

Relationship between sports achievement motivation and sports competition anxiety of inter collegiate level Korfball players

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■ ABSTRACT

Anxiety and motivation are important psychological factors which influence the sports performance. Keeping in view this concept the study was framed to establish the relationship between anxiety and motivation of Korfball players. Fifty Inter Collegiate level players were randomly selected from the Inter Collegiate Korfball Tournament, R.T.M. Nagpur University, Nagpur 2010-2011. Sports Competition Anxiety Test developed by Martens (1977) was administered to gauge the sport competition anxiety. 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. The level of significance was set at .05 level of significant. It was found that significant negative relationship existed between achievement motivation and sports competition anxiety. Study showed that increase or decrease of level of achievement motivation did effect on the incensement or decrease of level of sports competition anxiety or *vice-versa*. From the results of this study it is found that players who have high level of sports competition anxiety should also have low level of achievement motivation or vice-versa.

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In the games and sports, psychological and physiological factors play an important role in determining the performance level (Grange and Kerr, 2010; Schilling and 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, 1994) and 'burnout' (Gould *et al.*, 1997; 1996; 1996). We know that players have multiple motives for continued participation, such as competence, friendship skill improvement and competition (Weiss and Chaumeton, 1992). 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).

■ Sample :

The sample of the present study was drawn from the Inter Collegiate Korfball Tournament, R.T.M. Nagpur University, Nagpur 2011-2012. For the purpose of the study, 50 Inter Collegiate level players were randomly selected from the tournament.

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) which was administered to measure the achievement motivation of the players. Statistical Treatment Mean, standard deviation, and Pearson Product Moment Correlation were computed to analyze the data at .05 level of significance.

Data revealed that significant negative relationship between trait anxiety and achievement motivation *i.e.* achievement motivation and competition anxiety were negatively correlated to each other. 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 did 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.

Table 1 : Relationship between achievement motivation and trait anxiety

Variables	Mean	SD	Cal. R
Trait anxiety	20.75	3.44	-0.48
Achievement motivation	28.84	5.99	

Significant - .05 level , Tab. r = 0.44

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