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## Significance of psychological components of football players in Bangalore city

**Dr. Sunder Raj Urs and Mohanakumara**

#### Abstract

Sports carries numerous roles in human beings. The game football involves utmost concentration of the player. The performance parameters involves physical, physiological and psychological components. Here this research papers aims at analyzing the various psychological factors. This analysis helps both the future reader and the players to know the impact of the psychological factors. Thereby the factors can be utilized towards improving the performance of the football players, which leads to increased success rates in matches happening in future. Performance analysis of these components is performed using ANOVA and SEM analysis among the respondents in the state of Bangalore city.

**Keywords:** Football, psychological, anxiety, game intelligence, self-motivation, team spirit

#### Introduction

Football based psychology is the investigation of an individual's conduct in football or sports-related movement. It is a specialization that tries to comprehend psychological variables that influence execution in games, physical action, and exercise. The psychological distraction mentor will apply this data to upgrade the individual and group's execution. It manages expanding execution by overseeing feelings and limiting the mental impacts of damage and poor execution. Probably the most imperative aptitudes instructed are objective setting, unwinding, representation, self-talk, focus, certainty, utilizing customs, attribution preparing, mindfulness and control. There are numerous brain science instruments you can apply in football. Some football psychology instruments, yet best games therapists/psychological distraction mentors will assess every person to decide their learning style and needs; at that point build up a custom psychological distraction <sup>[1]</sup>

Lately, the execution and standard of football have likewise expanded which driven the games researchers and mentors to think and to discover the different conceivable ways for further improvement in the field of execution. In focused games, the distinction between the triumph and thrashing can involve couple of centimeters and seconds, some exact passes and some savage shots on the objective. In this way, at all dimensions of games-science has "left nothing to make a chance". Be that as it may, sports execution relies upon numerous components, for example, engine capacities, physiological factors, technico-strategic capacities, mental development, kin anthropometric attributes, financial status and some outer elements. The motor capacities alongside specialized capacities have been considered as most essential for all sportsmen to verify the top dimension execution in the diversion. A close association is existed among physical, technical qualities, contingent and strategic parts. The commitment of different execution factors is an intricate blend and they supplanted one another, contingent on the idea of exercises. At focused, composed dimensions, football is a continuance sports that consolidates times of serious exercise blended with lower dimensions of movement over an hour and a half period. In this way, a lot of high-impact control is basic to a footballer. Next to this, kinanthropometric qualities, engine capacities 2 and aptitudes of an individual player are the most imperative factors that add to the aggressive achievement of an entire group.

Sports and games are as old as the human culture and these has accomplished a global status in the advanced society. It presently appreciates a ubiquity which overwhelms some other type of social movement. It has turned into a vital piece of the instructive process as physical training

and sports have been incorporated into the customary educational programs of education. The understudies are shown different recreations and sports in systematic as well as scientific way. Other than encouraging the understudies are assessed in their execution. Numerous individuals partake in amusements and sports for getting delight other than inferring physical, mental, social, passionate and physiological advantages.

In the modern time, sports have expected focused character and accordingly call for better and still better execution, every sportsperson endeavors to break the past records, which are broken all the more quickly. Presently, each type of game requires a specific measure of wellness, aptitude level, physical make-up, composition of the body and so on. The focused games have increased enormous significance in practically all nations of the world. Each nation is attempting to win more decorations in universal games rivalry. Immense measure of cash, time and endeavors are being spent by the countries of the world to accomplish these targets. Sports mentors, instructors, researchers, coordinators and overseers everywhere throughout the world are looking for better way and means for spotting ability, for preparing 1 - sportsmen and ladies, for improving association and making arrangements for games towards the competition and training. In spite of the fact that Psychology planning is a part that has been regularly disregarded by competitors and mentors alike, thinks about have appeared mental status was felt to be the most critical measurable connection with Olympics positioning. Competitors have every now and again been cited to state how the psychological angle is the most essential piece of one's execution. As Arnold Palmer, an expert golfer recommended that the diversion is 90% psychological. "The complete time spent by the golfer really swinging and striking the ball amid those 72 gaps is roughly seven minutes and 30 seconds, leaving 15 hours, 52 minutes and 30 seconds of 'thinking time". Inside the parameters of psychological parts of athletic execution, it is fascinating to take note of that in excess of 70 percent inquiries raised, examined and bantered at the International meetings and workshops on game brain research relate to nervousness and hostility as execution to the class of feelings. They emerge under fluctuating situations and structure a kind of continuum yet continually moving upward. Their extensive ramifications for the physical and emotional well-being of the general population by and large and performing competitors specifically, are an open mystery. Stresses result from non-satisfaction of requirements; preceded with stresses make nerves, and nervousness prompts pressure. The remaining impact of strain is felt, checked and assessed both physiologically and psychologically and is at last connected with psychosomatic clutters (Ashwani Bali 2015) <sup>[1]</sup>

### Literature Review

Navaneethan, B *et al.* (2010) <sup>[5]</sup> detailed that factors of psychology such as mental preparation, anxiety, motivation, confidence, concentration, team emphasis, and cognition assume a noteworthy job in the improvement of execution of soccer players. Bull and Sham (1996) characterized inspiration as the internal mechanism and external stimulus that excite and direct conduct. The two kinds of inspiration that can influence execution in soccer are extraneous which comes because of remunerations, for example, money, trophies or acclaim and natural inspiration which originates from inside a player  
Apanikolaou Zissis *et al* (2010) <sup>[3]</sup> First class proficient soccer

is a mind boggling game and execution relies upon various factors, for example, physical, physiological as well as factors of psychology. All through the latest couple of years, the piece of brain research in expert soccer clubs has been completely perceived. Proficient soccer clubs, for example, Derby County in English chief association and Ajax football club in Holland have not just opened entryways for assessment towards psychology in their group however have indicated how it can help improve player execution

Miyazaki Junichi and Koga Hajime, (2007) <sup>[2]</sup> depict nervousness in soccer as the expanded condition of status of a player during the time spent execution. He called attention to that, for a soccer player to perform well, it is critical that excitement is kept up at a fair dimension. Tension is named physical which is viewed as how the body reacts to sports circumstance that has a few indications like expanded pulse, expanded breathing rate and feeling wiped out. Intellectual uneasiness is the player's general anxiety that brought about the decrease of focus. State uneasiness happens when a player is reliably put in a changing domain while attribute tension is the qualities that players have which influence them to respond to the circumstance with a certain goal in mind.

Richard C. Thelwell. *et al.*, (2006) <sup>[4]</sup>, Mong a basic component of a psychological factor that decides execution is certainty. It was brought up that certainty is the trust or dimension of assurance a player have the capacity to perform well amid rivalry. Be that as it may, it is also been portrayed that two kinds of trust in soccer players. A receptive certainty player who needs certainty after a poor exhibition is influenced by a poor warm up, his initial few plays direct his certainty, is influenced by a negative input, loses certainty quickly after errors, dependably leaves certainty to risk. A proactive certainty player in the other hand is a player who feels sure going into the amusement, a generally steady entertainer, keeps up stable certainty amid the diversion, centers around qualities preceding the amusement, envisions

### Objectives

1. To examine the performance of football players
2. To identify the impact of psychological components among the players of football.
3. To analyze the relationship between the study variables through various statistical tool.

### Population of the Study

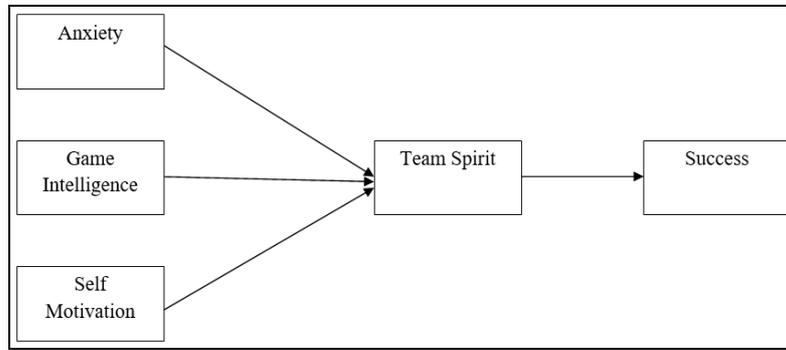
The Population for the proposed research includes 251 players of selected sports academy in Bangalore city.

### Research Design and Data Collection

The success of any research is solely depending on research design. Descriptive research was adopted for this study. The reason for choosing the descriptive research was that it helps in generalization to a greater extent. The study is based on both primary and secondary data. Primary data is collected through a well framed and structured questionnaire to elicit the well-considered opinions of the respondents. The secondary data is collected from different Business Periodicals, Business journals, magazines, publications, reports, books, dailies, Research articles, websites, manuals and booklets.

### Sampling Method

Random Sampling method was employed. The survey was based on the selected sports academy in Bangalore city.



Conceptual Framework

**H<sub>02</sub>:** There is no significant difference between age groups with regards to the Anxiety, Game Intelligence, Self-Motivation, Team Spirit and Success.

**Table 1:** One way Anova (age)

Dimensions		Sum of Squares	Df	Mean Square	F	Sig
Anxiety	Between Groups	16.225	1	16.225	.873	0.351
	Within Groups	4625.847	249	18.578		
	Total	4642.072	250			
Game intelligence	Between Groups	37.157	1	37.157	1.578	0.210
	Within Groups	5862.508	249	23.544		
	Total	5899.665	250			
Self-motivation	Between Groups	3.427	1	3.427	.170	0.680
	Within Groups	5014.015	249	20.137		
	Total	5017.442	250			
Team spirit	Between Groups	89.278	1	89.278	3.920	0.049
	Within Groups	5671.200	249	22.776		
	Total	5760.478	250			
Success	Between Groups	11.452	1	11.452	.491	0.484
	Within Groups	5810.317	249	23.335		
	Total	11.452	1			

\* Significant at the 5% level

**Analysis**

It can be seen from Table No – 1 that null hypotheses are rejected as the p values are lesser than 0.05 for Team Spirit. For all other dimensions since the p value is greater than 0.05 null hypotheses is accepted.

**Discussion**

There is significant difference between age group with

regards to the Team Spirit.

There is no significance difference between age groups with regards to anxiety, game Intelligence, Self-Motivation and Success.

**H<sub>02</sub>:** There is no significant difference between occupation groups with regards to the Anxiety, Game Intelligence, Self-Motivation, Team Spirit and Success.

**Table 2:** One Way Anova (Occupation)

Dimensions		Sum of Squares	Df	Mean Square	F	Sig
Anxiety	Between Groups	137.701	3	45.900	2.517	0.059
	Within Groups	4504.371	247	18.236		
	Total	4642.072	250			
Game intelligence	Between Groups	97.048	3	32.349	1.377	0.250
	Within Groups	5802.617	247	23.492		
	Total	5899.665	250			
Self-motivation	Between Groups	217.482	3	72.494	3.730	0.012
	Within Groups	4799.960	247	19.433		
	Total	5017.442	250			
Team spirit	Between Groups	69.728	3	23.243	1.009	0.389
	Within Groups	5690.750	247	23.039		
	Total	5760.478	250			
Success	Between Groups	16.260	3	5.420	.231	0.875
	Within Groups	5805.508	247	23.504		
	Total	5821.769	250			

\* Significant at the 5% level

**Analysis**

It can be seen from Table No-2 that null hypotheses are rejected as the p values are lesser than 0.05 for Self-Motivation For all other dimensions since the p value is greater than 0.05 null hypotheses is accepted.

**Discussion**

There is significant difference between occupation groups with regards to the Self-Motivation.

There is no significance difference between occupation groups with regards to anxiety, game Intelligence, Team Spirit and Success.

**Testing of hypothesis**

**Structural equation modelling**

**Observed, endogenous variables**

Team Spirit

Success

**Observed, exogenous variables**

Anxiety  
Game Intelligence  
Self-Motivation

**Unobserved, exogenous variables**

e1 (error term for Team spirit)  
e2 (error term for Success)

**Variable counts (Group number 1)**

Number of variables in the model : 7  
Number of observed variables : 5  
Number of unobserved variables : 2  
Number of exogenous variables : 5  
Number of endogenous variables : 2

**Table 3: SEM Path Analysis**

Dimensions	Path	Dimensions	SE	P Value	Result
Team Spirit	<---	Anxiety	.069	0.449	Not Significant
Team Spirit	<---	Game Intelligence	.061	0.700	Not Significant
Team Spirit	<---	Self-Motivation	.067	0.003	Significant
Success	<---	Team Spirit	.064	0.503	Not Significant

\*\*Significant at 0.01

**Research Question 1 (RQ1)**

Does the dimensions viz. Anxiety, Game Intelligence and Self-Motivation have an impact on Team Spirit?

**H01.1:** Anxiety has no impact on Team Spirit

**Analysis**

It can be seen from Table 3, the p value is greater than the significance level, hence the null hypothesis is accepted.

**Result**

Anxiety has negative impact on Team Spirit

**H01.2:** Game Intelligence has no impact on Team Spirit

**Analysis**

It can be seen from Table 3 the p value is greater than the significance level, hence the null hypothesis is accepted.

**Result**

Game Intelligence has negative impact on Team spirit.

**H01.3:** Self-Motivation has no impact on Team Spirit

**Analysis**

It can be seen from Table 3, the p value is lesser than the significance level, hence the null hypothesis is rejected.

**Result**

Self-Motivation has a positive impact on Team Spirit

**Research Question 2 (RQ2)**

Does the dimension Team Spirit have an impact on Success?

**H02.1** Team Spirit has no impact on Success

**Analysis**

It can be seen from Table 3, the p value is greater than the significance level, Hence the null hypothesis is accepted.

**Result**

Team Spirit has negative impact on Success.

**Major Model Fit Indices Summary**

**Table 4:** The important fit indices are presented in the Table below

Parameters	Acceptable values for Good Fit	Research Model Values
GFI	>0.9	0.990
AGFI	>0.9	0.950
CFI	>0.9	0.961
RMSEA	<0.06	0.055
RMR	<0.02	0.013

**Source:** Primary Data, SPSS AMOS output, Haier *et al.* (2009); Hooper *et al.* (2008); Steiger (2007); Hu and Bentler (1999).

**Interpretation**

It can be seen from Table 1.4 the Goodness of Fit Index (GFI) value was 0.990, Adjusted Goodness of Fit Index (AGFI) value was 0.950 and Comparative Fit Index (CFI) value was 0.961. All these values are (greater than 0.9) indicating a very good fit. It was found that Root Mean Score Error of Approximation (RMSEA) value was 0.055 (lesser than 0.06) and Root Mean Square Residual (RMR) value was 0.013 (lesser than 0.02).

**Conclusion**

From the analysis it is been concluded that both the players and the coaches has the responsibility to concentrate on the components for attainment of success. Coach are in general need to be impartial. However the psychological factors are analyzed and the result as predicts that the factors affecting the personal qualities of the players need to be maintained at a level under the control of the team. A team spirit is the best component which leads to an enhanced efficiency of the system. In order to maintain team spirit there need to be transparency in the system which will bring all the factors of psychology under the control of the team. A good coach with a good team spirit will maintain the psychological components of all the players in a better way.

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