



INFLUENCE OF PERSONALITY ON PRE- COMPETITIVE ANXIETY OF SOCCER PLAYERS

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Abstract

Background: Numerous sports psychologists reveal through their literatures and experiments that the level of anxiety changes dramatically during competition as its cognitive and somatic components alters with time and situation. Anxiety affects the overall performance through physiological and behavioural effects and personality changes. When players could not cope with anxiety, personality shall be changed and negatively effect on performance.

Aim: That's why the researchers took an attempt to evaluate the impact of personality on pre-competitive anxiety (PCA) of soccer players.

Method: Total Eighty (N=80) district level soccer players were selected randomly as subjects from Nadia, Kolkata and Uttar Dinajpur Districts of West Bengal for the current investigation. Their age were ranged from 18 to 21 years. Four dimensions of Personality i.e., Psychoticism, Extraversion, Neuroticism and Lie and Pre-Competitive Anxiety were considered as independent and dependent variables respectively for the present experiment. Personality was measured by the Eysenck Personality Questionnaire (Short Scale) and Pre-Competitive Anxiety was measured by the Sports Competition Anxiety Test (SCAT).

Results: In order to analysis the collected data, Pearson's Product Moment Correlation of Co-efficient was applied to find out the association between personality and pre-competitive anxiety of soccer players. On the basis of the findings, the researchers noted that PCA was significantly associated with Extraversion and

Neuroticism. Along with that, it was also observed that PCA was insignificantly associated with Psychoticism and Lie of soccer players.

Keywords: Personality, Psychoticism, Extraversion, Neuroticism, Lie, Pre-Competitive Anxiety and Soccer players.

1. Introduction

Sports psychology is a study of human's mental capacity and its functions, with specific intent on those functions that affect the attitude of the players during competition. Sports psychology can provide the players with a better understanding of the psychological processes in the mind can assist him/her to apply the mind more effectively. Sport psychology researchers have been interested in how players' psychological and characteristics influence performance.

This Research Topic is a collection of the prosperous research and practices them within the domain of sports psychology. Indeed, soccer is the most popular sport around the world attracting millions of people in various aspects and sports psychology for soccer is a field of research and counselling that has been one of the fastest-growing areas in sport psychology over the past decade. From this point, it is clear that psychological characteristics differ between more and less effective soccer players and teams. Moreover, the ability to mentally prepare is considered a key component of such differences. The importance of personality as a predictor for behaviour performance has been recognized in psychology.

Personality refers to the enduring characteristic of way of thinking, feeling, and behaving of an individual. Personality embraces moods, attitudes, and opinions and is most clearly expressed in interactions with other people. It includes behavioral characteristics, both inherent and acquired, that distinguish one person from another and that can be observed in people's relations to the environment and to the social group.

Another most sports performance influential aspect of psychology is anxiety which refers to an unpleasant mental state accompanied by a premonition of threat. It usually binds to an object that is non-specific, unnecessary, scattered, or vague (Rice et al., 2019). Anxiety is a negative emotional feeling that affects perceptions in soccer game. Many players consider anxiety to be weak towards their motor abilities which may result in a decrement in performance. Sport psychologists generally distinguish anxiety into trait anxiety which relates to a more stable aspect of personality and state anxiety that is temporary feelings in a certain situation. Both types of anxiety had negative correlation with sport performance. Level of anxiety changes dramatically during competition as its cognitive and somatic components alters with time and situation. With anxiety related problems, athletes feel threatened and try to deal with the issue themselves without constructive plan. Anxiety has physiological effects either directly or indirectly on body functions such as muscles shaking, fast heartbeat, sweating and fast breathing. Anxiety affects individual's feelings and perceptions that could induce behavioural changes such as anger, irritation, problems in communication and unfriendliness. When players could not cope with anxiety, personality shall be changed and negatively effect on performance. Since competition requires highly demands of success, soccer players expect that effective control of anxiety could help achieving successful result.

The objective of the present investigation is to provide a comprehensive treatment of key topics that capture the broad range of sports psychology for soccer such as personality and anxiety for performance enhancement and developing players in youth soccer.

2. Methodology

Male soccer players were selected as subjects for the current investigation. Total Eighty (N=80) district level soccer players were selected. Their age were ranged from 18 to 21 years. The investigator collected the data of soccer players from various Football Academy located in Nadia, Kolkata and Uttar Dinajpur districts.

2.1 Criterion Measure

Table – 1

Criterion Measures of Selected Variables

Sl. No.	Variables	Tools
1	Psychoticism	Eysenck Personality Questionnaire (Short-Scale) (Eysenck & Barrett, 1985)
	Extraversion	
	Neuroticism	
	Lie	
2	Pre-Competitive Anxiety	Sports Competition Anxiety Test (Martens 1977)

2.2 Design of the Study

The investigator was adopted single group design for trace out this study. Random sampling technique was applied for selection of the subjects for current study.

2.3 Statistical Procedure

To analysis the obtained data, Mean and Standard deviation were computed as descriptive statistics. Along with that to find out the association between personality and pre-competitive anxiety of soccer players, Pearson's Product Moment Correlation of Co-efficient was applied. Before the analysis of the data, raw data were converted into Standard Score. For the purpose of current study the level of significance was set at 0.05 which would be deemed reasonable for the study.

3. Analysis of Data and Findings of the Study

The mean, SD and Correlation of coefficient were calculated from the obtained data on selected variable such as Personality and Pre-Competitive Anxiety of soccer players are presented and discuss in below through tables and graphical representations.

Table – 2

Descriptive Statistics of Pre-Competitive Anxiety and Psychoticism and correlation of coefficient between the Parameters of soccer players

Variables	Mean	SD	r Ratio
Pre-Competitive Anxiety	18.94	3.08	-0.020^{NS}
Psychoticism	4.23	1.41	

Significant value at 0.05 level of significance, $r_{0.05}(78) = 0.232$

^{NS} – Not Significant

The above table no – 2 depicts that the descriptive statistics of Pre- Competitive anxiety and psychoticism as mean and standard deviation of soccer players were 18.94 ± 3.08 and 4.23 ± 1.41 respectively. It also reveals that there was no significant relationship between pre-competitive anxiety and psychoticism as the calculated 'r' value is 0.020 which was lower than the Table value, [$r_{0.05}(78) = 0.232$] at 0.05level of significance. Along with that the result indicates an inverse relation exists between Pre- Competitive anxiety and psychoticism but the strength of relationship was negligible.

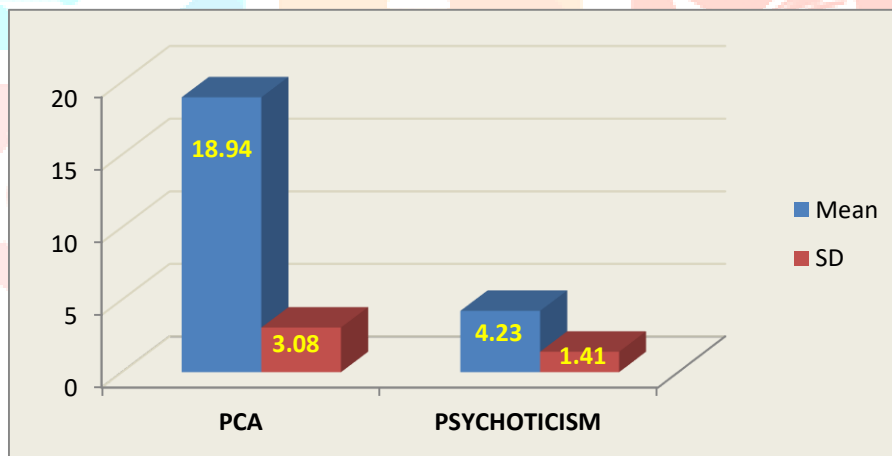


Figure-1: Graphical Representation of Mean and Standard Deviation of Pre-Competitive Anxiety (PCA) and Psychoticism of soccer players

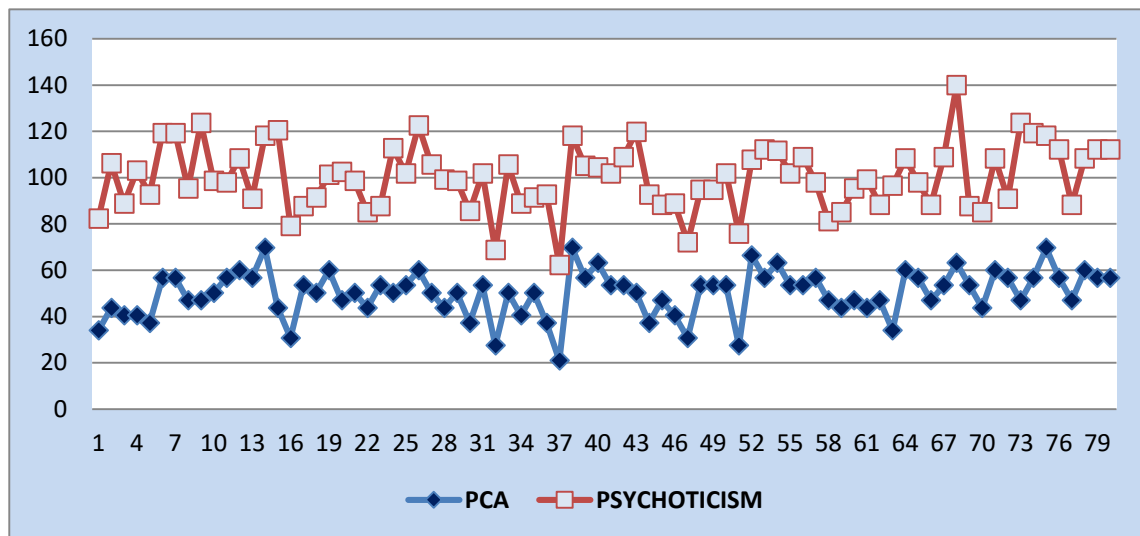


Figure-2: Graphical Representation of Relationship between Pre-Competitive Anxiety (PCA) and Psychoticism of soccer players

Table – 3

Descriptive Statistics of Pre-Competitive Anxiety and Extraversion and correlation of coefficient between the Parameters of soccer players

Variables	Mean	SD	r Ratio
Pre-Competitive Anxiety	18.94	3.08	-0.365**
Extraversion	7.23	1.57	

Significant value at 0.05 level of significance, $r_{0.05}(78) = 0.232$

**** - Significant**

The above table – 3 depicts that the descriptive statistics of Pre-Competitive Anxiety and Extraversion as mean and standard deviation of soccer players were 18.94 ± 3.08 and 7.23 ± 1.57 respectively. It also reveals that there was a significant relationship of Pre-Competitive anxiety with extraversion as the calculated 'r' value is 0.365 which is the higher than the table value [$r_{0.05}(78) = 0.232$] at 0.05 level of significance. Along with that the result also indicates an inverse relation exists between pre- competitive anxiety and extraversion.

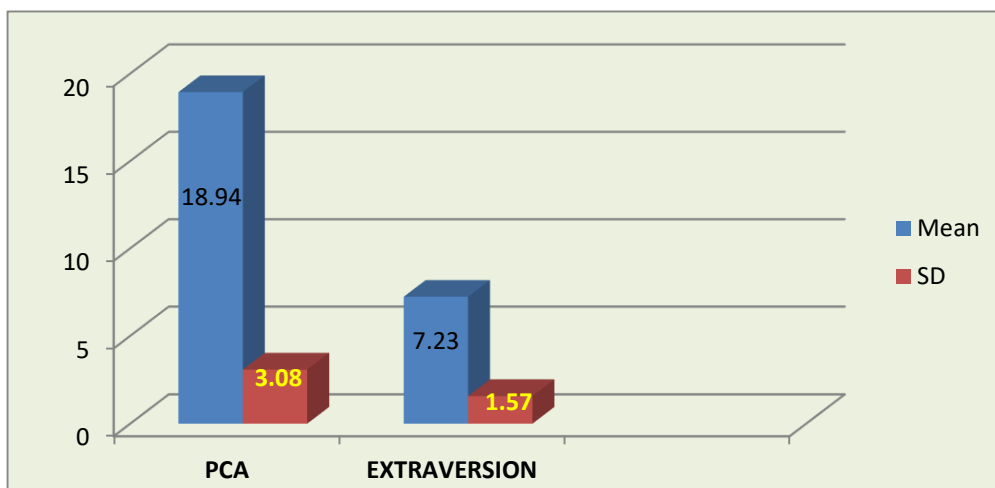


Figure-3: Graphical Representation of Mean Standard Deviation of Pre-Competitive Anxiety (PCA) and Extraversion of soccer players

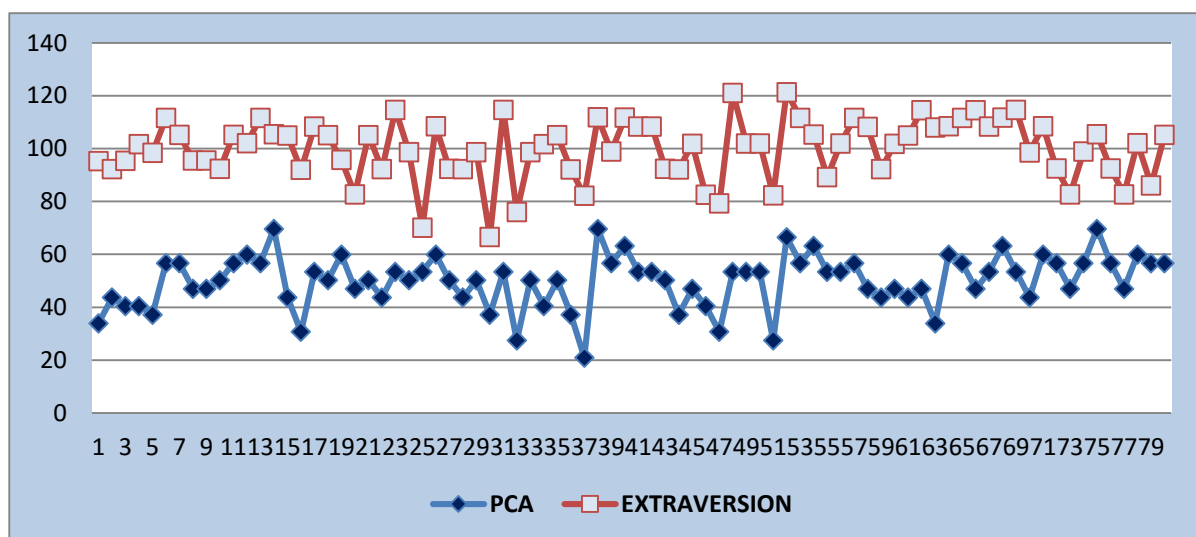


Figure-4: Graphical Representation of Relationship between Pre-competitive Anxiety (PCA) and Extraversion of soccer players

Table – 4

Descriptive Statistics of Pre-Competitive Anxiety and Neuroticism and correlation of coefficient between the Parameters of soccer players

Variables	Mean	SD	r Ratio
Pre-Competitive Anxiety	18.94	3.08	0.372**
Neuroticism	5.38	2.12	

Significant value at 0.05 level of significance, $r_{0.05}(78) = 0.232$

**** - Significant**

According to the table no – 4, the descriptive statistics such as mean and standard deviation of the measured variables i.e. pre-competitive anxiety and neuroticism were 18.94 ± 3.08 and 5.38 ± 2.12 respectively. The above table also indicates that a significant relationship was found between pre-competitive anxiety and neuroticism as the value of coefficient of correlation ($r=0.372$) was higher than the table value [$r_{0.05(78)}=0.232$] at 0.05 level of significance. Along with that the result also indicates a positive relation exists between pre- competitive anxiety and neuroticism.

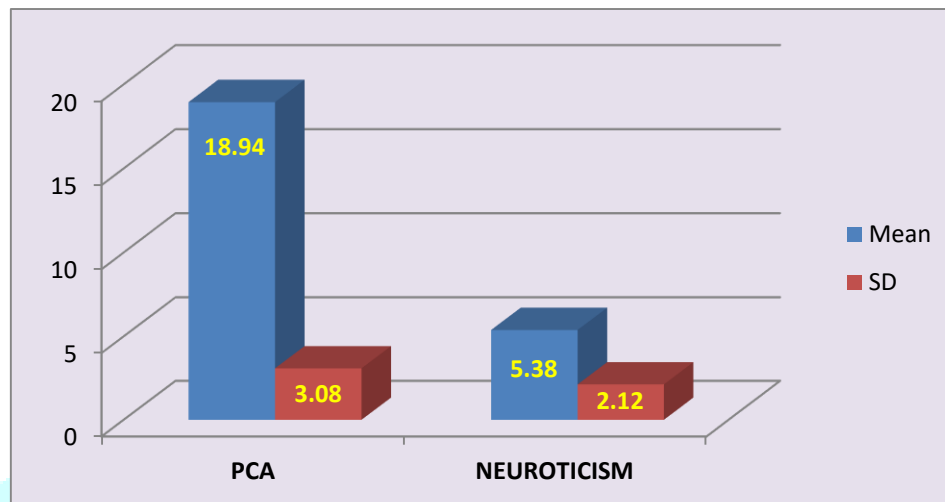


Figure-5: Graphical Representation of Mean Standard Deviation of Pre- Competitive Anxiety (PCA) and Neuroticism of soccer players

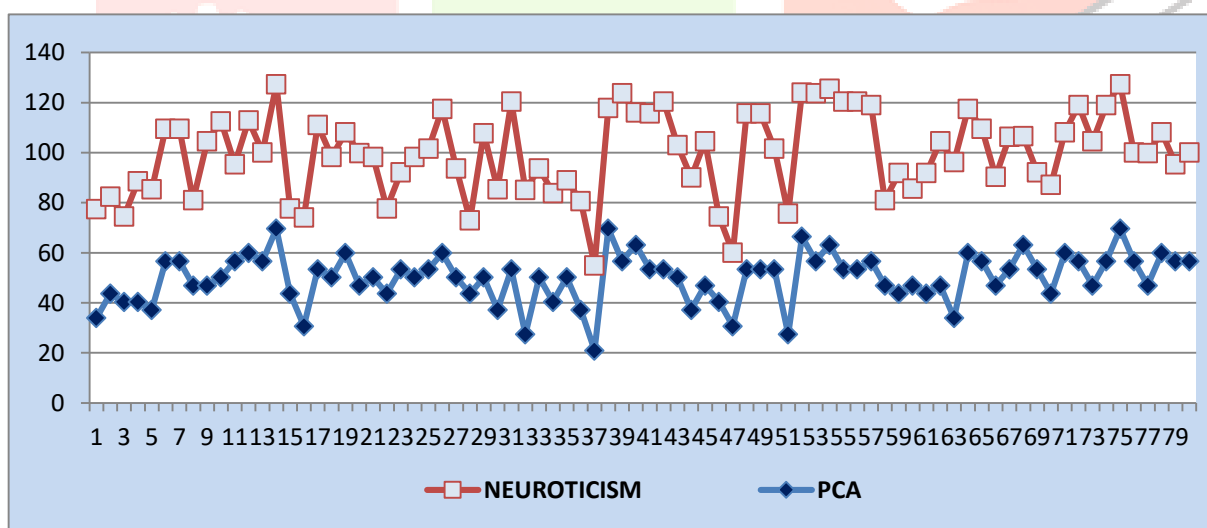


Figure-6: Graphical Representation of Relationship between Pre-Competitive Anxiety (PCA) and Neuroticism of soccer players

Table – 5

Descriptive Statistics of Pre-Competitive Anxiety and Lie and correlation of coefficient between the Parameters of soccer players

Variables	Mean	SD	r Ratio
Pre-Competitive Anxiety	18.94	3.08	-0.156^{NS}
Lie	6.19	2.39	

Significant value at 0.05 level of significance, $r_{0.05(78)} = 0.232$

^{NS} – **Not Significant**

The above table no – 5 depicts that the descriptive statistics of anxiety and Lie as mean and standard deviation of soccer players were 18.94 ± 3.08 and 6.19 ± 2.39 respectively. It also reveals that there was no significant relationship of anxiety with Lie as the calculated 'r' value is 0.156 which was lower than the Table value, [$r_{0.05} (78) = 0.232$] at 0.05 level of significance. The table also reveals that an inverse relation exists between Pre- Competitive anxiety and lie.

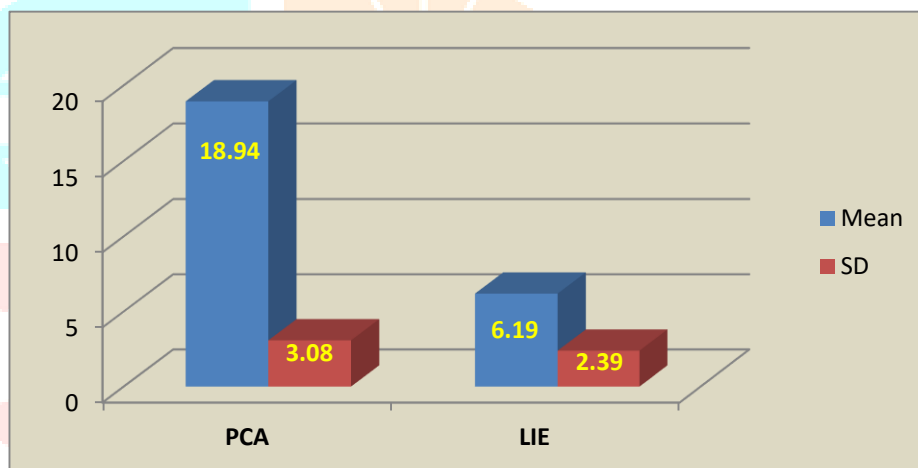


Figure-7: Graphical Representation of Mean Standard Deviation of Pre- Competitive Anxiety (PCA) Lie of soccer players

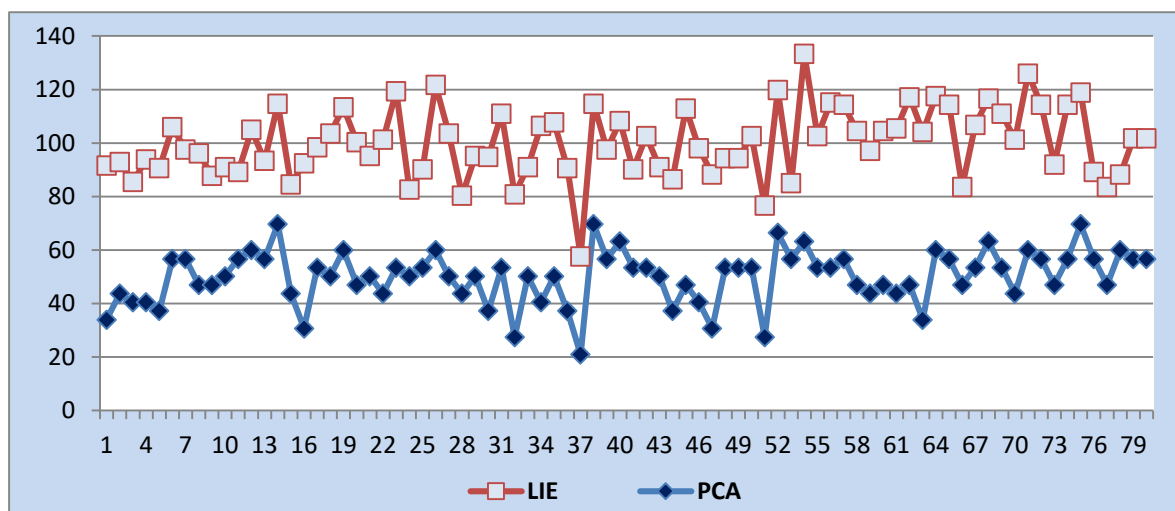


Figure-8: Graphical Representation of Relationship between Pre-Competitive Anxiety (PCA) and Lie of soccer players

3.1 Discussion on findings

The focus of the investigator was to determine the influence of personality on pre-competitive anxiety of soccer players. From the above results of the study it was found that pre-competitive anxiety had a significant relationship with extraversion and neuroticism of soccer players. On other hand there was no significant relationship of pre-competitive anxiety with psychoticism and Lie.

Neuroticism is the tendency to experience negative emotions, such as anger, anxiety, or depression, which can be referred to as emotional stability. Hence neuroticism was positively and significantly associated with pre-competitive anxiety which clearly indicates that who having higher level of neuroticism that means poor emotional control those also having higher level of pre-competitive anxiety.

Similar result was found by Kemarat et al., (2022). They investigated a study and found significant relationship between neuroticism and competitive anxiety among all athletes.

Petito et al., (2016) investigated a study and found evidence of an association between a serotonin transporter promoter polymorphism (5-HTTLPR), personality trait of neuroticism, and symptoms of depression and anxiety among elite athletes. They noted that stress-related vulnerabilities associated with neuroticism might be influenced by the participation of the athlete at the highest competitive levels.

Balyan et al., (2016) investigated a study to find out the relationship between personality traits, anxiety, and physiological arousal in athletes. The main finding was that neuroticism is positively related to somatic anxiety and physiological arousal and is negatively related to self-confidence which indicates neuroticism might be an important personality trait in understanding an athlete's emotional and physiological state before an important competition.

Athletes may have sport specific demands such as overwhelming demands of training and psychological pressure or failure, which were related to higher levels of anxiety in elite athlete. According to Petito et al. (2016), personality showed correlation with serotonin transporter polymorphisms which characterized the occurrence of anxiety and depressive symptoms in elite athletes. According to theory of personality the neuroticism is interlinked with low tolerance for stress or stimuli. So it can be concluded that athletes who had high score in the neuroticism may be emotionally reactive and vulnerable to stress. This fact indicates that higher level of neuroticism influence the pre-competitive anxiety which supports the result of the present study.

Along with that the researcher also found significant relationship between extraversion and pre-competitive anxiety of soccer players. Kemarat et al., (2022) investigated a study and they were also in a same line according to their findings. They established through their experiment that significant relationship exist between extraversion and competitive anxiety among all athletes. Not only that many authors also found in their investigations that high levels of extroversion have been found to be positively correlated with team sports. The reason could be behind the significant relationship that extraverts are actually sociable and crave excitement and change. They tend to be carefree, optimistic and impulsive. They are more likely to take risks

and be thrill seekers. They prefer more stimulating environments. So it's quite natural that the players who having such kind of characteristics those having also lower level of competitive anxiety. Similarly the researcher also observed in his findings thorough this present experiment that extraversion is inversely associated with pre-competitive anxiety of soccer players.

On other hand the researcher found no significant relationship of psychoticism and Lie with pre-competitive anxiety of soccer players. Such insignificant result of this experiment helps to draw a conclusion that psychoticism and Lie could not have that much amount of influence which may bring the changes in pre-competitive anxiety of the soccer players. According to the personality traits of psychoticism, it is the type of characteristics with aggression, aloofness, antisocial behaviour and impulsive actions. As the respondents all are soccer players, such kind of behaviours can't grow up to that extent of level. On other hand Lie or social desirability is a tendency to present oneself in a better light rather than in a truthful manner which may be seen in the players of the individual sports. That's why it might have no relation with competitive anxiety from the perspective of the present study.

4. Conclusions

The following conclusions were drawn by the investigator based on the findings of the present study:

- No significant relationship was found between Pre-competitive Anxiety and Psychoticism of Soccer players.
- An inverse significant relationship was found between Pre-competitive Anxiety and Extraversion.
- A positive significant relationship was found between Pre-competitive Anxiety and Neuroticism of Soccer players.
- No significant relationship was found between Pre-competitive Anxiety and Lie.

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