

## EFFECT OF ANXIETY AND MOTIVATION ON THE LEVELS OF STRESS ON PLAYERS AND NON-PLAYERS

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### ABSTRACT

*There are many dimensions of fear and anxiety in athletes and non-athletes. Most of the times athletes as well as others under potential stress are more anxious about failing to live up to social expectations (failure anxiety) than they are about the physical harm that might befall them in their forthcoming efforts. Motivation of athletes have been classified in various ways including the degree to which they reflect basic physiological or psychological needs as well as whether they reflect social motive. As athletes mature, the nature of what motivates them to perform may shift from the intrinsic motives of children to the external motives. The purpose of the present study is to compare the effect of anxiety and motivation on players and non-players. For this purpose, a sample of 35 players and 35 non-players were selected from various colleges of Punjabi University of age-group ranging between 20-25 years. The result of the study showed that anxiety level of non-players is greater than players. This may be due to the fact that they experience anxious movements so many times during their game, that's why they are habitual of it. It was found that there exists no significant difference in motivation level of players and non-players. The results of the present study can be useful to Indian coaches, selectors, camp holders and physical educators as aid for studying the anxiety and motivation level of sportsmen during competitions.*

*Key Words: Anxiety, Motivation and Stress.*

### INTRODUCTION:

Anxiety may be heightened prior to a contest, subside during the competition and increase again following competition as the contest is replayed in the contestants mind. The importance of Anxiety as a powerful influence on the behavior of contemporary man is an issue inspiring both rhetoric and investigation among scholars from discipline as diverse as theology and psychology. The study of motivation includes a search for variables that influence why people decide to do what they do and that explain the intensity with which individuals work and play. As athletes mature, the nature of what motivates them to perform may shift, from the intrinsic motives of children, to the external motives and rewards of those in highly competitive sport, and later again to the intrinsic motives of highly paid professional athletes or recreational joggers.

A study done by Amarpreet Singh et al.(2011) on pre and post competitive anxiety level of inter-university level basketball players found that there was significant difference in 0.01 levels of pre-competitive and post-competitive levels of anxiety among the male and female inter-university basketball players.

It has been recognized for many years that psychological factors, in particular anxiety, play an important role in competition (Lizuka, 2005) Moran (2005) observed as a result of his study that many factors, such as expectations, perfectionism, fear of failure, lack of confidence include feelings of anxiety in athletes. Cratty, B. (2002), found that all anxiety is not disruptive. An optimum level seems to be needed to perform well. In the study done by Satwinder Singh Kumar Kishore C.K. (1999) in their study found that volleyball players tended to be ambient in nature and they had moderate neurotic tendency. Cricket players had moderate neurotic tendency.

Gurdeep Singh (1999) in his study of verbal and tangible motivation on selected performance on the basis of results obtained the following recommendations are made for the promotion and development of sports. Firstly, sufficient motivation in the form of concrete/substantial incentives should be given to the young performers for attracting and participating in sports. Secondly, a combination of both verbal and tangible motivation should be applied for preparing participants for tough task of training and competition.

The objective of the study was to compare the effect of Anxiety and Motivation of players and non-players. Competitive anxiety is one of the psychological parameters which affect the performance of the players. Keeping in view the determining role of anxiety in competitive performance, the investigators decided to undertake research to study the level of anxiety at various matches of competition in the games of males. Such a study would enable us to make an assessment of competitive anxiety of male players of college level.

#### METHOD AND PROCEDURE:

Sample: Thirty five male players of basketball, volleyball and football were selected from various colleges of Punjabi University. The age range of players and non-players was between 20-25 years and college level players were selected.

Tool: The Anxiety Scale questionnaire designed by Prof. A.P. Singh (SCAT) was used for this study. No time limit was fixed for completing the test. Each item had to be responded either in positive or negative.

Procedure: Directions and instructions given by the author of the manual were followed. The response sheets were scored as per instructions and raw data were quantified and statistically processed.

#### RESULTS AND DISCUSSIONS:

The statistical analysis of data (Anxiety level & Motivation level) collected on thirty-five players and non-players each was done. They are presented as follows:

Table - 1

Topic	Mean of Players	Mean Of Non-players	Mean Difference	t-value
Anxiety	22.37	34.57	12.2	3.63

Table 1 Shows data regarding mean differences of players and non- players on Anxiety level between two groups and results shows that there exist statistically significant difference between players and non players ( $t=3.63 < 0.05$  level). The mean of the group of players ( $M=22.37$ ) was more than the mean of group of non-players ( $M=35.57$ ) indicating thereby that Anxiety level is higher level among the non-players in comparison to players and statistical t-ratio difference is significant.

Table - 2

Topic	Mean of Players	Mean Of Non-players	Mean Difference	t-value
Motivation	44.08	43.68	0.4	0.02

The data tabulated in Table 2 shows that players and non-players showed a statistically non-significant difference ( $t=0.2 < 0.05$  level) in the case of necessitating factor. The comparison of the

mean of these two groups indicated that the mean of the group of player (M=44.08) was higher than the mean of non-players (M=43.68).

#### MAIN FINDINGS:

The following are the main findings of the present study:

- There were significant differences on Anxiety level between players and non-players.
- There were non-significant differences on Motivation level, between players and non-players.

#### CONCLUSION:

The study depicts that Anxiety level of non-players is greater than players. Players have less anxiety when compared to non-players. Whereas motivation level is same for both groups. This study depicts that significant differences emerged between players and non-players on Anxiety level. Sports persons should have more Anxiety but present study is showing a different picture in which players scored low on Anxiety. Anxiety appears higher during the more productive years of an athlete's career from the twenties to the thirties than at other times in his or her life. Moreover, anxiety is at times related to the political climate of a country and the security the athlete feels within a culture. The economic, status and social consequences probably encountered of failing to win or to do well are important. Concluding, we can say that anxiety level of players is less because they face anxious moments so many times during their game that is why they become habitual of it and hence their control over anxiety becomes increased and shows better performance. On the other hand non-players are not exposed to such situations, so they are not able to tackle it and hence their anxiety level is more than that of players.

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