Motivation and Stress Factors among Wushu Player's Sports Performance

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Abstract

This study aimed to compare Sports Achievement Motivation and Stress Among Wushu Players. So, the problem was stated as "Sports Achievement Motivation and Stress Among the Wushu Players". The objectives of this study were to compare Sports Achievement Motivation as well as stress Among the Wushu Players. It is hypothesis that there will be a significant relationship between anxiety and sports achievement motivation. For this study, the subjects will be considered true representatives of the entire Wushu population of the state. The subjects were beyond the age of 18-30. The subjects were selected by non-probability quota sampling for the purposive sampling method. The subjects were 200 Wushu Players from Punjab state. The results showed a significant difference in Sports Achievement Motivation and Stress Among the Wushu Players.

Keywords: Sports Achievement, Motivation, Stress, Wushu, Quality Education

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Introduction

Since the beginning of civilization, sports and games have been a component of human culture and have grown important to humans. Nowadays, primary fitness, as well as athletics, are becoming a global cultural phenomenon. Since it encompasses more than just a person's overall growth, it can have a significant and lasting impact on the society in which that person lives.

John T. Powell (1983), with the advent of sport and exercise science, primary fitness appears to have changed. The basic sciences have provided the foundation and technique for the athletic sciences. Sports research was originally conducted within these fundamental disciplines for a long period of time, however as learning has advanced, new specializations and micro-specializations have assumed a legitimate position. Modern research incorporates knowledge from a range of human sciences areas. Recent years have seen a few basic sport-related research programs being conducted in India as well. Scientific discoveries have had an influence on physical education as well. Due to the adoption of innovative, scientifically supported training techniques and approaches in carrying out sporting activities, like athletics tactics, in addition to other elements and requirements of the learning programmes, competitors nowadays are capable of putting out great performances.

Objectives of the Study

The objectives of the study will be as follows:

1. To know the role of personality and physical fitness in sports performance
2. To study the history of wushu, functions of wushu and its major characteristics
3. To understand sports achievement motivation
4. To study the Anxiety and Achievement motivation among the wushu players.

Hypothesis

1. There is a significant difference between physical fitness and sports performance
2. There is a significant relationship between anxiety and sports achievement motivation

Method & Procedure

Sampling

1. In this research work the subjects selected for the collection of data were all India inter-university 2022-2023.
2. The study's chosen subjects ranged in age from 18 to 30 years old. There were 200 sportspersons men and women in total.

Research Design

A research design is a plan for conducting research, a road map for conducting research, etc. The tactics and methods used to rationally and coherently combine the many parts of the research topic are known as research designs. Research ensures that an outline of the study will be evident before beginning. A research design consists of instructions for data collection, measurement, and analysis.

Selection of Subjects

The study used players who took part in all India Inter-University held at Patiala from 28th to 31st March 2022. The all-India region was chosen as the study's focus. A total of 200 subjects between the ages of 18 and 30 were chosen, all of whom had competed in Wushu tournaments. All of India was the focus of the research. Samples were chosen from various Wushu clubs and colleges in the study area. The subjects were chosen at random from a pool of candidates.

Data Collection

During the 2022-23 academic year, the survey provided the data for the current study. The major method of gathering data was through questionnaires. Each athlete received a questionnaire one day before the tournament. To help the subjects understand what they were expected to perform, the researcher read the instructions to them at dictation speed. After confirming that the respondents had a clear understanding of how to complete the questionnaire, they were instructed to write down their responses to each question.

Tool

Perceived Stress Scale (PSS-10)

The Perceived Stress Scale (PSS-10) is a 10-item questionnaire originally developed by Cohen et al. (1983) and widely used to assess

stress levels in young people and adults aged 12 and above. It evaluates the degree to which an individual has perceived life as unpredictable, uncontrollable and overloading over the previous month.

Scoring

The questions ask about feelings and thoughts during the last month. In each case, respondents are asked how often they felt a certain way on a five-point scale from 'never' to 'very often'. Answers are then scored as follows:

Never = 0; Almost never = 1; Sometimes = 2; fairly often = 3; Very often = 4

To calculate a total PSS score, responses to the four positively stated items (items 4, 5, 7 and 8) first need to be reversed (i.e. 0 => 4; 1 => 3; 2 => 2; 3 => 1; 4 => 0).

The PSS score is then obtained by summing across all items. Higher scores indicate higher levels of perceived stress.

Sport Achievement Motivation Test

Sports Achievement Motivation Questionnaire (SAMQ) authored by Dr. M.L.Kamlesh (1993)

Secondary Data Collection

A document that was written after the event was studied and by a person who was not present at the time is referred to as a secondary source. These records are not directly related to the incidents or subjects of the research. The following are some examples of secondary data sources: previously conducted research, official statistics, mass media products, letters, diaries, government reports, web data, and historical information.

Research articles, books, the internet, and other pertinent sources were used to gather data on human psychology, physical fitness, sports performance, and other topics related to the study's objectives.

Statistical Analysis of Data & Level of Significance

Several statistical techniques were used to analyze the data that was gathered for this investigation.

The descriptive statistics of mean, mode, standard deviation, frequency, percentage, minimum and maximum, etc. were used to determine the obtained data in the current research project. Different graphs were used to construct the relative assessment, and the relationships were established utilising the Pearson Product Moment Correlation Coefficient Determination method. By considering the effects of such a mistake, the level of significance was determined to be 0.05. Software known as SPSS, or statistical package for social sciences, was used to evaluate the data obtained for this study.

Descriptive Analysis of Sample

Another methodological approach being used to describe the features of the sample as a whole is percentage evaluation. The results of the frequency analysis that was employed to calculate the variable measurements for the study subject will offer a loose interpretation of the investigation.

Table 1: Training period in a professional wushu teams

		Frequency	Per cent	Valid Percent	Cumulative Percent
Valid	0 – 5	88	44.0	44.0	44.0
	5 – 10	63	31.5	31.5	75.5
	More than 10	49	24.5	24.5	100.0
	Total	200	100.0	100.0	

The training period in a professional wushu team was calculated as follows: 88 (44.0%) respondents were trained for less than 0.5 years, 63(31.5%) of them were trained for 5-10 years, and 49(24.5%) of them were trained for more than 10 years, according to the results of above table.

Figure 1: Training period in a professional wushu team

Table 2: Highest athletic achievement level

		Frequency	Per cent	Valid Percent	Cumulative Percent
Valid	District level	47	23.5	23.5	23.5
	State level	72	36.0`	36.0	59.5
	National level	47	23.5	23.5	83.0
	International level	34	17.0	17.0	100.0
	Total	200	100.0	100.0	

The highest athletic achievement level was calculated as follows: 72(36.0%) respondents attained the state level, 47(23.5%) of them attained the district level and national level, and 34(17.0%) of them attained the international level, according to the results the of above table.

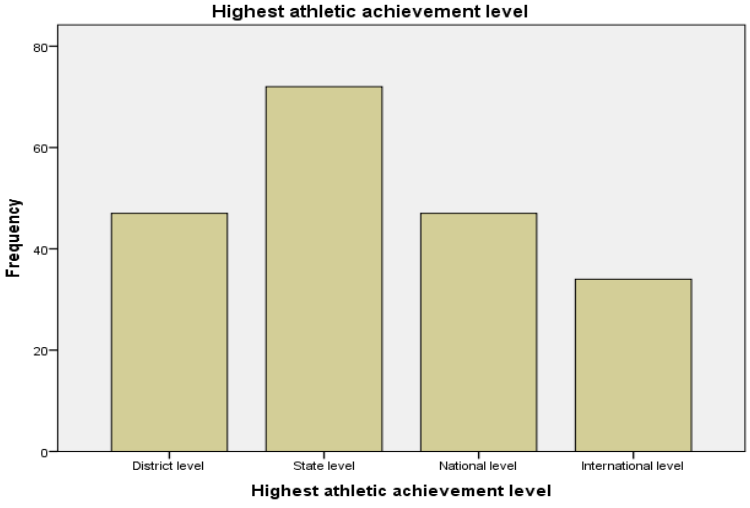

Figure 2: Highest athletic achievement level

Table 3: Reliability Statistics

Variables	Cronbach's Alpha	N of Items
Personality traits of Wushu Players	.745	16
Wushu Athletes' Opinions Toward the Training Regimens	.608	8
Motivations to Train Wushu Players	.744	6
Conflicts Among Training, Education and Social Skills of Wushu Players	.701	12
Miscellaneous Factors of Wushu Players	.757	15

The Cronbach's alpha value was calculated as follows: Personality traits of Wushu players are .745 Wushu Athletes' Opinions Toward the Training Regimens are .608, Motivations to Train Wushu Players are .744, Conflicts Among Training, Education and Social skills of Wushu Players are .701 and Miscellaneous Factors of Wushu Players are .757. These values indicated high levels of stability among the variables.

Table 4: Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	Df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
Personality traits of Wushu Players	Equal variances assumed	41.942	.000	3.132	198	.002	.549	.175	.203	.895
	Equal variances not assumed			2.673	84.710	.009	.549	.205	.141	.958
Wushu Athletes' Opinions Toward the Training Regimens	Equal variances assumed	82.787	.000	5.330	198	.000	.670	.126	.422	.918
	Equal variances not assumed			4.057	71.006	.000	.670	.165	.341	.999
Motivations to Train Wushu Players	Equal variances assumed	62.681	.000	3.424	198	.001	.415	.121	.176	.654
	Equal variances not assumed			2.670	73.419	.009	.415	.156	.105	.725
Conflicts Among Training, Education and Social Skills of Wushu Players	Equal variances assumed	25.063	.000	2.676	198	.008	.345	.129	.091	.599
	Equal variances not assumed			2.251	82.605	.027	.345	.153	.040	.650
Miscellaneous Factors of Wushu Players	Equal variances assumed	62.061	.000	3.842	198	.000	.441	.115	.215	.667
	Equal variances not assumed			2.812	67.485	.006	.441	.157	.128	.754

According to the above Independent sample t-test table, it found a statically-significant difference in age according to the personality $t(198)=3.132;p<0.05$; Opinions towards training regimens $t(198)=5.330;p<0.05$; Motivations $t(198)=3.424;p<0.05$; Conflicts Among Training, Education and Social skills of Wushu Players $t(198)=2.676;p<0.05$; and Miscellaneous Factors of Wushu Players $t(198)=3.842;p<0.05$. Age doesn't affect any factor mentioned above.

Result

Motivation is a very potent tool that can improve an individual's performance at all stages. Motivation influences personality and performance to a great extent. It includes one's level of confidence which is a powerful deciding factor of one's final achievement. In the present study, motivation is taken as the key factor in deciding performance in individual and team game sports.

According to Cannon (1982), "Cohesion is a dynamic process which is reflected in the tendency for a group to stick together and remain united in the pursuit of its goal and objectives". Stress plays a very important role in the competition of individual and team game sports. To consider the performance of an individual and team game sports stress is the main psychological variable. It is the original or artificial threat of the psychological response. Stress influences the athlete's emotions, behaviour, performance and thinking. An athlete may feel stress in two ways internal and external and it also affects an athlete's performance in two types positive and negative.

Declaration

Conflict of Interest

The authors declare that they have no conflict of interest.

Authors contribution

Sudheer Parihar and Afreen Wani drafted the manuscript Neha Maurya was totally involved in the data collection. Dr Mohd Tanveer Khan revised the manuscript and carried out the data analysis. Together all the authors read and approved the manuscript.

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