

An Assessment of Relationship between Sports Achievement Motivation and Sports Competition Anxiety of Table Tennis Players

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Abstract

The Purpose of the study was to investigate the relationship between Sports Achievement Motivation and Sports Competition Anxiety among Madhya Pradesh male table tennis players. For this study, 40 male table tennis players were randomly selected as subjects of 18-24 age categories who participated in Madhya Pradesh State Ranking Table Tennis Championship. Sports Achievement Motivation Test by M. L. Kamlesh and Sports Competition Anxiety Test constructed by Rainer Marten were administered to collect the data. A Pearson Product Moment Correlation was conducted to find out the relationship between Sports Achievement Motivation and Sports Competition Anxiety. The level of significance was taken 0.05. Findings showed that the Sports Achievement Motivation and Sports Competition Anxiety of the selected samples were positively correlated but there was no significant correlation between Sports Achievement Motivation and Sports Competition Anxiety among Madhya Pradesh male table tennis players.

KEYWORDS: Sports Achievement Motivation Test (SAMT), Sports Competition Anxiety Test (SCAT), Table Tennis.

INTRODUCTION

Achievement motivation is the tendency of acquiring a particular behavior that results for achieving something or accomplishing any task for success and making choices for goal oriented activities. Achievement motivation is that of human behavior which is directed by the effective arousal in an individual's mind. Motivation plays an important role as a driving force behind an individual's action. For accomplishing any task physically and mentally, motivation helps for the preparation for an individual. Without motivation, it becomes difficult to gain interest for accomplishing the task. Without motivation, it becomes difficult to achieve any higher level of goal. Anxiety is the individual's emotional state of mind related to fear of danger or loss or suffering, and it is a prominent feature. It gives rise to an outcome of something unusual or may be unknown, which results stress, tension and disturbances. Anxiety is the condition which is resulted by an individual's quick perception of the surroundings. Anxiety can also give a detailed report such as the state of being mentally or emotionally strained and to feel anxious or troubled that results from extreme anxiety, sorrow, pain and distress. Anxiety is always been categorized as a state of being negatively filled with emotions and characterized by nervousness, distress and discomfort. There is somehow a close relationship between Achievement and Anxiety. There has to be an optimum achievement level as well as

motivation for participation in different levels of competition such as, District, State, National and International.

METHODS

For the purpose of the study, 40 Male table Tennis Players were randomly selected who had participated in Madhya Pradesh State Ranking Table Tennis Championship. The subjects’ age were ranged between 18 to 24 years. To measure Achievement Motivation, Sports Achievement Motivation Test (SAMT) developed by Dr. M.L. Kamlesh in 1990 and to measure Anxiety, Sports Competition Anxiety Test (SCAT) developed by Rainer Martens in 1977, were introduced respectively. The score were analysed according to SAMT and SCAT score analysis norms. There was no time limit for the completion of the questionnaire but the subjects were instructed not to take too long over any statement and respond the questionnaire independently. For statistical analysis and interpretation of data Pearson Product Movement Correlation was conducted to find out the relation between Sports Achievement Motivation and Sports Competition Anxiety among Madhya Pradesh male table tennis players. Descriptive statistics: mean and standard deviation were used to describe the average and variability of Sports Achievement Motivation and Sports Competition Anxiety.

RESULTS

Table – 1
Descriptive Statistics of Selected Variables

Variables	N	Mean	SD
SAMT	40	31.3000	4.03955
SCAT	40	19.0250	3.47509

Note: N = Number of samples

Table no. 1 shows the means and standard deviations of the selected variables. The mean along with SD of SAMT and SCAT were 31.3000± 4.03955 and 19.0250± 3.47509 respectively.

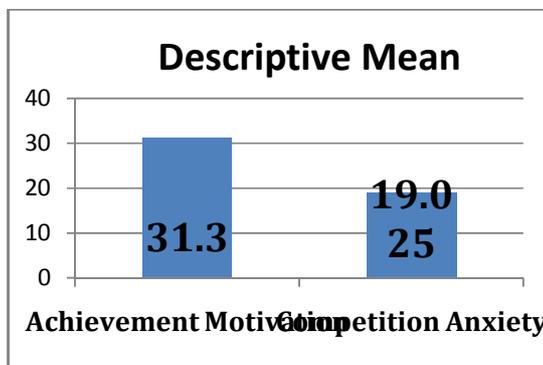


Figure 1: Mean value of all selected psychological variables.

Table – 2**Correlation between SAMT and SCAT of Madhya Pradesh Male Table Tennis Players**

Significance level at 0.05.

Table-2 shows the Pearson Product Moment Correlation among the selected variables with their P value and sample size. A positive correlation (0.210) had been found but there was no significant relationship between Sports Achievement Motivation and Sports Competition Anxiety among Madhya Pradesh male table tennis players.

Name of the variables	N	r	p-value
SAMT	40	0.210	0.194
SCAT	40		

DISCUSSION AND CONCLUSIONS

The result of this study revealed that a positive insignificant correlation between Sports Achievement Motivation and Sports Competition Anxiety among Madhya Pradesh male table tennis players. This insignificant relationship may be attributed due to the fact that state level Madhya Pradesh male table tennis players were well trained and they were belonging to athletic group of sportsman. The selected subjects were exposed to higher level of participation at different level of tournaments and that may be the reason they are having high level of Achievement Motivation and along with it balanced Competition Anxiety. With the desired level of both the variables, it becomes easier to them to meet the task to be accomplished in competitive sports. They were very much focused for the accomplishment of their goals and that is why they have shown insignificant correlation of achievement Motivation with anxiety.

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