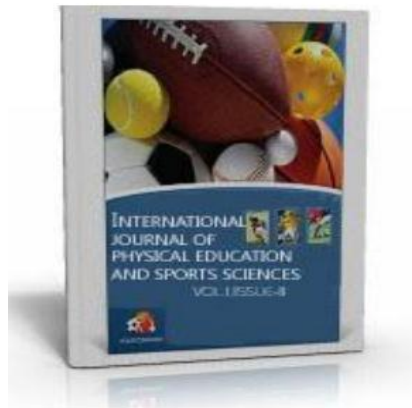


## **Analysis of Football Playing Ability with Selected Psychological Variables among Football Players**



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### **ABSTRACT**

The purpose of the present study was to find out the relationship of selected psychological variables with playing ability of soccer players. To achieve the purpose of the study, 100 male soccer players were selected randomly from the affiliated colleges of Manonmaniam Sundaranar University, Tirunelveli, Tamilnadu, who had played in Manonmaniam Sundaranar University Intercollegiate Soccer Tournaments held at St. Xavier's College, Palayamkottai, Tamilnadu, during the year 2010-11. The age of the subjects ranged from 17-22 years. The present part consists of one dependent variable such as playing ability and three independent variables such as state anxiety, trait anxiety and aggression. Data were collected for the ten variables. To determine the relationship between dependent variable and independent variable Pearson product moment and multiple correlation were used. There was significant relationship between playing ability, state anxiety, trait anxiety and aggression among college soccer players. There was significant relationship between playing ability and the combined effect of selected variables such as state anxiety, trait anxiety and aggression among college soccer players.

### **INTRODUCTION**

Sports performance is the sum of numerous factors which can vary from individual to individual. A few centimeters and fraction of seconds decide the record performances,

victories or defeats in tough international competitions. It is very important to identify and fully mobilize each individual potential.

Soccer is a game of physical and mental challenges. One must execute skilled movements under generalized conditions of restricted space, limited time, physical and mental fatigue, and opposing players. One must be able to run several miles during a game, mostly at sprint like speed and respond quickly to a variety of rapidly changing situations during play. Finally, one needs a thorough understanding of individual, group and team tactics. One's ability to meet all these challenges determines how well One's perform on the soccer field (Joseph A. Luxbacher, 1996).

Psychology is an extremely exciting and challenging field of knowledge. It continues to grow in an accelerating phase each year and it continues to provide answers to basic questions about the human condition. Psychology has enormous potential. It offers the hope of both understanding and improving our lives, our community and planet (Anderw B. Crider et al, 1981).

Soccer is a game which calls for strenuous, continuous thrilling action and therefore, appeals to the youth the world over. The skills involved in the game are simple, natural and yet are highly stimulating and satisfying to anyone who participates in the game. (J.P.Thomas, 1964).

During the last few decades, coaches and athletes from a wide variety of sports have begun to realize the importance of the mental side of athletic performance. More specifically, individuals involved with organized sports now understand that for the athletes to perform at their peak level of efficiency, they must possess and use a number of psychological skills. This is also true within the world of track and field as coaches and athletes have become interested in enhancing their athletes' psychological skills (Caudill, D., Weinberg, R. S., & Jackson, A. 1983). Almost all performances depend on the ability of applying psychological skills appropriate a game situation. Increased mental skill will often contribute to better performance. Sports psychology has long been recognized as an essential element in all physical activities and is generally considered to be a basic component of sports performance (Bud Getchell, 1976).

## **PURPOSE OF THE STUDY**

The purpose of the present study was to find out the relationship of selected psychological variables with playing ability of soccer players.

## **METHODOLOGY**

To achieve the purpose of the study, 100 male soccer players were selected randomly from the affiliated colleges of Manonmaniam Sundaranar University, Tirunelveli, Tamilnadu, who had played in Manonmaniam Sundaranar University Intercollegiate Soccer Tournaments held at St. Xavier's College, Palayamkottai, Tamilnadu, during the year 2010-11.

The age of the subjects ranged from 17-22 years. The present part consists of one dependent variable such as playing ability and three independent variables such as state anxiety, trait anxiety and aggression.

Data were collected for the ten variables. To determine the relationship between dependent variable and independent variable Pearson product moment and multiple correlation were used and the results have been presented below.

## **ANALYSIS OF DATA**

The summary of mean and standard deviation was calculated on the selected variables have been presented in table I.

**Table I**

**The summary of Mean and standard deviation**

<b>Variables</b>	<b>Mean</b>	<b>Std. Deviation</b>	<b>N</b>
<b>Playing Ability</b>	7.99	0.21	100
<b>State Anxiety</b>	29.20	4.00	100
<b>Trait Anxiety</b>	37.76	12.25	100
<b>Aggression</b>	11.69	2.43	100

The data on the selected variables were statistically analyzed using Pearson product moment and multiple correlation and the results were presented in table II.

**Table II**

**PEARSON PRODUCT MOMENT CORRELATION MATRIX**

Variables	Pearson $r_{1.2}$ Value	Multiple $R_{1.234}$ Value
State Anxiety	.142	<b>0.342*</b>
Trait Anxiety	.045	
Aggression	-.034	

The required table 'r' value is 0.138 at 0.05 level of confidence.

It is evident from the table II that there was significant relationship between selected State anxiety with playing ability of soccer players and also it was observed that there was significant relationship between playing ability and the combined effect of selected psychological variables.

## DISCUSSION

Playing ability of soccer players is influenced by psychological variables as these are the variables which produce the highest multiple correlations with soccer playing ability. Obviously these variables need to be given special attention while preparing players for state level competitions. Training schedules at this level should include separate training units for each of these variables.

The multiple correlations for the prediction of soccer playing ability of intercollegiate soccer players include state anxiety, trait anxiety and aggression. As the multiple correlations on playing ability with the combined effect of these independent variables is highly significant, it is apparent that the obtained regression equation has a high predictive validity. Thus, this equation may be successfully utilized in selecting University/College level soccer players.

Thus, the investigation clearly points out that the soccer playing ability is primarily based on the skill performance variables and secondarily, it depends upon the psychological factors. Though psychological factors contribute significantly for the playing ability of the soccer, it finds the second place.

## **CONCLUSION**

From the analysis of the data, the following conclusions were drawn.

1. There was significant relationship between playing ability and state anxiety among college soccer players.
2. There was no significant relationship between playing ability and trait anxiety among college soccer players.
3. There was no significant relationship between playing ability and aggression among college soccer players.
4. There was significant relationship between playing ability and the combined effect of selected variables such as state anxiety, trait anxiety and aggression among college soccer players.

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