

## Comparison of Attitude Control among the Soccer Player of West Zone Intervarsity

**Pawan Gusain**

Asst. Professor, Dept. of Physical Education, HNBGU, Srinagar, Garhwal, Uttarakhand, India

---

### Abstract

Most top athletes and coaches believe that psychological factors such as Attitude control a crucial role as well as physical attributes and learned skills in the makeup of champions. Thus Attitude control becomes one of the most important aspects to be developed. Therefore, the study was conducted to assess the Attitude control of University level soccer players. The purpose of this study was to assess the Attitude control among west zone intervarsity soccer players 72 soccer players of 4 team (each team having 18 players) from the West Zone intervarsity 2009-2010 were selected as the subjects. The data for the assessment of Attitude control were collected with the help of Psychological Performance Inventory (PPI) "Dr. LOHAIRE" questionnaire.

The collected data were analyzed by one way analysis of variance (ANOVA). Least Significant Different (Post HOC) test was used to assess the significant differences between the means of Attitude control, wherever the F-ratio was not found significant. The level of significance for this study was chosen as 0.05. The findings of the study indicated that there is a significant difference among the soccer teams in respect to Attitude control.

**KEYWORDS:** Attitude control, soccer players.

---

### INTRODUCTION

Attitude control is the exercise of control over the orientation of an object with respect to an inertial frame of reference or another entity (the celestial sphere, certain fields, nearby objects, etc.). Attitude Control Systems are fundamental in the operation of many modern day technologies. They are used on spacecraft, aircraft, and underwater vehicles, and have a major role in their proper operation. These systems are also designed to work autonomously with little or no human control, and have played a major role in the creation and development of unmanned vehicles, both airborne and underwater. Autonomous attitude control systems employ control schemes that normally require numerical computations to supply continuous feedback to the vehicle's actuators. The model and control scheme being developed in this project along with the laboratory experiment we will be conducting will utilize readily available technology and be more feasible for a wide range of uses. The modeling and control scheme will both be developed using MATLAB, a matrix based computing program, which will then be used by a micro-computing device. This micro-computing device will be used onboard a small underwater testing apparatus that we will design and build. This experiment will provide the means for small scale testing and demonstration of attitude control maneuvers, providing instructional and research opportunities, and will serve as a model for future developments on smaller scale attitude control

There are certain moments during competition that appear to carry great psychological significance, when the momentums start to shift in one direction or another. These situations require athletes to remain completely focused and calm in the face of difficult circumstances. Tennis player talk of the big point during a tight match, such as a fleeting chance to break serve. For an athlete it could be the final triple jump in competition after seriously under performing; for a footballer, it could be how you react to a perceived bad referring decision or behind in a match your team is expected to win. Thinks about the time when things have not gone quite as per plants & how you reacted. The journey towards peak performance is rarely a perfect smooth road and we learn for our mistakes or should do. Do set backs shake your self belief and lower you're motivated or act as a catalyst for even greater effect? Even great athlete and teams suffer set back. Olympic athlete Steve Backley is a prime example. In his book, "The Winning Mind" Backley cities his psychological strength and, at times, his weakness as major determinates of whether he performed near to or below his own strict target in competition. He talks of the transition n from young up and coming Javelin thrower to major international competition when after experiencing success as often as a junior, he found himself under prepared for the mental hurdles and barriers created by higher level competition. Backley says that psychological strategies were the key to help him to deal with competition stress (Backley 1996).

## **PROCEDURE**

The purpose of this study was to assess the Attitude control among the soccer player of west zone intervarsity competition which was held at Patan University Gujarat. For the purpose of this study, 18 soccer players each from 4 qualifying teams i.e. 72 in west zone inter varsity who had participated in session 2009-10 were selected as subjects for the study. It was hypothesized that there will be a significant difference among the soccer teams in respect to Attitude control. These subjects belonged to different states or regions of India. Attitude control was selected as a variable for this study, which were measures through "Dr. LOHAIRE" questionnaire. The Psychological Performance Inventory (PPI) by Dr. LOHAIRE was used to obtain information from the subjects.

Administration of test, the researcher explained the purpose of the study to the subjects before the competition, the PPI questionnaire was distributed to the subjects. The directions were read by the researcher at the dictation speed to make the subjects understand about what they exactly required to do. The subjects were instructed to respond to each item according to how he generally felt at the time of competition. At every subject has 5 possible responses i.e. **A.** Almost Always**B.** Often **C.** Sometimes**D.** Seldom**E.** Almost Never. While the subjects responded to the questionnaire, the researcher verified weatherthey recorded the answer sequentially and explained the meaning of the words in case of doubts.

Scoring: The completed questionnaire was scrutinized by the scholar in order to insure that the subjects would respond to every item and there was no question left unanswered.

Score obtained by each subjects on each statement were added up which represented once total score on self-concept. To see the difference of Attitude control among the teams of soccer the Analysis of variance "F-ratio" was applied at 0.05 level of significance. For further analysis "Post- Hoc Test" (LSD) was applied.The

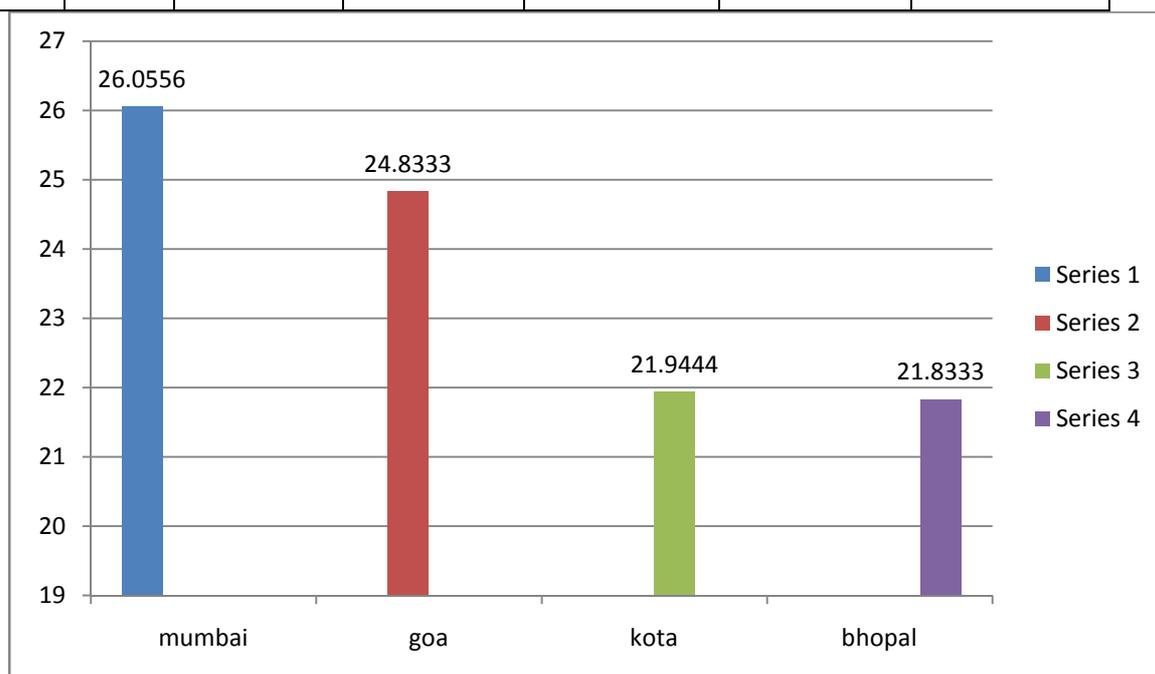
statistical analysis of data collected on 72 soccer players of west zone inter varsity competition which was held at Patan University Gujarat were presented below.

### Findings

Finding pertaining to Attitude control, the Descriptive Statistics and one way analysis of variance, which have been presented below :-

**Table-1**

Group	N	Mean	S. D	Std. Error	Minimum	Maximum
Mumbai	18	26.0556	1.98442	0.46773	22.00	29.00
Goa	18	24.8333	2.74933	0.64802	18.00	28.00
Kota	18	21.9444	3.71756	0.87624	15.00	28.00
Bhopal	18	21.8333	3.61777	0.85272	15.00	28.00
Total	72	23.6667	3.54846	0.41819	15.00	29.00



**Fig-1 Mean Comparison of Attitude control of different teams.**

**Table-2**

### One Way Analysis Variance of Attitude of Control

Source of Treatment	Sum of Squares	Degree of Freedom	Mean Square	F Value
---------------------	----------------	-------------------	-------------	---------

Between Group	241.111	3	80.370	8.371*
Within the group	652.889	68	9.601	
Total	894.000	71		

\*Significant (3, 68) =2.74

The table 2 indicates that there is a significant difference in attitude control among the different teams of soccer players as the calculated F (8.371) is greater than tabulated F (2.74). As the f ratio found to be significant the data further analyzed with post hoc test (LSD). The result pertaining to this are presented in following table.

**Table-3**  
**Post Hoc Mean Comparison of Attitude Control**

Mumbai C.D.	Goa	Kota	Bhopal	Mean Difference
26.05	24.83			1.22
26.05		21.94		4.11*
26.05			21.83	4.22*
2.06	24.83	21.94		2.89*
	24.83		21.83	3.00*
		21.94	21.83	0.11

With reference to table no 3 it was obtained that there is a significant difference in means of attitude control between the different teams namely Mumbai-Kota, Mumbai-Bhopal, Goa-Kota and Goa-Bhopal.

### DISCUSSIONS

The analysis of data reveals that there is a significant difference in attitude control among the different teams of soccer players as the calculated F (8.371) is greater than tabulated F (2.74). It was hypothesized that there will be a significant difference among the teams in respect to attitude control, even the study also exhibited the same that there was a significant difference among the teams in relation to attitude control. Hence, the hypothesis was accepted at this level.

**REFERENCES:**

Eagly and Chaiken, (1993). *The Psychology of Attitudes*, Fort Worth, TX: Harcourt Brace Jovanovich.

Hogg, M., & Vaughan, G. (2005). *Social Psychology (4th edition)*. London: Prentice-Hall.

LaPiere, R. T. (1934). Attitudes vs. Actions. *Social Forces*, 13, 230-237.

Charles A. Garfield with Hal Zina Bennett. 1984. *Peak Performance: Mental Training Techniques of the World's Greatest Athletes*. New York: Warner Books.