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Relationship Of Achievement Motivation And Sex-Role Orientation With Track And Field Male Athletes And Non-Athlete

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Abstract

This study explores the relationship between achievement motivation and sex-role orientation among male track and field athletes and non-athletes. A total of 70 participants were selected, comprising 35 male athletes and 35 non-athletes aged 18–25 years. Mehrabian's Achievement Scale was used to assess motivation, while the Bem Sex Role Inventory (BSRI) measured sex-role orientation. Data were analyzed using descriptive statistics, ANOVA, and Pearson's correlation. Results showed significant differences in achievement motivation and sex-role orientation between athletes and non-athletes. Achievement motivation was positively associated with masculine orientation among athletes. These findings highlight the psychological profile differences between physically active and inactive individuals.

Keywords: Achievement Motivation, Mehrabian, Sex-Role Orientation, Track and Field, Athletes, BSRI

1. Introduction

Achievement motivation, a key psychological construct in sports performance, is defined as an individual's persistent effort and desire to accomplish goals, particularly in competitive settings. Mehrabian's Achievement Scale offers a personality-based measurement of this drive, assessing individuals' tendencies toward excellence, persistence, and challenge-seeking.

Parallel to motivation, sex-role orientation—an individual's identification with culturally defined masculine or feminine traits—can shape behavior, decision-making, and competitiveness. The Bem Sex Role

Inventory (BSRI) categorizes individuals into masculine, feminine, androgynous, or undifferentiated types.

Athletes often exhibit higher levels of achievement motivation and masculine/androgynous orientations, aligning with traits such as assertiveness and confidence. This study investigates how these psychological factors differ between male athletes and non-athletes and whether a relationship exists between motivation and sex-role traits.

2. Methodology

2.1 Participants

A total of 70 male participants (35 athletes, 35 non-athletes) aged between 18–25 years were selected from universities and sports academies.

2.2 Tools Used

Mehrabian Achieving Tendency Scale for Males: This instrument includes a series of comparative choice statements (e.g., "I'd rather do (A) than (B)"). Participants rate their agreement using a 9-point bipolar scale ranging from +4 (very strong agreement) to -4 (very strong disagreement). Scores are summed to yield a total achievement motivation score.

Bem Sex Role Inventory (BSRI): A 60-item instrument that classifies individuals based on self-reported masculinity and femininity traits, rated on a 7-point Likert scale. Classifications include Masculine, Feminine, Androgynous, and Undifferentiated based on median splits.

2.3 Procedure

Participants completed both tools in a quiet classroom setting. Instructions were explained carefully. Scoring followed the standardized protocols.

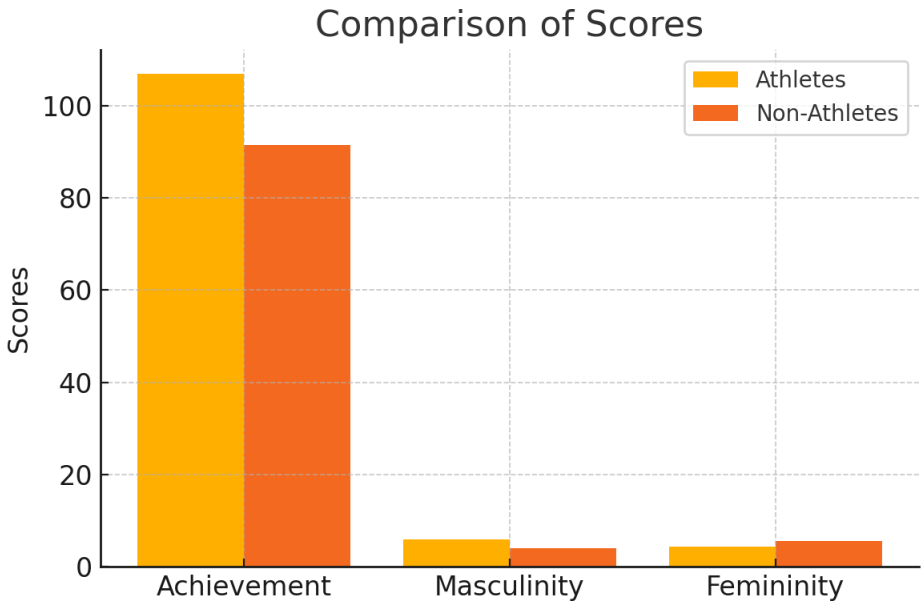
2.4 Statistical Techniques

Descriptive statistics (Mean, SD), ANOVA, and Pearson's correlation coefficient were used for analysis.

3. Results

3.1 Descriptive Statistics

Group	Mehrabian Achievement Score (M±SD)	Masculine Score (M±SD)	Feminine Score (M±SD)
Athletes	106.8 ± 12.5	5.9 ± 1.0	4.3 ± 1.2
Non-Athletes	91.4 ± 13.1	4.1 ± 1.3	5.6 ± 1.1



3.2 ANOVA Results

Variable	F-value	p-value	Interpretation
Achievement Motivation	20.17	< 0.01	Significant difference
Masculine Orientation	13.01	< 0.01	Significant difference
Feminine Orientation	10.76	< 0.01	Significant difference

3.3 Correlation Results

Among Athletes:
- Achievement Motivation & Masculine Orientation: r = 0.62, p < 0.01
- Achievement Motivation & Feminine Orientation: r = -0.18, not significant

Among Non-Athletes:
- Achievement Motivation & Masculine Orientation: r = 0.21, not significant
- Achievement Motivation & Feminine Orientation: r = -0.44, p < 0.05

4. Discussion

The study found that male track and field athletes scored significantly higher on Mehrabian's Achievement Scale than non-athletes, suggesting that engagement in sports fosters or reflects a stronger internal drive for success.

Athletes also displayed higher masculine traits, correlating positively with achievement motivation. This

supports earlier findings that traits like competitiveness, assertiveness, and dominance—commonly labeled as masculine—are linked with athletic excellence.

Non-athletes, on the other hand, showed stronger feminine orientation and a negative relationship between feminine traits and achievement motivation. This may reflect societal stereotypes where emotional expressiveness or dependency (often associated with feminine traits) are less encouraged in performance-driven settings.

The results reaffirm that achievement motivation is not only a cognitive construct but also influenced by gender role identity, particularly in performance-oriented populations like athletes.

5. Conclusion

There are significant differences in achievement motivation and sex-role orientation between male athletes and non-athletes. Achievement motivation is positively associated with masculine orientation, especially among athletes. These insights emphasize the importance of incorporating psychological profiling and training into sports development programs to enhance motivation and self-identity.

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