

# Comparison of Sports Competitive Anxiety and Sports Achievement Motivation among Basketball and Handball players

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**Abstract:** The purpose of the study was to compare the Sports Competitive Anxiety and Sports Achievement Motivation among Basketball and Handball players. Forty six female subjects (23 Basketball and 23 Handball players) were selected as subjects for the present study. Their age ranged from 18 to 25 years. For the acquisition of psychological data of the participants Sports Achievement Motivation questionnaire developed by Kamlesh (1990) and for Sports Competitive Anxiety questionnaire developed by Martin (1984) were used. The data was collected during Panjab University Inter College Basketball and Handball Competitions. 't' test was employed for data analysis. Results showed that there was no significant difference among Basketball and Handball players in their Sports Competition Anxiety and Sports Achievement Motivation.

**Keywords:** Sports Competitive Anxiety, Sports Achievement Motivation, Basketball players, Handball players.

## INTRODUCTION

Competitive Anxiety in Sport concludes with a theory of competitive anxiety based on an interaction between uncertainty about the outcome and the importance assigned to that outcome. Anxiety before or during competitions can hinder performance of a player. The coordinated movement required good performance becomes increasingly difficult when your body is in a tense state. A certain level of physical arousal is helpful and prepares us for competition. But when the physical symptoms of anxiety are too great, they may seriously interfere with your ability to compete. Similarly, a certain amount of worry about how you perform can be helpful in competition, but severe cognitive symptoms of anxiety such as negative thought patterns and expectations of failure can bring about a self-fulfilling prophecy. If there is a substantial difference between how you perform during practice and how you do during competitions, anxiety may be affecting your performance.

Some players are more prone to feeling the effects of anxiety on performance. Amateur players are more likely than seasonal professionals to experience anxiety that interferes with their ability to perform in competition -- this makes sense due to their relative lack of experience both in competition and in managing arousal. There is evidence that in team sports, when a team plays at the venue of the opposition (known as an "away" game) anxiety level tend to be higher than when playing at home. Again, common sense would indicate that having greater fan support and more familiarity with the venue plays a role in anxiety levels during competition. Elite players are able to rise to the challenge when faced with tough competition. Research shows that self-confidence plays a role in how you respond to symptoms of Anxiety during competition. People who are confident in their abilities are more likely to have a positive reaction to Arousal and Anxiety and thrive on the challenge of competition. Elite players are often so focused on their behaviour that they interpret arousal as excitement rather than Anxiety. In general, self-confidence tends to be highest when you believe in your ability and feel that you have properly prepared for a competition. Worry and confidence are at opposite ends of the spectrum -- when confidence is strong, it tends to crowd worry out of the mind.

Motivation or a Motive induces a person to direct his or her behaviour toward the attainment of certain goals. For example, the motivation predisposes a player to engage in or avoid a particular competition. It is regarded as a fundamental drive that can motivate players to commit large proportions of their lives to achieve particular personal goals. It is associated with a number of behavioural characteristics of a player during a sporting situation, such as the efforts applied, the ability to continue trying, the choice of action possibilities (e.g. decision to approach or avoid achievement situations), and the performance outcomes. Achievement motivation is affected by a number of factors, including an individual's desire for success and fear of failure.

### Objectives

1. The objective to conduct the study was to compare Sports Competitive Anxiety among Basketball and Handball players.
2. The objective to conduct the study was to compare Sports Achievement Motivation among Basketball and Handball Female players.

### Hypothesis

1. It was hypothesised that there is no significant difference in Sports Competitive Anxiety among Basketball and Handball players
2. It was hypothesised that there is no significant difference in Sports Achievement Motivation among Basketball and Handball Female players.

### Methodology

To achieve the objective of present study 46 Female players of different colleges of Panjab University, Chandigarh were selected as sample of the study who had participated at Inter College level out of which 23 were Basketball players and 23 were Handball players. Samples were selected with convenient sampling technique. The age of the players ranged between 18 to 25 years.

### Tools

Keeping in view the research objectives and availability of the appropriate questionnaires/inventories, the following tests were used:

Sport Competition Anxiety Test developed by Martens in 1984 was used to gauge participants' sports competition anxiety. It has fifteen items.

Sports Achievement Motivation Test developed by Kamlesh (1990), comprised 20 incomplete statements which can be completed by choosing either of the two proposed parts against each statements, was used.

### Procedure

The above mentioned tools were administrated individually to each participant. Prior to the administration of psychological tests, the investigator approached coach and participants at the personal level requested to help in the data collection. The investigator explained clearly all the questionnaires in the regional language of the participants and was asked to complete all tests.

## Results

**Table 1**

**Comparison of Sports Competition Anxiety among Basketball and Handball Female players**

Game	Mean	S.D.	't' value
Basketball	18.04	1.94	1.19
Handball	23.91	2.75	
Level of significance at 0.05 t (44)= 2.01			

It is evident from the table no. 1 Handball Female players were more Anxious than Basketball Female players. The Mean Scores of Handball Female players were 23.91 whereas in Basketball Female players it was 18.04. The S.D. Of Handball Female players was 2.75 and in case of Basketball Female players it was 1.94. There was no significant difference found as calculated 't' value was 1.19 whereas tabulated 't' value was 2.01.

**Table 2**

**Comparison of Sports Achievement Motivation among Basketball and Handball Female players**

Game	Mean	S.D.	't' value
Basketball	29.22	5.84	0.0039
Handball	24.52	4.56	
Level of significance at 0.05 t(44)= 2.01			

It is evident from the table no. 1 Basketball Female players were better in Sports Achievement Motivation than Handball Female players. The Mean Scores of Basketball Female players were 29.22 whereas in Handball Female players it was 24.52. The S.D. Of Basketball Female players was 5.84 and in case of Handball Female players it was 4.56. There was no significant difference found as calculated 't' value was 0.0039 whereas tabulated 't' value was 2.01.

## Discussion

The present study reveals that there is no significant difference in Sports Competitive Anxiety and Sports Achievement Motivation among Basketball and Handball female players. Study also shows that Handball players were more anxious because mean score of Basketball players (29.29) was greater than mean score of Handball players (26.25). Study also reveals that Basketball players were more aggressive than Handball players because mean score of Basketball players (215.37) was greater than mean score of Handball players (198.21).

## Conclusion

- Results of the study shows that the Handball Female players were more anxious than Basketball Female players.
- Study also reveals that Basketball players were better in Sports Achievement Motivation than Handball Female players.
- No significant difference was found in Sports Competitive Anxiety among Basketball and Handball Female players.
- No significant difference was found in Sports Achievement Motivation of Basketball and Handball Female players.

## Recomendations

- The data regarding psychological variables will help the coaches to adjust the training program for Basketball and Handball players.
- The present study may be replicated with other sports.
- Similar study may be undertaken with male players.
- The study could be conducted by involving players of other performance levels i.e. National and International Levels.

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