

## ASSOCIATION BETWEEN SELECTED MULTIDIMENSIONAL COMPONENTS OF ANXIETY WITH MOTIVATION AMONG WRESTLING PLAYERS

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### ABSTRACT

*This investigation looked at the association between Anxiety and Motivation among wrestling players. State level wrestling players (n=40) completed the Sports Anxiety Scale-2, a measure of characteristics with Anxiety and Motivation among Wrestling players, where Somatic Anxiety, Worry and Concentration Disruption were selected for determining Anxiety and Sports Achievement Motivation Test of Wrestling players. According to research, there is a link between dimensions of Anxiety and Achievement Motivation. A significant Negative correlation between Somatic and Worry components of Anxiety with Achievement Motivation at 0.05 Level of Significance was observed. The results of the study confirm the Negative correlation between dimensions of Anxiety for Somatic and Worry factors with Achievement Motivation results, those with a lower Anxiety level perform better in Achievement Motivation in sports.*

**Key Words:** Anxiety, Motivation, Wrestling, Sports Person

### INTRODUCTION:

Performance in sports mainly depends on physical, psychological, skill training, and their combined contribution. Majority of athletes concentrate more on Physical preparation and leaving behind psychological readiness that may affect their peak performance. If coaches and athletes devote a small period on mental preparation apart from their physical conditioning and skill training then they can manage fear, anxiety, self-confidence and may perform better. An unpleasant psychological state in reaction to perceived stress concerning the performance of a task under pressure. (Cheng WKN, Hardy L, Markland D, 2009). Anxiety is a common emotional state experienced by athletes at all levels of performance. In general, anxiety is made up of cognitive (e.g., worrying thoughts and apprehensions) and somatic (e.g., degree of physical activation) components. Anxiety can manifest itself as a stable part of one's personality known as trait anxiety,

or as a temporary, more malleable, situation-specific state anxiety. Anxiety is often characterized by a range of physiological (e.g., sweating, increased heart rate), behavioral (e.g., biting fingernails, fidgeting), and/or cognitive (e.g., negative thoughts, inattention) signs and symptoms (Weinberg RS, Gould D., 2015).

Achievement motivation is the tendency of acquiring a particular behavior that results for achieving something or accomplishing any task for success and making choices for goal-oriented activities. Achievement motivation is that of human behavior which is directed by the effective arousal in an individual's mind (Ali J. 2010). Motivation plays an important role as a driving force behind an individual's action. For accomplishing any task physically and mentally, motivation helps for the preparation for an individual. Without motivation, it becomes difficult to gain interest for accomplishing the task. Without motivation, it becomes difficult to achieve any higher level of goal. Anxiety is the individual's emotional state of mind related to fear of danger or loss or suffering, and it is a prominent feature. Anxiety with Achievement Motivation is one of the most important and interesting areas of focus in sport psychology that has attracted many researchers who have mostly considered athletes and coaches anxiety experiences. Hence, I felt it necessary to attempt to investigate the connection between psychological dimensions of Sports Anxiety with Achievement Motivation of state Wrestling Players.

To attain the purpose of the study, 40 Male Wrestling player of state level were selected as subjects from University of Delhi. The age of the subjects was ranged between 17 to 23 years.

## **METHODOLOGY:**

Based on the available literature, findings of the related research studies, expert's opinion, facilities and instruments availability, researcher's own understanding of the problem and keeping in mind the specific purpose of the study, Anxiety and Achievement Motivation were selected for the study. The tools used for the purpose of the study to examine anxiety was Sports Anxiety Scale-2 (SAS-2) with three dimensions which were somatic, worry and concentration disruption developed by Ronald E. Smith, Frank L. Smoll, Sean P. Cumming, and Joel R. Grossbard in year 2006. To measure Achievement Motivation, Sports Achievement Motivation Test (SAMT) developed by Dr.

M.L. Kamlesh in 1990.

Statistical technique: IBM SPSS (version 18.0) was used for the statistical analysis. The descriptive statistics of mean and standard deviation were computed, to check the normality of the data for the normality of the data Kolmogorov- Smirnov and Shapiro-Wilk test used. and an independent t-test was used to determine whether badminton and squash players differed in the selected coordinative abilities or not. 0.05 level of significance to determine whether or not the mean change in scores was statistically significant.

### Selection of The Psychological Variables

Anxiety	Achievement Motivation
Sports Anxiety Scale-2	Sports Achievement Motivation Test
Somatic Anxiety	
Worry	
Concentration Disruption	

First, normality assumption of data was checked by Shapiro- Wilk test. The assumptions of normality were not violated, thus parametric test was implemented where data obtained from the players were statistically analysed with Pearson product movement coefficient correlation.

## RESULTS:

**Table 1** Descriptive Statistics (Mean and Standard Deviation) of following Variables

Variables	N	Minimum	Maximum	Mean	Std. Deviation
Somatic Anxiety	40	07.00	11.00	09.28	1.81
Worry	40	09.00	11.00	10.30	1.65
Concentration Disruption	40	08.00	10.00	09.68	1.59
Achievement Motivation	40	26.00	32.00	31.30	4.30

Table 1 showed the descriptive statistics of Wrestling group on selected psychological variables (Somatic, Worry, Concentration Disruption, Achievement Motivation).

**Table 2 Pearson Correlation**

Variables	N	Pearson Correlation	Sig. (2-tailed)
Somatic Anxiety with Motivation	40	-0.430	0.031
Worry with Achievement Motivation	40	-0.478	0.017
Concentration Disruption with Achievement Motivation	40	-0.144	0.492

Table 2 showed the analysis of relationship between psychological dimensions of Wrestling group on selected psychological variables (Somatic, Worry, Concentration Disruption and Achievement Motivation).

## DISCUSSION:

The purpose of this study was to evaluate the relation between player's anxiety and their motivation. The results showed that there was a significant negative relationship between the athlete's somatic anxiety and worry with achievement motivation. In other words, athletes' anxiety has a meaningful impact on motivation factor. So, this can be believed that personal and psychological characteristics and environmental conditions play a major role in development of anxiety. The results also showed that there was a negative and significant relationship between the athletes' anxiety for Somatic Anxiety and Worry with Achievement Motivation. So, with decrease of anxiety among the athletes may significantly improve or get developed Achievement Motivation among wrestlers.

## CONCLUSION:

1. Studies have confirmed the negative correlations between sports anxiety and sports achievement motivation level.
2. A significant negative correlation between Somatic Anxiety and Achievement Motivation at 0.05 Level of Significance was observed.

3. Further analysis is needed to examine sexual differentiation, differences between individual and team sports, the correlations of sports anxiety with training experience and the age of players, and effective methods to reduce anxiety among players.

**Conflict of Interest:** Authors declare no conflict of interest.

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