



ANALYSIS OF SELECTED PSYCHOLOGICAL VARIABLES ON ATHLETIC PERFORMANCE AMONG WOMEN ATHLETES

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ABSTRACT

The purpose of the study was to analysis the selected psychological variables among Sri Venkateswara University Inter-collegiate Women Athletes. The subject were explained and made them to understand the study by the investigator and the data were collected from the subjects to assess the Anxiety, Aggression and Achievement motivation among degree and PG College Women Athletes. In this statistical analysis the ANOVA was employed separately for all variables. The research study shows that there was significant difference between Anxiety, Aggression and Achievement motivation among State level Women Cricket players.

Key words: Anxiety, Aggression, and Achievement motivation.

INTRODUCTION:

Athletics is an exclusive collection of sporting events that involve competitive running, jumping, throwing, and walking. The most common types of athletics competitions are track and field, road running, cross country running, and race walking. The simplicity of the competitions, and the lack of a need for expensive equipment, makes athletics one of the most commonly competed sports in the world. Athletics is mostly an individual sport, with the exception of relay races and competitions which combine athletes' performances for a team score, such as cross country.

Coming to psychology, psychology is derived from Latin word 'psyche' and 'logos' which means 'soul study'. Today psychology is considered as the science of behavior. This definition has passed through

many stages. Earlier psychology was considered as science of soul, later it was believed to be science of consciousness of mind. Now it is recognized as the science of behavior.

METHODOLOGY:

The purpose of the study was to examine the Anxiety, Aggression and Achievement motivation among Sri Venkateswara University affiliated Degree and PG College Women Athletes. To achieve this purpose, Athletes from various degree college women Athletes who participated in the Sri Venkateswara University Inter-collegiate Athletic Meet 2023-24 held at S.V. University Stadium from 11th & 12th December 2023. Nearly 700 Athletes were participated in the S.V.University Inter-Collegiate Athletic Meet. Scat anxiety questionnaires, SMITH Aggression questionnaire and Dr.M.L. Kamlesh achievement motivation questionnaires were administrated to the players representing the following five colleges only. Sri Venkateswara University college, Tirupati, S.P.W Degree College, Tirupati, S.V. Arts College, Tirupati, S.G.S. Degree College, Tirupati P.V.K.N.Govt. Degree College, Chittoor. For this study from each college five players were selected total number of subjects twenty five.

THE EXPERIMENTAL VARIABLES:

Anxiety plays an important role in the requisition of motor skills as well as athlete performance. Anxiety can either enhance to inhabit performance. Whether its effect is positive or negative depends on how an individual perceives the situation. The levels of anxiety either too height or too low tend to inhabit learning and performance by disturbing the opponent gets irritated behavior of the performer. It leads to the down fall of the level of performance, due to the Aggressive behavior of an individual the teammates are also motivated to perform their level best.

Hence the investigator was interested in choosing achievement motivation as a variable in the study. Talking into consideration of above facts, Anxiety, Aggressive and Achievement motivation were chosen as a variable.

TOOLS USED:

To find out the level of Anxiety Scat Sports competition anxiety test questionnaire formulated by Rainer Martin was used. To find out the level of aggression smith's questionnaire was used. The subjects were explained and made to understand the purpose of the study by the researcher. First the investigator explained all the questions and given the instructions to the subjects. Emphasis was made to get their won response. The subjects were constantly motivated throughout the period of this investigation to ensure their willing co-operation. The investigator administered the questionnaire to the subjects of the study by meeting them in person, the purpose of the investigation was clearly explained and necessary instruction regarding the method of answering the statements in the questionnaire was given. The filled questionnaires were collected from the students and using the scoring key the total scores obtained by each subject was tabulated. Anxiety with SCAT questionnaire developed by Rain

Martens was measured. The SCAT questionnaire was given to all the subject's fifteen items were doted from SCAT questionnaire for this investigation. Aggression questionnaire containing four statements was administered to find the specific types of Aggressive behavior in competitive games and sports. There was no right or wrong answer the subjects circled either strongly disagree 1 point disagree 2 points undecided 3 points agree 4 points strongly agree 5 points. The total value was obtained for the four statements and recorded as the individual score. The standard psychological test designed by Kamlesh was used in achievement motivation. This test consists of partly completed sentences each partly completed sentences have two answers which are equally good to make the incomplete sentences meaningful and complete. Among the two answers the most appropriate one is the correct response. The respondents made a check mark on any one of the answer that fits to them best. The inventory was reevaluated by the investigator by administrating in its original form was made use of in this investigation.

STATISTICAL DESIGN:

To compare the selected psychological variables namely Anxiety, Aggression and Achievement motivation among Women Athletes, ANOVA was employed separately for all variables as suggested by Clarke.

PRESENTATION AND INTERPRETATION OF DATA:

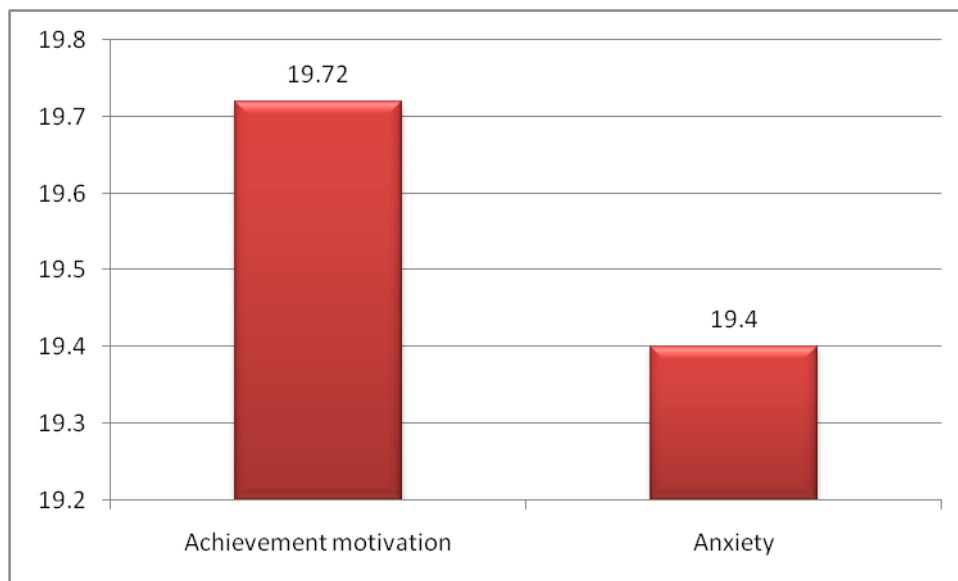
The purpose of the study to find out the different in Anxiety, Aggression and Achievement motivation among Women Athletes, the Anxiety Aggression and Achievement motivation among runners and throwers were assessed. These three variables were assessed by administering separate questionnaire. The data collected have been put in to statistical analysis. To compare the selected psychological variables, analysis of variance was used the significance was set at 0.05 level of confidence which was considered adequate for the purpose of this study.

Post Hoc test for Anxiety, Aggression and Achievement motivation among Women Athletes.

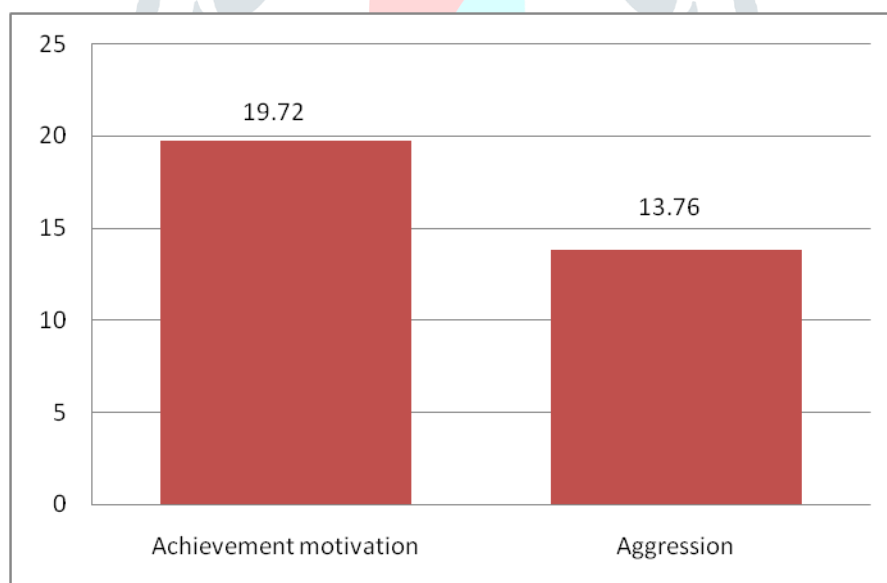
| Achievement Motivation | Anxiety | Aggression | M.D | C.I |
|------------------------|---------|------------|------|------|
| 19.72 | 19.4 | | 0.32 | 1.57 |
| 19.72 | | 13.76 | 5.96 | 1.57 |
| | 19.4 | 13.76 | 5.64 | 1.57 |

The table shows the difference in the means were 0.32, 5.96 for Athletes. Since the mean difference between anxiety, aggression and achievement motivation were greater than the C I value of 1.57. There was significant different between anxiety aggression and achievement motivation among Athletes.

Bar diagram showing the mean of scores in difference between achievement motivation and anxiety among Athletes.



Bar diagram showing the means of scores in different between anxiety, motivation and aggression among Athletes.



CONCLUSION:

It concluded that there were would not be any significant difference between Achievement motivation and Anxiety in Women Athletes. Achievement motivation is greater than the Aggression in Women Athletes. Anxiety is higher than the Aggression among Women Athletes.

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