

Sports Competition Anxiety and Sports Achievement Motivation of North-Eastern University Footballers: A Relationship Study

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Abstract:

Anxiety and motivation are the two big factors for determining sports performance. The purpose of the study was to make a relationship between the two psychological variables of north-eastern region football players in India. For the study total One hundred two (n=102) male students were selected from six different Universities of north-east. The age range of the footballers was between 18-25 years. The study indicated that there was a significant negative relationship between sports competition anxiety and sports achievement motivation. The study was concluding with the statement that, if anxiety goes high motivation level goes low or vice-versa.

Keywords: Anxiety, Motivation, Sports, Competition

Introduction

Psychological attributes played a vital role in any types of games and sports. To becoming a remarkable player in any background discipline mental condition is a key factor. Starting from training session to on ground position, psychological factor determined the performance up to very much extend. Psychological stability demands according to the nature of the game and mostly the size of the tournament. As football is one of the most spread and craziest game in the world, it need high level of mental condition. Moreover as it is a body contact game stress, anxiety, aggression etc. are the common psychological drawbacks of the players of football. To overcome those phenomenons, motivation can be used as a remedial technique. Anxiety is one of the most determining factors of one's performance. Anxiety can be define as a tension or worry which is a result of stress. There are generally two type of anxiety state and trait anxiety. An athlete cannot give their best, when they experienced anxiety. Resulting their performance was effected by anxiety during competition. But without certain level of adequate anxiety, there cannot be competitive performance. So a sports person has to cope up with this stress full situation to do their best in any competition. Several researchers examine the relationship between anxieties and learning states that "performance improves with increasing levels" where upon further increase in arousal cause performance destruction. Singer (1980), Cratty (1979).

There are numbers of psychological factors those are contribute to effective and successful performance, motivation can be a determining factor of all those. It drives athletes to accomplish difficult and challenging task. Numerous studies have found the different aspects of achievement motivation and its

effect on performance. Studies suggest that achievement motivation is a significant predictor of performance and essential to participate in the competition (Huschle, et.al. 2008; Carey, et. al. 2000). Motivation is an essential element of human personality because it directs person's activity.

The relationship of anxiety and motivation is a prior focus of many researchers as because both the factor affects each other. If a players having high level of anxiety may suffer by low motivation level and vice versa. It may result enormous effect on his performance. So the researcher tried to find out whether footballers of northeastern region had any significance relation to their anxiety and achievement level, through this research.

Anxiety: Anxiety is simply refer as disturbed state of mind, emotional reactivity, which leads from nervousness, fear, stress and apprehension etc. Anxiety has its empirical effect on sports performance.

Motivation: Motivation is a process that stimulates a person to its desire target by accomplishing a task. In games and sports motivation played an unremarkable role. A player always tried to perform his best in the competition situation. But there are much more factors that can be treated as a limitation, but through enough motivation those can be removed.

Objective of the study

The objective of the study is to assess the relationship of the sports competition anxiety and achievement motivation of north-eastern footballers. The data were collected from the six different University football players of North-eastern region of India. This study will help to understand the relationship of psychological variables of north-eastern University football players.

Method

Selection of Subject

This study includes a total One hundred Two (n=102) male footballers from three different universities of North-east. 17 footballers were randomly selected from each university football team as subject of this study. The age ranges of the subjects were 18-25 years.

Variables

1. Sports Competition Anxiety
2. Achievement Motivation

Tools for data collection

SCAT- the Sport Competition Anxiety Test was measured by questionnaire method. Used a standardize questionnaire construed by Martens (1977).

Achievement Motivation Scale- The achievement motivational scale was measured by questionnaire method. Used a standardize questionnaire construed by Dr. Shah Beena (1986).

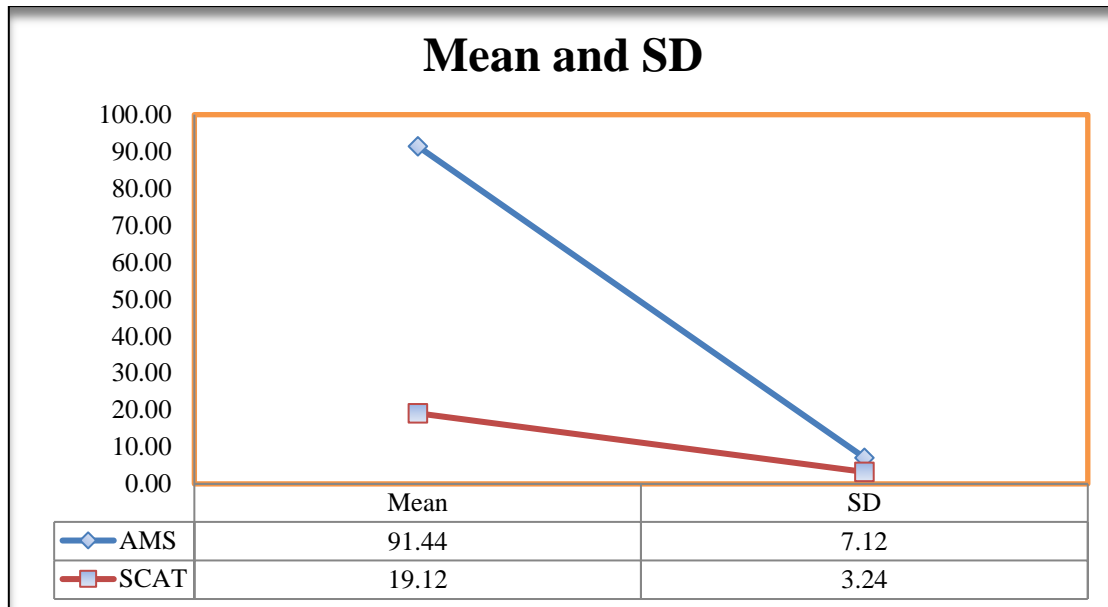
Statistical analysis of Data

For the purpose of the study descriptive statistics of Mean was used for to find out the average value, SD was used for determine the consistency of mean among the group and Pearson Product moment

correlation had used to establishing the relation of six different groups of footballers. The level of significance was set at 0.05.

Result and discussion

The descriptive statistics of psychological variables and correlation between those were presented below.



Source: Primary data collection by the researcher

Legend: AMS- Achievement motivation scale, SCAT- Sports competition anxiety test

Fig. 1: Mean and SD of psychological variable

Fig.1 shows that the mean value of AMS of northeastern footballers was 91.44 ± 7.12 , and the mean value of SCAT was 19.12 ± 3.24 . Those values were indicating the motivation level of the footballers was high and they have normal anxiety level.

Table 1: Relationship between Achievement Motivation and Trait Anxiety

Psychological Variable	Mean	SD	Calculated r
Achievement Motivation	91.44	7.12	-0.30
Trait Anxiety	19.12	3.24	

Table 1, showed that there was a significant negative relationship between motivation and trait anxiety i.e. Achievement motivation and competition anxiety were negatively correlated to each other.

Discussion on findings

From the findings, the study was conclude that there was a significantly negative relationship among the footballers of north-east region on their achievement motivation and sports competition anxiety level at 0.05 level of significance. The study show increase or decrease of level of anxiety marked it effect on motivation or vice-versa. So therefore we can say the players those who have high level of motivation

have low level of anxiety level. Zamirullah Khan et.al (2011), conducted a study which findings also support this study by negative relationship among the psychological parameters. Moreover, in a study Unierzyski (2003), found according to experienced and motivation anxiety will differ. As International tennis players were significantly higher level of motivation level rather than the players who's never be a part of International match.

Conclusion

On the basis of the discussion above following conclusion may be drawn:

1. There were significantly negative relationship in between achievement motivation and sports anxiety level.

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