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Dr. Dev Raj Yadav
Associate Professor & Head, Department of Physical Education, M.M.H. College, Ghaziabad, Uttar Pradesh, India

Correspondence
Dr. Dev Raj Yadav
Associate Professor & Head, Department of Physical Education, M.M.H. College, Ghaziabad, Uttar Pradesh, India

A survey study on psychological aspects among the semifinalist team at all India interuniversity football tournament

Dr. Dev Raj Yadav

Abstract
In sport the psychological aspects of playing are serving as deterministic factor specifically in high level competitions. Among the psychological aspects anxiety is one of the most predictor since it is related to psycho physiological functions of a player. Such a theoretical construct was impelled the researcher to study the cognitive anxiety, somatic anxiety and self-confidence on teams played before the quarter-finals since all inter-university tournaments are league based.

Methods: To achieve the purpose of the present study as samples players belong to selected teams those who were entered in to semi-final at All India Inter University Football Tournament totally 48 were selected in the age group of 18-24. Since anxiety has been focused specifically as a psychological determinant and one of the first order performance its related components have to be considered as variables in the present study, thus the selected variables are: cognitive anxiety, somatic anxiety and self-confidence. To measure these variables Competitive State Anxiety Inventory – 2 (CSAI-2 Martens *et al*. 1990) was used. The collected data were analyzed by one way analysis of variance to test the hypotheses formula in the present study.

Results: The results of the present study were: significance mean difference was observed among the teams rankings of semi finals (winner, runner, third and fourth places) on cognitive anxiety, somatic anxiety and self confidence. In cognitive anxiety and somatic anxiety it was observed that winning team has fewer in cognitive anxiety and somatic anxiety as compared to third and fourth place, whereas winning team is not differ significantly. In self confidence, winning team has more self confidence as compared to third and fourth place, whereas winning team is not differ from team secured second place significantly.

Conclusion: Based on the results the following conclusions have been made: The psychological aspects of cognitive anxiety, somatic anxiety and self confidence are significantly related to the level of performance as the given variables were found to be statistically significant among the teams of semi-finalists.

Keywords: Cognitive anxiety, somatic anxiety, self-confidence, semi-finals, competitive state anxiety inventory – 2 (CSAI-2)

Introduction
High-performance athletes claim that 90% of their success comes from mental training and ability. In professional sports, there aren't huge differences between athletes in terms of potential, training, or physical ability. The determining factors of success, therefore, lie in the psychological realm. Over the years, we've seen increased interest in the psychological aspect of sports. This increased interest prompted psychology and sports professionals to ask the question: what psychological variables determine sports performance? It's clear that mental factors affect sports performance. This is true for elite athletes as well as anyone participating in sports. The psychological factors of sports and exercise that most affect performance are: self-confidence, motivation, emotional control, and concentration.

- **Motivation:** This is important for any area you want to optimize your performance in. It is especially important in sports. Think about athletes who experience constant ups-and-downs, wins and losses. In their case, intrinsic motivation and love for what they do is usually what helps them recover after a bad pass, a terrible throw, or a much lower score than they were expecting.

- **Concentration:** Athletes also need to have the ability to concentrate intensely. All actions, even the most simple or intuitive ones, require concentration. A poorly executed move can result in a loss or an injury. It can ruin months of preparation. That's why even an athlete with mediocre training is not usually distracted.
- **Emotional control:** Doing mental training exercises that help you control your emotions and doubts can make the difference between success and failure. When poor emotional control affects an athlete's performance, it is usually because she let her emotions affect her concentration.
- **Self-confidence:** Lastly, confidence in your ability to successfully complete a task is an essential condition for victory.

Nature of the study

Football, also called association football or soccer, game in which two teams of 11 players, using any part of their bodies except their hands and arms, try to maneuver the ball into the opposing team's goal. In general, keeping the ball within the playing area either in the own court or in the opponent court during the competitive playing conditions player should and must have both physical and mental toughness. Any how because of some internal and external pressures players have to loose their stability in matches specifically during semi-finals. In the above said situations players are more prone to frequent thinking because of pressures from the internal such as enter into league, getting job opportunity, attempt to satisfy the interest of coach or keeping the earlier achievements. It places them under stress which tends to disturb the homeostasis of the body. The common denominator in all of these is fear about the loss of familiarity which breeds anxiety. Thus the issue of anxiety is an important aspect of performance via changes in the body, which can be identified by certain indicators. Such a theoretical construct was impelled the researcher to study on selected psychological aspects such as cognitive anxiety, somatic anxiety and self-confidence on teams played before the quarter-finals since all inter- university tournaments are league based.

Purpose of the study

The purpose of the present study was to find out the significant variations if any on selected psychological aspects such as cognitive anxiety, somatic state anxiety and self-confidence among the players belong to the teams of semi-finalists at All India Inter University Football Tournament.

Hypotheses

Significant mean difference may exist among the teams of semi-finals on selected psychological aspects such as cognitive-anxiety, somatic-anxiety and self-confidence.

Significance of the study

The significance of the present study is as follows:-

1. It helps the players to know the level of their competitive anxiety, cognitive anxiety, somatic anxiety and self-confidence while they are in the state of league basis.
2. Since the variables used in the present study are highly performance related, the coaches and physical directors have to be aware of cognitive anxiety, somatic anxiety and self-confidence not to deviate from the optimum level in order to overcome their negative influences
3. Matches winning in the semi-finals are a deciding factor to be a winner or runner. So the league is prestigious one for all teams since it assures any one place on the concerned tournament. This state of condition fostering the players to think about all means and methods needed to win and a source to place under high stress. So findings on criterion measures among the players of semi-finalists would help both players and coaches to act positively in the future course of action. Following the significance of the study, the reviews related to the present study were given here.

Review of related literature

Studies related to the area of the present study have been summarized here which would enable to identify its nature and trend Burton (1988) [5] investigated on psychological aspects as used in the present study of cognitive anxiety, somatic anxiety and self-confidence in order to study the impact on performance. In his study he found that anxious swimmers generally perform slower times and cognitive anxiety showed a stronger relationship to performance decline than the somatic component. Better performing sprinters tended to control their somatic anxiety better than poorer performers. Martens (1977) reported that competitive A-trait anxiety) is a good predictor of state anxiety, but state anxiety alone does not adequately predict motor performance. As implication he stated as follows. Persistent anxiety is likely to precipitate situational (state) anxiety. However, state anxiety even when measured on a sport specific test is not significantly related to motor performance. In the view of predicting the athletic success Renger (1993) [2] collected the profile of mood states (POMS) in the prediction of athletic success. The POMS is used frequently to assess the trained states of athletes. It is often reputed to be indicate (a) when a state or over strained state exists, and (b) profiles that differentiate successful and unsuccessful athletes. Sonstroem and Bernardo (1982) had argued that intra-individual measure of anxiety and performance should be used to avoid differences in anxiety and performance levels between subjects confounding results. Consequently, Gould *et al*., (1984) [84] standardized each individual's set of performance and anxiety measures before conducting their analysis. Further they suggested that the fine neuromuscular control which was required by their performance task would be particularly sensitive to changes in physiological arousal and that such changes would be reflected in the somatic, rather than the cognitive component of anxiety. Gould *et al*., (1987) explained the inverted – U, result for somatic state anxiety and performance in terms of (a) type of analysis used and (b) the performance task being assessed. The findings of this study explained that level of anxiety is a significant predictor of performance. Following the reviews, the methodology adopted in the present study to derive the purpose is briefed as follows.

Methodology

The methodology used in the present study is as follows: To achieve the purpose of the present study as samples, 48 players belong to selected teams those who were entered in to semi-finals at All India Inter University Football Tournament were selected. The samples were in the age group of 18-24. For better sampling, the nature of the tournament was analyzed with various factors such as degree of competition and importance of tournament. To study the psychological aspects of the selected samples as variables related competitive pressures were selected. Anxiety as a psychological determinant and one of the first order

performance related component has to be considered in the present study with its related dimension. Thus the selected variables are; cognitive anxiety, somatic anxiety and self-confidence. The selected variables were measured by Competitive State Anxiety Inventory – 2 (CSAI-2) that was used to assess to criterion measures (Cognitive anxiety, somatic anxiety and self confidence) in this study, it is a standardized tool and well-established one, Cronbach's Alpha coefficient of CSAI – 2 for all these components are; 0.79 (Cognitive Anxiety) 0.82 (Somatic Anxiety) and 0.88 (Self confidence), Before collecting the data from the subjects, with the view to get accuracy in quality of data, the steps were taken to get voluntary response from the subjects. For that the nature and purpose of the present study were clearly informed to them. Further the degree of competition and nature of the tournament were also considered in connection with the quality of data. Administering the CSAI-2 questionnaire three hours before the competition tested the subjects. Following this, the collected data were tested by one–way analysis of variance to test the significance of the mean difference among the teams ranked winner, runner, third and fourth on criterion measures of cognitive anxiety, somatic anxiety and self-confidence. Further, in case of significant mean difference if any on the variables used among them, to find out which pair of group grown up, as Post-Hoc Test and the Schefee Test was applied. It is the stringiest form of post hoc test. To test the derived results as level of significance 0.05 was chosen. The derived results from the one way analysis of variance on cognitive anxiety, somatic anxiety and self-confidence among the teams of among the teams ranked winner, runner, third and fourth at interuniversity football players were presented in the following Tables 1-6 with interpretations.

Table 1: Analysis of Variance on Cognitive Anxiety

Source of variation	Sum of squares	Degrees of freedom	Mean sum of squares	F-ratio
Factor	240.41	3	80.13	18.41
Error	191.50	44	4.35	

Table value 2.81 for df 3,44 at 0.05

Table 1 reveals that the f-value was 18341. The observed F-value (18.41) was found as significant at 0.05 level of confidence since the observed f-value was found to be higher than the required critical value (2.81). It confirms the significance of mean difference exist among the selected teams of semi finals on cognitive anxiety. From the results, it was inferred that cognitive anxiety has significant influence on varied rankings of team that are entered into semi finals. Further to find out which team is grown up for such significances as post-hoc test Schefee test was applied. The results of schefee test was given in Table 2.

Table 2: Schefee Test on Cognitive Anxiety

Winner	Runner	Third	Fourth	Mean Difference	Critical Value
23.25	24.41	****	****	1.16	2.01
23.25	****	20.16	****	3.09	2.01
23.25	****	****	26.33	3.08	2.01
****	24.41	20.16	****	4.25	2.01
****	24.41	****	26.33	1.92	2.01
****	****	20.16	26.33	6.17	2.01

From the Table 2, it was observed that winner as compared to third and fourth places they were less in cognitive anxiety whereas no difference was observed between the winner and runner. Further when comparing the runner with fourth place they were less in cognitive anxiety whereas cognitive anxiety between runner and fourth difference is not significant. Further in comparing the third and fourth places difference is significant.

Table 3: Analysis of Variance on Somatic Anxiety

Source of Variation	Sum of Squares	Degrees of Freedom	Mean Sum of Squares	F-ratio
Factor	316.50	3	105.56	13.97
Error	332.16	44	7.54	

Table value 2.81 for df 3,44 at 0.05

Table 3 reveals that the f-value was 13.97. The observed F. value (3.97.41) was found as significant at 0.05 level of confidence since the observed f-value was found to be higher than the required critical value (2.81). It confirms the significance of mean difference exist among the selected teams of semi finals on somatic anxiety. From the results, it was inferred that cognitive anxiety has significant influence on varied rankings of team that are entered into semi finals. Further to find out which team is grown up for such significances as Post-Hoc Test, Schefee Test was applied. The results of Schefee Test was given in Table 4.

Table 4: Post-hoc Test Results on Somatic Anxiety

Winner	Runner	Third	Fourth	Mean Difference	Critical value
22.58	23.0	****	****	0.41	2.65
22.58	****	19.25	****	3.33	2.65
22.58	****	****	26.55	3.97	2.65
****	23.0	19.25	****	3.75	2.65
****	23.0	****	26.55	3.55	2.65
****	****	19.25	26.55	7.3	2.65

Table 4 explained the results on comparing the somatic anxiety among the teams ranked winner, runner, third and fourth at inter- university Football players. From the results, it was observed that winner as compared to third and fourth places they were less in somatic anxiety whereas no difference was observed between the winner and runner. In comparing the runner with third and fourth place they were less in somatic anxiety. Further in comparing the third and fourth places difference is significant.

Table 5: Analysis of Variance on Self-Confidence

Source of Variation	Sum of Squares	Degrees of Freedom	Mean Sum of Squares	F-ratio
Factor	444.75	3	148.5	57.98
Error	112.5	44	2.55	

The table value 2.81 for df 3,44 at 0.05

Table 5 reveals that the f-value was 57.98. The observed F-value (13.97) was found a statistically significant since the F-value was found to higher. It confirms the significance of mean difference exist among the selected teams of semi-finals. Further to find out which team is grown up for such significances as Post-hoc Test, Schefee Test was applied. The results of Schefee Test is as follows:

Table 6: Results of Post Hoc Test on Self-Confidence

Winner	Runner	Third	Fourth	Mean Difference	Critical value
22.75	26.0	****	****	3.25	1.54
22.75	****	24.75	****	2.00	1.54
22.75	****	****	18.0	4.75	1.54
****	26.0	24.75	****	1.25	1.54
****	26.0	****	18.0	8.0	1.54
****	****	24.75	18.0	6.75	1.54

From the results (Table 4 and 6) of Post-Hoc Test, it was observed that the performance of winner as compared to runner was statistically significant, third and fourth places they were high in self-confidence. In comparing the runner with third and fourth place, significant mean difference was found with fourth place whereas no significant mean difference was found with third place. Further in comparing the third and fourth places difference is significant in self-confidence.

Findings

In the criterion measures used in the study, significance mean difference was observed among the teams rankings of semi-finals (winner, runner, third and fourth places) on cognitive anxiety, somatic anxiety and self-confidence. In cognitive anxiety and somatic anxiety it was observed that winning team has fewer in cognitive anxiety and somatic anxiety as compared to third and fourth place, whereas winning team is not differ significantly. In self-confidence, winning team has more self-confidence as compared to third and fourth place, whereas winning team is not differ from team secured second place significantly.

Testing hypothesis

Based on the findings of the present study the hypotheses formulated on cognitive anxiety, Somatic anxiety and self-confidence was accepted.

Discussion on findings

In the present study the team entered into Semi-finals was tested on cognitive anxiety, somatic anxiety and self-confidence. Of them the significant mean difference was observed that the among the rankings of winner, runner, third and fourth places on cognitive anxiety, somatic anxiety and self-confidence. In the Post Hoe Test results it was observed that winning team is less with anxious conditions compared to low rankings team. The reason for this might have been arise from the nature gained on their previous matches and not having the at par competition. Epical research indicates that successful athletes who interpret their anxiety as being facilitative is characterized by high scores on self-confidence and low scores on somatic and cognitive anxiety, been found to exert a powerful influence on performance. Krance, *et al*., (1994) [9] in higher levels of cognitive-anxiety. Clearly the cognitive interpretation an individual gives to a situation exerts an exerts an effect. Besides studies on elite group of swimmers explained that anxiety intensity levels were higher in subjects who interpreted their anxiety as debilitative as those who reported it as being facilitative (Jones, Hanton, & Swain, 1994) [8]. This has ben found to be true of gymnasts (Jones, Swain & Hardy, 1993) [10] as well as basketball players. Gould, Petlichkoff, L. and Weinberg (1984) [7] have reported that the strongest predictor of cognitive anxiety was years of experience such that the more experience an individual had the lower the level of cognitive anxiety. For comparatively less in cognitive anxiety and somatic anxiety, that the players of low level rankings, the experience of the players may be one of the causes early mentioned. It has also been substantiated by research conducted with a group of tennis players. Advanced subjects (individuals who had been participating in the sport for an extended period of time) reported more facilitative interpretations of their anxiety than novices.

Further when discussing the results on self-confidence in which the winner has higher in the level of confidence than the low level ranking players. It has been confirmed theoretically that in the level of individual performance, self-confidence has been found to account for a greater proportion of variance in performance that cognitive or somatic anxiety (Hardy, 1996) [1]. Further the results of the present study have been supported by the earlier studies as the amount of self-confidence that an individual possesses has been found to differ among elite and novice athletes. Perrry & Williams (1998) [12] in his study he found that the advanced players had significantly higher levels of self-confidence. This has been found to be true of gymnasts as well as swimmers.

Conclusion

The following conclusion has been made in the light of the findings of the present study. In the criterion variables used in the study, significance mean difference was observed among the teams rankings of semifinals (winner, runner, third and fourth places) on cognitive anxiety, somatic anxiety and self-confidence. In cognitive anxiety and somatic anxiety it was observed that winning team has fewer in cognitive anxiety and somatic anxiety as compared to third and fourth place, whereas winning team is not differ significantly. In self-confidence, winning team has more self-confidence as compared to third and fourth place, whereas winning team is not differ from team secured second place significantly. From the results, it was concluded that level of cognitive anxiety, somatic anxiety and self-confidence have significant influence in the level of performance. Further the obtained results pertain to third and fourth place, they were found to be similar in the level of cognitive anxiety, somatic anxiety and self-confidence.

Suggestions

The following suggestions have been made from the findings of the present study:

1. Players with high anxious can be treated with stress management training such as anxiety management training, inner mental training, yoga, hypnosis, meditation and visual motor behavioral rehearsal.
2. Psychological skills training can be added into the existing training system.
3. Periodical evaluation of players on psychological state would help both players and coaches to function easily at high-level stressful situations.
4. The government, sports associations, sports promoters and universities should concentrate on psychological preparation of players.
5. As far as anxiety is concerned, every individual has possessed both state and trait. But it is differ in the ratio. So evaluating the players to which they belong whether they are dominated in state form or trait form whereby the trainers or coaches can accommodate to the situations.

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