



P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (RJIF): 5.38  
IJPESH 2017; 4(1): 133-134  
© 2017 IJPESH  
www.kheljournal.com  
Received: 25-11-2016  
Accepted: 26-12-2016

**Sravan Kr. Singh Yadav**  
Research Scholar, Department of  
Physical Education GGV,  
Bilaspur, Chhattisgarh, India

## A comparative study of sports achievement motivation and anxiety level of male football and hockey players of Bilaspur

**Sravan Kr. Singh Yadav**

### Abstract

The purpose of the study was to compare the sports achievement motivation and anxiety level between male football and hockey players who used to take part in inter college matches and tournaments. For this study the investigator selected twenty (20) male football players and twenty (20) male hockey players. The subjects were between the age group of 20-25 years and the level of significance 0.05. The subjects were randomly selected for the study. To measure sports achievement motivation between football and hockey male players, a questionnaire developed by Kamlesh (1990) was employed. Spielberger's anxiety inventory questionnaire was employed for measuring level of anxiety. For statistical analysis and interpretation of data 't' test was conducted. It was observed that there was no significant difference in sports achievement motivation and anxiety level among male football and hockey players.

**Keywords:** Motivation, anxiety, football, hockey

### 1. Introduction

Sports achievement motivation has been discovered as a strong psychological factor in the display of behavior. Achievement behavior has been found to be rewarding in competitive sports. It is a force that engages an athlete in the tasks which are challenging and difficult enough to attain. Sports and Physical activities are generally achievement oriented. Personal success in team and individual events can be evaluated against specific standards. One of the reasons of the variability in athlete's behavior is sports achievement situation wherein athletes perceive situations in different ways, owing to different needs for Sports excellence (Sandhu, 1992) [6].

Sports Achievement Motivation has been discovered as a strong psychological factor in the display of behavior of a person. Achievement Motivation of an individual has been found to be rewarding in competitive sports. It is a force that engages a sports person in task which are challenging and hard to attain. The nature of sports and physical activities are generally achievement oriented. Personal success in team and individual events can be evaluated against standards. One of the reasons of variability in behavior of an individual is sports achievement situation is that sports person perceive situation in different ways, because they have different needs for sports excellence. Anxiety is one of the important psychological factors for determining athlete's performance. Performance is a by product of biological, psychological, sociological and physical makeup of an individual. In games and sports not only physiological factors but also psychological factors play an important role in determining the performance level of an individual. However, great important is assigned to psychological parameters in competitive sports (Schilling & Hayashi, 2001) [7]. Many experts advocated that individuals are affected not merely by their physical and techno-tactical ability but also by their psychological makeup.

### 2. Methodology

#### 2.1 Selection of subject

In order to compare the sports achievement motivation and anxiety level between male football and hockey players who used to take part in inter college matches and tournaments.

**Correspondence**  
**Sravan Kr. Singh Yadav**  
Research Scholar, Department of  
Physical Education GGV,  
Bilaspur, Chhattisgarh, India

For this study the investigator selected twenty (20) male football players and twenty (20) male hockey players of Bilaspur. Thus the total numbers of subjects were 40 only. The age Group of the subjects was ranged from (20-25) years.

**2.2 Criterion Measures**

To measure sports achievement motivation between football and hockey players, a questionnaire (SAMT) developed by Kamlesh (1990) [5] was employed. The data were collected from the various college players who used to take part in inter college matches and tournaments. The questionnaire consists of twenty incomplete statements which can be computed by choosing either of two proposed parts against each statement was used. Spielberger’s anxiety inventory questionnaire was employed for measuring level of anxiety. The Bengali version of (anxiety inventory) was prepared by spielberger himself in 1986. The score range from 20 to 80. The higher the score, the greater is the level of anxiety.

**2.3 Administration of Questionnaire**

Respondents will be given a questionnaire with necessary instructions. Necessary instructions will be passed on the subject before providing the questionnaire.

**2.4 Statistical Techniques**

For the present study, the mean value, standard deviation and independents ‘t’ test were applied to analyze the data.

**3. Results and Discussion**

**Table 1:** Mean SD of Achievement Motivation and Comparison of t-test Between Means of Football and hockey players.

Groups	N	Mean	S.D.	t-Value	SED
Football	20	22.42	1.77	20.32	.51
Hockey	20	24.08	1.44		.52

Significant level at 0.05 level

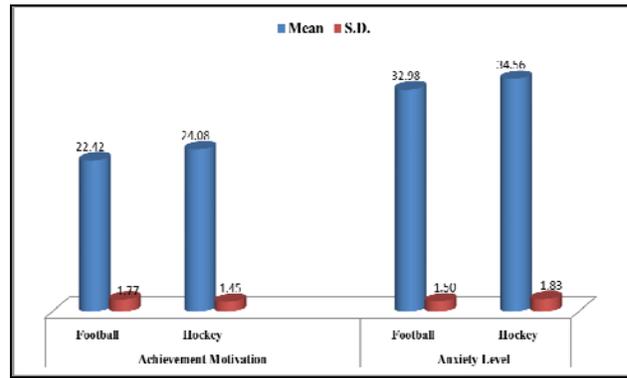
Table-1 Gives information regarding Achievement Motivation of Football and hockey players. Table shows that there were significant differences in Achievement Motivation of Football and hockey players. The Mean of Achievement Motivation of Football and hockey players were 22.42 and 24.08 respectively. ‘t’ test was applied and t-value (20.32) appeared a significant. Graphical representation (Fig.1) also indicates similar trend of this study.

**Table 2:** Mean SD of Anxiety and Comparison of t-test Between Means of Football and Hockey players.

Groups	N	Mean	SD	SED	t value
Football	20	32.97	1.49	.51	20.32
Hockey	20	34.55	1.83	.52	

Significant level at 0.05 level

Table-2 gives information regarding anxiety of Football and hockey players. Table shows that there was a significant differences in anxiety of Football and hockey players. The Mean of anxiety of Football and hockey players were (32.97) and (34.55) respectively. ‘t’ test was applied and t-value (20.32) appeared a significant. Graphical representation (Fig.1) also indicates similar trend of this study.



**Fig 1**

**4. Discussion**

It is documented from the table that calculated ‘t’(20.32) was higher than tabulated ‘t’ (2.08) which indicated that a significant difference between Football and hockey players at 0.05 level of significance. The result may be corroborated with the findings Singh, Ahmad abd Hussain (2010), Sayed Tariq Murtaza, Mohd Imran and Arshi Saleem (2013).They found the similar result among male and female players.

**5. References**

1. Abrahamsen FEGC, Pensgaard AM, An examination of the factorial structure of the Norwegian version of the sport anxiety scale. Norwegian School of Sport Sciences (a Specialized University), Oslo, Norway, 2006; 16(5):358-63. frank.abrahamsen@nih.no
2. Boeien PA, Vrinssen I, van Tulder F. Intolerance of uncertainty in adolescents : correlations with worry, social anxiety, and depression. Clinical and Health Psychology, Utrechth University, Utrecht. The Netherlands P. A. 2010; 198(3):194-200.Boelen@uu.nl.
3. Christakou A, Zervas Y, Stavrou NA, Psychountaki M. Development and validation of the Causes of Re-injury Worry Questionnaire. Department of Physical Education and Sports Sciences. University of Athens. Dafne, Greece, 2011; 16(1):94-114. achristakou@hol.gr
4. Grossband JR, Smith RE, Smoll FL, Cumming SP. Competitive anxiety in young athletes: differentiating somatic anxiety, worry, and connection disruption. Department of Psychology, University of Washington, Seattle, WA, USA. 2009; 22(2):153-66. joelg13@u.washington.edu
5. Kamlesh ML. Manual of Sports Achievement Motivation Test. NIS Scientific Journal. 1990; 13(3):28-39
6. Sandhu GS. Psychology in Sports (Delhi: Friends Pub.) 1992, 92-94
7. Schilling TA, Hayashi CT. Achievement Motivation among high school Basketball and Cross country athletes: A personal investment perspective. Journal of Applied Sports Psychol; ogy, 2001; 13(1):103-128.
8. Spielberger CD. Manual for the State-Trait Anger Expression Inventory (STAX1). Odessa. FL: Psychological Assessment Resources, 1988.
9. Spielberger CD, Gorsuch RL, Lushane RE. The State-Trait Anxiety Inventory Manual; Consulting Psychologists Press: Paolo Alto, CA, 1970.
10. Taimini IK. The Science of yoga: Adyar, Madras. The Theosophical Publishing House. ISBN81 – 7059 – 212-7. Eight reprint edition, 1996.