**ABSTRACT**

The game of football is multidimensional in nature requiring huge amount technical and tactical mastery is a game where 11 different players playing at different playing positions exhibit their mastery in numerous complex skills. The present study was conducted to find out positional difference in psychological hardness among male football players playing at different playing positions i.e. defenders, midfielders and attackers. For this 60 male football players were purposively selected from different universities who have minimum participation in inter university competitions. The subjects were than divided equally into three groups based on their playing positions i.e. 20 attackers, 20 midfielders and 20 defenders. The statistical technique used here was ANOVA. The result was found insignificant as the p-value is greater than 0.05. This means that three groups of football players does not differs significantly in psychological hardness.

**KEYWORDS**

Psychological Hardiness, football players.

**Introduction**

Sport is no longer a pastime, run and organized by amateurs. It is a multi-billion pound business that competes for scarce resources and uses, amongst other things, professional management techniques (Robinson, 2003). The psychological factors involved in athletic performance have long been of interest to athletes, coaches, and sport psychologists. Hardiness is a combination of attitudes that provides the necessary courage, motivation and capability to turn developmental and environmental stressors into opportunities for growth and many positive outcomes have been found to relate to measures of hardness, such as improved psychological and physical health in the face of work and life stress, and improved sporting performance (Thomson & Morris, 2009). Hardiness was first described by Kobasa (1979), defined an array of personality features that distinguished managers and executives who stayed healthy under life stress, as related to those who established health problems. Commitment epitomizes those individuals who are committed to and feel deeply involved in the activities of their lives. Control reflects a desire to continue to have an influence on the outcomes going on around you, no matter how difficult this becomes. Challenge typifies an expectation that life is capricious, that changes will stimulate personal development, and that potential stressful situations are appraised as exciting and stimulating rather than threatening (Maddi, 2006).

Hardiness is supposed to increase levels of sport achievement and psychological well-being through feelings of commitment, control, challenge, and coping skills. Ramzi & Besharat, 2010). While admitting the prominence of the three core dimensions, Bartone considers hardness as something more global than mere attitudes

**Hypothesis**

There will be significant difference in psychological hardness between the players of football at three different playing positions i.e. defenders, midfielders and attacker male football players.

**Objectives**

1. To study psychological hardness among defenders, midfielders and attacker male football players.

2. To compare psychological hardness between defenders, midfielders and attacker male football players.

**Methods & procedure:** The present comparative study was conducted to compare the male football players at different playing positions i.e. attacker, midfielder and defender in order to ascertain positional difference and the requirements of different playing positions.

**Sampling:** 60 male football players (age 23±2) were purposively selected from different universities who had participated in inter university competitions. The subjects were than divided into three groups based on their playing positions i.e. 20 attackers, 20 midfielder and 20 defender.

**Statistical Procedure:** For the purpose of study one way analysis of ANOVA was used. Analysis of research data was performed using SPSS.

**Data collection tools used:** Arun Kumar Singh’s psychological hardness scale.

**Descriptive Statistics:** The descriptive statistics revealed mean ± standard deviation of the data on psychological hardness collected on the players of three different playing positions in male football players. The mean on psychological hardness of defenders was 89.15±4.84, midfielders 90.40±4.99 and attackers 88.50±6.33.

**Table-1 ANOVA table-1:** depicting comparison of psychological hardness among three different groups in male football players
The table shows the result of one way analysis of variance as the p-value .290 at .05 level of significance is found insignificant as the p-value is greater than 0.05. This means that three groups of football players does not differs significantly in psychological hardness hence there was no need for any further testing.

Conclusions:

On the basis of the findings of the study following conclusions can be drawn:

There was an insignificant difference in psychological hardness between defender, attacker and midfielders football players revealing defenders, attackers and midfielders were similar in psychological hardness. The null hypothesis was rejected as the p-value .290 was greater at 0.05 level of significance.

References:


