



*International Journal of  
Physical Education and  
Sports Sciences*

*Vol. IX, Issue No. XVI,  
January-2016, ISSN 2231-  
3745*

## **ANXIETY AND ACHIEVEMENT MOTIVATION OF MALE AND FEMALE TABLE TENNIS PLAYERS**

AN  
INTERNATIONALLY  
INDEXED PEER  
REVIEWED &  
REFEREED JOURNAL

# **Anxiety and Achievement Motivation of Male and Female Table Tennis Players**

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**Abstract – The Purpose of the study was to examine the relationship between achievement motivation and anxiety of inter-university level male and female table tennis players. For this purpose, a total of thirty (15 males and 15 female) table tennis players were randomly selected as subjects, who participated in west zone Inter-University Table Tennis Tournament. Sports Achievement Motivation Test by M. L. Kamlesh and Sports Competition Anxiety Test constructed by Rainer Marten were administered to collect the data. Pearson's Product Moment correlation was employed to find out the relationship between achievement motivation and anxiety of male and female table tennis players. Results showed no significant relationship between Achievement Motivation and Anxiety of male and female table tennis players at west zone Inter-University level.**

## **INTRODUCTION**

Anxiety is a temporary condition caused by one immediate perception of the environment. Anxiety refers to that emotional state of mind where fear of danger or loss or suffering is a prominent feature. It generally arises as a result of fear of something unknown, which creates tension and disturbance.

Achievement motivation is an effective arousal state directing behavior in an achievement oriented activity cognitively appraised as potentially satisfying. Achievement motivation is the tendency to endeavor for success and to choose goal oriented success or failure activities. Motivation inspires an individual to do something. It is that psychophysical condition of the organism which causes an individual to work and strive to fulfill his needs.

There is a close relationship between achievement and anxiety. Achievement motivation is an effective arousal state which directs the human behavior for successful participation in sports competition. There should be an optimum level of achievement and motivation for participation in competition at different levels namely, state, national and international levels. One should have a desired level of anxiety and achievement to meet the task to be accomplished in competitive sports. The researchers felt that it is worthwhile to examine the relationship between achievement motivation and anxiety of male and female table tennis players.

## **MATERIALS & METHODS**

For the purpose of the study, a total of thirty (15 males and 15 female) table tennis players were randomly selected to serve as subjects of the study, who had participated in west zone Inter- University Table Tennis Tournament. Age of the subjects was ranged between 18 to 25 years.

The sport achievement motivation test standardized by Dr. M.L. Kamlesh was administered one hour before the competition and sports competition anxiety test designed by Rainer Marten was administered one day prior to the competition to collect the data from male and female table tennis players.

There was no time limit for the completion of the questionnaire but the subjects were instructed not to ponder too long over any statement and respond all the statements in the questionnaire independently.

Researcher took permission from the coaches/managers of the concerned teams for administering the questionnaire. Subjects were ensured that the responses given by them on the questionnaire would be strictly confidential and not be revealed to anyone.

It was hypothesized that there will be significant relationship between achievements motivation and anxiety of male and female table tennis players.

## **STATISTICAL PROCEDURE**

Relationship between achievements motivation and anxiety of male and female table tennis players were

obtained by using Pearson's product moment co-efficient of correlation formula.

$$r = \frac{n(\sum XY) - (\sum X)(\sum Y)}{\sqrt{[n\sum X^2 - (\sum X)^2][n\sum Y^2 - (\sum Y)^2]}}$$

## RESULTS

To examine the relationship between achievements motivation and anxiety of male and female table tennis players Pearson's product moment co-efficient of correlation was employed. The scores obtained as responses in questionnaire from male and female table tennis players were correlated and the data pertaining to this has been presented in Table – 1.

**Table – 1**

### **Relationship between Achievement Motivation and Anxiety of Male and Female table Tennis Players**

S. No.	Group	Co-efficient of Correlation
1.	Male Table Tennis Players	.187
2.	Female Table Tennis Players	.379

$$t_{0.05 (13)} = .574$$

## DISCUSSION

From the findings it is very much evident that the score of Coefficient of correlations between achievement motivation and anxiety of male and female table tennis players observed, was not significant ( $H_0$  rejected) as the value required to be significant at 0.05 level of significance with 13 degrees of freedom is 0.574. This insignificant relationship may be attributed due to the fact that the inter-university level male and female table tennis players were highly trained and belong to elite group of sportsman. They are exposed to higher level of participation and they were having balanced anxiety level with high achievement motivation. They are highly focused for accomplishment of their goals so they have shown insignificant relationship with anxiety.

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