



ORIGINAL RESEARCH PAPER

Physical Education

A COMPARATIVE STUDY: ASSESSMENT OF PSYCHOLOGICAL WELL-BEING AMONG INDORE SOCCER PLAYER

KEY WORDS: Psychological-Wellbeing, environmental mastery and Autonomy-Independence.

Dr. Dhruv Bhalla Sendhwa Sharirik, Shiksha Sansthan Chatli, Sendhwa, Badwani Madhya Pradesh

Dr. Vijay Francis Peter School of Physical Education, Devi Ahilya Vishwavidyalaya, Indore Madhya Pradesh

ABSTRACT

The present study intended to find out the difference between DAVV Indore inter collegiate soccer players and Indore district level soccer players of selected psychological wellbeing variables. 108 students on the basis of purposive sampling technique of age 19 ± 5 years were selected as a subject, those who had been undergoing training. Psychological questionnaires of both the variables were provided to the subjects of the study and under the supervision of researcher data was collected. To see the difference between DAVV Indore inter collegiate soccer players and Indore district level soccer players of selected psychological wellbeing variables, the ANCOVA was employed and found significant correlation in the self-confidence, Autonomy-independence and self-determination and environmental mastery- the ability to manage one's life at 0.05 level of significance.

INTRODUCTION

Football players need to be mentally and physically fit in order to cater to the imposing demands of game and training which require exceptional levels of attention, planning, memory, and other higher mental functions. Balance is an essential prerequisite to improve sport performance and to prevent lower extremity injury and concussion. The first traces of what would become American football are found in the 19th century in the games played by students at the elite schools and universities of the United States. A particularly violent running game was played at Princeton University circa 1820, and around this time a kicking game was also being played by students of Dartmouth College. Rules for the Dartmouth game, known as "Old Division Football", were published in 1871. In football history, Walter Camp is known as the father of modern American football. During 1880s, he came up with various major adjustments to the game: an eleven-player team, a smaller field, and the scrimmage, a player handing the ball backward to start the play. Camp also established the norm of a seven-man line, a quarterback, two halfbacks, and a fullback. Football soon became popular among the general public. a Yale All-American guard, became the first professional football player William Heffelfinger 1892).

METHODOLOGY

For the purpose of study, a total of 108 football players, whose age ranged between 19 ± 5 years were selected from the participants of Intercollegiate and district competitions. Since the subjects had been undergoing training for a considerable period, therefore it was considered that subjects possess reasonable level of soccer technique and mental status. The subjects were explained about the objectives of the study. After revealing the literature, the research scholar has selected following psychological trades. Ryff's scales of Psychological Wellbeing (Carol Ryff, 1989, 1995) were designed to measure six theoretically motivated constructs of psychological wellbeing but only two measure were taken into consideration which are:

- Autonomy – independence and self- determination
- Environment mastery – the ability to manage one's life

CRITERION MEASURES

For evaluation of these psychological trades following criterion measures were used

Psychological Well Being- Ryff's Psychological Well Being Questionnaire

ADMINISTRATION OF TESTS

The dates of tournaments were noted carefully by the researcher and the blueprint of total schedule of data collection was prepared by the researcher. Researcher contacted the organizing authority and permission was taken for collecting data. The researcher along with research assistants contacted the coaches and managers for getting access to the players without disturbing the competitive schedule of players. Once the permission was granted and convenient dates for meeting and data collection was finalized, the researcher conducted meeting with the teams and cohering staff in order to familiarize them with the importance, nature and process of the study.

The research scholar explained the instructions written on the questionnaire in confirmed that all the participants understood the instructions fully. It was done in order to ensure that the participants filled the questionnaire honestly and do not interpret any question wrong due to lack of clarity. The participants were also assured about the confidentiality of the answers. The participants filled the questions in a comfortable and relaxed environment.

RESULTS AND DISCUSSION

TABLE 1

Tests of Significance of Difference in Mean Values of Scores of Autonomy between Intercollegiate and District level Soccer Players.

SOURCE	SUM OF SQUARES	DF	MEAN SQUARE	F	SIG
Between Groups	285.019	2	142.509	14.500	.000
Within Groups	1031.972	105	9.828		
Total	1316.991	107			

In the above table the test of significance of mean differences of scores of autonomies between the soccer players of two selected levels of participation i.e. intercollegiate & district level have been illustrated. The test of significance of mean difference reveal that there is a significant difference between the autonomies of player at different levels of participation as the p-value (.000) is less than 0.05 level of significance.

TABLE 2

Pair wise Comparisons for Significance of Difference of Mean Values of Autonomy between Different Levels of Participation

Groups	Mean Difference	P Value (sig.)
Intercollegiate level-district level	.72	.331

* Significant at the 0.05 level of significance

From the above table it is clear that the mean difference

between the inter collegiate soccer players of DAAV Indore and district level soccer players of Indore is insignificant as the p-value (.331) is more than 0.05 level of significance.

TABLE 3

Tests of Significance of Difference in Mean Values of Scores of Environmental Mastery Among Intercollegiate and District level Soccer Players.

SOURCE	SUM OF SQUARES	DF	MEAN SQUARE	F	SIG
Between Groups	260.389	2	130.194	19.484	.000
Within Groups	701.611	105	6.682		
Total	962.000	107			

In the above table the test of significance of mean differences of scores of environmental mastery between the soccer players of two selected levels of participation i.e. intercollegiate and district level have been illustrated. The test of significance of mean difference reveal that there is a significant difference between the environmental mastery of player at different levels of participation as the p-value (.000) is less than 0.05 level of significance.

FIGURE 2

TABLE 4

Pair wise Comparisons for Significance of Difference of Mean Values of Environmental Mastery between Different Levels of Participation

Groups	Mean Difference	P Value (Sig.)
Intercollegiate-district level	.86	.661

DISCUSSION AND CONCLUSION

The results of the study revealed that there is a significant difference in psychological wellbeing of soccer players playing at different levels. The hypothesis for the study was tested at 0.05 level. Autonomy and environmental mastery, were found to be significantly different than each other. It was concluded that psychological skills have a significant effect on the players in soccer. It is one of the key pre requisites for performance at higher level. The players shall be examined carefully for their psychological skills and accordingly they shall be imparted such training. It was also found that the psychological training targeting one particular factor may lead to development of other variables, as most of the skills are correlated with each other.

- The various sub variables of psychological wellbeing among the players having different levels of participation is found to be varying in different patterns..
- A well-planned psychological skill training plan may help in development of various related domains, as many skills are highly correlated with each other.

REFERENCES

1. Bell, J. J., Hardy, L., & Beattie, S. (2013). Enhancing mental toughness and performance under pressure in elite young cricketers: A 2-year longitudinal intervention. *Sport, Exercise, and Performance Psychology*, 2(4), 281
2. Berger B.G and R. Moti, (2001), Physical activity and quality of life. In R.N Singer, H.A. Haurablas and C.M. Janelle. *Handbook of sports psychology* (P. 636-671) NewYork :Jonh Wiley & Sons.
3. HYPERLINK
 "https://onlinelibrary.wiley.com/ action/doSearch? Contrib Author Stored =Birrerr%2C+D"
 "https://onlinelibrary.wiley.com/action/ doSearch? Contrib Author Stored =Birrerr%2C+D"
 "https://onlinelibrary.wiley.com/ action/doSearch? Contrib Author Stored =Birrerr%2C+D"
 Birrer, G. Morgan, (2010) Psychological skills training as a way to enhance an athlete's performance in high-intensity sports
4. "https://www.sciencedirect.com/science/article/pii/S1469029200000145"
 HYPERLINK
 "https://www.sciencedirect.com/science/ article/pii/S1469029200000145"
 "Fletcher, Sheldon
 "https://www.sciencedirect.com/ science/article/pii/S1469029200000145"
 "https://www.sciencedirect.com/science/article/pii/S1469029200000145"
 "https://www.sciencedirect. com/science/article/ pii/S1469029200000145"
 "Hantonb, (2001) The relationship between psychological skills usage and competitive anxiety responses, Volume 2, Issue 2, Pages 89-101
5. Gayatri, Pandey; Saon, Sanyal; Gireesh, Pandey, (2016) comparative study of mental toughness between national and interuniversity level female hockey players. *International Journal of Sports Sciences & Fitness* .Vol. 6 Issue 1, p57-69. 13p.