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A study on Agression, mental toughness and FISC 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 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 and Product Moment Correlation was applied.

Keywords: psychological characteristics, national level, football players, questionnaires

Introduction

Mental training or sports psychology is no substitute for skills and it is vital to emphasize the importance of skills, particularly while coaching. The journey of competition is a tough road. It makes one confront their past and think about the future. Being in all stages of life "Sports psychology is the study of a person's behavior in sport" Alderman. Self-confidence is an important antecedent to good performance. It tends to act as a self-fulfilling prophecy. If one do not believe in his ability to perform well of the probability that he probably was fall short of his goal, whereas if one thinks one can do well, he is more likely to come through. Sports provide an outlet for the suppressed internal feelings of a person; it is like a safety valve it is like a safety valve to "blow off the steam". Nervous, tired and frustrated persons can take sports as a tonic.

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 and product moment correlation 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
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 of 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.

Table 5: Correlation Coefficient between Factors Influencing Sports Career with Mental Toughness and Concentration of National Level Football Players

Variables	Factors Influencing Sports Career	Remarks
Mental Toughness	.07	p is greater than .05
Concentration	-.019	p is greater than .05

** Significant at p .05 level at df(68) = .232

From table 15, it is evident that the correlation coefficient between Factors Influencing sports career and Mental toughness and concentration is .07 and -.019 respectively which is positive and negative respectively and insignificant at .05 level with df=68. It shows that Mental Toughness and aggression were insignificantly. Thus, the null hypothesis that there is no significant correlation between Factors influencing sports career and Mental Toughness and aggression of national level male football players is not rejected. Further, the percentage of commonness between factors influencing sports career and mental toughness is .49, Factors influencing sports career and Concentration is .036 which are minimum. It may, therefore, be said that Factors influencing sports career and mental toughness, Factors influencing sports career and aggression were found to very low related.

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 statistics and product moment correlation was applied. On the basis of the results it was concluded that Factors influencing sports career and Mental toughness and Aggression were insignificantly correlated, This might be due to that the relation between this might be due to that the factors affecting sports career is psychological characteristics and the mental toughness is not come in the category of the influencing the career of sports but it affects the performance of the sports. Aggression is also affected the sports performance not career of sports, it may sometimes provide the advantageous role in case of the performance. Lee Crust (2009) conducted study on the relationship between mental toughness and affect intensity and concluded that mentally tough athletes are conceptualized as being able to function effectively in stressful situations and recent research has found small to moderate correlations between mental toughness and coping. Despite there is no research has been far examined the possibility that mentally tough athletes experience less intense emotions. This paper tested the relationship between mental toughness and affect intensity to determine whether mentally tough athletes generally experienced more or less intense emotions. 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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