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AN ANALYSIS OF SLECETED PSYCHOLOGICAL CHARACTERISTICS OF FOOTBALL PLAYERS OF HARYANA STATEAT DISTRICT AND STATE LEVEL

AUTHOR

Mr. CHARAN SINGH

Research Scholar, Department of Physical Education, CDLU, Sirsa (Haryana)

ABSTRACT:

In this Study, we present how much significant are various psychological factor among football players at district and state level in Haryana state. A sample is taken of 140 players from 07 districts of Haryana state (20 players from each district), having significant differences between the State and District Level Football players as 't' values are greater than 1.97 (required to be significant at .05 level of confidence with 138 degree of freedom). Whereas in the case of remaining 2 other Personality Trait Factors i.e. L (Trusting V/S Suspicious, $t = 0.45$) and Q₂ (Group dependent V/S Self-sufficient, $t = 1.52$) significant differences between State and District Level Football players are not observed, as the 't' values are less than 1.97 required to be significant at .05 level of confidence with 138 degree of freedom.

KEYWORDS:- Psychological, football, players & personality.

INTRODUCTION:

“Sports by their very nature are enjoyable, challenging, all absorbing and require a certain amount of skill and physical conditions.”



The sports have developed into a distinct scientific discipline and each nation is vying with the other to produce top class players to win in international competitions. A considerable research is devoted to identify factors that will be predictive of achieving high level of skills in each sport with proper coaching.

Training techniques based on new findings in exercise physiology, biomechanics, sports medicine, sports psychology etc. are adopted to bring about maximum possible unfolding of potential in sports performance.

Today the preparation of an athlete for achievement is a complex dynamic state, characterized by high level of physical and psychological efficiency. Thus, athlete's training today is a multi-sided process of expedient use of aggregate factors (means, methods and conditions) to influence the development of an athlete and ensure the necessary level of preparation.

The present study attempts to examine selected psychological characteristics of Football players in Haryana state (District and State level).

OBJECTIVE:

A comparative analysis of psychological characteristics between district and state level football players.

HYPOTHESES

There will be no significant difference between psychological characteristics (personality traits) of Football players of Haryana at district and state level.

**METHODS & PROCEDURE**

In this study A sample is taken of 140 players from 07 districts of Haryana state (20 players from each district). A purposive sampling technique is adopted in the present study.

STATISTICAL TOOLS:

Data analysis through statistical technique such as mean and 't' test have been applied. The Cattell's 16 P.F. Questionnaire is taken to assess personality score of individual, out of which four personality factors-B, C, L and Q₂ (Less intelligent vs More intelligent, Affected by feeling vs Emotionally stable, Trusting vs Suspicious and Group dependent vs Self-sufficient respectively) are considered only.

ANALYSIS OF DATA AND FINDINGS:

The analysis and findings are as below:

COMPARISON OF MEAN VALUES BETWEEN STATE AND DISTRICT FOOTBALL PLAYERS ON FACTOR 'B' (LESS INTELLIGENT V/S MORE INTELLIGENT)

Groups	Mean	Std. Dev	d.f.	S.E.D.	't'-Ratio
State	5.50	2.20	138	0.35	5.25*
District	3.65	1.96			

*Significant at 0.05 level

$t_{0.05} = 1.97$



This table reveals significant difference is found in factor 'B' between state and district level Football players. The mean score of state level players was 5.50 whereas the score of district level players was 3.65.

The 't' ratio was found 5.25 which is significant at 0.05 level of confidence. The 't' value required to be significant at 0.05 level of confidence with 138 degree of freedom should be 1.97.

COMPARISON OF MEAN VALUES BETWEEN STATE AND DISTRICT FOOTBALL PLAYERS ON FACTOR 'C' (AFFECTED BY FEELINGS V/S EMOTIONALLY STABLE)

Groups	Mean	Std. Dev	d.f.	S.E.D.	't'-Ratio
State	4.78	1.13	138	0.22	2.98*
District	4.12	1.47			

*Significant at 0.05 level

$t_{0.05} = 1.97$

This table shows that a significant difference was found in factor 'C' between state and district level Football players. The mean score of state level players is 4.78 whereas the score of district level players is 4.12.



The 't' ratio found is 2.98 which is significant at 0.05 level of confidence. The 't' value required to be significant at 0.05 level of confidence with 138 degree of freedom should be 1.97.

COMPARISON OF MEAN VALUES BETWEEN STATE AND DISTRICT FOOTBALL PLAYERS ON FACTOR 'L'(TRUSTING V/S SUSPICIOUS)

Groups	Mean	Std. Dev	d.f.	S.E.D.	't'-Ratio
State	5.64	1.75	138	0.31	0.45*
District	5.78	1.90			

*Significant at 0.05 level

$t_{0.05} = 1.97$

From this table, a non-significant difference is found in factor 'L' between state and district level Football players. The mean score of state level players is 5.64 whereas the score of district level players is 5.78.

The 't' ratio was found 0.45 which is not significant at 0.05 level of confidence. The 't' value required to be significant at 0.05 level of confidence with 138 degree of freedom should be 1.97.



**COMPARISON OF MEAN VALUES BETWEEN STATE AND DISTRICT
FOOTBALL PLAYERS ON FACTOR 'Q₂' (GROUP DEPENDENT V/S SELF
SUFFICIENT)**

Groups	Mean	Std. Dev	d.f.	S.E.D.	't'- Ratio
State	5.16	1.42	138	0.30	1.52
District	4.70	2.10			

*Significant at 0.05 level

$t_{0.05} = 1.97$

Per this table a non-significant difference is found in factor 'Q₂' between state and district level Football players. The mean score of state level players is 5.16 whereas the score of district level players is 4.70.

The 't' ratio found is 1.52 which is non-significant at 0.05 level of confidence. The 't' value required to be significant at 0.05 level of confidence with 138 degree of freedom is 1.97.

CONCLUSION:

From the above tables, 2 out of 16 Personality Trait Factors namely, B (Less Intelligent V/S More Intelligent, $t = 5.25$) and C (Affected by feeling V/S Emotionally Stable, $t = 2.98$) having significant differences between the State and District Level Football players as 't' values are greater than 1.97 (required to be significant at .05 level of confidence with 138 degree of freedom). Whereas in the case of remaining 2 other Personality Trait Factors i.e. L (Trusting V/S Suspicious, $t = 0.45$) and Q₂ (Group dependent V/S Self-sufficient, $t = 1.52$) significant differences between State and



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District Level Football players are not observed, as the 't' values are less than 1.97 required to be significant at .05 level of confidence with 138 degree of freedom.

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