

Comparison of Psychological Characteristics of Indian University Female Soccer Players According to Their Playing Positions.



Physical Education

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N.Saravanakumar

Research Scholar, Department of Physical Education and Health Sciences, Alagappa University, Karaikudi

Dr.R.Arjuna

Associate Professor, Department of Physical Education and Health Sciences, Alagappa University, Karaikudi

ABSTRACT

The purpose of the study was to compare the psychological variables of Indian University female soccer players at different field positions. To execute the study, 238 female soccer players who have participated in the South-West Zone and All India Inter University Women Football Tournament were utilized. Playing Positions identical were goal keeper, defenders, mid-fielders, forwards. Psychological characteristics were motivation, confidence, anxiety control, mental preparation, team emphasis; concentration Psychological variables were assessed by the psychological Skills Inventory for Sports consists of five point Likert type items. (PSIS-Questionnaire). MANOVA statistics was utilized to find out the difference if any. All 'F' values were significant at .000 levels. It was found that there exist significant difference between goal keeper, defenders, mid fielders and forwards on motivation, confidence, anxiety control, mental preparation, Team emphasis, and concentration dimension of PSIS-Youth. It was found that there exist difference in motivation, confidence, anxiety control, mental preparation, and concentration between goal keepers, defenders, mid-fielders and forwards among the universities female soccer players. Goal keeper, defenders, mid fielders and forwards were different on psychological characteristics.

Introduction

When considering what kind of sports are needed to induce people to participate and to improve their physical condition, Leo Weinskin (1961) former Stanford University Soccer coach cites the following prerequisites.

It should be of such nature as to permit constant participation by all who are playing, it should stress endurance and develop the entire body; its rules should be simple; it should be require low-cost and lasting equipment; it should be a sport that can be played all year around; it should not require unusual physical height or weight.

Soccer meets all of the above mentioned qualifications. It accommodates large group in an organized activity. Football is the fast exciting game, played by two teams of eleven players, who may pass, throw, dribble and kick. The object of the game is to score the goals into the opponent goal post. The Federation International De Football Association (FIFA) is the organization which governs worldwide soccer.

Purpose of the Study

The purpose of the study was to compare the selected psychological variables of Indian University female soccer players at different field positions.

Objective of the Study

To find out whether the University level female Soccer players playing in different positions differed in the selected psychological variables.

Hypothesis

It was hypothesized that there will be no significant differences between playing positions, goal keeper, defenders, midfielders, and forwards on psychological characteristics Motivation, Confidence, Anxiety Control, Mental Preparation, Team emphasis, and concentration

Subjects

To execute the study, 238 female soccer players who have participated in the South-West Zone and All India Inter University Women Football Tournament organized by Periyar University, Salem, Tamilnadu, India during the year 2008-2009 were utilized. The subjects age ranged between eighteen and twenty five. The subject's break-ups as per playing position are presented in Table I

Table -I Distribution of Subjects on the basis of Playing Position

Groups	Number
Goal Keepers	20
Defenders	74
Mid Fielder	64
Forwards	80
Goal Keepers	238

Experimental Design

The purposive sampling technique was utilized. Data were collected during the rest time of Tournament. Dependent variables are Motivation, Confidence, Anxiety-control, Mental Preparation, Team Emphasis and Concentration. Independent variables are Goal keeper, Defenders, Mid-fielders and Forwards

Informed consent was obtained prior to participation individually. Instructions were standardized, since obtained scores may be influenced by changing test instructions (Nideffer, R.M., 1987 and Greenspen et al., 1988). To avoid socially desirable answers, subjects were told that the results were being used solely for research purposes. Psychological variables were assessed by the psychological Skills Inventory for Sports consists of five point Likert type items. (PSIS Questionnaire).Multivariate analysis and Scheffe's post hoc test are use to find out the significance.

Descriptive Statistics

Descriptive statistics of motivation, confidence, anxiety control, mental preparation, and concentration of universities female soccer players playing positions are furnished in table II.

**TABLE II
DESCRIPTIVE STATISTICS ON PSYCHOLOGICAL CHARACTERISTICS OF GOAL KEEPER, DEFENDERS, MID FIELDERS AND FORWARDS OF UNIVERSITIES WOMEN SOCCER PLAYERS**

Psycho-logical characteristics	Goal keeper	Defenders	Mid field-ers	Forwards
	Mean SD	Mean SD	Mean SD	Mean SD
Motivation	31.80± 3.33	33.74±2.12	32.11±2.48	33.96±1.91
Confidence	30.35±3.33	32.55±1.62	32.89±2.04	32.98±1.80
Anxiety control	27.45±2.09	28.65±3.65	31.36±2.19	23.94±2.05
Mental prepara-tion	22.06±2.68	22.82±2.16	24.11±2.03	23.93±1.97
Team em-phasis	27.60±2.72	27.20±3.12	27.66±3.11	27.61±3.75
Concentra-tion	25.80±3.11	24.20±2.72	28.80 ±2.46	25.24±3.42

Manova Results

The MANOVA results on psychological characteristics of playing positions are presented in Table III.

The obtained 'F' value of psychological characteristics on independent variables playing positions (Goal keeper, Defenders, Mid fielders, and Forwards) were 18.742, 22.578, 26.606, and 63.675 with regard to Pillai's Trace, Wilk's Lamda, Hotelling's Trace, and Roy's Largest root models respectively. All 'F' values were significant at .000 levels. As the obtained 'F' value was greater than the .05 alpha, the null hypothesis was rejected with regard psychological characteristics various position of players among universities female soccer team.

**TABLE III
COMPUTATION OF MULTIVARIATE ANALYSIS OF VARI-
ANCE (MANOVA) PSYCHOLOGICAL CHARACTERISTICS OF
"PLAYING POSITIONS"**

Effect Variables	Playing Positions	Mod- el*	Value	'F'	Hy- poth- esis df	Error df	Sig
Confi- dence	Keeper	2	.982	18.742	18.000	693.000	.000
Anxiety Control	Defend- ers	3	.252	22.578	18.000	648.195	.000
Mental Prepara- tion	Mid Fielders	4	2.104	26.606	18.000	663.00	.000
Team Emphasis	Forwards		1.654	63.675	8.000	231.000	.000
Concen- tration							

*1. Pillai's Trace 2.Wilk's Lamda 3.Hotelling's Trace 4. Roy's Largest Root

Between Subject Effects: Results

As significant difference were found through MANOVA to find out on which dependent variables play as differ between sub-jects effects were computed and the results are presented table III. In this table between subject's effects on dependent variable motivation, confidence, anxiety control, mental preparation, team emphasis, and concentration of playing position goal keeper, defenders, mid fielders, and forwards of university female soccer players are presented In tabel IV.

Motivation

As the obtained 'F' value was greater than 0.05 alpha, the null hypothesis (Ho) was rejected. It was found that there exist significant difference between goal keeper, defenders, mid fielders and forwards on motivation dimension of PSIS-Youth.

**Table IV.
Computation Between Subjects Effects Of Playing Positions
On Psychological Characteristics**

Inde- pendent variables	Dependent variables	source		F	Signifi- cance
		Between set mean square	Within set square		
Goal	Motivation				
Keeper	Confidence				
Defenders	Anxiety	183.628	61.209	12.196	.000
Mid Field- ers	Control	118.062	39.354	9.999	.000
Forwards	Mental	2057.373	685.791	94.886	.000
	Preparation	113.898	37.966	8.514	.000
	Team Em- phasis	9.311	3.104	.282	.838
	Concentra- tion	785.477	261.826	30.240	.000

Confidence

As the obtained 'F' value was greater than 0.05 alpha, the null hypothesis (Ho) was rejected. It was found that there exist significant difference between goal keeper, defenders, mid fielders and forwards on confidence dimension of PSIS-Youth.

Anxiety Control

As the obtained 'F' value was greater than 0.05 alpha , the null hypothesis (Ho) was rejected. It was found that there exist significant difference between goal keeper, defenders, mid fielders and forwards on anxiety control dimension of PSIS-Youth.

Mental Preparation

As the obtained 'F' value was greater than 0.05 alpha, the null hypothesis (Ho) was rejected. It was found that there exist significant difference between goal keeper, defenders, mid fielders and forwards on mental preparation dimension of PSIS-Youth.

Team Emphasis

As the obtained 'F' value was lesser than 0.05 alpha, the null hypothesis (Ho) was accepted. It was found that there exist no significant difference between goal keeper, defenders, mid fielders and forwards on Team emphasis dimension of PSIS-Youth.

Concentration

As the obtained 'F' value was greater than 0.05 alpha , the null hypothesis (Ho) was

rejected. It was found that there exist significant difference between goal keeper, defenders, mid fielders and forwards on Con-
centration dimension of PSIS-Youth.

**TABLE IV
PAIRWISE COMPARISON TEST (SCHEFFE'S POST HAC) OF
DEPENDENT VARIABLE ON INDEPENDENT VARIABLE**

Dependent Variable	Independent Variables				Means Difference	Significance
	Goal Keeper	Defenders	Mid Fielders	Forwards		
Motivation	31.80	33.74	32.11	33.96	-1.943	.009
	31.80				-3.09	.962
	31.80	33.74	32.11	33.96	-2.163	.002
	33.74				-1.634	.001
		33.74	32.11	33.96	-.219	.947
		33.74	32.11	33.96	-1.853	.000
Confidence	30.35	32.55	32.89	32.97	-2.204	.000
	30.35				-2.541	.000
	30.35	32.55	32.89	32.97	-2.625	.000
	32.55				-.337	.804
		32.55	32.89	32.97	-.421	.631
		32.55	32.89	32.97	-8.438	.996
Anxiety Control	27.45	28.65	31.36	23.94	-1.199	.374
	27.45				-3.909	.000
	27.45	28.65	31.36	23.94	3.513	.000
	28.65				-2.711	.000
		28.65	31.36	23.94	4.711	.000
		28.65	31.36	23.94	7.422	.000
Mental Preparation	22.05	22.82	24.11	23.93	-.774	.549
	22.05				-2.059	.003
	22.05	22.82	24.11	23.93	-1.875	.006
	22.82				-1.285	.006
		22.82	24.11	23.93	-1.101	.017
		22.82	24.11	23.93	.184	.965
Team Emphasis	27.60	27.20	27.66	27.61	.397	.973
	27.60				-5.625	1.000
	27.60	27.20	27.66	27.61	-1.250	1.000
	27.20				-.454	.887
		27.20	27.66	27.61	-.410	.899
		27.20	27.66	27.61	4.375	1.000
Concentration	25.80	24.20	28.80	25.24	1.597	.203
	25.80				-2.997	.002
	25.80	24.20	28.80	25.24	.563	.900
	24.20				-4.594	.000
		24.20	28.80	25.24	-1.035	.194
		24.20	28.80	25.24	3.556	.000

Pair wise Comparison

As the between subjects effects on motivation, confidence, anxiety control, mental preparation, and concentration were significant to find out the difference among goal keepers, defenders, mid fielders, and forwards scheffe's post hoc test was computed to find out the significance on dependent variable team emphasis no pairwise comparison was made.

Motivation

The difference between goal keepers and defenders, goal keepers and forwards, defenders and mid fielders, mid fielders and forwards are significant at .05 level, whereas insignificant differences were observed between goal keepers and mid fielders, defenders and forwards on motivation.

Confidence

The difference between goal keepers and defenders, goal keepers and mid fielders, goal keepers and forwards are significant at .05 level, whereas insignificant differences were observed between defenders and mid fielders, defenders and forwards, mid fielders and forwards on confidence.

Anxiety Control

The difference between goal keepers and defenders, goal keepers and mid fielders, goal keepers and forwards, defenders and mid fielders, defenders and forwards are significant at .05 level, whereas insignificant differences were not observed on anxiety control.

Mental Preparation

The difference between, goal keepers and mid fielders, goal keepers and forwards, defenders and mid fielders, defenders and forwards, are significant at .05 level, whereas insignificant differences were observed between goal keepers and defenders, mid fielders and forwards on Mental Preparation.

Team Emphasis

There is no significant difference at .05 level between, goal keepers and defenders, goal keepers and mid fielders, goal keepers and forwards, defenders and mid fielders, defenders and forwards, mid fielders and forwards are significant, whereas insignificant differences were observed between goal keepers and defenders, goal keepers and mid fielders, goal keepers and forwards, defenders and mid fielders, defenders and forwards, mid fielders and forwards, on team emphasis.

Concentration

The difference between goal keepers and defenders, goal keepers and mid fielders, defenders and mid fielders, defenders and forwards, mid fielders and forwards are significant at .05 level, whereas insignificant difference was observed between goal keepers and forwards on concentration.

Findings

It was found that there exist difference in motivation, confidence, anxiety control, mental preparation, and concentration between goal keepers, defenders, mid-fielders and forwards among the universities female soccer players.

Conclusions

Goal keeper, defenders, mid fielders and forwards were different on psychological characteristics.

Every single factor however small that may be, contribute to the total performance in sports competition that too at higher level. This study will provide coaches and physical educationist to identify the importance of psychological characteristics of athletes in sports setting.

The present author wish to stress the need for further research with application of a similar study to elite athletes who participating in international level in team sports.

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