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Comparision of cognitive intervention between inter College and inter University level soccer players

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Abstract

The purpose of the present study was to determine the cognitive difference between Inter University level and inter-college level soccer players. The data pertaining to this study were collected from 16 inter university level and 16 inter-college soccer players of Dibrugarh University. The age of the subject was from 18 to 25 years. To measure the cognitive quality the questionnaire of the “ICEDIP” model of creative process of Anne de A’ Echevarria was used. The collected data were analyzed through studentized t- test statistical technique and level of significance was observed at 0.05 level of confidence. On the basis of statistical findings it was conclude that there was a significant difference of cognitive intervention between inter college level and inter university level soccer players. Inter university level players are much better in cognitive functioning than inter college level players.

Keywords: Cognitive Intervention, Soccer, Inter University, Inter College

1. Introduction

Games and sports keep one physically and mentally fit. Participation in sports instill in the player a spirit of self-confidence, self-reliance, discipline, justice, fair play and patriotism. Games provide us with recreation and enjoyment. Games keep our body alert, active, youthful and energetic. While playing games various exercises are performed automatically. It enables us to divert our mind from the nasty thinking. A player develops team spirit; he learns to adjust with other person’s shortcomings. Sports help in developing mental and physical toughness. They shape our body and make it strong and active.

The greatest tool that any athlete has is the mind. The brain which is the wonderful organs that regulates controls and manages the rest of the body is the core of all successful sports performances. Everybody knows that talent and physical fitness play an enormous role in every athlete success.

A high level in sports performance is only possible when making use of constant game intelligence. A player who is physically fit and technically proficient with and alert mind or creativity and one who is capable of resolving problems mentally and also execution brilliant ideas into actions which benefit his team mate can be considered a complete player. There is no greater power on the field than the player’s intelligence.

2. Methodology

To conduct the study 16 inter university level and 16 inter-college level soccer players of Dibrugarh University, 18 to 25 years of age were selected as the subject. To measure the cognitive quality, the questionnaire of the “ICEDIP” model of creative process of Anne de A’Echevarria was used. The collected data were analyzed with the help of studentized t- test statistical technique and level of significance was observed at 0.05 level of confidence.

3. Result and Discussions

Table 1: Comparison of the Mean of Cognitive Intervention between Inter College Level And Inter University Level Soccer Players

Groups	Mean	S.D.	M.D.	S.E.	t-ratio
Inter College players	76.18	10.20	12.13	3.36	3.61*
Inter University players	88.31	8.80			

*Significant at 0.05 level of confidence

Tabulated t_{0.05(30)} = 2.042

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It is evident from the above table-1 that the calculated t-value of 3.61 is quite greater than the tabulated t-value of 2.042. Hence there is a significance difference between the means of cognitive intervention of inter college and inter university soccer players at 0.05 level of confidence for 30 degree of freedom.

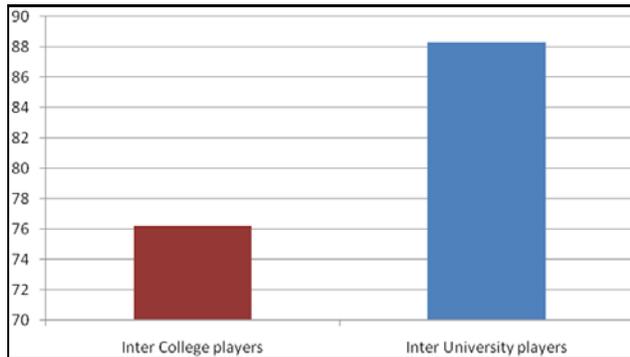


Fig 1: Graphical Representation of Means of Cognitive Intervention between Inter College Level And Inter University Level Soccer Players

4. Discussion of Findings

The finding of the table shows that there was significant mean difference in terms of cognitive intervention among inter college level and inter university level soccer players. It may be attributed to the fact that twin combination of both skill and physical fitness is indispensable for a player without either of which he will not be able to achieve much, specifically in order to play any ball game competently. To be precise our mind is one of the most powerful pieces of sports equipment we will ever own. By understanding the power of our mind and being able to use it to our advantage, we can improve our performance. It is through their cognitive domain the player needs to adopt new ideas and response to the situation demand as required.

Cognition is a mental process encompasses creativity, decision making, reasoning etc. and intervention refers to the involvement; so interference of players cognition reflects in the performance of the game. As the study revealed that inter university players have strong and better cognitive intervention than the inter college level soccer players, the factor of level difference is the matter of concern. University soccer team represent the best of inter college level players whereby they are physically, technically and mentally more advanced. Moreover their training is the most essential regularity which is much more strenuous in university level players. It is a high level competition. On the other hand, inter college level players compete among the colleges under the university itself. They face their own level players having same quality in terms of technique, skill and creativity. So the difference between inter college and inter university level soccer players lies in training, their cognitive functioning and physical condition. Hence to exhibit good performance players must have strong cognitive intervention so to achieve optimum performance. There is no greater power in the field than the player's creativity.

5. Conclusions

On the basis of statistical findings it was conclude that there was significant difference of cognitive intervention between inter college level and inter university level soccer players. Inter university level players are much better in cognitive functioning than inter college level players.

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