

EFFECT OF ANXIETY AND MOTIVATION ON THE PERFORMANCE OF PLAYERS AND NON PLAYERS IN DIFFERENT BALL GAMES

Rupinder Singh*; Gaganpreet Sharma**; Dr. Satish Sharma***

*Assistant Professor,
Gobindgarh Public College, Alour (Khanna) INDIA

**Research Scholar,
Department of Physical Education,
Lovely Professional University, Phagwara, INDIA
Email id: gagan_sharmaz@yahoo.com

***Assistant Professor,
Department of Physical Education,
DAV University, Jalandhar, INDIA

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ABSTRACT

Their seen to have been much research work carried out on anxiety and motivation in foreign countries. But recently on large scale the work is under taken in India. Such studies are skill required in India because of the poor standard games and sports; hence the researcher has made earnest efforts to study this problem. The purpose of this study was to compare the effect of anxiety and motivation of players and non-players. The subjects from various colleges of Punjabi University, Patiala (35 players and 35 non-players).The age of the both groups was ranging between 20-25 years. Data was collected by questionnaire method. The subjects were given anxiety and motivation tests. The mean difference of both groups were tested for significance of by 't' ratio. In anxiety mean gains score were found statistically significant at .05 level of confidence. Motivation means gain score were found statistically not significant at .05 level of confidence.

KEYWORDS: Anxiety, Motivation, Players, Non-Players.

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