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Interrelationship between achievement motivation and pre-competition performance anxiety in badminton Players

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Abstract

Mental preparation is very essential to any competitive sports continually urge players to 'think' out to concentrate. Games are said to have been won as a result of mental preparation or lost of for the lack of it. The application of psychological principles to the improvement of performance in the sports has received greater attention in these days. There are certain accepted psychological principles which have to be applied so that the athletes and players are able to show their best in their performance. It is important to know about the role of emotional phenomenon like incentive motivation, achievement motivation and anxiety of the players during training as well as competitive situations. The objective of the present study is too interrelated between Achievement Motivation and Pre-Competition Performance Anxiety in Badminton players.

Mental toughness is a skill set. It won't function without practice, which should be a part of every training cycle. Key features of mental toughness are willingness and optimism. Willingness makes us determined to continue our efforts, without giving up or backing down, while optimism provides us with a positive belief in the outcome, both in the short and the long run.

Keywords: Achievement, motivation, mental preparation, anxiety, performance, badminton

Introduction

Today performance in sports not only demands systematic training to develop physical, physiological variable and technical aspect of sports but also demands training and consideration of psychological characteristics of success in this field.

The application of psychological principles to the improvement of performance in the sports has received greater attention in these days. There are certain accepted psychological principles which have to be applied so that the athletes and players are able to show their best in their performance. It is important to know about the role of emotional phenomenon like incentive motivation, achievement motivation, and anxiety of the players during training as well as competitive situations.

Anxiety is a psychological and physiological state characterized by somatic, emotional, cognitive, and behavioral components. It is the displeasing feeling of fear and concern. The root meaning of the word anxiety is 'to vex or trouble'; in either presence or absence of psychological stress, anxiety can create feelings of fear, worry, uneasiness, and dread. Anxiety is considered to be a normal reaction to a stressor. It may help an individual to deal with a demanding situation by prompting them to cope with it. When anxiety becomes excessive, it may fall under the classification of an anxiety disorder.

Mental preparation is very essential to any competitive sports continually urge players to 'think' out to concentrate. Games are said to have been won as a result of mental preparation or lost of for the lack of it.

Statement of the problem

The purpose of present study was to find out the interrelationship between achievement motivation and pre-competition performance anxiety in Badminton Players.

Selection of subjects

30 male Badminton players were selected as subjects for this study.

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Subjects were from undergraduate and post-graduate courses of Physical Education. Their age ranged between 17 to 23 years.

Objective

The purpose of the test was to measure achievement motivation level of intercollegiate male Badminton players. The purpose of test was to measure the sports competition anxiety level.

Hypothesis

There would be significant interrelationship between achievement motivation and sports performance of intercollegiate male Badminton players. There would be significant interrelationship between pre competitive anxiety (moderate anxiety) and sports performance of intercollegiate male Badminton players.

There would be no significant interrelationship between pre-competition anxiety (high anxiety) and sports performance of intercollegiate male Badminton players.

Delimitations

The study was delimited in intercollegiate male Badminton players, who participated in intercollegiate Badminton championship 2018-19 held in Ghaziabad District, Uttar Pradesh, India.

The study was delimited to following questionnaire for the measurement of achievement motivation and pre-competitive anxiety.

1. Sports Achievement Motivation Test (SAMT)
2. Sports Competition Anxiety Test (SCAT)

Limitation

The questionnaire technique used in the present study was considered as a limitation of the study.

Significance of the study

1. The finding of the study will help to reveal the interrelationship between achievement motivation and sports performance level among participants at intercollegiate level.
2. The result of the study may provide useful information to coaches, physical education teacher and player regarding the behavioral characteristics of sportspersons and thus may be instrumental in effective psychological preparation of players.
3. The study may provide some useful information which may help to trace some aspects of the psychological profiles of intercollegiate level Badminton players
4. The study may be significant for the self-assessment of male Badminton players.
5. The study may be help the coaches, selectors and experts to know the psychological stability of the players.

Methodology

To determine the interrelationship between achievement motivation and sports performance among intercollegiate level male Badminton players. Pearson's product moment method of correlation was used. The level of significance will set at .05 in order to check the significance of calculated correlation and calculated 't' value with tabulated value.

To determine the interrelationship between pre competitive anxiety (Moderate Anxiety) and sports performance among intercollegiate level male Badminton players Pearson's product moment method of correlation was used.

The level of significance will set at .05 in order to check the significance of calculated correlation and calculated 't' value with tabulated value. To determine the relationship between pre competitive anxiety (High Anxiety) and sports performance among intercollegiate level male Badminton players. Pearson's product moment method of correlation was used.

The level of significance will set at .05 in order to check the significance of calculated correlation and calculated 't' value with tabulated value.

Table 1: Interrelationship between achievement motivation and sports performance of intercollegiate level male badminton players

Variable Correlated	Correlation
	Coefficient
Achievement Motivation and sports performance	.374

Significant at 0.05 level of confidence with 28 degree of freedom
 $r_{.05}(28) = .361$

An example of Table 1 clearly reveals that there is a significant interrelationship between achievement motivation and sports performance of intercollegiate level male Badminton players. Since the correlation coefficient of calculated value is 0.374 which is significantly higher than the tabulated value required to be significant at 0.05 level of confidence

Table 2: Relationship between moderate anxiety and sports performance

Variable Correlated	Correlation
	Coefficient
Pre competitive Anxiety (Moderate Anxiety) and Sports performance	0.397

Significant at 0.05 level of confidence with 27 degree of freedom
 $r_{.05}(27) = .361$

An example of Table 2 clearly reveals that there is a significant interrelationship between moderate anxiety (pre-competitive anxiety) achievement motivation and sports performance of intercollegiate level male Badminton players. Since the correlation coefficient of calculated value is 0.397 which is significantly higher than the tabulated value required to be significant at 0.05 level of confidence.

Table 3: Relationship between high anxiety and sports performance

Variable Correlated	Correlation
	Coefficient
Pre competitive Anxiety (High Anxiety) and Sports performance	0.139

Significant at 0.05 level of confidence with 17 degree of freedom
 $r_{.05}(17) = .456$

An example of Table 3 clearly reveals that there is a no significant interrelationship between high anxiety (pre-competitive anxiety) and sports performance of intercollegiate level male Badminton players.

Since the correlation coefficient of calculated value is 0.139 which is significantly lower than the tabulated value required to be significant at 0.05 level of confidence. This value clearly indicated to negative relationship between high anxiety (pre competitive anxiety) and sports performance.

Conclusion

1. There is significant interrelationship was that between achievement motivation and sports performance of

intercollegiate level male Badminton players.

2. There is significant interrelationship was that between moderate anxiety (pre-competitive anxiety) and sports performance of intercollegiate level male Badminton players.
3. There is a no significant relationship was that between High anxiety (pre-competitive anxiety) and sports performance of intercollegiate level male Badminton players.

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