

## **Sports Achievement Motivation and Sports Competition Anxiety: A Relationship Study**

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### **Abstract**

Anxiety and Motivation are important psychological variables in sports and its need to achieve high level of competition. Without knowledge of these two variables athletes cannot give best in competition. The aim of study was to find out the relationship between Anxiety and Motivation of intervarsity Badminton players. The total sample consisted of twenty players age ranged from 17 to 25 years. Sport Competition Anxiety Test (SCAT) and Sports Achievement Motivation Test was administered to collect the data. Mean, standard deviation, and Pearson Product Moment Correlation were computed to analyze the data at .05 level of significant. It was found that significant negative relationship between Achievement Motivation and Anxiety.

**Keywords:** Anxiety, Achievement Motivation, Performance and Correlation

### **1. Introduction**

In the games and sports, psychological and physiological factors play an important role in determining the performance level (Grange & Kerr, 2010; Schilling & Hyashi, 2001). Numerous studies have demonstrated the impact of psychological factors on sports performance (Crespo, 2002). Achievement motivation and Anxiety have been two of those factors under consideration. Taylor (1994) treated motivation as the base of a pyramid towards success in sports. Other important factors in this area include 'goal orientation', 'goal

setting,' 'motivational climate' (Boyce et al., 2001; Van Aken, 1994) and 'burnout' (Gould et al., 1997; 1996; 1996). (Weiss & Chaumeton, 1992) argued that players have multiple motives for continued participation, such as competence, friendship skill improvement and competition.

There are many studies conducted in the aspect of achievement motivation and its effect on performance. Studies suggest that achievement motivation is most significant predictor of performance and essential to participate in a competition (Huschle, et. al. 2008; Carey, et. al. 2000) Several motivation theories in the academic area have been adopted in the quest for greater understanding of achievement motivation in sport (Ames, 1984, 1992; Dweck, 1986; Nicholls, 1989)

Motivation is an essential element of human personality. It directs a person's activity and makes it more or less dynamic. Without the desire to succeed other psychological features and abilities do not provide nearly so much influence on performance. Achievement motivation influences other factors affecting performance in sport like: physical preparation, technique, tactics and even life style.

Anxiety can be described as the tension and worry that results from distress. Anxiety is a negatively charged emotional state characterized by discomfort and nervousness. Generally speaking, there are two forms of anxiety trait and state. Trait anxiety is a personality characteristic that is relatively stable over time, predisposing the individual to be anxious across a wide variety of situations. State anxiety, on the other hand, refers to a "right now" kind of anxiety that is situation-specific. One of the factors that are believed to have a significant effect on athletic performance is the level of state anxiety experienced prior to an athletic contest. This is referred to in the literature as pre-competitive anxiety.

Athletes cannot perform at their best like they usually do because of anxiety. Consequently, their performance is affected during the competition and they seldom achieve victory. (Papanikolaou, et al. 2008) Therefore, there is a need to give a positive thinking and better mental skills to solve the problems that may arise because of anxiety. If it is not handled well or misinterpreted, the athlete will lose control and their performance will decrease. (Hardy & Fazey, 1987; Martens, et. al. 1990; Gualberto & Wiggins, 2008). Several researchers including Singer (1980), Cratty (1979) examine the relationship between anxieties and learning states that "performance improves with increasing levels" where upon further increase in arousal cause performance impairment.

The relation between anxiety and performance has been the subject for many researchers (Craft, et. al. 2003; Parfitt & Pates, 1999). Studies showed that the high experienced player would show lower levels of anxiety than the low experienced player. As far as handball is concerned, Roguli, et. al. (2006) supported that it is a sport, which includes complex and accurate motor skills, and they suggested that psychological factors play a decisive role in a competition, differentiating between successful and less successful teams. The purpose of the present study was to evaluate the relationship between competitive trait anxiety and achievement motivation in interuniversity level badminton players.

## **2. Methodology**

### **2.1 Sample**

The sample of the present study was drawn from the north zone intervarsity Badminton tournament held at Aligarh. For the purpose of the study 20 inter university level players were randomly selected from the tournament.

### **2.2 Procedure**

Sports Competition Anxiety Test (SCAT) developed by Martens (1977) was administered to measure the sport competition Anxiety and Sports Achievement Motivation Test developed by Kamlesh (1990) was administered to measure the achievement motivation of the players. Mean, standard deviation, and Pearson Product Moment Correlation were computed to analyze the data at .05 level of significant.

**3. Results**

Table 1: Relationship between achievement motivation and trait anxiety.

S.No.	Psychological variables	Mean	Standard deviation	Calculated r	Tabulated r
1	Trait Anxiety	20.75	3.44	-0.4838	0.444
2	Achievement Motivation	28.84	5.99		

Cal.  $r_{.05} > \text{Tab.}r_{.05} (=0.444)$   $df = 18$

**N=20**

Data revealed that significant negative relationship between Trait anxiety and Achievement Motivation i.e. Achievement motivation and Competition Anxiety are negatively correlated to each other.

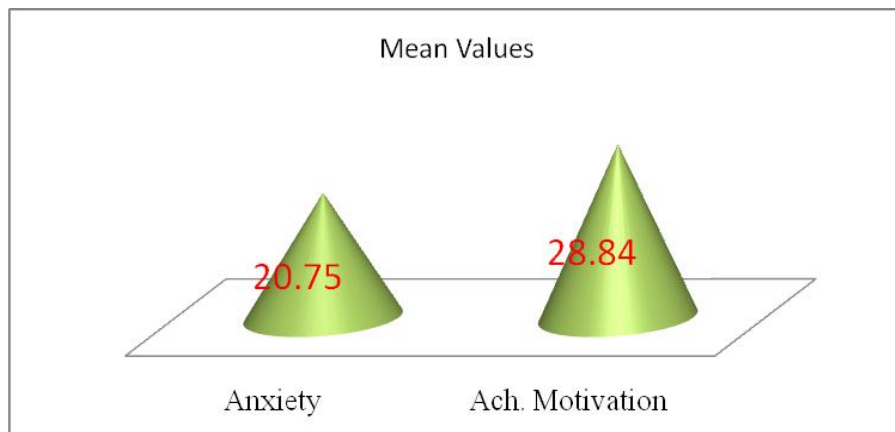


Figure1: Shows the mean value of achievement motivation and trait anxiety

**4. Discussion and Conclusion**

From the result of the study it was concluded that there was significant negative relationship between Achievement Motivation and Trait Anxiety at .05 level of significant i.e. Study showed that increase or decrease of level of Achievement Motivation do effect on the Increase or decrease of level of Anxiety or vice-versa. Therefore we can say that players who have high level of Anxiety should also have low level of Achievement motivation or vice-versa. Result of the study endorses the findings of Bawa and Kalpana (2001) who conducted the study on male national level Gymnasts and found that higher level performance group has moderate level of anxiety than the low level performance group., Unierzyski (2003) investigated the level of achievement motivation of young tennis players and their future progress and examine the influence of achievement motivation on tennis performance. He found in his study that the players who later reached international level in tennis possessed significantly higher level of achievement motivation than the players who never reached international level.

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