Analysis of mood States of University Male Soccer Players during West Zone Intervarsity Competition

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Abstract

The purpose of the study was to analyze the mood states of University male soccer players during west zone intervarsity competition. Total 108 soccer players were randomly selected during west zone inter varsity competition 2011, organized by Barkatullah University Bhopal. Brunel Mood scale was used as criterion measure for mood states. Descriptive statistics, frequency distribution and percentage were used as statistical techniques for the analysis of data. Result of the study proved that University male soccer players were low in anger and depression and were high in confusion, fatigue and tension but were full of vigour.

KEYWORDS: Anger, Confusion, Depression, Fatigue, Tension and Vigour

INTRODUCTION

Mood is a state or quality of feeling at a particular time. Mood has been shown to be an important variable in a variety of performance environments. Indeed, mood management is increasingly recognized as fundamental to many of our common daily activities. Mood is very important psychological aspect in doing any type of task. Without positive mood, one cannot expect to perform his task efficiently.

Several theorists have proposed that mood influences performance by serving an informational function, whereby mood signal is the likely outcome of events and help to identify potential problems; particularly in the case of important tasks where the outcome is uncertain (Bless, 2001; Brehm, 1999; Gendolla&Krusken, 2002; Schwarz, 1990). For example, positive moods provide information about the task (*this is enjoyable*), about the self (*I am good at the task*), or about a strategy (*I am doing this right*). Therefore positive mood indicate that a situation carries little threat whereas unpleasant mood signal that a situation is potentially problematic (Clore, Wyer, Dienes, Gasper, Gohm, & Isbell, 2001).

Negative moods are proposed to derive from discrepancies between personal standard and perceived current status (Carver &Scheier, 1990; Martin &Tesser, 1996; Wicklund, 1979). People in a negative mood feel further from the standard and may analyse the situation carefully, attending to specific details in order to reduce this discrepancy (Cervone, Kopp, Schaumann, & Scott, 1994). When people perform objectively difficult tasks, perceived goal attainability influences the functional impact of negative mood on effort. Those in a negative mood either mobilize little effort because they perceive task demands to be too high, or increase effort because negative mood acts as a warning signal that attainment of achievable goals is threatened (Cervone et al., 1994; Gendolla&Krusken, 2002).

So far no mood studies to date have been conducted on university male soccer players in India. Therefore the purpose of the study was to investigate the mood states of university male soccer players during the west zone inter varsity competition.

MATERIAL AND METHODS
To serve the purpose of the study, 108 male soccer players were randomly selected during west zone inter university competition which was organized byBarkatullah University Bhopal, in the year 2011. The age of the subjects were ranged between 18 to 25yrs. The questionnaire was administered to 108 soccer players during west zone inter university competition. Subjects were well explained before filling up of questionnaire so that correct responses were obtained. In case of any doubt regarding the statement the researcher clarified the same to the subjects. Filling up of questionnaire took only 2 to 3 minutes and it was collected back after being filled up. Brunel mood scale, BRUMS (Terry et al. 2003) which contains 24 items with six mood components such tension, depression, anger, vigour, fatigue, confusion was used as a tool to measured mood components. Descriptive statistics and frequency distribution were employed as statistical tool for the analysis of data.

RESULT
The obtained data were computed with the help of IBM Statistics SPSS-21. The findings of the study are presented fromTable No. 1 to 7. Descriptive statistics of Mean, Std. Deviation, Minimum and maximum are presented in the Table No.1 and frequency distribution and percentage of six mood components are presented from the Table No. 2 to 7.

Table No. 1
Descriptive Statistics

Mood	N	Mean	Std. D	Minimum	Maximum
ANGER	108	3.65	2.813	0	13
CONFUSION	108	3.92	3.301	0	16
DEPRESSION	108	2.60	2.710	0	16
FATIGUE	108	3.64	2.902	0	13
TENSION	108	4.09	3.053	0	15
VIGOUR	108	11.23	4.052	0	16

According to above table No. 1; the mean, Std. D, Minimum and maximum score of Anger is 3.65; 2.813; 0 and 13 respectively. The mean score of Anger when converted to percentile score fall under 65 to 68.For confusion the mean, Std. D, Minimum and maximum score is 3.92; 3.301; 0 and 16 respectively. The mean score of Confusion when converted to percentile score fall under 54 to 57.For Depression the mean, Std. D, Minimum and maximum score is 2.60; 2.710; 0 and 16 respectively. The mean score of Depression when converted to percentile score fall under 58 to 61.For Fatigue the mean, Std. D, Minimum and maximum score is 3.64; 2.902; 0 and 13 respectively. The mean score of Depression when converted to percentile score fall under 51 to 52.For Tension the mean, Std. D, Minimum and maximum score is 4.09; 3.053; 0 and 15 respectively.

The mean score of Depression when converted to percentile score fall under 49.For Vigour the mean, Std. D, Minimum and maximum score is 11.23; 4.052; 0 and 16 respectively. The mean score of Depression when converted to percentile score fall under57 to 58.

Further analysis was done for each mood components with the help of frequency distribution and percentage.

Table No. 2
ANGER

Level of Anger	T-score	Frequency	Percent	Valid Percent	Cumulative Percent
0	45	21	19.4	19.4	19.4
1	52	10	9.3	9.3	28.7
2	58	7	6.5	6.5	35.2
3	65	13	12.0	12.0	47.2
4	71	17	15.7	15.7	63.0
5	78	13	12.0	12.0	75.0
6	84	12	11.1	11.1	86.1
7	91	6	5.6	5.6	91.7
8	98	3	2.8	2.8	94.4
9	104	4	3.7	3.7	98.1
11	117	1	.9	.9	99.1
13	130	1	.9	.9	100.0
Total		108	100.0	100.0	

From the above table it is evident that out of 108 university male soccer players'
- 19.4% of players' were having the anger level of 0 and with the T-score of45,
- 15.7% of players' were having the anger level of 4 and with the T-score of 71
- 12.0% of players' were having the anger level of 3 and with the T-score of 65
- 12.0% of players' were having the anger level of 5 and with the T-score of 78
- 11.1% of players' were having the anger level of 6 and with the T-score of 84
- 9.3% of players' were having the anger level of 1 and with the T-score of 52
- 6.5% of players' were having the anger level of 2 and with the T-score of 58
- 5.6% of players' were having the anger level of 7 and with the T-score of 91
- 3.7% of players' were having the anger level of 9 and with the T-score of 104
- 0.9% of players' were having the anger level of 11 and with the T-score of 117
- 8.9% of players' were having the anger level of 13 and with the T-score of 130

Table No.3
CONFUSION

Level of Confusion	T-Score	Frequency	Percent	Valid Percent	Cumulative Percent
0	42	17	15.7	15.7	15.7
1	46	16	14.8	14.8	30.6
2	50	10	9.3	9.3	39.8
3	53	10	9.3	9.3	49.1
4	58	15	13.9	13.9	63.0
5	62	9	8.3	8.3	71.3
6	66	9	8.3	8.3	79.6
7	70	4	3.7	3.7	83.3
8	74	10	9.3	9.3	92.6
9	77	2	1.9	1.9	94.4
10	82	2	1.9	1.9	96.3
11	86	1	.9	.9	97.2
12	90	1	.9	.9	98.1
13	94	1	.9	.9	99.1
16	106	1	.9	.9	100.0
Total		108	100.0	100.0	

From the above table it is evident that out of 108 university male soccer players'
- 15.7% of players' were having the anger level of 0 and with the T-score of 42
- 14.4% of players' were having the anger level of 1 and with the T-score of 46
- 13.9% of players' were having the anger level of 4 and with the T-score of 58
- 9.3% of players' were having the anger level of 2 and with the T-score of 50
- 9.3% of players' were having the anger level of 4 and with the T-score of 58
- 9.3% of players' were having the anger level of 8 and with the T-score of 74
- 8.3% of players' were having the anger level of 5 and with the T-score of 62
- 8.3% of players' were having the anger level of 6 and with the T-score of 66
- 3.7% of players' were having the anger level of 7 and with the T-score of 70
- 1.9% of players' were having the anger level of 9 and with the T-score of 77
- 1.9% of players' were having the anger level of 10 and with the T-score of 82
- 0.9% of players' were having the anger level of 11 and with the T-score of 86
- 0.9% of players' were having the anger level of 12 and with the T-score of 90
- 0.9% of players' were having the anger level of 13 and with the T-score of 94
- 0.9% of players' were having the anger level of 16 and with the T-score of 106

Table No.4
DEPRESSION

Level of Depression	T-Score	Frequency	Percent	Valid Percent	Cumulative Percent
0	45	30	27.8	27.8	27.8
1	52	19	17.6	17.6	45.4
2	58	10	9.3	9.3	54.6

3	64	16	14.8	14.8	69.4
4	70	8	7.4	7.4	76.9
5	77	10	9.3	9.3	86.1
6	83	8	7.4	7.4	93.5
7	89	3	2.8	2.8	96.3
8	95	1	.9	.9	97.2
9	102	1	.9	.9	98.1
10	108	1	.9	.9	99.1
16	145	1	.9	.9	100.0
Total		108	100.0	100.0	

From the above table it is evident that out of 108 university male soccer players'
- 27.8% of players' were having the anger level of 0 and with the T-score of 45
- 17.6% of players' were having the anger level of 1 and with the T-score of 52
- 14.8% of players' were having the anger level of 3 and with the T-score of 64
- 9.3% of players' were having the anger level of 2 and with the T-score of 58
- 9.3% of players' were having the anger level of 5 and with the T-score of 77
- 7.4% of players' were having the anger level of 4 and with the T-score of 70
- 7.4% of players' were having the anger level of 6 and with the T-score of 83
- 2.8% of players' were having the anger level of 7 and with the T-score of 89
- 0.9% of players' were having the anger level of 8 and with the T-score of 95
- 0.9% of players' were having the anger level of 9 and with the T-score of 102
- 0.9% of players' were having the anger level of 10 and with the T-score of 108
- 0.9% of players' were having the anger level of 16 and with the T-score of 145

Table No.5
FATIGUE

Level of Fatigue	T-Score	Frequency	Percent	Valid Percent	Cumulative Percent
0	40	15	13.9	13.9	13.9
1	44	12	11.1	11.1	25.0
2	47	16	14.8	14.8	39.8
3	51	17	15.7	15.7	55.6
4	54	12	11.1	11.1	66.7
5	58	14	13.0	13.0	79.6
6	61	6	5.6	5.6	85.2
7	65	3	2.8	2.8	88.0
8	68	5	4.6	4.6	92.6
9	72	3	2.8	2.8	95.4
10	75	2	1.9	1.9	97.2
11	79	1	.9	.9	98.1
12	82	1	.9	.9	99.1
13	86	1	.9	.9	100.0
Total		108	100.0	100.0	

From the above table it is evident that out of 108 university male soccer players'
- 15.7% of players' were having the anger level of 3 and with the T-score of 51
- 14.8% of players' were having the anger level of 2 and with the T-score of 47
- 13.9% of players' were having the anger level of 0 and with the T-score of 40
- 13.0% of players' were having the anger level of 5 and with the T-score of 58
- 11.1% of players' were having the anger level of 1 and with the T-score of 44
- 11.1% of players' were having the anger level of 4 and with the T-score of 54
- 5.6% of players' were having the anger level of 6 and with the T-score of 61
- 4.6% of players' were having the anger level of 8 and with the T-score of 68
- 2.8% of players' were having the anger level of 7 and with the T-score of 65
- 2.8% of players' were having the anger level of 9 and with the T-score of 72
- 1.9% of players' were having the anger level of 10 and with the T-score of 75
- 0.9% of players' were having the anger level of 11 and with the T-score of 79
- 0.9% of players' were having the anger level of 12 and with the T-score of 82
- 0.9% of players' were having the anger level of 13 and with the T-score of 86

Table No.6
TENSION

Level of Tension	T-Score	Frequency	Percent	Valid Percent	Cumulative Percent
0	37	11	10.2	10.2	10.2
1	40	14	13.0	13.0	23.1
2	43	13	12.0	12.0	35.2
3	46	9	8.3	8.3	43.5
4	49	18	16.7	16.7	60.2
5	52	14	13.0	13.0	73.1
6	55	8	7.4	7.4	80.6
7	58	8	7.4	7.4	88.0
8	61	5	4.6	4.6	92.6
9	64	2	1.9	1.9	94.4
10	67	2	1.9	1.9	96.3
11	70	1	.9	.9	97.2
12	72	1	.9	.9	98.1
13	75	1	.9	.9	99.1
15	81	1	.9	.9	100.0
	Total	108	100.0	100.0	

From the above table it is evident that out of 108 university male soccer players'
- 16.7% of players' were having the anger level of 4 and with the T-score of 49
- 13.0% of players' were having the anger level of 1 and with the T-score of 40
- 13.0% of players' were having the anger level of 5 and with the T-score of 52
- 12.0% of players' were having the anger level of 2 and with the T-score of 43
- 10.2% of players' were having the anger level of 0 and with the T-score of 37
- 7.4% of players' were having the anger level of 6 and with the T-score of 55
- 7.4% of players' were having the anger level of 7 and with the T-score of 58

- 4.6% of players' were having the anger level of 8 and with the T-score of 61
- 1.9% of players' were having the anger level of 9 and with the T-score of 64
- 1.9% of players' were having the anger level of 10 and with the T-score of 67
- 0.9% of players' were having the anger level of 11 and with the T-score of 70
- 0.9% of players' were having the anger level of 12 and with the T-score of 72
- 0.9% of players' were having the anger level of 13 and with the T-score of 75
- 0.9% of players' were having the anger level of 15 and with the T-score of 81

Table No.7
VIGOUR

Level of Vigour	T-Score	Frequency	Percent	Valid Percent	Cumulative Percent
0	29	1	.9	.9	.9
1	32	1	.9	.9	1.9
2	34	2	1.9	1.9	3.7
4	39	6	5.6	5.6	9.3
6	44	8	7.4	7.4	16.7
7	47	1	.9	.9	17.6
8	49	8	7.4	7.4	25.0
9	52	7	6.5	6.5	31.5
10	55	7	6.5	6.5	38.0
11	57	6	5.6	5.6	43.5
12	60	12	11.1	11.1	54.6
13	62	10	9.3	9.3	63.9
14	65	12	11.1	11.1	75.0
15	67	8	7.4	7.4	82.4
16	70	19	17.6	17.6	100.0
	Total	108	100.0	100.0	

From the above table it is evident that out of 108 university male soccer players'
- 17.6% of players' were having the anger level of 16 and with the T-score of 70
- 11.1% of players' were having the anger level of 14 and with the T-score of 65
- 11.1% of players' were having the anger level of 12 and with the T-score of 60
- 9.3% of players' were having the anger level of 13 and with the T-score of 62
- 7.4% of players' were having the anger level of 15 and with the T-score of 67
- 7.4% of players' were having the anger level of 8 and with the T-score of 49
- 6.5% of players' were having the anger level of 10 and with the T-score of 55
- 6.5% of players' were having the anger level of 9 and with the T-score of 52
- 5.6% of players' were having the anger level of 4 and with the T-score of 39
- 5.6% of players' were having the anger level of 11 and with the T-score of 57
- 1.9% of players' were having the anger level of 2 and with the T-score of 34
- 0.9% of players' were having the anger level of 7 and with the T-score of 47
- 0.9% of players' were having the anger level of 1 and with the T-score of 32
- 0.9% of players' were having the anger level of 0 and with the T-score of 29

DISCUSSION OF FINDINGS

In the present study analysis of mood states of University male soccer players during west zone intervarsity competition was done. The analysis of data has proved that the average score on anger was 3.65 and fall under 65th to 68th percentilewhich was in a good zone and further analysis of data proved that very few percent of players were having very high score on anger which was beyond the good zone.The average score on confusion was 3.92 and fall under 54th to 57th percentile which wasslightly higher than average zone and further analysis of data proved that almosthalf percent of players were confused and fall above the average zone. The average score on depression was 2.60and fall under 58th to 61st percentile which was in a good zone and further analysis of data proved that very few percent of players fall above the average zone.The average score on fatigue was 3.62 and fall under 51st to 52nd percentile which was slightly higher than the average zone and further analysis of data proved that more than half percent of players were fatigue and fall above the average zone.The average score on tension was 4.09 and fall under 49th percentile which was above the average zone and further analysis of data proved that more than half percent of players were in tension and fall above the average zone. The average score on vigour was 11.23 and fall under 57th to 58th percentile which was above the average zone and further analysis of data proved that almost all the players were in vigour and fall above the average zone.

CONCLUSION

Within the limits and limitations of the present study it was concluded that University male soccer players were low in anger and depression and were high in confusion,fatigue and tension but were full of vigour.

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