



## A study of relationship between sports achievement motivation and sports competition anxiety

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### Abstract

Tension and Motivation are significant mental factors in sports and its need to accomplish undeniable degree of contest. Without information on these two factors competitors can't give best in rivalry. The point of study was to discover the connection among Anxiety and Motivation of intervarsity Badminton players. The absolute example comprised of twenty players age went from 17 to 25 years. Game Competition Anxiety Test (SCAT) and Sports Achievement Motivation Test was controlled to gather the information. Mean, standard deviation, and Pearson Product Moment Correlation were processed to dissect the information at 0.05 degree of critical. It was tracked down that huge negative connection between Achievement Motivation and Anxiety.

**Keywords:** anxiety, achievement motivation, performance and correlation

### Introduction

In the games and sports, mental and physiological elements assume a significant part in deciding the exhibition level (Grange and Kerr, 2010; Schilling and Hyashi, 2001). Various examinations have shown the effect of mental elements on sports execution (Crespo, 2002). Accomplishment inspiration and Anxiety have been two of those elements viable. Taylor (1994) regarded inspiration as the foundation of a pyramid towards achievement in sports. Other significant factors in this space incorporate 'objective direction', 'objective setting,' 'persuasive environment' (Boyce *et al.*, 2001; Van Aken, 1994) and 'burnout' (Gould *et al.*, 1997; 1996; 1996). (Weiss and Chaumeton, 1992) contended that players have numerous intentions in proceeded with investment, like capability, fellowship ability improvement and rivalry. There are numerous investigations led in the part of accomplishment inspiration and its impact on execution. Studies propose that accomplishment inspiration is most huge indicator of execution and fundamental to take an interest in a rivalry (Huschle, *et al.* 2008; Carey, *et al.* 2000) [2] Several inspiration speculations in the scholarly region have been embraced in the mission for more noteworthy comprehension of accomplishment inspiration in sport (Ames, 1984, 1992; Dweck, 1986; Nicholls, 1989) [5] Motivation is a fundamental component of human character. It coordinates an individual's action and makes it pretty much unique. Without the craving to succeed other mental highlights and capacities don't give almost such a lot of impact on execution. Accomplishment inspiration impacts different variables influencing execution in sport like: actual planning, method, strategies and even way of life. Uneasiness can be portrayed as the pressure and stress that outcomes from trouble. Tension is a contrarily charged enthusiastic state portrayed by distress and anxiety. For the most part talking, there are two types of nervousness characteristic and state. Attribute uneasiness is a character trademark that is generally steady over the long haul, inclining the person to be restless across a wide assortment of circumstances. State uneasiness, then again, alludes to a

"at this moment" sort of nervousness that is circumstance explicit. One of the elements that are accepted to significantly affect athletic execution is the degree of state tension experienced before an athletic challenge. This is alluded to in the writing as pre-cutthroat uneasiness. Competitors can't perform at their best like they typically do in view of tension. Thus, their presentation is influenced during the rivalry and they only from time to time accomplish triumph. (Papanikolaou, *et al.* 2008) Therefore, there is a need to give a positive reasoning and better mental abilities to tackle the issues that may emerge in light of uneasiness. In the event that it isn't dealt with well or misjudged, the competitor will let completely go and their presentation will diminish. (Tough and Fazey, 1987; Martens, *et al.* 1990; Gualberto and Wiggins, 2008) [1] A few analysts including Singer (1980) [10], Cratty (1979) look at the connection among nerves and learning states that "execution improves with expanding levels" where upon additional expansion in excitement cause execution debilitation. The connection among tension and execution has been the subject for some, specialists (Craft, *et al.* 2003; Parfitt and Pates, 1999) [6]. Studies showed that the high experienced player would show lower levels of uneasiness than the low experienced player. All things considered, Roguli, *et al.* (2006) upheld that it is a game, which incorporates intricate and exact engine abilities, and they recommended that mental components assume a conclusive part in a rivalry, separating among fruitful and less effective groups. The reason for the current examination was to assess the connection between serious attribute uneasiness and accomplishment inspiration in interuniversity level badminton players.

### Methodology

#### Sample

The example of the current investigation was drawn from the South zone intervarsity Badminton competition held at Chennai. With the end goal of the examination 20 entomb college level players were haphazardly chosen from the competition.

**Procedure**

Sports Competition Anxiety Test (SCAT) created by Martens (1977) [4] was directed to gauge the game contest Anxiety and Sports Achievement Motivation Test created by Kamlesh (1990) [3] was controlled to quantify the accomplishment inspiration of the players. Mean, standard deviation, and Pearson Product Moment Correlation were registered to break down the information at.05 degree of critical.

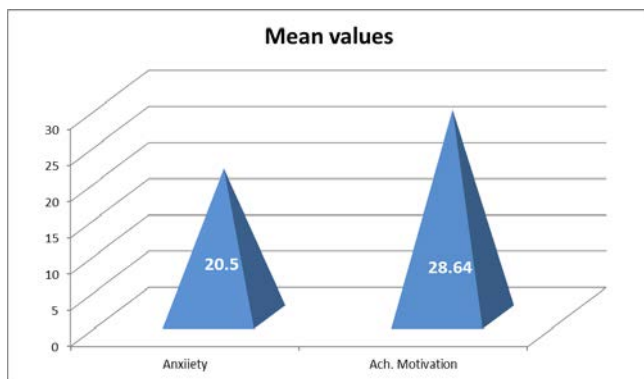
**Results**

**Table 1:** Relationship between achievement motivation and trait anxiety

S.No.	Psychological variables	Mean	Standard deviation	Calculated r	Tabulated r
1	Trait Anxiety	20.50	3.25		
2	Achievement Motivation	28.64	5.74	-0.4750	0.434

Cal.  $r_{.05} > \text{Tab. } r_{.05} (= .434)$   $df = 18$   
 $N=20$

Information uncovered that huge negative connection between Trait tension and Achievement Motivation for example Accomplishment inspiration and Competition Anxiety are adversely related to one another.



**Fig 1:** Shows the mean value of achievement motivation and trait anxiety

**Discussion and Conclusion**

From the aftereffect of the investigation it was presumed that there was huge negative connection between Achievement Motivation and Trait Anxiety at .05 degree of huge for example Study showed that expansion or decline of level of Achievement Motivation do impact on the Increase or abatement of level of Anxiety or the other way around. In this manner we can say that players who have significant degree of Anxiety ought to likewise have low degree of Achievement inspiration or the other way around. Aftereffect of the examination supports the discoveries of Bawa and Kalpana (2001) who directed the investigation on male public level Gymnasts and tracked down that more elevated level execution bunch has moderate degree of tension than the low level exhibition bunch., Unierzyski (2003) researched the degree of accomplishment inspiration of youthful tennis players and their future advance and analyze the impact of accomplishment inspiration on tennis execution. He found in his examination that the players who later arrived at worldwide level in tennis had altogether more elevated level of accomplishment inspiration than the players who never arrived at global level.

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