

# A Relationship Between Sports Achievement, Motivation and Sports Competition of Anxiety in National Level Kabaddi Players

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**Abstract:** *A significant relationship exists between sports achievement, motivation, and sports competition anxiety in National-level kabaddi players, where a high level of motivation can often lead to better performance, while excessive competition anxiety can hinder achievement, creating a delicate balance that athletes must manage to optimize their game day results; essentially, the more motivated a player is to succeed, the better they may perform, but if their anxiety levels become too high due to competitive pressure, it can negatively impact their ability to execute skills effectively.*

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