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Exploration study on the sports achievement motivation and anxiety level of male volleyball and cricket players

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Abstract

The aim of the present study was to compare the Sports achievement Motivation and anxiety level between Male Volleyball and Cricket players who used to take part in inter college matches and tournaments. Fifty (50) Volleyball and Fifty (50) Cricket players (male age, 18-25 years) were randomly selected for the study. To measure sports achievement motivation between Volleyball and Cricket players, a questionnaire developed by Kamlesh (1990) was employed. Spielberg's Anxiety Inventory Questionnaire was employed for measuring level of Anxiety. For statistical analysis and Interpretation of data 't' test was conducted. It was observed that there was no significant difference in sports achievement motivation and anxiety level among male Volleyball and Cricket players.

Keywords: Motivation, anxiety, volleyball, cricket

Introduction

Volleyball and Cricket are the two popular sports among people. Volleyball game played by two teams, usually of six players on a side, in which the players use their hands to bat a ball back and forth over a high net, trying to make the ball touch the court within the opponents' playing area before it can be returned. To prevent this a player on the opposing team bats the ball up and toward a teammate before it touches the court surface—that teammate may then volley it back across the net or bat it to a third teammate who volleys it across the net. A team is allowed only three touches of the ball before it must be returned over the net.

Volleyball was invented in 1895 by William G. Morgan, physical director of the Young Men's Christian Association (YMCA) in Holyoke, Massachusetts. It was designed as an indoor sport for businessmen who found the new game of basketball too vigorous. Morgan called the sport "mintonette," until a professor from Springfield College in Massachusetts noted the volleying nature of play and proposed the name of "volleyball." The original rules were written by Morgan and printed in the first edition of the Official Handbook of the Athletic League of the Young Men's Christian Associations of North America (1897). The game soon proved to have wide appeal for both sexes in schools, playgrounds, the armed forces, and other organizations in the United States, and it was subsequently introduced to other countries.

In 1916 rules were issued jointly by the YMCA and the National Collegiate Athletic Association (NCAA). The first nationwide tournament in the United States was conducted by the National YMCA Physical Education Committee in New York City in 1922. The United States Volleyball Association (USVBA) was formed in 1928 and recognized as the rule-making, governing body in the United States. From 1928 the USVBA—now known as USA Volleyball (USAV)—has conducted annual national men's and senior men's (age 35 and older) volleyball championships, except during 1944 and 1945. Its women's division was started in 1949, and a senior women's division (age 30 and older) was added in 1977. Other national events in the United States are conducted by member groups of the USAV such as the YMCA and the NCAA.

Volleyball was introduced into Europe by American troops during World War I, when national organizations were formed. The Fédération Internationale de Volley Ball (FIVB) was organized in Paris in 1947 and moved to Lausanne, Switzerland, in 1984.

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The USVBA was one of the 13 charter members of the FIVB, whose membership grew to more than 210 member countries by the late 20 th century.

International volleyball competition began in 1913 with the first Far East Games, in Manila. During the early 1900s and continuing until after World War II, volleyball in Asia was played on a larger court, with a lower net, and nine players on a team.

The FIVB-sponsored world volleyball championships (for men only in 1949; for both men and women in 1952 and succeeding years) led to acceptance of standardized playing rules and officiating. Volleyball became an Olympic sport for both men and women at the 1964 Olympic Games in Tokyo.

Cricket has been playing since 1844. Although, the International test cricket began in 1877. During this time the game developed from its origin in England into a game which is now played professionally in most of the Commonwealth countries.

Cricket is a game played with bat or ball between two teams having eleven players each team on the stadium at the center of ground there is a 20-meter pitch having 3 wickets both sides, wickets having two bails on their top and there is a boundary of ground for hitting four or six. The purpose of the game is to score more runs than your opposing team.

There are two innings in a game for each team when one team play the role of fielding two players of another team are on the ground for playing the role of batting. It is decided before the match which team will play batting first or bowling first. Before the game, both team’s captains came in-ground and flip a coin for toss winner of toss select their first role for the match (Batting or Fielding).

There are 4 umpires for giving correct decisions at different roles Two umpires are on the ground umpire and the third umpire looks all things via computerized cams or take decision when ground umpire fails to take the decision or the fourth umpire plays the role of reserve umpire he is performing duties like test the ball or bring the new ball or carrying drinks for ground umpires or support of all umpires for their work.

Sports Achievement Motivation has been discovered as a strong psychological factor in the display behaviour of a person. Achievement Motivation of an individual has been found to be rewarding in competitive sports. It is a force that engages a sports person in task which are challenging and hard to attain. The nature of sports and physical activities are generally achievement oriented. Personal success in team and individual events can be evaluated against standards. One of the reasons of variability in behaviour of an individual is sports achievement situation is that sportsperson perceive situation in different ways, because they have different needs for sports excellence. Anxiety is one of the important psychological factors for determining athlete’s performance. Performance is a by product of biological, psychological, sociological and physical makeup of an individual. In games and sports not only physiological factors but also psychological factors play an important role in determining the performance level of an individual. However, great important is assigned to psychological parameters in competitive sports (Schilling & Hayashi, 2001) [3]. Many experts advocated that individuals are affected not merely by their physical and techno-tactical ability but also by their psychological makeup.

Methodology

Fifty (50) Volleyball and Fifty (50) Cricket players (Male-age 18-25 years) were randomly selected from Kurukshetra University, Kurukshetra, Haryana. Volleyball and Cricket players were those students who used to take part in inter college matches and tournaments. To measure Sports achievement Motivation between Volleyball and Cricket players, a Questionnaire (SAMT) developed by Kamlesh (1990) was employed. The data were collected from the various college players who used to take part in inter college matches and tournaments.

The Questionnaire consists of twenty incomplete statements which can be computed by choosing either of two proposed parts against each statement was used. Spielberger’s Anxiety Inventory questionnaire was employed for measuring level of Anxiety. The Bengali version of (Anxiety Inventory) was prepared by Spielberger himself in 1986. The score range from 20 to 80. The higher the score, the greater is the level of Anxiety. For statistical analysis and Interpretation of data ‘t’ test was conducted.

Results and Discussion

The results are presented in tabular form as given here under.

Table 1: Mean SD of Achievement Motivation and Comparison of t-test Between Means of Volleyball and Cricket players

| Group | Mean | SD | MD | t-value |
|--------------------|-------|------|-------|---------|
| Volleyball Players | 24.35 | 4.51 | | |
| | | | 01.55 | 0.64 NS |
| Cricket Players | 25.90 | 4.66 | | |

NS is Not Significant.

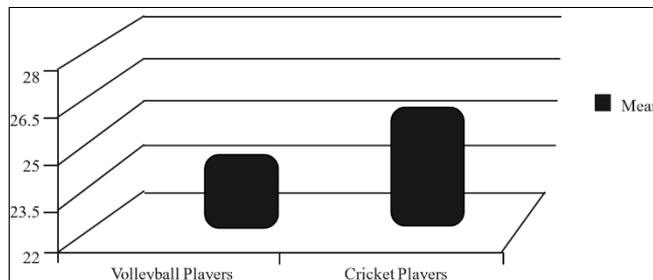


Fig 1: Graphs Showing Achievement Motivation of Volleyball and Cricket players

Table 1 gives information regarding Achievement Motivation of Volleyball and Cricket players. Table shows that there were no significant differences in Achievement Motivation of Volleyball and Cricket players. The Mean of Achievement Motivation of Volleyball and Cricket players were 24.35 and 25.90 respectively. ‘t’ test was applied and t-value (0.64) appeared not significant.

Graphical representation (Fig. 1) also indicates similar trend of this study.

Table 2: Mean SD of Anxiety and Comparison of t-test Between Means of Volleyball and Cricket Players

| Group | Mean | SD | MD | t-value |
|--------------------|-------|-------|------|---------|
| Volleyball Players | 35.36 | 15.71 | | |
| | | | 1.48 | 0.45 NS |
| Cricket Players | 36.84 | 16.63 | | |

NS is Not Significant.

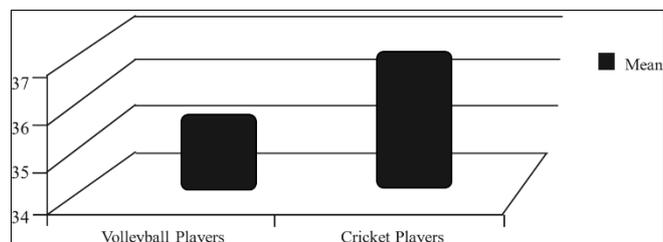


Fig 2: Graphs Showing Anxiety of Volleyball and Cricket Players

Table 2 gives information regarding anxiety of Volleyball and Cricket players. Table shows that there were no significant differences in anxiety of Volleyball and Cricket players. The Mean of anxiety of Volleyball and Cricket players were 35.36 and 36.84 respectively. 't' test was applied and t-value (0.45) appeared not significant. Graphical representation (Fig. 2) also indicates similar trend of this study.

Discussion

It is documented from the table that calculated 't' (0.64) was lesser than tabulated 't' (1.66) which indicated that insignificant difference between Volleyball and Cricket players at 0.05 level of significance with 98 degree of freedom. The result may be corroborated with the findings Singh, Ahmad and Hussain (2010), Sayed Tariq Murtaza, Mohd Imran and Arshi Saleem (2013). They found the similar result among male and female players.

Conclusion

Based on the result of the present study and within the limitation, the following conclusions may be drawn. There was no significant difference in Achievement Motivation of Volleyball and Cricket players. There was no significant difference in Anxiety level of Volleyball and Cricket players.

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