

## Relationship of Anxiety and Achievement Motivation to Goal Keeping among Secondary School Level Girl Hockey Players

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### Abstract

The present investigation has been conducted with the aim to find out the relationship of Anxiety and Achievement motivation to goal keeping among Secondary School level girl hockey players. The study was conducted on ten girl hockey goalkeepers from different schools of Madhya Pradesh, India. Their age ranged between 14-19 years. The Sports Achievement motivation test standardized by Kamlesh and the State and Trait Anxiety inventory of Speilberger was selected for this study. To determine the relationship of anxiety and achievement motivation to goal keeping among girl hockey players, Pearson's product moment method of correlation was used. The level of significance was set at 0.05 level in order to check the significance of calculated correlation. On the basis of findings of the study, significant relationship of state anxiety and trait anxiety to goalkeeping performance was observed for state (0.904) and trait anxiety (0.844) while no significant association with achievement motivation was found.

**Key Words: Hockey, Pearson's product moment method, Achievement motivation, State anxiety, Trait anxiety**

### Introduction

India has been the most powerful field Hockey nation in Olympic history, a fact, which is not as unusual as, one might think. It is due to the popularity of this sport in India. There was a golden era for Indian Hockey between 1928 and 1956, when India won six gold medals and 30 consecutive games. Despite its popularity and performance, in India, scientific studies on Hockey are scanty. Now-a-days girls are also participating actively in Hockey and during last few years our Indian Women's Hockey team has performed well at International level.

The development of sportsman to enable him to achieve high is not only confined to physical process of physical fitness rather it is an accepted phenomena that psycho-socio traits are also required to maintain the balance. Psychology as a behavioral science has made its

contribution in improving sports performance.

The success and failure of an individual athlete depends upon his/her physical ability, conditioning, training, mental preparation and the ability to perform well under pressure. It is not uncommon to hear, coaches and athletes express disbelief on how poorly their team performed against a certain opponent or how they feel apart in a crucial situation.

In modern competitive sports, the anxiety developed in sportsmen and sportswomen affect their performance. The sportsmen like other athlete are anxiety prone while participating in competitive sports. Anxiety is a type of emotional disturbance, it may be a motivating force or it may interfere with successful performances.