A STUDY OF THE DIMENSIONS OF COMPETITION ANXIETY AND ITS RELATIONSHIP TO THE DIMENSIONS OF SPORTING ACHIEVEMENT MOTIVATION FOR YOUNG TENNIS PLAYERS

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ABSTRACT

One of the most important phenomena facing the athlete is the anxiety of sports competition, as he faces many psychological problems during training and in competitions of psychological tension, fear and anxiety that accompany him sometimes, which leads to affecting his level, and sports competition anxiety is a special type of anxiety that occurs in the athlete It is related to the attitudes of sports competitions and that participation in sports competitions and the associated emotional experiences are among the important factors that motivate the practice of sports activity and try to advance and develop his sports level. It is assumed that when the individual begins to practice any activity, he aims to reach a level or degree of achievement, knowing that in the absence of a sense of achievement and not achieving the goal, he can develop negative feelings such as frustration and withdrawal.

The importance of the research lies in being an attempt to study, analyze and explain the type of relationship between each of the dimensions of sports competition concern with the motivation of sports achievement for young tennis players. The research aims to:

1. Identifying the dimensions of sports competition anxiety (cognitive anxiety, physical anxiety, and self-confidence) for young tennis players.

2. Identifying the dimensions of sports achievement motivation (after success motivation, after avoiding failure motivation) for young tennis players.

3. Identifying the type of relationship between each of the dimensions of sports competition anxiety and its total degree with the dimensions of sports achievement motivation and its total degree for young tennis players.

The sample of the research was represented by the young players in tennis for the Baghdad clubs for the sports season 2018-2019, which numbered (14) players.

1. There is harmony between (the dimensions of sports competition anxiety) and (the motivation to achieve success) for young tennis players.

2. There is harmony between (the dimensions of sports competition anxiety) and (the motivation to avoid failure) for young tennis players.

3. The direct effects of (cognitive anxiety) in (the dimensions of sports achievement motivation) were negatively inverse with (the motivation to achieve success) and were positive with (the motivation to avoid failure) for young tennis players.

4. The direct effects of (physical anxiety) in (the dimensions of sports achievement motivation) with (the motivation to achieve success, and the motivation to avoid failure).
5. The direct effects of (self-confidence) in (the dimensions of sports achievement motivation) were positive with (the motivation to achieve success) and negative with (the motivation to avoid failure).

The recommendations were:

1. The necessity of paying attention to psychological variables that would help reduce the level of competition anxiety for tennis players.

2. Using relaxation exercises, psychological calm, and a good warm-up to get rid of or reduce the negative state of anxiety that accompanies players in tennis competitions.

3. The need to conduct research and studies similar to cases of sports competition anxiety with other psychological variables and on the rest of sports and for both sexes.

I. INTRODUCTION AND IMPORTANCE OF THE RESEARCH:

The mathematical development that takes place in various sports is nothing but the result of various scientific efforts that have contributed to many sciences to ensure that the sports movement progresses extensively at various levels, believing that scientific progress is the main link to which the group of circles is linked in a sound scientific manner by relying on studies And scientific research in various sciences that are related to physical education, and one of those important episodes is the study and research in the field of sports psychology, if the first of those studies and research that this science began with was the study of the mathematical personality, then followed by studies of some psychological phenomena and their relationship to sports achievement.

One of the most important of these phenomena is the anxiety of sports competition, as the player faces many psychological problems during training and in competitions from cases of psychological tension, fear and anxiety, which sometimes accompany him, which leads to affecting his level, and sports competition anxiety is a special type of anxiety that occurs in the athlete as it relates to the situations of competitions. Participation in sports competitions and the associated emotional experiences are among the important factors that motivate the practice of sports activity and the attempt to advance and develop his sports level, if the direct reason for the player’s regularity in sports training and exerting maximum effort is to try to appear in a decent appearance and achieve better The results, in addition, the emotional experiences associated with sports competitions (matches), success or failure, is one of the most important motives that play an important role in this stage (Allawi 1979) (3: 210-212).

Achievement motivation is also one of the basic variables that determine the amount of the individual’s performance. It is assumed that when the individual begins to practice any activity, he aims from that to reach a level or degree of achievement, knowing that in the absence of a sense of achievement and failure to achieve the goal, he can develop feelings of achievement. Negativity, such as frustration and withdrawal.

The importance of the research lies in being an attempt to study, analyze and explain the type of relationship between each of the dimensions of sports competition anxiety with the motivation of sports achievement for young tennis players, as a study that serves coaches and players because it contributes to identifying some psychological aspects that, if taken care of, will help reach the advanced level in performance players during sports competitions.

Research problem

That the athlete in general and the tennis player in particular, before participating in sports competitions, be exposed to many psychological phenomena, including the anxiety of sports competition, which is linked to some unpleasant negative aspects that lead to a decline in the level of his ability to perform during sports competition, and the efficiency of the athletes Young tennis players and their sporting achievements are not determined by the extent of their skills, principles and foundations of the game only, but by their ability to control their emotions before participating in the competition, as well as in the competitive situations that require this, especially the level of their anxiety because of its impact on the behavior of the athlete in its various psychological manifestations, and at the same time It is noticed that there are noticeable changes in the level of achievement motivation of the athlete, which affects the outcomes of his sports performance, whether positively or negatively, and the absence of a study that has dealt with identifying the relationship between all dimensions of competition anxiety motivated by sports achievement in tennis, to the knowledge of the researchers, so the problem of the research lies in trying to find out whether the dimensions of sports competition anxiety, complete with (cognitive,
physical, and self-confidence) have an effect on D The extent of sporting achievement and what is the type of relationship between them among young tennis players.

**Research aims**

1. Identifying the dimensions of sports competition anxiety (cognitive anxiety, physical anxiety, and self-confidence) for young tennis players.

2. Identifying the dimensions of sports achievement motivation (after success motivation, after avoiding failure motivation) for young tennis players.

3. Identifying the type of relationship between each of the dimensions of sports competition anxiety and its total degree with the dimensions of sports achievement motivation and its total degree for young tennis players.

**Research areas:**

1. The human field: the young players of Baghdad tennis clubs and the participants in the 2018-2019 sports season.

2. The spatial area: the stadiums of the Shooting Sports Club.

3. Time range: for the period from 04/18/2019 to 06/26/2019.

**Research Methodology:**

The researchers used the descriptive approach in the survey method to suit the objectives of the study.

**Research sample:**

The research sample was represented by the young players in tennis for the Baghdad clubs participating in the 2018-2019 sports season, which numbered (14) players, who were chosen in a deliberate way.

**Methods of collecting information:**

It included (Arabic and foreign sources, tests and measurements, an individual registration form for the Sports Anxiety Scale, an individual registration form for the Sports Achievement Motivation Scale, a Casio personal electronic calculator, the tennis court, and statistical means).

**Tests used:**

**First / Sports Competition Anxiety Scale:**

The (Sports Competition Anxiety Scale), which was designed and prepared by (Martens, Burton, Vealey, Bump and Smith 1990) and prepared for Arabic "Muhammad Hassan Allawi 2002) (4:219), was used. This scale included (3) related dimensions with competition anxiety, which is (cognitive anxiety, physical anxiety, self-confidence), it contains (27) paragraphs with (9) paragraphs for each dimension. All the statements of the list were in the direction of each dimension (positive), except for statement No. (14) In the dimension of physical anxiety, which is in the opposite direction of the dimension, which is (negative), and the positive statements are corrected as follows:

(Never = 1 degree, sometimes = 2 degrees, often = 3 degrees, always = 4 degrees).

The negative statement is corrected as follows:

(Never = 4 degrees, sometimes = 3 degrees, often = 2 degrees, always = 1 degree).

The highest score for the scale as a whole was (108) and the lowest score was (27).

**Second / Sports Achievement Motivation Scale:**

The (Sports Achievement Motivation) scale was used, which was designed by Joe and Willis (Willis, 1982), which originally consisted of (40) items. 20) items, and this scale measures two dimensions (after success motive, after motive to avoid failure) and by (10) items for each axis, as there were (6) negative items and (14) positive items, and the answers to the scale items were through five Alternatives (to a very large degree, to a
great extent, to a moderate degree, to a small degree, to a very little degree) 4), to a moderate degree (3), to a low degree (2), to a very little degree (1) for the positive items, and the weights of the scores (1, 2, 3, 4, 5) are given respectively for the negative items, as it was the highest score for the scale as a whole. It is (120), and the lowest score is (20), (Allawi, 1998, 181-183).

**Exploration experience:**

Although the scales used in the current research have high validity and reliability coefficients and have been applied to the Iraqi environment in previous scientific studies and scientific transactions have been conducted for them, the researchers have deliberately verified the validity and reliability of the two scales in order to ensure their validity, as follows:

**The validity of the two scales:**

The researchers presented the dimensions of the sports competition anxiety scale (cognitive anxiety, physical anxiety, self-confidence), and the dimensions of sports achievement motivation scale sports anxiety (after success motivation, after failure avoidance motivation) used in the study on experts and specialists in sports psychology, tests, measurement and tennis To assess their suitability to the research sample, they all agreed on the validity of the two scales, which indicates their enjoyment of the content validity.

**The stability of the two scales:**

The researchers calculated the stability of the (Sports Competition Anxiety) scale by two methods (half segmentation using the Guttman Formula) (Tha’ir Dawood 2020) (1: 251), and the method (Cronbach’s Alpha Coefficient) (Thaier Daoud 2020) (1: 287) through Its application to (6) young players representing the Shooting Sports Club and from outside the limits of the work sample on 20/4/2019, in the method (half segmentation using the Getman equation) the researchers obtained the calculated value of (0682), which indicates that the scale has a high stability coefficient.

The value of (Cronbach's alpha coefficient) for internal consistency was also extracted to identify the extent of the correlation of the paragraphs with each other within the scale, as well as the correlation of each paragraph with the scale as a whole, and its calculated value of (0.934) was reached at the level of significance (Sig) of (0.001), which It is smaller than the approved significance level of (0.05), which indicates that the scale has a high stability coefficient.

For the purpose of calculating the stability of the measure of (sports achievement motivation), the two methods (half segmentation) (Thaier Dawood 2020) (1: 246), and the method (Alpha Cronbach’s coefficient) were used by applying it to (6) young players representing Al-Said Sports Club and from Outside the limits of the work sample on 20/4/2019, in the (half-splitting) method, the paragraphs were divided into two groups, the group of paragraphs that carry odd numbers and the group of paragraphs that carry even numbers, and using the Spearman correlation coefficient between the degrees of the odd and even paragraphs, the results were obtained. The researchers found the calculated value of (0.801), which represents the internal consistency of half of the test, so it was corrected by the (Spearman-Brown) equation and the scale stability coefficient became (0.889), which indicates that the scale has a high stability coefficient.

The value of (Cronbach's alpha coefficient) was also extracted and its calculated value of (0.870) was reached at the significance level of (Sig) of (0.000), which is smaller than the approved significance level of (0.05), which indicates that the scale has a high stability coefficient.

**The main experience:**

The main experiment was conducted on 8/8/2019, where the researchers distributed forms of (sports competition anxiety) and (sports achievement motivation) to the players of the Baghdad governorate youth clubs in tennis and the participants in the 2018-2019 sports season.

**Statistical laws:**

The ready-made program (IBM SPSS Statistic Ver24) was used to extract the following: (arithmetic mean, standard deviation, Pearson's simple correlation coefficient, Guttman equation, Spearman-Brown correlation coefficient, Spearman-Brown correlation coefficient to correct correlation coefficient, Cronbach's alpha coefficient)
II. PRESENTATION, ANALYSIS AND DISCUSSION OF THE RESULTS:

Presentation of the results of the sports competition anxiety and sports achievement motivation scales:

After completing the data dump in order to treat it statistically and for the measures of sports competition anxiety and sports achievement motivation for young tennis players, the researchers calculated the values of the arithmetic mean and the standard deviation for each of the dimensions of the two scales and for the total score for each scale, as shown in Table (1). It is clear from the table that the arithmetic mean of the dimensions of the sports competition anxiety scale (cognitive anxiety, physical anxiety, self-confidence) amounted to (19.50, 15.76, 25.75), respectively, with a standard deviation of (3.435, 3.525, 3.924), while the arithmetic mean was (70.15) and the deviation The standard deviation was (3.021) for the total score of the scale, while the arithmetic mean of the two dimensions of the mathematical achievement motivation scale (the motivation to achieve success, the motivation to avoid failure) amounted to (38.65, 30.81) respectively and with a standard deviation of (4.949, 5.144) respectively, while the arithmetic mean was (78.87) ) and the standard deviation (4.677) for the total score of the scale.

Table (1) Arithmetic means and standard deviations of the dimensions of sports competition anxiety and sports achievement motivation for young tennis players

<table>
<thead>
<tr>
<th>No</th>
<th>metrics</th>
<th>Dimensions scales</th>
<th>Statistical parameters</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>Arithmetic mean</td>
</tr>
<tr>
<td>1</td>
<td>Sports competition</td>
<td>cognitive anxiety</td>
<td>19.50</td>
</tr>
<tr>
<td></td>
<td>anxiety</td>
<td>physical anxiety</td>
<td>22.76</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Self confidence</td>
<td>27.75</td>
</tr>
<tr>
<td></td>
<td>Total marks</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Sports achievement</td>
<td>Motivation to achieve success</td>
<td>70.15</td>
</tr>
<tr>
<td></td>
<td>motivation</td>
<td>Motivation to avoid failure</td>
<td>41.65</td>
</tr>
<tr>
<td></td>
<td>Total marks</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Presenting the results of the correlation relationship between the dimensions of the sports competition anxiety scales with the dimensions of the sports achievement motivation scale

In order to achieve the goal of the third research, the researchers extracted the relationship between (the dimensions of the sports competition anxiety scale and its total degree) with (the dimensions of the sports achievement motivation scale and its total degree) for young tennis players through the use of the Pearson simple correlation coefficient law. The mathematical achievement and its total degree) with the dimensions of (the measure of athletic achievement motivation and its total degree) were also significant, because all the calculated (R) values all had p-values, which are symbolized by the symbol (Sig), which is less than the approved and specified value in advance, amounting to (0.05), as shown in Table (2).

Table (2) shows the correlation coefficients between the dimensions of the sports competition anxiety scale with the dimensions of the scale

Athletic achievement motivation

<table>
<thead>
<tr>
<th>metrics</th>
<th>A measure of athletic achievement motivation</th>
<th>Motivation to achieve success</th>
<th>Motivation to avoid failure</th>
<th>Total marks</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Dimensions</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sports competition anxiety</td>
<td>Cognitive anxiety</td>
<td>0.558 -</td>
<td>0.612</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>Significance level Sig</td>
<td>0.001</td>
<td>0.000</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>Physical anxiety</td>
<td>0.497 -</td>
<td>0.519</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>Significance level Sig</td>
<td>0.000</td>
<td>0.000</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>Self confidence</td>
<td>0.504</td>
<td>0.422 -</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>Significance level Sig</td>
<td>0.000</td>
<td>0.000</td>
<td>-</td>
</tr>
</tbody>
</table>

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III. RESULTS AND DISCUSSION

The conclusion reached by the researchers with the emergence of the significant relationship, whether positive or negative, between the dimensions of (sports competition anxiety) and (sports achievement motivation), it indicates the direct impact of the dimension (self-confidence) with (the motivation to achieve success), given that the value of the significance level The calculated Sig is less than the approved significance level of 0.05, which indicates the existence of a significant relationship, which indicates that it greatly influenced the motivation for success. The researchers attribute this to that young tennis players who possess high confidence have a greater achievement motivation to make more effort. In order to achieve excellence and excellence, as well as making the young tennis player feel calm and relaxed and has a clear mind to focus in stressful playing situations, which makes him act out of success in critical playing situations as well as the result of his effort, desire and perseverance to achieve the goal and this is what he indicated (Youssef Qatami 2000 (6:395), citing Wooholk) that every behavior has a motive, and that the motive comes as a result of the confidence in the player, as the motive's control over the thinking and performance of the player or individual makes him always in a state of n
An unbalanced society keeps working and striving in order to achieve achievement, so the behavior of the individual motivated and resulting from the confidence that the individual or the player has is a goal behavior in which the individual is energetic and active. It also agrees with what was mentioned (Dagher and Saleh 2000) (2: 335) that the achievement motive is closely related to confidence, as the individual's behavior and performance of any requirement or task only comes through the presence of confidence in the individual or the player. It provokes and maintains the activity, and that the individual's motivation is his behavioral guide stemming from his desire for that behavior.

It is also noted that there is a direct effect of (cognitive motivation) with (motivation to avoid failure) due to the fact that the value of the calculated significance level Sig is less than the approved significance level of 0.05, which indicates the existence of a significant relationship, which indicates that it significantly affected the motivation of avoiding failure. The researchers attribute this to the fact that (cognitive anxiety) is a means and a source for many positive thoughts that evoke in the mind of the athlete, especially the tennis player, the subject of the study, as the positive thoughts improve and develop in his performance and this case applies to players of various sports so that he does not fall into failure. And the failure to achieve what is required of it. Therefore, we see a significant correlation between (cognitive anxiety) and (motivation to avoid failure), which indicates that the research sample are elite young tennis players who have an excellent level of knowledge in order to avoid failures, which gives them the motivation to give and work from In order to succeed in their matches, and this result that was reached is consistent with what was indicated by (Allawi 2005) (5: 82) as a positive indicator if the athletes have a high level of knowledge in order to avoid poor performance or losing some things during the competition.

The researchers also see that the positive effect of (self-confidence) with (sports achievement motivation) also helps to avoid failures for athletes, and this is consistent with what was confirmed by (Allawi 2005) (5: 83) that the higher the (achievement motivation) among the players, the more Decreased (motivation to avoid failure) and this is due to the players' ability to motivate themselves and achieve greater success in the specified time and in a way that helps them to make more effort, perseverance and continuity until achieving the goals.

IV. CONCLUSIONS AND RECOMMENDATIONS:

Conclusions:

1. There is harmony between (the dimensions of sports competition anxiety) and (the motivation to achieve success) for young tennis players.

2. There is harmony between (the dimensions of sports competition anxiety) and (the motivation to avoid failure) for young tennis players.

3. The direct effects of (cognitive anxiety) in (the dimensions of sports achievement motivation) were negatively inverse with (the motivation to achieve success) and were positive with (the motivation to avoid failure) for young tennis players.
4. The direct effects of (physical anxiety) in (the dimensions of sports achievement motivation) with (the motivation to achieve success, and the motivation to avoid failure).

5. The direct effects of (self-confidence) in (the dimensions of sports achievement motivation) were positive with (the motivation to achieve success) and negative with (the motivation to avoid failure).

Recommendations:

1. The necessity of paying attention to psychological variables that would help reduce the level of competition anxiety for tennis players.

2. Using relaxation exercises, psychological calm, and a good warm-up to get rid of or reduce the negative state of anxiety that accompanies players in tennis competitions.

3. The necessity of conducting research and studies similar to cases of sports competition anxiety with other psychological variables and on the rest of sports and for both sexes.

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