

APPENDICES

APPENDIX – A

LIST OF INSTITUTIONS AND VENUES OF DATA COLLECTION

GAMES	NAME OF THE INSTITUTION	VENUE OF DATA COLLECTION
Volleyball	1. Sahyadri College, Shimoga	Tournament held at Shikaripura
	2. University College of Physical Education, Shankaraghatta	
	3. Post Graduate Centre, Jnana Sahyadri, Shankaraghatta	
Basket Ball	4. U.B.D.T.C.E, Davanagere	Tournament held at Chitradurga
	5. A.G.B.C., Davanagere	
	6. IDSGC, Chickamangalore	
Football	7. UB DTCE, Davanagere	Tournament held at Chitradurga
	8. A.R.G.College, Davanagere	
	9. University College of Physical Education, Shankaraghatta	
Kabaddi	10. University College of Physical Education, Shankaraghatta	Tournament held at Bhadravathi
	11. MMFGC, Chitraduraga	
	12. SJM Arts & Science College, Chitradurga	

APPENDIX – B**SPORTS ACHIEVEMENT MOTIVATION TEST**

- 1 Name _____ 3 Institution/State _____
2 Age _____ 4 Highest Sports
Achievement _____

DIRECTIONS: “WHAT YOU WISH TO BE IN YOUR SPORTS CAREER” is an important proposition for you as a student as well as a player of some game / sports.

This test is meant to make you understand this proposition as well as to help you move in this direction.

Below are given some incomplete statements which can be completed by choosing either of the TWO proposed parts against each statement. Please ‘TICK’ the statement which you think corresponds best to your thinking.

This has nothing to do with your examination. Your response will be kept secret.

Answer all the questions without hesitation.

Complete the test as early as possible without thinking too much over a statement.

1	I enjoy playing-----	a) vigorous game (s) b) Game (s) which requires little physical effort.
2	As a player I like to be called----	a) a well-equipped player b) a top scorer
3	In my life I would like to-----	a) use sport as a profession b) Use my sports achievements to get other benefits like employment, admission etc.
4	I want to earn fame in sports-----	a) By my hard work. b) By influencing officials / selectors.
5	During the holidays, I want-----	a) To watch matches. b) To spend time in perfecting my game.
6	I take pride in being called-----	a) A sportsman of fine manners. b) A sportsman of perfect techniques and skills.
7	It is my nature----- -	a) To just participate in sports rather than to compete. b) To take sports competitions seriously.

8	I play the game-----	a) To keep good health only. b) To just earn fame.
9	I feel extremely unhappy when-----	a) I lose a match b) I lose my sports equipment kit
10	Generally I make friends with-----	a) Those who are outstanding sportsmen though less influential. b) Those who are highly influential but sportsmen of lesser ability.
11	I have a tendency to concentrate-----	a) On one game only. b) On more than one game.
12	I feel my success depends upon-----	a) My own hard work. b) My friends or officials.
13	I want to practice sports so that-----	a) I may be selected to represent my school/state/nation. b) So that I may keep fit.
14	I feel that winning in sports is-----	a) Something to be proud of. b) Everything for me
15	I shall feel contented if my team-----	a) Just wins a match. b) Crushes the opposite team.
16	In near future, I shall be-----	a) A star sportsman. b) A rich person
17	Generally I have a feeling that---	a) I must represent my country in my sport. b) I may achieve some success in sport activities.
18	Criticism on my performance-----	a) Helps me to work harder. b) Discourages me a great deal.

19	I would like to-----	a) Do much better than others. b) The best within my power.
20	Generally I have a feeling-----	a) That I would create a new record in my game/sport. b) That I shall retire before I reach the top of my game.

APPENDIX – C

QUESTIONNAIRE FOR SPORTS COMPETITION ANXIETY TEST

- 1 Name _____ 3 Institution/State _____
- 2 Age _____ 4 Highest Sports Achievement _____

Below are some statements about how persons feel when they compete in sports and games. Read each statements and decide if you **HARDLY EVER**, **SOME TIMES**, or **OFTEN** feel this way when you compete in sports and games. There are no rights or wrong answers. Do not spend too much time on any one statement. **REMEMBER** to choose the word that describes how you usually feel when competing in **SPORTS AND GAMES**.

		Hardly ever	Sometimes	Often
1	Competing against others is socially enjoyable	A ()	B ()	C ()
2	Before I compete I feel uneasy	A ()	B ()	C ()
3	Before I compete I worry about not performing well	A ()	B ()	C ()
4	I am a good sportsman when I compete	A ()	B ()	C ()
5	When I compete I worry about making mistakes.	A ()	B ()	C ()

6	Before I compete I am calm	A ()	B ()	C ()
7	Setting a goal is important when competing	A ()	B ()	C ()
8	Before I compete I get a queasy feeling in my stomach	A ()	B ()	C ()
9	Just before competing I notice my heart beats faster than usual	A ()	B ()	C ()
10	I like to compete in games that demand considerable physical energy.	A ()	B ()	C ()
11	Before I compete I am relaxed.	A ()	B ()	C ()
12	Before I compete I am nervous.	A ()	B ()	C ()
13	Team sports and more exciting than individual sports.	A ()	B ()	C ()
14	I get nervous waiting to start the game	A ()	B ()	C ()
15	Before I Compete I usually get up tight.	A ()	B ()	C ()

Signature