Summary & Conclusion

Competitive anxiety has been studied in relation to sex, age and sports performance. A number of studies have indicated that female athletes are significantly more anxious than male athletes. Kane (1972) has reported that in general, anxiety is higher for women than for men, although there are many exceptions. Ikponmwosa (1981) examined the relationship between sex-role standards and anxiety in competitive sports situations. The results obtained in this study were consistent with those of Cosentino and Heibrum (1964) and Gall (1969). The results regarding differences in the personality traits of players of individual and team games are unequivocal. Some studies have failed to be able to find difference between team and individual athletes (Lakie, 1962; Ikegami, 1968; Pyecha, 1970). But some studies have shown that athletes in group sports tend to be extroverted and self-confident, while those participating in an individual sports are more inclined to be introverted, stable and confident. Kane (1967) had questioned whether a single “personality type” exists for athletes. Some sports may show significant differences in personality profiles of its participants in cases where a sufficiently vide range of sports are selected (representing
many team or individual sports), it is doubtful whether such clear-cut differences persist. Of course, the popular belief holds that individual sport contestants are more introverted and self-centered than team sportsmen who are more extrovert and team oriented.

Hein (1954) found team sports participants to be more extraverted than those participants to be more extraverted than those participating in individual sports. He also found that participants in individual and dual sports possessed less amount of self-assurance. But Niblock (1960) found that the individual and team sports participants scored higher on ascendancy that did non-participants. Rushall (1967) demonstrated that male swimmers (individual sport) were to be more individualistic and self-centered.

Henry (1941) found that track athletes and pilots to be quite similar and they were significantly less hypochondriacal and introverted than weightlifters and more neurasthenic than the physical education majors.

Kane (1970) found rather complex relationship between the second order personality variable "extraversion" and performance of "track athletes" (sprinters), and "throwers were found to be frequently more extraverted than middle distance runners. He claimed that as the distance increases, there was a trend
towards introversion. Johnson (1972) demonstrated differences between female athletes participating in such sports as basketball, bowling, field hockey and golf, as did Kroll and Crenshaw (1968) between footballers, wrestlers and gymnasts. Personality trait of basketball and softball women athletes have also been studied and reported in the literature (Foster, 1972). Maul and Voigt position in the team for volleyball. Friedman (1973) could not replicate these findings. Kruse (1977) found difference in personality and the position played in football.

Sanderson and Ashton (1981) investigated pre-match and post-match anxiety states of males and females as well as match winners and losers during a badminton tournament. Results revealed a significant decrease in the female players' anxiety after winning matches as compared to the male players.

Singh (1985) found significant sex differences in the competitive anxiety of the Indian athletes, the females having more anxiety than the males. In another study, he (1986) found significant differences in the anxiety scores of the athletes and the hockey players on the basis of sex, the males having less competitive anxiety than females.
Several reviews, particularly the metanalytic reviews of Eagley and Hyde and Linn, suggest that sex differences in these areas are minimal and not biologically based. Meta-analyses consistently indicate that less than 5% of the behavioral variance in these areas is accounted for by sex. Moreover, sex differences are inconsistent, and interactions are common. For example, sex differences might show up with one task or one type of behaviour but not with another. In general, then, overlap and similarities are much more apparent than differences when comparing males and females.

Duda et al. observed that male and female basketball players' strong ego-goal orientation was associated with a more significant perception of aggression legitimacy; "Individuals tend to approve of doing whatever is necessary (including injuring another person) to satisfy their own needs" (p.85). Ego-goal oriented individuals would be more likely to exhibit a "win-at-all-costs" attitude, which might include aggression in their quest for victory.

Aggression plays a major role. According to research it is apparent that sports is perhaps the only setting in which acts of interpersonal aggression are not tolerated, but enthusiastically applauded by large segments of society (e.g., Tenebàum, Stewart, Singer &
Duda, 1996). Tenebaum et al., (1996) define aggression as the infliction of an aversive stimulus, physical, verbal, or gestural upon one person by another. This definition encompasses two distinct types of aggression, hostile and instrumental. Tenebaum and colleagues describe hostile aggression as having a principal reward, or intent, to inflict pain upon another for the individual’s own sake. In instrumental aggression, the major reinforcement is the achievement of a subsequent goal.

The results of much of the previous research show that there are gender differences in competitiveness. Most show that men are more competitive than women are in general. Most of these gender differences have been tested using self-report measures of trait competitiveness. Several studies have shown that men score higher on the competitiveness subscale of the SOQ (Gill, Kelley, Martin, & Caruso, 1991; Ruan, 1993).

Other self-report measures show mixed results. A study using the SPI found that while males were more competitive that females in a novice athlete group, the reverse was true of college athletes (Jones, et al., 2001). Another study found that among 155 professional tennis players, females were significantly more competitive (Houston, Carter, Smither, 1997). A study of Taiwanese swimmers after participation in a tournament found that
females were more competitive than males on the SOQ (Lee, 1997). As a whole, trait competitiveness measures have shown that males tend to be more competitive than females in general. Results that show females as more competitive had small samples of high level athletes which are not typical of females in general while the male samples were larger and more representative. Although the results have not been unanimous, there seems to be reasonable support for this gender difference.

The study primarily focused on studying the Achievement behavior in relation to Sports Aggression and Sports competitive anxiety of the players. The objectives of the study were:

1. To study the effect of sex difference on the competitiveness orientation, Win orientation and Goal orientation.

2. To study the effect of sex difference on the Aggression and Anxiety

3. To study the in the competitiveness orientation, Win orientation and Goal orientation of individual and team players.

4. To study the Aggression and Anxiety in the individual and team players.

5. To study the effects of Anxiety and Aggression over the Achievement behavior.
To study the factors underlying the various behavioural measures in the study.

The present study was conducted on a sample of 160 players belonging to age range of 19 years to 26 years. The sample was drawn from the college affiliated to VBS Purvanchal University, Jaunpur. The state level players screened out from the colleges using purposive random sampling techniques. The total sample of 160 was divided on the basis of gender with 59 female players and 101 male players. The classification of the player is made on the basis of type of games. The individual game players were selected from the events such as badminton, 100 meter sprint, long jump, shot-put while the team players consisted of cricket, football and hockey. The number of team player was 97 while 63 players belonged to individual game events.

In the present study following tools were used for collecting the data.

1. Sports Orientation Questionnaire (SOQ)
2. Sports Competition Anxiety Test (SCAT)
3. Sports Aggression Inventory (SAT)

In short the major findings of the study were following.

- There is significant effect of gender variable on competitiveness orientation, win orientation, goal orientation and sports competitive anxiety measures.
of achievement behavior. Mean comparison revealed greater score for male players in comparison to female players on total competitiveness orientation. Mean comparison on win orientation measure shows greater score for females than male players. It shows that male players are more win oriented than female players. Mean comparison on goal orientation measure shows that males are more goal oriented in comparison to female. It shows that male players are more goal oriented than female players. Male players are more focusing on achieving personal goals in competitive sport than female players. The result on sports competitive anxiety shows that females have more competitive anxiety than males.

- The analysis of results shows that there is significant effect of types of games on competitiveness orientation, win orientation and goal orientation. Mean comparison revealed that individual game players have higher competitiveness orientation in comparison to team games players. Further mean comparison reveals that individual game players are more win oriented in comparison to team game players and the results of goal orientation shows that individual game
players are more goal oriented than team game players.

- Result shows that Games X Gender interaction is significant for competitiveness orientation. Result shows that Games X Gender interaction is significant for win orientation. Result shows that Games X Gender interaction is significant for goal orientation.

- Results show that sport competitive anxiety predicts the competitiveness orientation around 4.4 percent (R² = 0.044), it means sports competitive anxiety alone is explaining 4.4% of variance. The competitiveness anxiety is a significant predictor of competitiveness orientation which accounted for 4.4% of variance. The sports competitive anxiety and sports aggression are combinedly predicting the competitiveness orientation around 5.8 percent (R² = 0.058). When sports aggression was included in the equation 1.4% increment in the variance was observed. Sports competitive anxiety and sports aggression combinedly have failed to predict win orientation (R² = 0.006), further even sports aggression alone has also failed to predict win orientation (R² = 0.006). It means that competitive anxiety has alone and with sports aggression failed
to predict win orientation. Sports competitive anxiety alone is predicting 5.5 percent of variance ($R^2 = 0.055$). The competitiveness anxiety is a significant predictor of goal orientation which accounted for 5.5 of variance. Sports competitive anxiety and sports aggression combinedly predict win orientation around 5.7 percent ($R^2 = 0.057$). It means that sports competitive anxiety and sports aggression are together explaining 5.7 percent of variance. When sports aggression was included in the equation 1.4% increment in the variance was observed.

- Factor analysis of the data revealed that the five scales could be reduced into two factors. The first factor consisted of all the three-sub scale measure of achievement behavior (competitiveness orientation, win orientation and goal orientation) explaining 40.44 percentage of variance. The second factor consisted of sports aggression and sports competitive anxiety components explaining 22.33 percentage of variance altogether. The two factors emerge to explain 62.77 percent of variance.

In the view of the above findings it was concluded there is significant effect of gender variable on competitiveness orientation, win orientation, goal orientation and sports
competitive anxiety measures of achievement behavior. Further it was found that there is significant effect of types of games on competitiveness orientation, win orientation and goal orientation. Gender and game types are collectively creating significant effect on competitiveness orientation, win orientation and goal orientation. Further it was found that the sports competitive anxiety and sports aggression are individually and collectively predicting the competitiveness orientation and goal orientation.

**IMPLICATIONS**

The findings of the present study have implications for studying achievement behaviour in relation to gender, sports aggression and sports competitive anxiety and sports events.

The present study has suggested the effect of gender and game type differences on achievement behavior, sports aggression and sports competitive anxiety.

Sports aggression and sports competitive anxiety play a significant role in determination of competitiveness orientation and goal orientation.
LIMITATIONS

The findings of the present investigation has the following limitations:

• The non-probability sampling used has put restriction regarding the applicability of the findings outside the sample.

• The present study was conducted on a sample of 160 sports players; a bigger sample could have given an opportunity to generalize the results.

• The present study was not confined to any specific game.

• Only questionnaire method was used for data collection. The questionnaires are notoriously susceptible to social desirability factors.

In spite of these limitations, the findings of the present study are valid and reliable for drawing limited generalizations.

The shortcomings of the design, the sample and the procedure of research have been pointed out. In this connection it has been noted that the present findings should be taken with caution while attempting broad generalizations. The results of the study are applicable
to college and university team as well as individual players only; as such extrapolations of these results to the gender of the different levels sports player will be risky. A limited number of psychological variables were selected for study which may not produce a true relationship of psychological variable with sports persons. In the present study no differential study for different type of sports and different levels of the player were made.

**Future Direction**

Socio-cultural factors such as race, ethnicity and social class impinge on the achievement behaviour of individual and team players, the relationship of competitive anxiety, sports aggression over the competitiveness, win and goal orientation is an area which desperately needs future researches as handful studies have been conducted over this. The conclusion stated that we have to look into depths; however, it is imperative that sports psychologist now move forward to extend paradigmatic, theoretical and methodological approached to the study of achievement behavior in different type and levels of game.