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A study on psychological characteristics of national level football players of India

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Abstract

The objective of the study was to study the psychological characteristics of national level football players of India. 50 National level male football players of India were selected as the subjects for the study. For the study the questionnaires of Mental toughness developed by Dr. Alan Goldberg, Aggression developed by Anand Kumar and P.S. Shukla and Inventory of Factors Influencing Sports Career by M.L. Kamlesh and T.R. Sharma was used. In order to describe the psychological characteristics of elite football player's descriptive statistics was applied.

Keywords: psychological characteristics, national, football players, questionnaires

Introduction

To reach the highest level of performance in sports, players have to go through various sports training programs. At the elite level players mostly require psychological support too. A number of psychological factors are there which is needed to be taken in consideration to maintain the level of performance in sports.

The word psychology refers to the study of human behavior and sports psychology denotes a sub category of psychology that deals with the behavior of athletes and team engaged in competitive sports.

Sports psychology is a science in which the principles of psychology are applied in a sport or exercise setting. These principles are often applied to enhance performance and to understand how participation in sport, exercise, and physical activity affects psychological development, health, and well. The main role of sports psychologists is to provide information and help the athletes cope with the effects of sports by offering techniques and strategies to increase concentration, confidence, consistency, control and motivation. Sports psychology can help the athletes to cope with the pressures of sports by helping individual athletes to learn different coping skills and stress management skills.

Sports can be utilized for the students to dissociate them from the monotony of books and the pressure of studies. Psychology is a behavioral science has made its contribution for improving the sports performance. It has developed coaches to coach more effectively and athletes to perform more proficiently. Sports and games play an important role in the development of human personality. Physical Education and sports is one of the most important for the development of personality. "Sound mind in sound body" both are co-related if you are physical fit, you are mental health fit. He or she would know on how to be emotionally balanced.

Methodology

For study a total of 50 National football players were selected as the subjects. For the study the questionnaires of mental toughness developed by Dr. Alan Goldberg, Aggression developed by Anand Kumar and P.S. Shukla and Inventory of Factors Influencing Sports Career by M.L. Kamlesh and T.R. Sharma was used. In order to describe the psychological characteristics of national football player's descriptive was applied.

Findings and Results

Table 1: Mean Scores and Standard Deviations of National level football Players on three Psychological Variables (N=50)

S. No.	Variables	Mean	Standard Deviation
1.	Aggression	12.32	2.57
2.	Mental Toughness	35.11	6.43
(A)	Handling Pressure	10.87	2.94
(B)	Concentration	9.02	2.72
(C)	Mental Rebounding	8.55	2.17
(D)	Winning Attitude	6.87	1.29
3.	Factors Influencing Sports Career	46.20	6.24

Table 2: Descriptive Statistics of Aggression of National level football players

Variable	N	Range	Minimum	Maximum	Mean	Std. Dev.
Aggression	50	11.00	7.00	18.00	12.32	2.57

Table-2 indicates that the mean score of National level football players in relation to aggression was 12.32 and standard deviation was 2.57. Therefore the hypothesis that aggression of National level football players has high level is rejected. National level football players have low level of aggression. Sometimes they believe in aggressive playing depending upon the situation of the game. There are certain circumstances in the game of football which makes a player aggressive but in case of the National level football players it was found that they have low level of aggression.

Table 3: Descriptive Statistics of Mental Toughness National level football players

Variable	N	Range	Minimum	Maximum	Mean	Std. Dev.
Mental Toughness	50	25.0	24.0	49.0	35.11	6.43

Table-3 indicates that the mean score of National level football players in relation to mental toughness was 35.11 and standard deviation was 6.43. National level football players required counseling and various mental toughness exercises with the help of different yogic techniques and meditation techniques.

Table 4: Descriptive Statistics of Factors influencing sports career of National level football players

Variable	N	Range	Minimum	Maximum	Mean	Std. Dev.
Factors influencing sports career	50	27.0	31.0	58.0	46.20	6.24

Table-4 indicates that the mean score of National level football players in relation to Factors influencing sports career was 46.20 and standard deviation was 6.24.

Discussion of Findings

The objective of the study was to analyze the psychological characteristics of National level football players of India. The subjects for the study were 50 football players of National level. For the study the questionnaires of mental toughness developed by Dr. Alan Goldberg, Aggression developed by Anand Kumar and P.S. Shukla and Inventory of Factors Influencing Sports Career by M.L. Kamlesh and T.R. Sharma was used. In order to describe the psychological characteristics of national football player's descriptive was applied. Aggression is also affected the sports performance not career of sports, it may sometimes provide the advantageous role in case of the performance. Mental toughness and affect intensity were found to be unrelated.

This is an important finding because it suggests participants with high or low levels of mental toughness do not characteristically experience more or less intense emotions. Thus there is no evidence to suggest the ability of mentally tough athletes to remain relatively unaffected by pressure or adversity is due to lower levels of affect intensity.

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