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## A Comparative Study of Sports Competition Anxiety and Achievement Motivation among Kabaddi and Kho-Kho Players

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### Abstract

The purpose of the present study was to compare Sports Competition Anxiety and Achievement Motivation among Kabaddi and Kho-Kho players of Bilaspur district. Sports psychology is vital for evaluating athletic performance in traditional Indian sports, where mental readiness is a major determinant of success. Twenty Kabaddi players and twenty Kho-Kho players made up the study population; all were men between eighteen and twenty-five. There were 40 male players selected in all. The Sports Achievement Motivation Test (SAMT), developed by M. L. Kamlesh, was used to evaluate achievement motivation; the Sports Competition Anxiety Test (SCAT), created by Rainer Martens, was used to assess sports competition anxiety. The data was examined using statistical techniques such as mean, standard deviation, and independent sample t-test. The significance level was set at the 0.05 level. Regarding sports rivalry anxiety and achievement motivation, the study found significant differences between Kabaddi and Kho-Kho athletes. Kabaddi players showed more achievement motivation and less competitive anxiety than Kho-Kho players. The study found that mental elements have a major influence on athletic ability and should be considered in coaching and training programs. Kabaddi players experience higher levels of Sports Competition Anxiety and greater achievement motivation compared to Kho-Kho players.

**Keywords:** Sports Competition Anxiety, Achievement Motivation, Kabaddi, Kho-Kho, Sports Psychology, Bilaspur.

### 1. Introduction

In forecasting athletic success, psychological factors are equally as crucial as physical conditioning and technical ability. Two among the most important psychological aspects in competitive sports are achievement motivation and sports competition anxiety. Modern sports training places equal emphasis on physical and mental preparation since psychological resilience helps athletes to perform well under duress. Research in sports psychology shows that anxiety and motivation directly affect an athlete's performance, focus, confidence, and capacity to make decisions throughout games. Sports competition anxiety refers to the emotions of worry, fear, tension, and uncertainty experienced by athletes before or during a competition. Performance might suffer from too much worry since it affects concentration, coordination, and confidence. Still, little anxiety could motivate athletes to perform better. One of the most often used techniques for evaluating competitive anxiety in athletes is the Sports Competition Anxiety Test (SCAT), created by Rainer Martens. According to earlier research, athletes

competing in different sports feel varying degrees of rivalry anxiety depending on the type of sport, degree of participation, and psychological preparedness. Achievement motivation is still another significant psychological component influencing sports performance and participation. It addresses an athlete's innate drive or need to reach for perfection, overcome challenges, and improve their level of performance. Athletes who really want to win show more devotion, determination, self-assurance, and willingness to put in the needed work during training and games. Created by M. L. Kamlesh, the Sports Achievement Motivation Test has been extensively used in research in sports psychology to assess levels of motivation in athletes. Research shows that achievement motivation helps athletes to effectively cope with the pressure of competition and positively influences their sports performance.

Demand speed, agility, endurance, quick reflexes, and mental awareness include kabaddi and kho-kho, two of the most popular traditional Indian games. Though they are both team-oriented and extremely competitive, the character of

performance expectations differs across the two games. Players in Kabaddi participate in direct physical touch, aggressive tactics, and physical fighting, all of which might increase their confidence and desire. Kho-Kho, however, calls for agility, strategic pursuit, and coordination, in which psychological stress and anxiety may have a varied influence on performance. For coaches, trainers, and sports psychologists, it is therefore important to know the psychological differences between gamers of these games. Bilaspur district has developed several gifted sportsmen in traditional sports, most notably Kabaddi and Kho-Kho. Little study has been done on the psychological traits of players from this region despite the growing popularity of these games. Hence, the investigator judged it necessary to examine the Sports Competition Anxiety and Achievement Motivation between Kho-Kho and Kabaddi players in Bilaspur. The study found that Kabaddi players experienced significantly higher Sports Competition Anxiety compared to Kho-Kho players, with a t-value of 8.24 exceeding the critical value of 2.02 at a 0.05 significance level, leading to the acceptance of the theory. Additionally, the t-value of 6.47 indicated a significant difference in accomplishment motivation between the two groups, with Kabaddi players demonstrating greater motivation than Kho-Kho players. The findings of the study might help coaches and sports organizations create more efficient psychological training programs meant to improve sports performance and athletes' readiness.

**2. Materials and Methodology**

- i). **Sample:** A total of 40 players participated in this study, comprising 20 Kabaddi Players and 20 Kho-Kho Players. The age range of the subjects was between 18 and 25 years.
- ii). **Criterion Measure Used:** The study utilized the standardized psychological tool developed by Rainer martens in Sports Competition Anxiety Test and Dr. M.L. Kamlesh to assess sports achievement motivation.
- iii). **Measuring Tools:** Data were collected using the Sports Achievement Motivation Questionnaire (SAMT) developed by M.L. Kamlesh. Sports Competition Anxiety Test (SCAT) by Martens *et al.* 1990 consists of total 15 statements. The questionnaire aimed to measure the Sports Competition Anxiety Test & sports achievement motivation of the players. Random sampling was employed to select the participants for the study
- iv). **Procedure of Data Collection:** A data collection schedule was established, taking into consideration the convenience of the data providers and allowing adequate time for response. The researcher explained the purpose of the study to the selected sample or subjects, and suitable scales or tools were administered accordingly. Following data collection, the researcher tabulated the data for analysis and planned appropriate statistical techniques for the study.
- v). **Statistical Technique:** To compare the variables between groups, mean, standard deviation, and independent sample t-test were used. A significance level of 0.05 was set to determine statistical significance.

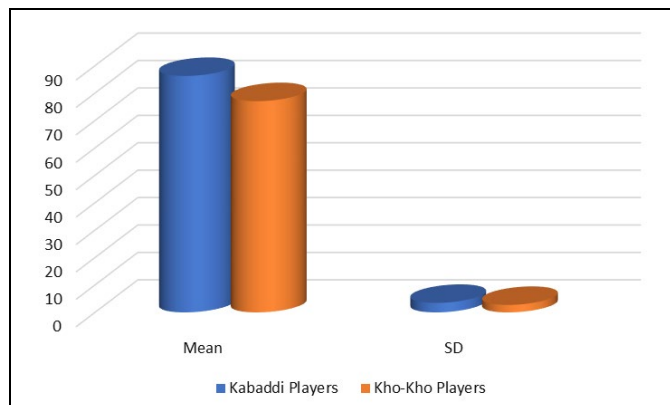
**3. Results and Discussions**

In this segment, the researchers summarized participant characteristics and computed the mean, standard deviation, and psychological component of the variable. The study compared the achievement motivation and Sports Competition Anxiety of Kabaddi and Kho-Kho Players

**Table 1:** Comparison of Sports Competition Anxiety between Kabaddi and Kho-Kho Players

Group	N	Mean	SD	t-value
Kabaddi Players	20	86.25	3.46	8.24
Kho-Kho Players	20	77.05	2.72	

Table Value at 0.05 level = 2.02



**Chart 1:** Comparison of Sports Competition Anxiety between Kabaddi and Kho-Kho Players.

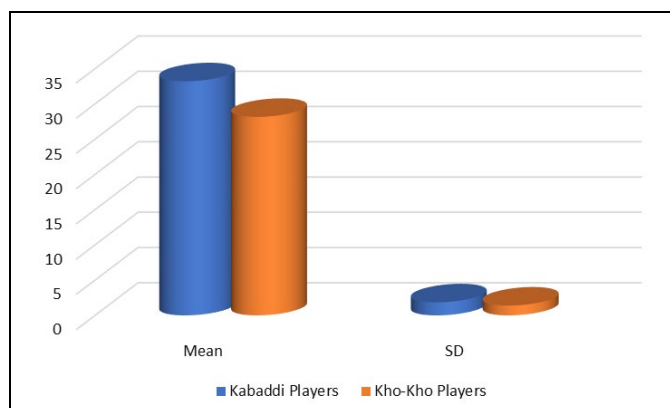
The resulting t-value (8.24) was bigger than the table value (2.02) at the 0.05 level of significance. Therefore, the theory was accepted. It shows that Kabaddi players had much more Sports Competition Anxiety than Kho-Kho players.

**Table 2:** Comparison of Achievement Motivation between Kabaddi and Kho-Kho Players

Group	N	Mean	SD	t-value
Kabaddi Players	20	33.20	1.85	6.47
Kho-Kho Players	20	28.15	1.39	

Table Value at 0.05 level = 2.02

The computed t-value (6.47) exceeded the required table value (2.02). As a result, the accomplishment motivation of Kabaddi and Kho-Kho players differed significantly. Kabaddi players showed more accomplishment motivation than Kho-Kho players.



**Chart 2:** Comparison of Achievement Motivation between Kabaddi and Kho-Kho Players.

**4. Findings of the Study**

Significant difference was found in Sports Competition Anxiety between Kabaddi and Kho-Kho players. Kabaddi players showed higher Sports Competition Anxiety compared to Kho-Kho players. Significant difference was found in achievement motivation between Kabaddi and Kho-Kho

players. Kabaddi players demonstrated higher achievement motivation than Kho-Kho players.

## 5. Conclusion

On the basis of the findings, it was concluded that Kabaddi players possessed better Sports Competition Anxiety and achievement motivation than Kho-Kho players. The nature of Kabaddi, involving direct physical confrontation, strategic play, and highly competitive intensity, may contribute to higher psychological preparedness among players. Coaches and trainers should emphasize psychological training programmes to improve, Sports Competition Anxiety and motivation among athletes of both games.

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