



# A Study of Anxiety and Achievement Motivation among the Sports Person of the Different Sports

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## 1. Introduction

Sports is one of the avenues of mankind's never ceasing strive for excellence. Its uniqueness lies in the intimacy between the physical happenings of our bodies and their repercussions on our minds; as well as in the general recognizability of the social and aesthetic values which sport engenders. Sport evokes experiences that are exclusively human and independent of the changing forms. Patterns and customs of a civilization which involves profoundly modifying concepts of our environment. From its very simple form sport has emerged into highly organized activity of human society. Sport is highly.

Organized form of play and play is a general innate tendency. Play is very important for preservation, growth and development of organism. Sport involves extremely complex behavioral issues. As consequence of intense competition sportsman's behavior may undergo important changes. Physical education scientists and coaches have not to be expert only in the matter of skill training but also to be engineers who understand the mechanism of human behavior on the play fields, under extremely diverse situations.

The modern sports training lays a greater emphasis on preparing the athletes psychologically than physically and thus lot of emphasis is being given to the psychological research dealing with psychological characteristics of the top level athletes, mental rehearsals of the training task etc. Not only that new field of psychology which has come up very fast and is still progressing in heaps and bounds is that is "sports psychology." It has helped coaches to coach more effectively and athletes to learn more efficiently. No training in the sports field is complete without reference to the psychological study and psychological training of athletes. All other factors biological and sociological being equal, psychological conditioning of an athlete decidedly determines his success or failure of competition. Sports psychology as an applied psychology, is the greatest blessing of the modern day sports science in this age. Within short span of time, sports psychology has taken giant strides. The knowledge in all field of human endeavor, especially of behavior, has expanded to such an extent that it is difficult to discuss one aspect of behavior without reference of others. Sex refers to the biological features based categories of male and female and gender refers to the psychological features frequently associated with these biological states. With in sports psychology we usually focus on social psychological aspects of personality and behavior, and thus gender role are the terms typically used to refer to those characteristics and behavior.

The effect of anxiety on performance depends directly on the type of task considered. In most cases a heightened arousal state has been found to facilitate simple performances. On the other hand, as anxiety reaches a certain level, a breakdown of psychological and physiological integrative mechanism is often seen to occur, resulting in less efficient performance in more complex tasks. Anxiety has a temporal relationship to performance. In general, anxiety levels increases prior to a dangerous situation until they become relatively high just before it is encountered. During performance anxiety is often lessened. Since the individual must concentrate on his own actions rather than on his internalized fears.

## 2. Statement of the Problem

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## 3. Definition and Explanation of Terms

### 3.1 Anxiety

Anxiety is a state of emotional and physical disturbance induced in a person by real or imagined threat. In psychiatry, the term refers to disturbance caused by traits that are only apparent to the individual cause him to behave in a way Anxiety is an uneasiness and feeling of foreboding often when a person is about to runback on a hazardous venture. It is often accompanied by a strong desire to excel.

### 3.2 Achievement Motivation

An effective arousal state directing behavior in an achievement oriented activity cognitively appraised as potentially satisfying the need to do a job well and the need to be success which results in emulation of successful rather than in hard work.

## 4. Selection of Variables

The psychological characteristics as anxiety. achievement motivation are relevant and contributing factors for performance efficiency of athletes. Hence these variables were selected appropriate for the purpose of the present study.

## 5. Hypotheses

**H<sub>1</sub>:** There would be significant differences among sports- persons belonging to different sports. Selected in this study on the selected psychometric parameters.

**H<sub>2</sub>:** There would be significant gender differences on the selected psychometric parameters among sportspersons selected in this study.

## 6. Objectives of the Study

The objectives of the present research is as following

1. To study the Anxiety among the sports person of the different sports.
2. To study the Achievement motivation among the sports person of the different sports
3. To study the Anxiety and Achievement motivation among the sports person of the different sports in relation to their gender.

## 7. Significance of the Study

Biological sex difference is a salient characteristic that influences much of our behavior and interactions with others. Gender influence has scientific relevance in sporting situations which involves extreme complex behavioral issues. Understanding the psychological or behavioral parts of athletes provide useful information and guidelines which may be helpful to coaches and athletes. Therefore, the present study may be of significance in the following ways:

- The study may determine the variations in selected psychometric parameters viz. anxiety and achievement motivation among male and female sportspersons.
- The study may also help to assess the differences in the selected psychometric parameters among sportspersons of various sports discipline chosen in this study.
- The result of the study may provide useful information and guidelines to coaches. Physical education teachers and athletes regarding the behavioral characteristics of sportspersons and May thus are instrumental in effective psychological preparation of athletes.
- The study in addition to provide useful information in the field of sports psychology, may help to trace the psycho- logical profiles of inter university level sportspersons.

## 8. Limitations

- Questionnaire research has its limitations as there may be some bias that may come into 'the mind of the subject which may indicate insincere responses which in turn can discomfort.
- The test was administered at different points of time considering the availability of the subjects depending on their tournaments. This also might have affected the responses which also might be considered as the limitation of the study.

## 9. Selection of Subjects

The subjects comprised of 50 male and 50 female sports persons from different games 'and sports viz. basketball, handball, volleyball hockey, badminton, swimming, track and field and gymnastics. The age of the subjects ranged between 17 through 25 years. The average age being 20 years.

## 10. Research tools

Anxiety was measured by the standardize tool prepared and standardize by Dr. Sharma achievement Motivation Test" constructed by M.L. Kamlesh.

## 11. Collection of Data

The data for the present study was collected from the students of Sports Authority of Gujarat during the years 2018-19 The C.S.A.I. Questionnaire and Sports Achievement Motivation Questionnaires were administered to each athlete one day prior to the competition. The directions were read by the researcher at a dictation speed to make the subjects understand about what they are exactly required to do. After making sure that the subjects had clearly understood the procedure to fill-up the questionnaire, they were asked to record the answers for all questions.

## 12. Analysis of Data

The criterion measures adopted for the present study were Competitive Sports Anxiety assessed by the total scores obtained by the subjects for their responses separately for each of the three components namely cognitive anxiety. Somatic anxiety and self confidence. Sports Achievement Motivation assessed by the total scores obtained for the correct responses for each statement. In order to assess the significance of difference among males and females of the different sport and games on anxiety, aggression and achievement motivation, the Two Way Analysis of Variance was applied. The level of significance was set at 0.05. In case of significant F-value. the Scheffe's Post-hoc Test was applied.

## 13. Findings

Findings with regard to each of the criterion measures have been enumerated below separately.

**Table 1: Two way analysis of variance for gender and sports groups on sports achievement Motivation**

Source of Variance	Sum of Square	Degree of Freedom	Mean Sum of Square	Obtained F-value	Required F- ratio
Gender	46.08	1	46.08	4.34*	3.85
Sports/ Games	1617.28	7	231.03	21.76*	2.10
Interraction	597.38	7	85.34	8.04*	2.10
Residual	8320.83	784	10.61		

N = 800, \*Significance at .05 level.

Table 1 shows that male sportspersons achievement motivation differs with female sportspersons achievement motivation as the F-ratio of 8.82 obtained was higher than the F-value of 3.85 required for significance. Table further indicates that there was significant difference at .05 level of on different sports as the obtained F-ratio of 17.85 was greater than the required F- value of 2.10 for significance.

The F-value of interaction indicated a value of 15.61 which was significant at .05 level. To find out which of the sports group differed significantly each other the Scheffe's Post-hoc Test was applied. Results pertaining to it are presented in Table 1.

**Table 2: Ordered Paired Means and Significance of Difference Between Mean Of Different Sports Groups On Sports Achievement Motivation**

B.B.	H.B.	V.B.	Hock.	Bad.	Swim.	T&F	Gym.	Mean Diff.	Critical Diff.
25.58	26.66							1.08	2.48
25.58		21.30						4.28*	2.48
25.58			26.14					0.56	2.48
25.58				25.77				0.19	2.48
25.58					27.54			1.96	2.48
25.58						25.41		0.17	2.48
25.58							23.72	1.86	2.48
	26.66	21.30						5.36*	2.48
	26.66		26.14					0.52	2.48
	26.66			25.77				0.89	2.48
	26.66				27.54			0.88	2.48
	26.66					25.41		1.25	2.48
	26.66						23.72	2.94*	2.48
		21.30	26.14					4.84*	2.48
		21.30		25.77				4.47*	2.48
		21.30			27.54			6.24*	2.48
		21.30				25.41		4.11*	2.48
		21.30					23.72	2.42	2.48
			26.14	25.77				0.37	2.48
			26.14		27.54			1.40	2.48
			26.14			25.41		0.74	2.48
			26.14				23.72	2.42	2.48
				25.77	27.54			1.77	2.48
				25.77		25.41		0.36	2.48
				25.77			23.72	2.03	2.48
					27.54	25.41		2.13	2.48
					27.54		23.72	3.82*	2.48
						25.41	23.72	1.69	2.48

B.B. - Basketball. H.B. - Handball. V.B. - Volleyball. Hock. - Hockey. Bad. - Badminton. Swim. - Swimming. T&F - Track and Field. Gym. - Gymnastics.

Table 2 indicates that the mean difference in Sports Achievement Motivation between basketball and volleyball; handball and volleyball. handball and gymnastics; volleyball and hockey; volleyball and badminton; volleyball and swimming; volleyball and track and field; and swimming and gymnastics were 4.28. 5.36. 2.94. 4.84. 4.47. 6.24. 4.11. and 3.82 respectively. These values were significant at .05 level against the critical difference value of 2.48 needed to be significant at .05 level.

The mean differences between all the other paired groups were insignificant at the mean difference values were lesser than the critical difference value of 2.48 required for significance. Among the different sports groups the swimming group indicated highest paired mean value of 27.54 and lowest value was observed for volleyball group (21.30).

#### 14. Discussion of Hypothesis

The result showed significant gender differences were evident in case of Sports Achievement Motivation and Somatic Anxiety and no significant differences existed in case of Cognitive Anxiety and Self Confidence. Hence the hypothesis was partially accepted. In case of differences among sportspersons from different sports in selected psychometric parameters. the hypothesis was accepted as there were significant difference among different sportspersons.

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