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"A COMPARATIVE STUDY OF PRE-COMPETITION ANXIETY AND SPORTS ACHIEVEMENT MOTIVATION AMONG INDIGENOUS AND NON INDIGENOUS GAME PLAYERS OF KARNATAK UNIVERSITY".



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Research Scholar UCPE- Bangalore University , game players of Karnatak University".

ABSTRACT :

Physical education is the most important factor of common education. It is the education through physical activities it means in physical education how much importance goes to physical factor; the same importance goes to psychological factors also. The aim of the education is overall development of human. The aim of the physical education is not out of common education it helps to overall development of child through physical activities.

Sports psychology means applying psychological theories and concept to aspect as sports such caching and training. It is concerned with analyzing human behaviour types of sports setting. It is individual behaviour acting individually or acting in a group. Team may win or lose under psychological stress. It is believed that winning an international sport computation greatly depend on the psychological abilities. Therefore psychological fitness and training of the individuals are the factor which helps in achieving outstanding performance.

KEY WORDS: - Physical education ,development of human, psychological stress.

INTRODUCTION:

Anxiety is a psychological state characterized by somatic, emotion, cognitive and behavioral components. The root meaning of the anxiety is to trouble in either the absence or presence of psychological stress, anxiety can create feeling of fear, worry, and uneasiness. Anxiety has defined in a variety of ways such as a disturbed state of the body, Emotional reactivity, Nervousness "Unpleasant" state of the body and mind. Physical effect of anxiety may include heart palpitation, muscles weakness, tension, fatigue chest pain, shortness of breath, stomach-aches and headaches. The body prepares to deal with threat, blood pressure and heart rate is increased, sweating is increased, blood flow to the major muscles group is increased. External signs of anxiety may include pale skin, sweating and trembling.

Anxiety is equated with fear of practicing in sport person. Respective of their sex and age, athletes tend to have variety of fear at all stages of their sporting career. Sports scientists believe that exposure of young athletes to competitive situations should be gradual and well planned. Anxiety level is different from sports to sports For instance, the way individuals competing in individual sports like archery, wrestling, gymnastics judo shooting track & field etc. The Athletes in individual sports experience higher anxiety than those in team sports.

Anxiety may differ contact and semi contact sportsman. In group sportsmanship all the players are involved in the game so everyone should be alert. Here the achievement may not depend on the individuals. But in individual sports complete game depends on person.

The word motivation most likely comes from the word "motive" it is viewed as an intervening variable that causes behavior. Sports related views - Man by birth is physically active and sportive in nature. So both physical activity and sport are spontaneous, natural and enjoyable activities at the baseline. They are self motivated and self motivating. However, when they are viewed as social institutions and subjected to some kind of formal discipline and organization, i.e. play metamorphosing into sport and physical activity becoming physical exercise, they become procedure-based and are governed by general laws of learning and motivation.

Sport motivation, which involves "inner life energies, and their forms of expression" is now being explained and interpreted from different sport-specific perspectives significantly those of Konard Lorenz's theory of aggression, Sigmund Freud's of Neurotic Conflict, and Robert White's Theory of competence. All of them carry special significance for the sport psychologists as on this basis they have tried to pinpoint with astute precision why people engage in sport, and what makes sportspersons develop in themselves an unquenchable thirst for constant performance-improvement leading to breaking and creating athletic records.

In sport, high motivation is widely accepted as an essential prerequisite in getting athletes to fulfill their potential. The quality, volume and strength of sport motivation are significantly affected by several factors and conditions with which physical educators and coaches ought to be familiar in order to enhance the motivational drive in subjects under their charge and stamp out negative influences.

Purposes of the study: -

1. The main purpose of this study was to compare pre-competition sports anxiety [SCAT] among indigenous and non indigenous game players of Karnatak University.

2. The main purpose of this study was to compare pre-competition sports achievement motivation among indigenous and non indigenous game players of Karnatak University.

Statement of the problem: - "Whether the indigenous game players were better than non-indigenous game players of Karnatak University".

Hypothesis:-

1. It was hypothesised that there was a significant difference in compare pre-competition sports anxiety among indigenous and non indigenous game players of Karnatak University.
2. It was hypothesised that there was a significant difference in compare pre-competition sports achievement motivation among indigenous and non indigenous game players of Karnatak University.

METHODOLOGY: -

TOOLS: -

As discussed earlier the main purpose of the study was to investigating the selected criterion variables such as pre-competition sports anxiety and pre-competition sports achievement motivation. For this purposes the standardized "SCAT" Questionnaire developed by martins (1984) and pre-sports achievement motivation Questionnaire developed by ML Kamlesh (1990) were administered.

SUBJECTS:-

To achieve the objective of present study 60 sportsmen from kabaddi and kho-kho (indigenous game players, 30+30) and 60 sportsmen from basketball and handball (non indigenous game players, 30+30) who were participated the inter-collegiate level tournaments were chosen randomly as the subject. The subject for this study the age limit was restricted in the range of 18-24 years.

TESTING PROCEDURE

For the purpose this study the above mentioned standardized questionnaire were administered individually to each subject. At the beginning of testing, the investigator approached to subjects and their coaches at personnel to help in the data collection. The investigator briefly explained the objective and clarifies questions from the subjects and given appropriate time to finish the test. After completion of test immediately collected response sheets by investigator.

STATISTICAL PROCEDURE

The following statistical technique 't' ratio was calculated to find out the significance of the difference between the mean and standard deviation of the "indigenous and non indigenous game players".

ANALYSIS OF THE DATA

The significance of the difference among the means of "indigenous and non indigenous game players" was found out by comparison. The date were analysed and dependent t test was used with 0.05 levels of confidence.

TABLE-1

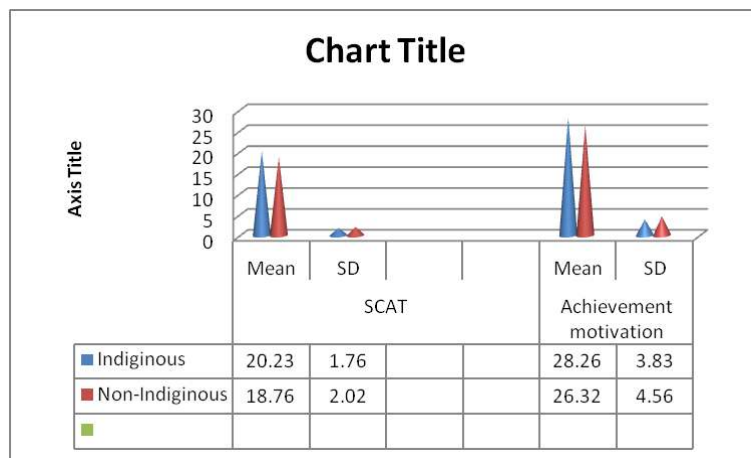
Comparison of pre competition anxiety and pre competition sports achievement motivation between indigenous and non indigenous game players.

SL NO	Variable	Game	Mean	SD	Df	't'- value
1	SCAT	Indigenous	20.23	1.76	58	3.57*
2		Non- indigenous	18.76	2.02	58	
3	Achievement Motivation	Indigenous	28.26	3.83	58	2.39*
4		Non- indigenous	26.32	4.56	58	

Significance level at 0.05, df (58) =2.00

The table shows that the mean values of indigenous and non indigenous game players" on SCAT were 20.23 and 18.76 respectively. And The SD of indigenous and non indigenous game players was 1.76 and 2.02 respectively. The obtained 't'ratio was 3.57* since the obtained calculated value was greater than table value of 2.00 for significance at 0.05 level with 58 degrees of freedom it was found to be statistically significant. And in the case of pre competition sports achievement motivation the mean values of indigenous and non indigenous game players" were 28.26 and 26.32 respectively. And The SD of indigenous and non indigenous game players" were 3.83 and 4.56 respectively. The obtained calculated value was 2.39, since the obtained calculated value was greater than table value of 2.00 for significance at 0.05 level with 58 degrees of freedom it was found to be statistically significant. The result of the study showed that there was a significant difference between both groups in SCAT and sports achievement motivation and both hypotheses were accepted.

FIGURE: A graphical representation shows the mean and SD of SCAT and Achievement motivation among indigenous and non indigenous game players.



RESULTS

From the statistical analysis it was concluded that the indigenous game players were having higher anxiety and greater sports achievement motivation level than non indigenous game players in comparison.

DISCUSSION

As anticipated players who are participating in indigenous game players were having significantly higher anxiety score and greater sports achievement motivation level than non indigenous game players. So it can be predicted that the less playing arena, without equipments or instruments while playing, chasing by only once and body contact of players increases the anxiety behaviour and also increases motivation level in indigenous game in comparison to non indigenous game players. According to literature contact in the game, small playing arena may increase the anxiety level and sports achievement motivation in indigenous game players both anxiety and achievement motivation have reverse direction relation.

CONCLUSION:-

From the study it may be concluded that indigenous game players were more anxious compare to non indigenous game players. And this study also reveals that indigenous game players were better in sports achievement motivation than non-indigenous game players.

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