

A Study of Achievement Motivation and Anxiety Between Cricket Players of Imphal West District, Manipur

¹Kabita Waikhom, ²Prof. Ksh. Birbal Singh

¹Research scholar, Department of Physical Education and Sports Science,
Dhanamanjuri University, Imphal Manipur.

Email: kabitawaikhom5@gmail.com

²Department of Physical Education and Sports Science,
Dhanamanjuri University, Imphal Manipur.

Abstract

The purpose of this study was to examine Achievement Motivation and Anxiety among female cricket players in Imphal West District, Manipur. For the study, a total of 40 female cricket players from two cricket clubs in Imphal West — 20 from THAU Club and 20 from PATSOI Club — were randomly selected. Their ages ranged from 16 to 25 years. To measure Achievement Motivation, the questionnaire developed by Dr. V.P. Bhargava was used. To assess anxiety, the SCAT Questionnaire designed by Prof. A.K.P. Sinha and L.N.K. Sinha was administered. The statistical technique used was the t-test, applied to determine the significance of differences between the mean scores. The results indicated that there was no significant difference in Achievement Motivation and Anxiety between the cricket players of THAU Club and PATSOI Club.

Key words: - Cricket players, Achievement Motivation, Anxiety

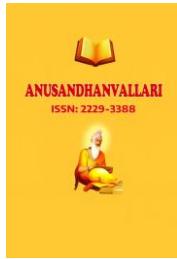
Introduction: -

In today's world, everything has transformed dramatically due to discoveries and research. The field of sports and games is no exception — it has evolved significantly thanks to scientific coaching and training methods. Athletes are now trained using evidence-based guidelines and advanced techniques to maximize performance in their respective sports. This enables coaches to achieve optimal results while minimizing energy and time expenditure. Modern exercise and training regimens have proven beneficial in helping athletes reach higher standards of performance.

The key to achieving peak performance lies in the efficient functioning of the body. It must operate effectively to support the specific demands of each activity, as different sports place unique physiological and biomechanical requirements on the human body.

Cricket, a globally popular sport, is famously known as “the gentleman's game.” It's played between two teams of eleven players each, who competes on a circular or oval-shaped field using a bat and ball. The primary objective is to score runs while preventing the opposing team from dismissing the batsmen. Runs are scored by hitting the ball and running between the wickets — each successful run adds to the team's total. The fielding team tries to get batsmen out through methods like catching the ball, hitting the stumps (bowled or stumped), or running them out (leg before wicket, or LBW, is another key dismissal).

Cricket is played in multiple formats: Test matches (the longest form), One Day Internationals (ODIs), and Twenty20 (T20) — each with its own rules, strategies, and pace. Originating in England in the late



16th century, cricket has a rich, storied history. Countries like England, Australia, India, Pakistan, South Africa, and the West Indies are considered cricketing powerhouses.

The sport enjoys massive popularity — especially in India, where it's almost revered like religion. Global events such as the ICC Cricket World Cup and the Indian Premier League (IPL) attract millions of fans worldwide, cementing cricket's status as a major cultural and social phenomenon.

Objective of the Study:

The main objectives of the study were:

1. To compare Achievement Motivation between female cricket players of Thau Club and Patsoi Club in Imphal West District, Manipur.
2. To compare Anxiety levels between female cricket players of Thau Club and Patsoi Club in Imphal West District, Manipur.

Hypotheses of the Study:

1. H₁: There will be no significant difference in Achievement Motivation between female cricket players of Thau Club and Patsoi Club in Imphal West District, Manipur.
2. H₂: There will be no significant difference in Anxiety levels between female cricket players of Thau Club and Patsoi Club in Imphal West District, Manipur.

Selection of Subjects:

For this study, the researchers selected 40 female cricket players from Imphal West District, Manipur — 20 from Thau Club and 20 from Patsoi Club.

Tools Used:

The following standardized questionnaires were administered:

1. Achievement Motivation Test – Developed by Dr. V.P. Bhargava
2. Sport Competition Anxiety Test (SCAT) – Designed by Prof. A.K.P. Sinha and L.N.K. Sinha

Data Analysis Procedure:

The data were analyzed systematically for each group. First, the questionnaires were scored according to the standardized guidelines provided by the test developers. Next, the researcher independently re-checked each answer sheet to ensure accuracy. After verification, raw data were organized group-wise — separating scores of Thau Club players from Patsoi Club players. An independent t-test was then conducted to compare mean differences in Achievement Motivation and Anxiety between the two groups. The level of statistical significance was set at $p < 0.05$. All computations were performed using SPSS Version 16.0. Detailed results of the analysis are presented below:

TABLE:- 1

COMPARISON OF ACHIEVEMENT MOTIVATION LEVELS BETWEEN FEMALE CRICKET PLAYERS OF THAU CLUB AND PATSOI CLUB IN IMPHAL WEST DISTRICT, MANIPUR

Variable	Group	N	Mean	Std. Deviation	t-value	Sig. (2-tailed)
Achievement motivation	Female Thau Club	20	42.7500	11.54795	-.362	0.720
	Female Patsoi Club	20	44.0500	11.18022		

*significance level at 0.05

$t_{0.05 (38)} = 2.048$

As shown in Table 1, the mean Achievement Motivation score for female cricket players from Thau Club was 42.75 ± 11.55 , while for Patsoi Club players it was 44.05 ± 11.18 .

The computed t-value was -0.362 , which did not reach statistical significance ($p > 0.05$). With 38 degrees of freedom, the obtained t-value was lower than the critical tabulated value of 2.048, indicating no significant difference in Achievement Motivation between the two groups.

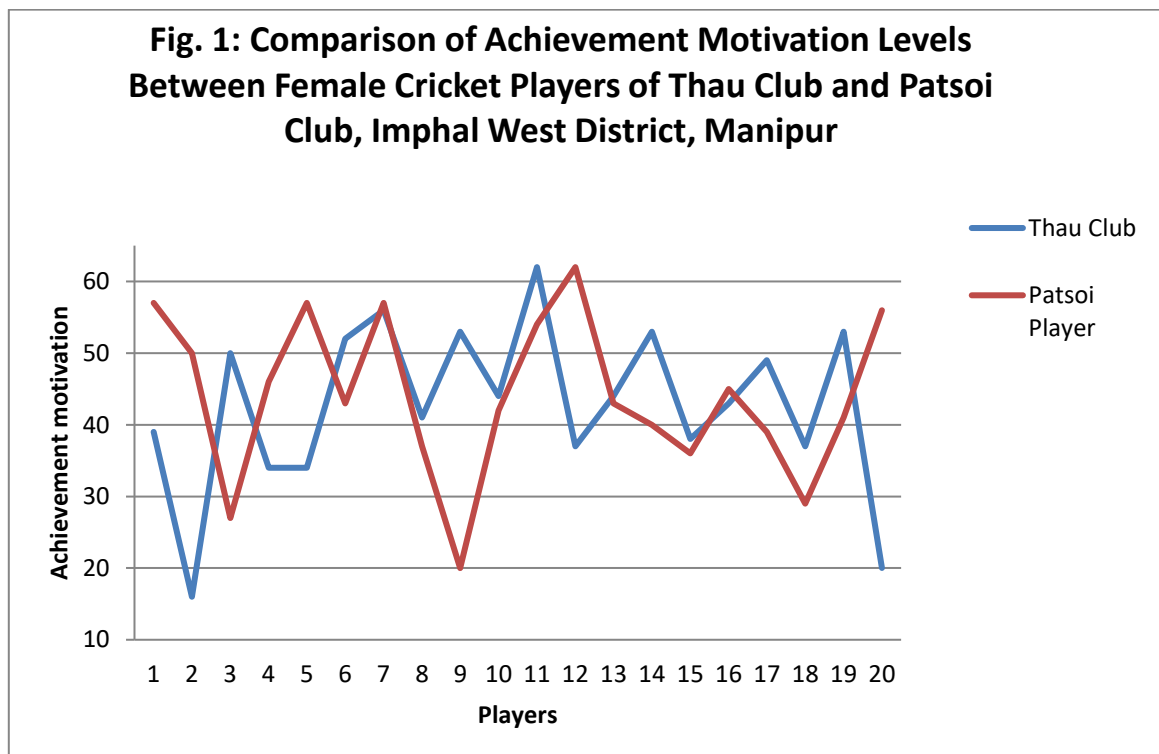


TABLE:- 2

COMPARISON OF ACHIEVEMENT MOTIVATION LEVELS BETWEEN FEMALE CRICKET PLAYERS OF THAU CLUB AND PATSOI CLUB IN IMPHAL WEST DISTRICT, MANIPUR

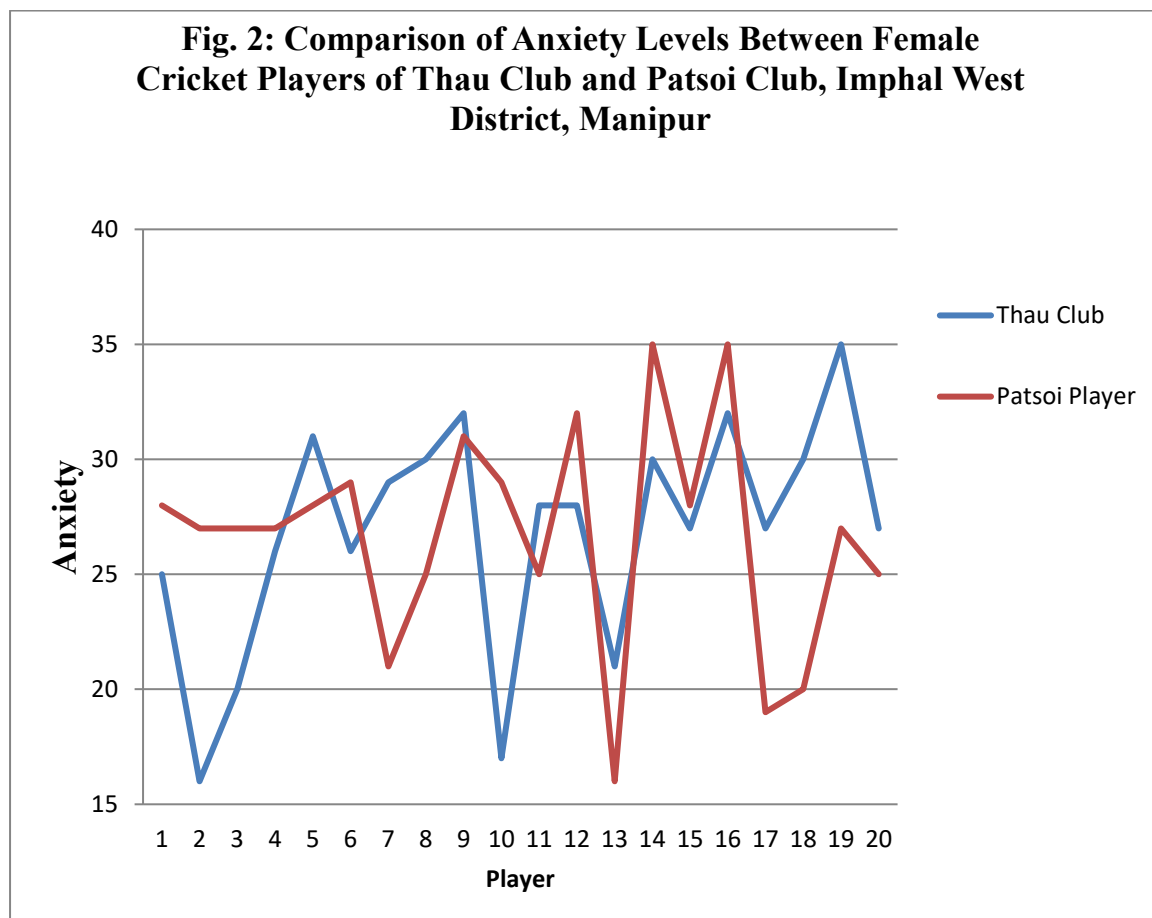
Variable	Group	N	Mean	Std. Deviation	t-value	Sig. (2-tailed)
Anxiety	Female Thau Club	20	26.8500	4.99763	.096	0.924
	Female Patsoi Club	20	26.7000	4.92149		

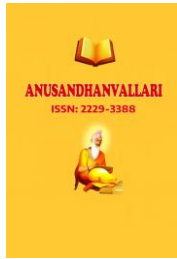
*significance level at 0.05

$t_{0.05 (38)} = 2.048$

As presented in Table 2, the mean Anxiety score for female cricket players from Thau Club was 26.85 ± 4.99 , while for Patsoi Club players it was 26.70 ± 4.92 .

The calculated t-value was 0.096, which was not statistically significant ($p > 0.05$). With 38 degrees of freedom, the obtained t-value was lower than the critical tabulated value of 2.048, indicating no significant difference in Anxiety levels between the two groups.





Interpretation of Results:

Based on the statistical analysis, it is evident that there is no significant difference in Achievement Motivation and Anxiety levels between female cricket players of Thau Club and Patsoi Club.

This finding suggests that both groups likely share similar environmental and psychological conditions — such as equal access to training facilities, coaching support, competitive exposure, and motivational climate — which may contribute to comparable levels of achievement drive and competitive anxiety.

Conclusion:

Based on the results obtained in this study, it can be concluded that:

1. Female cricket players from Thau Club and Patsoi Club do not differ significantly in terms of Achievement Motivation.
2. Similarly, no significant difference exists in their Anxiety levels.

Therefore, the null hypotheses (H_1 and H_2) are accepted — indicating that both clubs' players exhibit statistically similar psychological profiles regarding motivation and anxiety.

Reference: -

- [1] Ahmad, D. R. (2016). Comparative analysis of sports competitive anxiety of state level male and female cricket players. *International research journal of physical education and sports sciences, II(II)*.
- [2] Balwinder, D. (2016). sport competition anxiety between college level cricket male and female players. *International Journal of Physical Education, Sports and Health, 3(5)*, 403-404.
- [3] Bhargava, D. v. (1994). *Manual for Achievement Motive Test*. Agra: National Psychological Corporation.
- [4] Singh, S. (2013). Sport Competition Anxiety among University Level Cricket Players: A Comparative Study. *International Journal of Research Pedagogy and Technology in Education and Movement Sciences (IJEMS), 1(3)*.
- [5] Sinha, P. A. (n.d.). *Manual for Sinha's comprehensive Anxiety Test*. Agra: National Psychological Corporation.
- [6] Treasure, D. &. (2001). Students perceptions of the motivational climate, achievement beliefs, and satisfaction in physical education. *Research Quarterly for Exercise and Sport, 72(2)*, 165-175.
- [7] Unierzyski, P. (2003). Level of achievement motivation of young tennis players and their future progress. *Journal of Sports Science and Medicine, 2*, 184-186.
- [8] Vibharani M. Nivargi, N. C. (2014). A study on psychological variables among south and north women cricket players of Indian Universities. *Academic Sports Scholar, 3(7)*.