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Editorial

The basic and most important unit of the society has been the family from the beginning. For the empowerment and development of the country, first of all it is necessary to pay attention to the moral, social, economic and cultural dimensions of basic institutions like family. Balanced development of the family is very important for the development of the society. Therefore, if we want to have a complete and balanced development of the country, then we need to lay maximum emphasis on the basic institution called family. It is necessary that we should not make any discrimination between son and daughter in the family and we must explain this to our sons and get them involved in their activities. Even today, those who belong to the old belief believe that a woman cannot get any freedom, she cannot go anywhere alone, she cannot roam anywhere alone, but today's youth refuse to accept these values.

Some people also say that the importance of the walls in the house, the same importance is given to the education of the boys in the society. But how is a house made? Who are in the base of the house? The base of the house is our daughters, our girls, that means they are related to the roots. If our root becomes weak in the society, then our house or house cannot be strong at all. There is a need to understand this social context in reality.

The extent of favoritism is reached when we see discrimination in small tasks. Some people think that a girl is someone else's wealth, what job she should do. That's why some parents discriminate between boys and girls and this discrimination is visible somewhere in our behavior, in feeding and dressing. This is sheer injustice. God has given the same brain to boys and girls and today girls are proving it by bringing better results.

Girls stay at their parents' house for only a few days, so it is our duty to pay deep attention to their education, upbringing, only then we can fulfill the concept of a strong society. God has made us the trustee of our children so it is our duty to treat all members equally with full justice because both boys and girls have same power, same soul. So we should give them equal opportunities for development.

The basic objective of women empowerment is the development of women and communication of self-confidence in them. Women empowerment is important for the overall development of the society. Empowerment of women is the most important social phenomenon because they are the creators. If you empower them, make them strong, encourage them, it is better for the society. Women and men are the basis of creation and human society. Both complement each other. These are the wheels of the chariot of life by which the journey of life runs

smoothly. The role of both has been equally important for stability in family and society. The basis of change and development in a society depends on the mutual interaction of men and women, walking step by step and equal mobility of both. A chaotic situation is created in social life when any one side lags behind. The history of mankind is witness to this that where women have been neglected, the development of the society has been stunted. The role of women in creation of creation, education of children, upbringing of family is much more important than that of men, thus her position becomes central in the society. Therefore, without the progress of women, there can be no upliftment of mankind and society. As far as India is concerned "Yatra Naryastu Pujayante Ramante Tatra Devta" means where women are worshipped. The deities reside there. With this ideal any Indian woman can feel pride in comparison to the western woman. The ideal of learning in Saraswati, the ideal of wealth in Lakshmi, the ideal of valor in Durga, the ideal of purity in Ganga, even the ideal of creation in the form of Jagad Janani we find only in India.



Professor Akhilesh Shukla
Chief Editor

CONTENTS

01.	Analysis of the concept of victim logy with special reference to domestic violence	09
	Akhilesh Shukla, Aanchal Shukla	
02.	Ecofeminism and Environmental Movements in India	17
	Rani Tyagi	
03.	Socio-Economic Conditions of Elderly Women Slum Dwellers	21
	Archana Mishra	
04.	Public Health and the Disputed Issue of Subsoil Water in Colonial Bombay City: 1860-1900	26
	Madhu Kelkar	
05.	Rock Art of Keraha: A Critical Study	33
	Neha Singh	
	Pritam Kumar	
	Mahesh Chandra Srivastava	
06.	Socio-Economic Inequalities in Chhattisgarh	39
	Shashi Kiran Kujur	
	Upendra Kumar Sahu	
07.	The Study of Augmented Reality Advertising and growing trends in India	46
	Rita Khatri	
08.	Drug Abuse and the Criminal Justice System	50
	Ajay Kumar Dwivedi	
09.	Theory of basic structure in reference to the amendment of the Indian constitution (An observation)	55
	Om Dutt	
10.	A Comparative Study on The Anthropometrical Variable of Volleyball and Basketball Players of Senior Secondary School	63
	Mohammad Muqarram	
11.	Effect of Anxiety and Achievement Motivation in Sports Performance	68
	Alok Kumar Pandey	
12.	Significance of projection	72
	Mohammed Imran Khan	
13.	Tourist places in Meerut District: an over View	78
	Poonam Chaudhary	
	Aanchal	

14. Give to All an Equal Liberty: A Study of Abolitionist Sentiments and Anti-Slavery Historiography in the Anti-Slavery Alphabet (1847) 85
Anirban Guha Thakurta
15. Supplementary effect of methionine on the growth and survival *Channa punctatus* 94
Umesh Shukla
16. Random-amplified polymorphic DNA profiling of isolates from dung sample of camel for sorting out distinct isolates 96
Shikha Tiwari
17. Estimation of nitrogen fixation by different genera of *Azotobacter* and *Azospirillum* and effect of herbicides on nitrogen fixation of *Azospirillum* in malate medium under laboratory conditions. 100
Vandna Krishna
18. Duration of parental care received by fawns of *Antilocapra cervicapra* in captivity 106
Sonia Yadav
Raksha Modi
19. Salinity tolerance on germination and growth of chickpea (*Cicer arietinum* L.) 114
Archana Tiwari
Archana Mishra
20. Serum sodium level in men and Women belonging to different blood groups 117
Umesh Shukla
21. The Mystery of Maharaas, the Cosmic Dance 119
Patel Nilaben Alpesh kumar, Yogesh Bhatt
22. A New Dimension of Leadership: Ethical Leadership 124
Parul C. Dave
23. Impact of COVID - 19 Pandemic on Perceptions towards Physical and Mental Health 128
Bhavna L. Gajera
24. New Education Policy in reference with Physical Education and Sports 131
Minaxi Masukhbhai Patel

Effect of Anxiety and Achievement Motivation in Sports Performance

• Alok Kumar Pandey

Abstract- *To find out the effect of anxiety and achievement motivation in sport performance. The sample of the present study 60 (30 were male and female) subject were selected on random basis from the Department of Physical Education University of lucknow who have played at the district level and inter collegiate level. For the measurement of anxiety Sinha's comprehensive Anxiety Test (SCAT) developed by L.N.K Sinha and L.K.P Sinha was used and for the measurement of Achievement Motivation Scale adapted. Result Shows that there is a positive correlation found between anxiety and achievement motivation. that the level of anxiety differs in male and female athlete significantly and the same results are found for achievement motivation. But there is no significant difference found at the level played by the athletes i.e. up to District level and Inter- Collegiate level.*

Keywords- *Anxiety, Achievement motivation, Performance*

Introduction- In terms “motivation” refers to an internal state that activates and gives direction to our thoughts .some motivate such as hunger are clearly based on internal physiological state .but other motives ,such as motive to succeed sate not base d on simple internal physiological state .external cues play an important role in such motive. Psychology and physical factors play an important role in determining the performance level (Grange & Kerr, 2010; Schilling & Hyashi 2001) Numerous studies have demonstrated the impact t of psychological factors on sports performance (Crespo, 2002)

Achievement motivation is a desire to accomplish difficult task to in an area with a standard with excellence (Murray, 1938). It is the Psychological need for success in school sports, occupation and other competitive situations. Individual with a high need for Achievement (*n Ach*) generally experienced little anxiety or fear failure but tend to choose jobs and other challenges in which they have a realistic chance for success. And when Success is achieved, the high *n Ach* enjoys the fruit of his or her labor more than an average person (Atkinson, 1957; McClelland, Atkinson, Clark Lowell, 1953).

The achievement motivation pushes us to success and significant accomplishment in our lives studies have shown that people who rate high in achievement motivation tend to work much work harder and more personality on tasks and they tend to achieve more than those who rate low in achievement motivation (Atkinson & Raynor, 1978; Cooper, 1983).

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Whether a person will work hard on a particular task depends to upon his or her expectations to success and how much he/she value the task (Athinson, 1957; Molden & Dweck, 2000).

Anxiety (also called angst or worry) is a psychological and physiological state charted by somatic, emotional, cognitive, and behavior components (Seligman, Walker, & Rosenhen, 2001). It is the displeasing feeling or fear and concern the root meaning of the word anxiety is 'to vex or trouble in either press or absence of psychology stress anxiety can create feeling or fear worry unions and dread it is also associated with feeling of restlessness fatigue, concentration problem and muscle tension. Anxiety is considered be a normal reaction to a stressor it may help an invalidated to deal with a demanding situation by prompting them to cope with it.

So the anxiety and achievement motivation both are psychological terms and have their impact on each other so to study the effect of these variables the present study is designed.

Methodology- The sample of the present study selected from the Department of Physical Education University of Lucknow. For the purpose of the study 60 subject were selected on random basis and among them 30 were male and female. Within these 20 subject (10 male and 10 female) played at the inter-collegiate level and 40 subject (20 male and 20 female) played sat the District level.

Table 01
Showing the Description of the sample.

Level played	MALE	FEMALE
District	10	10
Inter-Collegiate	20	20

N=60

Procedure- For the measurement of anxiety Sinha's comprehensive Anxiety Test (SCAT) developed by L.N.K Sinha and L.K.P Sinha was used and for the measurement of Achievement Motivation Scale adapted from <http://www.wwnorton.com/college/psych/psychosci/media/survey.html> was used. Mean, Standard Deviation, Correlation and were calculated for the analysis by using SPSS software.

Results

Tables 02
Showing the Mean and Standard Deviation.

	Mean	Std. Deviation	N
Anxiety	24.5500	10.89927	60
Achievement Motivation	14.6833	2.10320	60

Table 03
Showing the Correlation between the variables.

		Anxiety	Achievement Motivation
Anxiety	Pearson Correlation	1	.407
	Sig. (2-tailed)		.001
	N	60	60
Achievement Motivation	Pearson Correlation	.407	1
	Sig. (2-tailed)	.001	
	N	60	60
** Correlation is significant at the 0.01 level (2-tailed)			

Table 04
Showing the multivariate analysis (ANOVA).

Source	Dependent Variable	Sum of Squares	Df	Mean Square	F	Sig.
Gender	Anxiety	1261.008	1	1261.008	12.567	.001
	Achievement Motivation	22.533	1	22.533	5.313	.025
Level (From District to Inter-collegiate)	Anxiety	39.675	1	39.675	.395	.532
	Achievement Motivation	.133	1	.133	.031	.860
Gender & Level	Anxiety	429.408	1	429.408	40279	.043
	Achievement Motivation	.533	1	.533	.126	.724

Discussions- As the results indicate that the mean of the anxiety is 24.55 and for the achievement motivation is 14.68, the standard deviation for anxiety and achievement motivation are 10.89 and 2.10 respectively. As result shown in the table the 3 the value of Pearson correlation .407 which is significant at .01 level which highly significant and showing that there a positive correlation found between anxiety and achievement motivation. Because optimum level of anxiety is always better to attain the goal. As the Yarkis-Dodson law states that as the anxiety increases the performance of the person will also increase. But when it reaches to the peak the performance will starts deteriorating. After the analysis of variance (ANOVA) as shown in table 4, it can be stated that there is significant difference found between anxiety on account of gender, because the value for this is $F=12.567$ with $df=1$ which is significant at .01 level and for the achievement motivation the value is $F=5.313$ with $df=1$ which is significant at .05 level. It shows that the level of anxiety differs in male and female athlete significantly and the same results are found for achievement motivation. But there is no significant difference found at the level played by the athletes i.e. up to District level and Inter-collegiate level. It shows that level of playing does not play any significant role in the anxiety and achievement motivation. It indicates that no matter at what level the athlete is playing he or she feels equal amount of anxiety and achievement motivation.

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