



A Comparative Analysis of Sports Achievement Motivation and Anxiety Levels Among Athletes and Non-Athletes Female

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ABSTRACT

This study examines the differences in **sports achievement motivation** and **anxiety levels** between Athletes and non-athletes female in Agra, Uttar Pradesh. A total of 40 subjects (20 sports persons and 20 non-sports persons) aged 20-25 years were selected. Data were collected using Kamlesh's Sports Achievement Motivation Test (SAMT) and Spielberger's Anxiety Inventory Questionnaire. The results revealed significant differences in both variables, with non-sports persons exhibiting higher achievement motivation (mean = 24.08) and anxiety levels (mean = 34.55) compared to sports persons (mean = 20.42 for achievement motivation and 30.97 for anxiety). The findings underscore the psychological distinctions between these groups and highlight the influence of competitive sports on reducing anxiety and shaping motivational behaviors.

Key Words: Motivation, Anxiety, Sports person and Non-Sports person.

1. Introduction:

Sports and physical activity play a vital role in the physical, psychological, emotional, and social development of individuals. Participation in sports not only improves physical fitness and health but also contributes significantly to personality development, confidence, discipline, emotional stability, and mental toughness. In the modern era, sports psychology has emerged as an important field that studies the influence of psychological factors on sports performance and human behaviour. Among the various psychological variables associated with sports participation, achievement motivation and anxiety are considered two of the most important determinants of performance and behaviour in both athletes and non-athletes.

Achievement motivation refers to the internal drive or desire of an individual to achieve success, excel in performance, and accomplish goals through persistent effort and determination. In the field of sports, achievement motivation plays a crucial role because athletes constantly strive to improve their performance, overcome challenges, and attain excellence in competition. A highly motivated athlete generally demonstrates greater commitment, confidence, perseverance, and willingness to face difficult

situations. According to Murray (1938), achievement motivation is the need to accomplish difficult tasks efficiently and to attain a high standard of success. Similarly, McClelland (1961) emphasized that individuals with high achievement motivation tend to seek challenging tasks and work persistently toward their goals.

It has been found that sports achievement motivation is a powerful psychological component in behaviour display. In competitive sports, achievement behaviour has been demonstrated to be rewarding. It is a force that motivates an athlete to perform tasks that are sufficiently demanding and hard to complete. Physical activities and sports are typically goal-oriented. Individual and team performance can be measured against predetermined criteria. Sports success situations, where players view circumstances differently because of varying demands for sports excellence, are among the causes of behavioural variations in athletes (Sandhu, 1992). It has also been observed that achievement motivation influences not only sports performance but also academic success, occupational efficiency, and social adjustment.

Sports participation often develops qualities such as self-confidence, leadership, emotional control, discipline, and determination. Athletes regularly engage in structured training, competition, and goal-setting activities that enhance their psychological preparedness. Due to continuous exposure to competitive situations, sports persons generally develop better coping abilities and emotional stability compared to non-sports persons. Participation in games and sports helps individuals manage stress effectively and maintain psychological balance under pressure. Therefore, athletes are often considered more mentally resilient than individuals who do not participate in regular sports activities.

Anxiety is another important psychological factor that significantly affects human performance and behaviour. Anxiety is generally described as a feeling of nervousness, tension, fear, or apprehension arising from stressful situations. In sports psychology, anxiety is regarded as a critical variable because it directly influences concentration, confidence, coordination, decision-making ability, and overall performance. Moderate levels of anxiety may enhance performance by increasing alertness and motivation, whereas excessive anxiety can negatively affect an individual's efficiency and mental stability.

One of the key psychological elements influencing an athlete's performance is anxiety. An individual's biological, psychological, social, and physical characteristics all influence their performance. Both physiological and psychological aspects are significant in determining an individual's performance level in games and sports. According to Schilling and Hayashi (2001), psychological factors are given substantial importance in competitive sports. Numerous researchers have argued that a person's psychological composition influences performance in addition to physical and technical abilities. Anxiety before or during competition may lead to decreased confidence, muscular tension, lack of concentration, and poor decision-making, ultimately affecting sports performance.

Athletes frequently encounter situations involving pressure, expectations, uncertainty, and competition. However, through systematic training and repeated exposure to competitive environments, they often learn techniques to regulate emotional responses and control anxiety levels effectively. Non-sports persons, on the other hand, may lack such exposure and coping mechanisms, which may result in comparatively higher anxiety levels in stressful situations. Therefore, the comparative study of anxiety between sports persons and non-sports persons is of considerable importance in understanding the psychological impact of sports participation.

Female participation in sports has increased remarkably in recent decades, leading to greater interest in studying the psychological characteristics of female athletes. Women athletes face various social, cultural, emotional, and competitive challenges that may influence their motivation and anxiety levels differently from non-athletes. Understanding these psychological variables among female sports

persons and non-sports persons can help coaches, psychologists, educators, and policymakers design effective programs for improving mental health, emotional well-being, and performance enhancement.

Previous studies have reported mixed findings regarding achievement motivation and anxiety among athletes and non-athletes. Some studies suggest that athletes possess higher achievement motivation and lower anxiety due to regular training and competitive exposure, while other studies indicate that intense competition and performance pressure may elevate anxiety among athletes. Therefore, further research is required to explore these psychological variables in different populations and contexts.

The present study aims to compare sports achievement motivation and anxiety levels between sports persons and non-sports persons among females in Agra, Uttar Pradesh. This study seeks to identify whether participation in sports contributes positively to psychological development and emotional control. The findings of the study may provide valuable insights into the role of sports participation in enhancing motivation and reducing anxiety among young females. Furthermore, the study may help physical educators, coaches, sports psychologists, and educational institutions understand the psychological benefits of sports and encourage greater female participation in physical activities and competitive sports.

Term Defintions

Achievement Motivation:

The psychological drive that compels individuals to achieve specific goals or excel in tasks, particularly those that are challenging. In sports, it reflects an athlete's desire to succeed and attain higher standards of performance.

Anxiety:

A psychological state characterized by feelings of tension, worry, and nervousness, often accompanied by physiological symptoms like increased heart rate. In sports, anxiety can significantly impact an athlete's performance, either positively (eustress) or negatively (distress).

Sports Person(Athlete):

An individual who actively participates in organized sports and engages in competitive physical activities.

Non-Sports Person (Non-Athlete):

An individual who does not participate in organized sports or competitive physical activities.

Materials and Methods

Selection of Subjects

The study comprised 40 female participants aged 20-25 years, divided into two groups:

1. **Athletes:** 20 individuals actively participating in competitive sports.
2. **Non-Athletes:** 20 individuals not engaged in any sports activities.

Criterion Measures

1. **Achievement Motivation:** Measured using the Sports Achievement Motivation Test (SAMT) developed by Kamlesh (1990).
2. **Anxiety Levels:** Assessed using Spielberger's Anxiety Inventory Questionnaire, which yields scores ranging from 20 to 80.

Administration of Questionnaire

Participants were provided with necessary instructions to complete the questionnaires, ensuring clarity and accuracy in responses.

Statistical Analysis

The collected data were analyzed using statistical tools, including mean, standard deviation (S.D.), and independent t-tests, to determine the significance of differences between the two groups.

3. Results and Discussion:

Mean S.D. and t- value of female sports person and female non-sports person of Agra ,Utter Pradesh in Reference to Achievement Motivation.

Table 1: Comparison of Achievement Motivation between Female Sports Person and Female Non-Sports Person

Group	N	Mean	SD	Mean Difference	t-value	Sig.
Female Sports Person	20	20.42	4.62	3.66	2.50	0.05*
Female Non-Sports Person	20	24.08	4.62			

Significant level at 0.05 level.

TABLE-1 Gives information regarding Achievement Motivation of sports person and non-sports person of Agra ,Utter Pradesh .Table shows that there were significant differences in Achievement Motivation of female sports person and female non-sports person. The Mean of Achievement Motivation of female sports person and non-sports person were 20.42 and 24.08 respectively. 't' test was applied and t-value (2.50)) is significant at the 0.05 level, indicating a significant difference between the two groups. Graphical representation (Fig.1) also indicates similar trend of this study.

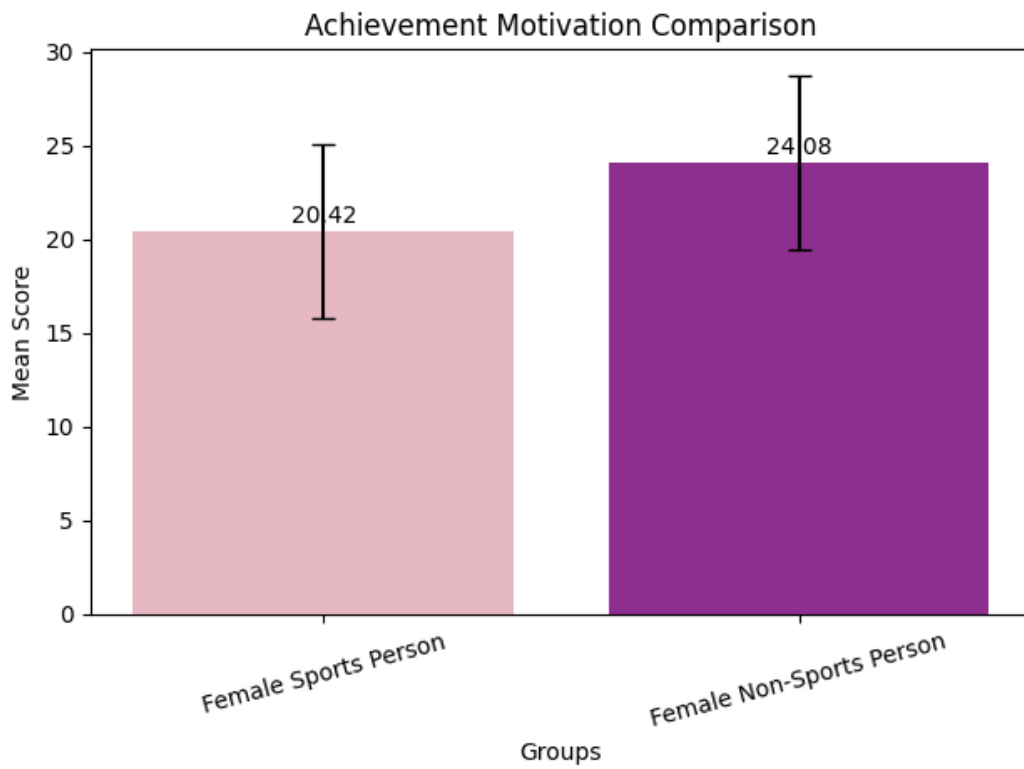


Figure-1

TABLE – 2 Comparison of Anxiety between Female Sports Person and Female Non-Sports Person .

Group	N	Mean	SD	Mean Difference	t-value	Sig.
Female Sports Person	20	30.97	3.77	3.58	3.00	0.01*
Female Non- Sports Person	20	34.55	3.77			

Significant level at 0.05 level.

Table-2 gives information regarding anxiety level of female sports person and female non-sports person. Table shows that there was a significant difference in anxiety level of female sports person and non-sports person. The Mean of anxiety level of Female sports person and female non-sports person were (30.97) and (34.55) respectively. 't' test was applied and t-value (3.00). Graphical representation (Fig.2) also indicates similar trend of this study.

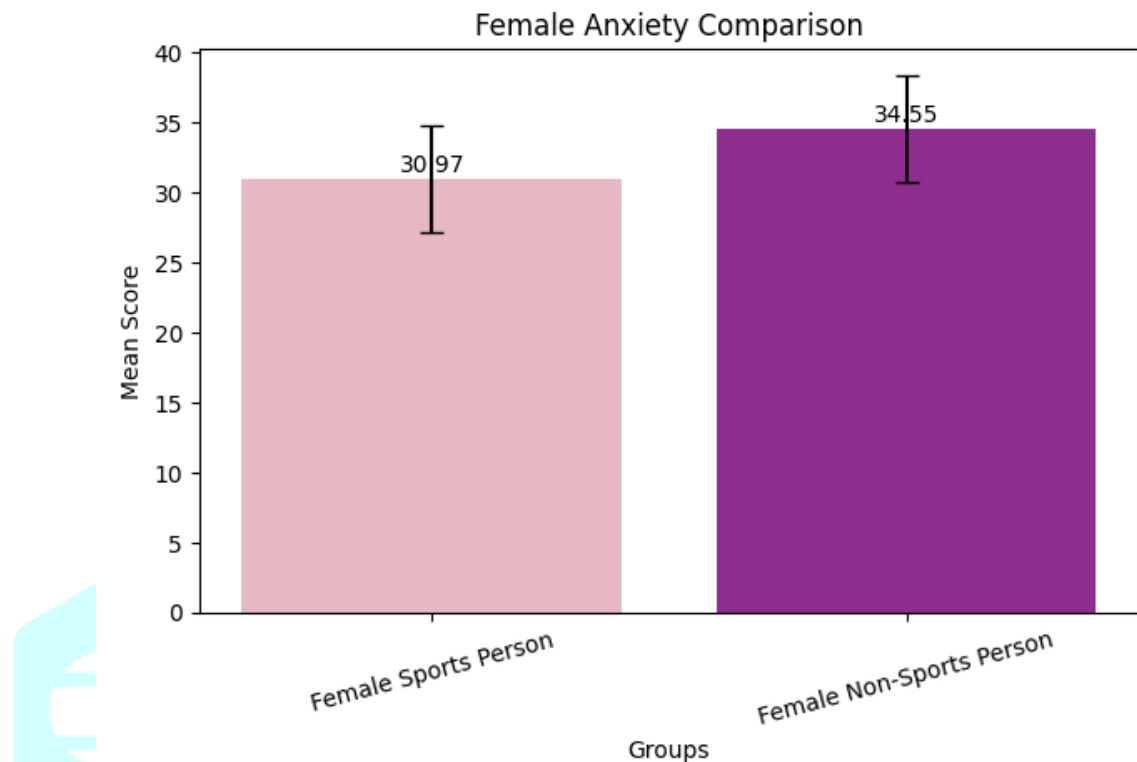


Figure-2

Discussion

Achievement Motivation

- **Mean Scores:** Female athletes had a mean score of 20.42, while female non-athletes scored 24.08.
- **Statistical Significance:** The t-value of 2.50 indicates a significant difference in achievement motivation between the two groups.
- **Interpretation:** Non-athletes exhibit higher achievement motivation, potentially driven by goals in academic or professional domains. Athletes, meanwhile, focus their motivation on achieving physical and performance-based objectives.

Anxiety Levels

- **Mean Scores:** Female athletes had a mean anxiety score of 30.97, compared to 34.55 for female non-athletes.
- **Statistical Significance:** The t-value of 3.00 confirms a significant difference in anxiety levels between the groups.
- **Interpretation:** Participation in sports appears to mitigate anxiety by fostering coping mechanisms, focus, and resilience, aligning with prior research on the psychological benefits of physical activity.

Conclusion

The study concludes that participation in sports has a significant impact on psychological factors such as achievement motivation and anxiety. Female non-sports persons exhibit higher anxiety and achievement motivation levels, suggesting differences in coping strategies and goal orientation between the two groups. These findings underscore the importance of integrating sports and physical activities into daily life to foster psychological well-being, reduce anxiety, and develop focused achievement behaviors. Future studies should explore additional psychological dimensions and include larger sample sizes for more comprehensive insights.

Findings

1. Achievement Motivation:

- Female non-sports persons have significantly higher achievement motivation (mean = 24.08) than female sports persons (mean = 20.42).
- The difference is statistically significant, as indicated by a t-value of 2.50.

2. Anxiety Levels:

- Female non-sports persons also reported significantly higher anxiety levels (mean = 34.55) compared to female sports persons (mean = 30.97).
- The difference is statistically significant, with a t-value of 3.00.

3. Significance of Psychological Factors:

- The study highlights the importance of psychological factors in shaping the behavior and performance of individuals.
- It demonstrates that sports participation contributes to psychological resilience, lower anxiety, and a focused form of achievement motivation.

Recommendations

1. **Promoting Sports Participation:** Encourage more females to participate in sports to harness its psychological and physical benefits.
2. **Stress Management Programs:** Design tailored programs to help non-athletes manage anxiety effectively.
3. **Future Research:** Conduct broader studies including other psychological factors, diverse age groups, and varied geographical contexts.

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