



**A Comparative Analysis on Achievement, Psychological Factor and Sports Anxiety
between Team and Individual Players**

Dr. S A Wangujare¹

Arts, Commerce & Science College

Ashti, Beed (Maharashtra), India

drwangujare@gmail.com

Dr. Pravin Shiledar²

HOD Physical Education,

JBSPM's Mahila College, Georai, Maharashtra

pravin.shiledar@gmail.com

Abstract

The craze for winning medals in the Olympics and other international competitions has catalyzed the sports scientists to take interest in exploring all the aspects and Possibilities which can contribute to enhance sports performance to undreamt heights. Sports involve extremely complex behaviour issues. As a consequence of intense competition a sports man's behaviour may undergo important change. Physical scientists and coaches have not be export only in the matter of skill training but also be engineers who understand the mechanism of human behaviour or the playfield, under extremely diverse situation sports psychology as an applied psychology has taken giant strides. Physical influences are the inherited biological characteristics that cause people to differ from each other. Socio cultural influences are internalizations from the environment that surround the individual. These influences are absorbed from parents, educator, social institution and media, and are the product of the society in which the people live. The single short experimental research design was used in the comparison of certain physiological variables among Combative and Non-Combative sports persons. A similar study may be conducted on the players of the other team and individual games. The purpose of the present study is to investigate the significant differences among the players of individual and team sports

Achievement, Psychological Factor and Sports Anxiety between Team and Individual Players on the variable achievement motivation. Comparing the sport anxiety before, during and after the play, both the individual and team sportsperson were found significantly higher in anxiety level during the play than the before and after the play situation. The sports anxiety between the individuals and teams sports found no significant difference before the play and after the play. But there is significant different found during the play i.e., individuals sportspersons were found significantly higher in sports anxiety then the team sportspersons.

Keywords : achievement, sports anxiety, physiological, Team and Individual Players.

INTRODUCTION

Psychological factor influencing sports performances have long been recognized (Crespo. 2002). Psychological issue with respect to a variety of sports have also been addressed in a large number of scientific studies which have examined many of the mental characteristics during competition. Motivation also attracted the attention of researchers. Taylor (1994) treated motivation as the base of a pyramid towards success in sports. Other important factors in this area include goal orientation goal setting motivational climate (Boyce et al 2001) and burnout. In the sports psychology literature, locus of control has been associated with many different personality and situational variables. The locus of control construct, originally derived from Social Learning Theory, may be a useful concept in testing the above hypothesis. Social learning theory contains several assumptions. The assumption upon which locus of control is based, is that the behaviour of individuals in a specific situation is determined by the reinforcements they receive.

Numerous studies have demonstrated the impact of psychological factors on sports performance (Crespo, 2002). Achievement motivation and locus of control have been two of those factors under consideration. For example, Taylor (1994) treated motivation as the base of a pyramid towards success in sports. Other important factors in this area include ‘goal orientation’, ‘goal setting’, ‘motivational climate’ (Boyce et al., 2001) and ‘burnout’. Locus of control has been associated with many different personality and situational variables.

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The purpose of this investigation is to provide important information with regards to achievement motivation and locus of control among the players of individual and team sports which will enable sport performers to cope successfully with negative affective states and to perform to their full capabilities.

The base of this research was to find out the association of selected psychological factor among individual and team games. It was hypothesized that there was no significant difference in the state of anxiety level among individual and team games. In the field competitive sport, training of the athletes is incomplete without psychology training of the competition. Psychological readiness play a decisive role as to determine whether or not an athlete in competition and in training respond to their optimum potential. Anxiety ever since the appearance of great globe, man - 'compacter, perforator and creator' - has been creating and breaking records in almost all spheres of his activity. Education, art, Science, literature, music and even sports have witnessed incredible feats being performed by man.

Sport personality literature of the late 1960s and the 1970s examined such concerns as the personality trait differences between athletes and non-athletes, successful and less successful athletes (e.g., Olympic gold medalists vs. other Olympic athletes), athletes playing one position versus another (e.g. hockey, goal, tenders vs. other hockey players), team and individual sport athletes (e.g., football players vs. wrestlers), and male and female athletes (e.g., track). Several sport researchers also considered the impact of sport participation on personality development and change. Competitiveness is inherent in all human activities because there is so much compatibility and proximity between progress and competition.

Sports play a vital role in our society. The theme of being is animated by the different colours of sports. The foetus of human stigmas is thus purged away with the flairs of sports. The excitements generated by the potentials of sports are so great that even the bed-ridden patients incline to jump up from their bets of fate. Momentarily, sports often give the soothing touch of healing to the forlorn hearts of the society. Amongst the various factors of human traits and legacies sports is regarded one of the most important legacies towards human development. With this legacy human society is forging ahead with fast strides. Although there is no finishing line for this race of development there is certainly a line for betterment of sports vicinity.

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The individual and team sports persons may have different amplitudes of anxiety. Nobody is without anxiety in the field of games and sports. It is this important factor which affects the performance of sports persons in their understandings and challenges at sports. Anxiety may be reduced or it may be increased with circumstances. Anxiety is a state of mind where the reaction of the person concerned to the set of problems or tasks do tend to respond with a different attitude rather than the persons usual form of response. Anxiety, thus, tends a person to respond with the problem with a lesser capability. It is sort of worriness or nervousness about the events, their occurrences and consequences. The degree of anxiety is different from person to person. A person with higher proficiency has the lesser degree of anxiety than a person of low proficiency for sort; it can be assumed that anxiety has a correlation with confidence. Lack of confidence naturally tends to increase the amplitude of anxiety for every person. The degree of anxiety differs from situation to situation, where the nervous felt before the actual task begin and the nervousness felt during the task is on and after the competition of the task do have a wide difference. This anxiety is again depends on the person so concerned.

Anxiety can be either somatic or cognitive in nature. The symptoms of somatic anxiety comprises of mental worries, fears, nervousness and diffidence. The set of mind is disturbed by anxiety and destroys the equilibrium of confidence. A person is thus, put into an emotional situation. The greater the disturbance the greater the diffidence is. Anxiety, thus, plays a very crucial and emotional role in everyone's life. On the other hand anxiety may root-up the potentials of certain people. This force of anxiety which people generally called as the negative motivator of anxiety usually interferes with the productive thinking of people. Anxiety changes the metabolism of human mind and body. Whenever people get anxious his rate of heart beat increases. The functions of other organs of his body also changes. His breathing becomes more rapid and the consumption of oxygen increases. It also further raises the blood pressure. Human behaviour is suddenly changed with sudden experience of anxiety. It sometimes causes a person to tremble slightly, to engage with nervous activities like wriggling legs and stirring at objects with fixed eyes. The most severe form of anxiety is insomnia, the state of sleeplessness, and restlessness. Anxiety plays a paramount role in sport. It is the challenge to sports participation

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which produces anxiety. How and athlete handles the anxiety determines how successful he would be. 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 sports, participants are expected to win and great demands are made upon them to succeed. The study of the effect of anxiety on sports performance has become a major topic of interest to sports psychologists in recent years. The degree of perceived anxieties is an important variable to be considered in the performance of an individual.

The biggest obstacle often felt by the sports persons in the world of games and sports is that of anxiety. It is felt by each and every one. Prior to the actual competition begins the sportspersons are often strangled with over anxiousness. But it slowly decreases the tenseness with the actual challenges are on. During the challenge the tenseness slackens and it ceases at the end of the challenge. This phenomenon persists for almost all the sports persons. The scenario may have a different picture with certain exceptions. At the conclusion of every game and sports the anxiety level reduces to almost the minimum. But this may not happen on every occasion, as the conclusion of a challenge may be the beginning of another challenge. The extra punitive behaviour experienced by both the individual and team sportspersons requires careful observation in order to relinquish its severity. Individual's aggressiveness is often referred to as intropunitive behaviours. All these aspects are grounds of victory and failure. There may be some games and sports where the players are encouraged to adopt aggressive behaviours. But there are also certain games and sports where the behaviour requires being at levity. It is quite difficult to state whether the individual players and the team players have similar degree of anxiety. This aspect of behaviour may be ascertained to the most satisfaction of direct discussion and inquiry. Certain theories do exist for the task. The present study also looks forward to these accepted tools and methods for the end of analysis. The researcher had been drawn towards this aspect of sports and this inevitably led him to the present work of research, some types of questionnaires are apparent for the work. The individual sportspersons are targeted to give their reactions and opinions with the set of a questionnaire. It may be easier for the individuals to give their responses singularly than the team sports persons collectively. As the team sportspersons are comprised of individuals. The teams tend to have varied responses rather than unified

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versions. But it is not impossible to acquire the required query despite of fluctuations. The saying that the majority carry the vote always hold good.

The yearning to win in games and sports always prevails in the orbit of sports. The aspiration of winning has been always checked by the powerful force in the guise of anxiety. The study may be of a great value for purging the state of anxiety and thus enhance the stability of sports potentials by and large.

PHYSICAL FITNESS VARIABLES BETWEEN INDIVIDUAL GAMES AND TEAM GAMES

Physical fitness is a state of well-being that comprises skill and health-related components. Fitness is a condition in which an individual has sufficient energy to avoid fatigue and enjoy life. It is necessary for elderly people to maintain and improve their physical fitness in order to satisfy healthy, high quality of daily life (Tanaka et al., 2004). Skill-related physical fitness refers to an individual's athletic ability in sports such as tennis and encompasses skill-related attributes like dynamic balance, power, speed and agility; the health-related aspect is a measure of cardiovascular endurance, muscle strength, endurance and flexibility and body composition. Physical fitness is measured by functional tests that are specific and usually normative-based, rather than criterion-based, thereby leaving unanswered as to how much of a specific fitness factor (e.g. muscular endurance) is required for a good quality of life (Chia et al., 2007). There are numerous factors which are responsible for the performance of sportsmen. The physique and body composition including the size, shape and form are known to play a significant role in this regard. The performance of a sportsman in any game or event also depends on physical fitness. The physical fitness or condition is the sum total of five motor abilities namely muscular strength, agility, power, speed and cardiovascular endurance. Therefore, the sports performance in all sports depends to great extent on these abilities. Improvement and maintenance of physical fitness is the most important aim of sports training (Uppal, 1980). Muscular power, often referred to as explosive power, is a combination of speed and strength which is important in vigorous performance since it determines how hard a person can hit, jump and push etc. Agility is the ability to change the direction of body or its parts rapidly which is dependent on strength, reaction time, speed of movement and muscular coordination. Quick start and stops and quick

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changes in direction are fundamental for good performance in athletics. Running speed is not only an athletic event itself, but it is an important factor in almost all court and field games it can result the difference in whether a performer is able to gain an advantage over his/her opponent. Man's existence and effectiveness depends upon his physical fitness. Even now, physical fitness really implies more than the ability to do a work without much efforts. Physical fitness affects ones life's activities not only the physical well being and mental effectiveness but also the personal and social adjustment

It has been due to the growing change in the competitive philosophy of sports that a close liaison has developed among sports scientist, team physician, athletic trainers, coaches and athletes to investigate modern scientific technique in terms of selection of athletes. The performance of a sportsman in any game or event also depends on muscular strength, agility, power, speed and cardiovascular endurance. Along with these physical variables, physiological and psychological components also play an important role in the execution of the performance. Best suited activity and new training methods achieve excellence. The aim of the present study was to determine the differences in selected physical fitness characteristics between the individual game and team game athletes.

METHODOLOGY

In the current work, following have been actioned for the purpose of selection of subject, selection of tools, selection and administrations of questionnaire and statistical techniques and for analysis of data.

Selection of subject: Total sixty (60) subjects out of which thirty (30) of individual games and thirty (30) of team games were identified. These subjects were randomly selected.

Aggression: The aggression scale contains thirty items. Subjects were asked to indicate how much aggressive they would be in a given condition and respond to each item using a five point scale (very much, much, ordinary, less, very less, not at all). Total scores of the aggression scale ranges from 0 to 150.

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Statistical Technique: Independent 's' test was applied in order to study association of selected psychological factor among individual and team game at the 0.05 level of significance.

Data Analysis: The differences between group were assessed using the t-test for dependent data. The level of $p < 0.05$ was considered significant. The data were further subjected to one way analysis of variance (ANOVA).

RESULT AND DISCUSSION

To determine the significance difference of selected psychological factor among individual and team game players, following variables were measured: i. State anxiety ii. Aggression iii. Achievement Motivation.

Physical fitness variables are very important in both type of athletes and form a condition for higher performance. Mal (2002) stated that the components of physical fitness like strength, speed, endurance, flexibility and the various coordinative abilities are essential for a high technique and tactical efficiency. Depending upon the demand of the game, each factor of physical fitness should be optimally developed. In the present study there was significant difference observed between the individual game and team game athletes in all the selected physical fitness variables. Results show the muscular strength, agility, power, speed and cardiovascular endurance of individual games athletes were significantly greater when compared to team games athletes.

Researcher selected and identified group wise appropriate raw data. Mean score, Standard Deviation of each group was calculated. After Calculating the Mean & Standard Deviation; 't' test was applied. The mean score of sports anxiety for individual and team sports players were compared in three situation, i.e., before, during and after the competition.

Discussion - The players of individual and team games selected as subjects for current study have shown insignificant difference in selected psychological factors as state anxiety, aggression and achievement motivation. Men and women athletes do not significantly differ in the personality factors of achievement via independence and intellectual efficiency. Men and women athlete and non-athlete significantly differ on the personality factors of flexibility and also

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measures of flexibility and felinity were different for individual sports. Team sports and non participation, in addition; it was concluded that the effect of the type of activity was not same for two genders. Nor was they, the same for the three types of activities. Women should share equal opportunities as men Intervarsity athletics.

Numerous studies have demonstrated the impact of psychological factors on sports performance (Crespo. 2002). Achievement motivation has been one of those factors which was under consideration and suggested that achievement motivation leads people to set realistic but challenging goals in sport setting.

While comparing the sport anxiety before, during and after the play, both the individual and team sports person were found significantly higher in anxiety level during the play than the before and after the play situation. While comparing before and after the play, sport anxiety level was also significantly higher before the play than after the play. It shows more anxiety during the play and before the play than after the play.

In comparing the sports anxiety between the individuals and teams sports, there is no significant difference found before the play and after the play. But there is significant different found during the play, individuals sportspersons were found significantly higher in sports anxiety then the team sportspersons.

CONCLUSION

There was no significant difference found between the team and individual games in case of sports competition anxiety. Aggression in players at the time of competition has no significant difference among the team and individual games. It was found that achievement motivation among the players of team games and individual games have insignificant difference. Significant differences were found between the individual and team games athletes on selected physical fitness variables. Findings of this exploratory study suggest that the players of individual and team games differ significantly in relation to physical fitness variables.

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