

A Comparative Study of Psychological Variables among Diploma Trainees of NSNIS Patiala Combat Sports

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Abstract

The Purpose of the study was to investigate a comparative study between Aggression, Sports Achievement Motivation and Sports Competition Anxiety among NSNIS Patiala Male Diploma Trainees of Combat Sports. For this study, 36 Male Diploma trainees of Combat Sports were randomly selected as subjects of 24-35 age categories who participated in various National and International Competitions. For Achievement Motivation, Sports Achievement Motivation Test (SAMT) by M. L. Kamlesh, For Anxiety, Sports Competition Anxiety Test (SCAT) constructed by Rainer Marten and for Aggression Buss Perry Aggression Questionnaire (BPAQ) constructed by Buss & Perry were administered to collect the data. ANOVA was conducted to find out the Comparative study between Sports Achievement Motivation, Sports Competition Anxiety & Aggression. The level of significance was taken 0.05. Findings showed that there was Significant Difference found among the selected subjects for Sports Competition Anxiety and Aggression but insignificant difference among the subjects for Sports Achievement Motivation. Study also revealed that Sports Achievement Motivation among Wrestling Discipline was more, Aggression among the Boxing discipline was more and Anxiety among Judo discipline was more comparatively.

KEYWORDS: Sports Achievement Motivation Test (SAMT), Sports Competition Anxiety Test (SCAT), Buss Perry Aggression Questionnaire (BPAQ)

INTRODUCTION

The tendency of acquiring a particular behavior which results for accomplishing any task or achieving something for success and making choices for goal oriented activities is known as Achievement Motivation. Achievement motivation is that behavior of human which is directed by the effective arousal in an individual's mind. For accomplishing any task mentally, or physically, motivation helps for the preparation for an individual. The individual's emotional state of mind related to loss or suffering, or fear and it is a prominent feature which gives birth to Anxiety. It gives rise to an outcome of something unknown, or something may be unknown which results stress, tension and disturbances. The condition which is resulted by an individual's quick perception of the things happening in the surrounding is known as Anxiety. The tendency of an individual to develop anger, angry feeling, or the behavior in which an individual develops that character within itself which makes him/her want to attack people, it can be threatening or harm to someone is known as Aggression. Motivation, Anxiety, Aggression plays an important role in the field of sports, especially in combat sports.

The researchers felt that it is worthwhile to find out the comparative study between Achievement Motivation, Anxiety and Aggression among combat sports that is Wrestling, Judo and Boxing disciplines of NSNIS Male Diploma trainees.

METHODS

For the purpose of the study, 36 Male Combat Sports Athletes were randomly selected in equal number of 12 from Boxing, Wrestling and Judo who had participated in various National as well as International level. The subjects' age were ranged between 24 to 33 years. To measure Anxiety, Sports Competition Anxiety Test (SCAT) developed by Rainer Martens in 1977. For Achievement Motivation, Sports Achievement Motivation Test (SAMT) developed by Dr. M.L. Kamlesh in 1990. For, Aggression Buss Perry Aggression Questionnaire (BPAQ) constructed by Buss & Perry in 1992 were introduced respectively. The score were analysed according to SAMT, BPAQ and SCAT score analysis norms. The subjects were instructed not to take too long over any statement and respond the questionnaire independently. There was no time limit for the completion of the questionnaire. For statistical analysis and interpretation of data, ANOVA was conducted to find out the Comparative study between Sports Achievement Motivation, Aggression and Sports Competition Anxiety among Male Diploma Trainees of Combat Sports and along with that Descriptive statistics: mean and standard deviation were used to describe the average and variability of Sports Achievement Motivation, Aggression and Sports Competition Anxiety.

RESULTS

Table – 1
Descriptive Statistics of Selected Disciplines for Achievement Motivation

Variables	N	Mean	SD
Boxing	12	31.16	5.006
Wrestling	12	32.50	2.576
Judo	12	30.50	2.430

Table – 2
Descriptive Statistics of Selected Disciplines for Sports Competition Anxiety

Variables	N	Mean	SD
Boxing	12	15.08	2.35327
Wrestling	12	16.50	1.93061
Judo	12	17.33	2.05971

Table – 3

Descriptive Statistics of Selected Disciplines for Aggression

Variables	N	Mean	SD
Boxing	12	91.9167	5.74390
Wrestling	12	87.1667	3.21455
Judo	12	88.3333	2.93361

Note: N = Number of samples

Table no. 1,2,3 shows the Mean and Standard Deviation of the selected variables for Boxing, Wrestling and Judo Discipline. SAMT (Motivation) BPAQ (Aggression) and SCAT (Anxiety).

Table – 4

Statistical Analysis of SAMT (Sports Achievement Motivation Test) among Wrestling, Judo and Boxing NSNIS Male Diploma Trainees.

ANOVA

Motivation (S.A.M.T)	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	24.889	2	12.444	.993	.381
Within Groups	413.667	33	12.535		
Total	438.556	35			

Significance level at 0.05

Table-4The above Table shows the ANOVA among the selected Diploma Trainees of Combat Sports. The calculated significant value came 0.381 which is insignificant so, it has shown no significant difference in Sports Achievement Motivation between Wrestling, Judo and Boxing.

Table – 5

Statistical Analysis of SCAT (Sports Competition Anxiety Test) among Wrestling, Judo and Boxing NSNIS Male Diploma Trainees.

ANOVA

Significance level at 0.05.

Table-5The above Table shows the ANOVA among the selected Diploma Trainees of Combat Sports. The calculated significant value came 0.044 which is significant so, it has shown significant difference in Sports Competition Anxiety Test between Wrestling, Judo and Boxing.

ANXIETY (S.C.A.T)	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	31.056	2	15.528	3.449	.044
Within Groups	148.583	33	4.503		
Total	179.639	35			

Table – 6

Statistical Analysis of Aggression through (Buss Perry Aggression Questionnaire) among Wrestling, Judo and Boxing NSNIS Male Diploma Trainees.

ANOVA

Significance level at 0.05.

Table-6The above Table shows the ANOVA among the selected Diploma Trainees of Combat Sports. The calculated significant value came 0.023 which is significant so, it has shown significant difference in Aggression between Wrestling, Judo and Boxing.

AGGRESSION (B.P.A.Q)	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	147.056	2	73.528	4.248	.023
Within Groups	571.250	33	17.311		
Total	718.306	35			

DISCUSSION AND CONCLUSIONS

The result of this study with respect to the descriptive analysis revealed that Wrestling Discipline have shown high Achievement Motivation followed by Boxing and then Judo Discipline. The Anxiety level was found low among Boxing Discipline followed by Wrestling and then Judo Discipline. The Aggression level was found more in Boxing Discipline followed by Judo and then Wrestling Discipline. The Statistical analysis was found applying ANOVA revealed that there is a significant difference among Sports Competition Anxiety and Aggression between Wrestling, Judo and Boxing NSNIS Male Diploma Trainees. This significant difference may be attributed due to the fact that the Anxiety and Aggression level varies from athlete to athlete with respect to their game situation. But it has also shown insignificant difference among the selected variables for

Sports Achievement Motivation Test and it is due to the fact that the selected subjects were wellexperienced and they were exposed to higher level of participationat Olympic, Commonwealth, Asian and National Championships. So, they have shown almost similar and high Achievement Motivation Level.

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