



RELATIONSHIP BETWEEN ANXIETY AND MOTIVATION OF ADOLESCENT FOOTBALL PLAYERS OF DIFFERENT GEOGRAPHICAL REGIONS OF WEST BENGAL

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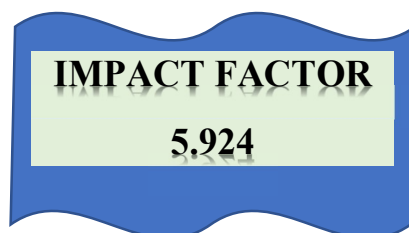
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Abstract

Athletes' psychological characteristics play a significant role in determining their performance and overall development. Among these psychological factors, anxiety and motivation are considered two important variables influencing athletes' mental preparedness and competitive behaviour. The present study aimed to examine the relationship between anxiety and motivation among adolescent football players belonging to different geographical regions of West Bengal.

The study adopted a descriptive survey research design. A total of 400 adolescent male football players aged between 18 and 22 years were selected as participants. The players were selected from four different geographical regions of West Bengal, namely the Plain Region, Sea-Level Region, Coastal Region, and Hill Region, with 100 participants from each region. Standardized psychological questionnaires were used to measure the levels of anxiety and motivation among the selected football players.

The collected data were analysed using statistical techniques such as Mean, Standard Deviation, One-Way ANOVA, and Post Hoc tests to examine the differences among geographical regions. The results revealed significant differences in anxiety and motivation levels among adolescent football players from different regions. Players from the Plain Region showed relatively higher levels of anxiety, whereas players from the Hill Region demonstrated lower anxiety levels. In terms of



motivation, players from the Hill and Sea-Level Regions exhibited higher motivation compared to those from other regions.

The findings of the study suggest that geographical background may influence the psychological characteristics of adolescent football players. Understanding the relationship between anxiety and motivation can help coaches, sports psychologists, and physical education professionals design appropriate psychological training programs to enhance the mental readiness and performance of young athletes.

Keywords: Anxiety, Motivation, Adolescent Football Players, Geographical Regions, Sports Psychology, West Bengal

1. Introduction

Football is one of the most popular sports in the world and holds a special place in the sporting culture of India, particularly in West Bengal. The performance of football players depends not only on physical fitness and technical skills but also on several psychological factors that influence behaviour and performance during training and competition. Among these psychological factors, anxiety and motivation play a significant role in determining the performance level of athletes. Research in sport psychology indicates that psychological characteristics have a strong influence on athletes' performance, emotional control, concentration, and persistence in sports participation (Weinberg & Gould, 2019).

Adolescence is an important stage of development during which individuals undergo rapid physical, emotional, and psychological changes. For adolescent athletes, these changes may influence their attitude toward sports participation, their competitive behaviour, and their overall performance. During competitions, young football players often experience different levels of anxiety, which may either enhance or hinder their performance. Anxiety is generally described as a psychological and physiological condition characterized by feelings of tension, worry, and nervousness associated with arousal of the autonomic nervous system (Martens, Vealey, & Burton, 1990).

Motivation is another crucial psychological variable that influences sports performance. It refers to the internal and external forces that initiate, direct, and sustain an athlete's behaviour towards achieving specific goals in sports. Motivated athletes tend to demonstrate greater persistence, commitment, and effort during training and competition (Roberts, 2012). In competitive sports



such as football, motivation helps athletes overcome challenges, maintain regular practice, and strive for better performance.

The relationship between anxiety and motivation has been widely discussed in sports psychology literature. While moderate levels of anxiety may increase alertness and readiness for competition, excessive anxiety may negatively affect the concentration, decision-making ability, and confidence of athletes (Weinberg & Gould, 2019). Similarly, higher levels of motivation may help athletes cope with competitive pressure and maintain optimal performance.

West Bengal possesses diverse geographical regions, including northern hilly areas, plains, and coastal regions. These geographical differences may influence the training environment, accessibility of sports facilities, socio-economic background, and competitive exposure of adolescent football players. As a result, football players belonging to different geographical regions may show variations in their psychological characteristics, such as anxiety and motivation. Therefore, it is important to investigate the relationship between anxiety and motivation among adolescent football players from different geographical regions of West Bengal. Understanding this relationship may provide valuable insights for coaches, physical education teachers, and sports psychologists in developing appropriate psychological training strategies to improve the performance and mental well-being of young football players.

1.2 Objectives of the Study

1. To assess the level of anxiety among adolescent football players of different geographical regions of West Bengal.
2. To assess the level of motivation among adolescent football players of different geographical regions of West Bengal.
3. To examine the relationship between anxiety and motivation among adolescent football players of West Bengal.
4. To compare anxiety and motivation among adolescent football players of different geographical regions of West Bengal.

1.3 Hypothesis of the Study

H₀₁: There is no significant difference in anxiety among adolescent football players of different geographical regions of West Bengal.

H₀₂: There is no significant difference in motivation among adolescent football players of different geographical regions of West Bengal.

H₀₃: There is no significant relationship between anxiety and motivation of adolescent football players of West Bengal.



2. Review of Related Literature

The mental health and psychology of young athletes have become an important area of study in recent years. These psychological factors play a key role in how athletes perform and feel overall. This research paper focuses on understanding some important psychological factors in teenage football players from different parts of West Bengal.

Many things can affect how motivated a young football player feels. For example, the way a coach leads the team can make a big difference (Nasiruddin et al., 2020). Also, the way parents raise their children and how the players see themselves, their fear of failure, and their hopes for success all play a role in their development (Teques et al., 2019). In addition, the social environment and life experiences of young athletes can affect how accepted and satisfied they feel. These can also lead to feelings of being left out (The Social Environment and Developmental Experiences in Elite Youth Soccer).

Some past studies have looked at young athletes' motivation and mental health in countries like Malaysia. But this study is different because it looks only at West Bengal. This region has its own cultural and environmental factors that may affect young players in unique ways.

To fill this gap, this study will examine specific psychological factors in teenage football players from different regions of West Bengal. The goal is to better understand what shapes their mental health and performance. The results can help create support programs and training methods that meet the needs of these young athletes.

Analysis of Selected Psychological Variables of Adolescent Football Players in West Bengal: A Review of the Literature

This literature review examines a set of studies related to the psychological variables affecting adolescent football players, with an aim to apply these insights to the context of different geographical regions of West Bengal. Due to the limited availability of empirical research focused solely on West Bengal, this review synthesizes findings from broader national and international studies while recognizing the limitations of generalizing these outcomes to a region with diverse cultural and socio-economic characteristics.

The psychological variables explored include motivation, anxiety, self-confidence, psychological well-being, and flow state. Several studies emphasize the role of psychological skills training in enhancing athletic performance and mental resilience.

Demeke and Beyene (2024) demonstrated that an eight-week psychological skills training (PST) program significantly increased motivation and decreased anxiety levels in under-17 male footballers, highlighting the value of structured psychological interventions.



Domínguez-González et al. (2024) found that athletes with strong sports psychological profiles reported higher levels of self-confidence and a better ability to enter flow states, periods of deep focus, and optimal performance, while competitive anxiety was found to negatively impact these mental states.

Andersen et al. (2023), in a study involving youth national team players, tracked training load, stress, and psychological wellness during international competitions and found increased stress levels and decreased well-being, especially during high-stakes periods, emphasizing the psychological demands of elite competition.

While these studies provide valuable insights into the mental dimensions of adolescent sports performance, they do not account for the cultural, environmental, and socio-economic diversity present in various regions of West Bengal. Factors such as urban-rural disparities, differences in access to quality coaching and infrastructure, family support, and community attitudes to sports participation may significantly influence the psychological development of young athletes.

Therefore, although these findings establish key trends and intervention strategies, there remains a significant research gap concerning how these psychological variables manifest across different districts and communities of West Bengal.

3. Methodology

3.1 Research Design

The present study adopted a descriptive survey research design to examine the relationship between anxiety and motivation among adolescent football players of different geographical regions of West Bengal. The study aimed to analyse the levels of anxiety and motivation and to determine the relationship between these psychological variables among the selected participants.

3.2 Location of the Study

The study was conducted in different geographical regions of West Bengal. These regions included the plain region, coastal region, sea-level region, and hill region. The purpose of selecting these regions was to examine whether geographical variation influences the psychological characteristics of adolescent football players.

3.3 Participants

The participants of the study were adolescent male football players aged between 18 and 22 years who were actively involved in competitive football. All participants had represented their college or university teams in inter-college, district, or inter-university football competitions.

3.4 Sample Size

A total of 400 adolescent male football players were selected for the study. The participants were equally distributed among the four geographical regions of West Bengal.

Region	Number of Players
Plain Region	100
Sea-Level Region	100
Coastal Region	100
Hill Region	100
Total	400

3.5 Sampling Technique

The participants were selected using a stratified random sampling technique. The football players were first categorized according to their geographical regions, and then samples were randomly selected from each region to ensure equal representation.

3.6 Variables of the Study

3.6.1 Independent Variable

Geographical Regions of West Bengal

3.6.2 Dependent Variables

1. Anxiety
2. Motivation

3.7 Tools Used for Data Collection

To measure the psychological variables, the following standardized questionnaires were used:

Psychological Variable	Tool Used	Developer
Anxiety	Beck Anxiety Inventory (BAI)	Aaron T. Beck et al. (1988)
Motivation	Sports Motivation Scale (SMS-28)	Pelletier et al. (1995)

These questionnaires are widely used in sports psychology research and have established reliability and validity.

3.8 Procedure of Data Collection

Before collecting the data, permission was obtained from the respective colleges and sports authorities. The purpose of the study was clearly explained to the participants. The standardized questionnaires were administered to the football players during their training sessions and sports camps. Participants were instructed to respond honestly, and confidentiality of the responses was maintained.

3.9 Statistical Techniques

The collected data were analysed using appropriate statistical techniques. The following statistical methods were used: Mean and Standard Deviation to determine the level of anxiety and

motivation. ANOVA (Analysis of Variance) to compare the psychological variables among different geographical regions. Pearson Product-Moment Correlation to determine the relationship between anxiety and motivation among adolescent football players

4. Observation and Analysis

The collected data were analysed to determine the relationship between anxiety and motivation among adolescent football players from different geographical regions of West Bengal. The statistical techniques such as Mean, Standard Deviation, one-way ANOVA, and Tukey HSD post-hoc test were used to examine the differences among groups.

4.1 Anxiety Scores

Mean and Standard Deviation

Group	Mean	Standard Deviation
Plain Area (PA)	34.01	7.86
Sea Level (SL)	29.36	5.91
Coastal Area (CA)	19.64	5.40
Hill Area (HA)	18.51	3.92

The table shows that the highest anxiety level was observed among players from the Plain Area, while the lowest anxiety level was observed among players from the Hill Area.

One-Way ANOVA for Anxiety

Source	DF	SS	MS	F	P
Between Groups	3	17046.18	5682.06	160.93	<0.05
Within Groups	396	13982.06	35.31		
Total	399	31028.24			

The F-value (160.93) with a very small p-value indicates a statistically significant difference in anxiety levels among the four geographical regions. Therefore, the null hypothesis was rejected. This result indicates that geographical background significantly influences the anxiety levels of adolescent football players.

4.2 Motivation Scores

Mean and Standard Deviation

Group	Mean	Standard Deviation
Plain Area (PA)	109.26	8.47
Sea Level (SL)	115.26	7.24
Coastal Area (CA)	106.30	5.62
Hill Area (HA)	115.28	7.00

The results show that players from the Hill Region and Sea-Level Region demonstrate higher motivation levels, while players from the Coastal Region show relatively lower motivation scores.

One-Way ANOVA for Motivation

Source	DF	SS	MS	F	P
Between Groups	3	6048.11	2016.04	39.36	<0.05
Within Groups	396	20281.64	51.22		
Total	399	26329.75			

The F-value (39.36) indicates that there are statistically significant differences in motivation levels among adolescent football players from different geographical regions of West Bengal.

Thus, the null hypothesis was rejected, confirming that regional differences significantly influence the motivation levels of players.

4.3 Relationship between Anxiety and Motivation

The Analysis indicates that psychological variables such as anxiety and motivation vary significantly across geographical regions. Players from regions with higher anxiety levels tend to show different motivational patterns, suggesting that these psychological variables are interconnected in shaping the mental preparedness and performance of adolescent football players. Understanding this relationship can help coaches and sports psychologists design region-specific psychological training programs to enhance performance and mental well-being among football players.

5. Summary, Findings, and Conclusion

5.1 Summary of the Study

The present study was conducted to examine the **relationship between anxiety and motivation among adolescent football players from different geographical regions of West Bengal**. The study focused on understanding how geographical background may influence psychological variables such as anxiety and motivation among young football players.

A total of **400 adolescent football players** were selected from four geographical regions of West Bengal: the **Plain Region, Sea-Level Region, Coastal Region, and Hill Region**. Each region



consisted of **100 players**. Standardized psychological tools were used to measure the levels of anxiety and motivation among the participants.

Statistical techniques such as **Mean, Standard Deviation, One-way ANOVA, and Post Hoc tests** were applied to analyse the collected data. The analysis helped to identify differences among geographical regions and to understand the relationship between anxiety and motivation among the selected players.

5.2 Major Findings of the Study

The important findings of the study are as follows:

1. The analysis revealed that **adolescent football players from the Plain Region showed the highest level of anxiety**, while players from the **Hill Region showed the lowest anxiety level**.
2. The **ANOVA results indicated a significant difference in anxiety levels** among football players belonging to different geographical regions of West Bengal.
3. The results also showed **significant differences in motivation levels** among adolescent football players from the selected geographical regions.
4. Players from the **Hill Region and Sea-Level Region demonstrated relatively higher motivation levels**, whereas players from the **Coastal Region showed comparatively lower motivation scores**.
5. The findings suggest that **geographical background plays an important role in shaping the psychological characteristics of football players**, particularly in relation to anxiety and motivation.
6. The study indicates that **psychological variables such as anxiety and motivation are closely associated with the mental readiness and performance orientation of adolescent football players**.

5.3 Conclusion

Based on the analysis and findings, it can be concluded that **geographical differences significantly influence the psychological characteristics of adolescent football players in West Bengal**.



The results of the study highlight that **anxiety and motivation levels vary among players from different regions**, which may be influenced by environmental conditions, availability of sports facilities, coaching support, and socio-cultural factors.

Understanding the relationship between anxiety and motivation is important for improving the **psychological preparedness and performance of young football players**. Coaches, sports psychologists, and physical education professionals should consider these psychological aspects while designing training programs for adolescent athletes.

The findings of the present study may contribute to the development of **region-specific psychological training strategies** aimed at enhancing both the mental well-being and sports performance of adolescent football players.

6. Recommendations

Based on the findings of the present study, the following recommendations are suggested:

1. Coaches and physical education teachers should focus on psychological training programs to help adolescent football players manage anxiety and improve their motivation levels.
2. Sports authorities and educational institutions should provide sports psychology support for young football players to enhance their mental strength and emotional stability.
3. Regular counselling sessions and mental skill training should be organized to reduce competitive anxiety among adolescent athletes.
4. Football training programs should include motivation-enhancing strategies, such as goal setting, positive reinforcement, and team-building activities.
5. Adequate sports infrastructure and training facilities should be developed in different geographical regions of West Bengal to support the overall development of football players.
6. Coaches should be trained to understand the psychological needs of adolescent athletes, so that they can guide players more effectively.
7. Special attention should be given to players from regions where higher anxiety levels were observed, to improve their psychological preparedness for competition.



7. Future Aspects of the Study

The present study opens several possibilities for future research in the field of sports psychology.

1. Future studies may include female football players to examine gender differences in anxiety and motivation.
2. Researchers may conduct similar studies with larger sample sizes covering more districts of West Bengal.
3. Further research can explore other psychological variables such as self-confidence, stress, emotional intelligence, and mental toughness among adolescent athletes.
4. Longitudinal studies may be conducted to examine changes in anxiety and motivation over time among football players.
5. Future research may also compare different sports disciplines to understand whether the relationship between anxiety and motivation varies across sports.
6. Studies may investigate the impact of coaching style, family support, and socio-economic background on the psychological development of football players.
7. Researchers can also design intervention-based studies to evaluate the effectiveness of psychological training programs in reducing anxiety and improving motivation.

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