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## Comparative study of pre-competitive anxiety and motivation between male and female volley ball players

**Gulam Mohmad Dar and Dr. Sudhir Rajpal**

### Abstract

The Main purpose of the study was to find out and compare the pre-competitive anxiety and Motivation between the Male and Female Volley ball players of affiliated colleges of Sant Gadge Baba Amravati University Amravati. The researcher was the student Dr C V Raman University. The view of the researcher was that, Anxiety and Motivation has close relationship with each other. Both Motivation and Anxiety is a natural part of competition at any level. It may be at international level, national level, inter university level or inter collegiate level. Motivation may help the sports persons to give the high performance during the competition. The Motivation and Anxiety are part and parcel of life. Every situation is associated with Anxiety and every action is associated with Motivation. Since anxiety is equated with fear, practicing and competing sports-persons irrespective of their sex and age, tend to have variety of fears at almost all stages of their sporting career, hence the research scholar has under taken the study stated as “Comparative Study of Pre-Competitive Anxiety and Motivation between Male and Female Volley Ball Players.

**Keywords:** Pre-Competitive Anxiety and Motivation

### Introduction

Sports are a psycho-social activity. It has both psychological social dimensions besides physical, physiological and technical aspects. Man's interest in sports is found among all the society of the world. Most of the nation's share a common interest in sport competition, especially during Olympic Games, where people from all nations focus their attention on the drama of competition. But the quality of participation of the athletes and sports man is determined by their psychological factors. In this Modern era of competition, psychological preparation of a team is as impotent as teaching the different skill of a game. On the scientific lines, the teams are motivated not only to play the game but also to win the games. It is not only the proficiency in the skill which brings victory but more important is the spirit of the players with which they play and perform their best in the competition. The application of psychological principles is also important for the performance in sports and therefore, it is given greater attention in present days. There are certain accepted psychological principles which have to be applied during training, so that players are able to show their best performance, coaches, physical educationists and psychological principles which are helpful in improving the motor skill of players.

### Psychology

The word psychology comes from the Greek words psyche, meaning mind or soul and logos, meaning science. Therefore from these Greek works, it can be seen that psychology is the science of the mind and soul. Psychologists study human nature scientifically and rather than formulating conditions.

Psychology is the study of human behaviour and human relationship. Behaviour is a collective name for these activities. It includes motor (cognitive) like waking, swimming, dancing, thinking, reasoning, imaging and feeling happy, sad and angry (affective). It also concerns itself with the scientific investigation of behaviour and with all the segments of human mind i.e. conscious, sub conscious and unconscious. Psychology emphasized the search for truth. It studies facts of behaviour and describes the law governing the psychological fact i.e. ethics,

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logic, philosophy etc. The behaviour is quite dynamic and unpredictable. Psychology finds its applications in large number of fields. It is often applied to the assessment and treatment of mental health problems, practicing in clinical, counselling, or school settings, human development and aging, sports, health, and the media, as well as in forensic analysis and other aspects of law.

**Sports Psychology**

These days sports competitions are very tough. Players are using best techniques and best training methods for better results during competitions. Even then they are not satisfied by their results. Thus the importance of psychology was realized in physical education to give best possible results of players. Sports psychology is the branch of psychology which deals with positive behaviour of sports person during training and competition period to increase performance. It guides coaches and players to give individual attention regarding various methods and various motivational techniques. It gives knowledge regarding adolescence problems, changes during adolescence, managing adolescence problems. It guides sports ethics and sportsmanship to develop sports attitude. The knowledge of sports psychology helps coaches and players to develop and control anxiety level. It also helps to tackle various stresses of life.

**Motivation**

Motivational research in sport psychology has also been based on an achievement goal perspective. Nicholls' (1984, 1989) goal perspective theory proposes that achievement behaviour is the product of individuals' achievement goals. Goal perspective theory states that individuals strive to display high ability and to avoid demonstrating low ability. In addition, definitions of success and failure are based on two goal orientations. The task goal orientation is characterized by self-referenced perceptions of competence and emphasizes task mastery and performance improvement. An ego orientation is defined by norm-referenced perceptions of competence and an emphasis on winning and positive social comparisons with others. The majority of achievement motivation research in sport psychology has primarily focused on individual differences (goal orientation) to explain, describe, and predict behaviour. However, Ames (1984, 1992) and Nicholls (1989) contend that achievement motivation must be examined from a social cognitive paradigm in order for researchers to accurately grasp the true nature

In sport psychology, pre-competitive anxiety refers to an unpleasant emotion which is characterized by vague but persistent feeling of apprehension and dread before an event. Anxiety is a reaction to impending danger: real or imaginary. It consists of two sub-components, namely cognitive and somatic, which influence performance before and during competitions. one's need to achieve.

**Objectives of the Study**

The Main objectives of the study was to find out and compare the pre-competitive anxiety and Motivation between the Male and Female Volley ball players of affiliated colleges of Sant Gadge Baba Amravati University Amravati.

**Methodology**

Every researcher wants to be systematic during his whole research work. So the researcher divided each chapter of his work systematically in order to face less difficulty in the conductance of the problem. In the present chapter, the design

of the study has been presented under the following headings.

**Source of data**

For the present study the Subjects were selected from the affiliated colleges of Sant Gadge Baba Amravati University, Amravati.

**Selection of subjects**

Sixty (60) subjects were selected for this study. Thirty (30) male and thirty (30) female subjects.

**Sampling method**

The subjects were selected by using simple random sampling method.

**Tools and collection of data**

The standard Questionnaire was used for the collection of data for psychological variables.

**Anxiety**

The standard Questionnaire of state competitive Anxiety test constructed by Marten used for the collection of data.

**Motivation**

Standard questionnaire namely "Motivation scales by Dr. PoorvaJain was used to know the Motivation between male and female volley ball players, following is the procedure:

**Reliability and Validity**

The test shows high reliability and high content validity and face validity as the statements which showed 85% and above agreement was only selected.

Test-Retest Reliability- .91, Equal split half Reliability- .82, Index of Reliability- .90

**Classification of raw score of motivation scale**

Raw-score	Interpretation
86-115	High Motivation Scale
56-85	Average Motivation Scale
55 and below	Low Motivation Scale

**Analysis and Interpretation of Data**

The statistical analysis and interpretation has been done on the basis of data collection. The data was analysed by using independent 't' test and interpretation was drawn. The level of significance was set at 0.05 to test the hypothesis

**Findings**

The data is collected from 60 subject's i.e. 30 subjects from male and 30 subjects from female and after that the collected data was analyzed by comparing the means of male and female players and was again statistically analysed by applying t-test to check the significant difference among selected variables. Therefore separate tables and graphs have been presented for each variable. Each table gives the mean of male and female players. Also the researcher found the standard deviation of male and female players and also their mean difference is also been given in the table. The level of significance for the present study is kept at 0.05 and also the degree of freedom is also be kept in mind for the calculation of tabulated 't' which is then compared with the calculated 't'. This is used for testing of hypothesis which was given by the researcher previously.

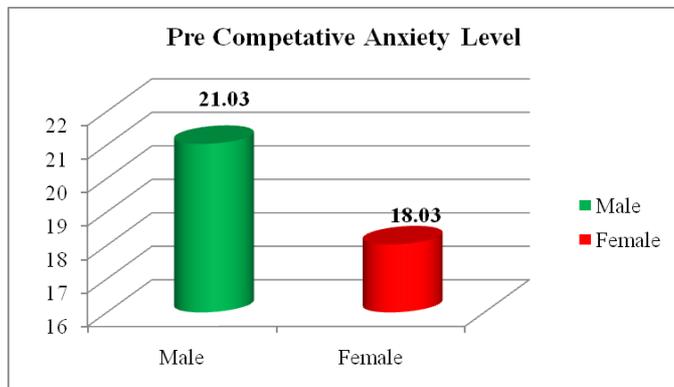
**Table 1:** Comparison of Pre-Competitive Anxiety between Male and Female Volley Ball Players

Game	Mean	S.D.	M.D.	S.E.	D.F.	O.T.	T.T.
Male	21.03	8.46	3	1.93	58	1.55	2.02
Female	18.03	6.34					

Level of Significance=0.05

Tabulated 't' (58) =2.00

Table No 1 reveals that there was difference between mean of Male And Female group because mean of male group = 21.03 which is less than the mean of female group=18.03 so the mean difference where found as 3 and standard error is 1.93 to check the significant difference between Male And Female group the data was again analyzed by applying 't' test before applying 't' test standard deviation was calculated between Male And Female group. Where SD of group male =8.46 and SD of group female =6.34 and the calculated value of 't' where found 1.55 which less than tabulated t=2.02 at 0.05 level of significance. This shows that female volley ball players are having high pre competitive anxiety level than male volleyball players. So the researchers pre assumed has been rejected.



**Showing the Mean Score of pre competitive anxiety level between male and female volleyball players**

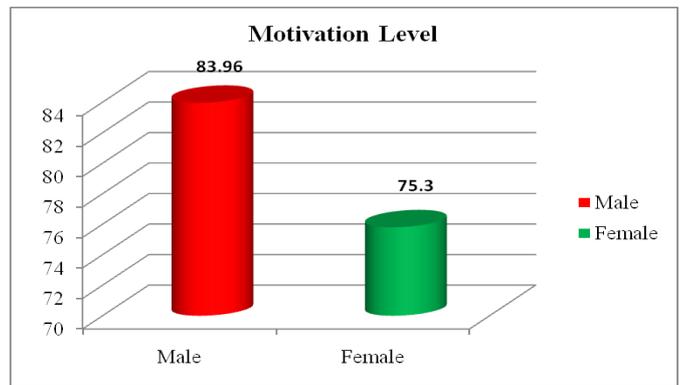
**Table 2:** Comparison of Motivation level of Male and Female Volley Ball Players

Game	Mean	S.D.	M.D.	S.E.	D.F.	O.T.	T.T.
Male	83.96	38.16	8.16	9.13	58	0.891	2.02
Female	75.8	32.38					

Level of Significance=0.05

Tabulated 't' 0.05 (58)=2.00

Table No2 reveals that there is difference between means of male and female group because mean of male group =83.96 is greater than the mean of female group =75.8 and therefore mean difference is= 8.16and standard error is 9.13, to check the significant difference between male and female group data was again analyzed by applying 't' test before applying 't' test standard deviation was calculated between male where SD=38.16 and female group where SD=75.8 and there was no significant difference between male and female groups because value of calculated 't'=0.89 which is less than tabulated 't'=2.02 at 0.05 level of significance which shows that male volleyball players are having more Motivation level than female volleyball players. Hence the researchers pre assumed has been rejected.



**Showing the Mean difference of Motivation Level between Male and Female Volley ball players of SGBAU**

**Discussion of Hypothesis**

On the basis of available literature and discussion with experts as well as the research scholars own understanding. It was hypothesized that there would be significant difference of pre-competitive anxiety level and Motivation between male and female volley ball players. After the statistical analysis interpretation of data, it was found that there is insignificant difference has been rejected.

**Conclusion**

From the above study it is concluded that in Motivation level male players have the high power to motivate the players to fight in competitive sports and they are original, creative and curious than female volleyball players because the male players are having curiosity to crack the competition no doubt female players are also to do so but male players trying very hard, as far as pre competitive anxiety level is concerned it is often happened to every players having stress or anxiety to fight in main competition. It is also concluded that the male players are reliable and careful as compared to female players. With the limitations of the study and from the statistical analysis of the collected data it is concluded that there was found insignificant difference in both variables Pre-Competitive Anxiety And Motivation Between Male And Female Volley Ball Players Of Sant Gadge Baba Amravati University while applied 't' test.

The researcher initially pre assumed that there would be a significant difference in the Pre-Competitive Anxiety and Motivation between Male and Female Volley Ball Players of Sant Gadge Baba Amravati University. After the statistical analysis interpretation of data, it was found that there is insignificant difference. Because for both cases the calculated 't' is less than tabular 't' at the level of significance 0.05, so the pre assumed has been rejected.

**References**

1. It is recommended that similar study may be conducted on teachers on the basis of gender differences.
2. It is recommended that a comparative study of pre competitive anxiety among sportsmen and non-sportsmen can be taken.
3. It is recommended that a comparative study of motivation level among sportsmen and non-sportsmen can be taken.
4. Similar study can also be taken up for the people belonging to different streams.
5. It is recommended that a comparative study of Pre-Competitive Anxiety and Motivation among government school teachers and private school teachers can be studied.