



PSYCHOLOGICAL HARDINESS AT DIFFERENT PLAYING POSITIONS AMONG FOOTBALL PLAYERS

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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 then 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 differ 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 hardiness, 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 potentially 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 hardiness as something more global than mere attitudes

Hardy persons are hypothesized to be resilient to stress-induced illness, because of their adaptive cognitive style and an afterward reduced level of biological arousal (Nezhad & Besharat, 2010). Hardiness act as a buffer to major life stressors (Maddi et al., 2006). Higher hardiness is associated with lower psychological distress and higher quality of life (Hoge, Austin, Pollack, 2007) and the person high in hardiness is marked by increased commitment, sense of control, and challenge (Johnsen, Eid, Paesen, Bartone, & Nissestad, 2009). Hardiness is a psychological style associated with resilience, good health, and good performance under a range of stressful conditions and is potentially a valuable personality style for highly demanding situations and occupations (Bartone, Roland, Picano, & Williams, 2008). Previous researches have established hardiness as a dispositional factor in preserving and enhancing performance and physical and mental health despite stressful circumstances. In the field of sports psychology few studies have done, examining the effect of hardiness on sports performance. Despite the significance of hardiness in the field of sports psychology, especially due to the direct effects of it on the

sport achievement and athlete performance, few investigations are done and the findings are primary.

Statement of the problem: The research problem is stated as "comparison of psychological hardness at different playing positions among 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.

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.

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 then 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 91.15±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

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	74.633	2	37.317	1.266	.290
Within Groups	1680.350	57	29.480		
Total	1754.983	59			

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

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