

Research Paper

## Study the Relationship between Sports Competition Anxiety, Hardiness, and Intrinsic Motivation among Young Adults

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### ABSTRACT

The research aimed to study sports competition anxiety, hardiness, and intrinsic motivation among young adults. Sports competition anxiety is a psychological condition that can impact athletes of all skill levels. Hardiness refers to a group of personality attributes that enable a person to tolerate mental and physical stress without becoming ill, while intrinsic motivation describes the inner drive or desire to do something for the intrinsic joy or satisfaction it brings. The study had a sample size of 105 individuals was used. The Sport Competition Anxiety Test (SCAT) (1977), Hardy Personality Profile (1998) and Intrinsic Motivation Inventory (IMI) (1982) were used in the research. Pearson's correlation and regression were used in the present study. The study found a significant but weak positive correlation between hardiness and intrinsic motivation among young adults. The study also found a significant moderate negative correlation between hardiness and sports competition anxiety, meaning that young adults with higher levels of hardiness are likely to have lower levels of sports competition anxiety. Additionally, the study found a weak positive correlation between intrinsic motivation and sports competition anxiety, indicating that as intrinsic motivation increases, sports competition anxiety also increases among young adults. The study's findings can be used as a guideline for future sports psychology and psychophysiology researchers performing additional sports research.

**Keywords:** *Sports Competition Anxiety, Hardiness, Intrinsic Motivation, Young Adults, Sports Psychology*

Performance in games and sports is greatly influenced by psychological and physiological aspects (Grange & Kerr, 2010; Schilling & Hyashi, 2001). A number of research have shown the effect of mental health issues on athletic performance (Crespo, 2002).

Sports are no longer governed and directed by amateurs as a hobby. In order to compete for scarce resources, this multi-billion-dollar corporation employs, among other things, skilled management techniques. Due to the push for efficiency, effectiveness, and value for money, players, coaches, administrators, spectators, and owners are now more interested than ever in identifying the psychological traits and mental abilities associated with superior sport

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Received: May 30, 2023; Revision Received: July 06, 2023; Accepted: July 08, 2023

## **Study the Relationship between Sports Competition Anxiety, Hardiness, and Intrinsic Motivation among Young Adults**

performance as a first step in facilitating their development. It is reasonable to assume that players with different skill levels will be distinguishable by psychological characteristics. (Golby & Sheard, 2004).

**Sports competition anxiety:** Stress and worry resulting from discomfort is known as anxiety. Anxiety is a distressing emotional condition marked by discomfort and fear. Anxiety features and illnesses are classified into two categories. Trait anxiety disorder is a persistent personality trait and causes agitation in a range of contexts. On the opposite side, state anxiety shows the situation-specific "now-now" terror. One of the elements assumed to have a substantial impact on athletic capability is the degree of fear of sporting events. In literature, pre-competitive anxiousness has been employed for this purpose. (Khan, Ahmad & Haider, 2011)

Sports competition anxiety is a prevalent psychological condition that can impact athletes of all skill levels. A condition of trepidation, fear, or worry that athletes feel while they prepare for or take part in competitive events is known as competition anxiety (Hardy & Fazey, 1994). Both physical and cognitive symptoms of anxiety, including racing thoughts, concern, and self-doubt, might appear. Physical symptoms of anxiety include racing heart, perspiration, and tense muscles.

Competition anxiety may affect sports performance in both positive and negative ways, according to research. A healthy dose of worry can boost alertness and spur athletes to provide their best effort (Jones, Hanton, & Connaughton, 2002). Excessive anxiousness, however, might harm performance and result in undesirable outcomes like choking or giving up (Gould et al., 1999). Thus, it is crucial for players, coaches, and sports psychologists to comprehend the nature of competitive anxiety and establish efficient management measures.

**Hardiness:** Hardiness refers to a group of personality attributes that enable a person to tolerate mental and physical stress without becoming ill. A hardy personality attribute that originates early in childhood and is relatively steady throughout time, however it can change under certain circumstances. (Maddi & Kobasa, 1984). Hardy people are more engaged in their lives and jobs, have a stronger sense of control, and are more adaptable to life's changes and obstacles. They tend to consider unpleasant situations as a regular part of life, an aspect of life that is generally interesting and gratifying. Kobasa in 1979 coined the term "hardness" to describe the personality style of keeping. She defines resilience as her three highly related factors that provide a source of resistance when faced with stressful living conditions. (Akram & Khan, 2017).

Hardiness, according to Kobasa, is a multifaceted personality trait made up of three components, or the 3Cs: commitment, control, and challenge. (Kobasa, 1979). The term "control" was described as believing and acting as if one had the potential to control events in an individual's life, and faith in an individual's ability to influence results from one's efforts. Commitment was defined as a desire to participate in life's activities, as well as a genuine interest and curiosity in the world around us (actions, objects, and others), as well as a sense of personal competency and community and/or cooperation. This trait enables a person to recognise and deal with the predictable repercussions of their actions in stressful situations. (Luceño-Moreno et al., 2020). Third, the tendency to challenge was characterized as the belief that, rather than posing a threat to one's security, change as a normal way of life gives possibilities for personal progress. (Kobasa, 1979).

## **Study the Relationship between Sports Competition Anxiety, Hardiness, and Intrinsic Motivation among Young Adults**

**Intrinsic Motivation:** The concept of intrinsic motivation has received much research in psychology and has important implications for sports. It describes the inner drive or desire to do something for the intrinsic joy or satisfaction it brings, as opposed to doing it for external benefits or pressures (Ryan & Deci, 2017). Extrinsic motivation, which involves participating in an activity to receive rewards from outside sources or to avoid punishment, can be contrasted with intrinsic motivation.

The promotion of long-term participation and performance in sports activities is thought to depend heavily on intrinsic motivation. A sense of autonomy, competence, and relatedness are characteristics of intrinsic motivation, according to Self-Determination Theory (SDT), a well-studied theory of motivation (Ryan & Deci, 2017). The term "autonomy" describes the sense of control and self-determination that people have when they choose to do something rather than being ordered or coerced to. Competence is the sense of mastery and effectiveness that people have when they are able to do an activity successfully. When people participate in an activity with others, they feel a sense of connection and belonging, which is referred to as relatedness.

According to research, athletes that are genuinely motivated are more likely to benefit from better performance, higher levels of self-esteem, and overall betterment (Ryan & Deci, 2017). Athletes who, on the other hand, largely rely on extrinsic motivation, such as awards or praise from others, may become more prone to burnout and a long-term loss of motivation (Vallerand & Losier, 1999).

Hence, athletes, coaches, and organizations may benefit greatly from comprehending and fostering intrinsic motivation in sports. Coaches and trainers can assist athletes in developing a strong internal drive to participate in sports and maintaining their motivation over time by establishing a sense of autonomy, competence, and relatedness.

### ***Rationale***

The study seeks to investigate additional links between sports competition anxiety, motivation, and hardiness qualities. According to a review of studies, there are very few that have focused on sports competition anxiety, intrinsic motivation, and hardiness. The current study acts as a support unit, providing information on competitive anxiety, intrinsic motivation, and hardiness level. The current study intended to provide a comprehensive picture of young adult players' competitive anxiety, intrinsic motivation, and toughness in sports. Sports scientists may be able to forecast athlete success or peak performance with knowledge of competitive anxiety, intrinsic motivation, and toughness. The current study's findings and expertise would be beneficial to coaches, athletic trainers, athletic administrators, and physical educators in their professional work. The study's findings will be used as a guideline for future sports psychology and psychophysiology researchers performing additional sports research. The findings of the study have important implications for coaches, athletic trainers, athletic administrators, and physical educators in their professional work, and will be used as a guideline for future sports psychology and psychophysiology researchers.

## Study the Relationship between Sports Competition Anxiety, Hardiness, and Intrinsic Motivation among Young Adults

### **METHODOLOGY**

#### *hypothesis:*

The alternate hypothesis.

- There exists a significant relationship between Hardiness and Intrinsic motivation among young adults.
- There exists a significant relationship between Hardiness and Sports Competition Anxiety among young adults.
- There exists a significant relationship between Intrinsic motivation and Sports Competition Anxiety among young adults.
- Hardiness significantly predicts a decrease in sports competition anxiety among young adults.
- Intrinsic Motivation predicts an increase in Sports Competition Anxiety among young adults.

#### *Description of Sample:*

The sample for the research study included 105 people between the ages of 18 and 25, who participated in at least one sport (not for recreational purposes), and both males and females were considered. The sample included 57 men and 48 women. The sampling method used for sample collection was convenient sampling. The data was fairly represented because the samples were approximately evenly distributed between males and females. The samples were drawn from several organizations, demonstrating the data's diversity. The elderly and children were not included in the sample size. Along with young adults who participate in sports for recreation. Since sports competition anxiety, motivation, and hardiness are the study's emphasis, and they play a larger role in the lives of young adults than children and late adults, and the online mode of data collecting is less preferred by latter cohort too.

#### *Description of Tools:*

There are three scales that are being used to measure the level of sports competition anxiety, hardiness, and intrinsic motivation in the participants.

#### **Sport Competition Anxiety Test (SCAT)**

Competitive anxiety in athletes was first assessed using the Sports Competition Anxiety Test (SCAT) in the 1980s. This is a one-dimensional scale that does not distinguish or measure differences in sport-specific trait anxiety, physical anxiety, and cognitive anxiety. (Martens, 1977).

The test met the minimum inter item consistency standards for self-report inventories, as measured by the Guttman and Kuder-Richardson coefficients: .85 and .82, respectively. (Brand et al., 1988).

Concurrent validity was demonstrated by correlations of test scores with those on personality tests or selected aspects of such measures, as well as with other paper-and-pencil anxiety tests ( $r = .30-.46$ ). (Martens, 1977).

#### **Intrinsic Motivation Inventory (IMI)**

Internal consistency was generally excellent for the four subscales, with the alpha coefficients for each scale indicated in parentheses: interest-enjoyment (alpha coefficient = .78); perceived competence (alpha coefficient = .80); effort (alpha coefficient = .84); and

## **Study the Relationship between Sports Competition Anxiety, Hardiness, and Intrinsic Motivation among Young Adults**

pressure-tension ( $\alpha = .68$ ). The whole scale looks internally consistent, with an alpha factor of 0.85. (McAuley et al., 1989)

The Intraclass Correlation Coefficient ranged from 0.825 to 0.883, showing that each of the model's four components had good test-retest scores. (Cocca et al., 2022)

### **Hardy Personality Profile**

The test-retest technique was used to establish the scale's reliability. The time difference was fifteen days, and  $r = .79$  was discovered to be a pleasant value. The contrast group method was employed to assess the scale's validity. A t test was performed on the data acquired in the first phase for these contrast groups. The observed t-value ( $t = 4.63$ , at  $df = 98$ ) was greater than the table value, indicating that the scale can identify groups with differing hardiness features and should thus be considered a reliable tool for assessing hardiness. (Grover, 2015)

Measuring the scores of the variables individually, they were then analyzed and combined to test the hypothesis.

### ***Procedure***

The Convenient sampling method was utilized to get data since it assisted in gathering the data online.

The Sports Competition Anxiety Test (SCAT) was used to assess sports anxiety, the Intrinsic Motivation Inventory (IMI) was used to assess intrinsic motivation, and the Hardy Personality Profile was used to assess hardiness. These surveys were disseminated to participants and responses were collected.

In order to obtain a fair representation of the data, the number of males and females were taken roughly equally. There were 57 men and 48 women.

The responses were collected, and the data was arranged using a spreadsheet and statistically computed using Mean and Standard Deviation. The correlation between the using the Pearson's Product Moment Correlation Coefficient, the variables were determined. Regression was also depicted.

The findings were further examined and interpreted.

### ***Statistical Analysis***

Mean and Standard Deviation were the statistical analyses used in the study. The mean assists in determining the average score of the collected data. The standard deviation measures how far the scores deviate from the average (mean) or expected value. To calculate the connection between two variables, utilize the Pearson Product Moment Correlation Coefficient. It quantifies the intensity and direction of link between two variables. The associations between a number of independent variables and the dependent variable were explained using the regression method.

**Study the Relationship between Sports Competition Anxiety, Hardiness, and Intrinsic Motivation among Young Adults**

**RESULTS AND DISCUSSION**

*Result*

**Table 1. Descriptive statistics for Sports competition anxiety test, hardiness profile and intrinsic motivation scale among young adults.**

	<b>Mean</b>	<b>Std. Deviation</b>	<b>N</b>
Hardiness	.55	3.790	105
Sports Competition Anxiety	21.95	4.044	105
Intrinsic Motivation	4.277	1.0728	105

Table 1 indicates the descriptive statistics of all the three variables used in the study.

The average score for sports competition anxiety among the 105 participants was 21.95, indicating a moderate level of concern. The standard deviation for sports competition anxiety is 4.044, showing that participants' anxiety levels vary.

The mean (average) hardiness score of the 105 individuals was 0.55. The standard deviation of the hardiness score is 3.790, showing that the individuals' hardiness judgements vary widely.

The mean score for intrinsic motivation in the sample of 105 participants is 4.277, indicating a moderate level of intrinsic motivation. The standard deviation for intrinsic motivation is 1.0728, indicating that there is only a little amount of fluctuation in participants' motivation levels.

**Table 2. Correlation among Sports Competition Anxiety & Hardiness; Hardiness & Intrinsic motivation; and Sports competition anxiety & Intrinsic motivation among young adults.**

		<b>Hardiness</b>	<b>Sports Competition Anxiety</b>	<b>Intrinsic Motivation</b>
Hardiness	Pearson Correlation	1	-.363**	.205*
	Sig. (2-tailed)		.000	.036
	N	105	105	105
Sports Competition Anxiety	Pearson Correlation	-.363**	1	.139
	Sig. (2-tailed)	.000		.015
	N	105	105	105
Intrinsic Motivation	Pearson Correlation	.205*	.139	1
	Sig. (2-tailed)	.036	.015	
	N	105	105	105

\*\**. Correlation is significant at the 0.01 level (2-tailed).*

\**. Correlation is significant at the 0.05 level (2-tailed).*

Table 2 shows the correlation between Sports Competition Anxiety & Hardiness, Hardiness & Intrinsic motivation, and Sports competition anxiety & Intrinsic motivation.

The diagonal values (represented by 1) denote the correlation of each variable with itself, which is always one.

## Study the Relationship between Sports Competition Anxiety, Hardiness, and Intrinsic Motivation among Young Adults

Hardiness and Sports Competition Anxiety have a correlation coefficient of  $-.363$ , indicating a moderate negative link between these two characteristics. The p-value of  $.000$  indicates that this association is statistically significant at the  $.05$  level, implying that evidence exists to support a link between Hardiness and Sports Competition Anxiety.

Hardiness and intrinsic motivation have a correlation coefficient of  $.205$ , indicating a weak positive relationship between these two factors. The p-value of  $.036$  suggests that this association is statistically significant at the  $.05$  level, implying that evidence exists to support a relationship between Hardiness and Intrinsic Motivation.

Sports Competition Anxiety and Intrinsic Motivation have a correlation coefficient of  $.139$ , indicating a weak positive link between these two variables. The p-value of  $.015$  indicates that this association is statistically significant at the  $.05$  level, implying that there is sufficient evidence in this sample to support a link between Sports Competition Anxiety and Intrinsic Motivation.

**Table 3: Results of regression analysis**

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	305.560	2	152.780	11.169	.000 <sup>b</sup>
	Residual	1395.202	102	13.678		
	Total	1700.762	104			

Dependent Variable: Sports Competition Anxiety

b. Predictors: (Constant), Intrinsic Motivation, Hardiness

This table indicates that the regression model's goodness of fit is good and that the independent variables included in the model are significantly related to the dependent variable. However, it is important to remember that these results do not indicate the strength of the link or if the model sufficiently captures the data's complexity. Additional diagnostic tests should be performed to examine the model's assumptions and predictability.

**Table 4: coefficients for the regression model.**

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1.	(Constant)	18.599	1.511		12.309	.000
	Hardiness	-.437	.098	-.409	-4.465	.000
	Intrinsic Motivation	.840	.345	.223	2.433	.017

a. Dependent Variable: Sports Competition Anxiety

Table 4 presents the coefficients for the regression model. The dependent variable in this model is Sports Competition Anxiety, and there are two independent variables: Hardiness and Intrinsic Motivation.

This table indicates that due to their small p-values, both independent variables in this model serve as significant predictors of sports competition anxiety. More specifically, higher levels of Intrinsic Motivation are linked to higher levels of Sports Competition Anxiety, whereas higher levels of Hardiness are linked to lower levels of Sports Competition Anxiety. But

## Study the Relationship between Sports Competition Anxiety, Hardiness, and Intrinsic Motivation among Young Adults

according to the standardized coefficients, Hardiness rather than Intrinsic Motivation is a better predictor of Sports Competition Anxiety.

### DISCUSSION

The study sought to investigate the relationship among Hardiness, Intrinsic motivation and Sports Competition Anxiety in young adults.

The study postulated five hypotheses- first, there exists a significant relationship between Hardiness and Intrinsic motivation among young adults ; second, there exists a significant relationship between Hardiness and Sports Competition Anxiety among young adults ; third, there exists a significant relationship between Intrinsic motivation and Sports Competition Anxiety among young adults ; fourth, Hardiness significantly predicts a decrease in sports competition anxiety among young adults; and fifth, Intrinsic Motivation predicts an increase in Sports Competition Anxiety among young adults.

According to the first hypothesis, there is a significant correlation between young adults' intrinsic motivation and hardiness. Table 2 shows this correlation. The results table makes it clear that there is a strong link between the two variables. The correlation coefficient ( $r = .205^*$ ), which is significant at the 0.05 level of significance, shows a significant positive association between hardiness and intrinsic motivation. The findings of the present study thus supported the first hypothesis, according to which there is a significant correlation between young adults' intrinsic motivation and hardiness.

These variables have not been culminated together into research before. According to the author's knowledge, this study is the first to examine the relationship between the two variables.

According to the second hypothesis, "There is a substantial correlation between young people's levels of hardiness and their anxiety about competing in sports." Table 2 illustrates this correlation. It is evident from the results table that there is a significant correlation between the two variables. The correlation coefficient ( $r = -.363^{**}$ ), which is significant at the 0.01 level of significance, shows a significant negative correlation between hardiness and sports completion anxiety. The results of the present study confirmed the second hypothesis, according to which there is a significant correlation between young adults' sports competition anxiety and hardiness.

The finding of this study is consistent with other extant literature. The study by Bawa (2010) examined the hardiness, burnout, and competition anxiety of 30 wrestlers and track and field coaches in India. The subjects' durability was evaluated using a condensed version of the durability scale created by Kobasa and Maddi. A total of 36 items makes up this scale, which measures the respondent's views toward the personality traits of commitment, control, and challenge. Rainer Marten's Sport Competition Anxiety Test was used to detect anxiety around competitive tendencies (1986). Burnout in Maslach Track and field and wrestling coaches' burnout was evaluated using Inventory. The checklist evaluates emotional weariness, depersonalization, and a lack of personal productivity as three aspects of burnout. Between numerous factors pertaining to wrestlers and athletes, correlation coefficients were computed, and mean, SD, and 't' values were computed for each variable. Different hardiness scores were shown to be significantly correlated.



## **Study the Relationship between Sports Competition Anxiety, Hardiness, and Intrinsic Motivation among Young Adults**

According to the third hypothesis, "there is a significant connection between intrinsic motivation and sports competition anxiety among young adults." Table 2 shows this correlation. The results table makes it clear that there is a weak link between the two variables. Sport completion anxiety and intrinsic motivation have a considerable positive link, according to the correlation coefficient ( $r = .139^*$ ), which is significant at the 0.05 level of significance. As a result, the findings of the present study supported the third hypothesis, which stated that among young adults, there is a significant connection between intrinsic motivation and sports competition anxiety.

The finding of this study is consistent with other extant literature. The study by Recascino and Smith (2003) examines the relationships between the degrees of adherence, physical activity, motivation for involvement, and competitive attitudes between two groups. 58 adult cycling racers and 65 fitness exercisers participated in the study. The cyclists were between the ages of 19 and 56. The exercise group included people from 16 to 72 years old. Both groups filled out a survey packet that included a demographic question, a participation motivation question (MPAM-R), and two competitiveness questions. The participants' degrees of commitment to their sport or exercise activity were questioned as part of the demographic measure (Sport Competition Trait Inventory; Competitive-Cooperative Attitude Scale). In the cycling group, degrees of interest/enjoyment motivation and training days per week were found to be closely related to athletic competition. The exercise group's adherence levels did not correspond with sport competition, but they did positively correlate with interest/enjoyment, competence, and appearance-related factors. For both groups, higher levels of intrinsic motivation were positively connected with participation in sport-based competition.

The fourth hypothesis asserts that "Hardiness significantly predicts a decrease in sports competition anxiety among young adults" and Tables 3 and 4 show that this effect is present. The significant change in Sports Competition Anxiety due to hardiness, since the Sig. value is 0.000, that is lower than the acceptable value of 0.05. Hardiness's standardized coefficient is  $-.409$ , which indicates that it has a detrimental impact on competition anxiety in sports. This implies that among young adults, Sports Competition Anxiety reduces as Hardiness grows. The fact that this impact is statistically significant and has a p-value of .000 suggests that it is unlikely to be the result of chance. The data therefore supports the notion that Hardiness significantly predicts a decrease in sports competition anxiety among young adults. All other things being equal, young adults with higher levels of hardiness are likely to have lower levels of sports competition anxiety.

The finding of this study is consistent with other extant literature. The study by Bawa (2010) examined the hardiness, burnout, and competition anxiety of 30 wrestlers and track and field coaches in India. The subjects' durability was evaluated using a condensed version of the durability scale created by Kobasa and Maddi. A total of 36 items makes up this scale, which measures the respondent's views toward the personality traits of commitment, control, and challenge. Rainer Marten's Sport Competition Anxiety Test was used to detect anxiety around competitive tendencies (1986). Burnout in Maslach Track and field and wrestling coaches' burnout was evaluated using Inventory. The checklist evaluates emotional weariness, depersonalization, and a lack of personal productivity as three aspects of burnout. Between numerous factors pertaining to wrestlers and athletes, correlation coefficients were computed, and mean, SD, and 't' values were computed for each variable. Different hardiness scores were shown to be significantly correlated. When compared to wrestling

## **Study the Relationship between Sports Competition Anxiety, Hardiness, and Intrinsic Motivation among Young Adults**

coaches, athletic coaches were shown to be noticeably younger, noticeably more likely to regulate hardiness, and noticeably less competitively anxious.

The fifth hypothesis asserts that "Intrinsic Motivation predicts an increase in Sports Competition Anxiety among young adults" and Tables 3 and 4 show that this effect is present. The standardized coefficient for Intrinsic Motivation is .223, indicating a positive effect of Intrinsic Motivation on Sports Competition Anxiety. This means that as Intrinsic Motivation increases, Sports Competition Anxiety also increases among young adults. It is important to note that the effect of Intrinsic Motivation on Sports Competition Anxiety is statistically significant with a p-value of .017, indicating that the effect is unlikely to be due to chance. However, this finding is contrary to the hypothesis that there exists a positive effect of Intrinsic Motivation on Sports Competition Anxiety among young adults. The fifth hypothesis, that Intrinsic Motivation predicts an increase in Sports Competition Anxiety among young adults, was thus supported by the findings of the present study.

The finding of this study is consistent with other extant literature. The study by Recascino and Smith (2003) examines the relationships between the degrees of adherence, physical activity, motivation for involvement, and competitive attitudes between two groups. 58 adult cycling racers and 65 fitness exercisers participated in the study. The cyclists were between the ages of 19 and 56. The exercise group included people from 16 to 72 years old. Both groups filled out a survey packet that included a demographic question, a participation motivation question (MPAM-R), and two competitiveness questions. The participants' degrees of commitment to their sport or exercise activity were questioned as part of the demographic measure (Sport Competition Trait Inventory; Competitive-Cooperative Attitude Scale). In the cycling group, degrees of interest/enjoyment motivation and training days per week were found to be closely related to athletic competition. The exercise group's adherence levels did not correspond with sport competition, but they did positively correlate with interest/enjoyment, competence, and appearance-related factors. For both groups, higher levels of intrinsic motivation were positively connected with participation in sport-based competition.

Overall, these results suggest that both Hardiness and Intrinsic Motivation are important predictors of Sports Competition Anxiety. The negative relationship between Hardiness and Sports Competition Anxiety suggests that individuals with higher levels of Hardiness may be more resilient in competitive sports situations, while the positive relationship between Intrinsic Motivation and Sports Competition Anxiety suggests that individuals who are more motivated to engage in sports for personal enjoyment or satisfaction may experience less anxiety in competitive sports situations.

### **CONCLUSION**

The study found a relationship between Sports Competition Anxiety, Hardiness, and Intrinsic Motivation as well as an effect of Hardiness, and Intrinsic Motivation on Sports Competition Anxiety. However, the implications of this link and effect have not been further examined, and there are still questions that need to be resolved. It can be deduced from statistical analysis of the strength and direction of the relationships between the variables in the current study that hardiness and sports competition anxiety have a moderately negative relationship, sports competition anxiety and intrinsic motivation have a weakly positive relationship, and intrinsic motivation and hardiness also have a weakly positive relationship. Additionally, it may be said that hardiness does have a negative impact on competition

## Study the Relationship between Sports Competition Anxiety, Hardiness, and Intrinsic Motivation among Young Adults

anxiety in sports, as opposed to intrinsic motivation, which has a positive impact. To fully comprehend the correlation, influence, and impact on the individuals personally and on a social level, more research is still required.

### *Limitations*

- Due to time constraints, the sample size was small, which may prevent the data from being generalizable.
- Since the data were acquired using a cross-sectional design, they were only gathered once, which prevents us from drawing any generalizations. Athletes' reactions might have been impacted by their emotions and state of mind at the moment, particularly if they had just lost a number of games. It is necessary to conduct additional longitudinal study on these concerns.
- The fact that the current analysis did not take winning and losing into account is another potential drawback. It would have always been preferable to incorporate the two mental states that wrestlers experience when they win or lose. Their drive, level of anxiety during athletic competitions, and toughness could have all varied.

### *Implications*

According to the authors' knowledge, this study is the first to examine the connections between hardiness, Sports Competition Anxiety, and intrinsic motivation. As a result, it makes a significant contribution to a topic of study with a rich literary past. According to the research, there is a correlation between hardiness, competitive anxiety, and intrinsic motivation. Additionally, there is an effect of Intrinsic Motivation and Hardiness on Sports Competition Anxiety. Evidently, coaches, parents, etc. must consider the athlete's intrinsic motivation and hardiness while considering the likelihood of competitive anxiety. Additionally, instruction sessions targeted towards athletes may be beneficial to encourage better comprehension in this area. The information might potentially be used by governing bodies to create high-performance training camps for athletes. For instance, it might be necessary for national teams to incorporate psychological monitoring into their practices when they spend a significant amount of time unsupervised away from the team environment but only come together for brief, irregular periods of time (such as training camps or competitions).

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## Study the Relationship between Sports Competition Anxiety, Hardiness, and Intrinsic Motivation among Young Adults

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### Acknowledgement

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

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***Conflict of Interest***

The author(s) declared no conflict of interest.

***How to cite this article:*** Hai, K. & Gupta, S. (2023). Study the Relationship between Sports Competition Anxiety, Hardiness, and Intrinsic Motivation among Young Adults. *International Journal of Indian Psychology*, 11(3), 227-239. DIP:18.01.020.20231103, DOI:10.25215/1103.020