

STUDY OF ANXIETY AND MOTIVATION BETWEEN SPORTS AND NON SPORTS PERSONS  
OF FOOT BALL PLAYERS



Dar Gulam Mohmad\*

\*Research Scholar, S.G.B.A.U., Amravati, (M-S)-INDIA  
E. Mail: gmdar111@gmail.com

**Abstract:**

The purpose of this study was to find out or to compare the Anxiety and Motivation between Sports and Non Sports Persons Foot Ball Players of University of Kashmir, Kashmir. The data obtained from the responses of anxiety level given by students through standard questionnaire prepared by Martens. The standard Questionnaire meant for motivation level by- Dr. Poorva Jain was used. The data was collected qualitatively on two tests Anxiety and Motivation between Sports and Non Sports Persons Foot Ball Players of University of Kashmir, Kashmir. Sports person (N=30), and Non Sports Person (N=30), from the main campus of University of Kashmir, Kashmir, the data was analyzed by using appropriate statistical techniques, viz. Mean, Standard Deviation and 't' test to find out the significant difference among the selected variables and the subjects were selected by using Random sampling method from both.

**Keywords:** Anxiety, Motivation Sports person & Non Sports Person.

**Introduction:**

Sports are a psycho-social activity. It has both psychological social dimensions besides physical, physiological and technical aspects. Man's interest in sports is found among all the society of the world. Most of the nations share a common interest in sport competition, especially during Olympic Games, where people from all nations focus their attention on the drama of competition. But the quality of participation of the athletes and sports man is determined by their psychological factors. In this Modern era of competition, psychological preparation of a team is as impotent as teaching the different skill of a game. On the scientific lines, the teams are motivated not only to play the game but also to win the games. It is not only the proficiency in the skill which brings victory but more important is the spirit of the players with which they play and perform their best in the competition. The application of psychological principles is also important for the performance in sports and therefore, it is given greater attention in present days.

**Sports Psychology:**

These days sports competitions are very tough. Players are using best techniques and best training methods for better results during competitions. Even then they are not satisfied by their results. Thus the importance of psychology was realized in physical education to give best possible results of players. Sports psychology is the branch of psychology which deals with positive behaviour of sports person during training and competition period to increase performance. It guides coaches and players to give individual attention regarding various methods and various motivational techniques. It gives knowledge regarding adolescence problems, changes during adolescence, managing adolescence problems. It guides sports ethics and sportsmanship to develop sports attitude.

**Football:**

A game in which two opposing teams of 11 players each defend goals at opposite ends of a field having goal posts at each end, with points being scored chiefly by carrying the ball across the opponent's goal line and by place-kicking or drop-kicking the ball over the crossbar between the opponent's goal posts. The ball used in this game, an inflated oval with a bladder contained in a casing usually made of leather.

**Methodology:**

Every researcher wants to be systematic during his whole research work. So the researcher divided each chapter of his work systematically in order to face less difficulty in the conductance of the problem. In the present chapter, the design of the study has been presented under the following headings.

**Source of Data:**

For the present study the Subjects were selected from the affiliated colleges of University of Kashmir.

**Selection of Subjects:**

Sixty (60) subjects were selected for this study. Thirty (30) Sports persons and thirty (30) Non Sports Persons.

**Sampling Method:**

The subjects were selected by using simple random sampling method.

**Tools use for Collection of Data:**

The standard Questionnaire was used for the collection of data for psychological variables.

**Anxiety:**

The standard Questionnaire of state competitive Anxiety test constructed by Marten used for the collection of data.

**Motivation:**

Standard questionnaire namely "Motivation scales by Dr. Poorva Jain was used to know the Motivation between Sports and Non Sports Persons of Foot ball players, following is the procedure:

**Scoring:**

Scoring for the positive statements are, 5, 4, 3, 2, and 1 for 'strongly agree', 'agree', 'undecided', 'disagree', and 'strongly disagree', respectively.

Scoring for the negative statements are, 1, 2, 3, 4, and 5 for 'strongly agree', 'agree', 'undecided', 'disagree', and 'strongly disagree', respectively.

Positive statements are- 1, 3, 4, 5, 7, 8, 9, 11, 14, 15, 16, 17, 19, 21, and 22.

Negative statements are- 2, 6, 10, 12, 13, 18, 20, and 23.

**Classification of Raw Score of Motivation Scale:**

Raw-score	Interpretation
86-115	High Motivation Scale
56-85	Average Motivation Scale
55 and below	Low Motivation Scale

**Analysis and Interpretation of Data:**

The statistical analysis and interpretation has been done on the basis of data collection. The data was analysed by using independent 't' test and interpretation was drawn. The level of significance was set at 0.05 to test the hypothesis.

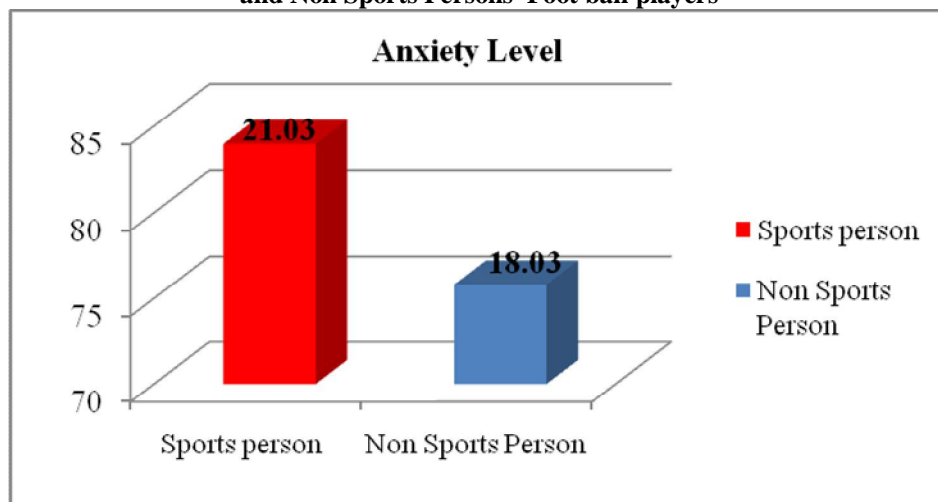
**Level of Significance:**

To test the hypothesis the level of significance was set at 0.05 level of confidence which was considered adequate and reliable for the purpose of this study.

**Table No: I**  
**Comparison of Anxiety between Sports persons and Non Sports Persons of Foot Ball Players**

Group	Mean	S.D.	M.D.	S.E.	D.F.	O.T.	T.T.
Sports person	21.03	8.46	3	1.93	58	1.55	2.02
Non Sports Person	18.03	6.34					

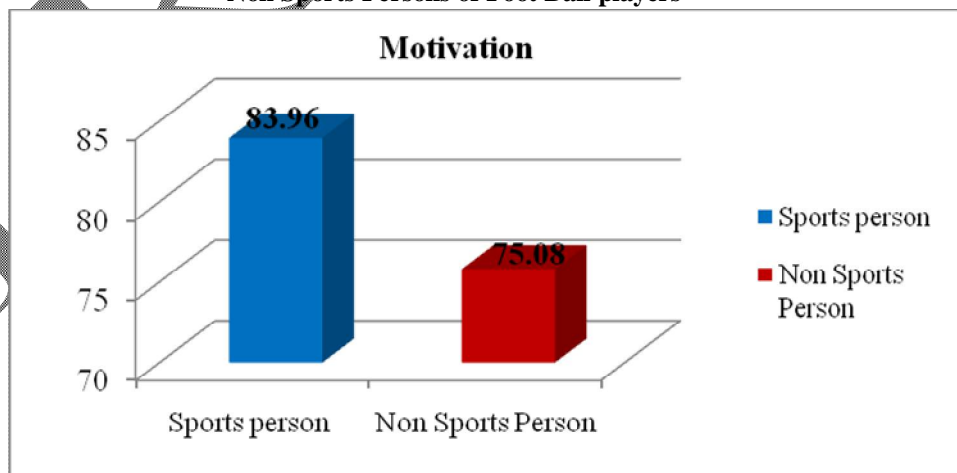
**Graph No-I**  
 Showing the Mean Score of anxiety level between Sports persons and Non Sports Persons Foot ball players



**Table No-II**  
 Comparison of Motivation level of Sports persons and Non Sports Persons of Foot Ball Players

Group	Mean	S.D.	M.D.	S.E.	D.F.	O.T.	T.T.
Sports person	83.96	38.16					
Non Sports Person	75.8	32.38	8.16	9.13	58	0.891	2.02

**Graph No-II**  
 Showing the Mean difference of Motivation Level between Sports persons and Non Sports Persons of Foot Ball players



**Conclusion:**

From the above study it is concluded that in Motivation level of Sports persons of football players have the high power to motivate the players to fight in competitive sports and they are original, creative and curious than Non Sports Persons of Foot Ball players because the male players are having curiosity to crack the competition no

doubt Non Sports Persons of Foot Ball players are also to do so but Sports persons of players trying very hard, as far as anxiety level is concerned it is often happened to every players having stress or anxiety to fight in main competition. It is also concluded that the male players are reliable and careful as compared to Non Sports Persons of Foot Ball players

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