



Relationship between achievement motivation and trait anxiety among state and inter-collegiate football players

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Abstract

The aim of this study was to find out the relationship between achievement motivation and trait anxiety among state and inter collegiate Football players. The study was conducted on 80 Football 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 hadball players of state and inter collegiate level competition. The data obtained was measured through person's product moment correlation. The main findings stated that there were insignificant relationship between achievement motivation and trait anxiety among male and female of state and inter collegiate Football players.

Keywords: achievement motivation, inter-collegiate football players

Introduction

Motivation is an internal energy force that determines all aspects of our behavior; 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 fulfill their potential. However, given its inherently abstract nature, it is a force that is often difficult to exploit fully. Some coaches, like Portugal manager Luiz Felipe 'Big Phil' Scolari, 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; others 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. 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. 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 is a behavioral 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.

There is a close relationship between achievement motivation and trait anxiety. Achievement motivation is an effective arousal state which directs the human behavior for successful participation in sports competition. There should be an optimum level of achievement and 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 hand ball players of different levels of competition.

Methodology

The study was conducted on 80 Football 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 and trait anxiety among Football players of state and inter collegiate level competition. The sports 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 before the competition. To determine the relationship between achievement motivation and trait anxiety among state and inter collegiate Football 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 Football players are presented in Table.

Table 1: Relationship between achievement motivation and trait anxiety among male and female Football 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 Football players of state and inter-collegiate level competitions.

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