



Examining the Relationship between Sports motives and competitive State anxiety in Martial Athlete Women

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Abstract:-This study aimed to investigate the relationship between competitive sports motives and competitive state anxiety in martial athlete women in city of Tehran. Research Methods was correlation. The study population was 800 martial athlete women. sample size of 250 athlete through cluster random sampling method were selected. competitive state anxiety inventory (CSAI-2) and Sport Motivation Scale (EMI-2) were given to the athletes. After collecting inventories Data were analysed using Pearson. Apart from the challenges and nimbleness, all of the sports motive subscales have a significant correlation with cognitive anxiety ($p < 0.05$). Also 11 subscale of sport motives have a significant relationship with somatic anxiety and self-esteem ($p < 0.05$). but there was not significant relationship between challenge, nimbleness and Health Avoidance with somatic anxiety and self-confidence. our results suggest that anxiety should not always be interpreted as a negative variable that decrease performance. However should be cautious in interpreting the results, and to identify more precise relationship between motivation and competitive anxiety more research is needed in this area.

Keywords:- motivation, competitive state anxiety, martial athlete women.

I. INTRODUCTION

Anxiety is one of the important psychological factors that affect the performance of athletes, especially in critical situations.

Researchers have reported that more than 50 percent of sport consultation that given to Olympic or competitive athletes are related to stress or anxiety. (1)

Anxiety is a negative emotion that affect on athletes perceptions in sports situations and reduce the athletes' performance. (2)

Anxiety has been conceptualized as having both trait and state dimensions (3&4). State anxiety is defined as an unpleasant emotional arousal experienced in face of threatening demands or dangers. *Trait anxiety*, on the other hand, reflects the existence of stable individual differences in the tendency to respond with state anxiety in the anticipation of threatening situations.

Martens et al. (1990) presented state anxiety as a multidimensional construct including aspects of cognitive and somatic state anxiety to sport psychology (5). In their conceptualization, cognitive anxiety refers to the mental aspects of anxiety in which individuals experience concern or worry about their performance. Somatic anxiety consists of an individual's negatively balanced perceptions of physical arousal such as sweaty palms, butterflies, and shakiness (6). The Martens et al. approach proposes that cognitive anxiety has a negative relationship with performance while somatic anxiety has a curvilinear relationship. (5)

concerns about performance, lack of progress in the last exercise, the coach's opinion about player, loses game resulted in badly played (Gold et al., 1983) Parents, friends and others evaluation are some of factors that due to state anxiety. (8)

Overall Research findings showed that the relationship between cognitive and somatic anxiety with Performance is negative. While the relationship between confidence and performance is positive. (Robazza, & Bortoli, 2007)

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Hanton (2004) in his study showed that close to race, cognitive and somatic anxiety of athletes increases and their self-esteem decreases. Also, there was a significant negative correlation between anxiety and performance. (10)

In another study, a positive correlation was found between the performance and cognitive anxiety, but there was not significant correlation between somatic anxiety and performance. (11)

Other variable that affect athletes performance is motivation. Motivation include drives, needs and desires that determine the direction, intensity and stability of behavior. Almost there is one or more motivation behind every act, motives are the engine of human behavior (12). Sport motivation is one the important factors that related to athletic performance. Several studies have been done in the field of sports motivation.

Pelletier et al (1995) study showed that there is positive correlation between high motivation and trying in exercise (13). Cook and colleagues (2013) in their study of 15 athletes, 5 weeks of progressive strength training exercise; the results showed that there is high positive correlation between salivary level of testosterone before exercise and motivation.(14)

In another study Torksoy and colleagues (2015) reported a significant positive correlation between motivation and performance of footballers. (15)

Despite the considerable concern regarding anxiety and motivation in sports, there has been a paucity of research investigating anxiety relation to motivation. therefore the purpose of the present study was to explore correlations between state anxiety and motivation.

II. METHODOLOGY

2.1. Participants

This research was a correlational type. Statistical society of present research are Martial athlete women of tehran from which a sample size of 250 athlete through cluster random sampling method were selected.

2.2. Instrument

Exercise Motivation Inventory-2 (EMI-2). The EMI-2 is a 51-item self-report instrument with 14 subscales designed to assess motives for exercise participation(16). Participants were asked to respond to statements about why they would personally choose to exercise on a 6-point Likert type scale with anchors 0 (not at all true for me) to 5 (very true for me). Researchers have provided preliminary support for the test-retest reliability of the scale (Markland & Hardy, 1993), as well as factorial and concurrent validity (Markland & Hardy, 1993) of EMI-2 scores.

Competitive State Anxiety Inventory (CSAI-2): The CSAI-2 consists of 27 items, divided into three nine-item subscales that assess cognitive anxiety, somatic anxiety and self-confidence (5). Participants respond on a 4-point scale that ranges from 1 ("not at all") to 4 ("very much"). Each subscale total ranges from 9 to 36.

2.3. Procedure

Martial athlete women from the several sport clubs were invited to take part in this study. Those who approved, gave verbal consent prior to commencement of the study and completed all of the self-report questionnaires. Participant were debriefed about the study and thanked for taking part.

2.4. Statistical analysis

The data was analyzed employing Pearson's correlation in order to estimate the associations between Competitive State Anxiety Inventory and Exercise Motivation.

III. RESULTS

Pearson's correlation coefficients show that, Exercise Motivation and Competitive State Anxiety are positively correlated ($p < 0.05$).

Table 1 indicates the mean and standard CSAI-2 and EMI-2 subscale scores.

Table 2 indicates the Pearson Correlations Between the Exercise Motives Measures and the Competitive State Anxiety SubScales. Apart from the challenges and nimbleness, all of the sports motive subscales have a significant correlation with cognitive anxiety ($p < 0.05$). Also 11 subscale of sport motives Have a significant relationship with somatic anxiety and self-esteem. ($p < 0.05$). **but there was not** significant relationship between challenge, nimbleness and **Health Avoidance with** somatic anxiety and self-confidence.

Table1. Means and standard deviations of CSAI-2 and EMI-2 subscale scores

SD	Mean	descriptives subschemas	inventores
2.57	15.67	Stress Management	Exercise motives
4.32	15	Revitalization	
5.55	32.26	Enjoyment	
3.52	12.80	Challenge	
3.66	19.33	Recognition	
3.33	21	Social	
6.21	39.84	Affiliation	
3.16	21.42	Competition	
4.38	21.92	Health Pressures	
4.40	20.25	Health Avoidance	
3.66	19.33	Positive Health	
4.82	33	Weight Management	
5.14	31.34	Strength	
2.92	11	Nimbleness	
3.42	32.58	Cognitive state anxiety	the Competitive State Anxiety SubScales
3.48	33.23	somatic state anxiety	
3.17	31	self-confidence state anxiety	

Table 2. Pearson Correlations Computed Between the Exercise Motives Measures and the Competitive State Anxiety SubScales

State Anxiety	confidence	Somatic Anxiety	Sub Scale	component correlation coefficient
.213**	.165**	.279**	Stress Management	significance level
.001	.001	.000		Revitalization
.257**	.221**	.324**	Enjoyment	
.001	.001	.000		Challenge
.239**	.202**	.304**	Social Recognition	
.000	.001	.001		Affiliation
.053	.028	.041	Competition	
.400	.655	.523		Health Pressures
.225**	.168**	.303**	Health Avoidance	
.001	.008	.001		Positive Health
.293**	.228**	.355**	Positive Health	
.001	.001	.001		Positive Health
.239**	.180**	.306**	Positive Health	
.001	.004	.001		Positive Health
.283**	.246**	.330**	Positive Health	
.001	.001	.001		Positive Health
.107	.069	.164**	Positive Health	
.091	.280	.009		Positive Health
.240**	.202**	.310**	Positive Health	
				Positive Health

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				coefficient
.001	.001	.001		significance level
.225**	.168**	.303**	Weight Management	correlation coefficient
.001	.008	.001		significance level
.258**	.205**	.312**	Appearance	correlation coefficient
.001	.001	.001		significance level
.213**	.165**	.279**	Strength	correlation coefficient
.001	.009	.001		significance level
.012	-.014	.025	Nimbleness	correlation coefficient
.845	.820	.697		significance level

IV. DISCUSSION

The aim of the present investigation was to examine the relationship between competitive sports motives and competitive state anxiety in martial artist females. The results revealed that there is a significant positive correlation between sports motives and three subscale of state anxiety.

In the first Hypothesis of present study, we examined the relationship between competitive sports motives and Cognitive state anxiety.

Cognitive state anxiety is a psychological element that determined with negative expectations about the success or self-evaluation, negative self-talk, concerns about performance, the idea of failure and lack of concentration. (18)hakak (19) , Wooman and Hardy (20) in their study showed a direct relationship between cognitive anxiety, performance and anxiety. accordingly, these results are in line with present study findings among 14 subscale of sports motivation scale, just Nimbleness and challenge did not show a significant relationship with Cognitive state anxiety.

The aim of this study was to determine the relationship between exercise motivation and competitive anxiety of Martial athlete women in Tehran. The results showed that there is a significant positive relationship between exercise motivation and competitive anxiety.

Apart from the challenges and nimbleness, all of the sports motive subscales have a significant correlation with cognitive anxiety ($p < 0.05$). Also 11 subscale of sport motives Have a significant relationship with somatic anxiety and self-esteem. ($p < 0.05$). but there was not significant relationship between challenge, nimbleness and **Health Avoidance with** somatic anxiety and self-esteem.

Our findings is not consistent with The results of Oberholzer (2001) and Jamshidi et al (2012) investigations (21&22). Oberholzer in his study examines the relationship between anxiety and motivation of young athletes, his research showed that there is no relationship between motivation and competitive anxiety. Jamshidi et al (2012) study showed that there is a negative relationship between sport orientation and competitive anxiety.

in support of this study findings we can say that some researchers do not consider anxious as negative variable that decrease performance.

Apter Reversal theory (1982) suggest that players in the same physiological states, may have a different interpretation of anxiety. In other words, some athletes may interpret high-arousal as anxiety while other players experience high-arousal as good emotion (23)

This study suggests that there is a positive relationship between motivation and anxiety so coaches and athletes should be aware of this issue. Also they should not always interpret anxiety as a negative trait that has a negative effect on the performance. However should be cautious in interpreting the results, and to identify more precise relationship between motivation and competitive anxiety more research is needed in this area.

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