

PSYCHOLOGICAL STRESS AND ITS RELATIONSHIP WITH COMPETITIVE SPORT ANXIETY AND ITS RAPPORT WITH THE ACHIEVEMENT MOTIVATION AMONG HAND BALL PLAYERS (MALE)

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Abstract

The present study aims to measure the level of Psychological stress and anxiety of competition and achievement motivation for handball players. And to identify the relationship of Psychological stress and anxiety competition among handball players. The researcher used the descriptive approach on a sample of 40 handball player from clubs Chlef Season (2014/2015), the researcher used (SPSS) statistical treatment of results showed that there is a correlation between the field of mystery goals in training and competition and Hostile reaction, that there is a negative correlation between Hostile reaction and cognitive anxiety.

The results showed that there is a negative correlation - an inverse relationship Between Burden training and success achievement motivation, the results resulted in a completely positive correlation between the family pressures and success achievement motivation, the results show all the relationship of a positive correlation between the self-blame and failure avoidance, and There is a correlation between relationship success achievement motivation and physical anxiety, results were discussed according to spammers and scientific methodology based on previous studies.

KEYWORDS: Psychological stress. Competitive Sport Anxiety. Achievement motivation.

1. INTRODUCTION

The term "pressure" from the vocabulary of the most widely used in public life and even academic and intellectual, has been associated with in the last decade in several different areas, even the sports field included both when the players or managers or coaches or referees, that the increase in new and changing requirements consistently contributed to the experience the individual pressures different at home, school or playground down to the competition which vary from individual to individual, there are those who can overcome and adjust to them in various ways and means to help him with that, and there are those who give them, is located in the physiological changes and psychological disorders and worse mental and physical health. If the rapid and continuous change of the most important features of the times, the sports competitions fertile field for such mental disorders and their reflections on athletic achievement and motivation, and despite the attention and popularity gained by large

Sports competitions in general, and sport handball in particular have a significant interest, as interest increases in official competitions and rivalries, So it was the attention to the psychological handball players from among the aspects that must be taken into account, the stress of the psychological factors that directly affect the performance of Sporting, which will reflect positively or negatively on the performance of handball players and contribute to increase the players' motivation,

The relationship, which is expected to show between psychological stress and achievement motivation and Competitive Sport Anxiety among handball players, according to this require a study of the relationship between these two variables, the study of associated variables identified by previous studies to find the relationship between psychological stress and anxiety of competition and achievement motivation, and there You must specify the relationship that linked the (psychological pressure - achievement motivation, stress - anxiety competition, anxiety compete-achievement motivation) is representing the problematic situation in this study, which requires the study of the correlation between the dimensions of psychological pressure and the dimensions of anxiety competition and the dimensions of achievement motivation through the above can put the public the following question:

. In light of the reviewed literature and discussion of inconsistency in prior studies the following hypotheses were formulated:

Is there a correlation between stress and competitive anxiety and achievement motivation among handball players?

Researcher has identified presumably in that. No correlation between the dimensions of stress and competitive anxiety and achievement motivation among handball players. Through the general premise has identified researcher research hypotheses in the following wording .:

Research Hypotheses:

- There is a correlation between the dimensions of psychological stress and achievement motivation among handball players.
- There is a correlation between the dimensions of stress and anxiety competition among handball players.
- There is a correlation between the dimensions of competitive anxiety and achievement motivation among handball players.

2. MATERIAL AND METHODS

The researcher used the descriptive approach to suitability current study

The study sample :Due to the large population of the study, and the purpose of the economy in the time and effort researcher resorted to a sample taken from the original study of the community where the study sample included 40 handball player at the level of clubs of the chlef for the season 2014/2015

Tool Used In The Study

Competitive Sport Anxiety Inventory: Competitive sport anxiety was assessed by using the Competitive Sport Anxiety Inventory - 2 CSAI-2, Martens et al.1990, which is a self-report, psychometric sport anxiety inventory, consisting of 27 items Mohamed hassan ellawy translation into Arabic.

(Ellawy , 1998:241)

Description of CSAI-2: The CSAI - 2 is scored by computing a separate total for each of the three subscales with scores ranging from a low of 9 to a high of 36. The higher the score, the greater the cognitive or somatic. A-state or the greater the state self-confidence. Total score for the inventory is not computed.

The cognitive state anxiety is scored by totaling the responses for the following 9 items 1, 4, 7,10,13,16,19, 22 and 25.

The somatic state anxiety subscale is scored by adding the responses to the following 9 items: 2, 5, 8,11, 14, 17, 20, 23 and 26. Scoring for item 14 must be reversed in calculating the score for the somatic state anxiety subscale as indicated below.

1 = 4 2 = 3 3 = 2 4 = 1

The state self-confidence subscale is scored by adding the following items 3, 6, 9,12,15,18, 21, 24, and 27. Inventories that are missing no more than one response per subscale can still be scored, but any inventory in which two or more items from any one subscale are emitted should be invalidated. To obtain subscale scores when an item has been omitted, compute the mean item score for the eight answered items, multiply tiis value by 9, and then round the product to the nearest whole number. (Navaneethan & Soundara rajan, 2010:161-164)

Psychological stress Inventory

Psychological stress Inventory preparation by Rawia Abdoul Fattaa Atoof, and contains 27 items and includes 06 axes. (Atoof, 2004 : 191-206)

Measurement of achievement motivation: The preparation of Joe Wallace Willis in 1982, is designed to measure achievement motivation associated with sports competition and includes 20 items and 2 axes, Mohamed Hassan Ellawy translation into Arabic. (Ellawy , 1998:181)

Exploratory study

Targets exploratory study

- Develop research and testing tools, and stand on the measure in the Algerian research environment variables.
- Knowledge of the time it takes research tools in the application and stand on the best conditions and ways to perform basic study

Time and circumstances of the application of the scoping study: The application of the scoping study in good conditions help in the period between 5-20/10/2014

Reliability of Data: The reliability of data was ensured by establishing the instrument reliability, tester reliability, tester competency, and reliability of tests.

Test & Retest: Method the first application on an exploratory sample of 6 players test. And who were later excluded from the core sample study. Then re-apply the measure a second time on the same sample after 15 days from the first application under the same terms and conditions, reached correlation coefficients between the first application and the second application of the dimensions of the scale as follows, as illustrated in the following table(1):

Table 1:Shows the correlation coefficients of the Inventory

	Sample members	COEFFICIENT OF CORRELATIONS
competitive Sport Anxiety Inventory	20	0.70
psychological stress Inventory		0.67
measurement of achievement motivation		0.75

• **confirm Inventory:**

Has been standard on a group of specialists, until the arbitration process to be ready to be applied in the Algerian environment or what is known as virtual honesty

3. RESULTS

Table 2: The value of simple correlation coefficients between the dimensions of stress and anxiety competition

Dimensions of psychological stress Dimensions Competitive Sport Anxiety	Sample members	M	S. D.	Value of correlation		
				Physical anxiety	Cognitive anxiety	Self-confidence
Burden training	40	8.24	2.58	0.052-	0.272-	0.033-
Training Environment		11.28	2.60	0.219-	0.280	0.209
The field of mystery goals in training and competition		19.88	4.72	0.293	0.026-	*0.394
Family pressure		12.44	2.48	0.048	0.164-	0.177
Hostile reaction		11.28	3.63	0.004	*0.418-	0.289-
Self – blame		6.24	3.27	0.223-	0.181-	0.007-

* Significance at 0.05 level

As you see in the above table ,The results of the arithmetic average of Table -1- partial correlation matrix between the dimensions of stress and Competitive Sport Anxiety among handball players, from and through the table, we find that averages computational burden of training (8.24) training environment (11.28) ,The field of mystery goals in training and competition (19.88), Family pressure (12.44) and Hostile reaction (11.28). and Self – blame (6.24), By the results of Pearson correlation coefficient "Person" we find that the correlation coefficients were significant at beyond The field of mystery goals in training and competition and self-confidence (0.394) and was a relationship correlation linear positive perfectly, which indicates the existence of a relationship between two variables and also there is a correlation between Hostile reaction and cognitive anxiety (0.41-) were completely negative correlation relationship and this reflects a relationship between two variables and this is what achieves the hypothesis which states that there is a correlation between the stress and Competitive Sport Anxiety

Table 3: The value of simple correlation coefficients between the Dimensions of psychological stress and Measurement of achievement motivation

Dimensions of psychological stress Measurement of achievement motivation	Sample members	M	S. D.	Value of correlation	
				success achievement motivation	failure avoidance
Burden training	40	8.24	2.58	0.052	*0.319-
Training Environment		11.28	2.60	0.303-	0.127-
The field of mystery goals in training and competition		19.88	4.720	0.077	0.296-
Family pressure		12.44	2.48	*0.445	0.310
Hostile reaction		11.28	3.63	0.165-	0.113
Self – blame		6.24	3.27	0.058	*0.402

* Significance at 0.05 level

Through the table -2-, we find that the correlation coefficients were significant at the dimensions of stress in three dimensions search resulted in the existence of a correlation between success after the completion of motivation after family pressure and coefficient of (0.445) in the positive direction

It also resulted in findings that there was a significant negative correlation for the Burden training and failure avoidance coefficient of correlation (-0.31)

It also left it there significant correlation quite positive in self-blame with yet failure avoidance at a rate of correlation (0.40) This reflects a relationship between two variables and this is what achieves the hypothesis which states that there is a correlation between psychological stress and anxiety dimensions of competition

Table 4: The value of simple correlation coefficients between the dimensions of stress and anxiety competition

Dimensions of Competitive Sport Anxiety Measurement of achievement motivation	Sample members	M	S. D.	Value of correlation		
				Physical anxiety	Cognitive anxiety	Self-confidence
success achievement motivation	40	42.58	4.35	*0.341-	0.258-	0.310
failure avoidance		29.98	6.64	0.127-	0.043	0.171-

* Significance at 0.05 level

The results in Table -3- the arithmetic average of the dimensions of the achievement motivation scale was referring to (42.58) success achievement motivation (29.98) for the failure avoidance, as was the correlation coefficients between the moral dimensions of achievement motivation and the dimensions of anxiety competition

Which resulted in the existence of a correlation between success achievement motivation and physical anxiety coefficient of correlation (0.341), a statistically significant in the negative direction.

This reflects a relationship between two variables and this is what achieves the hypothesis which states that there is a correlation between achievement motivation and concern for the rulers of the competition.

4. DISCUSSION

By the results that have been reached are discussed and interpreted these results according to scientific and methodological frameworks., through the results of Table -2- resulted in findings about the existence of a significant positive correlation between relationship The field of mystery goals in training and competition and self-confidence This explains the researcher is that whenever the increased uncertainty in the field of training and competition goals as reflected on the player's self-confidence and increased anxiety, He also noted Table -2- are also out there correlation in the negative direction-that relationship is an inverse relationship between the hostile reaction and cognitive anxiety

This Relationship explains the researcher that whenever lack Hostile reaction whenever increased cognitive anxiety And lack negative expectation of the level of the player focus

As for the relationship between psychological stress and achievement motivation variable success researcher use the Pearson correlation coefficient to find a correlation between the dimensions of the results table -3- the existence of a negative correlation - Burden training and motivation to failure avoidance , Where he was a researcher that the Burden training Say motive to avoid failure,

The results-3- also resulted in a completely positive correlation between family pressures and defended the achievement of success where the less family pressure success achievement motivation increased .

While The results Table -4- to highlight the relationship between anxiety competition and achievement motivation for handball players, where the researcher used the Pearson correlation coefficient to find a correlation between the dimensions of the results has resulted in the existence of a correlation between success achievement motivation and physical anxiety in a positive way where explains researcher that the more success achievement motivation Say physical anxiety and negative expectation and loss of concentration and perception of emotional failure.

Discuss hypotheses results

The theoretical framework of the study pointed to the importance of the subject of psychological pressure by scientists and researchers both in the Arab environment or foreign alike. As a result of the negative effects are reflected on the performance and motivation level players, the researcher came to see the rationale for consistent problem with the goal set for the study of this phenomenon and how it relates to the relationship and Competitive Sport Anxiety And achievement motivation when handball players .

The results of the first hypothesis, which dealt with the relationship between psychological stress and Competitive Sport Anxiety where there was a correlation between The field of mystery goals in training and competition and self-confidence Positive correlation , It also was an inverse correlation between the hostile reaction after and cognitive anxiety p, It is consistent with the study. This reflects the health of the hypothesis which states that there is a correlation between the stress and Competitive Sport Anxiety

The second hypothesis is that determine the relationship between psychological stress and achievement motivation

Has resulted in the existence of a negative correlation - between reverse Burden training and failure avoidance where the researcher said that the more Burden training Say failure avoidance

The results also resulted in a completely positive correlation between family pressures and successful completion of motive where the less family pressures increased success achievement

Motivation, There was also a correlation between Self – blame and quite positive and failure avoidance this is explained by the researcher to that whenever Self – blame plus the increase in the failure avoidance. It is consistent with the study, then each of (Fayyad salem ,2014: 151-168) There is a negative relationship between the level of anxiety and achievement in effective flinging arms aerobic.

This reflects the health of the hypothesis which states that there is a correlation between stress and achievement motivation relationship ,They correspond to the study (Awatif Sobhy & Mosaad Rashad Moustafa , 2013: 315-321) which he noted There is a statistically significant negative correlation relationship between the dimension of the motivation of success achievement and the two dimensions of cognitive anxiety and physical anxiety, whereas there is a statistically significant positive correlation relationship between the dimension of the motivation of success achievement and the dimension of self- confidence. In this regard (Ratib , 2001:299) indicates that "the sources of concern are both competitive properties, leading to uncertainty about the outcome of the competition, The study results (Buurenane , 2011:50-60) showed that there is a correlation between the anxiety of competition and achievement motivation with Collective Sports Athlets in Algeri

5. CONCLUSION

Results of the study showed the following results:

- There is a correlation between the dimensions of psychological stress and achievement motivation among handball players.
- There is a correlation between the dimensions of stress and anxiety competition among handball players.
- There is a correlation between the dimensions of competitive anxiety and achievement motivation among handball players

6. RECOMMENDATIONS

the current study recommends to

- The need to take into account the psychological aspect in the field of sports
- Provide the necessary psychological care for the players before the competition to reduce anxiety, depression, fear and stress
- Increase studies on stress and its relationship with concern the competition on other activities and different environment
- The expansion of the research community to include various other clubs and activities to undertake studies to reduce stress.

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