



## A study of the behavioral characteristics of All India Inter University level swimmers

Dr. Amit Chhikara

Associate Professor, Department of Physical Education, Government College, Bahadurgarh, Haryana, India

### Abstract

The purpose of the study was to study the behavioral characteristics of All India Inter University Swimmers. For the purpose of the study, 100 male Swimmers were randomly selected as subjects of the study. The subjects were selected from the participants of All India Inter University Aquatics Championship 2015-16, held at Panjab University, Chandigarh. To ensure a homogeneous group on the basis of performance, the research scholar selected the subjects from Swimmers who had qualified for the finals of each event. The necessary data was collected by administering Achievement Motivation Test (SAMT) developed by Dr. M. L. Kamlesh, Sports Achievement Orientation Questionnaire developed by Diane L. Gill and Thomas E., Deeter, Sports Competition Anxiety Test (SCAT) developed by Ranier Marten and Sports Aggression Inventory developed by Anand Kumar and Prem Shankar Shukla on the selected subjects. The result revealed that the achievement motivation ( $31.84 \pm 3.71$ ), sports achievement orientation ( $109.90 \pm 12.19$ ) and sports aggression ( $15.68 \pm 3.23$ ) were found high among the swimmers while the sports competition anxiety ( $13.88 \pm 7.04$ ) was found to be low among the swimmers.

**Keywords:** Achievement motivation, sports achievement orientation, anxiety, aggression

### Introduction

Psychology is a behavioral science, which has made its contribution for improving sports performance. It has helped coaches to coach more effectively and athletes to perform more proficiently. This psychological aspect of sports is gaining much attention among sports administrators. A rapidly growing area of interest in sports psychology concerns the use of stress management and other procedures, such as biofeedback and relaxation technique to performer for reducing anxiety.

The rapid growth in applied sport psychology consulting is also reflected in the increased number of skills employed. Where earlier and well-regarded applied sport psychology manuals identified conventional mental training skills for athletes (goal setting, imagery, relaxation, focusing activation, planning), present resources (starting with peer reviewed sources) are also integrating effective counseling, resilience, athlete adaptation and spirituality among other emerging strategies. In addition, there is indication within applied peer reviewed contributions that the service providers of motivational strategies and the types of strategies regarded as meaningful to the client might eventually in part become a matter of culture and geography.

Singh has suggested that most of the coaches agree that the physical characteristic, skills and training of the players are extremely important but they also indicate the good mental preparation for competition, which is necessary component of success. In western countries like Russia, G.D.R., Bulgaria, and Czechoslovakia, much stress was given on the mental preparation of their international teams as well as on the psychological conditioning of their sportsman. A coach had the job of helping the athlete to find out his specific talents and factors for their fullest potential. This included developing not only the physical attributes but also his attitudinal motivation and psychological spirits.

Today performance in sports not only demands systematic training to develop physical, physiological variable and technical aspect of sports but also demands training and

consideration of psychological characteristics for success in this field. It is believed that superior athletic performance has benefited from knowledge about the physiology and mechanics of human motor activity. However, many coaches and psychologists throughout the world believe that future records will be broken primarily because of increased attention to the psychological parameter of human personality.

The success and failure of an individual athlete depends upon the blending of physical ability, conditioning training mental preparation and the ability to perform well under pressure. It is not uncommon to hear; coaches and athletes express disbeliefs on how poorly their team performed against a certain opponent or how they feel apart in a critical situation. Thus, keeping in view above-mentioned factors like sports competition anxiety, aggression and sports achievement etc the researcher has the curiosity to determine the behavioral characteristics of All India Inter University Swimmers.

### Procedure and Methodology

**Subjects:** For the purpose of the study, 100 male swimmers were randomly selected as subjects of the study. To ensure a homogeneous group on the basis of performance the subjects were selected from swimmers who had qualified for the finals of the each event of All India Inter University Aquatics Championship 2014-15 held at Panjab University, Chandigarh.

**Measures:** The necessary data was collected by administering Achievement Motivation Test (SAMT) developed by Dr. M. L. Kamlesh, Sports Achievement Orientation Questionnaire developed by Diane L. Gill and Thomas E., Deeter, Sports Competition Anxiety Test (SCAT) developed by Ranier Marten and Sports Aggression Inventory developed by Anand Kumar and Prem Shankar Shukla on the selected subjects as per the instructions in the respective questionnaire manuals. Descriptive statistics were used for describing and categorizing raw data and for measuring Mean, SD and

table drawing. For analyzing data, the SPSS software was applied.

## Results

### All India Inter University Swimmers

**Table 1:** Descriptive Analysis of the Behavioral Characteristics of

Behavioral Variables	Mean	Std. Deviation	Classification	Criteria
Achievement Motivation	31.84	3.71	High	0-24: Low 24-30: Moderate 30 & Above: High
Sports Achievement Orientation	109.90	12.19	High	25 as minimum score 125 as maximum score
Sports Competition Anxiety	13.88	7.04	Low	Less than 17: Low Anxiety 17-24: Moderate Anxiety More then 24: High Anxiety
Sports Aggression	15.68	3.23	Moderate	0 as minimum score 25 as maximum score

N=100

The above table reveals the behavioral characteristics of the All India Inter University Swimmers. The level of achievement motivation ( $31.84 \pm 3.71$ ) and the level of sports achievement orientation ( $109.90 \pm 12.19$ ) were found high among the All India Inter University level Swimmers while the level of sports aggression ( $15.68 \pm 3.23$ ) was found moderate and the level of level of sports competition anxiety ( $13.88 \pm 7.04$ ) was found low.

### Discussions & Conclusion

The result revealed that the achievement motivation ( $31.84 \pm 3.71$ ) and sports achievement orientation ( $109.90 \pm 12.19$ ) were found high among the All India Inter University Swimmers while sports aggression ( $15.68 \pm 3.23$ ) was found moderate and the sports competition anxiety ( $13.88 \pm 7.04$ ) was found low among the All India Inter University Swimmers. The result of the study supports previous researches that a national level athlete irrespective of sports possesses a high level of achievement motivation and sports achievement orientation, a low level of sports competition anxiety and a moderate level of sports aggression. It has been a known fact in the world of sports psychology that the sports achievements of an athlete majorly depend upon their behavioral characteristics especially in terms of Achievement Motivation, Sports Competition Anxiety and Sports Aggression as they all play a vital role in sports performance. Many researchers have also proved that these behavioral characteristics shall be balanced as they all are correlated with each other i.e. a low or high anxiety may disturb the level of achievement motivation as well as it may increase or decrease the level of sports aggression in an athlete.

Akbar Jamsidi et. al (2011) found a linear relationship between sport orientation and competitive anxiety and changes in competitive anxiety are forecast by the sport orientation and its components. These findings are consistent with research results Kang (1990) [14], Sally & Scott (1996), Flood SE, Hellstedt (1991) [4] and Hall & Ker (1998) [8] (Kang, 1990; Sally, & Scott, 1996; Flood, & Hellstedt, 1991; Hall, & Kerr, 1998) [4, 8, 14]. Hall & Ker, in 1998 [8], with the research on athletes, found that competitiveness has relationship inversely with competitive anxiety (Hall, & Kerr, 1998) [8].

### References

1. Bahram A, ShafiZadeh M, Khalaji H, Sntkaran A. Determine the validity and reliability of questionnaires sport orientation. Physical Education Sports Science Institute, 2003.
2. Daniels E. The relation between sport orientation and athletic identity among adolescent girl and boy athletes.

Department of Psychology T University of California, 2005.

3. Finkenber ME, Modedinucci JM. Analysis of sport orientation of male and female collegiate athletes. Journal of Sport and Exercise Psychology,1998:20:56–69.
4. Flood SE, Hellstedt JC. Gender differences in motivation for intercollegiate athletic participation. Journal of Sport Behavior,1991:14(3):159–167.
5. Abrahamsen FE, Roberts G, Pensgaard AM. Achievement goals and gender effects on multidimensional anxiety in national elite sport. Psychology of Sport and Exercise,2008:9(4):449–464.
6. Gill DL, Kelley B, Martin JJ, Caruzo C. A comparison of competitive orientation measures. Journal of Sport and Exercise Psychology,1991:13(3):266–280.
7. Gones G, Swain A. Intensity and direction as dimensions of competitive state anxiety and relationship with competitiveness. Perceptual and Motor Skills,1992:2:472–476.
8. Hall HK, Kerr AW. Predicting achievement anxiety, a social cognitive perspective. Journal of Sport and Exercise Psychology,1998:20:98–111.
9. Har DL. Psychological preparation for professional athletes. Physical Education Sports Science Institute, 2006.
10. Jamshidi A, Bagherzadeh F, Arab Ameri E, Rastegar A. Compare sports orientation athletes participating in the eighth olympiad student sports in Iran. Journal of Harekat,2009:38:39–52.
11. Jamshidi A. The relationship between sport orientation and competitive anxiety in men and women athletes in team and individual sports. Dissertation for Master of Science, Tehran University, Iran, 2006.
12. Jamshidi A, Arab Ameri E, Zare G, Eskandari E. Compare competitive anxiety in male and female athletes in team and individual sports. Alzahra University, Iran, 2005.
13. Kamlesh ML. Manual of Achievement Motivation, 1990.
14. Kang L. Competitive orientations among athlete and nonathlete in Taiwan. International Journal of Sport Psychology,1990:21:146–157.
15. Khan Z, Khan S, Ahmad N. Sports achievement motivation among Asian players: A study. AMASS Multilateral Research Journal,2010:2(2):7–9.
16. Meece JL, Blumenfeld PC, Hoyle RH. Students' goal orientation and cognitive engagement in classroom activities. Journal of Educational Psychology,1988:80(4):514–523.

17. Patial OK. A study of selected psychological variables of female Hockey players. Unpublished Doctoral Thesis, Jiwaji University, Gwalior, 1991.
18. Ramezannezhad R, *et al.* Compare sport orientation in student athlete Gilan University. Journal of Harekat,2006:26:59–72.
19. Rathee NK, Singh J. Achievement motivation and adjustment patterns among international and national players of different team sports. Journal of Social Sciences,2011:7(3):369–374.
20. White S, Zellener S. The relationship between goal orientation belief about the causes of sport success and trait anxiety among high school intercollegiate and recreation sport participants. The Sport Psychologist,1996:10:58–72.
21. Wartenberg L, McCocheon L. Further reliability and ability of data on the sport orientation questionnaire. Journal of Sport Behavior, 1998, 21(2).
22. Williams L. Psychological dynamic of sport and exercise. Human Kinetics, Second Edition, Chapter,2000:8:103–125.