A comparative study on various psychological parameters between University level Male Football players and state level Athletes

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Abstract

It is the study, analysis, explanation and interpretation of behavior of an individual during sports participation. The purpose of the study was to compare various psychological parameters between university level male football players and state level athletes. Total 30 male students were selected randomly as subject for the resent study. For this purpose two groups were formed on the basis of the age of the students and each age group had equal 15 subjects. Various psychological parameters of the two groups were measured by standard tests. Mean and SD of those parameter were computed and student’s ‘t’ test was done to find out statistical significance of the differences between means. Results revealed that in case of achievement motivation and Anxiety parameter (state and trait) the intervarsity football player is better than state level athletes and vice-versa in case of interest was concerned.

KEYWORDS: state anxiety, trait anxiety, interest, achievement motivation.

Introduction

The branch of study and research which deals with human behavior is called psychology. It has been many branches of which sports psychology is one.

The behavior pattern of sports person also different from that of the general people.

Interest is the control force that drives the whole machinery of teaching process.

“A thing that interest us in just something that concern us or matter to us” - Ross.

Crow and Crow stated that interest may refer to the motivating force that impels us to attend to a person; a thing or an activity or it may be the activity itself. Player have different type of wants, motives, dives and needs the several people so the interest of the football players is different than the athletes.

Motivation is the conceptual term used to explain the cause of one initiating and sustaining action, as well as the intensity at which it is pursued.

“Motivation appears to be the key to on accomplish either in sports or in any other competitive area......... (Dorothy, 1978)

Watson (1982) stated that in sports achievement motivation is the agree to which a player is willing to approach competition situation. In field of sports for efficiency and excellence most of the sociogeneity motive cab be utilized ,to activate an athlete and footballer on urge to incorporate into long term memory is the care success in an athlete’s and footballer, s life.
The present study was conducted to analyses the different in psychological parameters among the football and athletic group.

**METHODOLOGY**

In this chapter the objective type questionnaires used for collecting data analytical procedure had been described.

**Measurement of the Interest:** To know the interest level of an individual a questionnaire of 55 items of T.K. Pan (1998) was given to the subject. They answered there questions in three types of choice as 1\(^{st}\), 2\(^{nd}\), 3\(^{rd}\) choice. Every choice had a certain score such as 1 for 1\(^{st}\) choice, 2 for 2\(^{nd}\) choice, and 3 for 3\(^{rd}\) choice. The total score were taken.

**Measurement of sports Achievement motivation:** Sports Achievement motivation questionnaire of Kamlesh (1987) was a questionnaire of 20 statement, the response value of which range from 0-40. Answer sheet was given and for each wrong answer is (2) two. The final score is the total of twenty questions (20).

**Measurement of the state and trait anxiety:**

2.4.6-For measuring the anxiety the state and anxiety inventory questionnaire were adopted. This inventory was designed and developed by Spielberger, Grosuch and Luahane (1970) not for the assessment of the anxiety loading of the individual but also the distinction of two aspects of anxiety viz, state anxiety and trait anxiety. State anxiety refer to a reaction which takes place at a certain time at a given level of intensity and trait anxiety indicates a latest disposition for a reaction of a certain type to occur if it is triggered by appropriate stimuli, in a stable individual characteristics. The forms of this inventory have been adopted in Bengali language on our population by Chattapadhyay, Mallick, and Spielberger (1986).

**RESULT AND DISCUSSION**

In this chapter personal Data Interest, Sport Achievement motivation, Trait Anxiety, State Anxiety of the subjects were stated in tabular form and also analyzed for appropriate results.

**Personal Data**

Table No -1: The mean Sd. Of Personal Data of University Football Players and state level Athletes.

<table>
<thead>
<tr>
<th>Personal Data</th>
<th>Foot Ball Players(Mean &amp;Sd)</th>
<th>Athletes(Mean &amp;Sd)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age(Years)</td>
<td>23.8 ± 1.75</td>
<td>24.2 ± 1.32</td>
</tr>
<tr>
<td>Height(cm)</td>
<td>169.10 ± 3.09</td>
<td>168.7 ± 4.68</td>
</tr>
<tr>
<td>Weight(Kg)</td>
<td>64.8 ± 7.16</td>
<td>66.3 ± 7.26</td>
</tr>
</tbody>
</table>

In the present study Mean and Sd of Age, Weight, Height of Football players and Athletes were presented in table -1.
Table No-2: Mean, SD variables and their comparison of achievement motivation of University Football players and State level Athletes.

<table>
<thead>
<tr>
<th>Group</th>
<th>Mean &amp; SD</th>
<th>SED</th>
<th>‘t’</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Football</td>
<td>24.53 ± 3.58</td>
<td>.43</td>
<td>2.16</td>
<td>**</td>
</tr>
<tr>
<td>Athletes</td>
<td>23.6 ± 3.04</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**This value is significant at 0.05 levels but not Significant at 0.01 levels.

It was indicated from the Table No- 2 that the Mean and Sd of the achievement motivation of University Football players were 24.53 ± 3.58 and the mean score, Sd of the achievement motivation of the athletes were 23 ± 3.04 .SED and obtained ‘t’ value of achievement motivation between University level Foot Ball player and state level athletes were .43 and 2.16 which statically significant at 0.05 level at DF=18.

From the Table No,2 it was observed that the mean value of Achievement motivation of Foot ball player was higher than athletes. So Foot Ball player was higher than athletes. So Foot Ball Players had better Achievement motivation than athletes.

Table No-3: Mean, SD, SED &'t’ value of Interest of Interest of University Football Players and State level Athletes.

<table>
<thead>
<tr>
<th>Group</th>
<th>Mean &amp; SD</th>
<th>SED</th>
<th>‘t’</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Football</td>
<td>75.6± 17.19</td>
<td>1.84</td>
<td>3.15</td>
<td>**</td>
</tr>
<tr>
<td>Athletes</td>
<td>81.4± 10.17</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**This value is significant at 0.05 levels but not Significant at 0.01 levels.
From the table-3 it was observed that the mean and SD of the interest of University Foot Ball Players were 75.6± 17.19 and the mean score and the mean score and SD of the Interest of the Athletes were 81.4± 10.17 and ‘t’ value was statistically significant.

So it was observed that the mean value of Interest of the Athletes had better than the Foot Ball players.

Table No-4: Mean, SD, SED and ‘t’ value of State Anxiety of University Football Players and State Athletes.

<table>
<thead>
<tr>
<th>Group</th>
<th>Mean &amp; SD</th>
<th>SED</th>
<th>‘t’</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Football</td>
<td>37.27± 4.36</td>
<td>.74</td>
<td>9</td>
<td>**</td>
</tr>
<tr>
<td>Athletes</td>
<td>43.93± 6.50</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
** Significant at 0.01 level  

Table value at 0.01 level = 2.76  

From the table-4 it was observed that the mean and SD of the interest of University Foot Ball Players were 37.27± 4.36 and the mean score and Sd of the state Anxiety of the Athletics were 43.93± 6.50 and obtained ‘t’ value 9 which was statistically significant. So it was observed that the Foot Ball group had lower State Anxiety level than Athletes group.

Table No-5: Mean, SD, SED and ‘t’ values of Trait Anxiety of University Football Player and State athletes.

<table>
<thead>
<tr>
<th>Group</th>
<th>Mean &amp; SD</th>
<th>SED</th>
<th>‘t’</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Football</td>
<td>49.73± 3.53</td>
<td>0.40</td>
<td>6</td>
<td>**</td>
</tr>
<tr>
<td>Athletes</td>
<td>52.13± 2.47</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
From the table-5 it was observed that the mean score and SD of Anxiety of Foot Ball group Anxiety were 49.73± 3.53 and the mean score and the mean score and the Anxiety of the Athletes group were 52.13± 2.47 and ‘t’ value 9 which was statistically significant. So Table -5 indicated that Football group had lower had lower Trait Anxiety level compare to Athletes group.

CONCLUSIONS

From the study it was seen that there was a lot of difference among the sport achievement motivation, participation interest and anxiety (State & Trait) level.
In respect of achievement motivation and anxiety level of University football players were better than the state level athlete. On the other hand in respect of participation interest of the state level Athletes were more than the University level football players.

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