

Relationship between Personality and Soccer Playing Ability of Delhi females

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Abstract

Objective: Purpose of the study as to investigate the following –

1. Identify the selected personality components significantly related to soccer playing ability.
2. To describe the nature of personality of female soccer players belonging to Delhi state.

Sample: The subjects selected for the purpose were thirty four women soccer players of Delhi state who had undergone training cum selection trials camp for Senior National Championship, 2015-16, age ranged from 16-30 years.

Selection of the Variables: The selected variables for the study:

(i) Eysenck's Personality Questionnaire (E.P.O.) for selected personality variables, (ii) McDonald soccer test for soccer playing ability of the players and (iii) Subjective individual and collective/average ratings by a panel of three experts' (ee1, ee2, ee3 & era) on the given criteria for soccer playing ability to evaluate of women soccer players.

Statistical Tools: For the purpose of statistical analysis of the data, mean, standard deviation and Pearson's Product Moment Co-relation (r) were computed.

Conclusion: The analysis of data showed that McDonald soccer test was not significantly related to any of the personality components. However, average expert ratings were significantly and positively related to neuroticism, whereas negatively and significantly correlated to social desirability.

Introduction

Modern era is an age of competition and sports are becoming highly competitive with scientific foundations. As each game and sports has its own demands, requirements, thus personality differences do occur in players of individual sports, combative sports and team games, owing to the very nature of sports and games, their level of participation, their success or failure as well as the sex differences. It was found that **the personality of athletes influences their involvement in professional sports**. Athletes are less neurotic and more extroverted than non-training people. They show a low level of anxiety, and they highly rate the psychoticism-superego variable (Eysenck et al., 1982).

Eysenck's (1952, 1967, and 1982) proposed **a theory of personality based on biological factors, arguing that individuals inherit a type of nervous system that affects their ability to learn and adapt to the environment**.

Personality has a huge influence on sport, impacting the activity an athlete chooses to undertake and their performance thereafter. A key element of how personality impacts

sports performances is confidence – an athlete who believes they will succeed is more likely to do so than one who is wracked with self-doubt. (<https://www.teamtalk.com>. How does personality affect sports performance? - TEAMtalk)

Soccer is a most popular team game in the world of sports. The first women's football world cup was played in December 1991 at Guangdong, China and the result was USA beat Norway by 2:1. In 1982, Taiwan hosted the First international Tourney in Asia. In 1996, women football event made its debut in the Atlanta Olympics. First Asian cup was held on 1975, New Zealand beat Thailand. Third Asian cup was held on 1980 at Calcutta, where Taipei beat India. Fourth Asian cup was held on 1981 at Hongkong. It is time that some serious efforts were taken to bring up women football in a more organised way. With women's football earning for the first time a place in the Olympics, women football already has a well organised world cup competitions and this has, thrown light on the games development in Europe and U.S. That there are professional women football players in Europe should give an indication about the level to which women players there have vision. India has a long way to go even in Asia, where China, Japan, South Korea and new Uzbekistan are some of the giants, what is needed is serious effort to build up an image of women's football at the national level through systematic coaching, tournaments at major centres and incentives to the outstanding talented girls

Soccer demand strenuous, continuous thrilling action, hence, requires better developed neuromuscular coordination and specific psychological makeup such as right type of attitude; good human relationship etc. which are partially inherited and partially acquired and which are favourable attributes of personality for good soccer playing ability.

Kroll and Granshaw (1968) found significant differences among Football players, Wrestlers, Gymnasts and karate players by using multivariate personality profile analysis of four athletic groups, supporting the fact that personality traits of athletes differ from sport to sport.

In general, according to different research findings, individual athletes are more introvert than the players of team games, who normally are socially outgoing, helpful, boisterous, happy go lucky types and the players of combative sports found to be aggressive, possessing high intellectual aspirations, stronger super ego strength, socially bold, tough minded and confident.

Presently, the key components of personality, such as, extraversion, neuroticism, psychoticism and social desirability having certain bearing on the sports possibly related to soccer playing ability.

Since induction of soccer for females at different levels, there is a new perspective to be taken care of, to encourage mass participation, while critics have charged that these programmes and activities have adverse effects upon attainment of desirable changes,

relatively few attempts have been made to measure and analyse these effects objectively. Thus, this project aims to:

3. Identify the selected personality components significantly related to soccer playing ability.
4. To describe the nature of personality of female soccer players belonging to Delhi state.

Methodology

The subjects selected for the purpose were thirty four women soccer players of Delhi state who had undergone training cum selection trials camp for Senior National Championship, 2015-16, age ranged from 16-30 years.

Eysenck's Personality Questionnaire (E.P.O. administered on the selected subjects as far as the instructions recommended in the manual for the assessment of personality. After the completion of test, response sheets were collected back from all the subjects and careful screening was done. Thereafter, the collected responses were converted into scores as per instructions mentioned in the concerned manual of questionnaire. McDonald soccer test and experts evaluation were administered for assessing their general soccer playing ability as followings:

For soccer playing ability, subjective ratings of women soccer players on given criteria for soccer playing ability was done by a panel of three experts during game situation, where judges graded each subject out of ten points. The average ratings of three experts of each subject were computed.

McDonald soccer test was explained to the subjects in advance and provided with the demonstration of correct procedure to be followed by each of them (Johnson and Nelson, 1980) and then administered for collection of data.

For the purpose of statistical analysis of the data, mean, standard deviation and Pearson's Product Moment Co-relation (r) were computed.

Findings

The analyses of the data have been presented in Table 1, 2 and 3.

Table – 1

Descriptive Statistics of Selected Personality and Soccer playing Ability Variables

| Variable's Name | Mean | Standard Deviation | Coefficient of Variance |
|---------------------------|-------|--------------------|-------------------------|
| McDonald Soccer Test (md) | 11.29 | 3.53 | 31.25 |
| Expert Rating 1 (er1) | 5.82 | 1.27 | 21.75 |
| Expert Rating 2 (er2) | 5.94 | 1.46 | 24.49 |
| Expert Rating 3 (er3) | 5.56 | 1.62 | 29.11 |

| | | | |
|-----------------------------|-------|------|-------|
| Expert Rating Average (era) | 5.78 | 1.29 | 22.3 |
| Extraversion (e) | 15.24 | 3.19 | 20.95 |
| Neuroticism (n) | 10.32 | 4.64 | 44.91 |
| Psychoticism (p) | 3.06 | 2.22 | 72.41 |
| Social Desirability(s) | 10.09 | 3.84 | 38.07 |

Sample Size, N=34

Table-1, clearly shows that the highest mean value has been observed among criteria measures in McDonaldSoccer Test (11.29) followed by Expert Rating Two (5.94), Expert Rating One (5.82) and Expert Rating Average (5.78), while lowest mean value in Expert Rating Three (5.56). Among the personality components, highest mean value evident extraversion (15.24) followed by neuroticism (10.32), social desirability or tendency to tell a lie (10.09), and psychoticism (3.06).

Coefficient of variance is found highest among criteria measures in McDonald soccer test (31.25), followed by Expert Rating Three (29.11), Expert Rating Two (24.49), Expert Rating Average (22.30) and Expert Rating One (21.75). Among personality components, highest value of coefficient of variance found in psychoticism (72.41), neuroticism (44.91) social desirability (38.07) and extraversion (20.95).

The chronology evident in the standard deviation among the criterion measure has been observed in McDonald soccer test (3.53) followed by Expert Rating Three (1.62), Expert Rating Two (1.46), Average Expert Rating (1.29) and Expert Rating One (1.27), while among personality components highest value has been observed in neuroticism (4.64) followed by social desirability (3.84), extraversion (3.19) and psychoticism (2.22).

Table- 2

Interrelationship among Selected Personality Variables

| S.No | Variables Correlated | Coefficient of Co-relation |
|------|----------------------|----------------------------|
| 1 | e vs n | .23 |
| 2 | e vs p | -.12 |
| 3 | e vs s | -.10 |
| 4 | n vs p | -.06 |
| 5 | n vs s | -.25 |
| 6 | p vs s | -.18 |

*Significant at .05 level ($r_{.05}=.29$)

Interrelationship among selected personality variables has been presented in Table 2, clearly demonstrates that there is no significant relationship among the personality components, and thus supports the validity.

Table -3
Relationship between Soccer Playing Ability and Selected Personality Variables:

| S.No | Variables Correlated | r' |
|------|----------------------|--------|
| 1 | md vs e | .034 |
| 2 | md vs n | .227 |
| 3 | md vs p | -.053 |
| 4 | md vs s | -.239 |
| 5 | era vs e | .229 |
| 6 | era vs n | .536* |
| 7 | era vs p | -.116 |
| 8 | era vs s | -.438* |

*Significant at .05 level ($r_{.05}=.287$)

Relationship between soccer playing ability and personality variables has been shown in Table 3, which shows that average expert rating is positively and significantly co-related to neuroticism (.536) and negatively and significantly co-related to social desirability (-.438).

It is also evident from the table 3, that McDonald soccer test is not significantly related to any of the personality variables and average expert ratings not significantly related to extraversion and psychoticism.

Discussion

The present study on "Relationship Between Personality and Soccer Playing Ability" arrived with the following findings that the sample of present study were having highest mean value on extraversion followed by neuroticism, social desirability, and psychoticism. In general, the players of team games of higher levels are always found to be extrovert and less neurotic. The lying scores, in other terms, the social desirability having some priorities to the present sample. The findings of the present study on extraversion supported by the findings of Patial (1991), who found that higher the level of play such as national and international Hockey players, higher the level and of extraversion scores. The standard deviations found to be appropriate. The coefficient of variance of McDonald soccer test is higher than that of average experts ratings, hence the average expert ratings (Homogeneous) are more appropriate in comparison to McDonald soccer test (Heterogeneous) Extraversion having 20.95 percent of variance, hence reflecting a homogeneity that is consistency among the players, where as other personality parameters exhibited a very high level of heterogeneity, thus reflecting poor consistency among the players, psychoticism being the top with 72.41 percent of coefficient of variance. Hence, any result out of it may lead to wrong interpretation, thus demands inter-subject validation and comparison.

The interrelationship among the selected personality variables exhibited the cross validation of the responses of the subjects related to their personality components

namely extraversion, neuroticism, psychoticism and social desirability were appropriate.

The relationship between soccer playing ability and personality components represented mixed findings as following -

McDonald soccer test did not correlate with any of the personality components, whereas the average expert ratings correlated with neuroticism and negatively correlated with social desirability, possible attribution for such outcomes may be due to the nature of the distribution of the sample as McDonald soccer test having greater range of variability than that of average expert ratings. Soccer playing ability related to neuroticism found in present study, which contradicts the findings of Shrigiriwar, who concluded that neuroticism, an Eysenk personality dimension affect soccer playingability of female soccer players, hence psychological trainingmaybe imparted to those female soccer players, who lack emotional control to enhance their emotional stability.

And also in contrast to the findings by Singh (1991) and Patial (1991), who concluded that the state level Hockey players are less neurotic than the district level players, while present study reflects that more the neurotic player is, the better she is in soccer playing ability.

The present findings related to relationship between soccer playing ability and social desirability (tendency to tell a lie) advocates that better a player she is, the less she is in social desirability score. Hence, a female soccer player may be selected on the basis of the present Findings with considerable accuracy.

The hypothesis of the present study is thus rejected in respect to personality components namely, extraversion and psychoticism and accepted in respect to personality components namely, neuroticism and social desirability for lying score).

Conclusions

The analysis of data showed that McDonald soccer test was not significantly related to any of the personality components. However, average expert ratings were significantly and positively related to neuroticism, whereas negatively and significantly correlated to social desirability. Keeping in view, the contradicting findings in regard to neuroticism between the present and past study, it is recommended that similar study may be conducted again with different samples before generalising the personalitycomponents of female soccer players of Delhi state.

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