

Stress Coping Skills in Relation to Achievement Motivation among University Football Players

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Abstract

The main aim of this research is to find out the stress coping skills in relation to achievement motivation among university football players. 100 Physical Education students were selected on the basis of stratified random sampling. The data were treated statistically using relation analysis. The result shows that physical education students' level of stress coping skills is positively and significantly related with achievement motivation.

Key words: Stress coping, Achievement motivation.

Stress Coping

Scientific investigations in this area have been carried out only in the last few decades. The basic method in life event research is determination of significant stressful events in specific period of a person's life and their correlation with subsequent illness, physical and psychiatric. Starting from 1960's, a large number of studies have been carried out in this area. It was Holmes and Rahe (1967) in their systematic approach, studied life events by constructing Social Readjustment – Rating Scale which implied that events cause life changes of such magnitude and intensity as to initiate a later onset of disease.

Stress constitutes an important source of variation not only in one's behaviour but also in health, happiness and efficiency of an individual. It was apparent that the various stresses may seriously interfere with their performance in the work and also affect the health.

Any factor which give rise to physical mental pressure to the individual in relation to life event activities. For example Family conflict change in social activities, Death of patient, Retirement, etc.

Richard Lazarus on the other hand defined stress using psychological descriptions as a system of independent variables and a highly personalized process. It is the relationship between one person with his or her outer personal characteristics in which a person finds himself or herself. Lazarus concluded that stress process is a flow of events and a changing pattern of emotions and coping activity.

Achievement Motivation

According to McClelland, people in whom the need for achievement is strong seek to become accomplished and to improve their task performance. They are task oriented and prefer to work on tasks that are challenging and on which their performance can be evaluated in some way, either by comparing it with other people's performance or in terms of some

other standard. More formally, achievement is task-oriented behaviour that allows the individual's performance to be evaluated according to some internally or externally imposed criterion, that involves the individual in competing with others, or that otherwise involves some standard of excellence" (Smith, 1969; Spence & Helmrich, 1983, p.12). Achievement motivation can be seen in many areas of human endeavor on the job, in school, in home making, on in athletic competition, for example.

More specifically, children learn by copying the behaviour of their parts and other important people who serve as models. Through such observational learning (Bandura & Walters, 1963), children take on, or adopt, many characteristics of the model, including the need for achievement if the model possesses this motive to a marked degree.

Review of Literature

Rainy John (2004) had done a study on Yoga, Meditation and Natural Diet-A Study on certain Psycho-Physiological Variables of Various Patients. 20 Patients suffering from mental and physical diseases who have admitted in the Natural Healing Camps were administered a test to measure their level of stress. The major therapeutic technique of healing camp was restoring the natural diet that is they were fed completely fruits, nuts, Pulses and vegetables in the uncooked form. They were also given a basic course of Yogasana and mediation for six days. The therapy was based on Panchabhoota, Upasana and Yogasana. Breath rate, Pulse rate, body temperature, blood pressure and body weight were measured every day for six days. The effects of natural diet, Yoga and meditation are studied in relation to the changes in the physiological variables for various disease categories.

Beck. Robert, (1997) "Motivation Theories and Principles", sites Relationship between achievement Motivation and Mental Health among school students. The present investigation was undertaken to study the relationship between achievement motivation and mental health. The sample of the study comprised of 100 male students studying in tenth standard in senior secondary school of Agra city. The results of the study revealed significant positive relationship between achievement motivation and mental health indicating that achievement motivation enhances mental health and vice versa.

Objective

The main objective of this study is to find out the relationship between stress coping skills and achievement motivation among university football players.

Hypothesis

Is there any correlation between university football player's stress coping skills and achievement motivation.

Method

The present study was conducted among the university physical education students who were specialized in foot balls. 100 samples were selected on the basis of stratified random sampling. Questionnaire method was used to collect the data.

Materials Used

Stress coping skills developed by Cyberia Shrink was used in the study. The tool consists of 45 of statements and 75 number of respondents responses are 1 – Almost never, 2- Rarely, 3-Sometimes, 4-Quite often, 5-Most of the time. Respondents are asked to read each statement and to select their response from the given response.

Achievement Motivation Scale (AMS)

Shah Beena developed the Achievement Motivation Scale in the year 1986. The scale consists of 40 items each having three alternatives namely a, b, c. Weightages of 1, 2 and 3 are awarded for alternatives a, b and c respectively for each statement. The scale measure four variables like need for Academic success need for vocational achievement, need for social achievement and need for skill achievement. The first 10 items are related to the need for Academic success, second 10 items are related to the need for Vocational achievement, third 10 items are related to the need for Social achievement, and fourth 10 items are related to the need for Skill achievement. The split-half technique of reliability (odd-even items) was used and the reliability co-efficient for the scale was found to be 0.5570 after applying the Spearman-Brown prophecy formula.

This is a three point scale consisting of 40 items measuring 4 dimensions. Weightage of 1, 2 and 3 are awarded for alternatives a, b and c respectively of each statement. Thus the scale value lies between 40 and 120. High score indicate high achievement motivation and low score indicate low achievement motivation. Further the scale measures four aspects of achievement motivation which the same have been given below along the item numbers that go into each area. The higher score in the area indicates the dominance of it in the individual's achievement motivation.

The items that go into each area are given below:

Need for academic success	2,3,11,14,18,21,26,31,37,40
Need for vocational achievement	1,5,9,13,16,17,19,20,33,36
Need for social achievement	4,7,12,15,22,23,27,34,38,39
Need for skill achievement	6,8,10,24,25,28,29,30,32,35

Result and Discussion

Table-I
Showing Correlation between Stress Coping Skills and Achievement
Motivation among University Football Players

	Achievement motivation
Stress coping skills	0.684**

** Significant at $P < 0.001$

The Hypothesis there is any correlation between university football player's stress coping skills and achievement motivation.

It is observed from the correlation result that university football players stress coping skills are positively significantly correlated with achievement motivation. So it is concluded that if the students are able to manage their stress in their field they are able to achieve in their profession.

Conclusions

The study aimed to know the stress coping skills in relation to achievement motivation among university football players. The researcher framed objectives and hypotheses on the basis of the above context. 100 samples were selected on the basis of stratified random sampling. After collecting the data they were analyzed using statistical tools such as correlation analysis. The result concluded that university football players' stress coping skills is positively and significantly correlated to achievement motivation.

References

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