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Abstract

The aim of the present study was to measure the relationship between achievement motivation and pre-mature anxiety. The study further explored the difference of achievement motivation and pre-mature anxiety with respect to weight category, wrestling club training, gym training, and type of wrestling (mud wrestling and matt wrestling). To perform the current study, a survey was administered using a structured questionnaire in this correlational study. The quantitative research methodology was opted and 110 wrestlers of Multan were surveyed. The correlational study highlighted that there is a significant relationship between achievement motivation and premature anxiety. This means that the increase in achievement motivation is likely to decrease premature anxiety among the wrestlers. This is an important finding that highlights the potential coping strategy to enhance the performance of the wrestlers by enhancing achievement motivation among them. The results showed that only the weight has negative but significant relationship with achievement motivation and all other variables are positively and significantly associated with the achievement motivation. It means the more the increase in the weight of the wrestler is linked with the decrease in achievement motivation. The increase in the wrestling camp training is likely to increase the achievement motivation as the experience matters. The results further showed that the increase in gym training will result increase in achievement motivation.

Keywords: Wrestling, pre-mature anxiety, achievement

1. Introduction

Wrestling is one of the oldest sports of the world dating back to the pre-history era that has been constructed by the change of the face-to-face challenges and wars during the history. This combat sport is based on a weight class system which aims to balance out the physical characteristics between wrestlers and therefore increase the percentage of performance that depends on technical and psychological skills. With the continuous development of wrestling sports and the gradual improvement of wrestler's technical level, it is more and more obvious that psychological sport skills and coping style could influence on the result of competition. Following a great number of changes in regulation have promoted less passive wrestling, prioritized scoring strategies, and winning on points, instead of decisive actions or falls. These changes also forced several modifications in the fitness requirements of successful wrestlers, which as a result caused an evolution in the training methods (Triguero et al., 2020).

Achievement motivation is a significant factor particularly in those spheres of human activity which require some kind of independence and freedom and where there is a chance it will be revealed. This issue has been defined and investigated in numerous studies. It is generally recognized as the tendency to act that stems from the need to meet specific needs (especially the ones linked to personal fulfilment) and a readiness to overcome possible obstacles. It is also a tendency to achieve one's goals and the goals set by others and to compete with other people. It should not be treated as an independent concept; it should be considered with regard to other constructs. In this context, competences as well as attitudes to the future that are also closely related to achievement motivation are of particular importance. These elements are useful when it comes to coping with various situations and attaining goals (Teodorescu et al., 2017).

Likewise, previous study report statistically significant differences in self-confidence in elite wrestlers compared to amateur wrestlers. Other variables that have demonstrated differences between wrestlers are stronger attitude control in elite male wrestlers' concentration, and greater intrinsic motivation of elite wrestlers. It is also stated that mental toughness is related positively to age and percentage of winning times, but not to sport experience or practice time, and that there are differences between young beginners and experienced seniors, as well as between wrestlers with winning and losing records. In addition, top performers report less anxiety both before and during competition, a state of anxiety before their worst bouts, and wrestlers' experience and personal characteristics are important in determining a low or high state of anxiety. Furthermore, in young wrestlers a greater focus of internal control is associated with success in competition (Rutkowska & Gierczuk, 2020).

Previous study was conducted to know how psychological work has been carried out in sports training process of Spanish Olympic wrestlers. From a qualitative perspective, the instrument used was a semi-structured interview. The results show that athletes attach great importance to psychological factors in their discipline, and that they are essential at the high competition stage to achieve excellence. They consider motivation and self-confidence as the most significant psychological variables in sports performance, and predictors of wrestling success. Also, necessary aspects such as a capacity for self-sacrifice, constancy, discipline and perseverance are valued. They estimate that psychological aspects have not been properly trained, and only in recent times has the figure of the sports psychologist been incorporated into their training (Fuentes et al., 2020).

Competition anxiety is a common emotional state experienced by athletes at all levels of performance. Most of the athletes have competition anxiety and this does affect their performance overall. The purpose of the present research was to study the relationship between Competition Anxiety with performance of young wrestlers. Pearson correlation coefficient and regression analysis were used to measure the significance relationship. The results revealed that competition anxiety have a negative significant relationship

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with the performance (Fahim & Saharan, 2020). Triguero et al., (2020) analyzed the influence of motivation of the athlete on resilience, and the latter, on their levels of anxiety. This study included 276 volleyball players between the ages of 18 and 31. In this study, several descriptive statistical analyzes were carried out, a reliability analysis of the factors that make up the model and a route analysis that explains the causal relationships between the variables. The indexes of adjustment of the articles of analysis were satisfactory explaining the relationships established between the factors. In conclusion, the self-determined motivation is related to the positive form with the resilience while the less self-determined forms are related to the negative form with it. Likewise, resilience is negatively related to anxiety.

1.1. Problem Statement

Players are always concerned about their achievement, so is the case with the wrestlers. Critical appraisal of the previous literature revealed that psychological issues are factors to risk individual's achievement motivation. One among such issues is pre-mature anxiety among the wrestlers that is likely to affect their achievement motivation. Wrestlers in Pakistan face several issues from economics to psychological. This study incorporates the pre-mature anxiety as a unique variable in the existing body of knowledge. The pre-mature anxiety and its relationship with the achievement motivation is of paramount significance to study. This is likely to enhance the understanding about the role of achievement motivation and physiological condition. Wrestling has become popular in the world. Anxiety among wrestlers leads to failure in the competition. Achievement motivation is essential for the wrestlers to overcome the psychological disturbance. Literature review revealed that psychological issues are risk factors to exploit the achievement motivation. Anxiety among sportsmen during the competition cause lack of confidence to win. In Pakistan, the resources are limited for the wrestlers to strength the game. Therefore, it is needed to investigate achievement motivation and pre-mature anxiety among wrestlers of Multan.

1.2. Objectives of the Study

- To measure the relationship between achievement motivation and pre-mature anxiety
- To investigate the impact of achievement motivation and pre-mature anxiety

1.3. Hypotheses of the Study

- There would be negative relationship between achievement motivation and pre-mature anxiety
- The impact of achievement motivation would be significant on pre-mature anxiety

2. Material and Methods

This study was conducted to investigate achievement motivation and pre-mature anxiety among wrestlers. The achievement motivation was the predictor and the pre-mature anxiety was the criterion variables. Achievement motivation and pre-mature anxiety are the major variables. The nature of the study is quantitative. This study is completed through correlational research design. Population of the study was the wrestlers. The target population of the study were consisted on 110 wrestlers in Multan city.

2.1 Study Design

There are several research designs including descriptive, exploratory and correlational research designs. Correlational research is a research method used to investigate how or why something occurs when only a small amount of information is available pertaining to that topic. It can help you increase your understanding of a given topic. It is noted that there are fewer studies done on the relationship between achievement motivation and premature anxiety among the wrestlers of Pakistan. Furthermore, the proposed research objectives are defined in way that it answers how and why questions. Keeping in view these facts, the researcher has used exploratory research design in the present study.

2.2. Setting

Multan was selected as the study settings or the area for the present study to be carried. The reason to select Multan as an area of the study was simple that the student have an easy access to this settings and have information about the wrestlers living in the study area. As it clear that the research also lives in the same study area, so it was purposive for the researcher to collect data from the relevant participants.

2.3. Study Duration

In this study, the data collection procedure took one and a half month to be completed. It worth mentioning that each questionnaire was filled at the site of wrestling training camps and it took almost one and a half hour to complete.

2.4. Sample Size

For the current study, the sample size was 110 wrestlers who were linked to wrestler training camps, and the data was collected from these camps. There were several wrestling training camps in Multan, from these camps, researcher selected participants.

2.5. Sampling Technique

Sampling is a very important aspect of a study. The sampling method chosen should reflect the aim of the study. There are various kinds of sampling: probability sampling (systematic sampling, stratified sampling and cluster sampling) and non-probability sampling. Probability sampling uses random selection of participants. This means that each participant in the sampling area has an equal and independent chance of being selected for the study. Results from a study using probability sampling will be a good indication of the same tendency in the population from where the sample was drawn (Blanche et al., 2006). There are three types of probability sampling: systematic sampling, stratified sampling and cluster sampling. Systematic sampling is an alternative method to probability sampling. This type of sampling method makes use of a sampling interval whereby the distance between participants (elements) are calculated and then every nth element is chosen – n representing a number the researcher has determined (Blanche et al., 2006). Stratified sampling is used when the population in question consists of different sub-groups. Thus random or systematic sampling will be a good representation of the population. Each sub-group needs to be determined, and then random sampling of each sub-group takes place (Blanche et al., 2006). Cluster sampling is ideal when a sampling frame is not available. This method

then requires the population to be divided into smaller, more manageable groups. These groups are called clusters. From such clusters, more clusters are selected. This procedure will then help to establish a good sampling frame, and random sampling can then be used to identify elements for use in the study (Blanche et al., 2006).

Probability sampling is very time consuming, because all schools in the area of investigation, would have had to be taken into account. From this pool of schools, a certain number would have had to be drawn randomly and then contacted. From each school chosen, a list would have had to be drawn up of all the athletes who qualified for the study. From this list, athletes would have had to be drawn randomly according to gender and sport type. This is a very long process and requires approval from the Educational Department of the province. The current study was under time constraints and therefore other non-probability sampling methods were investigated. Non-probability sampling includes all types of sampling methods that do not use statistical principles of randomness. There are a couple of these methods: convenience sampling, purposive sampling and snowball sampling to name a few. Purposive sampling is usually used when volunteers are needed for the study. Purposive sampling takes only the population into consideration. When a researcher asks the first volunteer to direct them to more possible volunteers, the sampling method is called snowball sampling (Blanche et al., 2006). A purposive sampling method was chosen for this study as it relies on the willingness of volunteers to participate. Purposive sampling is often used in exploratory research where globalization of the results is not the main goal (Blanche et al. 2006). Although the results cannot be globalized to the larger population, it does give information for the sample, which can then be investigated further in the population. The advantage of purposive sampling is that it is time efficient, and the time constraints of this study had to be taken into account (Blanche et al., 2006). This study is also not aimed at globalizing the findings but rather at investigating the possible need for a more empirical study in the future.

3. Sample Selection

3.1. Inclusion Criteria

Those wrestlers were selected who were above the age of 20 and were willing to take part in the present research.

3.2. Exclusion Criteria

Those wrestlers were excluded who were less than 20 years of age.

3.3. Instruments

As a method of data collection survey was conducted. Purposive sampling technique was employed to select participants. Sample size comprised of 110 wrestlers from Multan city. There are two research instruments used; Achievement Motivation Scale and Athlete Trait Anxiety Scale. Achievement motivation scale was divided into 7 factors with 57 items on yes or no response. While the Athlete Trait Anxiety was divided into 2 dimensions. It was comprised on 28 items with Likert format.

3.4. Ethical Considerations

The researcher protected the rights of research participants, enhance research validity and maintain scientific integrity. The consent was taken from each participants and it was ensured that the participants can leave any time during the data collection. Moreover, the respondents were clarified about the confidentiality of the data collected. This ensured the ethical consideration of the research processes.

3.5. Data Collection

Initially, the permission was granted from the high authority. Informed consent was taken for the purpose of willingness of the participants to provide response. Data was collected from the wrestlers of Multan city.

3.6. Data Analysis

Descriptive and inferential statistics were used to analyze the data on Statistical Package of Social Sciences (SPSS). Following statistical techniques were applied to test hypotheses of the study; Pearson Product Moment Correlation Coefficient (PPMCC), multiple linear regression.

4. Results

Table 1: Demographic Information

Description	Frequency	Percentage
Age		
20-30	43	39.1
30-40	51	46.4
Above 40	16	14.5
Education		
Illiterate	35	31.8
Primary	25	22.8
Middle	20	18.2
Metric	15	13.7
Intermediate	10	9.0
Graduation and above	05	4.5
Years of Experience		
1-3	36	32.7
4-6	38	34.5
7-9	28	25.5
10 and above	8	7.3

The above table highlights the demographic information of the respondents. This indicates that as many as 31.8% of the respondents have not received any formal education, indicating that majority of the respondents' education level is low. This low level of education is further evident in the table; 22.8% have primary level of education. However, a small percentage of respondents have received education above metric. The level of education of the respondents is quite low that might have some effects on the dependent variable. Table further showed that 46.4% of the respondents are aged between 30-40 years and 39.1% aged between 20-30 years. This indicates that young individuals are significant in numbers among the respondents. Table further showed that 34.5% and 32.7% of the respondents have 4-6 and 1-3 years of experience, respectively. There are 25.5% of respondents have 7-9 years of experience and only 7.3% of them have 10 and above years of experience.

Table 2: Frequency and Percentage Distribution for Work Ethics

Description	Yes		No	
	Freq.	%	Freq.	%
Hard work is something I like to avoid.	11	10	99	90
I can easily sit for a long time doing nothing.	6	5.45	104	94.55
I must admit I often do as little work as I can get away with	31	28.18	79	71.82
I am basically a lazy person.	5	4.55	105	94.45
I often put off until tomorrow things I know I should do today	24	21.82	86	78.18
I easily get bored if I don't have something to do	42	38.18	78	70.92
I like to work hard	102	92.73	8	7.27

Table describes the response about work ethics. It shows that the items of this section are mostly given with the 'No' response by the research participants, indicating that the most of the wrestlers are associated with the work ethics. These work ethics are given to them by the seniors or the camp administration. The most of the wrestlers seems to be following the work ethics of the sport.

Table 3: Frequency and Percentage Distribution for Acquisitiveness

Description	Yes		No	
	Freq.	%	Freq.	%
If there is an opportunity to earn money, I am usually there	78	70.9	32	29.1
I would be willing to work for a salary that was below average if the job was pleasant.	38	34.55	72	65.45
The kind of work I like is the one that pays top salary for top performance.	49	44.55	61	55.45
As long as I'm paid for my work, I don't mind working while others are having fun.	73	66.36	37	33.64
I frequently think about what I might do to earn a great deal of money.	77	70.0	33	30.0
It is important to me to make lots of money.	85	77.27	25	22.73
The most important thing about a job is the pay.	49	44.55	61	55.45

The table highlighted the results of acquisitiveness of the participants. It indicates that most of the respondents stated yes to the items in the table. This indicates that majority of the population are involved in acquisitiveness.

Table 4: Frequency and Percentage Distribution for Dominance

Description	Yes		No	
	Freq.	%	Freq.	%
I think I would enjoy having authority over other people.	41	37.28	69	62.72
If given the chance I would make a good leader of people.	66	60.0	44	40.0
I think I am usually a leader in my group.	42	38.18	68	61.82
I enjoy planning things and deciding what other people should do.	63	57.27	47	42.73
I like to give orders and get things going.	33	30.0	77	70.0
People take notice of what I say.	83	75.45	27	24.55
When a group I belong to plans an activity I would rather direct it myself than just help out and have someone else organize it.	50	45.45	60	54.55

The above table shows participants perception about their dominance. The dominance in the sport seems to be an interesting variable. The findings revealed that most of the respondents were found to dominant behavior that predicts authoritative attitude as well. This seems to be an issue of concern for the management of the wrestling camps to manage this emerging concern. This is likely to hurt the organizational culture and hence, it might have negative consequences for the performance of the wrestlers. However, this finding shows the psychological state of the wrestlers that is linked to achievement motivation.

The table 5 indicates the perception of excellence of the respondents about themselves. The overall finding of the above table indicate that most of a clear majority of the respondents perceive they have an excellence in the behavior and attitude. This is also a

prerequisite to the achievement motivation. Excellence of these sportsmen is a sign of positive outcome of the camps working in the research area. This also highlights the motivational condition of the participants.

Table 5: Frequency and Percentage Distribution for Excellence

Description	Yes		No	
	Freq.	%	Freq.	%
I hate to see bad workmanship.	61	55.45	49	44.55
Part of the satisfaction in doing something comes from seeing how good the finished product looks.	75	68.18	35	31.82
It is no use playing a game when you are playing with someone as good as yourself.	42	38.18	68	61.82
I get a sense of satisfaction out of being able to say I have done a very good job on a project.	51	46.36	59	53.64
I find satisfaction in working as well as I can	87	79.09	23	20.91
I find satisfaction in exceeding my previous performance even If I don't outperform others	97	88.18	13	11.82
There is satisfaction in a job well done.	99	90.0	11	10.0

Table 6: Frequency and Percentage Distribution for Competitiveness

Description	Yes		No	
	Freq.	%	Freq.	%
I try harder when I'm in competition with other people.	98	89.09	12	10.91
It annoys me when other people perform better than I do.	63	57.27	47	42.73
I judge my performance on whether I do better than others rather than on just getting a good result.	67	60.91	43	39.09
If I get a good result, it doesn't matter if others do better.	47	42.73	63	57.27
I would never allow others to get the credit for what I have done.	82	74.55	28	25.45
To be a real success I feel I have to do better than everyone.	92	83.64	18	16.36

The above table describes the views of participants about their competitiveness. The overall results of the table highlighted that most of the population are competitive, indicating another important sub-variable of the motivation. This table also showed that the majority of the population is self-perceived motivated.

Table 7: Frequency and Percentage Distribution for Status Aspiration

Description	Yes		No	
	Freq.	%	Freq.	%
I would like an important job where people looked up to me	65	59.09	45	40.91
I like talking to people who are important	96	87.27	14	12.73
I want to be an important person in the community	81	73.64	29	26.36
I really admire people who have fought their way to the top	95	86.36	15	13.64
If I had enough money I would not work	26	23.64	84	76.36
Even if I won a great deal of money on the pools, I would prefer to continue to work	87	79.09	23	20.91
If unemployment benefit was really high, I would still prefer to work	52	47.27	58	52.73
I like to be admired for my achievements	82	74.55	28	25.45
I dislike being the centre of attention	47	42.73	63	57.27
I like to have people come to me for advice	49	44.55	61	55.45

The above table mentioned that the majority of respondents are status aspiring, indicating motivated to have better performance in the days to come. This is another sub-variable of motivation that showed the ability of one's to perform better in the future.

Table 8: Frequency and Percentage Distribution for Mastery

Description	Yes		No	
	Freq.	%	Freq.	%
I would rather do something at which I feel confident and relaxed than something which is challenging and difficult	77	70.0	33	30.0
I would rather learn easy fun games than difficult thought games	35	31.82	75	68.18
If I'm not good at something I would rather keep struggling to master it than move on to something I may be good at	82	74.55	28	25.45
I prefer to work in situations that require a high level of skill	76	69.09	34	30.91
I more often attempt tasks that I am not sure I can do than tasks I know I can do	65	59.09	45	40.91
I like to be busy all the time	28	25.45	82	74.55
I feel like giving up quickly when things go wrong	34	30.91	76	69.09

The table highlighted that significant majority of the respondents are looking for mastery in the sports, indicating another important evidence of populations' motivational level which is higher in this case. The indicates that the population of the study is willing to take measures that improves their dexterity.

Table 9: Athlete Anxiety Scale

Description	Mean	Std. Deviation
You feel nervous unconsciously	2.9818	1.18849
You get nervous when facing a challenging job	2.8545	1.23286
You feel frustrated when you encounter difficulties.	2.9727	1.30250
You often feel anxious when doing things.	3.1091	1.21418
You feel inferior to others.	2.9182	1.17412
You worry about your performance.	3.0818	1.22760
You often can't concentrate	3.0455	1.38396
You will feel anxious when you think of failure.	3.1000	1.22624
You feel uncomfortable in front of everyone.	2.8455	1.24286
Total	2.9104	1.22803

The table highlights the results for athlete anxiety scale. It is shown in the table that the overall mean was 2.9 with 1.22 standard deviation, indicating that the most of the respondents were close to neutral response however, the overall response is placed in a way that is linked to disagreement with the given statements. This shows that the anxiety among population was not as high as perceived in general.

Table 10: Athlete State Anxiety Scale (before Competition)

Description	Mean	Std. Deviation
You will feel trembling in your hands and feet before the game	2.7273	1.03080
You will turn pale before the game	2.9909	1.35115
You will feel nauseous before the game	3.1182	1.17880
You will lose concentration before the game	2.9727	1.24487
You will feel a trance before the game	3.1545	1.27204
You will be afraid of the game before the game	2.9000	1.18050
You will feel dry mouth and tongue before the game	3.1364	1.28846
You will be afraid of making mistakes before the game	3.1182	1.30442
You will worry about bad performance before the game	3.1273	1.26425
Total	3.1109	1.20134

The above table showed that the overall result of the athlete anxiety scale before competition indicated that the mean value was 3.11 with the 1.2 standard deviation. This finding highlights that most of the respondents showed their agreement with the statement, however, the results were dominantly linked to neutral response of the items. It can be translated as the population has low to medium level of anxiety before competition. This might be a sign that the anxiety is prominent before the competition, indicating this might result decrease in the performance.

Table 11: Athlete Anxiety Scale (During competition)

Description	Mean	Std. Deviation
You will feel nervous during the game.	2.2818	1.27165
You will feel trembling hands and feet during the game.	3.0909	1.31013
You will feel stage fright during the game.	3.0545	1.23286
You will feel tight muscles during the game.	3.0364	1.22607
Your palms sweat easily during the game	3.1364	1.35780
You will feel relaxed during the game	2.9818	1.26333
You will lose your temper easily during the game	3.1273	1.28584
You will feel irritable during the game	3.1545	1.30057
You feel anxious when you fall behind in the game	3.1273	1.28584
You will feel uneasy when entering a tug of war during a game.	3.1545	1.30057
Total	3.0147	1.20536

The table showed that the majority of the population feels anxiety during the competition. However, this might be coped with the help of level of motivation, particularly the achievement motivation. This result is important to understand the psychological state of the wrestlers during the competition. As is the case with the results of before competition anxiety, this scale also showed that the anxiety level prevails among the population at large. The overall mean value was 3.01 with 1.2 standard deviation, indicating there

exists anxiety among the population, particularly during the competition. This has the potential to low level of performance during the competition, even if the motivation is high. But there are chances that higher level of achievement motivation could help to reduce the anxiety.

Table 12: Relationship between Achievement Motivation and Pre-mature anxiety

		Achievement motivation	Premature anxiety
Achievement motivation	Pearson Correlation	1	-.489**
	Sig. (2-tailed)		.000
	N	110	110
Premature anxiety	Pearson Correlation	-.489**	1
	Sig. (2-tailed)	.000	
	N	110	110

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

The above table showed that there is a negative and significant relationship between achievement motivation and premature anxiety. This means that the increase in achievement motivation is likely to decrease premature anxiety among the wrestlers. This is an important finding that highlights the potential coping strategy to enhance the performance of the wrestlers by enhancing achievement motivation among them.

Table 13: Regression Coefficients for predicting Achievement Motivation

Variables	B	95% CI	T	Sig.
Weight	-0.13	54.32, 131.29	-3.64	0.000
Wrestling camp training	0.33	20.11, 40.54	9.22	0.000
Gym training	0.18	25.82, 44.22	4.89	0.000
Type of wrestling	0.16	23.67, 38.92	6.03	0.000

The above table highlights the regression coefficients for predicting achievement motivation with regard to weight, wrestling camp training, gym training, and type of wrestling. The results showed that only the weight has negative but significant relationship with achievement motivation and all other variables are positively and significantly associated with the achievement motivation. It means the more the increase in the weight of the wrestler is linked with the decrease in achievement motivation. The increase in the wrestling camp training is likely to increase the achievement motivation as the experience matters. The results further showed that the increase in gym training will result increase in achievement motivation. Lastly, the type of wrestling also has significant and positive relationship with the type of wrestling. The change in type of wrestling will increase the level of motivation among the population.

Table 14: Regression Coefficients for predicting Premature Anxiety

Variables	B	95% CI	T	Sig.
Weight	0.10	55.78, 115.99	2.57	0.000
Wrestling camp training	-0.26	22.35, 55.24	-6.38	0.000
Gym training	-0.26	30.28, 53.46	-5.11	0.000
Type of wrestling	-0.35	40.44, 60.08	-8.37	0.000

The above table showed that the weight has the positive and significant relationship with the premature anxiety, indicating that the increase in weight is likely to increase the premature anxiety among the population. Gym training and wrestling camp training variables are significantly and negatively associated with the premature anxiety. It means the increase in the wrestling training camp and gym training will cause decrease in the premature anxiety. Lastly, there is a positive association between change in the type of wrestling and premature anxiety, indicating the change in type of wrestling will increase in the premature anxiety.

5. Discussion

Competition anxiety is a common emotional state experienced by athletes at all levels of performance. Most of the athletes have competition anxiety and this does affect their performance overall. The purpose of the present research was to study the relationship between Competition Anxiety with performance of young wrestlers. Pearson correlation coefficient and regression analysis were used to measure the significance relationship. The results revealed that competition anxiety have a negative significant relationship with the performance (Fahim & Saharan, 2020).

In wrestlers with a high level of achievement motivation a significant increase in stability of sensory-movement reaction was observed. This fact indicates absence of rigid organization of the nervous system in athletes with a high level of achievement motivation. The psychological states of athletes with achievement motivation were linked with a high level of capability, eccentricity and heteronomy. The increased levels of eccentricity and heteronomy reflects on the activity and search for ways to compensate for

the problem with the ability to compromise in the wrestlers with a high level of achievement motivation. Lower values of stress resistance and throughput of visual analyzer were found in the wrestlers with avoidance motivation. Higher values of throughput of visual analyzer were found in the athletes with an average level of achievement motivation. The states of relative comfort, desire to act, advance and find support were found in wrestlers with a high level of achievement motivation. A low level of achievement motivation was found to relate with decline in capability and occurrence of discomfort. Present study found that there is a significant relationship between achievement motivation and premature anxiety.

There is a negative and significant relationship between achievement motivation and premature anxiety. This finding is in line with the findings of Castro-Sánchez et al., (2018) which states that a negative and direct connection has been found between ego oriented climate and task oriented climate, which is stronger and more differentiated in team sports. The most influential indicator in ego oriented climate is intra-group rivalry, exerting greater influence in individual sports. For task-oriented climate the strongest indicator is having an important role in individual sports, while in team sports it is cooperative learning. Emotional intelligence dimensions correlate more strongly in team sports than in individual sports. In addition, there was a negative and indirect relation between tasks oriented climate and trait-anxiety in both categories of sports. This study shows how the task-oriented motivational climate or certain levels of emotional intelligence can act preventively in the face of anxiety states in athletes. Therefore, the development of these psychological factors could prevent anxiety states and improve performance in athletes.

In another study, Triguero et al., (2020), the self-determined motivation is related to the positive form with the resilience while the less self-determined forms are related to the negative form with it. Likewise, resilience is negatively related to anxiety. The present study contributes to the findings of the said study that an increase in achievement motivation is likely to decrease premature anxiety among the wrestlers.

There was no difference in elite wrestlers according the age and achievement levels in the anxiety total and anxiety overall totals ($p>0.05$). When anxiety values are analyzed according to these data, it is seen that the state of anxiety levels before the competition are lower than the state anxiety levels during the competition and the state anxiety levels after the competition. When analyzed according to the national and international ratings of the participants, there is no significant difference between anxiety levels ($p>0.05$). As a result, no significant difference was observed in the general anxiety of elite wrestlers in terms of age groups or success levels (Aksoy, 2020). Present study results are in accordance to this study as the finding elaborates that the weight has negative but significant relationship with achievement motivation.

Compared to juniors, seniors exhibited more developed task-oriented coping style. Furthermore, they were more self-confident. In seniors, task-oriented coping style correlated positively with a general dimension of achievement motivation and self-confidence; however, emotion-focused coping style correlated negatively with a general level of achievement motivation and self-control. In addition, a negative correlation was noted between self-control, avoidance coping style and distraction. In juniors, achievement motivation and ambition correlated positively with task-oriented coping style. In the future, it would be useful to carry out longitudinal studies to check possible age- and experience-related changes in the use of certain coping styles as well as dimensions of achievement motivation in particular groups. The process of training in elite wrestlers requires constant cooperation with sports psychologists in terms of monitoring psychological variables (e.g. achievement motivation and coping styles) and, if necessary, implementing sport-specific mental training (Rutkowska et al., 2020). This study is in line with the findings of the present study. Experience plays significant role in the achievement motivation. For instance, present study also found that the increase in the wrestling camp training is likely to increase the achievement motivation as the experience matters. Moreover, the increase in gym training will result increase in achievement motivation.

Anxiety states are emotional reactions that consist of a unique combination of: feelings of tension, apprehension and nervousness; unpleasant thoughts (worries), and physiological changes. Trait-State Anxiety Theory provides a general framework for examining the major variables in research on stress and anxiety, and suggests possible relationships among these variables (Spielberger, 2021). Present study suggested that there is an association between achievement motivation and premature anxiety.

Fear of failure construct has a direct and positive influence on sport anxiety. Furthermore, and consistent with previous studies, a relationship between fear of failure and anxiety in sport contexts was found, indicating that athletes with higher levels of fear of failure displayed a tendency of having greater sport anxiety levels. These findings highlight the importance of fear of failure in sport contexts, especially as a predictor of sport anxiety in athletes (Correia & Rosado, 2018). The findings of the present study are supporting the findings of this study by explaining that the change in type of wrestling will increase the level of motivation among the population. Weight has the positive and significant relationship with the premature anxiety, Gym training and wrestling camp training variables are significantly and negatively associated with the premature anxiety. There is a positive association between change in the type of wrestling and premature anxiety.

Anxiety is one the significant factor which affects performance of athletes in a negative way. The purpose of Küçük et al., (2015) research is to compare elite wrestlers' state of anxiety before-after weighing. The wrestlers' state of anxiety before weighing has been higher than the state of anxiety that wrestlers have after weighing. The results indicated a correlation between the dimensions of future anxiety scale and the dimensions of the achievement motivation scale for, the results showed that there is a relationship between the ages of the future anxiety scale and the axes of the achievement motivation scale. The results revealed that competition anxiety have a negative significant relationship with the performance (Fahim & Saharan, 2020). The present study advanced these findings of the previous studies but the results are in line with these studies. Present study furthered the discussion by incorporating a new variable, premature anxiety. This explains that the wrestlers' achievement motivation is negatively and significantly associated with the premature anxiety.

Another study in the previous literature highlighted that anxiety mean score were found statistically significant at .05 level of confidence. Motivation means gain score were found statistically not significant at .05 level of confidence (Singh et al., 2022).

Regression analyses revealed that number of hours of participants participated in combat sport training added significant incremental variance explained in depressive and stress symptoms above and beyond that accounted for by sex differences, preexisting conditions, and training level (Levy et al., 2021). These findings also confirmed that the findings of the present study are not much different than that of the previous literature on the achievement motivation and anxiety among the wrestlers.

6. Conclusion

The aim of the present study was to measure the relationship between achievement motivation and pre-mature anxiety and to investigate the impact of achievement motivation and pre-mature anxiety. The study further explored the difference of achievement motivation and pre-mature anxiety with respect to weight category, wrestling club training, gym training, and type of wrestling (mud wrestling and matt wrestling). To perform the current study, a survey was administered using a structured questionnaire. The correlational study highlighted that there is a significant relationship between achievement motivation and premature anxiety. That there is a negative and significant relationship between achievement motivation and premature anxiety. This means that the increase in achievement motivation is likely to decrease premature anxiety among the wrestlers. This is an important finding that highlights the potential coping strategy to enhance the performance of the wrestlers by enhancing achievement motivation among them. The results showed that only the weight has negative but significant relationship with achievement motivation and all other variables are positively and significantly associated with the achievement motivation. It means the more the increase in the weight of the wrestler is linked with the decrease in achievement motivation. The increase in the wrestling camp training is likely to increase the achievement motivation as the experience matters. The results further showed that the increase in gym training will result increase in achievement motivation. Lastly, the type of wrestling also has significant and positive relationship with the type of wrestling. Findings of this study showed that the weight has the positive and significant relationship with the premature anxiety, indicating that the increase in weight is likely to increase the premature anxiety among the population. Gym training and wrestling camp training variables are significantly and negatively associated with the premature anxiety. It means the increase in the wrestling training camp and gym training will cause decrease in the premature anxiety. Lastly, there is a positive association between change in the type of wrestling and premature anxiety, indicating the change in type of wrestling will increase in the premature anxiety.

6.1. Recommendations

Based on the findings of the present study the following recommendations are given:

- There is a dire need that the management must focus on the reduction of premature anxiety that is likely to be done by increasing the motivation level among the wrestlers.
- It is also suggested that the increase in wrestling camp training is likely to enhance the motivation among the players, for this reason, it is highly recommended that the wrestlers should regularly participate in the wrestling training camps so that the motivation level could be increased.
- Moreover, there is a need for enhancement in the gym training camps of the wrestlers, this also enhances motivation among them. In this regard, the anxiety among these wrestlers with higher frequency of attending gym training camps is likely to perform better because it enhances motivation among them and, the motivation, in turn, reduces anxiety.

6.2. Limitations

The limitations of the present study are the limited number of participants. It means, the findings of the present study cannot be generalized. Moreover, the current study also lacks the detailed information about the premature anxiety. The term is rarely used in the existing body of knowledge, for this reason, findings of the present study are not backed by the previous literature about premature anxiety. Moreover, the research design was adopted for the reason that there is a lack of time and capital for the study.

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