



Analysis of Achievement Motivation and Manifest Anxiety among Intercollegiate High, Medium, Low Level of Achievement in Soccer Players

A.Praveenkumar¹ & Dr.S.Arumugam²

¹M.Phil. Scholar, Department of Physical Education and Sports, Manonmaniam Sundaranar University, Tirunelveli, Tamilnadu, India.

²Assistant Professor, Department of Physical Education and Sports, Manonmaniam Sundaranar University, Tirunelveli, Tamilnadu, India.

Received 11th November 2015, Accepted 15th December 2015

Abstract

The purpose of this study was to find out the achievement motivation and manifest anxiety level among intercollegiate high, medium, low level of achievement in soccer players. To achieve the purpose of the study sixty six (n=66) male soccer players were randomly selected from Manonmaniam Sundaranar University affiliated colleges, Tirunelveli, Tamilnadu and their age ranged from 18 to 25 years. For the present study the following variables achievement motivation and manifest anxiety were selected. The selected Standardized kamlesh sports achievement motivation questionnaire was used to assess the achievement motivation and Standardized manifest anxiety questionnaire was used to assess the manifest anxiety. The collected data from the three groups of the selected variables were statistical analyzed to test the significance of the mean difference and the groups on selected criterion variables one-way analysis of variance (ANOVA) was used at 0.05 level of significant. The analysis of the data reveals that there was significance difference in achievement motivation in the three selected group's namely high, medium and low achievers. In variables achievement motivation high achievers were better than medium and low achievers. Further the analysis reveals that there was no significance differences exist in the variables Manifest Anxiety of three groups.

Keywords: Motivation, Anxiety and Soccer.

© Copy Right, IJRRAS, 2015. All Rights Reserved.

Introduction

Sports participation and appreciation have become integral part of lives. Competitive sports make tremendous demands on the physical conditioning, vitality, endurance and mental powers of the participants. Sports and games involve physical and tactical challenges, and test the player's precision and accuracy. Most sports and games attempt to model the athletic characteristics required by that sport, including speed, strength, acceleration, accuracy, and so on. As with their respective sports, these games take place in a stadium or arena with clear boundaries. Psychology (Greek) lit. "Study of the mind", from "breath, spirit, soul"; and -logia "study of" is an academic and applied discipline involving the scientific study of mental functions and behavior. Occasionally it also relies on symbolic interpretation and critical analysis, although these traditions are less pronounced than in other social sciences such as sociology. Psychologists study such phenomena as perception, cognition, emotion, personality, behaviour and interpersonal relationships. Some, especially depth psychologists, also study the unconscious mind.

The concept of intrinsic and extrinsic motivation is frequently associated with success in the sports setting. Deci and Ryan (1985; Ryan & Deci, 2000) define intrinsic motivation as doing an activity for its own sake, whereas extrinsic motivation refers to doing an activity to achieve an instrumental goal, such as a championship trophy. Furthermore, the authors postulate that all intrinsically and extrinsically motivated individuals have an innate sense towards personal growth. The relationship between anxiety and athletic performance has been of central importance throughout the history of sports psychology. Anxieties play a paramount role on sports. It is the challenge in sports participation, which produced anxiety. How can athlete handles the anxiety determines how successful he/she would be. Anxiety may be a positive motivating force or it may interfere with successful performance in sports event. The degree of anxiety also varies with a number of different conditions.

Anxiety is likely to be greater in higher competitive sports than in relatively non-competitive sports. Because in the competitive spots participants are expected to, win and great demand are made upon them to succeed. The degree of perceive anxiety is an importance variable to be considered in the performance of an individual. Research has shown that anxiety is present in all of us, including athlete in varying degree. But in the field of sports certain competitive situation

Correspondence

Dr. S. Arumugam,

E-mail: draru1975@gmail.com, Ph: +9194892 33679

naturally produced, more anxiety may other. Sometimes anxiety may be helpful in tasks that require strength or power. But in some other event a high level of anxiety may be deter mental.

Competitive anxiety as situation specific construct was a tendency to perceive competitive situation as threatening and to respond to these situation with feelings of apprehension or tension. Over the years, coaches and athletes have often used other, less technical term to describe anxiety in competitive athletic situation. expression such as “choking”, “psyched up”, “psyched out”, “having butterflies”, four-o’clock player” and “getting high” vividly describe the various effect on performance of some athlete, in enhancing the performance of others. To better understand the various effect of anxiety on athletics, it is essential to have a more complete understanding of phenomenon of anxiety. Spielberg was the first researcher to clearly differentiate two types of anxiety, State and trait anxiety. Efficiency of performance on certain mental or motor tool has usually been used to measure anxiety (liewellyn and blucker, 1982).

Methodology

The purpose of this study was to find out the achievement motivation and manifest anxiety level among intercollegiate high, medium, low level of achievement in soccer players. To achieve the purpose of the study sixty six (n=66) male soccer players were randomly selected from Manonmaniam Sundaranar University affiliated colleges, Tirunelveli, Tamilnadu and their age ranged from 18 to 25 years. The researcher reviewed the available scientific journals, periodical

magazine and research paper, taking into consideration feasibility criteria, availability of the instrument and relevance of the variable of the present study the following variables achievement motivation and manifest anxiety were selected. The selected variables were tested the Standardized kamlesh sports achievement motivation questionnaire was used to assess the achievement motivation and Standardized manifest anxiety questionnaire was used to assess the manifest anxiety. This study was conducted to determine the possibility cause and analysis of selected psychological characteristics among intercollegiate high, medium, low level of achievement in soccer players. This study consisted three groups of sixty six subjects. The collected data from the three groups of the selected variables were statistical analyzed to test the significance of the mean difference and the groups on selected criterion variables one-way analysis of variance (ANOVA) was used at 0.05 level of significant. In case of significance of mean difference observed on the criterion measure to find out which pair group is high among others as post-hoc test, the scheffe’s test was applied.

Analysis of the Data

Analysis of achievement motivation and manifest anxiety level among intercollegiate high, medium, low level of achievement in soccer players were analyzed and presented below. o test the significance of the mean difference on the achievement motivation and manifest anxiety level of the inter college level soccer players to find out the significant difference among High, Medium and Low achievers, analyzed and presented in table I.

Results

Table I. Summary of descriptive statistics on achievement motivation and manifest anxiety level among soccer players at three different levels

S.NO	Variables	Questionnaire	High		Medium		Low achievers	
			Mean	SD(±)	Mean	SD(±)	Mean	SD(±)
1	Achievement Motivation	Points	36.12	2.01	34.32	2.14	33.52	2.61
2	Manifest Anxiety	Points	24.53	5.24	21.42	4.84	24.25	4.25

In the table I, show the mean and standard deviation value of the male soccer Players at three different levels Manonmaniam Sundaranar University

affiliated colleges on the variable of achievement motivation and Manifest Anxiety.

Table II. Analysis of variance on achievement motivation and manifest anxiety level among high, medium and lowmale soccer players on achievement motivation

Variables	Source	Sum of Squares	df	Mean Squares	F
Achievement Motivation	Between group	72.76	2	36.38	6.79*
	Within group	337.36	63	5.36	
Manifest Anxiety	Between group	116.45	2	58.22	2.41
	Within group	1519.36	63	24.11	

In the table- II shows the result of one way-analysis of variance on achievement motivation among the three groups namely high, medium and low achievers were presented. From the table it can be seen that the calculated 'F' value of achievement motivation among the three groups was 6.79, which was greater than the table value of 3.14, indicating significant difference among the groups ($p < 0.05$) for the degree of freedom (2.63) at 0.05 level of confidence. Since the 'F' value was significant, the scheffe's post hoc test was further computed to find out which pair group was high among

the others and the results are tabulated in the table-III. In the above table, also shows the result of one-way analysis of variance on Manifest Anxiety among the three groups namely high, medium and low achievers were presented. From the table it can be seen that the calculated F value of manifest anxiety (2.41) was lesser than the table value of (3.14), indicating that no significant difference among the group ($p < 0.05$) for the degree of freedom (2, 63) at 0.05 level of confidence. Since the result was not significant no need to go for further computation of post hoc test.

Table III. Scheffe's post hoc test of significance for achievement motivation and difference among the means of high, medium and low achievers male soccer players

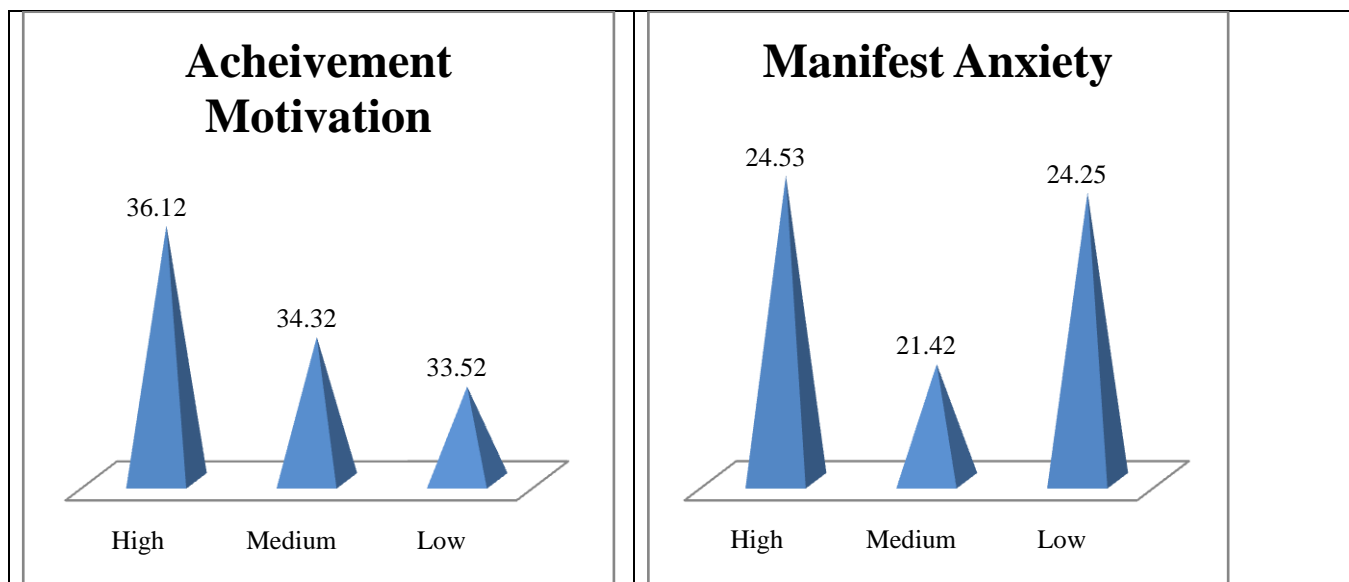
High Achievers	Medium Achievers	Low Achievers	Mean Difference	CI
37.13	35.54	-	1.59*	1.24
37.13	-	34.5	2.63*	
-	35.54	34.5	1.04*	

* $p < 0.05$. Confidence interval value (0.05) = 1.24

From the above table reveals the mean difference values between high achievers and medium achievers (1.59), high achievers and low achievers (2.63), reveals that there was a significant difference in the variables achievement motivation as the mean difference value was greater than the confidence interval value (1.24).mean difference values between medium

and low achievers (1.04), reveals that there was no significant difference in the variables achievement motivation as the mean difference value was lesser than the confidence interval value (1.24). The result indicating that high achievers have better than the other two groups on the selected variable achievement motivation.

Figure I. Graphical representation of the comparison of the means of achievement motivation and manifest anxiety of high, medium and low achievers among soccer players



Discussion on Findings

The analysis of the data reveals that there was significance difference in achievement motivation in the three selected group's namely high, medium and low achievers. In variables achievement motivation high achievers were better than medium and low achievers.

Further the analysis reveals that there was no significance differences exist in the variables Manifest Anxiety of three groups. The result may be because of the same age group and all the selected groups were undergone a regular system of training.

Conclusions

With the limitations of the present study and on the basis of the finding the following conclusions were drawn.

1. In the psychological variables achievement motivation showed significant difference among High, Medium and Low achievers.
2. In the psychological variables manifest anxiety showed insignificant difference among High, Medium and Low achievers on soccer players.
3. After analyzing the overall part the investigator come to a conclusion that high achievers were better among the three groups on achievement motivation taken for this study.

References

1. Gucciardi, D.F. (2010). Mental toughness profiles and their relations with achievement goals and sport motivation in adolescent Australian footballers. *Journal of sports science*. 615-25.
2. Hiroaki Uechi (2011) Relationship between Identification and Motivation in Exercise and Sport Japan *Journal of Physical Education, Health and Sport Sciences* Vol. 56 No. 1 P 215-228.
3. Horikawa, M., &Yagi, A. (2012).The relationships among trait anxiety, state anxiety and the goal performance of penalty shoot-out by university soccer players. *PLoS ONE*, 7(4).
4. Jones, J. G., Cale, A., &Kerwin, D. G. (1988).Multi-dimensional competitive state anxiety and psychomotor performance. *Australian Journal of Science and Medicine in Sport*, 20(4), 3-7.
5. Nilsson, N. C., Serafin, S., &Nordahl, R. (2012). Gameplay as a source of intrinsic motivation for individuals in need of ankle training or rehabilitation. *Presence: Teleoperators and Virtual Environments*, 21(1), 69-84.