

## Relationship of Anxiety and Achievement Motivation to Goal Keeping among Secondary School Level Girl Hockey Players

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### Abstract

The present investigation has been conducted with the aim to find out the relationship of Anxiety and Achievement motivation to goal keeping among Secondary School level girl hockey players. The study was conducted on ten girl hockey goalkeepers from different schools of Madhya Pradesh, India. Their age ranged between 14-19 years. The Sports Achievement motivation test standardized by Kamlesh and the State and Trait Anxiety inventory of Speilberger was selected for this study. To determine the relationship of anxiety and achievement motivation to goal keeping among girl hockey players, Pearson's product moment method of correlation was used. The level of significance was set at 0.05 level in order to check the significance of calculated correlation. On the basis of findings of the study, significant relationship of state anxiety and trait anxiety to goalkeeping performance was observed for state (0.904) and trait anxiety (0.844) while no significant association with achievement motivation was found.

**Key Words: Hockey, Pearson's product moment method, Achievement motivation, State anxiety, Trait anxiety**

### Introduction

India has been the most powerful field Hockey nation in Olympic history, a fact, which is not as unusual as, one might think. It is due to the popularity of this sport in India. There was a golden era for Indian Hockey between 1928 and 1956, when India won six gold medals and 30 consecutive games. Despite its popularity and performance, in India, scientific studies on Hockey are scanty. Now-a-days girls are also participating actively in Hockey and during last few years our Indian Women's Hockey team has performed well at International level.

The development of sportsman to enable him to achieve high is not only confined to physical process of physical fitness rather it is an accepted phenomena that psycho-socio traits are also required to maintain the balance. Psychology as a behavioral science has made its

contribution in improving sports performance.

The success and failure of an individual athlete depends upon his/her physical ability, conditioning, training, mental preparation and the ability to perform well under pressure. It is not uncommon to hear, coaches and athletes express disbelief on how poorly their team performed against a certain opponent or how they feel apart in a crucial situation.

In modern competitive sports, the anxiety developed in sportsmen and sportswomen affect their performance. The sportsmen like other athlete are anxiety prone while participating in competitive sports. Anxiety is a type of emotional disturbance, it may be a motivating force or it may interfere with successful performances.

In the field of physical education and sports, no athletes can win or show better performance without motivation. An understanding of the nature of achievement motivation is helpful in understanding kinds in general as well as individually in terms of what they do, how well they do and how long they continue in sports.

Dureha (1995) administered Sports Achievement Motivation Test (Kamlesh, 1993) and Rainer's Sports Competition Anxiety Test to find out achievement motivation and pre-competition anxiety among Indian Inter- varsity Hockey players. He compared high and low pre-anxiety, competition anxiety groups and its effect on achievement motivation. It was concluded that there is a significant relationship between achievement motivation and pre-competition anxiety of Hockey players and significant difference in the level of achievement motivation of high and low pre-competition anxiety group of inter- varsity level male Hockey players.

In modern day sports psychological aspects of the player plays a major role in training and achieving high performance. Because of this, investigation of various psychological aspects related to particular sports and their relation has been a prime importance. The present investigation has been conducted with the aim to find out the relationship of Anxiety and Achievement motivation to goal keeping among Secondary School level girl hockey players.

### **Material & Method**

The study was conducted on ten girl Hockey goalkeepers from different schools of Madhya Pradesh, India. Their

age ranged between 14-19 years. For the selection of questionnaires, the research scholar made sincere efforts to review the related literature, and then held a series of discussions with the experts. Secondly, availability of reliable and valid questionnaire is also an important consideration in directing one's ingenuity for the choice of variable. The sports achievement motivation test standardized by Kamlesh (1993) and the state and trait anxiety inventory of Speilberger *et al* (1970) were selected for this study.

The Pearson's product moment correlation method was used to find out the relationship of anxiety and achievement motivation to goalkeeping among girl Hockey players. Descriptive statistics - mean and standard deviation was used to describe the average and variability of trait anxiety, state anxiety and goalkeeping performance.

### **Results & Discussion**

The descriptive measures in terms of means and standard deviation of the girl Hockey players in achievement motivation, trait and state anxiety scores, and goalkeeping performance are shown in table-1.

**Table 1: Mean and standard deviation of girl Hockey players in sports achievement motivation, trait and state anxiety and goalkeeping performance**

Variable	Mean	S.D.
Sports Achievement motivation	21.60	15.80
Trait Anxiety	38.20	25.14
State Anxiety	35.30	20.80
Goalkeeping Performance	4.70	4.52

Table 1 show that the mean and standard deviation of girl Hockey players in sports achievement motivation were 21.6 and 15.8. In case of trait and state anxiety the mean and S.D. were 38.2 ±

25.14 and 35.3±20.8 respectively. For goalkeeping performance the mean and S.D. were 4.7 and 4.52.

**Table 2: Relationship of Trait & State anxiety and Achievement Motivation to goalkeeping performance among girl Hockey players**

Variables	Correlation Coefficient
Trait Anxiety and Goolkeeping Performance	-0.844*
State Anxiety and Goolkeeping Performance	-0.904*
Achievement Motivation and Goolkeeping Performance	-0.380

*Significant at 0.05 level*

Table 2 shows the relationship of trait anxiety to goalkeeping among girl Hockey players and indicates a correlation value of - 0.844, which was significant as it was negatively correlated with value of 0.632 required for significance at 0.05 levels. Table - 2 indicates a correlation value of -0.904 for the state anxiety to goalkeeping, which was significant as it was negatively correlated with value of 0.632 required for significance at 0.05 level.

The findings of the study showed significant negative relationship of state and trait anxiety to goalkeeping performance. Further achievement motivation levels of goalkeepers were found to be unrelated to goal keeping performance. Competitive sporting situation always arouses anxiety (*Singh, 1982*); fear of failure is most prominently identified as principal factor of arousal of anxiety in such context. Anxiety in both the forms i.e. trait and state leads to perception of situation or surrounding with feeling of apprehension and threat leading ultimately to heightened emotional condition. Emotionally charged state of mind interferes with normal

functioning of nervous system. In this state of mind the focus of attention rapidly fluctuate between situational perceptions and resultant physical and physiological responses. This nervous, physical and physiological disturbance, which is resultant of anxiety ultimately, affects mental and physical preparedness of sportsman and interferes further with concentration, reaction time, co-ordination, and accuracy of movement thereby affecting the sports performance (*Ghosh et al, 1991*). Hence the negative relationship of both trait and state anxiety to goalkeeping performance may be attributed to this factor.

The subjects for this study were of school level. By comparison, the standard was below average. Hence the players were of lesser standard and of average achievement motivation level. This may be the reason that no significant relationship was found between motivation and goalkeeping performance. On the basis of findings of the study the hypothesis that there will be significant relationship of state anxiety, trait anxiety and achievement motivation to goalkeeping performance is accepted for state and trait anxiety and rejected for achievement motivation.

Table-2 shows the relationship of achievement motivation to goalkeeping among girl Hockey players and indicates a correlation value of 0.38 which was not significant as it was lesser than the correlation value of 0.632 required for significance at 0.05 levels.

*Conclusion*

- Trait anxiety is negatively related to goalkeeping performance.

- State anxiety of inter school level goalkeeper has negative co-relation with their goalkeeping performance.
- Trait and state anxiety may negatively affect goal-keeping performance.
- The level of schoolgirl goalkeepers is of average level and therefore level of achievement motivation has no relationship with their performance.

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