A. SPORTS ACHIEVEMENT MOTIVATION TEST

1. I enjoy playing
   a. Vigorous games (s)
   b. games (s) which requires physical effect.

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 achievement to get other benefits like employment, admission etc.

4. I want earn fame in sports
   a. by my hard work.
   b. by working hard with the selectors.

5. During the holidays, I want
   a. to watch matches
   b. to spend time in perfecting my game.

6. I like pride in being called
   a. a sportsman of fine manners
   b. a sportsman of perfect techniques and skill

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.
   b. to earn a name in the world.

9. I feel extremely unhappy when
   a. I lose a match
   b. I lose my sports equipment or kit.

10. Generally I make friends with
    a. those who are sportsmen though I influential
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 be keep fit.
14. I feel that winning in sport is
   a. something to be proud of
   b. everything for me.
15. I shall feel contented if my team
   a. just win a match
   b. crushed 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 sports 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 other
   b. the best within my power.
20. Generally I have a feeling
   a. that I would create a new record in my game/sports.
   b. that I shall retire before I reach the top in my game.
B. SMITH’S AGGRESSIVE QUESTIONNAIRE
(Encircle the appropriate numbers for your answer)
1- If you want to get personal recognition is games it helps to play rough. People in admire those.

<table>
<thead>
<tr>
<th>Strongly</th>
<th>Disagree</th>
<th>Strongly</th>
<th>Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

2- Roughing up the other team might mean getting penalized but the long run. If often helps you to win.

<table>
<thead>
<tr>
<th>Strongly</th>
<th>Disagree</th>
<th>Strongly</th>
<th>Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

3- Most people don’t respect players who will not retaliate when they are picked on.

<table>
<thead>
<tr>
<th>Strongly</th>
<th>Disagree</th>
<th>Strongly</th>
<th>Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

4- To be successful most teams require at least one or two aggressive people.

<table>
<thead>
<tr>
<th>Strongly</th>
<th>Disagree</th>
<th>Strongly</th>
<th>Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

C. SPORTS COMETITION ANXEITY TEST QUESTIONNAIRE

(SCAT Questionnaire)
Your answers may be marked by putting “X” mark against appropriate column.

Hardly Ever   Sometimes   Often
1. Competition against other is sociality enjoyable.
2. Before I complete I feel uneasy
3. Before I complete I worry about making mistake.
4. I am a good sportsman when I complete.
5. When I complete I worry about making mistake.
6. Before I complete I am calm
7. Setting a goal is important when competing.
8. Before I compete I get and uneasy Feeling in my stomach.
9. Just before competing I notice my my heart Beats faster than usual.
10. I like to compete in games that demand.
11. Before I compete I feel relaxed
12. Before I compete I am nervous
13. Team sports are more exciting than Individual’s sports.
14. I get nervous wanting to start the game.
15. Before I compete I usually get up High.
D. SPORTS STRESS TEST

Below are a number of statements relating to various situations of life. Read each statement carefully and decide how it suits you and accordingly make a tick mark under the appropriate column against each statement.

There is no right or wrong answers. Do not spend too much time on any one statement but give the answers which seem to describe your feeling best.

<table>
<thead>
<tr>
<th>Statement</th>
<th>Almost True</th>
<th>Usually True</th>
<th>Seldom True</th>
<th>Never True</th>
<th>Always True</th>
</tr>
</thead>
<tbody>
<tr>
<td>I do not like to wait for the people to complete their work before I proceed with my own.</td>
<td>True</td>
<td>True</td>
<td>True</td>
<td>True</td>
<td>True</td>
</tr>
<tr>
<td>I hate to wait in most times.</td>
<td>True</td>
<td>True</td>
<td>True</td>
<td>True</td>
<td>True</td>
</tr>
<tr>
<td>People tell me that I tent to get irritated Too easily.</td>
<td>True</td>
<td>True</td>
<td>True</td>
<td>True</td>
<td>True</td>
</tr>
<tr>
<td>Whenever possible, I try to make activities competitive.</td>
<td>True</td>
<td>True</td>
<td>True</td>
<td>True</td>
<td>True</td>
</tr>
<tr>
<td>I have a tendency to rush into work that Needs to be done before knowing the procedure I will use to complete the job.</td>
<td>True</td>
<td>True</td>
<td>True</td>
<td>True</td>
<td>True</td>
</tr>
<tr>
<td>Even when I go on vacation I usually take take some work along.</td>
<td>True</td>
<td>True</td>
<td>True</td>
<td>True</td>
<td>True</td>
</tr>
<tr>
<td>When I make it is usually due to the fact that I have rushed into the job before completely planning it through.</td>
<td>True</td>
<td>True</td>
<td>True</td>
<td>True</td>
<td>True</td>
</tr>
<tr>
<td>I feel guilty for taking time, time off from work.</td>
<td>True</td>
<td>True</td>
<td>True</td>
<td>True</td>
<td>True</td>
</tr>
<tr>
<td>People tell me I have a bad temper when</td>
<td>True</td>
<td>True</td>
<td>True</td>
<td>True</td>
<td>True</td>
</tr>
</tbody>
</table>
It comes to competitive situation.

10. I tend to lose my temper when I am under a lot of pressure of work.

11. Whenever possible, I will attempt to complete two or more task at once.

12. I tend to race against clock.

13. I have no patience for lateness.


Name:……………………….. Sex:…………………………

E. SODHI’S ATTITUDE SCALE TEST

INSTRUCTION

1. There are five parts of this scale and you are asked to attempt all the item in each part.

2. You are only to read the item carefully and then encircle any of three alternatives Yes,? and No given on the answer sheet. If you are agree with statement, encircle around Yes; if you are disagree with statement, encircle around No and if you are undecided about it, encircle around ?

PART-1

1. I have great regards for my teachers and use respectable language for them even in their absence.

2. The days are gone when teachers were “GURUS”. Now they are money –makers.

3. It is safe to act upon the advice of teachers in all matters.

4. I have consideration for the opinions which my teachers have about me.

5. The lack of discipline in students is due to weakness and shortcomings in teachers.

6. My teachers are my ideals.

7. Teachers unreasonably deny even legitimate freedom to students.
8. We should be guided by our parents even in the choice of our friends.
9. Unreasonable orders of parents need not be obeyed.
10. Even when the parents are unreasonable they should be respected.
11. We should happily marry at the place selected by our parents.
12. Parents should not interface much in the affairs of grown-up children.

PART-2

1. There is a fun in breaking the rules of traffic when police constable is not watching you.
2. There is nothing wrong if you travel in first class with a second class ticket when the seats are vacant there.
3. It is a good fun to give wrong coins to the short-sighted shopkeepers at night.
4. Discipline curtails our freedom.
5. All the rules should be obeyed even if these appears to be unreasonable.
6. We must respect our office bearers.
7. Acts of indiscipline by the brilliant students should be pardoned.
8. In a match even the wrong decisions of the referee should accepted cheerfully.
9. Nothing is wrong in not standing at attention when the National Anthem is going on if you are getting late for school or class.
10. We should not bother about local values, but do in Rome as Romans do.

PART-3

1. Inspite of failures and frustrations we should be cheerful.
2. I feel as if the whole World is unsympathetic to me.
3. Life without love for others is a parasite.
4. We should not pick up quarrels with the persons with whom we differ.
5. I do not like to take responsibility for the welfare and safety of the children and the old.
6. A thing is good only if it does good to me.
7. I must not tune my radio at high pitch as it might disturb my neighbours.
8. If anyone commits a serious mistake, he should be punished, even if he feels sorry for it and expresses regrets for it.
9. I do not feel discouraged when other people disagree with me.
10. It is pretty difficult for me to accept my mistakes.
11. I want to get the maximum pleasures out of this life.
12. “Honesty is the best policy” may be a good motto, but it will not work in real life.
13. The highest type of service is the service of needy and the ill.
14. Everybody in the world should look after himself, others will manage for themselves.
15. People under the prefix of service unnecessarily interfere in the affairs of others.
16. You should not say unkind things to others even when they irritate you.
17. The best way to live a successful life is to plan individual career without bothering others.
18. If you bother too much for other you will fail in your own achievements.
19. If a person is unhappy because of his own faults, nobody needs bother about him.

PART-4

1. We should believe in universal brotherhood.
2. The land of my country is as sacred to me as my place of worship.
3. My nation is a nation of friends and philosophers.
4. If I get a job in America, I will not like to stay in my country of poverty and diseases.
5. It would have been better if I was born in some progressive country.
6. Our cultural traditions should be maintained to preserve the integrity of the country.
7. I do not hesitate to pay the taxes as it is to be used for administration, development and protection of my mother-land.
8. In a nation of the corrupt people, it is very difficult to be honest; we should do in Rome as Romans do.
9. We are proud of the achievements of our country in the international field.
10. I am ashamed of being an Indian.

PART-5

1- Love for God gives solace to heart and mind.
2- God is always present everywhere.
3- Those who say that they love God are all hypocrites.
4- What, He does is always the best.
5- It is incorrect to attribute our failures to the will of God.
6- Fear of God makes us do the right.
7- Prayers sustain us in the time of trouble.
8- Religion is the one of strongest causes of war.
9- Religion makes a man coward and lethargic.
10- Only noble deeds and devotion to God can lead us to salvation.
11- As you sow, so shall you reap; God has nothing to do with it.
12- God watches our actions and punishes us for our lapses.
13- There is nothing like heaven, everything ends with death.
14- One who leads a sinful life goes straight to hell.
15- Religious priests are noble personalities.
16- Study of religious books purifies souls.
17- Our religious ceremonies purify our way of living.
18- It is essential to practice religious conventions for purification in life.
19- Those who are intellectually sharp do not believe in religion.
20- By dint of good actions one goes straight to heaven.
Student's *t*-Test: Results aggression

The results of an unpaired *t*-test performed at 21:46 on 20-APR-2013

\[ t = 2.76 \]

\[ \text{sdev} = 3.22 \]

degrees of freedom = 98 The probability of this result, assuming the null hypothesis, is 0.0069

Group A: Number of items= 50

4.00 4.00 5.00 5.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00 8.00

Mean = 10.9

95% confidence interval for Mean: 10.04 thru 11.84

Standard Deviation = 3.53

Hi = 18.0 Low = 4.00

Median = 11.0

Average Absolute Deviation from Median = 2.78

Group B: Number of items= 50

4.00 4.00 4.00 4.00 5.00 5.00 5.00 5.00 5.00 5.00 5.00 5.00 6.00 6.00 6.00 6.00 6.00 7.00 7.00 7.00 8.00

Mean = 9.16

95% confidence interval for Mean: 8.256 thru 10.06
Standard Deviation = 2.88  
Hi = 14.0 Low = 4.00  
Median = 9.50  
Average Absolute Deviation from Median = 2.44

**Data Reference: 5FF2**

**Student's t-Test: Results stress**

The results of an unpaired t-test performed at 05:00 on 26-FEB-2013

t= -2.89  
sdev= 4.26  
degrees of freedom = 98 The probability of this result, assuming the null hypothesis, is 0.0048

Group A: Number of items= 50
24.0 26.0 26.0 26.0 30.0 30.0 31.0 31.0 32.0 32.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0 34.0

Mean = 35.7  
95% confidence interval for Mean: 34.46 thru 36.86  
Standard Deviation = 4.25  
Hi = 42.0 Low = 24.0  
Median = 36.5  
Average Absolute Deviation from Median = 3.14

Group B: Number of items= 50
28.0 28.0 31.0 31.0 32.0 32.0 33.0 33.0 34.0 34.0 35.0 35.0 35.0 36.0 36.0 36.0 36.0 36.0 36.0 36.0 36.0 36.0 36.0 36.0 36.0 36.0 36.0 36.0 36.0 36.0 36.0 36.0 36.0 36.0 36.0 36.0 36.0 36.0 36.0 36.0 36.0 36.0 36.0 36.0 36.0 36.0 36.0 36.0 36.0 36.0 36.0 36.0 36.0 36.0
Mean = 38.1
95% confidence interval for Mean: 36.92 thru 39.32
Standard Deviation = 4.28
Hi = 47.0 Low = 28.0
Median = 38.0
Average Absolute Deviation from Median = 3.32

**Data Reference: 21A8**

**Student's t-Test: Results anxiety**

The results of an unpaired t-test performed at 05:04 on 26-FEB-2013

\[ t = -1.11 \]
\[ \text{sdev} = 3.77 \]
degrees of freedom = 98 The probability of this result, assuming the null hypothesis, is 0.27

\[ \text{Group A: Number of items} = 50 \]
13.0 17.0 17.0 18.0 19.0 19.0 19.0 19.0 19.0 19.0 20.0 20.0 20.0 20.0 20.0
20.0 21.0 21.0 21.0 21.0 21.0 21.0 21.0 21.0 21.0 22.0 22.0 22.0 22.0 22.0 22.0
22.0 22.0 22.0 22.0 22.0 23.0 23.0 23.0 23.0 23.0 23.0 23.0 24.0 24.0 24.0
24.0 25.0 25.0 25.0 26.0 27.0 27.0 27.0 27.0

Mean = 21.7
95% confidence interval for Mean: 20.62 thru 22.74
Standard Deviation = 2.72
Hi = 27.0 Low = 13.0
Median = 22.0
Average Absolute Deviation from Median = 2.00
Group B: Number of items= 50
15.0 16.0 16.0 17.0 17.0 18.0 18.0 18.0 19.0 19.0 19.0 19.0 19.0 19.0 19.0 19.0 19.0 19.0 20.0 20.0 21.0 21.0 22.0 22.0 22.0 22.0 22.0 22.0 22.0 22.0 22.0 23.0 23.0 23.0 24.0 24.0 24.0 24.0 25.0 25.0 25.0 25.0 25.0 25.0 26.0 27.0 28.0 28.0 29.0 32.0 32.0 32.0 37.0

Mean = 22.5
95% confidence interval for Mean: 21.46 thru 23.58
Standard Deviation = 4.59
Hi = 37.0 Low = 15.0
Median = 22.0
Average Absolute Deviation from Median = 3.36

Data Reference: 21D2

Student's t-Test: Results achievement motivation

The results of an unpaired t-test performed at 05:26 on 26-FEB-2013

t= -0.938
sdev= 4.27
degrees of freedom = 98 The probability of this result, assuming the null hypothesis, is 0.35

Group A: Number of items= 50
20.0 22.0 22.0 22.0 24.0 24.0 24.0 24.0 24.0 24.0 24.0 24.0 26.0 26.0 26.0 26.0 28.0 28.0 28.0 28.0 28.0 28.0 28.0 28.0 28.0 28.0 28.0 28.0 30.0 30.0 30.0 30.0 30.0 30.0 30.0 30.0 30.0 30.0 30.0 30.0 30.0 30.0 34.0 34.0 36.0 36.0 36.0 38.0

Mean = 28.2
95% confidence interval for Mean: 27.04 thru 29.44
Standard Deviation = 3.72
Hi = 38.0 Low = 20.0
Median = 28.0
Average Absolute Deviation from Median = 2.80

Group B: Number of items= 50
18.0 20.0 20.0 20.0 22.0 24.0 24.0 24.0 26.0 26.0 26.0 26.0 26.0 26.0 26.0 28.0 28.0 28.0 28.0 30.0 30.0 30.0 30.0 30.0 30.0 30.0 32.0 32.0 32.0 32.0 32.0 32.0 32.0 34.0 34.0 34.0 34.0 36.0 36.0 36.0 36.0 36.0 36.0 36.0 40.0
Mean = 29.0
95% confidence interval for Mean: 27.84 thru 30.24
Standard Deviation = 4.75
Hi = 40.0 Low = 18.0
Median = 30.0
Average Absolute Deviation from Median = 3.68

Data Reference: 226C

Student's t-Test: Results ATTITUDE

The results of an unpaired t-test performed at 05:39 on 5-MAR-2013

t=-0.929
sdev= 8.72
degrees of freedom = 98 The probability of this result, assuming the null hypothesis, is 0.36

Group A: Number of items= 50
8.00 15.0 17.0 18.0 18.0 19.0 23.0 23.0 24.0 24.0 24.0 24.0 24.0 25.0 25.0 26.0 26.0 26.0 27.0 27.0 28.0 28.0 28.0 29.0 30.0 31.0 31.0 32.0 32.0 32.0 32.0 33.0 33.0 34.0 34.0 35.0 35.0 35.0 35.0 36.0 36.0 38.0 40.0 40.0 40.0 41.0 41.0 41.0 42.0

173
Mean = 29.9
95% confidence interval for Mean: 27.41 thru 32.31
Standard Deviation = 7.66
Hi = 42.0 Low = 8.00
Median = 31.0
Average Absolute Deviation from Median = 6.14

Group B: Number of items= 50
7.00 10.0 12.0 13.0 19.0 19.0 19.0 19.0 21.0 24.0 24.0 24.0 25.0 25.0 25.0 28.0 29.0 29.0 29.0 32.0 32.0 32.0 33.0 33.0 33.0 34.0 34.0 34.0 35.0 35.0 36.0 36.0 37.0 37.0 37.0 37.0 37.0 37.0 37.0 37.0 38.0 38.0 43.0 44.0 44.0 45.0 45.0 47.0 49.0

Mean = 31.5
95% confidence interval for Mean: 29.03 thru 33.93
Standard Deviation = 9.67
Hi = 49.0 Low = 7.00
Median = 34.0
Average Absolute Deviation from Median = 7.24

Data Reference: 6634