



# International Journal of Physical Education, Sports and Health

P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (ISRA): 4.69  
IJPESH 2016; 3(2): 143-144  
© 2016 IJPESH  
www.kheljournal.com  
Received: 23-01-2016  
Accepted: 25-02-2016

**Dr. Rajeev Rana**  
Assistant Professor,  
Department of Physical,  
Education D.A.V. College,  
Ambala City, Haryana, India.

**Dr. Sanjay Trama**  
Assistant Professor,  
Department of Physical,  
Education D.A.V. College,  
Ambala City, Haryana, India.

## A comparative study of anxiety level of football players at different playing positions

**Dr. Rajeev Rana, Dr. Sanjay Trama**

### Abstract

In the present study, investigator has studied the anxiety level of Football Players at different playing position i.e. forwards, midfielders, defenders & goalkeepers. For the study, 200 male football players from the different colleges of Haryana were selected those players were selected in the sample who were participated in the inter collegiate tournaments in their respective colleges. Only those college team players were chosen as samples who had participated in inter collegiate tournaments up to the league stage at least. The age of the sample players varied between 18-25 years. The study concluded that the anxiety, whether state and trait, of football players differs significantly at different playing positions. The anxiety level of forwards were found the highest. In defender for the both type of anxiety i.e. state and trait, the same was found the lowest among all the playing positions. Similarity midfielders and goalkeepers showed moderate degree of anxiety for the present sample.

**Keywords:** comparative study, football players, playing positions

### Introduction

Today games and sports have become highly competitive. Success in competitive sports places high psycho physical demands on the participants. Most professional and elite amateur athletes will agree that their psychology has a large influence on their sports performance. Most will concede that they could benefit from the services of a sport psychologist. Despite this, the significant majorities underutilize these services (Carmen, Zerman and Blaine, 1968; Brewer and Petrie, 1996) <sup>[9, 1]</sup>. It is well known by all who play sports that defeat often stems from the inability to manage anxiety, fear, anger and aggression (Brewer and Petrie, 1996) <sup>[1]</sup>. Coaches who are ill equipped to handle such matters will attempt to provide a common sense approach to these complex problems and will frequently fail the athlete.

Anxiety is considered as a block to an activity. A person who suffers from anxiety may not be able to devote his full energy in the performance of sports. It is therefore, considered by many that anxiety interferes in sports performance. This notion is however, based on an erroneous understanding of the role of anxiety. In fact anxiety might deter learning or performance or might also stimulate it. A great deal of research has been devoted to the effect of anxiety on sports performance. Previous research of sports indicated that the ability to cope with pressure and anxiety is an integral part of sports, particularly among elite athletes (Hardy, Jones and Gould 1996; Olrick and partington 1988) <sup>[2, 4]</sup> that is why the investigators are interested to analysis of anxiety of football players in this part of india in relation to their different playing positions.

### Methodology

In the present research study, 200 male football players from the different colleges of Haryana were selected. Those players were selected for the samples who participated in the inter collegiate tournaments during the year 2014-15 and 2015-16 in their respective colleges. Only those college team players were chosen as sample who had participated in the inter collegiate tournaments up to the league stage at least. The age of the sample players varied between 18-25 years.

For collecting the data on ANXIETY, the state Trait Anxiety Inventory (Charles D. Spielberger, Richard L. Gorsuch, Robert E. Lushene) was used.

**Correspondence**  
**Dr. Rajeev Rana**  
Assistant Professor,  
Department of Physical,  
Education D.A.V. College,  
Ambala City, Haryana, India.

For analyses and interpretation of data analysis of variance (one way) is used. When more than two groups are compared, the procedure used for comparison is known as *Analysis of variance* (ANOVA). When there is significant F in an ANOVA of three or more groups, then there are numerable post hoc tests available to determine to determine which group is causing that significant result. For this purpose in the present study *Scheffe's post hoc test* is used.

**Results and Discussion**

The next step in the process of research after the collection of data is to analysis the data by the various statistical techniques and the interpretation of results. For this purpose, one way ANOVA was used to find out the significant difference in anxiety at various playing positions in the game of football. If the calculated 'F' value was significant, then the Scheffe's Post HOC test was applied to find out whether there was any significant difference between means of any two playing positions

**Table 1.1:** ANOVA of Anxiety of football players at different playing positions

Sources of variation	Df	Sum of squares	Mean squares (variance)	F
Between position	3	1425.289	475.09	8.11*
Within position	196	17481.106	58.57	
Total	199	18906.395		

\*Significant at 0.05 level, Tabulated value for df (3,196) at 0.05 level of significance is 2.65

Table 1.1 indicates that the calculated 'F' value is 8.11, which is greater than the required table value at 0.05 level of significance. From the results it is clear that the anxiety significantly varies among the football players at different playing positions. Hence Scheffe's post test was calculated to find out the paired mean difference among the various playing positions.

**Table 1.2:** Scheffe's Post Hoc Test for mean difference in anxiety of football players different playing positions.

Forward	Mid Fielder	Defenders	Goal Keepers	Mean Difference	Critical value
90.70	89.18	X	X	1.52	4.094
90.70	X	83.85	X	6.85*	4.094
90.70	X	X	88.08	2.62	4.678
X	89.18	83.85	X	5.33*	4.094
X	89.18	X	88.08	1.10	4.678
X	X	83.85	88.08	4.23	4.678

\*Significant at 0.05 level of significance

Further, table 1.1 shows the ANOVA of anxiety of football players at different playing positions. It reveals that there exists significant difference among playing positions at 0.05 level of significance. Table 1.2, shows the Scheffe's post hoc test for the mean difference in anxiety of football players at different playing positions. The table shows that the mean the difference between the forwards & defenders, midfielders & defenders were found significant at 0.05 level of significance. However the mean difference between the other playing positions were not found significant at 0.05 level of significance. Further the table implies that the forwards have the highest anxiety level and the defenders have the lowest anxiety level among all the playing positions. Whereas midfielders & goalkeepers have an almost equal status in anxiety level but possess lower anxiety level than the forwards & slightly higher than defenders.

**Conclusions**

From the study of results, the conclusions drawn are as follows:

The anxiety, whether state and trait, of football players differs significantly at different playing positions. The anxiety level of forwards were found the highest. In defender for the type of anxiety i.e. state and trait, the same was found the lowest among all the playing positions. Similarly midfielders and goalkeepers showed moderate degree of anxiety for the present sample.

**References**

1. Brewer B, Petrie T. Psychology in sports and Exercise. Washington D.C., American psychological Association, 1996, 257-274.
2. Hardy L, Jones G, Gould D. Wiley, Chi Chester, Understanding Psychological preparation for sports Theory and practice of Elite Performers, 1996.
3. Dienstbier RA. Arousal and Physiological toughness: implications for mental and physical health. *Psychological Review*, 1989; 96:84-100.
4. Orlick T, Partington J. Mental Links to excellence *The sports Psychologist*, 1988; 2:105-130.
5. Dishman RK. Contemporary sport psychology. *Exercise and sport Science Review*, 1982; 10:120-159.
6. Menevic PM. Anxiety, depression and exercise. *Quest* 1982; 33:140-153.
7. Morgan WP. Anxiety reduction following acute physical activity. *Psychiatric Annals* 1979; 9:141-147.
8. Bandura A. Self efficacy: towards a unifying theory of behavioral change. *Psychological Review*, 1977; 84:191-215.
9. Carmen L, Zerman J, Blaine G. Use of Harvard psychiatric" *Mental hygiene*, 1968; 52:134-137.