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Dr. CP Singh

Ph.D. (Physical Education)
Associate Professor and Director
Sports, LNIPE, Gwalior,
Madhya Pradesh, India

A comparative study of relationship between achievement motivation and trait anxiety among state and inter-collegiate handball players

Dr. CP Singh

Abstract

Aim: The aim of this study was to find out the relationship between achievement motivation and trait anxiety among state and inter-collegiate Handball players. The study was conducted on 80 handball players (40 male and 40 female) equally from state and inter-collegiate level competition were selected as subjects. The variables for the study were achievement motivation and trait anxiety. The sports achievement motivation test standardized by Dr. M.L. Kamlesh was selected for this study. The sport competition anxiety by Rainer Marten was also selected. It was hypothesized that there will be no significant relationship between achievement motivation and trait anxiety among handball player of state and inter-collegiate level competition. The data obtained was measured through Pearson's product moment correlation. The main findings stated that there were insignificant relationship between achievement motivation and trait anxiety among state and inter-collegiate male and female handball players.

Keywords: Achievement, motivation, trait, anxiety, handball

Introduction

Motivation is the foundation of all athletic effort and accomplishment. Without your desire and determination to improve your sports performances, all of the other mental factors, confidence, intensity, focus, and emotions, are meaningless. To become the best athlete you can be, you must be motivated to do what it takes to maximize your ability and achieve your goals.

Motivation is an internal energy force that determines all aspects of our behaviour. It also impacts on how we think, feel and interact with others. In sport, high motivation is widely accepted as an essential prerequisite in getting athletes to fulfil their potential. However, given its inherently abstract nature, it is a force that is often difficult to exploit fully.

Some coaches appear to have a 'magic touch' being able to get a great deal more out of a team than the sum of its individual parts; other find motivation to be an elusive concept they are forever struggling to master. On the other hand anxiety is a multisystem response to a perceived threat or danger. It reflects a combination of biochemical changes in the body, the patient's personal history and memory, and the social situation.

Anxiety is a concept that is widely discussed in sport psychology. Practitioners involved in sports performance need to be aware of anxiety-related symptoms. Once awareness is built it would be prudent to deal with anxiety-related issues.

There are two distinct aspects of anxiety. One aspect emanates towards trait anxiety. Trait anxiety relates to innate characteristics that humans are born with. For example, having a tendency to throw up before important competition. The second form of anxiety is related to the state, which is situation-specific.

As far as we know, anxiety is a uniquely human experience. Other animals clearly know fear, but human anxiety involves an ability, to use memory and imagination to move backward and forward in time, that animals do not appear to have. The anxiety that occurs in post-traumatic syndromes indicates that human memory is a much more complicated mental function than animal memory.

Corresponding Author:

Dr. CP Singh

Ph.D. (Physical Education)
Associate Professor and Director
Sports, LNIPE, Gwalior,
Madhya Pradesh, India

Moreover, a large portion of human anxiety is produced by anticipation of future events. Without a sense of personal continuity over time, people would not have the “raw materials” of anxiety.

Trait Anxiety

Trait anxiety refers to the stable tendency to attend to, experience, and report negative emotions such as fears, worries, and anxiety across many situations. This is part of the personality dimension of neuroticism versus emotional stability. Trait anxiety is a behavioural disposition to perceive as threatening circumstances that are objectively not dangerous and to then respond with disproportionate state anxiety. Highly trait anxious people usually have more state anxiety in highly competitive, evaluative situations than do people with lower trait anxiety.

Achievement motivation and trait anxiety are closely related to each other. Achievement motivation is an effective arousal state which directs the human behaviour for successful participation in sports competition. There should be an optimum level of achievement motivation for participation in competition at different levels namely, intercollegiate, state and interstate levels. One should have desired levels of trait anxiety and achievement to meet the task to be accomplished in competitive sports. The scholar felt that it is worthwhile to find out the relationship between achievement motivation and

trait anxiety of handball players of different levels of competition.

Methodology

The study was conducted on 80 handball players (40 male and 40 female) equally from state and inter-collegiate levels competition were selected as subjects. The variables for the study were achievement motivation and trait anxiety. It was hypothesized that there will be no significant relationship between achievement motivation test standardized by Dr. M.L. Kamlesh was used for this study. The sport competition anxiety by Rainer Marten was also used.

The sports achievement motivation test was administered one day prior to the competition. The sports competition anxiety test was administered one hour prior to the competition. To determine the relationship between achievement motivation and trait anxiety among state and inter-collegiate handball players, Pearson's product moment correlation was used and level of significance was set at 0.05.

Results

The data were analyzed by product moment correlation method. The analysis of data for the relationship between achievement motivation and trait anxiety among state and inter-collegiate handball players are presented in Table.

Table 1: Relationship between Achievement Motivation and Trait Anxiety among Male and Female Handball Players of State and Inter-collegiate Level.

Sr. No.	Group	Correlation Co-Efficient
1.	Male players of state level	0.2809
2.	Female players of state level	0.1267
3.	Male players of inter-collegiate level	0.0453
4.	Female players of inter-collegiate level	0.0895

Significant 0.05 level with $df = 18$ $r_{0.05} = 0.444$

The Table revealed that the correlation co-efficient among achievement motivation and trait anxiety for male players of state level, female players of state level, male players of inter-collegiate level and female players of inter-collegiate level were 0.2809, 0.1267, 0.0453 and 0.0895 respectively which is not significant at 0.05 level with $df = 18$ as values are lesser than the required value $r_{0.05} = 0.444$.

Conclusion

It was concluded that there was no significant relationship between achievement motivation and trait anxiety among male and female handball players of state and inter-collegiate level competitions.

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