Chapter - 2

Review of Related Literature
CHAPTER –II

REVIEW OF RELATED LITERATURE

"The review of related literature is instrumental in the selection of topic, formation of hypothesis and deductive reasoning leading to the problem. It helps to get a clear idea which supports the findings with regard to the problem under study" Thirumalaisamy (1997)

A study of relevant literature is an essential step to get a full picture of what has been along with regard to the problem. The research scholar has made an attempt to review the available literature related to various aspects of anxiety achievement motivation, lifestyle and socio-economic factors. The relevant studies, facts and figures including explanation from the published literature have included in this chapter.

2.1. LITERATURE ON LIFESTYLE

Becton (1986) conducted an investigation on the leisure patterns of obese and non-obese black women. The forty two women have participated in this study, were aged 20 to 40 years based on the findings of the study (evidence suggest that obese and non obese women participated in similar leisure activities with sedentary more frequently chosen.

Faulkner (1986) focused on the study, which states that the primary analyses of the study involved the investigation of the relationship between physical activity and selected lifestyle variably (excess body weight smoking and alcohol consumption) in Canadian men and women. A secondary analysis involved the examination of lifestyle patterns between male’s females and between younger (< 40 years old) and older (>40 years) subjects.
A sample of 12,348 males and 6,957 females were studied in the comparison of lifestyle practices between sexes and between age groups. A sub sample (5,885 males and 3,844 females) was selected from this original data set for investigation of the relationship between physical activity and the lifestyle variables rating in agreement their measured physical fitness (\( \text{vo}_{2} \max \)). Three physical activity groups were established inactive and low fitness, moderately active and average fitness active and good fitness. This unique classification procedure avoided the problem of trying to classify subject based on self assessed physical activity or measured physical fitness independent.

The results revealed that more males than females were overweight were smokers and were drinkers older than younger subjects were overweight and more were moderately heavy drinkers. Younger than older subjects were smellers. Based on the unexpectedly large percentage of male, compared to females classified as overweight by the excess body weight method used (metropolitan lean Body Mass Index. Tables and the results of subsequent post hoc analysis it is suggested that the metropolitan life procedure may not be valid.

The results of the comparison of the lifestyle variables among affect groups showed that there was a negative relationship between excess body weight and physical activity for old age and sex groups there was a negative relationship between smoking and physical activity for all age and sex groups except the older females, where no relationship was found. There was relationship found between physical activity and alcohol consumption. The findings of this study provide scientific sustentation that physical activity is associated with health lifestyle behaviors in terms of over nutrition (as reflected in excess body weight) and smoking.

Garman (1984) focused on the study, which was to identify and compare the characteristics of fitness of life (FFLO student adheres to a personalized, if any existing between the two groups. The fitness for life
student inventory (FFSI) was developed using existing data from studies researching exercise involvement and exercise adherence. The FFLSI was administered spring Quarter 1982 to students who had completed FFI at the University of Georgia between one and two year earlier. The information provided the 266 respondents to the FFSI was tabulated and analyzed.

Descriptive statistics and frequency distribution were used to provide answers to seven major research questions and to classify each student as either an adhere or non-adhere to aerobic fitness and / or strength / conditioning activities. From the surveyed population 47% still adhered to aerobic fitness activities and 26% to strength conditioning activities one to two followed completion of FFI student voluntarily adhering throughout the formal two weeks course and into the subsequent three to six month period demonstrated improved adherence rates of 66% and 81% respectively. The major reasons identified for adhering were physical fitness and health, weight and figure control, relaxation enjoyment or fund and personal commitment. Reasons for non-adherence were time restrains lack of self-motivation and self discipline seasonal condition and boredom or dislike for activity.

Chi square analysis was utilized to determine whether significant difference (P > 0.05) existed between adheres and non adheres for seven variables including gender attitude body weight, perceived stress moral support, exercise more and fitness levels, significant differences were found between adheres and non adheres to aerobic fitness activities for four variables. These were gender attitude, body weight and fitness level, significant differences were also found between groups on low variables for adherence to strength / conditioning activities. These variables were attitude and moral support.

Gupta (1995) conducted a study which was confined to Rajasthan state due to the special Life style and nutritional conditions. Besides this, the study is confined to the traceable cases in the hospitals and in some
parts of Jaipur city. Samples were drawn from the case history records of the patients, kept in the hospitals. The focus of the study was to get the information about the epidemiology of heart cancer. The main burden of the study was to locate the relationship between nutritional and non-nutritional factors and the occurrence of breast cancer. In this study, we have also kept in the mind the life style patterns of the state. On the whole, it was considered that the study will yield the relationship between breast cancer and life styles of the Indian people and also locate the role of nutritional patterns and status of the patients.

Patturson and Black, (1983) studied the diet of a representative sample of 11658 non institutionalized civilian adults, 19-74 years old in U.S.A., by 24h recall in relation to subsequent cancer guidelines on the U S National research Council and the American cancer society and reported cruciferous vegetables, fruits and vegetables rich in vitamin A and high fiber breads and cereals were consumed by only 18-21 years and 16% of the population sample, compared with 55% for red meat and 43 % for bacon and Luncheon meats. Numbers using fruit and vegetables increased with income; Diets of women, black persons and older age groups came closest to guidelines.

Stanford (1997) investigated the effect of running a cholesterol on 180 women and 197 men, who started with low levels of the heart- health high density lipoproteins and moderately elevated levels of the artery clogging low density lipoproteins one group cut fat and cholesterol from their diet and last weight. Another group began an exercise programme and struck with their regular diet. A third group exercised and cut fat and cholesterol. A fourth group made no lifestyle changes when the year was over, low-density lipoprotein cholesterol dropped considerably in the group that exercised as well as changed their diets, whereas, it did not change much in the other groups.
“Tipton (1991) studied the relationship between exercise, Training and hyper tension on over hundred humans and animals had led to the conclusion that exercise training should be included as a separated counter measure in any programme designed to lower resting blood pressure in hypertensive populations.

Ramsey (1983) stated that the purpose of this study was to design an instrument to assess the perceived needs, characteristics and interests of college students in regard to the general college physical education program. Needs were determined according to a physical emotional and social orientation; characteristics were identified according to physical and psychological attributes and interests were ascertained in relationship to course considerations, program operations, utilization of equipment and facilities and administrative details.

The instrument consists of four parts: Part-I needs (18 items), part II, Characteristics (19 times) Part III _ Interests Pertinent to Administrative Preference (10 times). To determine curricular (content) validity, seven curriculum and measurement experts in the field of Health, Physical Education and recreation examined the instrument. Thirty-four students enrolled at the University of Mississippi during 1982 established test retest reliability. AN adequate Pearson correlation coefficient of 88 found.

The assessment scale of Active lifestyle traits of college students was designed for the following uses: It can possibly

1. Identify the conscious need characteristics and interest of students, which can be met through adequate physical education programmes.
2. Serve as a useful tool in determining an individual's physical activity profile.
3. Predict future trends such as physical education course offerings scheduling budgeting and equipment and
4. Aid in identifying strengths and weakness of an existing physical education curriculum.

Sandra Loraine Schultz (1996) said that the purpose of this study was to investigate the effect of three types of curricular variations of Health Analysis and improvement courses on selected physical fitness components and exercise habits. Subjects for the study were 1976 male and female students enrolled in nine classes at Miami – Dade Community College. Morning classes 75 minutes in length were scheduled wise weekly. Three curricular variations were used for class exercise participation during an eight week aerobic training period (a) Jog only (b) choice of one activity and (c) exposure to a variety of activities.

Paul (1999) conducted a survey of life style cardiac risk factor and physical fitness status of men in Thiruvananthpuram and find out that people suffer from various diseases like low back pain, adult onset diabetes, heart disease, obesity etc. The best defense against such diseases to put the muscles, bones, joints, heart, lungs and internal organs to work on a regular basis through a systematic programme of exercise. A healthy lifestyle and wellness programme includes exercising and various other healthy behaviours such as eating properly, managing stress, avoiding destructive habits, practicing safe sex, learning first aid, adopting good health habits, seeking and compliance with medical advice. Being an informed consumer, protecting the environment and managing time effectively.

Joudle and Anna (1990) found that approximately 20 % of national, work sites that offer wellness programmers provide weight loss/ weight management for their obese and over-weight employees. Medical research suggest a that obese individuals experience a greater incidence of acute and chronic physical health problems than individuals of normal weight. Research also shows that employers principal motive for offering such programmers in health care cost containment. Few studies have examined
the effect of employee obesity and absenteeism, disability and health care costs.

The present study compared the absentee rates, disability rates and total health care costs between obese and non-obese employees. Two hundred and twenty two employees at the corporate offices of an international fast food chain volunteered to participate in the study. These employees were categorized into obese or non obese groups based on percent body fat measurements using the bio-impedance analysis method or Quetelet's height-weight squared body mass index method. Employees self reported their illness related absenteeism and disability over a six month period. Total health care cost information was obtained from employees medical insurance records. Health care costs included fees for impatient outpatient services and prescription drugs for one year.

Three-way analysis of variance confirmed that obesity had a significant effect on employee absenteeism and disability, \( p<0.05 \). Female sex was also found to have a main effect on these two variables \( p<0.05 \). Results of the study showed that age had an effect on total health care costs and number of medical claims. Employees 35 years of age and over had significantly greater \( p<0.05 \) total of health costs, claims absenteeism and disability rates. Pearson product moment correlations were calculated to determine the relationship between body fat and employee's absenteeism disability and health care costs. No significant relationships emerged between the variables.

Blanco (1987) stated that this descriptive correctional study focused on the relationship between health beliefs and physical activity among older adults. The health belief model (HBM) developed by Becker et. Al.,(1974) served as a framework for the study. Subjects consisted of a convenience sample of 125 non institutionalized older adults aged 50 and over excluding individuals with physical disabilities which impeded emulation. The data collection instrument for the study was a four part survey
instrument (the physical activity-Health Belief Questionnaire), developed by this investigator, based on instruments by Champion (1981), Reiff et. al., (1967), Paffehbarger (1986), and Ralliff and Knehahs (1986). Hypotheses dealt with the relationship between the HBM variables (susceptibility, seriousness, benefits barriers and health motivation), knowledge and physical activity study hypotheses were tested using the chi-square statistic. Analysis of data revealed a significant relationship between the variables benefits and physical activity at $p<0.05$. No significant association was found between the other HBM variables studied and physical activity, nor between knowledge and physical activity. The findings of this study may be of value to health education's in developing approaches to influence adults to establish the habit of exercise in their daily lives.

Awender (1987) found that relationship between congruence/non-congruence of sex role orientation and lifestyle of anxiety, depression, and self esteem were predicted for a sample of 268 adult women. Relationship to psychological adjustment were also predicted in the same sample with the variable which comprised congruence/non-congruence and lifestyle as continuous and as categorical variables: M+ and F+ scores (Positive masculine and feminine items on the Extended Personal Attributes Questionnaire) and employment hours, sex role categories of masculine, feminine, androgynous and undifferentiated and employed fulltime not employed. These relationships were tested for the total sample and for the low, medium and high income groups of this sample. The subjects were adult volunteers from a major metropolitan area of Ohio.

Measurements of sex role orientation anxiety, depression self esteem and demographic variables were submitted to multiple linear regression for analysis.

No significant differences were found between the congruent and non-congruent groups in the total sample. A significant ordinal interaction was found between income level and congruence/non-congruence in the
prediction of psychological adjustment. The congruent subject were less anxious depressed and had higher self-esteem for all income levels. The M+ scores were significantly and positively related to self esteem negatively related to anxiety and depression for all groups. The F+ scores were positively related to self esteem except at the low income level; unrelated to anxiety and depression. Work hours were related positively to anxiety and depression. The androgynous and masculine subjects were significantly higher in self esteem and lower in depression and anxiety than the feline and undifferentiated subjects.

2.2. LITERATURE ON ANXIETY

Boon (1997) investigated arousal and anxiety of gymnastic performance. Anxiety was assessed by means of the state trait anxiety inventory. The college women’s varsity gymnastic team (N=18) were tested, the inter correlation matrix of all variables, gymnastic ability, pulse rate, palm-sweating, state anxiety, trait anxiety and gymnastic performance and arousal were analyzed.

Kim (1980) studied twelve members of men inter collegiate volleyball team of spring field colleges. All subjects completed the state anxiety inventory three times, once two minute before a practice session it was found that trait anxiety cannot be used to predict state anxiety. The three competitive situation of practice regular sessions game and tournament game do not produce, different state anxiety reactions or interaction exists between trait anxiety and the three competition situation a positive relation exists between trait anxiety and tournament state anxiety.

Genochi (1981) conducted a study sought to determining the relationship between competitive trait Anxiety State and good performance in a field setting. Ten moderate and high CTA Collegiate Golfers (N=30) performed in a practice round on day one and day two of a competitive tournament, state anxiety results indicated a significant in CTA main object with low CTA subjects displaying lower state anxiety than moderate of high
CTA subjects. The competition main effect was also significant with post-hoc tests indicating higher levels of state anxiety during day 2 than during the practice round. Performance result produced. Significant CTA main effects with low CTA subjects displaying higher levels of performance than moderate of high. CTA correlation between SCAT State anxiety indicated that SCAT was a god predictor of pre competitive state anxiety.

Adejoa (1982) conducted a study on the relationship of anxiety and level of aspiration among physical education student’s thirty one Physical Education College male students of eastern Illinois University were administered the anxiety questionnaire designed by the institution of personality and anxiety testing. The level of aspiration of performance on the group strength test. There was no relationship between levels of aspiration in high and low anxiety student and also no difference between high and moderate or moderated and low anxiety groups.

Jones (1983) studied the effect of anxiety and need for achievement on the performance of high school wrestlers. Data were obtained from the match perception test anxiety questionnaire expectancy rating by the individuals and by their and observation. It was concluded that the personality traits of anxiety, both the expectancy and the actual performance of these high school wrestler subjects who measured low in anxiety level performed better than those high in anxiety. The group scoring highest in performance was that of low anxiety and high level of achievement. The lowest level of performance was that of low anxiety and high level of achievement. The lowest level of performance was demonstrated by the group high in anxiety and low in need of achievement.

Anderson and Williams (1987) conducted a study and tested whether there was significant and sport competition anxiety differences among sex typed (masculine males, Feminine Females) cross sex types (masculine female, feminine males) and rogynous (males and females who gave strong masculine and feminine dimensions). Each subject was tested for
competition anxiety using the Sport Competition Anxiety Test (SCAT). A one way ANOVA of SCAT scores by groups was significant = (5, 210 = 6.52) 6.52, p.001, post hoc analysis revealed that feminine had significantly more competitive anxiety than all other groups androgynous female were more anxious than masculine males (p.05) the result are discussed in terms of gender scheme theory.

Horvatich (1987) reported the finding of the statistical integration of thirty-eight primary research investigations of the influence of A-trait and A-state anxiety level upon athletic performance. Meta Analytic methods were used to validate the scores and specific suggestions were presented towards the relationship between anxiety and performance anxiety levels. Comparisons obtained from the t-test between the following pairs of variables were analyzed individual v/s. Team sports (Individual sport Athletic displayed a larger amount of anxiety) A trait and A-state anxiety influenced to a greater extent in performance.

Hasarani (1991) conducted a study on competitive anxiety of basket ballers and track and field athletes. A sample of twenty five basket baller and twenty two athletes were administered SCAT (Martens 1997) questionnaire a day. Prior to their competitions found difference in anxiety level of basket ballers and track and field athletes. It was also revealed that basket ballers had better experience in copying with pre competition anxiety than track and field athletes.

Pandy, Jayashree and Shyalja (1991) conducted a study on analysis of pre-competitions anxiety among the athletes of sexes and was delimited to track and field athletes. Fifty College level athletes who participated in Inter Collegiate Meet were administered sports competitive anxiety test (SCAT). The result indicated that female athletes showed lower anxiety level than male athletes. It was found that experience and achievement level play an important role in the management of a state prior to the competition.
Tyagi and Subramanian (1992) conducted a study to find out the effect of competition and anxiety of college female hockey players. Forty-four female hockey players participated in the Inter Collegiate hockey tournament were administered. The translated version Rainer Martens SCAT on the three occasions namely. One month before the actual competition. One hour before the actual competition and one month after the competition to determine whether forth coming competition increased the anxiety level of the collegiate hockey players. Result indicated that the forth coming competition increased the anxiety level of the players though not to a significant level and also that inexperienced player possessed higher level of competition trait anxiety than the experienced player.

Mace and Carral (1995) conducted a case study of tow squash who used stress inoculation training to control their anxiety on the squash court both players, one male and one female suffered playing documents, as a result of anxiety levels that were too high. The players were introduced to stress inoculation training so they could learn to control their. Both players were given eight training sessions pre and post state anxiety result and the players ratings at their performance revealed that both individuals reported their levels decreased considerably and their performance improved.

Reddy and Devander (1999) conducted “the study of the competition anxiety between medallist and non-medallist boxers”. The study was conducted on a total sample of forty subjects drawn form the Andhra Pradesh (A.P.) Senior state Level boxing championships held at Warangal from 1st to 3rd October 1999. The subjects were selected at random and divided in two group-medallists and non-medallists. For the purpose of the collection Marten’s competition anxiety questionnaire was employed prior to the competition and date, were collected on analysis of data by ‘t’ ratio, it was found that the competition anxiety levels of the medallist and non-medallist boxers is equal.
Baig and Joshi (1999) conducted the study an “Comparative study of sports anxiety in normal school children and Juvenile delinquents”. Thirty normal school children who participate in cricket have been administered the sports anxiety scale. Thirty Juvenile delinquents participating in cricket tournament and playing regularly were also administered the same scale. Children in both the groups were taken from the age group of 14 years to 16 years. The difference between the two groups was studied by the ‘t’ test. It was found that Juvenile delinquents experience more anxiety than the normal school children. This result is discussed in view of the institutional atmosphere Juvenile delinquents anxiety was the result of their post history and experience of life.

Burg, Dinueci, Meccune (1992) conducted a study on 77 cheerleaders participating in a national collegiate champion ship competition were administered the competitive state anxiety inventory-2 immediately prior to performance significant correlation were found between cognitive and somatic state anxiety a finding consistent with previous research. Negative correlations were found between both cognitive and somatic state. Anxiety and self-confidence also as previously reported canonical discriminate analysis indicated that significant discrimination between the terms could be accomplished by combination of the state anxiety variables. Both groups, 36 man, 41 women deferred significantly from normative scores on the somatic sub scale.

Lox (1992) conducted a study to test proposition from the 1990 competitive anxiety nodal proposed by martens, vealy and Burcox specifically the relationship among perceived threat and state responses of anxiety confidence and efficiency were examined to assess whether perceived threat might explain anxiety and confidence in fifty two inter collegiate female volley ball players somatic anxiety was significantly correlated with perception of importance of both outcome and personal performance while uncertainly regarding personal performances was
significantly related to cognitive anxiety. In addition perceived threat was significantly related to self-confidence and self-efficiency.

Matheson and Mathes (1991) examines changes in cognitive anxiety, somatic anxiety and self confidence as measured by the competition state anxiety inventory-2 in a sample of 50 female high school gymnasts prior to their performance at a practice session dual meet and district championship meet. The purpose of the study was to examine (1) the relationship between state anxiety and performance getting (2) experience and (3) difficulty of movements tasks. Analysis showed that at the dual meet athletes experienced significantly greater cognitive and somatic anxiety and lower self-confidence that at the practice or district championship. State anxiety did not very significantly with the athletes overall experience or the difficulty of the routines. They performed the unexpected finding that the dual meet was the most anxiety provoking was attributed to the greater uncertainly of outcome in a competition and the fact that the dual meet occurred early in season.

Hasrani and Hari (1999) conducted a study of comparison of sports competition anxiety and aggression of two levels of male basketball players. The purpose of this study was to compare the competition anxiety and aggression of two different levels male basketball players. The study was conducted on Inter collegiate and Inter-varsity male basketball players in 1977 to know the relationship if any between the competition anxiety and sports aggression traits. A total of a one hundred (100) subjects in which 50 inter collegiate and 50 inter-varsity level basket ball players were selected as selected as subjects in this study. Sports competition anxiety questionnaire (SCAT) and sports aggression in vention were administered on male basket ball players before their major competition. In order to compare low traits results, the Pearson's product moment correlations and 't' test were applied as statistical techniques.
On the basis of obtained results through statistical analysis there was a relationship between competition anxiety and sports aggression among basketball players secondly the competition anxiety played a significant role in both levels. Similarly, all players had shown a significant level of aggression. However, it was concluded that there was one correlation between anxiety and aggression traits separately at inter collegiate level but inter-varsity players had shown better correlation in competition anxiety and aggression.

Neeraj and Sandhu (1999) conducted as study on “the effects of exercise on state anxiety and trait anxiety. The relationship between behavior and biology was heuristically organized around three themes health impairing and health promoting habits, illness related decisions and action and the psycho physiological effect of stress. The present study was base on evaluating the effects of exercises on state anxiety and trait anxiety. The sample consists of 120 male individuals (90 exercise of different duration's and 30 non-exerciser controls) aged 17 to 23 year's state trait anxiety. Inventory (SCAT) was applied on each subject.

The result of the present study exhibits that exercise has substantial effects on reducing both the state anxiety and trait anxiety levels. The maximum difference is seen in case of state anxiety when non-exercisers are compared with exercisers of one-year duration’s (t value = 4.12) and in case of trait anxiety, when non-exercisers are compared with exerciser of six month’s duration (t value = 5.26).

2.3. LITERATURE ON ACHIEVEMENT MOTIVATION

Bujarak, Hardayal Singh (1991) conducted a study on relationship of achievement motivation and attribution to performance outcome in competitive athletics. The concepts on achievement motivation and attribution are well known in the field of sports psychology.
The present study makes an attempt to investigate the relationship of achievement motivation and attribution to the performance on some athletic events. The data for the study were collected on 50 men athletes questionnaire pertaining to the main two psychology concepts are used for the purpose. The investigation highlights that achievement motivation is a contributory factor to the performance in events like 100 Mts. and 800 Mts. run. Ability attributable to the performance on 5000 Mts. runs. However for 800 Mts. run and the disc throw ability is the major psychological attributer factor.

Kumari and Kamlesh (1995) conducted a study on psychological profile on international female Indian hockey players. It is generally felt by sport scientists that high level performance in sports are characterized by definite psychological profile, which generally distinguish them from lower level performance. In the present study, an effort has been made to sketch the psychological profile on Indian Women Hockey Players who represented India in international Tournaments.

The data were collected on 238 National and International Women Hockey players on Incentive motivation.

Achievement motivation state and trait anxiety sports competition anxiety, and extroversion introversion and neuroticism by using relevant test. In order to sketch the profile six standardized intervals were created with the help of mean and so on the total female hockey population, which participated in the 43rd Senior National Championship held on Chandigarh. The result on the study indicated that International women Hockey players exhibited low achievement motivation moderately low competition anxiety.

Harry Clayton (1989) studied the success and failure and their relations with difference component of achievement Motivation. It is possible that success and failure may mean different view to individuals with different types of achievement needs. It was found that person high in achievement
motivation to have positive influences on success than their counterparts who possess low achievements motivation.

Dweke (1976) conducted a study on effect of achievement motivation on success and failure. The results of the study showed that a subject who experienced success have considerably high achievement motivation than who experienced failure. Failure result from lack of achievement motivation rather than lack of ability and skill changes in achievement motivation during competition is under the control of the performer.

Gosh (1991) conducted a study on “Achievement Motivation among National and International Sportsmen” The study was under taken to investigate the achievement motivation of National and International sportsman and Sportswomen. Kamlesh’s achievement motivation scale was administered to a sample of 101 athletes, 56 sportsmen and 45 sportswomen. The sample comprised of 76 Indian athletes and 25 foreign athletes.

The results indicated that sportswomen have more achievement than sportsmen do and foreign sportsmen have a higher need for achievement than Indian sportsmen.

Roberts (1984) devised a study to find out the effects of achievement motivation and competitive environment on the risk choices students performing a motor task. It was concluded that achievement success students mostly preferred extreme risk choices to a significantly greater extent than intermediate and low risk choices to a significantly greater extent.

Ruth (1987) designed a study to examine applicability of attribution theory of achievement motivation to men and women. According to attribution theory, the achievement motivation is high only when personal responsibility for task outcome is experienced. It was hypothesized that
among career man and women there will be positive relationship between high achievement motivation and internal action for success. One hundred subjects were selected and men and women were distributed equally on the basis of their career choice. The major finding of the study was that internal attribution is positively related with achievement motivation. High achievement motivation group reserved risk taking career men and women significantly differ achievement motivation and career choice; this may be due to difference in the sex role.

Sundari (1989) conducted a study on the impact of extramural on achievement motivation aggression and anxiety among College Women Volleyball, Basketball and Kho-Kho players. She selected ninety college women players' subjects. The purpose of the study was to find out the influence of extramural competition on achievement motivation aggression and anxiety. The achievement motivation data was collected by sport achievement motivation questionnaire. She came to the conclusion that extramural competition among College Women did no impact on achievement motivation aggression and anxiety.

Shaw and Jain (1999) conducted a study on relationship between levels of sports achievement and sports achievement motivation scores of sports persons belonging to selected school and colleges of Delhi. The purpose of the study were

1. To compare among the selected levels of sports achievement namely zonal, Inter Zonal and State, National and Non-participation of SAMT (Sports Achievement Motivation Test) Scores of schoolboys and girls independently.
2. To compare among the selected levels of sports achievement namely inter Collegiate and state, national and Inter University and International and non-Participation on SAMT scores of College boys and College Girls independently and
3. To compare among the selected levels of sports achievement of SAMT scores of school boys, College boys, school girls and College girls independently 68 males and 14 females form selected schools and 56 male and 51 females from selected colleges were randomly selected with age ranging form 11-20 years at school level and 21-26 years at college level. Sport achievement motivation test (SAMT) developed by M.L. Kamlesh was administered on the subject as per instructions to obtain SAMT scores.

Mean standard deviation 't' test analysis of variance and post-hoc analysis of variance was computed. The chosen level of significance was 0.05 for testing the hypothesis. The finding of the study were as follows:

1. Insignificant differences were observed among the selected levels of sports (achievement Inter-School / Inter-Collegiate, Inter Zonal / State, National / Inter University & International and non participation) on SAMT scores in

   (a) School Boys
   (b) College boys and
   (c) College Girls

2. Significant differences were found among the selected levels of sports achievements (Inter-School, State & Inter Zonal, National / International and Non-Participation) on SAMT scores in school girls post hoc analysis (Scheffer's) confirms that

   (a) The comparison between school zonal and school Inter zonal was insignificant.
   (b) The comparison between school zonal and school national was significant and
   (c) The comparisons between school inter zonal and school national was significant at 0.05 level of significance.
Harvey (1986) used McLanland's Thematic Apperception test in the investigation of achievement motivation theory on athletes. He hypothesised that achievement motivation is an important component in the psychological make up of athlete when he found that athletes did not differ significantly on the need for achievement. His findings did not agree with the concept that high achievement need is related to high performance or that a low achievement need is related to poor performance.

Newton Niedfeldt and Savage (1997) examined the relationship of anatomical and an achievement motivation goal to injury conditions in collegiate track athletes. The results revealed that the achievement motivation goals were related significantly with injury. It was proposed that more several athletes develop an anatomical propensity towards injury because of the greater amount physical strain they endure. The implications of the results of the study are:

1. High aspiration to perform is a characteristic of better track athletes.
2. High level of performance and improvement should not be expected from individuals who are not "driven" to achieve.

Auvergne (1983) conducted a study on twelve female and thirty-three male skiers (mean age of 15.3 years) who attended a "short study" high school in France. The study revealed (1) Eighteen skiers obtained above average competition results, (ii) fifteen skiers obtained average results and (iii) twelve skiers obtained below average results. Based on these results achievements motivation and casual attribution were assessed and three research questions were formulated. Analyses were performed in order to identify how athletes who obtained high, average, or poor competition results differed with respect of achievement motivation and causal attribution. Results indicated that athletes expressed similar degrees of motivation despite their competition performance. However, a large portion of athletes attributed success internally and failure externally that did
athletes whose performance were poor how achieving athletes were consistent in their causal attribution for the both success and failures.

Harvey Clayton (1980) studied the success and failure and their relationship with different component of achievement motivation. It is possible that success and failure may mean different view to individuals that different types of achievement motivation needs. It was found that persons high in achievement motivation tend to have positive influence as success than their counter parts that possess low achievement motivation.

Roberts (1974) devised a study to find out the effects of achievement motivation and competitive environment on the risk taking choices of students performing a motor skill. It was conducted that achieve success students performing a motor task. It was concluded that achieves success student mostly preferred extreme risk. Choices to a significantly greater extent risk immediate and low risk. Avoid failure students preferred intermediate risk choices to a significantly greater extent.

Harvey (1986) used meleland's Thematic Apperception test in the investigation of achievement motivation theory on athletes and non athletes. He hypothesized that achievement motivation is an important component in the psychological make up of athlete when he found that athletes did not differ significantly on the need of achievement his finding did not agree with the concept that high achievement need is related to high performance or that a low achievement need is related to poor performance.

Saravanam (1998) studied cooperative study of anxiety, achievement motivation and self concept among college men basket ball, volley ball and football, ninety players were selected as subjects at random and there age was ranged between 17-24 years. It was find out that there was no difference in anxiety level and self concept level among college men basket ball, volley ball and football players.
Xavier (2002) studied comparative analysis of achievement motivation and self-concept among college and university men volley ball and basket ball player in Mahatma Gandhi University, Kottayam twenty players each in college and university level men volley ball and basket ball were selected as subjects and their age was between 18 and 25 years that the achievement motivation college level of basket ball men players was greater than volley ball men players.

Padmanabhan (1998) studied a comparative analysis of anxiety, achievement motivation, among Manonmaniam Sundaranar University basket ball, foot ball and cricket players eighty men from manonmaniam sundaranar university inter collegiate winners and runners basket ball, foot ball and cricket were selected and found that manonmaniam sundaranar university cricket players had greater achievement motivation than the foot ball and basket ball players.

2.4. LITERATURE ON SOCIO-ECONOMIC FACTORS

Alex (1984) conducted a case study on Pathros P. Mathai Physical Director Kerala University in the year 1984. This study shows that he comes under middle class family.

Mathai born on 9th May 1936 was from semi-urban township of middle class family. He led the Vikkram University in Basketball in the year 1959-60 as well as volley ball in the year 1960-61. His talents and performance earned him a place in MP State Volley Ball and basketball teams as well. Again he was a member of the Utter Pradesh State Basketball team. He was a National Award winner in Physical efficiency drive in the year 1966.

Baweja (1997) concluded in his study that it must be interpreted with caution as the sample size is small. Also constraint resources necessitate application of elementary statistical tools. Consequently, casual associations may masquerate as casual connections.
Brockhoff (1972) investigated the relationship between physical measurements and socio-status. The sociometric questionnaire was administered to mixed longitudinal sample of upper elementary school children. The subjects (N varied from 170 to 238) who participated in the "Toledo Growth Study" were tested for the physical variables at the end of the fourth, fifth and sixth school year. The sociometric scores were correlated with the structural and functional physical variables through product moment correlation procedures. The co-efficient was tested for significance at the 0.01 level. There was a relatively high correlation among boys and girls with regard to three sociometric categories such as friend homework and sports the agreement between boys and girls in rating of their peer was considerably lower

Best (1980) conducted a study on comparison of personality traits and socio-economic status of female athletes and non athletes at Ohn Brown University. In his study he found that college athlete came from families of higher socio-economic status. He also found out that the socio-economic status of college athletes was very high compared with high school athletes.

Jaygopal (1981) studies 275 students of IX standard from nine schools functioning in the lower socio-economic pockets of Madras city which resulted in no significance correlation between scholastic achievements.

With an objective of studying the relationship between educational attainment and intelligence, need, achievement, socio-economic factor and the ordinal position at birth in the family and the nature of relationship between the selected variables, contractor (1987) investigated 300 randomly drawn students who had completed their secondary school certificate examination from Ahamedabad city. The major findings were that educational attainment was functionally related positively to intelligence and accounted for 25 percent of the variance in educational achievement.
Joseph (1983) conducted a study on Asian Volley baller, Joseph “Pappan” which shows that pappan comes form poor agricultural family. Born on 12th March 1939 in Ernakulam 1963 and represented India in 1964 Olympics in the game of volleyball. He has his employment an operator in one Ammonia plant in Kerala.

Pontheiuse and Barker (1984) studied the different motor characteristics depending upon differential socio-economic background of the family and revealed that boys from low socio-economic status levels were faster and better coordinated that the upper status boys who surpassed the lower status boys on measure of agility, speed and strength. The result also indicated that lower socio-economic status girls were faster, better coordinated and had more endurance that the upper status girls.

Tigleman (1984) examined motor performance and social status relationship among children of three to six years old. He selected 201 children for assessing 14 motor skill measures and he assessed social status by sociometric questionnaire. He found social was significantly correlated with speed strength for the four years old and with co-ordination for the five-year-olds. The five and six years old with the highest motor skill ratings were significantly more popular than lowest motor skilled peers.

Stone (1984) has carried-out a different type of investigation concerning the pervasive influence of sports in society. The investigator 562 people in a large metropolitan district in the United states of America according to upper middle and lower socio-economic status and asked the people at each stratum to mention as many activities associated with the word sport as possible on the basis of the analysis of data the researcher concluded that sport is pervasive and important to people at all socio-economic levels.
Chinmayasarma (1985) conducted a study on Bhogeswer Baruah, the Arjuna Award Holder in Athletics in the year 1985. This study that he comes from a poor family Bhogeswar Barush was born 29th November 1940. His father was an uneducated man. The economic condition of his family was not good enough to maintain his outfit. After joining Army, he set out in the interstate as well as national level sport meets. He made a number of foreign trips for international meets. He won the Gold Medal in 800 meter's in 1966 Bangkok Asian Games. He was selected for Olympics trail, which was held at Patiala and New Delhi in the year 1966.

Cratty (1986) opines that the middle class individuals will generally be most competitive in the widest variety of situation. The lower class persons will tend to feel that the odds are always against them. While the upper class individual will feel that his position is secure regardless of performance. It is therefore, not realize to expect the same level of competitive behavior from different segment of society.

Srivastava (1986) in his attempt to determine the extent of relationship between high school achievement and general ability, adjustment, interest and family status and to locate the variables relevant for prediction result in that there was substantial correlation between intelligence and achievement and moderate correlation between achievement and socio-economic status.

Dhami (1986) studied randomly selected student of the age 14 and 15 drawn from classes IX & X of different categories of school in Punjab and found that intelligence and emotional maturity contributed substantially to success in scholastic achievement. The contribution of intelligence was more than that of socio-economic status. Further the relationship between scholastic achievement and emotional maturity and scholastic achievement differed significantly from each other.
Karuppaiah (1990) studied the socio-economic status of the Tamil Nadu Universities (India). Men players during the academic year 1989-90 and their preference of games and sports. The members of the teams of The Athletics Ball Badminton, Basket Ball, Chess, Cricket, Football, Hockey, Kabaddi, Tennis, Table Tennis And Volleyball of the various universities were the subjects. He concluded as follows. The players from lower income and economically weaker families alone prefer vigorous and strenuous activities. Also it was found that the educated lower and middle class family who lives in city and rural area prefers to play football.

Salvi and Trivedi (1991) investigated the influence of intelligence and socio-economic status attitude towards English and their various interaction of achievement in English and their tension interaction on achievement in English using 100 Gujarati medium male students of standard XII. The 2x2x2 factorial analysis of variance with unequal status had no significant influence on achievement in English.

Singh, Agarwal (1998) conducted a study on "prevalence of Anaemia and its relation to Physical and sexual growth in adolescent boys of lower socio-economic status" in Delhi, India. Anemia is common during adolescence in boys of lower socio-economic status and due attention should be given to identification and treatment of the problem so as to ensure optimal growth, during the second spurt of growth.

Prakash (1991) conducted a study to find independent and interactive effects of sports participation and socio-economic status on the intelligence of sports student to find out the difference in intelligence scholastic achievement and personality among sports student at different levels of sports participation and to study difference in intelligence, scholastic achievement and personality among people and university sports student at different levels of socio-economic status drawing a sample of 256
sportsmen. The conclusions made were boys and girls with a university position were more intelligent.

Begum (1994) compared the personality traits and socio-economic status of women players at inters University level. The subjects were selected randomly from the various university player of All India Inter University and South West Zone tournament for the year 1993-94 out the seventy five subjects selected twenty five numbers were from Kabaddi. The subjects were between the age group seventeen and twenty three. The variables under personality traits were Extroversion, Neuroticism and Socio-economic status variables were social status economic status and socio-economic status.

ANOVA Statistical technique was used to analysis the results. It was concluded that in socio-economic status the three groups were homogeneous. Almost all the players were hailing from middle class families irrespective of the game played in personality traits also there were no significant difference found among the three groups.

George (1999) studied a comparative study of social behavior and adjustment in high and low fitness students of public schools 300 boys were selected randomly from the high school population of the three school 10% of the upper and lower scores in AAHPER health related fitness tests were selected to represent high fitness and low fitness groups and find out the similarity of the groups in their social behavior and adjustment character were influenced by the socio economic status of the students.

Kumar (2001) studies analysis of academic achievement, physical fitness, socio-economic status and intelligence of B.Sc Physical Education students in Tamil Nadu are argues that there was no significance relationship between academic achievement and physical fitness further the study indicates that their was significance relationship between physical fitness and intelligence and also their was significance relationship between
intelligence and socio-economic status. Further the study showed that a high multiple correlation between academic achievement, physical fitness, intelligence and socio-economic status.

Joseph (1999) studied a study of stress among various socio-economic categories of 100 government employees in Thiruvananthapuram were selected for the study randomly and found out that there is a significant difference of stress among various socio-economic categories of government employees in Thiruvananthapuram.

Dady (1999) studied interrelationship of academic achievement, physical fitness, intelligence and socio-economic status of 200 kendriya vidyalaya girls of Chennai region were selected as subject and their age was between 16-18 yr. and it was fined out that there was significant relation ship between academic achievement and socio economic status. Further the findings of the study indicate that their was no significant relationship between physical fitness and intelligent and also there was no significant relationship between physical fitness and socio economic status.

2.5. LITERATURE ON TOPOGRAPHY

Sunil (2001) studies comparative analysis of anxiety, aggression, self-confidence, achievement, motivation, socio-economic status, academic achievement and intelligence among the national level boxers, wrestlers and Judocas at different topography in India. He selected 240 men national level player at different topography as subjects at random and there age was ranged between 18-25 years. Three major groups such as Boxer, Wrestler and Judocas were selected as subjects. It was find out that there was significant difference in aggression, self confidence (state) and socio-economic status factor among the south, north, east and west zone men Boxer, Wrestler and Judocas.
2.7. SUMMARY OF THE LITERATURE

The research scholar in his attempt to review related literature has made extensive coverage of selected psychological variable of the study. The reviews have been listed variable wise and attempts have been made to review latest studies conducted in the subject.

In the reviews made on Anxiety variable, 18 studies have been studied, out of which 06 represent the above 1995. Achievement motivation has been listed in 19 studies out of which 06 represent studies of above 1995. The variable of lifestyle has been listed through 13 research studies of which 04 represent studies of above 1995. The variable of socio economic covered through 22 studies out of which 06 represents studies of above 1995. The above listed studies have been reviewed due to their importance and relevant to the studies.

In all a total of 72 studies have been studied and listed in this chapter out of the extensive search attempted by the research scholar.