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## Comparison Of Anxiety, Achievement Motivation And Personality Traits Of Basketball Players And Non-sportsmen

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### Abstract:

*The purpose of the present study was to assess the personality traits, anxiety and achievement motivation level of basketball players and non-sportsmen. The study conducted on 360 samples, consisting of 120 inter-college level basketball players, 120 inter-varsity level basketball players and 120 non-sportsmen of different colleges and universities. Personality traits were obtained by administering Eysenck Personality Inventory (EPI), Anxiety were obtained by competitive state Anxiety inventory (CSAI-2), and Achievement motivation were obtained by using Sports Achievement Motivation Test. The data collected through aforesaid tests, were analyzed with respect to two dimensions of personality i.e. extroversion and neurotic; three dimensions of anxiety i.e. cognitive anxiety, somatic anxiety and self confidence and achievement motivation. Schaffe's multi comparison test was applied to compute the significance of differences among three groups. The significance of data was judged at 0.01 and 0.05 levels, respectively. The result of the study indicates that higher level performance group was more extrovert than low performance group and non sportsmen, whereas non sportsmen were more neurotic than those of high and low performance group. Cognitive anxiety and somatic anxiety of non-sportsmen were higher than inter-varsity level Basketball players, whereas third factor i.e. self confidence, of higher performance groups, was more than non sportsmen. Achievement motivation level of high performance groups was also better than non sportsmen.*

### KEYWORDS:;

Anxiety , Sportsman , Psychological, Eysenck

### INTRODUCTION:

Personality of a sportsman is evaluated from his responses, which he makes to a variety of stimuli, under various conditions of training and competition. Research studies undertaken by Thakur and thakur (1980), Diano (1985), Durha (1988), suggested that high performance groups are more extrovert than those of the lower performance groups. They possess more competitive maturity and lot of experience, in the field of games and sports. Anxiety is a negative emotional state characterized by nervousness, worry and apprehension and associated with activation or arousal of the body. Verma (1995), Shivarama Krishnan (1999), Sharma (2006), suggested that high performing groups have less level of anxiety than those of lower performing groups. Motivation refers to the activation of knowledge and skills into performance. Achievement motivation is a person's orientation to strive for task success, persists in the face of failure and experiences pride to accomplishments (Gill 2000). Researchers in the field of sports have clearly established that level of motivation, at high performance group, is more than those of lower performance group. The findings are supported by Blais (1982), Singh and Sharma (1987), Nault (1998), Sharma (2006).

The main purpose of the study was to determine the personality traits; anxiety and achievement

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motivation level among three groups viz. inter college level, inter-varsity level Basketball players and non sportsmen.

**OBJECTIVE OF THE STUDY**

To determine the differences in selected psychological variables, i.e. personality, anxiety, and motivation, between inter-college and inter-varsity level Basketball players.  
 To determine the differences in selected psychological variables, i.e. personality, anxiety and motivation between inter college level Basketball players and non-sportsman.  
 To determine the differences in selected psychological variables, i.e. personality, anxiety, and motivation, between inter-varsity level Basketball players and non sportsmen.

**METHODOLOGY**

**Sampling**

A random sampling was adopted to collect the required data. For the present study, 120 inter college level Basketball players 120 inter varsity level Basketball players and 120 non-sportsmen were selected, between the age group of 18 to 25 years.

**Tools Used**

Eysenck Personality Inventory (1964, Eysenck and Eysenck) has been taken to assess the personality traits. Eysenck Personality inventory consists of 57 questions in which 24 statements are related to extroversion and 24 statements are related to neurotic qualities and remaining 9 statements are related to lie score. the test retest reliability for this Inventory runs between .83 to .91. Competitive State Anxiety Inventory (CSAI-1 Martins et al 1990) has been used in order to differentiate the cognitive and somatic components of state anxiety. A third factor, self- confidence, emerged during the factor analysis. This questionnaire consisted of 27 statements. Test retest reliability for this inventory runs between .85 to .95. To assess the achivement motivation level, the sporst achievement motivation test (Kamlesh, 1990) a self evaluation questionnaire of 20 statements has been administered. Reliability for this Test was .79.

**Method for Analysis**

Schaffe's Multi Comparison Test has been applied to find out the significant differences, among three groups, at 0.01 and 0.05 levels of significance.

**RESULTS & DISCUSSION**

**Table –1: Multi Comparison Test for Inter –college, Inter varsity basketball Players and Non-Sportsmen on the Variable of Personality Extroversion:**

Group	Mean	SD	Mean Difference	
			Inter-College	Inter-Varsity
Inter-college	12.1167	2.5244		
Inter-varsity	13.1250	2.1598	.008**	
Non sportsmen	11.8167	2.7744	.649	.000**
Total	12.3528	2.5543		

\*\* Significant as 0.01 level

Mean values of inter-colleges Basketball players (M=12.1167), Inter-varsity basketball players (M=13.1250) and non-sportsmen (M=11.8167) show that there are significant differences at 0.01 level, on the variable of personality extroversion. It reveals that personality extroversion score of inter-varsity basketball players is more than those of inter-college basketball players and non-sportsmen. Further, the Table 1 reveals that there is no significant difference between inter-college basketball players and non-sportsmen, for the variable of personality extroversion.

**Table –2: Multi Comparison Test for Inter –college, Inter varsity basketball Players and Non-Sportsmen, on the Variable of Personality Neurotic**

Group	Mean	SD	Mean Difference	
			Inter-College	Inter-Varsity
Inter-college	9.0250	2.1360		
Inter-varsity	8.8333	2.4779	.836	
Non sportsmen	10.2583	2.7759	.001**	.000**
Total	9.3722	2.5498		

\*\* Significant as 0.01 level

Mean values of inter-colleges basketball players (M=9.0250), Inter-varsity basketball players (M=8.8333) and non-sportsmen (M=10.2583) show that there are significant differences at 0.01 level, on the variable of personality neurotic. It indicates that personality neurotic score of non-sportsmen is more than those of inter college and inter varsity basketball players. Further, The Table 2 shows that there is no significant difference between inter-college and inter varsity basketball players, for the variable of personality neurotic.

**Table –3: Multi Comparison Test for Inter –college, Inter varsity basketball Players and Non-Sportsmen, on the Variable of Cognitive Anxiety**

Group	Mean	SD	Mean Difference	
			Inter-College	Inter-Varsity
Inter-college	19.9667	4.1240		
Inter-varsity	18.5667	4.4528	.056	
Non sportsmen	20.6167	4.8700	.534	.002**
Total	19.1767	4.5613		

\*\* Significant as 0.01 level

Schaffe's Multi Comparison Test was applied to find out the significance of difference among three groups, viz. Inter-college; inter-varsity basketball players and non-sportsmen. Mean values of inter-college basketball players (M=19.9667); Inter-varsity basketball players (M=18.5667) and non-

sportsmen (M=20.6167) show that there are significant differences, at 0.01 level, on the variables of cognitive anxiety. It indicates that cognitive anxiety of non-sportsmen is higher than inter-varsity basketball players. Further, the Table 3 reveals that there is no significant difference between inter-college and inter-varsity basketball players and inter-college basketball players and non-sportsmen for the variable of cognitive anxiety.

**Table –4: Multi Comparison Test for Inter –college, Inter varsity Basketball Players and Non-Sportsmen, on the Variable of Somatic Anxiety**

Group	Mean	SD	Mean Difference	
			Inter-College	Inter-Varsity
Inter-college	17.2750	3.6020		
Inter-varsity	16.7000	4.1131	.579	
Non sportsmen	18.5000	4.9536	.085	.005**
Total	17.4917	4.3136		

\*\* Significant as 0.01 level

Mean values of inter-college basketball players (M=9.0250); inter-varsity basketball players (M=8.8333) and non-sportsmen M=10.2583 indicates that there are significant differences at 0.01 level on the variable of somatic anxiety. It shows that somatic anxiety of non-sportsmen is higher than the inter-varsity Basketball players. Further, the Table 4 reveals that, there is no significant difference between inter-college and inter-varsity basketball players and inter-college basketball players and non-sportsmen, for the variable of somatic anxiety.

**Table –5: Multi Comparison Test for Inter –college, Inter varsity Basketball Players and Non-Sportsmen, on the Variable of Self Confidence**

Group	Mean	SD	Mean Difference	
			Inter-College	Inter-Varsity
Inter-college	26.0250	3.9376		
Inter-varsity	27.9417	2.5281	.001**	
Non sports	24.4167	4.7573	.006**	.000**
Total	26.1278	4.1038		

\*\* Significant as 0.01 level

Schaffe's Multi Comparison Test was applied to find out the significance of difference among three groups, viz. Inter-college; inter-varsity basketball players and non-sportsmen. Mean values of inter-college basketball players (M=26.0250); Inter-varsity Basketball players (M=27.9417) and non-sportsmen (M=24.4167) show that there are significant differences, at 0.01 level, on the variables of

self confidence. It means that self confidence of inter-varsity basketball players is higher than those of inter-college basketball players and non-sportsmen. Further, the Table 5 reveals that self confidence of inter-college basketball players is higher than the non-sportsmen.

**Table –6: Multi Comparison Test for Inter –college, Inter varsity Basketball Players and Non-Sportsmen, on the Variable of Achievement Motivation**

Group	Mean	SD	Mean Difference	
			Inter-College	Inter-Varsity
Inter-college	28.4833	7.2968		
Inter-varsity	29.5833	4.1151	.370	
Non sports	23.6250	6.2444	.006**	.000**
Total	27.2306	6.5504		

\*\* Significant as 0.01 level

Mean values of inter-college basketball players (M=28.4833); inter-varsity basketball players (M=29.5833) and non-sportsmen (M=23.6250) indicate that there are significant differences, at 0.01 level, on the variable of achievement motivation. It means that motivational factor of inter-varsity basketball players was higher than non-sportsmen. Table 6 also indicates that motivational factor of inter-college basketball players are higher than the non-sportsmen. Further, the Table reveals that there is non significant difference between inter-college and inter-varsity basketball players, for the variable of achievement motivation.

The extroversion traits of personality has been found better in inter-varsity level basketball players than those of inter-college level basketball players and non sportsmen. However, the inter-college level basketball players and non-sportsman have statistically similar in extroversion traits of personality. It indicates that inter-varsity basketball players fall in the category of extrovert and both inter-college basketball players and non-sportsmen falls under the category of ambivert personality traits.

The neurotic tendency of inter-varsity basketball players and inter-college basketball players are similar. They are nearer to stable score of neurotic classifications. However, non-sportsmen fall under the mid-neurotic classification and are more neurotic.

Cognitive and somatic anxiety level of non-sportsman has been found higher than inter-varsity basketball players. Whereas, cognitive and somatic anxiety was found similar between inter-varsity levels and inter-college level basketball players. However, self-confidence was more in inter-varsity level players than inter-college level basketball players. Inter-college level basketball players have more self-confidence than non-sportsman. There was similar level of cognitive and somatic anxiety between inter college level basketball players and non-sportsman. It is due to the fact that inter-varsity and inter-college level basketball players have undergone more technical training, with hard work, and have spent prolonged period, to participate in a higher level competition. On the other hand, due to lack of physical activity and social interaction, the non-sportsmen have higher level of state anxiety and they are less confident than those of inter-college and inter-varsity level basketball players.

Motivation level of inter-varsity and inter-college level basketball players have been found almost similar, whereas, the mean score of inter-varsity level basketball players is higher than inter-college level basketball players. The level of motivation of inter-varsity and inter-college level basketball players is higher than the non-sportsmen.

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