



# PSYCHOLOGICAL CHARACTERISTICS OF INTERMEDIATE SPORTS PERFORMERS IN ATHLETICS AND FOOTBALL.

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## Abstract

The purpose of the study was to compare and find out significant differences between athletic and football performers in psychological characteristics. Eighty youth performers i.e 40 football players and forty athletes in the age group of 14-24 years were the subjects for the study. The goal of the study was to reveal the relationship between psychological skills and performance level with possible effects on the type of sports and gender difference. Youth competitors between the ages of 14-24 years were selected as subjects for the study. Two groups were formed i.e 40 football players and 40 athletes who were regional level participants. The psychological skills inventory for sports was used to collect data. Data were analysed by SPSS 2019 software and for comparison between both games independent T-test SPSS was used. To accomplish the analysis, collected data on the selected dependent variables were compared with computerized software SPSS version 10. It was concluded that Athletic male and football male were different on psychological characteristics of motivation, Athletic female and football female were different on psychological characteristics of motivation and Men and women players in football were different on psychological characteristics of motivation and mental preparation.

Key words:

Youth performers,athletes,football players,psychological characteristics.

## Introduction

The development of any sportsperson in their field depends on his or her proper psychological status and mental stability. Psychological variables took a great role in the development of a sportsperson, by understanding the psychological status of the person, can train according to that may make better outcomes. Good health in athletes is essential not only for achieving goals but also for their normal activity. Lower points in psychological variables influence the performance and lifestyle of athletes.

## **Purpose of the study**

The main purpose of the study was to compare and to find out any significant difference between athletic and football sports performers on psychological characteristics. Two different performance level groups were compared on psychological skills. The goal of the study was to reveal the relationship between psychological skills and performance level with possible effects on the type of sports and gender difference.

## **Subjects**

To accomplish this an 80 gifted youth competitors between the ages of 14 to 24 years were selected for the study. Two groups were formed with 40 football players and 40 athletes each. All the competitors were region-level players. The psychological skills inventory for sports was used to collect data, it consists of five-point Likert-type items that are distributed over six scales Mahoney et.al. 1987 was distributed over the same 5 scales (total 37 questions). 1.confidence (8 items) 2.Anxiety control (8 items), 3.motivation (8 things), 4.concentration (7 things), and, 5.mental preparation (6 things) (see Appendix). The answer rarely equates to 1, and almost always to 5.

## **Variables**

### **Independent variable**

1. Football
2. Athletics
3. Sex

### **Dependent variable**

1. Confidence
2. Anxiety Control
3. Motivation
4. Concentration
5. Mental Preparation

## **Organization of Questionnaire and Collection of Data**

All competitors gave their consent for filling up the questionnaire. Rules were standardized since gained scores may be influenced by changing test headings (Nideffer, 1987 and Greenspen et al., 1988). To keep away from socially attractive answers competitors were informed that the outcomes were being utilized exclusively for research purposes.

## **Scoring of the Questionnaire**

The appropriate responses given by the subjects were set apart according to the scoring key given in the manual of the survey.

## **PROCEDURE USED FOR TABULATING AND ANALYSIS OF THE DATA**

1. Used Microsoft excel to arrange and calculate the score for SPSS.
2. Data were analysed by SPSS 2019 software and for comparison between both games used independent T-test SPSS.
3. The level of significance of the study was set at .05

## **Statistical Analyses**

The factual procedures applied to the gathered information were as following:

1. Mean
2. Standard Deviation
3. Levene's Test for Equality of Variances
4. t-test for Equality of Means

The significance level to test the hypotheses of the study was set at 0.05.

### **Statistical analysis of data**

The statistical analysis included descriptive statistics, comparative statistics (Two sample Independent *t*-tests), graphical presentation and interpretation of outputs for all the variables of psychological variables. To accomplish the analysis, collected data on the selected dependent variables were compared with computerized software SPSS version 10.

**Table 1**

### **Descriptive statistics for the variables of intermediate athletes and football players**

Variable	Group	Gender	Mean	SD	N
<b>Confidence</b>	Athletes	Male	24.5	1.66	20
		Female	25.00	2.55	20
	Football Players	Male	24.85	2.70	20
		Female	24.85	2.43	20
<b>Anxiety Control</b>	Athletes	Male	25.2	2.628	20
		Female	25.75	1.773	20
	Football Players	Male	24.3	2.83	20
		Female	23.55	1.638	20
<b>Motivation</b>	Athletes	Male	28.45	2.212	20
		Female	34.6	3.378	20
	Football Players	Male	31.7	3.827	20
		Female	33	6.989	20
<b>Concentration</b>	Athletes	Male	21.3	2.494	20
		Female	22.95	1.877	20
	Football Players	Male	21.35	2.368	20
		Female	20.95	1.345	20
<b>Mental Preparation</b>	Athletes	Male	18.85	3.233	20
		Female	19.3	2.055	20
	Football Players	Male	20.1	3.837	20
		Female	17.95	1.191	20

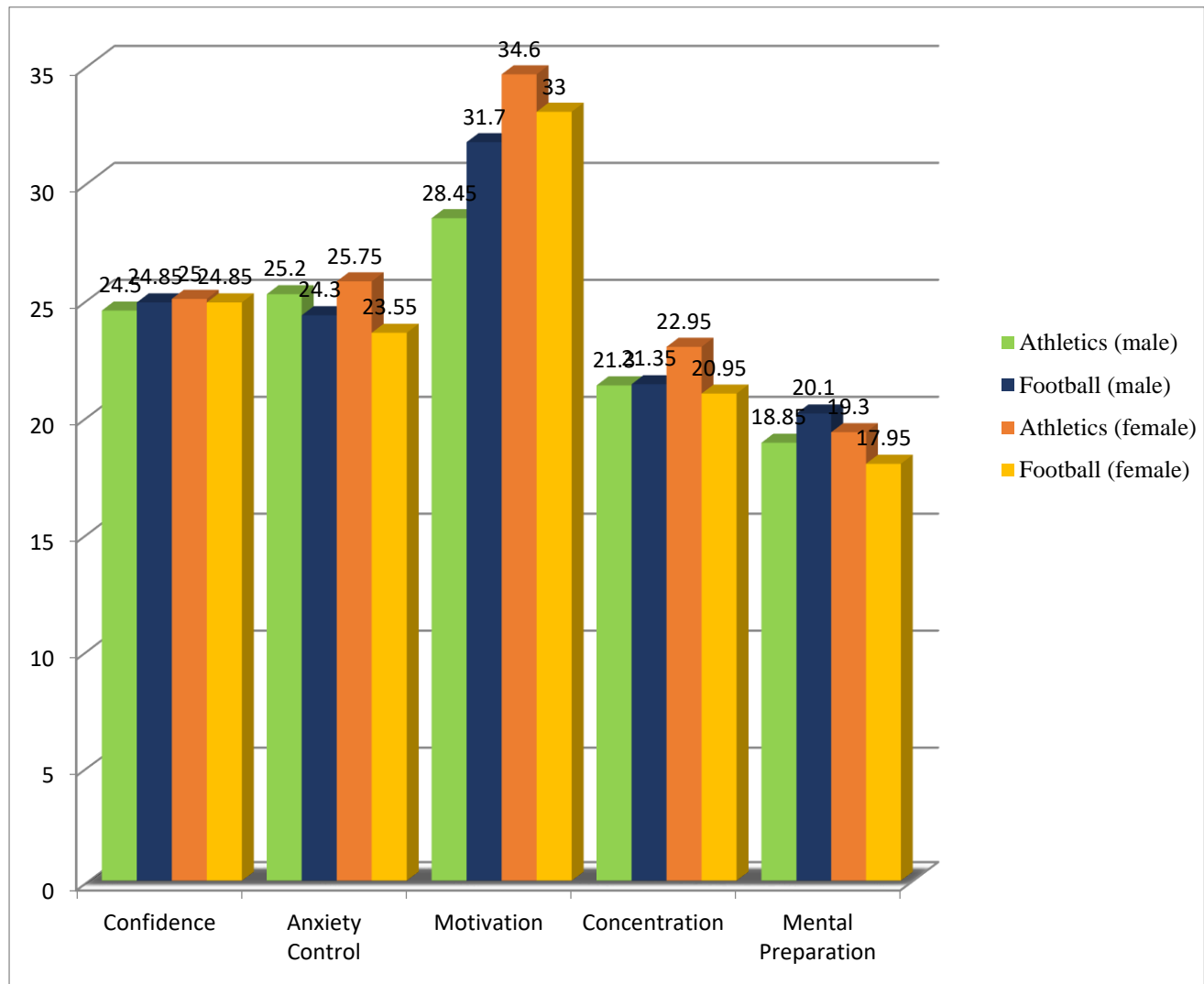
The mean and SD of male athletes in confidence were  $24.50 \pm 1.66$  whereas, female athletes were  $25.00 \pm 2.55$  respectively. Similarly the mean and SD of male football player were  $24.85 \pm 2.70$  whereas, female were  $24.85 \pm 2.43$  respectively. The mean and SD of male athletes in anxiety control were  $25.20 \pm 2.628$  whereas, female athletes were  $25.75 \pm 1.773$  respectively. Similarly the mean and SD of male football player were  $24.30 \pm 2.830$  whereas, female were  $23.55 \pm 1.638$  respectively. The mean and SD of male athletes in motivation were  $28.45 \pm 2.212$  whereas, female athletes were  $34.60 \pm 3.378$  respectively. Similarly the mean and SD of male football player were  $31.70 \pm 3.827$  whereas, female were  $33.00 \pm 6.989$  respectively. The mean and SD of male athletes in concentration were  $21.30 \pm 2.494$  whereas, female athletes were  $22.95 \pm 1.877$  respectively. Similarly the mean and SD of male football player were  $21.35 \pm 2.368$  whereas, female

were  $20.95 \pm 1.345$  respectively. that the mean and SD of male athletes were  $18.85 \pm 3.233$  whereas, female athletes were  $19.30 \pm 2.055$  respectively. Similarly. The mean and SD of male football player in mental preparation were  $20.10 \pm 3.837$  whereas, female were  $17.95 \pm 1.191$  respectively.

Fig. 1 represented the mean score of male and female players of both the groups.

**Figure 1**

**Showing mean's difference between male and female athletics and football**



**Comparative Statistics****Table 2****F and t table for testing the equality of variances and equality of means of athletics and football.**

Variable	Gender	Equal variances	Levene's Test for Equality of Variances		t-test for Equality of Means		
			F	Sig.	t	df	Sig. (2-tailed)
Confidence	male	assumed	2.416	0.128	-1.127	38	0.267
		not assumed			-1.127	31.672	0.268
	female	assumed	0.911	0.346	0.19	38	0.85
		not assumed			0.19	37.911	0.85
	Athletic male and female	assumed	0.064	0.802	-1.392	38	0.172
		not assumed			-1.392	32.724	0.173
	Football male and female	assumed	0.011	0.918	0	38	1
		not assumed			0	37.597	1
Anxiety control	male	assumed	0.285	0.596	1.042	38	0.304
		not assumed			1.042	37.792	0.304
	female	assumed	0.049	0.826	4.076	38	0
		not assumed			4.076	37.761	0
	Athletic male and female	assumed	0.427	0.517	-0.776	38	0.443
		not assumed			-0.776	33.333	0.443
	Football male and female	assumed	2.275	0.14	1.026	38	0.311
		not assumed			1.026	30.439	0.313
Motivation	male	assumed	9.442	0.004	-3.289	38	0.002
		not assumed			-3.289	30.421	0.003
	female	assumed	9.448	0.004	0.922	38	0.362
		not assumed			0.922	27.418	0.365
	Athletic male and female	assumed	1.694	0.201	-6.812	38	0
		not assumed			-6.812	32.762	0
	Football male and female	assumed	5.65	0.023	-0.73	38	0.47
		not assumed			-0.73	29.452	0.471
Concentration	male	assumed	0.041	0.841	-0.065	38	0.949
		not assumed			-0.065	37.898	0.949
	female	assumed	1.128	0.295	3.825	38	0
		not assumed			3.825	35.076	0.001

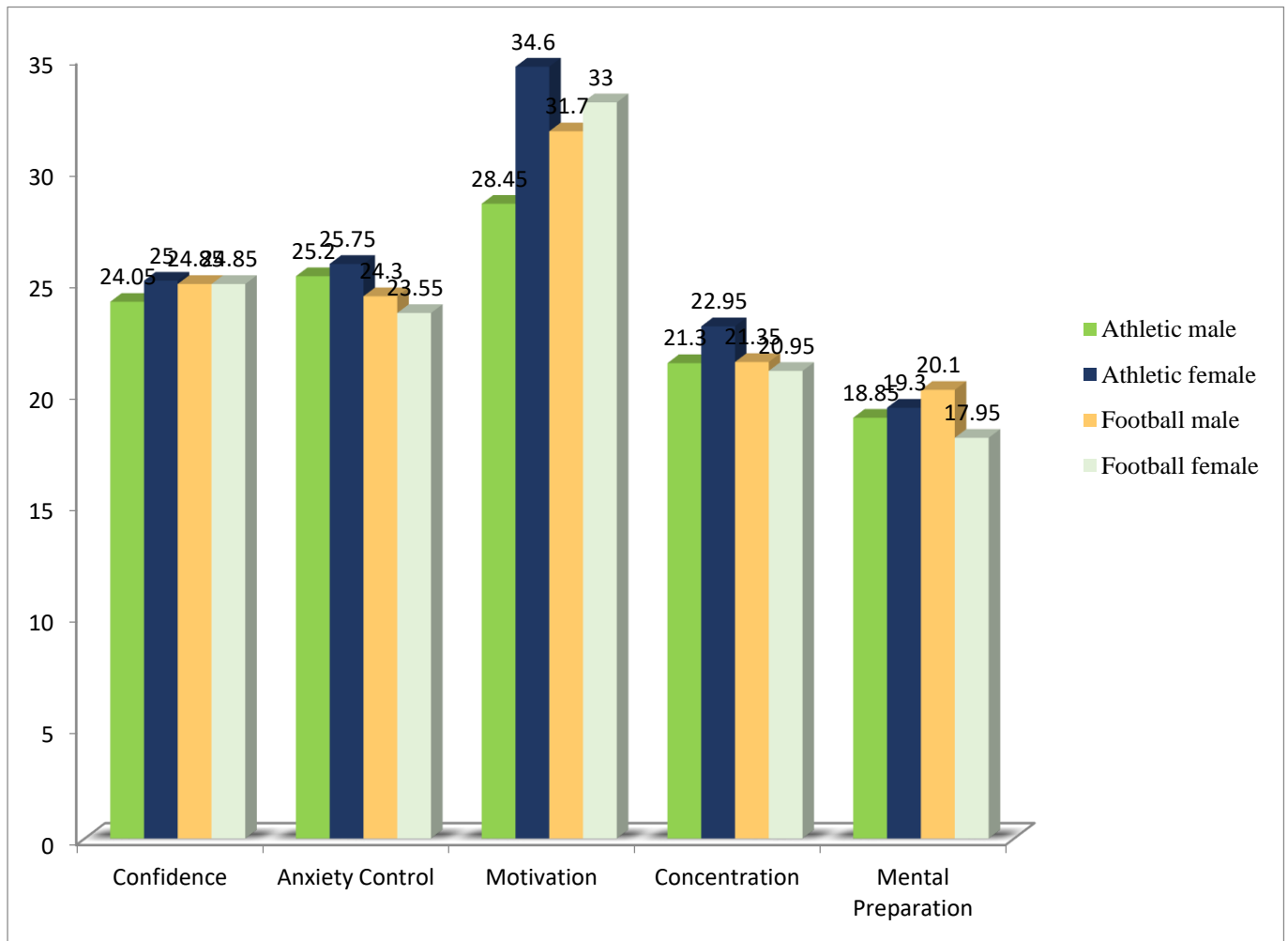
	Athletic male and female	assumed	0.618	0.437	-2.364	38	0.023
		not assumed			-2.364	35.296	0.024
	Football male and female	assumed	2.224	0.144	0.651	38	0.519
		not assumed			0.651	30.763	0.52
Mental preparation	male	assumed	1.322	0.257	-1.114	38	0.272
		not assumed			-1.114	36.934	0.272
	female	assumed	0.289	0.594	2.542	38	0.015
		not assumed			2.542	30.474	0.016
	Athletic male and female	assumed	1.174	0.285	-0.525	38	0.602
		not assumed			-0.525	32.196	0.603
	Football male and female	assumed	10.535	0.002	2.393	38	0.022
		not assumed			2.393	22.626	0.025

One of the conditions for using the sample t test for unrelated groups is that the variance of the two groups must be equal. To test the equality of variances, Levene's test was used. If the p value is more than 0.05, then F value is insignificant. Thus, the assumption of equality of variances was not violated. Hence it was concluded that the variances of the groups were equal. If p value is less then f value is significant. Thus, the assumption of equality of variances was violated. Hence it was concluded that the variances of the groups were not equal.

T statistic give additional support to Levene's test. If calculated value of t statics is less than tabulated value at given degrees of freedom then t value is significant. If groups were, null hypothesis win the case of that variable was accepted, and if groups are not equal null hypothesis of fail the case of that variable was rejected.

**Figure 2**

**Showing mean difference among Athletic male, female and Football male, female players in all the psychological variables**



**Discussion of findings**

So far as the state of motivation is concerned there was a diminishing pattern in the mean score of athletic male players than football male players. Footballers give their whole life to the sports as compared with the athletes, even they are more motivated in training may be because of team work. Both have same motivation in the case of to do well in performance in field and need to be successful in sports while athletes have less mentality to win the competition, even both work hard in their respective field.

The mean scores from the table indicates that the trait motivation mean score of female footballers is less than female athletes. Athletes give their whole life to the sport as compared with the footballer even they are more motivated in training. Both have same motivation in the case of to do well performance in field and need to be successful in sports, while footballers have less mentality to win the competition, even both work hard in their respective fields.

So far as the motivation is concerned there was a diminishing pattern in the mean score of football male and female. Female give their whole life to the sports as compared with the male even they are more motivated in training. Both have same motivation in the case of to do well performance in the field and need to be successful in sports while male have less mentality to win the competition, even both work hard in their respective fields.

Undoubtedly there was a reducing design in the mean score of mental preparation of football females than males and Male footballer's image about the movements and about game strategy than females. Even male more often dream about competitions, also they mentally practise the game and often rehearse in their head before performance thus making male footballers more mentally prepared, while both understood the significance of strong muscles required for performance of the movements.

## **Conclusion**

In the light of the investigation attempted, inside the impediments and methods of the examination the accompanying ends were drawn.

1. Athletic male and football male were different on psychological characteristics of motivation.
2. Athletic female and football female were different on psychological characteristics of motivation.
3. Men and women players in football were different on psychological characteristics motivation and mental preparation.

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