

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.*

Keywords: Kho-Kho

I. INTRODUCTION

Key points to consider:

Sports Achievement:

Represents the level of success a player attains in competitions, measured by factors like winning medals, setting records, and consistent high performance.

Motivation:

Refers to the drive and desire a player has to achieve success, including intrinsic factors like personal satisfaction and extrinsic factors like recognition and rewards.

Sports Competition Anxiety:

A psychological state characterized by nervousness, worry, and physical tension experienced before, during, and after a competition, which can negatively impact performance if not managed effectively.

How these factors interact:

Positive Cycle:

High motivation can lead to focused training, improved skills, and increased confidence, which can further enhance performance and achievement, potentially reducing anxiety levels in high-pressure situations.

Negative Cycle:

Excessive competition anxiety can lead to decreased focus, impaired decision-making, and physical tension, hindering performance and potentially lowering motivation to compete.

Important aspects to explore in research:

Individual differences:

How different levels of motivation and anxiety affect performance based on a player's personality and coping mechanisms.

Coaching strategies:

The role of coaches in managing anxiety levels and fostering a positive motivational environment for athletes.

Mental training techniques:

The effectiveness of interventions like relaxation techniques, visualization, and positive self-talk in mitigating competition anxiety.

Psychological and physiological factors play an important role for the help in establishing the pre-requisite as well as determining the performance National level in kabaddi players.

There are many studies conducted in the aspect of achievement motivation and its effect on performance. Studies suggest that achievement motivation is most significant predictor of performance and essential to participate in a competition (Huschle, et. al. 2008; Carey, et. al. 2000).

Motivation is an essential element of human personality. Achievement motivation influences other factors affecting performance in sport.

II. METHODOLOGY

The sample of the present study was drawn from the Maharashtra State National level Championship in kabaddi players. held at For the purpose of the study fifty (50) kabaddi players were randomly selected from the Championship.

Sports Competition Anxiety Test (SCAT) developed by Martens (1977) was administered to measure the sport competition Anxiety and Sports Achievement Motivation Test developed by Kamlesh (1990) was administered to measure the achievement motivation of the kabaddi players

III. RESULTS AND DISCUSSION

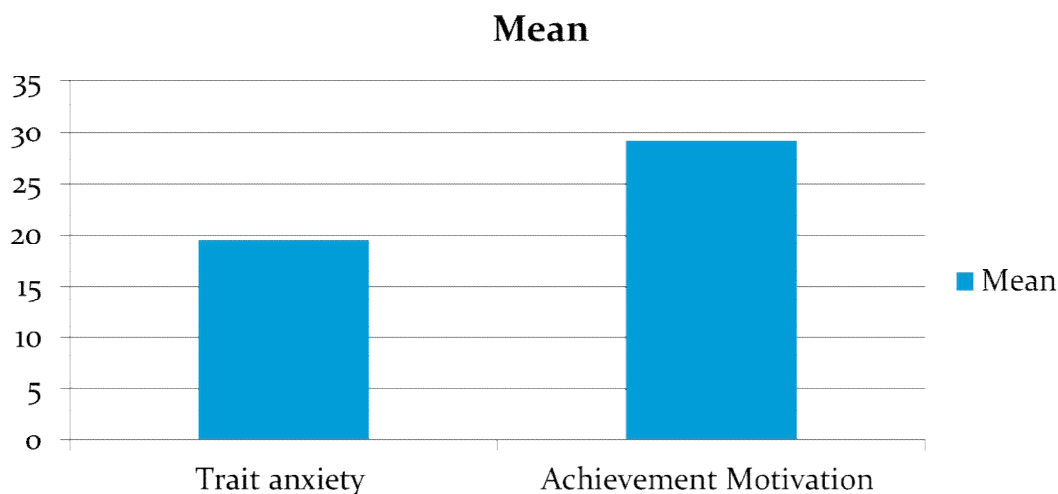
Table -1: Relationship between achievement motivation and trait anxiety

Sr. No.	Psychological variables	Mean	SD	Calculated r	Tabulated r
1	Trait Anxiety	19.5602	72249	-.386	0.354
2	Achievement Motivation	29.2120	1.02509		

Cal. $r_{01} > \text{Tab. } r_{01} (=0.354)$, $N = 50$

Data revealed that significant negative relationship between Trait anxiety and Achievement Motivation i.e. Achievement motivation and Competition Anxiety are negatively correlated to each other.

Figure -1: Mean value of trait anxiety and achievement motivation



From the result of the study showed that significant negative relationship between Achievement Motivation and Trait Anxiety at .05 level of significant i.e. increase or decrease of level of Achievement Motivation do effect on the Increase or decrease of level of Anxiety or vice-versa.

Therefore we can say that players who have high level of Anxiety should also have low level of Achievement motivation or vice-versa. Result of the study endorses the findings of Bawa and Kalpana (2001) who conducted the study on male National level Kabaddi players and found that higher level performance group has moderate level of anxiety than the low level performance group.

IV. CONCLUSION

From the results of this study it was concluded that the Kabaddi players who have high level of Achievement Motivation having low levels of Sports Competition Anxiety and the Kabaddi players having low levels of Achievement Motivation suffers from high Competition Anxiety.

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