

APPENDIX A**SPORT ACHIEVEMENT MOTIVATION TEST**

Sports Achievement Motivation Questionnaire (SAMQ) authored by Dr. M.L. Kamlesh (1993)

Name

College

DIRECTION : WHAT YOU WISH TO ACHIEVE IN YOUR SPORTS CAREER is an important proposition for you as a student as well as a player of some game sport.

Kindly tick the answer as you like without consulting others

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 players (b). a top scorer

3. In my life I would like to

(a) use sports as a profession (b) use my sports achievements to get other benefits like an employment, admission etc.

4. I want to 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 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 (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 not influential (b) Those who are highly influential but sportsmen of lesser ability.

11. I have a tendency to concentrate

- (a) Only one game (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 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) 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 game/ 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) do 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.

SIGNATURE**SCORE:****Key:**

- 1-a**
- 2-b**
- 3-b**
- 4-a**
- 5-b**
- 6-a**
- 7-b**
- 8-b**
- 9-a**
- 10-a**
- 11-a**
- 12-a**
- 13-a**
- 14-b**
- 15-b**
- 16-a**
- 17-b**
- 18-a**
- 19-b**
- 20-a**

APPENDIX B

SELF CONCEPT QUESTIONNAIRE Mukta Rani Rastogi (1979)

Name

College

Self concept is an important proposition for you as a student as well as player of some Game/Sport.

This is meant to make you understand this proposition as well as know more in this direction.

Below are given certain statements to which you have respond with any of five answer viz Strongly Agree, Agree, Undecided, Disagree, and Strongly Disagree by making a tick mark in the appropriate box.

This has nothing to do with your examination. Your response will be kept Secret . Complete all the statements without hesitation. Finish the test as early as possible without boring too much over a statement.

1. I like and feel pretty good towards myself.
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree
2. I often feel that my movements are clumsy
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree
3. If given a chance, I could do something that would be of much benefit to the world.
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree
4. I think of myself as a successful person.
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree
5. At times I am uncharitable to those who love men
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree
6. I often feel I get blamed or punished when I don't deserve it.
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree
7. I find it hard to continue work when I do not get enough encouragement.
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree

8. When upset emotionally, I take much time to recover.
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree
9. Those who feel I am unwanted are important to me.
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree
10. I am good as anyone else.
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree
11. If I was young again I would try to the things which I could not do earlier.
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree
12. The members of my family of ten take advice and suggestion from me for over all matters.
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree
13. When things go wrong I pity or blame myself.
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree
14. I spend much of the time worrying over the future.
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree
15. I have several time given up doing a thing because I thought too little of my ability.
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree
16. I see it is a bad mistake to spend most of my time worrying for the future instead of I prefer to try to find some pleasure in a very pleasure moment.
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree
17. I enjoy mixing with people.
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree
18. At times I feel a painful sense of loneliness and want very much to share an experience with some one else.
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree
19. When luck turns against me, I pray GOD to make it in favor of me.
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree
20. I can recover easily and quickly from social blunders.
Strongly Agree/ Agree/Undecided/Disagree/Strongly Disagree

APPENDIX C

ANXIETY QUESTIONNAIRE

(Spielberger's Trait Anxiety Questionnaire)

Sports Competitive Anxiety Index (SCAI) authored by C.D.Spielberger
(1976).

Name

Age

Stt. No	Details of Statements	Not At All	Somewhat	Moderately so	Very much
1	I feel calm				
2	I feel secure				
3	I feel tensed				
4	I feel regretful				
5	I feel at easy				
6	I feel upset				
7	I am presently worrying over Possible misfortunes				
8	I feel rested				
9	I feel anxious				
10	I feel comfortable				
11	I am self confident				
12	I feel nervous				
13	I feel jittery				
14	I feel 'high string'				
15	I am relaxed				
16	I am content				
17	I am worried				
18	I feel over excited and ratted				
19	I feel joyful				
20	I feel pleasant				