



**Comparative Study of Sports Competitive Anxiety and Sports Achievement
Motivation between Basketball Players and All India Interschool Running Events
Athletes**

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Abstract: With the aim to compare the sports competitive anxiety and sports achievement motivation between basketball players and all India interschool track runners. Forty six male subjects (23 basketball players and 23 all India interschool track runners) were recruited as subjects for the study. Their age ranged from 18 to 25 years. For the acquisition of psychological data of the participants of sports achievement motivation questionnaire developed by Kamlesh (1990) and for sports competitive anxiety questionnaire developed by Martin (1984) was used. The data of basketball players were acquired from the north zone interschool competition held at Bareilly, data of track runners were acquired from All India Interschool Athletic meet held at Mangalore. The 't' test was used to analyze data. Results indicated that no significant difference was found between basketball players and all India interschool track runners in their sports competition anxiety and sports achievement motivation.

Keywords: Achievement motivation, Anxiety, Basketball and Athletes

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1. Introduction

Competitive Anxiety in Sport concludes with a theory of competitive anxiety based on an interaction between uncertainty about the outcome and the importance assigned to that outcome. Anxiety before or during athletic competitions can hinder performance of an athlete. The coordinated movement required by athletic events becomes increasingly difficult when your body is in a tense state. A certain level of physical arousal is helpful and prepares us for competition. But when the physical symptoms of anxiety are too great, they may seriously interfere with your ability to compete. Similarly, a certain amount of worry about how you perform can be helpful in competition, but severe cognitive symptoms of anxiety such as negative thought patterns and expectations of failure can bring about a self-fulfilling prophecy. If there is a substantial difference between how you perform during practice and how you do during competitions, anxiety may be affecting your performance.

Some types of athletes are more prone to feeling the effects of anxiety on performance. Amateur athletes are more likely than seasoned professionals to experience anxiety that interferes with their ability to perform in competition -- this makes sense due to their relative lack of experience both in competition and in managing arousal. Athletes who participate in individual sports have also been found to experience more anxiety than those who play team sports. Common sense

suggests that being part of a team alleviates some of the pressure experienced by those who compete alone.

Finally, there is evidence that in team sports, when a team plays at the venue of the opposition (known as an "away" game) anxiety levels tend to be higher than when playing at home. Again, common sense would indicate that having greater fan support and more familiarity with the venue plays a role in anxiety levels during competition.

How are elite athletes consistently able to rise to the challenge when faced with tough competition? Research shows that self-confidence plays a role in how you respond to symptoms of anxiety during athletic performance. People who are confident in their abilities are more likely to have a positive reaction to arousal and anxiety and thrive on the challenge of competition. Elite athletes are often so focused on their behavior that they interpret arousal as excitement rather than anxiety.

In general, self-confidence tends to be highest when you believe in your ability and feel that you have properly prepared for a competition. Worry and confidence are at opposite ends of the spectrum -- when confidence is strong, it tends to crowd worry out of the mind.

A motivation or motive that induces a person to direct his or her behaviour toward the attainment of certain goals; for example, the motivation that predisposes an athlete to engage in

or avoid a particular competition. It is regarded as a fundamental drive that can motivate athletes to commit large proportions of their lives to achieve particular personal goals. It is associated with a number of behaviour characteristics of an athlete during a sporting situation, such as the effort applied, the ability to continue trying, the choice of action possibilities (e.g. decision to approach or avoid achievement situations), and the performance outcomes. Achievement motivation is affected by a number of factors, including an individual's desire for success and fear of failure.

Aim of the study: to compare the sports competitive

2. Method

2.1. Participants

The present investigation was undertaken on North zone basketball players from north zone intervarsity competition held at bareilly and athletic running event athlete of All India Intersvarsity Athletic meet held at Chennai (Madras). A total 46 players/athlete served as the participants for this study.

2.2. Tools

Keeping in view the research objectives and availability of the appropriate questionnaires/inventories, the following tests were used:

Sport Competition Anxiety Test developed by Martens, Vealey, and Burton^[1] was used to gauge participants' sports competition anxiety. It has fifteen items out of which five items were spurious. Every statement has their three possible answers i.e. Hardly-ever, Some-time and Often. 10 test items which were taken for scoring purpose were: 2,3,5,6,8,9,11,12,14 and 15. The remaining five items i.e. spurious items 1,4,7,10 and 13 were not scored.

Sports Achievement Motivation Test developed by Kamlesh^[2], comprised 20 incomplete statements which can be completed by choosing either of the two proposed parts against each statements, was used.

2.3. Procedure

The above mentioned tools were administrated individually to each participant. Prior to the administration of psychological tests, the investigator approached coach and participants at the personal level requested to help in the data collection. The investigator explained clearly all the questionnaires in the regional language of the participants and was asked to complete all tests.

2.4. Data Analysis After obtaining data, the data were subjected to 't' test.

3. Results

Table 1: Indicating 't' value between basketball players and track running athletes of their sports competition anxiety.

	Basketball Players	Running Athletes	cal 't'
Mean	18.04	23.91	1.19
SD	1.94	2.75	

*Significant at 0.05 level with 44 df.

An examination of table 1 revealed that there were no significant difference found between basketball players and track running athletes of their sports competition anxiety at 0.05 level of significance with 44 degree of freedom because calculated 't' value (1.19) is less than tabulated 't' value.

Table 2: Indicating 't' value between basketball players and track running athletes of their sports achievement motivation.

	Basketball Players	Running Athletes	cal 't'
Mean	29.22	24.52	0.0039
SD	5.84	4.56	

*Significant at 0.05 level with 44 df.

Table 2 revealed that there were no significant difference found between basketball players and track running athletes of their sports achievement motivation at 0.05 level of significance with 44 degree of freedom because calculated 't' value (0.0039) is less than tabulated 't' value.

Figure 1: Showing mean difference of sports competition anxiety between basketball players and track running athletes.

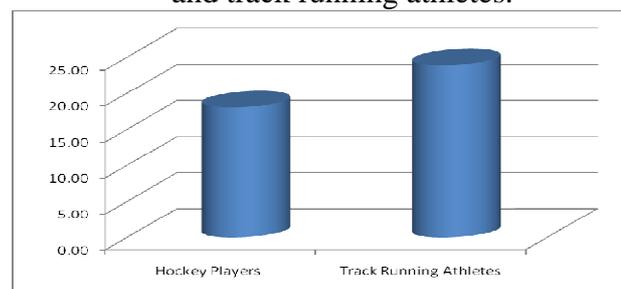
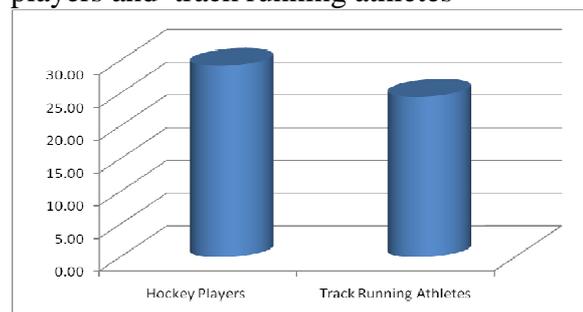


Figure 2: Showing mean difference of sports achievement motivation between basketball players and track running athletes



3.1. Discussion

From the results of this study it is evident that significant relations were not found between basketball players and track running athletes of their sports competition anxiety and sports achievement motivation.

These results may be corroborated with the findings of Fox ^[3] who measured the relationship of achievement motivation of Canadian swimmers with their performance level and found that there was no significant relationship between achievement motivation and swimming performance. Mishra ^[4] conducted a study on National hockey academy players and reported that their level of achievement motivation was just moderate. Zenzen ^[5] found no relationship between achievement motivation as measured by Atkinson's risk taking model of achievement and students performance. However, contrary to the findings of the present study Unierzyski ^[6] found significant correlation between achievement motivation and performance of young tennis players. Kim, Song and Moon ^[7] also found significant relationship of golf putting performance with the level of achievement motivation. Significant relations between performance and need for achievement motivation were reported by Singh ^[8]

Hatzigeorgiadis and Chroni ^[9] have examined to explore relationships between pre-competition anxiety and in-competition coping in swimmers. Thirty nine male swimmers with international competitive experience participated in his study. Correlation analysis showed that intensity of cognitive anxiety had low to moderate negative correlations with approach coping strategies, and low to moderate positive relationships with avoidance coping strategies. Dominikus, Fauzee, Abdullah, Meesin and Choosakul, ^[10] examined the relationship between mental skills and anxiety interpretation in secondary school hockey athletes. There are 108 participants (54 males, 54 females) aged between 14 and 17. The results indicated that the direction of anxiety interpretation between the male and female athletes are the same but

different in terms of intensity (cognitive anxiety interpretation direction, somatic anxiety and self-confidence).

4. Conclusions

On the basis of the results of the present empirical investigation following conclusions can be drawn:

- Significant relations were not found between basketball players and track running athletes of their sports competition anxiety.
- Significant relations were not found between basketball players and track running athletes of their sports achievement motivation.

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