

Impact of motivation and stress on the psychology of women hockey players

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Abstract

During the present study a total of 60 women hockey players were analyzed in order to know how the motivation and stress works. From the obtained results, it was reported that there was a positive response with related to exercises among the players. It was concluded that exercises had a good impact on the motivation among the players. It was also reported that there was no significant differences between yoga exercises and autogenic training among the interuniversity women Hockey players.

Keywords: achievement motivation and stress, yoga, autogenic training

Introduction

Success of the athlete is not only governed by his physical fitness but it also depends on his psychology. The role of psychological aspects cannot be underestimated for the athlete. Athlete faces various challenges among them some are mental, tactical, professional and emotional challenges (Anders *et al.*, 2008). These all factors change from players to players and from one sport to another.

Mahaney and Gabriele (1987) while working on the psychological profile revealed that some skills like holding of anxiety, self-confidence, mental confidence is a basic criteria for the success of the athlete.

Cox and Yoo (1995) have revealed that success in sports is not only governed by the physique of the player only, but it also depends on many factors also which include, skills, motivation power and emotional challenges.

Pearman (2009) in his studies have revealed that successful athletes motivate themselves in every condition. Thus success is directly related to the motivation of the athlete. Upon his study he concluded that true motivators are the best athletes. A motivation gives a good feeling to the athlete. In case of hockey, a player needs motivation from his team mates in order to play better and chances of scoring goal increases significantly. To control fear is an important skill for the athlete especially in hockey (Humera, 1999). In fast game like hockey motivation is very important as risks are involved in the game. There are physical contacts during the game at high speed, so a player needs to control the anger in order to focus on his game.

Motivation training are very important for the athlete. Coxer (1999) when had investigation whether motivational training is beneficial for the sports person, he obtained a significant result in his study. He revealed that various training like exercises, jogging and playing friendly matches had a better impact on the motivation of the athlete. The results were significantly positive for the athletes.

Crocker and Grozelle C (1991) [5] also demonstrated that mental relaxation enhances the better playing ability of the athlete. He states that there are various ways how to relax the

brain from various depressions, thus include light exercises, listening tape and doing some extra circular activities.

In case of professional hockey players, they show tough mental fitness and self-confidence which results in a better outcome. Mahoney and Gabriele (1987) have revealed that those who qualify in Olympics are having high self-confidence than the non-qualifiers. It is self-belief of the athletes who qualify in tough competitions.

Spink (1990) have revealed that self confidence boosts the morale of the athlete, successful athlete shows a positive mindset and greater confidence as compared to less successful athletes.

Motivation is an important skill and should be done on regular basis by the sportsperson. It is this motivation which helps an athlete to focus on the game. Durand- Bush *et al.* (2001) have revealed the similar results, they reported that motivation is necessary for an athlete in order to focus on the game. A good atmosphere in the team game can also improve the game of the athlete.

Some researchers use the motivation scale to know the athlete's performance in the match. And they reported that athlete's performance is negatively affected by the nervousness.

Exercises like yoga can also boost the motivation of the sportsperson. The persons who do regular exercises in general and yoga in particular have positive attitude as compared to the athletes who do less exercise. It was reported that the individuals who do routine exercises up to 4 weeks has a positive impact on their game. Similarly, a study conducted by M.L. Garote (1970) revealed that yoga training has a significant impact on the physical fitness of the individuals who do yoga regularly as compared to the control group.

It is thus revealed that various aspects determine the positive outcome in the game for athlete viz. anxiety, will, motivation and positive aptitude is the key.

The young athletes don't cope up the pressure and tension in the high competitions and this leads to anxiety and depression, which had a drastic impact on the sportsperson.

Achievement Motivation

The achievement motivation was first of all studies by David and Atkinson in the 1920s. In this motivation the athletes find motivation by means of emotional ways. The athlete tries his best to make best from the game. In the achievement motivation players work hard to satisfy their interests on the game, their focus remains concentrated. This helps them to achieve a larger success. Hockey players in particular are more correlated towards achieved motivation. He has to make good passes so that chances of goal scoring may increase.

Various authors have revealed that motivation depends on both environmental as well as on individual's personality. Individuals personality and environment factors are directly related to one another. If one is missing, result outcome is not positive. Suppose the individual's personality and attitude is lacking but the environmental conditions are appropriate results are not up to the mark.

Similarly Silva and Roberts (1984) have reported similar observations. They have reported that level of achievement is directly related to the positive motivation of the individual.

Following are the important components of the Motivation

1. Regular exercise
2. Nutritious diet
3. No smoking
4. Personal hygiene
5. Protective equipment's
6. Entertainment programs
7. Extra circular activities

Stress

Stress, tension and worries affects the physical fitness of the athlete. These problems had a drastic impact on the player as well as on his game. Therefore, stress needs to be reduced and it should not be prolonged by an athlete for a long time. Athlete may face stress because of various reasons viz. individual problems or family problems. Moreover it has been reported that anxiety decreases the performance of an individual if its crosses the threshold level. It destroys the self confidence of the player, and thus player cannot concentrate on the game which thus affects its game.

Susan *et al.*, (2001) have studied the relationship between self-concept and Psychological skill, and a positive correlation was reported between self-concept and Psychological skill.

Ronald *et al.*, (1990) have studied the role of cognitive anxiety and somatic anxiety in the performance of the individual.

Many researches have been conducted on the role of cognitive anxiety and somatic anxiety in the performance and has been reported to be negatively linear which means when anxiety increases the performance decreases.

On the other hand, Martens *et al.*, (1990) have revealed that cognitive anxiety should remain at high prior to the game for better results. They have also reported that athletes with moderate anxiety prior to the game performs well while the athletes with maximum anxiety performs the worst among all the athletes. Thus, from the study it can be concluded that anxiety is beneficial also but it should not cross the threshold limit

Other form of the anxiety is pre-competition anxiety which is common among the athlete in particular and in young athletes in general. The pre-competition anxiety has a drastic effect on the life of the athlete. It has a direct impact on the players performance. In pre-competition anxiety athlete is unable to perform in the game, he has low self-confidence, he does not perform to his best.

Males and Kerr (1996) have revealed in their study that athletes faces a tough mental emotions prior to the competition which produces a pre competitive anxiety among the athletes results in a below average play.

Halder S and Saha (2012) have studied the relationship between short term memory with the anxiety. They have reported that more percentage of recall is directly proportional to the better performance of the individual. The more the recall the more the performance.

Srinavas *et al.*, (2013) have worked on the psychological factors among the players of various games. They have reported that the performance of the sportsperson had a drastic effect on the game when facing anxiety. Thus it can be concluded that anxiety and motivation plays a significant role in the game of the individual.

Results

Effect of psycho regulative programmes - achievement motivation and stress on psychological variables

During the present study the data related to yogic exercises and autogenic group was analyzed. It was revealed that yogic exercise athletes showed better results as compared to autogenic group. The achievement motivation was found to be better in yogic group as compared to autogenic group in all test (pre test, post test and Adjusted) (Table 1 and 2).

Table 1: Achievement Motivation

Means	Yogic Group	Autogenic group	Control	Source of variance	Sum of squares	DF	Mean squares	Obtained f
Pre Test	24.27	22.73	22.53	Between	53.96	2	26.98	1.01
				Within	2329.20	87	26.77	
Post Test	27.87	25.07	22.87	Between	379.80	2	188.40	7.72*
				Within	2122.80	87	24.40	
Adjusted	26.85	25.48	23.47	Between	170.04	2	85.02	96.91*
				Within	75.45	86	0.88	
Mean Diff	3.60	2.33	0.33					
Stress								
Means	Yogic Group	Autogenic group	Control	Source of variance	Sum of squares	DF	Mean squares	Obtained f
Pre Test	23.10	21.40	21.50	Between	51.4	2	25.72	3.07

				Within	477.5	57	8.38	
Post Test	24.20	23.95	23.10	Between	89.0	2	44.52	10.44*
				Within	243.2	57	4.27	
Adjusted	23.93	24.25	21.47	Between	87.8	2	43.91	10.14*
				Within	242.5	56	4.33	
Mean Diff	1.10	2.55	1.60					

Table F-ratio at 0.05 level of confidence for 2 and 56 (df) =3.15, 2 and 46(df) = 3.15.

*Significant

Table 2: Scheffe’s Post HOC analysis Results

Means Achievement Motivation			Mean Difference	Required C1
Yogic Practices	Autogenic	Control		
25.09	26.43		1.34	1.35
25.09		23.18	1.91*	1.35
	26.43	23.18	3.25*	1.35
Means of Stress			Mean Difference	Required C1
Yogic Practices	Autogenic	Control		
23.93	24.25		0.31	1.65
23.93		21.47	2.47*	1.65
	24.25	21.747	2.78*	1.65

*Significant at 0.05 level

Conclusion

From the present results it was revealed that exercises has a direct impact on the performances of the athletes. Yogic exercises were directly related to the motivation of the athletes. Higher motivation improves the quality of the game in the athlete. Exercises also reduces the anxiety, which shows an adverse effect on the game.

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