



# Relationship among Selected Psychological Variables of Inter-Collegiate Football Players

**Dr. SANDEEP JAGTAP**

Director of Physical Education,  
Shri Sant Savta Mali Gramin Mahavidyalaya, Phulambri,  
Dist. Aurangabad (Maharashtra) India

**Abstract:** The main purpose of study was to determine the significant relationship among selected psychological variables of Inter-collegiate Football players. For the purpose of the study 100 (Hundred) male Inter-collegiate level of Football players from Inter-collegiate Competition of different universities of Western zone in India were randomly selected as subject for purpose of this study. The age of the selected subjects was ranging from 18 to 25 years. The psychological variables were restricted to competitive anxiety, stress vulnerability, sports aggression, depression and will to win. Competitive Anxiety was assessed by using Sport Competitive Anxiety Questionnaire developed by Renier Martins and the Score was recorded in number. Stress Vulnerability was assessed by using Stress Vulnerability Scale Questionnaire developed by Lyle H. Miller and Alma Dell Smith and Score was recorded in number. Sports Aggression was assessed in number by administering Sports Aggression Inventory Questionnaire developed by Anand Kumar and P. S. Shukla and Score was recorded in number. Depression was assessed in number by using Zung Self- Rating Depression Scale (SDS) Questionnaire and Score was recorded in number. Will to Win was assessed by employing Will to Win Questionnaire developed by A. Kumar and P. S. Shukla and the Score was recorded in number. To determine the significant relationship among selected psychological variables of Inter-collegiate Football players the Pearson's product co-efficient of correlation statistical technique was employed. Level of significance was set at 0.05.

The finding of the study revealed that Significant positive correlations in between competitive anxiety and stress vulnerability, competitive anxiety and sports aggression, stress vulnerability and sports aggression, stress vulnerability and depression, sports aggression and depression of Inter-collegiate Football players as well as significant negative correlation in-between aggression and will to win of Inter-collegiate level Football players. No significant correlations were found in between competitive anxiety and depression, competitive anxiety and will to win, stress vulnerability and will to win and depression and will to win of Inter-collegiate level Football players.

**Key Words:** Competitive Anxiety, Stress Vulnerability, Sports Aggression, Depression and will to win.

## Introduction:

The sports Psychologists use Psychological assessment techniques and intervention strategies in an effort to help individuals to achieve their optimal performance. Emotional factors like tension, anxiety, stress and motivation play an important part in sports psychology. The various personality factors affect the performance of athletes. Family and economic conditions too plays an important part in sports psychology (**Suresh Kutty K., 2004**).

Sport psychology professionals are interested in how participation in sport, exercise and physical activity may enhance personal development and well-being throughout the life span. Sport psychologists are also involved in assisting coaches in working with athletes as well as helping improve athletes' motivation (**Robert Burton, 2009**).

Just recently have sport psychologists begun to be recognized for the valuable contributions they make in assisting athletes and their coaches in improving performance during competitive situations, as well as understanding how physical exercise may contribute to the psychological well-being of non-athletes (**Robert Burton**).

The importance of sport psychology in Football is becoming increasingly well recognized with many professional clubs epilogists. Sports psychology is sometimes called mental preparation of training, mind games, or mind over matter, the aim is for the team to play Football at peak performance in every match. Mental training or sport psychology is no substitute for skills, and it is vital to emphasize the importance of skills, particularly when coaching young Football players. Since the main aim of psychological training is to attain peak performance (**George Beim**). Some psychological variables have positive effect on performance as well as some have negative effect on performance so the research scholar was interested to take the study stated as "**Relationship among Selected Psychological Variables of Inter-collegiate Football Players**".

## Significance of the study:

- i. The findings of this study would help to know the level of development in psychological variables at the Inter-collegiate level of Football players.
- ii. The findings of the study would be helpful to the physical education teachers, coaches and players to know the relationship among selected Psychological Variables.
- iii. The result of the study would help to the teachers and coaches for the diagnostic purpose.

## Hypothesis:

There would be significant co-relation among the selected psychological variables (competitive anxiety, stress vulnerability, aggression, depression and will to win) of inter-collegiate Football players.

## Material and Method:

100 (Hundred) male Inter-collegiate level of Football players from Inter-collegiate Competition of different universities of Western zone in India were randomly selected as subject for purpose of this study. The age of the selected subjects was ranging from 18 to 25 years.

The psychological variables were restricted to competitive anxiety, stress vulnerability, sports aggression, depression and will to win.

Competitive Anxiety was assessed by using Sport Competitive Anxiety Questionnaire developed by Renier Martins and the Score was recorded in number. Stress Vulnerability was assessed by using Stress Vulnerability Scale Questionnaire developed by Lyle H. Miller and Alma Dell Smith and Score was recorded in number. Sports Aggression was assessed in number by administering Sports Aggression Inventory Questionnaire developed by Anand Kumar and P. S. Shukla and Score was recorded in number. Depression was assessed in number by using Zung Self- Rating Depression Scale (SDS) Questionnaire and Score was recorded in number. Will to Win was assessed by employing Will to Win Questionnaire developed by A.

Kumar and P. S. Shukla and the Score was recorded in number. The data pertaining to the study were collected by applying the above-mentioned selected tests and tools.

### Results and Discussion:

To determine the significant relationship among selected psychological variables of Inter-collegiate Football players the Pearson's product co-efficient of correlation statistical technique was employed. Level of significance was set at 0.05 for testing the hypothesis. The results pertaining to these have been presented in the following table.

**Table-1**

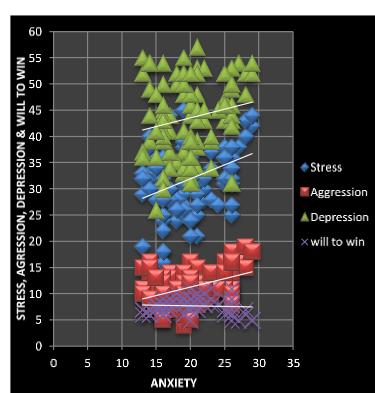
#### CORRELATION AMONG SELECTED PSYCHOLOGICAL VARIABLES OF INTER-COLLEGIATE FOOTBALL PLAYERS

Variables Correlated	Coefficient of Correlation	Tabulated r Value
Competitive Anxiety and Stress Vulnerability	0.3643*	0.199
Competitive Anxiety and Sports Aggression	0.4338*	0.199
Competitive Anxiety and Depression	0.1932	0.199
Competitive Anxiety and Will to Win	-0.0657	0.199
Stress Vulnerability and Sports Aggression	0.3447*	0.199
Stress Vulnerability and Depression	0.2174*	0.199
Stress Vulnerability and Will to Win	-0.1616	0.199
Sports Aggression and Depression	0.2376*	0.199
Sports Aggression and Will to Win	-0.2934*	0.199
Depression and Will to Win	-0.1029	0.199

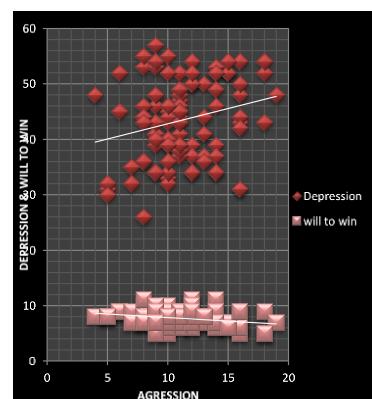
\*Significant at 0.05 level

Tabulated  $r_{0.05(98)} = 0.199$

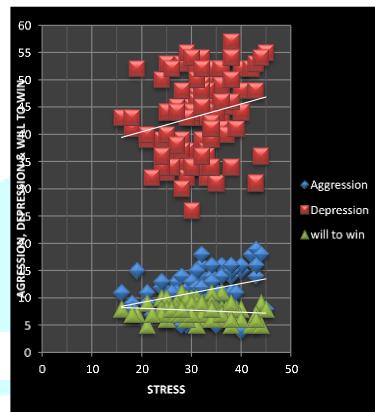
It is evident from the table-1 that there are significant positive correlations in between competitive anxiety and stress vulnerability ( $r = 0.3643$ ), competitive anxiety and sports aggression ( $r = 0.4338$ ), stress vulnerability and sports aggression ( $r = 0.3447$ ), stress vulnerability and depression ( $r = 0.2147$ ), sports aggression and depression ( $r = 0.2376$ ) and significant negative correlation in between sports aggression and will to win ( $r = -0.2934$ ), as all the obtained  $r$ -values are greater than that of tabulated  $r$ -value of 0.199 needed to be significant at 0.05 level of confidence with 98 degrees of freedom. It is also evident from the above table that there are no significant correlations in between competitive anxiety and depression ( $r = 0.1932$ ), competitive anxiety and will to win ( $r = -0.0657$ ), stress vulnerability and will to win ( $r = -0.1616$ ) and depression and will to win ( $r = -0.1029$ ), as all the calculated  $r$ -values are less than the tabulated  $r$ -value of 0.199 needed to be significant at 0.05 level of confidence with 98 degrees of freedom. Correlation among selected psychological variables of inter-collegiate Football players has been graphically depicted in the following figures-1, 2, 3 and 4.



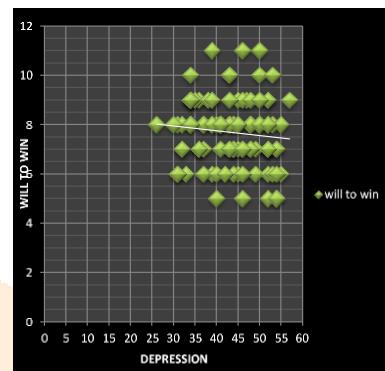
**Figure-1 Relationship of Competitive Anxiety with Other Psychological Variables**



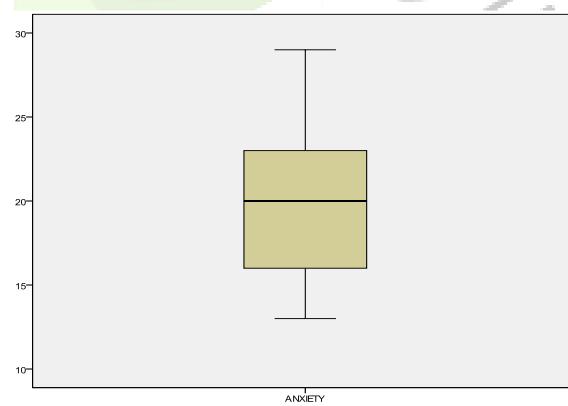
**Figure-3 Relationship of Aggression with Depression and Will to Win**



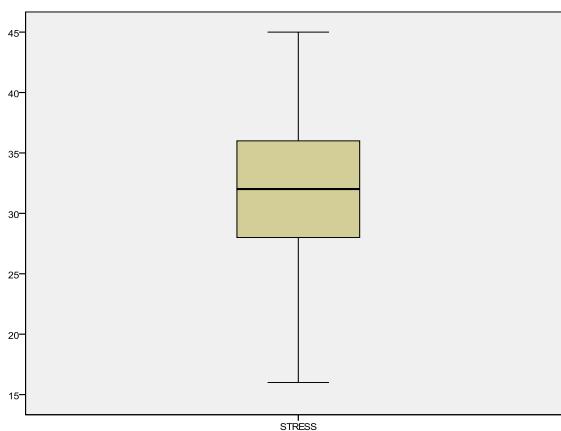
**Figure-2 Relationship of Stress Vulnerability with Other Psychological Variables**



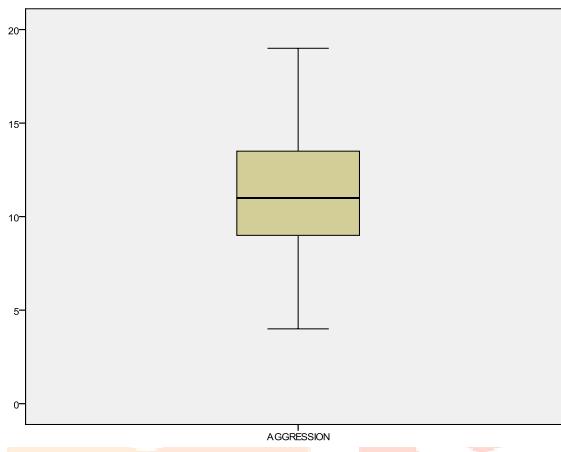
**Figure-4 Relationship of Depression with Will to Win**



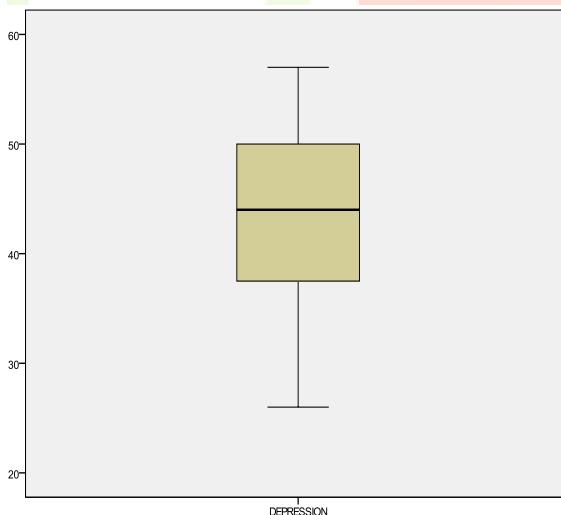
**Figure-1 Showing the Normal Distribution of the Data on Competitive Anxiety of Inter-Collegiate Football Players**



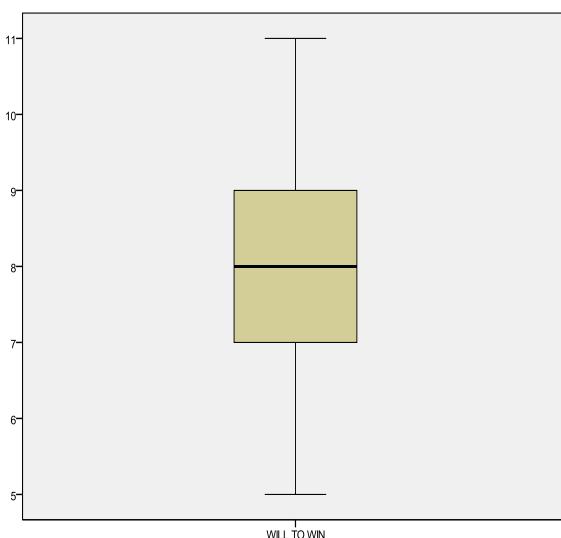
**Figure-2 Showing the Normal Distribution of Data the on Stress Vulnerability of Inter-Collegiate Football Players**



**Figure-3 Showing the Normal Distribution of the Data on Sports Aggression of Inter-Collegiate Football Players**



**Figure-4 Showing the Normal Distribution of the Data on Depression of Inter-Collegiate Football Players**



**Figure-5 Showing the Normal Distribution of the Data on Will to Win of Inter-collegiate Football players**

### Discussion:

Table-1 revealed that there were significant positive correlation in between competitive anxiety and stress vulnerability, competitive anxiety and aggression, stress vulnerability and aggression, stress vulnerability and depression and aggression and depression of inter-collegiate level Football players. It may be attributed to the fact that anxiety, stress vulnerability, aggression and depression are negative feelings which hinder the performance of players, it is also known fact that anxiety comes from fear of failure, feelings of inadequacy, loss of control and guilt etc. Hence muscles do not work properly due to abnormal secretion of epinephrine and Non epinephrine hormones which leads to increase stress. Due to anxiety and stress players face difficulties to achieve success, therefore become frustrated leads of aggressive. Because of high level of anxiety, stress, aggression players become depressed. Therefore anxiety, stress, aggression and depression are interdependent to each other hence they are interrelated.

Findings of tables-1 also indicated significant negative correlation in between aggression and will to win of inter-collegiate Football players, it may be because there are fewer scopes to render psychological training at the intercollegiate level, and hence negative relationship is observed in the study.

### Conclusions:

- i. Significant positive correlations in between competitive anxiety and stress vulnerability, competitive anxiety and sports aggression, stress vulnerability and sports aggression, stress vulnerability and depression, sports aggression and depression of Inter-collegiate Football players.
- ii. There was significant negative correlation in between aggression and will to win of Inter-collegiate level Football players.
- iii. No significant correlations were found in between competitive anxiety and depression, competitive anxiety and will to win, stress vulnerability and will to win and depression and will to win of Inter-collegiate level Football players.

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