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COMPARATIVE ANALYSIS OF SPORTS COMPETITION ANXIETY, SELF CONFIDENCE AND SPORTS ACHIEVEMENT MOTIVATION AMONG DIFFERENT LEVEL OF HOCKEY PLAYERS

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Abstract:-The purpose of the present study was to find out the sports competition anxiety, self-confidence and sports achievement motivation among inter district, inter collegiate and inter university Hockey players. For achieving the purpose of the study total of 90 subjects were selected as samples consisted 30 each inter district, inter collegiate, and inter university men players. Their age groups of the subjects were between 19 to 28 years. The psychological tools used in this study were standardized. The Sports competitive anxiety was measured through standardized questionnaire, developed by Rainer Martens, Sports achievement motivation was measured through questionnaire developed by M.L. Kamlesh and Self-confidence was measured through standardized questionnaire developed by Robin's Vealey. The statistical procedure was employed to find out the analysis of selected psychological qualities of different level of play among inter district, inter collegiate and inter university players on selected psychological variables namely sports competitive anxiety, self-confidence and Sports achievement motivation were subjected to statistical analyses by using analysis of variance (ANOVA). The Scheffe's Post hoc test was used to find out the paired means of significance difference. The significant level was fixed at 0.05. All the analyses having significant differences and further it proved that the interuniversity Hockey players were more self-confidence and higher sports achievement motivation and sports competition anxiety than inter collegiate and inter district Hockey players.

Keywords: Anxiety, self-confidence, motivation and Hockey players

INTRODUCTION

Sports performance is determined by a combination of physical fitness, physiological factors, technical skill, tactical insight and state of mind. An elite athletic performance is a rare combination of talent, hard work and the right psychological profile. In sports today, everyone knows that the sports performance is a product of best training methods, best facilities, psychological state of mind and taking nutritional foods. Often the mental qualities of the athletes are highly related to higher achievements. The demand and necessity of psychological qualities differs from person to person, game to game and one level to other level. In the present study intended to compare the sports competition anxiety, self-confidence and sports achievement motivation among inter district, inter collegiate and inter university Hockey players.

SPORTS COMPETITION ANXIETY

The link between anxiety and performance in sport has been known for a long time. Stories abound of athletes or teams that performed poorly because they underestimated their opponent (below optimum anxiety levels) or worried themselves out of the game (above optimum anxiety levels). Dealing with anxiety successfully is an important characteristic of the elite athlete. Research has shown that the ability to cope with pressure and anxiety is an integral part of sports, particularly among elite athletes. This is also evidenced by the report that more than 50% of consultations among athletes at an Olympic festival were related to stress or anxiety-related problems. As a result of this high link between performance and anxiety, anxiety in athletes has become one of the most common topics of sports psychology research. The link between anxiety and performance in sport has been known for a long time. Stories abound of athletes or teams that performed poorly because they

underestimated their opponent (below optimum anxiety levels) or worried themselves out of the game (above optimum anxiety levels). Dealing with anxiety successfully is an important characteristic of the elite athlete. Research has shown that the ability to cope with pressure and anxiety is an integral part of sports, particularly among elite athletes. Anxiety and Motivation are important psychological variables in sports and its need to achieve high level of competition.

SPORTS ACHIEVEMENT MOTIVATION

The term achievement motivation refers to motivation stemming from a desire to perform well or a striving for success. It is evidenced by effort and persistence in the face of difficulties. It is regarded as a central human motivation and is a key determinant of aspiration and persistence when an individual expects that his or her performance will be evaluated on the basis of some standard of excellence. Such behavior is called being achievement-oriented. Motivation to achieve is instigated when an individual knows that he or she is responsible for the outcome of a venture and anticipates explicit knowledge of results that will define that venture as a success or failure. There also needs to be some degree of risk, such as uncertainty about the outcome of one's effort. Achievement-oriented activity is aimed at succeeding and performing well in relation to a standard of excellence or when compared with other competitors. The topic of achievement motivation is of practical importance in education and industry, and relates to the sociological

SELF-CONFIDENCE

Self-confidence is the confidence one has in oneself, one's knowledge, and one's abilities. It is the confidence of the type: "I can do this". "I have the ability to do this". Self-confidence is the one thing that is much more important than many other abilities and traits. If you do not have self-confidence, what you do will never become fruitful at all. The fruits of what you do without self-confidence are lost. Genuine self-confidence is the forerunner of achievements. Self-confidence integrates the powers of mind and body and focuses them towards the goal. Only such a concentrated energy can reach the goal.

Self-confidence is the first step to progress, development, achievement and success. Even if you have a lot of abilities and a lot of knowledge, if you do not have Self-confidence you cannot be a success. But, on the contrary, even if you have only average abilities and knowledge, if you have an unfailingly true self-confidence, chances are that you achieve what you want to. The successes and achievements in turn will strengthen your self-confidence further. People like, respect, believe and trust persons who are self-confident. It is natural that persons with good confidence are offered leadership and other office responsibilities of groups. More and more opportunities automatically come the way of the person with a good self-confidence. In short, success flows to those who have a genuine Self-confidence. 'When you perform any skill successfully, you will generate confidence and be willing to attempt something slightly more difficult'

OBJECTIVE OF THE STUDY

The objective of the present study is to compare the Sports completion anxiety, Self-confidence and Sports Achievement Motivation level of inter-district, inter-collegiate and inter-university hockey players.

METHODOLOGY

The procedure of the selection of subjects, variables, and statistical procedure explained below.

Selection of the Subjects

To achieve the purpose of the study 30 inter district, 30 inter collegiate and 30 inter university Hockey players were selected as subjects and they were selected in random basis. The data were collected through administration of questionnaire, which were explained to the subject so as to avoid any ambiguity of the effort required on their part and prior to the administration of the questioner. The subject participated in the study responded to the questionnaire without bias.

Selection of the Variables

The psychological tools used in this study were standardized. The Sports competitive anxiety was measured through standardized questionnaire, developed by Rainer Martens (1977). Sports achievement motivation was measured through standard questionnaire developed by M.L. Kamlesh (1990) and Self-confidence was measured through standardized questionnaire developed by Robin s Vealey (1986).

Statistical Technique

The data on selected psychological variables namely sports competitive anxiety, self-confidence and Sports achievement motivation among inter collegiate, university and interstate players were subjected to statistical analysis of

variance (ANOVA). The Scheffe's Post hoc test was used to find out the paired means of significance difference.

RESULTS ON SPORTS COMPETITION ANXIETY

The psychological variable Sports competitive anxiety was measured through standard questionnaire developed by Rainer Marten's. The results on Sports competitive Anxiety were presented in table I.

Table I: Showing the Analysis of Variance on Sports Competitive Anxiety

| | LEVEL OF PLAY | | | Source of Variation | Sum of Squares | df | Mean Sum of Squares | F ratio |
|------|----------------|---------------|------------------|---------------------|----------------|----|---------------------|---------|
| | Inter district | Inter college | Inter University | | | | | |
| Mean | 19.21 | 19.60 | 20.27 | Between Groups | 4.2 | 2 | 2.1 | 5.24* |
| | | | | Within Groups | 820.4 | 87 | 9.429 | |
| | | | | Total | 824.6 | 89 | 11.529 | |

F ratio at 0.05 level of confidence for 2 and 87 degrees of freedom was 3.10.

* indicates significant at 0.05 level

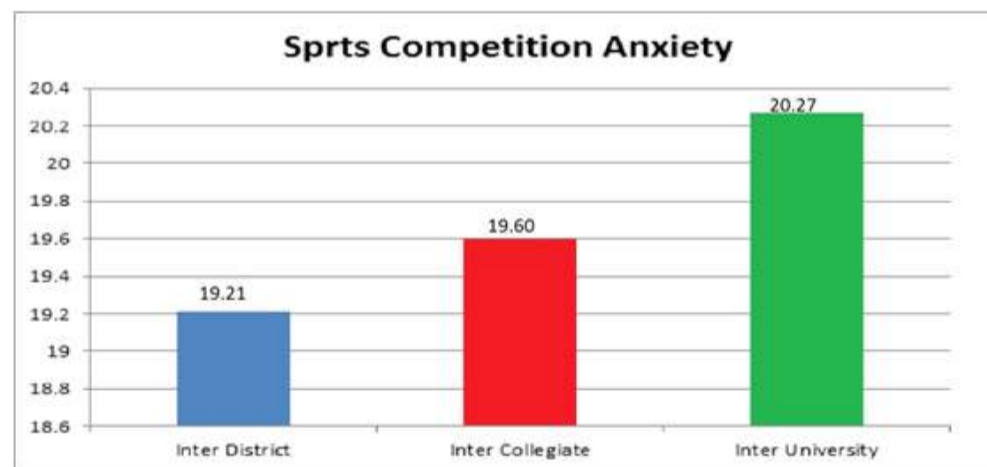
Since there were significant differences among the inter district, Inter collegiate and university level players Scheffe's post hoc analysis was made through computation of Scheffe's confidence interval, which is presented in Table II

Table II: Scheffe's Post-Hoc Test for Sports Competition Anxiety

| LEVEL OF PLAY | | | Mean Difference | CI at 5% level |
|----------------|------------------|------------------|-----------------|----------------|
| Inter district | Inter collegiate | Inter University | | |
| 19.21 | 19.60 | | .39 | .46 |
| 19.21 | | 20.27 | 1.06* | .46 |
| | 19.60 | 20.27 | .67* | .46 |

Table II shows that there was significant difference between inter district and inter university and inter college and inter university level players since the Mean difference value was greater than the C.I of .46 at 5% level. There was no significant difference between inter district and Inter Collegiate level players were in sports competition anxiety.

Figure 1: Bar diagram showing the mean value of Sports Competition Anxiety



RESULTS ON SELF CONFIDENCE

The psychological variable of Self-confidence was measured through standardized questionnaire developed by Robin's Vealey. The results on Self-confidence were presented in table III.

Table III: Showing the Analysis of Variance on Self Confidence

| LEVEL OF PLAY | | | | Source of Variation | Sum of Squares | df | Mean Sum of Squares | F ratio |
|---------------|----------------|---------------|------------------|---------------------|----------------|----|---------------------|---------|
| | Inter district | Inter college | Inter University | | | | | |
| Mean | 55.42 | 60.56 | 65.78 | Between Groups | 890.42 | 2 | 445.21 | 6.65* |
| | | | | Within Groups | 2532.14 | 87 | 29.105 | |
| | | | | Total | 3422.56 | 89 | 474.315 | |

F ratio at 0.05 level of confidence for 2 and 87degrees of freedom was 3.10.
* indicates significant at 0.05 level

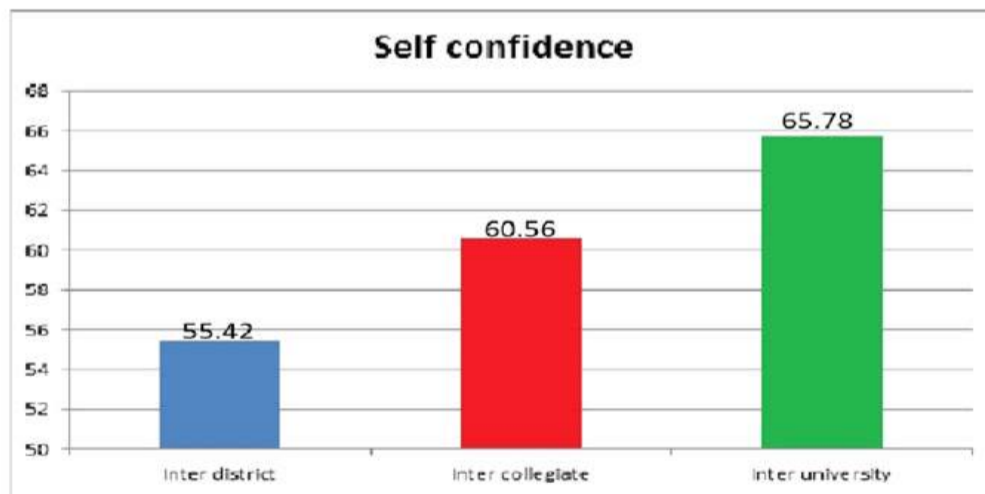
Since there were significant differences among the inter district, Inter collegiate and inter university level players Scheffe's post hoc analysis was made through computation of Scheffe's confidence interval, which was presented in Table IV

Table IV: Scheffe's Post-Hoc Test for Self Confidence

| LEVEL OF PLAY | | | Mean Difference | CI at 5% level |
|----------------|------------------|------------------|-----------------|----------------|
| Inter district | Inter collegiate | Inter University | | |
| 55.42 | 60.56 | | 5.4 | 8.26 |
| 55.42 | | 65.78 | 10.36* | 8.26 |
| | 60.56 | 65.78 | 5.22 | 8.26 |

Table IV shows that there was a significant difference in self-confidence between inter district and inter university level players since the Mean difference value was greater than the C.I of 8.26 at 5% level. There were no significant difference between inter district and Inter Collegiate and Inter Collegiate and University level players in self-confidence at 0.05 level of Scheffe's confidence interval.

Figure 2: Bar diagram showing the mean value of Self Confidence



RESULTS ON SPORTS ACHIEVEMENT MOTIVATION

The psychological variable sports achievement motivation was measured through standard questionnaire. This

questionnaire was developed by M.L. Kamlesh. The result on Sport Achievement Motivation was presented in table V.

Table V: Showing the Analysis of Variance on Sports achievement motivation

| | LEVEL OF PLAY | | | Source of Variation | Sum of Squares | df | Mean Sum of Squares | F ratio |
|------|----------------|---------------|------------------|---------------------|----------------|----|---------------------|---------|
| | Inter district | Inter college | Inter University | | | | | |
| Mean | 9.34 | 14.56 | 15.43 | Between Groups | 526.64 | 2 | 263.32 | 3.79* |
| | | | | Within Groups | 3890.31 | 87 | 44.716 | |
| | | | | Total | 4416.31 | 89 | 308.036 | |

Table F ratio at 0.05 level of confidence for 2 and 87degrees of freedom was 3.10.
* indicates significant at 0.05 level

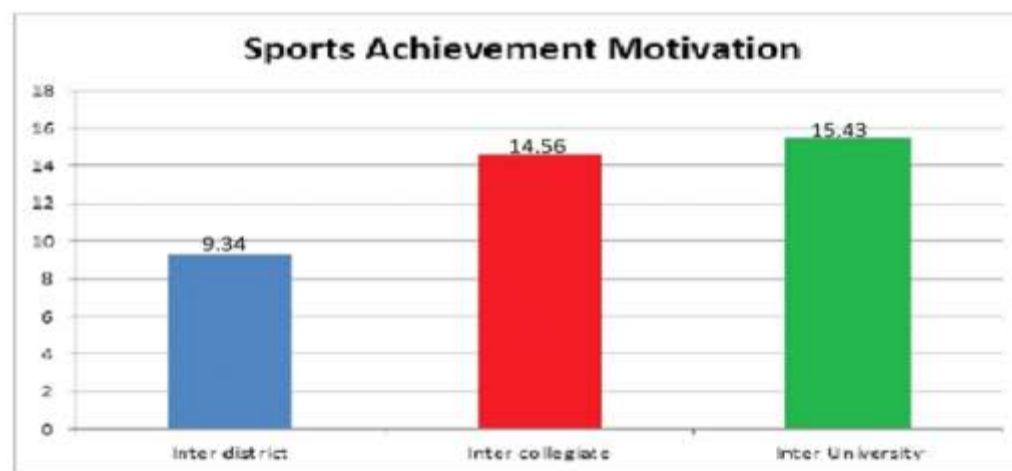
Since there were significant differences among the inter district, Inter collegiate and university level players Scheffe's post hoc analysis was made through computation of Scheffe's confidence interval, which was presented in Table VI

Table VI: Scheffe's Post-Hoc Test for Sports Achievement Motivation

| LEVEL OF PLAY | | | Mean Difference | CI at 5% level |
|----------------|------------------|------------------|-----------------|----------------|
| Inter district | Inter collegiate | Inter University | | |
| 9.34 | 14.56 | | 5.22* | 4.54 |
| 9.34 | | 15.43 | 6.09* | 4.54 |
| | 14.56 | 15.43 | 0.87 | 4.54 |

Table VI shows that there were significant difference in sports achievement motivation between inter district and inter collegiate, inter district and inter university level players since the Mean difference value were greater than the C.I of 4.54 at 5% level. There was no significant difference between Inter Collegiate and inter University players in sports achievement motivation at 0.05 level of Scheffe's confidence interval. Dalwinder Singh and Sonia Saini (2013) found that the significance of difference and direction of difference between wrestlers and judokas.

Figure 3: Bar diagram showing the mean value of Sports Achievement Motivation



CONCLUSIONS

Within limitation of this study, the following conclusions were drawn

1. It was concluded that there was a significant difference in sports competition anxiety, self-confidence and sports

achievement motivation among inter district, inter collegiate and inter university Hockey players

2. There was a significant difference between inter district and inter university, and inter collegiate and inter university level and no significant difference between inter district and intercollegiate hockey players in sports competition anxiety

3. There was a significant difference in self-confidence between inter district and inter university level players and there were no significant difference between inter district and Inter Collegiate and Inter Collegiate and University players level players in self-confidence

4. There were significant difference in sports achievement motivation between inter district and inter collegiate, inter district and inter university level players. There was no significant difference between Inter Collegiate and inter University players in sports achievement motivation.

5. A further the result of the study proved that the inter university players are more self-confidence, sports achievement motivation and sports competition anxiety than inter collegiate and inter district Hockey players.

6. It was found that the higher level of sports participants having higher amount of anxiety due to more pressure.

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