become aware of their ultimate nature.

Singer associates ideal rewards with intrinsic motivation. The rewards would be the fulfillment of the needs. Aldermen has characterized the intrinsically motivated individual as one who has to participate because "there is an urgent need or compulsion within hip to participate" For example, participates might do so for a feeling of achievement of belonging to a team or for the physiological benefits afforded by physical activity. Assuming that intrinsic motivation is present, it is possible to examine the role of extrinsic motivation in athletes. Unlike intrinsic and extrinsic motivation is performance for a material reward. Singer uses the term "materialistic" to describe extrinsic motivation. Alderman combines intrinsic and extrinsic motivation in describing the athlete who "Voluntarily chooses to participate in order to minimize certain losses to his psyche, while at the same time maximizing certain gains important to him".

Incentives and motives are two terms frequently used to explain motivation. Incentives are justifications for goal directed activities. The incentives usually consist of sums of money to be paid if player activities certain objective levels of performance. Teachers and coaches often remark that students have no incentive to achieve. The fact is that so much emphasis has been placed on external incentives that students may not be intrinsically motivated to perform. A motive concerns the reasons for a course of action.

### Objective of the Study

The objective of the study was to find out the effect of incentive motivation of reading the books on study skills of university boys.

It was hypothesized that the effect of incentive motivation of reading the books on study skills of university boys during pre and post tests would differ

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significantly.

### Experimental Design

The experimental group had undergone incentive motivation of reading the books on for three alternative days per week for eight weeks. The subjects of two groups were tested during pre and post tests.

### Methodology

To achieve this purpose total of thirty university boys were selected from Tamilnadu physical education and sports university at random. They belonged to the

Table 1

Mean, Standard deviation, Standard error and obtained 't' value on study skills

Variable	Group	Mean		Standard Deviation		Standard Error		't' ratio
		Pre Test	Post Test	Pre Test	Post Test	Pre Test	Post Test	
study skills	Control Group	24.47	24.80	0.67796	0.78859	0.17505	0.20361	4.973*
	Experimental Group	23.87	31.8	0.38725	0.16062	0.09999	0.04147	8.700*

\*Significant at 0.05 level of confidence

Table value required for significance at 0.05 level with df 2 and 28 is 0.463.

The obtained 't' ratio (8.700) of the experimental group study skill was higher than the required 't' value (0.463), there was a significant difference between pre and post tests. Hence the hypothesis was accepted at 0.05 level.

### Discussion on Findings

Motivation plays on equally important role in coaching. Coaches know that the success of sport program depends on their to motivate the athletes. The achievement records of students are sometimes considered a measure of a teacher's success. Teacher's can be motivated by the self-satisfaction they feed when the achievement records of a class improve. For all coach, motivation may be based on a need for recognition and achievement, as measured by wins-loss records.

Motivation is necessary for successful performance, whether the task requires primarily cognitive skills or psychomotor skills. In these studies, external incentives such as candy or money were offered as motivation for success. Recently has motivation research begin to deal specifically with athletes.

### Conclusion

1. During pre and post tests, the experimental group exhibited a significant increase on study

age group at 22 - 24 years and were divided into two equal groups, namely experimental and control groups.

### Results and Statistical Techniques

The collected data on study skills: Questionnaire by M.Kanchana were statistically analyzed using dependent 't' ratio. Only the post test scores were compared and 0.05 level was fixed at level of significance which was considered as appropriate for the study.

1. skills immediately after the training than the control group.
2. The result of the study indicate that there was significant different between experimental group and control group in post test on incentive motivation of reading the books on study skills .
3. From result the experimental group better than control group.

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