PREFACE

The participation in modern sports is influenced by various physical, physiological, sociological, and psychological factors. This work deals with some of the psychological variables which have been studied for college and university sportspersons. Achievement behaviour (competitiveness orientation, win orientation and goal orientation) competitive anxiety and sports aggression which are considered very important variables in the area of sports psychology for conducting research were taken.

The findings derived from the research studies are given in this work, this work has been divided into 5 main chapters.

The first chapter deals with the introduction. The theoretical aspects of sports psychology have been outlined.

The second chapter, review of literature on related topics thoroughly. The competitive anxiety, sports aggression and the dimensions competitiveness orientation, win orientation and goal orientations of achievement behaviour on the basis of gender differences, individual and team game players.

The design and procedure of the study has been dealt in the third chapter where the sample and material used in the conduct of study has been elaborated.

The result of the study has been depicted in the tabular and graphical forms in the fourth chapter including the statistical analysis of the data.

The fifth chapter deals with interpretation in the form of final discussion of the results obtained.

The final chapter includes the summary and conclusion of the work done, the main findings and future research has been implicated. A very exhaustive bibliography & references has been quoted for the related study.

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