



# REVIEW OF RESEARCH

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## ASSESSMENT OF ANXIETY LEVEL AND ACHIEVEMENT MOTIVATION AMONG VOLLEYBALL PLAYERS OF DIFFERENT LEVELS OF ACHIEVEMENT

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### ABSTRACT

*The purpose of this study was to assess the anxiety level and achievement motivation among National Female Volleyball players at different levels of achievement: Senior, Junior and Sub-Junior National players. A total of 150 National Female Volleyball players (50 from each category) were randomly selected as subjects for the study. The standardized Sports Competition Anxiety Test developed by Rainer Martens and Achievement Motivation test by M.L. Kamlesh was administered to collect the data. The collected data was analyzed using One-way ANOVA and L.S.D. post hoc test to compare the significant difference among the groups. The results revealed significant differences in the anxiety level and achievement motivation among the three groups. Senior players exhibited higher anxiety as well as achievement motivation as compared to junior and sub-junior. The study concluded that age, experience and level of exposure contribute significantly to motivational level in players.*



**KEYWORDS** - Anxiety, Achievement, Motivation, Volleyball.

### INTRODUCTION

Anxiety is the most common hindrance to good performance. In the worst case, the effect of anxiety debilitates performance by holding the individual back. This does not mean that one cannot perform well if he/she is nervous. In fact most athletes experience some anxiety before performing at their best. Anxiety by its very nature hinders the performance of the athlete. Regular participation in sports and games can lead to a reduction in anxiety. (Bell 1983).

Decades of research on anxiety in the context of sports has yielded some interesting and important findings: Athletes (especially gymnasts, track and field athletes, and basketball and tennis players) who viewed their anxiety as harmful had higher anxiety intensity than those who described it as helpful. More experienced athletes had lower levels of cognitive anxiety. This makes some sense because as an athlete gains experience (especially when playing in competitive matches), he or she learns the tricks of the game and knows how to manage (or overcome) stress. Confidence and anxiety levels are known to be closely related. The greater the athlete's confidence, the less anxious (rather than worried) he or she will feel about the competition (and its results) because they know they are prepared and ready to take the bull by the horns. Similarly, an over-anxious athlete displays signs of self-doubt. Athletes who practice as well as compete in a state of high anxiety are better able to manage their anxiety and keep its level optimal, which is conducive to top performance. Moderate levels of arousal (anxiety) are better than very low and very high states. However, this is an extremely individual

phenomenon and varies with the personality of the athlete, the complexity of performance in a sport, and many other factors that are still not well understood.

Achievement motivation is an integral element of human personality. It directs a person's activity and makes him more (or less) dynamic. Without the desire to succeed other psychological characteristics and abilities do not have nearly as much influence on performance. Achievement motivation affects other factors affecting performance in sport such as: physical preparation, technique and tactics and even lifestyle. Grays and Sankowski (1995) concluded that the "driving force of activity" should be understood as the combined work of the driving force (which is a permanent property of the personality) and the consequences a given person perceives from his actions.

Motivational orientations of individuals are explored from three different theoretical perspectives. These include achievement of participation and termination objectives, intrinsic and extrinsic motivation, and goal orientation. Participation motivation refers to the reasons individuals pursue for initiating, continuing, and maintaining participation in physical activity, as well as the reasons individuals choose to discontinue participation. Intrinsic and extrinsic motives reflect incentives determined primarily by external sources, such as adult and peer approval, material rewards, and a competitive emphasis on winning. Finally the area of achievement goal orientation emphasizes the differences between individuals who are task- or personal mastery oriented with regard to participation and performance goals versus individuals who are ego- or outcome oriented with these goals and how these orientations manifest themselves in future motivational behavior.

Achievement motivation is a very good tool for sportsmen to bring about the necessary and effective changes in the behavior, attitude and performance of individuals at any level. Originally special instructions for able sportsmen/women were given by qualified coaches, physical educators who had the knowledge, training and expertise to motivate potential individuals to put in better efforts to achieve more. Parents and coaches set goals for sportsmen and direct their energies towards the attainment of these goals. Some goals can be achieved easily; others are quite far and take more time to achieve. The sole and primary motive of achievement is the satisfaction resulting from success which motivates the learner to higher achievement.

## OBJECTIVES

To compare the anxiety level among National Female Volleyball players at different levels of achievement i.e., Senior, Junior and Sub-Junior National players.

To compare the achievement motivation among National Female Volleyball players at different levels of achievement i.e. Senior, Junior and Sub-Junior National players.

## HYPOTHESES

It was hypothesized that: There will be no significant difference in anxiety level among National Female Volleyball players at different levels of achievement i.e. Senior, Junior and Sub-Junior National players.

There will be no significant difference in the achievement motivation of National Female Volleyball players at different levels of achievement i.e. Senior, Junior and Sub-Junior National players.

## METHODOLOGY

The subjects of the present study were 150 National Female Volleyball players who participated in the Senior, Junior and Sub-Junior National Volleyball Championship as subjects for this study. The players were categorized into three principal groups, selected through random sampling 50 female from Senior, 50 female from Junior and 50 female from Sub-Junior National Volleyball players. Sports Competition Anxiety test by Rainer martens and Achievement Motivation test developed by M.L. Kamlesh was used for the assessment. The tool is reliable and widely in sports psychology research in India. Data were collected during the Senior National Female Volleyball Championship held in Swai Mansingh Stadium Jaipur, Rajasthan from 7th to 13th January 2025, Junior National Female Volleyball players who participated in Junior National conducted at Bareilly, Uttar Pradesh from 6th to 10th November 2024 and the sample representing in the Sub-Junior National Female Volleyball players who

participated in Sub-Junior National conducted at Varansi, Uttar Pradesh from 10th to 14th December 2024. Subjects were informed about the study and informed consent by their coach.

### ANALYSIS OF RESULTS AND DISCUSSION

The data were analyzed using means, standard deviations and one way analysis of variance (ANOVA) was computed to find out the significant difference in anxiety and achievement motivation of Volleyball players of different levels of achievement. L.S.D. test of post-hoc comparisons was used to determine the significance of difference between ordered-paired means. The level of significance was set at 0.05.

**TABLE-1**  
**ANALYSIS OF VARIANCE AMONG SENIOR, JUNIOR AND SUB-JUNIOR NATIONAL FEMALE VOLLEYBALL PLAYERS ON ANXIETY LEVEL AND ACHIEVEMENT MOTIVATION**

S.No.s	Variables	Source of Variance	Degree of Freedom	Sum of squares	Mean Sum of Squares	F-ratio
1.	Anxiety Level	Between Groups	2	22.17	11.087	2.891**
		Within Groups	147	563.72	3.835	
		Total	149	585.89		
2.	Achievement Motivation	Between Groups	2	617.97	308.987	16.791*
		Within Groups	147	2705.12	18.402	
		Total	149	3323.09		

\*Not Significant at 0.05 level

$F_{0.05}(2,147) = 3.06$

It is evident from Table-1 that there is no significant difference among Senior, Junior and Sub-Junior National Female Volleyball players on Anxiety level, as the obtained F-value of 2.891 is slightly less than the tabulated  $F_{0.05}(2,147) = 3.06$ .

There is significant difference among Senior, Junior and Sub-Junior National Female Volleyball players on Achievement Motivation, as the obtained F-value of 16.791 is much more than the tabulated  $F_{0.05}(2,147) = 3.06$ .

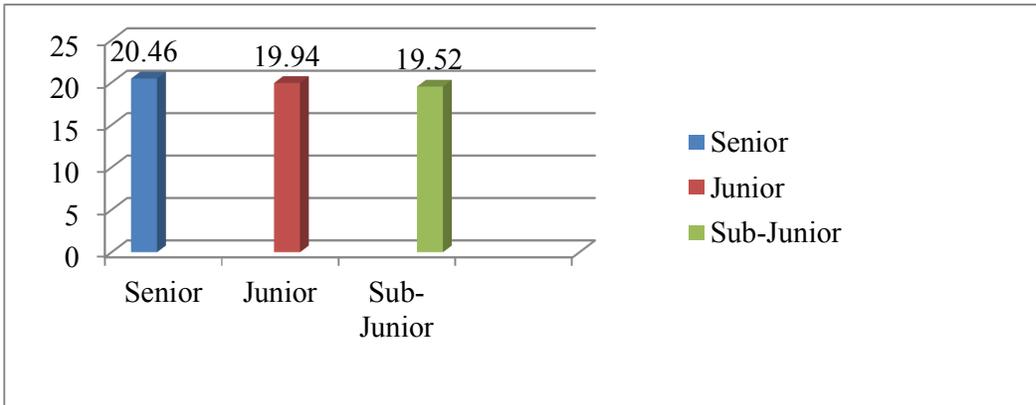
As the F-ratio was found to be significant L.S.D. Test of Post-hoc comparisons was applied to study the significant of difference between ordered paired means of Senior, Junior and Sub-Junior National Female Volleyball players on Achievement Motivation and the data pertaining to this has been presented in Table-2.

**TABLE-2**  
**SIGNIFICANCE OF DIFFERENCE BETWEEN THE ORDERED PAIRED MEANS ON ANXIETY LEVEL AND ACHIEVEMENT MOTIVATION AMONG SENIOR, JUNIOR AND SUB-JUNIOR NATIONAL FEMALE VOLLEYBALL PLAYERS**

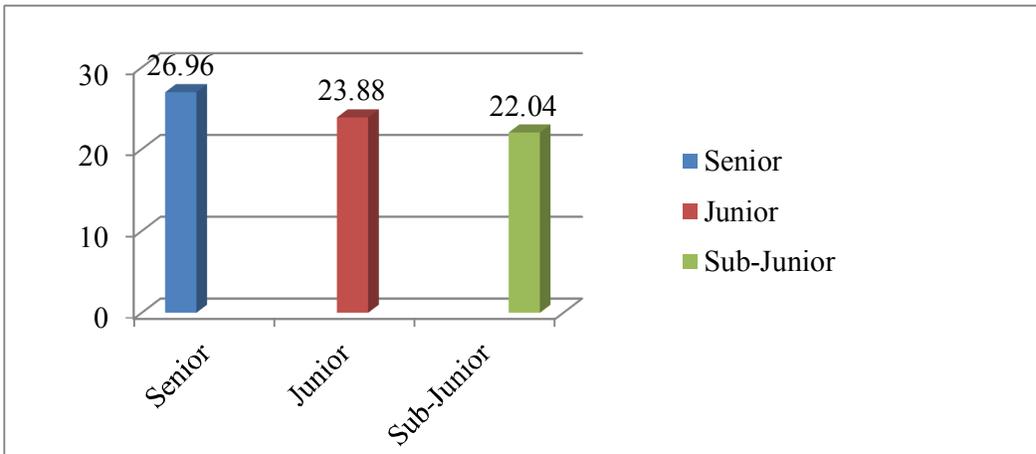
S.NO.	Variables	Mean Scores			Mean Difference	Critical Difference
		Senior National	Junior National	Sub-Junior National		
1.	Anxiety Level	20.46	19.94	-	0.52	0.768
		20.46	-	19.52	0.94*	0.768
		-	19.94	19.52	0.42	0.768
2.	Achievement Motivation	26.96	23.88	-	3.08*	1.682
		26.96	-	22.04	4.92*	1.682
		-	23.88	22.04	1.84*	1.682

\*Significant at 0.05 level

It is obvious from Table-2 that On Anxiety level there was significant difference between the means of Senior and Sub-Junior National Female Volleyball players as the obtained paired mean differences of 0.94 was found to be higher than critical difference value of 0.768. However, no Significant difference between Senior and Junior, Junior and Sub-Junior National players and On Achievement Motivation significant difference between the means of Senior and Junior, Senior and Sub-Junior, Junior and Sub-Junior National Female Volleyball players as the obtained paired mean differences of 3.08, 4.92 and 1.84 was found to be higher than the critical difference value of 1.682.



**Fig-1: Comparison of Means of Anxiety Level of Senior, Junior and Sub-Junior National Female Volleyball Players**



**Fig-2: Comparison of Means of Achievement Motivation of Senior, Junior and Sub-Junior National Female Volleyball Players**

**DISCUSSION OF FINDINGS**

The findings of the study support the hypothesis that anxiety and achievement motivation varies with the level of achievement in sports. Senior players scored higher, possibly due to their incredible experience, psychological maturity and exposure of competition.

**CONCLUSIONS**

Within the confines and restrictions of the present study, the following conclusions were drawn based on the results obtained:

Senior players had higher Anxiety and Junior players showed moderate level of Anxiety. Whereas, Sub-Junior players exhibited lower Anxiety level.

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Senior players had the highest Achievement Motivation; Sub-Junior players exhibited lowest Achievement Motivation as compared to Junior players.

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