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## **A STUDY OF PSYCHOLOGICAL PROFILE OF FOOTBALL PLAYER**

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# A Study of Psychological Profile of Football Player

Raj Kumar\*

Research Scholar

**Abstract** – Football is presumably the most popular game worldwide however there is still constrained investigative data accessible concerning the physique and performance characteristics of first class Indian footballers. Group games are sports where size, shape, body composition and fitness all play a vital part in giving unmistakable advantages to particular playing positions. The target of the study was to investigate the psychological profile among various levels of participation football player. With the end goal of the study 191 football players were chosen as subjects. Past examination in India found that the six essential motives, given by understudies athletes for sport participation were achievement, body shape, physical fitness, teamwork, learning new skills and for difficulties. In any case, research contrasting diverse ethnic on participating in sports, particularly football is constrained. Negative connection noted between the level of motives and anxiety among all ethnics. Sports psychologists, coach or sport officers can utilize this exploration to create proper football environment for Indians, to keep up their enthusiasm for football. Sports psychology is a branch of psychology which concentrates on the behavior of sportspersons as well as uncovers the effect of all the psychological variables which are specifically or by implication, decidedly or contrarily identified with sports performances. Numerous studies have been done to see the effect of psychological variables on sports performances.

**Keywords:** Psychological Profile, Football Player, popular game, performance, India, environment, etc.

## INTRODUCTION:-

The reason for this study was to evaluate the Psychological profile of football players in the Region of India. Again an examination of contrasts between players at all levels in an assortment of sporting and physical activities and taking note of changes crosswise over various circumstances will advance comprehension of Psychological profile, nature of psychomotor knowledge and cognitive processes. The reason for this study was to look at the achievement goal, self-determination and convictions about the nature and determinants of sportive ability in capacity of focused level in grown-up football players: Professionals, Semi-Professionals and Amateurs. There were no critical contrasts in motivational introductions as a component of a focused level. Beginner players, when contrasted and Professionals exhibited fundamentally higher levels of a motivation and firmly trusted that their sports fitness was steady; by and by, they reported lower levels of distinguished regulation. Then again, Professionals and Semi-Professionals when looked at with Amateurs uncovered fundamentally higher levels of interjected regulation and firmly trusted that their fitness for the act of football was because of learning and ready to be moved forward. Aggression is a pessimistic personality trait that has been connected with sport participation.

From a psychological point of view, aggression has been characterized by (1977) conceptualization of aggression as any physical, mental or verbal behavior driven by the aim to damage somebody who is spurred to stay away from such treatment. On account of the effect of aggressive behavior on athletic performance, the motivation behind this study was the correlation of aggression of football players in various positions.

Physical education can be a major contributing component in the improvement of a person in all parts of life: physical, passionate, mental and social. The essential points of physical education change truly, in view of the necessities of the time and place. Frequently, a wide range of sorts of physical education happen all the while, some purposefully and others not. Most cutting edge school frameworks assert their goal is to outfit understudies with the learning, skills, limits, and values along with the energy to keep up a healthy way of life into adulthood. A few schools likewise require physical education as an approach to advance weight misfortune in understudies. Activities incorporated into the program are intended to advance physical fitness, to create motor skills, to impart learning and comprehension of standards, concepts, and procedures, and to instruct understudies to act as a

major aspect of a group, or as people, in a wide assortment of focused activities. Physical education encounter, an individual has the chance to comprehend the significance of acquiring and keeping up a high level of physical fitness, participate in a wide assortment of physical activities to cultivate the craving to keep up a dynamic way of life, upgrade physiological and motor skill advancement, and grow reasonable play, teamwork and socially attractive behavior, improve self-esteem. Sports implies preoccupation, delight or diversion a lovely past time, a past time sought after in the outdoors or having an athletic character, as chasing, hustling, angling, baseball, knocking down some pins or wrestling, physical education is fundamentally concerned and included with sports. Sports are a human movement that includes particular regulatory association and authentic foundation of guidelines which characterize the goal and cutoff the example of human behavior. Sport in the present day has turned out to be to a great degree focused. Past records are being broken at whatever point there is a competition .it is not the more participation or few days' practice that brings an individual triumph, yet the persistent hard word of training right from kid hood, a solid self-determination and certain psychological elements. Sports association can be a positive ordeal for all members, yet just if the experience is legitimately organized with the physical and psychological needs of the members at the top of the priority list.

## REVIEW OF LITERATURE:

**Pedersen M. Darhl (2007)** made a study to portray the profile of personality traits for male and female athletes were gotten from 133 men and 71 ladies raters. Traits were appraised utilizing a 7-point semantic differential with 11 bipolar things. A profile examination demonstrated that the profile of the traits were unmistakable. There were no critical in the evaluations by men and ladies raters. Male athletes were evaluated as more dynamic, aggressive, focused, commanding, controlling, instrumental and open. Female athletes were appraised as more goal arranged, sorted out and run governed.

**Krishnan (2008)** led study on Effect of Mental Imagery Training Program on Selected Psychological Variables and Skill Performances of Volleyball Players. At first twenty tip top and twenty learner volley ball players were chosen as subjects for the experimental group. Subsequent to regulating MIQ-R (Hall), as per the imagery capacity fifteen tip top and fifteen tenderfoot players were chosen as samples for the genuine twelve weeks experimental (imagery) training program. Another fifteen tip top and fifteen beginner volleyball players were likewise chosen for the control group. With the end goal of the study Cognitive Anxiety, Somatic Anxiety, Self-certainty, Attention were chosen as Psychological Variables and serve Pass (administration gathering), assault, square were chosen as skill performance Variables.

**O. Sullivan et. al. (2008)** examined that thinks about the members of 4 school sports groups both inside groups and with non - athlete, school controls on 5 essential measurement of personality. 12 males individual from 2 school groups, baseball and football, and 64 female individuals from 2 group, field hockey and lacrosse (consolidated and Equestrians) were analyzed on the 5 size of the Zuckerman kulhman personality questionnaire (ZKPQ) All groups were fundamentally higher on the action and lower on the neuroticism anxiety scales than the general school populace of the college of Delaware.

**Hardy (2009)** reported the underlying stages of acceptance of the 64-thing Test of Performance Strategies, a self-report instrument intended to quantify the psychological skills and methodologies utilized by athletes as a part of competition and amid practice, data were acquired from a sample of 472 athletes contending over a scope of performance principles in a wide assortment of sports. Exploratory element examinations of their reactions created eight competition technique subscales and eight practice system subscales, each comprising of four things. Inward textures of the subscales went from 0.66 to 0.81 ( $\alpha=0.75$ ). Relationships among procedures were inspected inside and between performance connections. Subgroups characterized by age, sex and current standard of performance in sport contrasted essentially in their psychological skills and strategies.

**Razeena (2009)** led a study on sports particular psychological skill among national level sportspersons, the motivation behind the examination was to think about psychological skills among national level sports persons.

**Ali, Hussain, and Rahaman (2010)** looked at the level of aggression and sports achievement motivation in the middle of junior and senior Manipur national hockey players. The subject of their study was 50 male hockey players from Manipur state. They discovered unimportant distinction in the middle of junior and senior national hockey players of Manipur concerning sports achievement motivation and sports aggression.

**Mudimela (2010)** concentrated on the effect of level of participation on psychological elements, for example, aggression, anxiety, achievement motivation and performance. Six hundred and a quarter century players speaking to three distinct levels that is, between colleges, between area, between university, constituted the sample of the study. Critical contrasts were found among three levels of participation with respect to aggression achievement motivation and performance as it were. Aggression and achievement motivation contributed altogether to performance though anxiety is found to have negative effect on the performance.

**Ergene (2011)** examined the relationships among study propensities, test anxiety, achievement motivation, and scholastic accomplishment in a Turkish tenth grade high school, sample comprising of 510 members, 267 (52.4%) of whom were females and 243 (47.6%) were males. A positive relationship between study propensities scores and achievement motivation level was found. No relationship was seen between achievement motivation and scholarly achievement. Test anxiety and study propensities were related emphatically with scholastic achievement and there was no relationship with achievement motivation.

**Rathee and Singh (2011)** focused to inspect the levels of achievement motivation, enthusiastic and social change among international and national players of basketball, hockey and handball games. International players had higher levels of achievement motivation when contrasted with the National level. No huge sexual orientation contrasts were seen on this develop. Among female players, handball group was superior to anything basketball group on achievement motivation.

**Kumar and Kalidasan (2011)** concentrated on to look at the sports achievement motivation level between Tamil Nadu and Karnataka fresher and experienced ball badminton players. For the study eighty ball badminton players from Tamil Nadu state and eighty ball badminton players from Karnataka state were haphazardly chosen as subjects. Among eighty ball badminton players, forty fresher's each from Tamil Nadu and Karnataka state were chosen. The age of the chose subjects went from 18 to 24 years. Result uncovered a huge distinction between Tamil Nadu and Karnataka ball badminton players on sports achievement motivation furthermore discovered huge contrast in the middle of fresher's and experienced ball badminton players on sports achievement motivation. Further it uncovered that there was no huge distinction between Tamil Nadu and Karnataka fresher's and experienced ball badminton players on sports achievement motivation.

**Peterson (2012)** hypothesized that players of various levels of play may vary in their football skills as well as in their method for playing football and as for psychological variables, for example, fixation, response time, or aggressive anxiety. The psychological characteristics of a player may impact his method for playing football (specifically concerning reasonable play) furthermore his danger of harm. A group of 588 football players were concentrated on by questionnaire; also, response time tests were performed. Psychological characteristics were surveyed by three built up self-assessment questionnaires: the Athletic Coping Skills Inventory, the State Competitive Anxiety Test, and the State-Trait-Anger-Expression-Inventory. Football-particular

characteristics that were researched included playing knowledge and positions played, style of play, number of training hours and games, and additionally parts of reasonable play.

### **Comparison between Adult Football Players Competing at Different Levels:**

With regards to football, the motivation is one of the concepts most alluded amongst the reasons that legitimize the achievement and frequently, the disappointment of players and of groups. Habitually coaches, players and group of onlookers partner the group and individual performance to various motivational states. There have been a significant number of studies that explored the utilization of self-determination hypothesis and achievement goals hypothesis to sport and exercise settings; in any case, there has been little examination how athletes' convictions relative to sport skill. As per achievement goal hypothesis, there are two goal conditions of association that are received by people in achievement settings, to be specific errand and sense of self. At the point when an athlete is errand included, the impression of accomplishment is self-decided. These people stress particularly in enhancing or learning better approaches for doing it. Alternately, an athlete inner self included is characterized by his method for characterizing accomplishment in a prescriptive or socially near way, basically attempting to demonstrate his ability up before others. In that capacity, and considering the predetermined number of studies that approach these motivational builds in groups of high aggressive levels and particularly in groups of grown-ups, with this work we wish to add to a superior comprehension of a few viewpoints alluding to the motivation in Indian football players, in particular how their achievement goals, seen self-governance and convictions about the nature and determinants of sport capability. It is likewise our goal to dissect these motivational determinants with respect to the aggressive level of these athletes.

### **Level of Motives and Anxiety of Football Players:**

Motives can be characterized as the goals that bring about a man to move, act, or to carry on certainly. Motives for taking an interest in sports are numerous. Past studies, demonstrated that the major motives understudy athletes have for their participation are getting a charge out of, for arousal, rushes and fervor, achievement, fitness, vitality discharge, skill improvement, fellowship, fun, and to end up physically fit, healthy way of life. Contary, anxiety as a negative feeling with an assortment of cognitive, physiological and behavioral manifestations weaken sport performance. Anxiety tends to undermine a man's prosperity since it builds a man's stresses and uncertainty. Subsequently anxiety tends to decrease the level of motives. Anxiety comprises of two sub-components to be specific cognitive and physical



anxiety, have the major impact on performance. The cognitive is the mental segment, characterized by negative assumptions about achievement or self-assessment, negative self-talk, negative considerations, trepidation of disappointment, loss of self-esteem, low self-certainty, stresses over performance, images of disappointment, failure to think and disturbed consideration. The physical is the physiological component, initiated the autonomic arousals, negative side effects, for example, sentiments of apprehension, trouble of breathing, high blood pressure, dry throat, muscular tension, quick heart rate, sweat-soaked palms and butterflies in the stomach. Social learning hypothesis clarifies that individuals are inspired to join in sports since they need to duplicate the skills of their sports saints. Cognitive assessment hypothesis expresses that prizes can be partitioned into two sorts; controlling and enlightening. Controlling prizes, for example, recognition or trophies, are intended to impact (example, control) an individual's behavior while educational prizes pass on data around an individual's fitness at an errand. In the event that a player trusts her coach's commendation is intended to control her behavior, the recognition will lower her characteristic motivation for the errand. On the off chance that, then again, the player trusts that the commendation is intended to give data about her fruitful performance, her inherent motivation for the errand would increment. There are numerous reasons why Indian athletes start to participate in sports.

#### **Aggression of Football Players in Different Positions:**

Aggression is maybe a standout amongst the most vital issues in sports today. Much research has taken a gander at aggressive behaviors in sport, attempting to comprehend the procedures fundamental such an exploitative behavior. Aggression is a pessimistic personality trait that has been connected with sport participation. The term aggression has been characterized by R.A. Noble and D.R. Richardson (1994) as — any type of behavior coordinated toward the goal of hurting or harming another living being who is persuaded to maintain a strategic distance from such treatment". Aggression is physical or verbal behavior; it is not a state of mind or feeling. As indicated by various scholars, aggression is partitioned in the middle of instrumental and responsive aggression. Instrumental aggression comprises in bringing about a key aggravation to an adversary in a yearning to impede one's performance, for example, a crate out in basketball or a legitimate body check in hockey. Opposite, responsive aggression more often than not includes dissatisfaction or annoyance along with the expectation to hurt or harm another. The essential goal is the resultant agony or enduring of the casualty. Accordingly, the focus of receptive aggression is to hurt one's adversary even to the point where the harmed athlete must be expelled from the game. A comparable definition was received by R.A. Noble and D.R. Richardson who operationally characterized

aggression in sport as 'Any type of behavior coordinated toward the goal of hurting or harming another living being who is spurred to stay away from such treatment'.

#### **Personality of Football Players at Different Levels of Participation:**

To a standard individual the word personality passes on the significance of one's physical appearance, his propensities, his methods for sprucing up, his conduct and other comparative characteristics. The human personality is a grandly many-sided structure, carefully woven of motives, feelings, propensities and musings into an example that adjusts the pulls and pushes of the world outside. Personality is an aggregate whole of a man's „being' and incorporates physical, mental, social, passionate, and scholarly perspectives. One's personality mirrors his recognition, creative ability, mentality, impulses, propensities, qualities, hobbies, and suppositions about himself and his self-worth. Insight, achievement motivation, and methods of conformity... all these and a great deal more constitute human personality. The majority of this work has been worried with depicting personality traits of players, separating among people by sports and level of achievement and so on. Investigations of estimation of personality traits of players are indispensable, on the off chance that we are to secure the data required by sports psychologists and coaches, who are accused of obligation regarding selection, counseling furthermore the training of the players for competition. Personality evaluation has dependably been a region important to psychologists. As of late, the investigation of estimation of the personality traits of players has turned into a popular theme of sports psychology research. One of the goals of this examination has been to find out the part of players' personality in fruitful competition. Along these lines, the player's personality has ended up essential in the accomplishment of any sport. Psychologists have created approaches to gauge personality that can help us to comprehend personality traits of the players. Numerous psychologists recognize an individual's run of the mill style of carrying on (traits) and the circumstance's impact on behavior (states). This qualification between psychological traits and behavioral states has been basic in the improvement of personality exploration in sports. Amid 1960s and 1970s more than 1000 studies were done on sports identities; reported in different quarters of globe yet tragically with a long way from reliable results and conclusions. A few commentators of sports personality research, for example, Martens (1975) arrived at the conclusion that general trait measures are useless with the end goal of foreseeing pertinent sport behavior.

#### **CONCLUSION:**

We trust that this study can add to more secure and more effective arranging and programming of training with youthful soccer players, on the grounds that the

results of our tests helped us recognize the fundamental motor capacities that are dominatingly in charge of the achievement of the performance of situational motor capacities. To conclude, a surely understood, age-subordinate advancement design in physical fitness and in football skills among pre-adult football players was found in the present study. Albeit general and football-particular perceptual motor skills likewise created with age, it appeared that football specific perceptual skills turned out to be more imperative with age and general perceptual motor skills less vital. By the by, more research is justified with a specific end goal to comprehend the advancement of general and football-particular perceptual motor skills amid development. Likewise, research lay-out in the football-particular lab test utilized as a part of the present study was extremely straightforward contrasted with those circumstances that players need to confront in the genuine game. Football-particular lab test included some instability contrasted with conventional football skill tests yet was still a test from foreordained begin to pre-decided completion. In genuine game every player have special beginning circumstance which is then followed by choices and motor activities influenced by the activities of partners and adversaries. Choices and activities in the game are likewise impacted by the team's playing style and strategies chose. In this way, more research is additionally required so as to create tests that measures vital football skills in more game-like reenactment or even in the game itself. The present study will be a critical commitment to the field of football and sports when all is said in done. The information from this study will supplement the literature of Indian Physical Education and Sports.

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## Corresponding Author

**Raj Kumar\***

Research Scholar

E-Mail – [drrekharani@gmail.com](mailto:drrekharani@gmail.com)