

Analysis of Psychological Attributes Between Qualifying and Non-Qualifying Footballers For Inter University Team

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Introduction

Football is one the most popular sport in the world, which requires high level of physical, physiological and psychological fitness. Studies have revealed that psychological development in the sports person is of supreme importance in order to achieve excellence in sports. Thus it is important to find out the correct psychological variables and its levels complying with different sports to achieve peak performance which can result in a higher correlation between the physical performance test and actual game performance (Weinberg, 1981). In football, some important psychological factors include anxiety, arousal, aggression, sports motivation, goal orientation and emotions. The present study aims to understand the role of certain psychological attributes and its influence on university level football players, such as will to win , that is the extent to which a person desires to reach some standard of excellence or defeat an opponent (Pezer and Brown, 1980); emotion regulation, which seeks to understand how an individual regulates their emotions in response to stress evoking situations; goal perspective, that is whether the individual is task oriented or ego oriented and sports motivation, which seeks to analyze why a person plays a particular sports.

Review of Literature

Research in the context of emotion regulation and sports performances have been carried in the form of systematical literature reviews, employing meta analysis, experimental single

blind design, among others and they reveal that out of the two strategies for emotion regulation, cognitive reappraisal is associated with better performance in comparison to expressive suppression, that have been found to be associated with slow task performance, lower mean output, increased perception of physical exertion (Wagstaff , 2013)

Duda's (1989) research, between task & ego orientation and the perceived purpose of sport among high school athletes, results indicate that task orientation is positively related to belief that sports should enhance self esteem, while ego orientation is positively related with the view that involvement in sports enhances an individual's self esteem and social status. Comparative study of aggression and will to win between individual and team game players showed that there was no significant difference in the two groups (Malik et al, 2017). Another study was conducted by Md Ahmad (2012), that examined the participation motivation and will to win among non-contact game (cricket, volleyball, softball) players, & it was seen that there was no significant difference found among the selected psychological variables.

Vallerand et al (1999) proposed a motivational sequence that incorporates most of the available literature on motivation and its types, in sports. The motivational order or sequence proposed by them is "Social Factors - Psychological Mediators – Types of Motivation – Consequences". This sequence corresponds to the theoretical work proposed in the self determination theory (Deci & Ryan, 1985 &1991), as well as with the hierarchical model of intrinsic and extrinsic motivation (Vallerand, 1997).

Hypothesis

There would be significant difference between qualifying footballers for team and non-qualifying footballers for team in sports will to win, emotion regulation, task & ego orientation and sports motivation

Objectives:

To study the differences between qualifying footballers for team and non-qualifying footballers for team in (i) Will to win (ii) Emotion regulation (iii) Task & ego orientation and (iv) Sports motivation.

Methodology:

Participants

For the present study, the sample comprised of football players (N= 40), age ranging between 18-20 years with a Mean & SD of 18.8 ± 1.18 from National sports university, Manipur. Sampling technique used was convenient random sampling and further classified to two categories as university qualifying team (N= 20) and non- qualifying players (N=20) .

Measures

Will to win: It measures the extent to which a person desires to reach some standard of excellence or defeat an opponent (Pezer and Brown, 1980). Emotion Regulation Questionnaire (ERQ): It was developed by Gross & John (2003), it is a 10-item questionnaire designed to assess individual differences in the usage of two emotion regulation strategies: Cognitive Reappraisal and Expressive Suppression. The Task and Ego Orientation in Sports Questionnaire (TEOSQ): The TEOSQ developed by Duda et al. (1989) is a 13-item questionnaire used to assess whether an individual defines success in a sporting context as “task oriented” or “ego oriented”. Sports Motivation Scale (SMS) by Pelletier et al, (1992) was applied.

Result

The descriptive and comparative statistics of both qualified and non-qualified football players is presented in table 1. The table is self explanatory. There is significant difference is only in one sub variables that have been explained. The graphical representation of the score is presented in figure 1.

The group representing qualifying footballers for team selected for University team (N = 20) was associated with Intrinsic Motivation (IM; IM to experience stimulation) with the mean and SD of 20.95 ± 3.96 . By comparison the non qualifying footballers for team or football players who did not qualify into the university team was associated with a numerically larger value of mean for the same subscale of Intrinsic Motivation (IM; IM to experience stimulation), with the mean and SD of 23.80 ± 3.76 . To test the hypothesis that qualifying footballers for team and non qualifying footballers for team were associated with a statistically significant difference of mean, in the four types of psychological variables on which they were assessed, namely sports motivation, will to win, goal perspective (task & ego orientation), and emotion regulation, an independent sample t- test was performed. The distribution for team and non qualifying footballers for team were sufficiently normal for the purpose of conducting a t- test (i.e., skew $<|2.0|$ and kurtosis $<|9.0$). Additionally, the assumption of homogeneity of variances was tested and satisfied via Levene's F test, for the subscale of IM to experience stimulation, $F(38) = 0.35$, $p = 0.554$. The independent sample t test was associated with a statistically significant effect, $t(38) = 2.09$, $p = 0.044$.

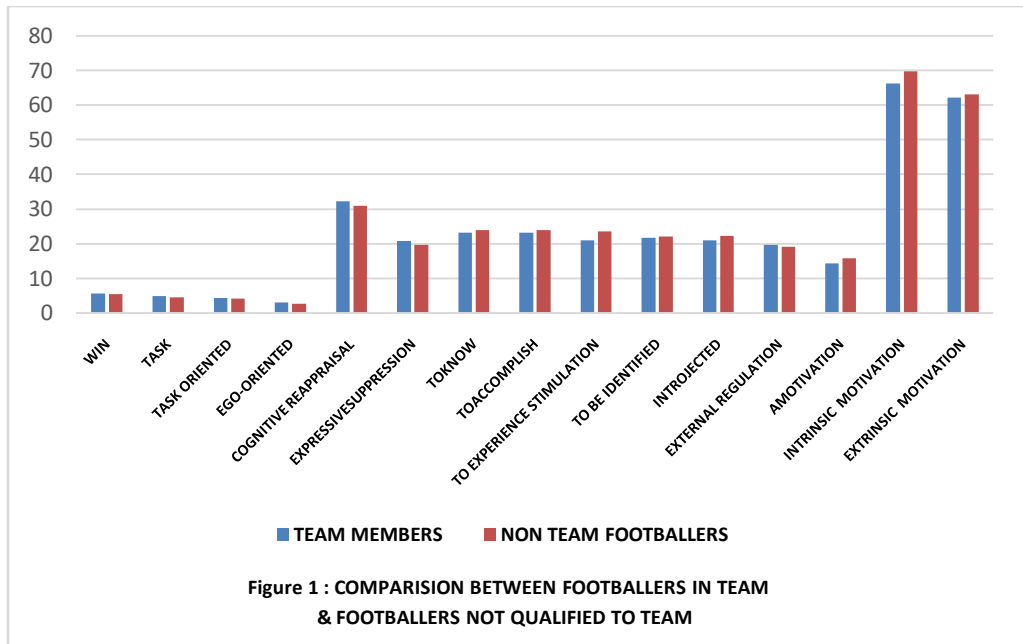


Table 1: Descriptive Statistics of Various Groups in Psychological Attributes

| FOOTBALLERS | | N | Mean | SD | p-value | "t" |
|---------------------------|----------------------|----|-------|------|---------|-------|
| WIN | TEAM MEMBERS | 20 | 5.55 | 1.23 | 0.61 | 0.51 |
| | NON TEAM FOOTBALLERS | 20 | 5.35 | 1.23 | | |
| TASK | TEAM MEMBERS | 20 | 4.75 | 1.48 | 0.42 | 0.80 |
| | NON TEAM FOOTBALLERS | 20 | 4.40 | 1.27 | | |
| COGNITIVE REAPPRAISAL | TEAM MEMBERS | 20 | 32.30 | 5.60 | 0.58 | 0.55 |
| | NON TEAM FOOTBALLERS | 20 | 31.00 | 8.84 | | |
| EXPRESSIVE SUPPRESSION | TEAM MEMBERS | 20 | 20.75 | 4.30 | 0.46 | 0.74 |
| | NON TEAM FOOTBALLERS | 20 | 19.55 | 5.84 | | |
| EGO ORIENTED | TEAM MEMBERS | 20 | 2.90 | .95 | 0.32 | 1.00 |
| | NON TEAM FOOTBALLERS | 20 | 2.63 | .78 | | |
| TASK ORIENTED | TEAM MEMBERS | 20 | 4.29 | .57 | 0.21 | 1.26 |
| | NON TEAM FOOTBALLERS | 20 | 4.04 | .71 | | |
| TO KNOW | TEAM MEMBERS | 20 | 23.15 | 4.15 | 0.58 | 0.54 |
| | NON TEAM FOOTBALLERS | 20 | 23.80 | 3.30 | | |
| TO ACCOMPLISH | TEAM MEMBERS | 20 | 22.15 | 2.72 | 0.80 | 0.24 |
| | NON TEAM FOOTBALLERS | 20 | 22.45 | 4.75 | | |
| TO EXPERIENCE STIMULATION | TEAM MEMBERS | 20 | 20.95 | 3.97 | 0.04 | 2.09* |
| | NON TEAM FOOTBALLERS | 20 | 23.50 | 3.76 | | |

| | | | | | | |
|---------------------|----------------------|----|-------|-------|------|------|
| TO BE IDENTIFIED | TEAM MEMBERS | 20 | 21.65 | 4.74 | 0.83 | 0.20 |
| | NON TEAM FOOTBALLERS | 20 | 21.95 | 4.49 | | |
| INTROJECTED | TEAM MEMBERS | 20 | 20.95 | 3.59 | 0.24 | 1.18 |
| | NON TEAM FOOTBALLERS | 20 | 22.20 | 3.09 | | |
| EXTERNAL REGULATION | TEAM MEMBERS | 20 | 19.65 | 3.73 | 0.69 | 0.39 |
| | NON TEAM FOOTBALLERS | 20 | 19.05 | 5.68 | | |
| AMOTIVATION | TEAM MEMBERS | 20 | 14.35 | 6.30 | 0.49 | 0.69 |
| | NON TEAM FOOTBALLERS | 20 | 15.65 | 5.59 | | |
| INTRINSIC | TEAM MEMBERS | 20 | 66.25 | 8.30 | 0.22 | 1.22 |
| | NON TEAM FOOTBALLERS | 20 | 69.75 | 9.74 | | |
| EXTRINSIC | TEAM MEMBERS | 20 | 62.25 | 8.80 | 0.77 | 0.29 |
| | NON TEAM FOOTBALLERS | 20 | 63.20 | 11.59 | | |

***t (df, 38) > 1.68**

Discussion

Based on several studies comparing different psychological attributes in variety of athletic and sports context, the present study was conducted for a number of reasons, first being to verify at our level if there did indeed exist a statistically significant difference in mean values of the selected psychological variables such as sports motivation, comprising of 3 types of subscale with each subscale further divided into more specific domains, such as intrinsic motivation to know, intrinsic motivation to accomplish, intrinsic motivation to experience stimulation. Other variables were, will to win, task & ego orientation and emotion regulation. The hypotheses stated and the result from table 1 shows that only in one subscale of intrinsic motivation significant difference is seen. The sample was chosen to be football players, as based on recommendation from other studies it was suggested that such a study can be replicated for football players, where they can be assessed on these variables based on talented or non talented football players, defenders and attackers, team and non team etc. following those guidelines it seemed relevant at the time to see the difference between those

who qualified for the team and those who did not, especially in the case of will to win and sports motivation. Perhaps the reason why no significant differences were found could be due to small sample size. Since difference was found only in IM to experience stimulation, this means that non-qualifying footballers for team or those who were not selected into the university team for playing inter university tend to engage in playing football largely to experience sensations that stimulates their senses.

Conclusion

The purpose of this study was to analyze the psychological attributes between qualifying and non qualifying football players for inter university team. Four psychological attributes were assessed between them, and only in one attribute the difference was seen justifying the players in the team than those who could not make it. More intensive research is required in this direction.

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