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Effect of anxiety and motivation on the performance of players and non-players in different ball games

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Abstract

Their seen to have been much research work carried out on anxiety and motivation in foreign countries. But recently on large scale the work is under taken in India. Such studies are skill required in India because of the poor standard games and sports; hence the researcher has made earnest efforts to study this problem. The purpose of this study was to compare the effect of anxiety and motivation of players and non-players. The subjects from various colleges of Punjabi University, Patiala (35 players and 35 non-players). The age of the both groups was ranging between 20-25 years. Data was collected by questionnaire method. The subjects were given anxiety and motivation tests. The mean difference of both groups were tested for significance of 't' ratio. In anxiety mean gains score were found statistically significant at .05 level of confidence. Motivation means gain score were found statistically not significant at .05 level of confidence.

Keywords: Anxiety, Motivation, Players, Non-Players.

Introduction

There are many dimensions of fear and anxiety in athletes and non-athletes. Some writers have considered anxiety a personality trait related to stress tolerance in general. Whereas other writers have become interested in "situational anxiety" or fear specific to a given situation or classification of situations.

Anxiety may be heightened prior to a contest, subside during the competition and increase again following competition as the contest is replayed in the contestants mind most of the times athletes as well as others under potential stress are more anxious about failing to live up to social expectations than they are about the physical harm that might befall them in their forth coming efforts.

Numerous steps may be taken to alleviate the anxieties of athletes, depending on a prior assessment of causes of fear in a given participant. For example an athlete may be told that moderate anxiety and level of activation are helpful to performance and that he or she should not become unduly alarmed by the presence of physiological.

Anxiety in Exercise and Sports

Research report on the role of anxiety in exercise and sport and the relationship between athletic performances are conflicting as well as confusing chiefly due to inconsistent terminology and lack of agreement amongst scientist over the very meaning and concept of anxiety, its dimensions and methods of assessment (Kamlesh 1990). Despite contradictory finding on this issue, there is a general consensus that (1) Anxiety is both an affective and a pleasurable emotional reaction in which autonomic nervous system and glandular system play a crucial role (2) The level of anxiety in an athlete tends to rise prior to an athletic contest (3) Repeated participation in competitive sport enable athletes to manage anxiety in various ways.

Since anxiety is equated with fear, practicing and competing sports persons irrespective of their sex and age tend to have variety of fears (madly expressed moments of anxiety) at almost all stages of their sporting career. Fear of doing poorly in fundamental motor and motor skills, anxiety over low level of physical fitness, apprehensions about outcomes of a competition etc. are very common among performing athletes. Some fears may be rational most of them are irrational. Some may catalyse the athletes to put in harder effort so as to improve performance others may give crippling blow to his performance. Fear of competition is universal among

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athletes. It is significantly relative this fear says Cratty (1973) [2] can range for it. Cognitive evaluation of seriousness of an impinging threat ending competition to the experience of bodily changes as competition children and adults alike. Although a frequent exposure to competitive situations and its consequent outcomes helps the athletes to learn how to face competition right from the young age should not be underestimated. Sports scientist believe that exposure of young athletes situations should be gradual and well planned. Besides the greater the resemble trance between the practise conditions and competitive situations better the athlete learn how to cope up with competitive anxiety Cratty (1989) adds conditions with the athlete combined with his or her cognitive evaluation of the threat of competition and with the objective nature of competition itself work together to produce anxiety in athlete. Games and sports significantly differ from one another in skill structure, organization, procedures, performance dynamic etc. the type and intensity of stress (the root cause of anxiety) they generate in the sports persons is significantly different from sports like archery, wrestling, gymnastics, judo, shooting, athletic etc. encounter anxiety is different qualitatively and quantity from the anxiety confronting team game players i.e. basketballers, footballers, hockey players etc. Perhaps, the athletes in individual's sports experience more anxiety than team game players. A plausible explanation for this state of affairs may be in individual sport the total stress is on the individual himself while in team games the stress shifts from one compartment to another (one areas to another) for example, from attack to defence or from right wing to the left wing or vice versa. Similarly, in short duration activities (mostly individual events) such as sprints in track and field and swimming, the athletes go all out to make supreme effort in one breath: consequently they have no time to manage anxiety. In point based or long duration events (marathon, team games) sports-persons have enough time to plan their moves and make of alternative strategies and tactics there by diffusing anxiety.

The impact of competitive situation on the individual depends upon how objectively or subjectively he evaluates the consequences of the situation (cognitive appraisal of the situation). If the outcome of the cognitive appraisal is negative, such as the perception of probable failure, then the obvious response would be to wriggle out of the situation. However, that option is not always available. If the situation I cannot be avoided a response must be executed. The nature or quality of the response can be assessed at psychological, physiological and behavioural levels. While psychological and physiological response is most directly to anxiety behavioural response is most observable and is the one that is evaluated. The consequence of competitive sport event is obviously either success or failure. The public display of the consequence of sport-related response is most likely a major reason why such situations have potential to generate strong anxiety responses.

Motivation

The study of motivation includes a search for variables that influence why people decide to do what they do and that explain the intensity with which individuals work and play. Motivational research is thus one of the most important areas of study for the sport for the sport psychologists, holding potentially useful information for the coach and the athlete. The motivations of athlete have been classified in various ways, including the degree to which they reflect basic physiological or psychological needs, as well as whether they reflect social motives. Additionally motivations may be the

result of the intrinsic nature of the task or the rewards, both social and material existing external to the task.

As athlete nature, the nature of what motivates them to perform may shift from the intrinsic motives of children, to the external motives and rewards of those in highly competitive sport and later again to the intrinsic motives of highly paid professional athletes or recreational joggers.

Several few trends in motivational research hold potential uses for coaches and athletes, such as the attempts to evaluate motivation in sport as well as the study of the cognitive processes that from motivational "structures" in people as they perform in achievement oriented situations. Various types of athletes may be identified, with reference to what seems to motivate them. These include those who have high needs for achievement and perform in positive happy ways in contrast to those who are anxious and concerned and seem to evidence high needs to avoid failure. It is usual that these two types will perform differently under competitive stress and need to be dealt with differently by both the coach and the team psychologist.

Athletes may complete for a number of rewards and often for more than one type simultaneously. These includes various forms of social approval the overcoming of stress, the affiliation and friendship of teammates the approval of the coach, the intrinsic interest in the sport, the pursuit of excellence as well as the expression or aggression. Individuals are socialized by the society and predominant norms, values, perceptions and facilities prevailing in the society tend to become and intrinsic force of the individuals goal perspective. Everyone desires to see himself/herself successful and accepted in every life situation and this leads to achievement motivation. This is an inextricable part of human behaviour.

If achievement is associated with one's desire for accomplishment and prestige then sports achievement and motivation speaks about degree to which a player is willing to approach a competition oriented situation in order to achieve a realistic goal (Murray, 2006). Individuals with high degree of sports achievement motivation grow with self-confidence and set realistic obtainable but challenging goal.

Method and Procedure

Subjects

For the purpose of this study the investigator was selected thirty five male players of Basketball, Volleyball and Football from various colleges and thirty five male non players from various colleges of Punjabi University Patiala. The average age of players and non-players was 20-25 years.

Sample Area

The data was collected from National college Bhikhi Mansa, Government Mohindra college Patiala, Akal college of physical education Mastuana Shaib, Khalsa college Patiala, Mata Gujri college, Fatehgarh Shaib and Prof. Gursewak Singh govt. college of physical education Patiala.

Tool and Scoring

The anxiety scale questionnaire designed by Prof. A.P. Sinha (SCAT) was used to measure the anxiety level.

The motivation scale questionnaire designed by N.K.M. Tripathi and C.B. Tripathi (A.M.S.) was used for measuring the motivation level.

Before the administration the subject were given adequate information out the test. No time limit was fixed for completing the test. However individual took about 20 minutes in completing questionnaire. It was emphasized that there is no

right or wrong response to the statement. It was pointed out that each item has to be responded either positive or negative terms. Yes or No. Each subject was asked to give answer to all statement.

For any response indicated as ‘Yes’ one score was awarded and any response indicated ‘No’ was awarded with zero score. The sum of all positive responses was the total Anxiety score of subject.

Statistical Technique

T-test was used to find the difference between mean score of Anxiety and Motivation between on the performance of players and non-players.

Results

For testing the difference between the mean gains of two groups (Anxiety). The level of confidence was set as 0.05.

Table 1: Showing Mean Difference of Player and Non-Players in Anxiety Level

Mean of Players	Mean of Non-Players	Mean Difference	‘t’ Ration
22.37	34.57	12.12	3.63*

*Significant at 0.05 level of confidence
Degree of freedom (df) =68

Table 1 presents data regarding mean differences of players and non-players of anxiety level between two groups and results shows that there exist statistically significant difference when the whole group of players were with non-players ($t=3.63 > 0.05$ level). The comparison of the mean of the two groups indicate that mean of the group of players ($x=22.37$) was higher than the mean of group of non-players ($x=35.57$) indicating thereby that anxiety level is higher among the non-players in comparison to players.

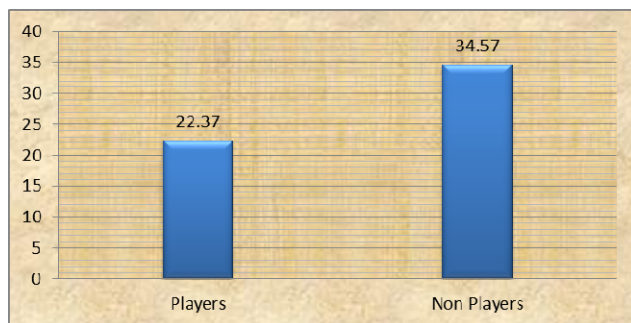


Fig 1: Showing Mean Difference of Player and Non-Players in Anxiety Level

Table 2: Showing Mean Difference of Player and Non-Players in Motivation Level

Mean of Players	Mean of Non-Players	Mean Difference	‘t’ Ration
44.08	43.68	0.4	0.02

Not significant at 0.05 level of confidence
Degree of freedom (df) = 68

The data tabulate in table 2 regarding motivation level of players and non-players, reveals that a statistically no significant difference ($t=0.02 < 0.05$ level) existed when the group of players and non-players was compared. The comparison of the mean of these groups did indicate that mean of the group of players ($x=44.08$) was higher than the mean of the non-players ($x=43.68$).

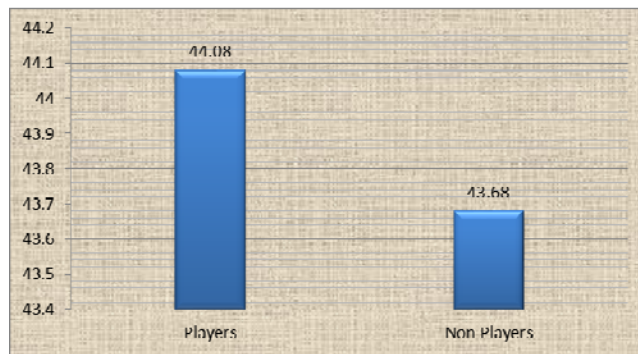


Fig 2: Showing Mean Difference of Player and Non-Players in Motivation Level

Discussion of the Findings

It was evident from the findings of this investigation that anxiety level of players is less in comparison to the non-players. Modern sports training gives emphasis on preparing the athletes psychologically and physically, though play significant role, physical educators and coaches believe that without psychological preparation. There is little chance of success at the higher level of competitions. Several investigations revealed that apart from somatic. Find psychological variables higher level of performance depends upon an athlete’s psychological make-up.

Anxiety of the players is to be optimum for better performance. An efficient players with physique, fitness and mastery over the skills, but lacking in psychological qualities is not been able to play effectively for a longer duration. On the basis of above discussion, it is concluded that there is a significant difference in the anxiety level of players and non-players. Within the limits of this study, it is proved that as per the hypothesis the players in comparison to non-players have low controlled anxiety level.

Thus, according to the review we come to the result that anxiety level of players is less because they face anxious movements so many times during their game that’s why they become habitual of it and hence their control over anxiety becomes increased and shows better performance on the other hand non-players are not exposed to such situations, so they are not able to tackle it and hence their anxiety level is more than that of players.

Hence the null hypothesis with respect to anxiety was rejected the findings of this study were in agreement with the finding of M.L. Kamlesh (2006) Spence (1990) and Robbins (1958) where similar trends have been observed. Man is competitive by nature and a sport is an integral part of human culture and society. So it is natural for man to seek competitions in sports, as he does in other fields of life. People have various reasons for participating in sport, ranging from health and fitness to making and breaking performance records. Even though sport is a social phenomenon. Some people are born competitors everything that stand in their way to their progress poses a big challenge to them; they love challenges and like to be challenged. Such individual are not learned by any external forces and factors of motivations such as awards, rewards, prestige, privileges and the like. The springs of their motivation are rooted deep into their psyche, making their life energy gush faith with tremendous force so that highly motivated individuals never lack energy to accomplish incredible things both in life and sport.

The motivated factors in football players in the end it may be concluded that football players of all the categories have been motivated to prefer football game due to their interest that

aroused in their childhood. Though other factors have also motivated throughout the game. They have been greatly motivated by their interest in the game since their childhood. According to the reviews we come to the result that players and non-players motivation level refrain same because every human being is motivated from his childhood itself according to his interest. Hypothesis with respect to motivation of players and non-players was accepted. The findings of this study were in agreement with the findings of M.L. Kamlesh (2006) and Swinder Singh Randhawa (2001).

Conclusion

In the light of result of this study the following conclusion can be drawn:

1. Anxiety level of non-players is greater than player. According to this study players have less anxiety when compared to non-players.
2. Motivation level is same for both groups. There exists no difference in motivation level of players and non-players.

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