

To Assess and Compare the Inventory of Factors Influencing Sports Career (Internal & External) between Successful and Unsuccessful Male Soccer Player

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Abstract

Sport is a physiological activity. In addition to the physical, physiological and technical aspects, it also has a psychological and social aspect. **Objective:** The aim of the study to assess and compare the Inventory of Factors influencing sports carrier (Internal and External) between Successful and Unsuccessful male university level Soccer players of Ravenshaw University, Cuttack, Odisha. **Subjects:** A total number of 156 subject from Ravenshaw University players (78 successful and 78 unsuccessful) from soccer were selected with age ranging from 18-25 years to act as a subject for this study. **Sample:** Keeping in mind about specific purpose of the study purposive sampling method was used and stress was selected as the variable for the study. **Scale:** Factors influencing sports carrier was assessed with the help of Inventory of Factors Influencing Sports Carrier developed by *M.L. Kamlesh & T.R. Sharma*. **Statistics:** To determine the status of successful and unsuccessful soccer players, Descriptive statistics was used and to compare factors influencing sports carrier between successful and unsuccessful players z-test was used. **Findings:** On the basis of above findings, we can conclude that insignificant difference found between level of factors influencing sports carrier of successful and unsuccessful soccer players of Ravenshaw University. Since the observe z-value found 1.003 which found lower than the tabulated z-value 1.959 at 0.05.

Introduction

Psychology: Psychology is recognized as the science of psychology and behaviour and is intended to understand and explain nature and its purpose is to understand and explain a person's attitudes and mental processes through basic and specific principles. The psychology used is intended to bring benefits to society. Works as a psychologist, behavioural scientist or serious scientist. Depending on the specific steps taken by the psychologist, a person who plays a role in mental activity will find physical and neurobiology activity. Understanding the mind is often used not only to cure and solve mental health problems, but also to understand and solve problems in various human activities.

Although many psychologists have a medical role (clinical, counselling, etc.), many do research on topics that seek to understand psychological processes and social behaviours or to provide some information about their surroundings. Health, aging, sports, media, legal testing, etc. It helps to control emotions and reduce the outcome of injuries and improve performance. Sports psychology also offers skills such as goal setting, relaxation, vision, self-confidence, self-awareness and judgement, motivation and more. Although many spiritual tools can be used in sports, they are considered the most effective tools for determining a person's learning habits. The non-linguistic system (NLP) (Gill, 1995) is one such system that works.

Sports psychology: Sports Psychology is defined as the study of the psychological processes associated with the performance of human sports. There are principles and rules of learning, the importance of strengthening and language skills of both people, especially motor practice contributes to the body. Sports psychologists use information to study topics such as

success, commitment, attention, and personality development. Sports psychology is a branch of psychology that helps in sports and analyses various psychological factors that are beneficial for this activity. Understanding the various psychological / psychological factors that affect sport and physical activity Sport psychology overcomes all barriers and improves individual and team performance tension, and personality development.

The mentality of sports is nothing more than the application of psychology and sports-related ideas, such as coaching and teaching. Sports psychology includes an analysis of human behaviour in a variety of sports. Today, the focus is on learning, practicing and applying the principles of psychology to improve performance in sports. There are some legal principles that players and athletes must follow in order to perform at their best. It is important to be aware of the role of emotional factors such as motivation, performance drivers, cultural conditions and issues, as well as involve players in training and competition. Sports psychology is the science of sports (individually or in groups) that leads to systematic psychological training for athletes to understand the psychological needs and psychological aspects of athletes to enhance their performance. Playing at a high level is important for today's sports psychology athletes, which is why most elite players and clubs hire sports psychologists to work with them.

Procedure and Methodology

For the purpose of the present study subjects were selected on the basis categories of successful seventy-eight Soccer players and seventy-eight unsuccessful male young, healthy university level soccer players. All the subjects selected for the study were based on their soccer performance at inter-university level. The age of players was ranged from 18-25 years. For the present study, the care was taken to pin point the variables for psychological profiles which were not only relevant but also closely related to purpose of this study. Therefore, based on literary evidence and scholar's own understanding; keeping the feasibility aspect in the mind and importance of psychological aspects, the following variable were selected for the purpose of this study.

Selection of Scale

➤ **Inventory of Factors Influencing Sports Career**

Factors influencing sports career were assessed by Inventory of Factors Influencing Sports Career developed by **M. L. Kamlesh & T.R. Sharma.**

Collection of Data

With the help of the questionnaires related to psychological variables necessary data was collected. Collection of data was made in regarding various psychological variables from one hundred fifty-six male football players. Seventy-eight successful and seventy-eight unsuccessful male University level football players during east zone inter-university football competition.

Statistical Technique

1. The data was analysed by applying Descriptive Statistics i.e., Mean, Standard Deviation. in order to compare the significant difference among successful and unsuccessful male soccer players Z-test was applied.
2. The data was analysed by using SPSS/Excel (Statistical Package for the Social Sciences) trail version 20.
3. The level of significance was set at 0.05 levels.

RESULT

Table 1: Descriptive Statistic was used to Characterize and Explore Successful and Unsuccessful Male Soccer Players in relation to Inventory of Factors Influencing Sports Career (Internal & External)

Descriptive Statistics	IFISC Successful	IFISC Unsuccessful
Mean	46.4615	45.1282
Standard Error	0.6346	0.6364
Standard Deviation	5.6054	5.6208
Sample Variance	31.4205	31.5937
Kurtosis	1.4221	0.9585
Skewness	0.31485	0.1367
Range	35	30
Minimum	30	29
Maximum	65	59

- This is revealed from the Table1. that the average mean value and standard deviation of Inventory of factors Influencing Sports Career (Internal & External) of Successful male Soccer players was found (46.461±5.605).
- When it comes to standard error the data of Inventory of factors Influencing Sports Career (Internal & External) of Successful male Soccer players shows (0.634).
- In the same categories, the minimum and maximum values for Inventory of factors Influencing Sports Career (Internal & External) of Successful male Soccer players was (30;65).
- Were as in terms of symmetricity of the data of Inventory of factors Influencing Sports Career (Internal & External) of Successful male Soccer players showed little positively Skewed (0.314). Positively skewed distribution shows that the most of the data is on lower side of the distribution.
- Were as there were positive kurtosis shown since the value of Kurtosis of Inventory of factors Influencing Sports Career (Internal & External) of Successful male Soccer players was found (1.422). Positive kurtosis shows the data was less varied than the normal distribution.
- On looking at the sample variance it was found that the maximum variability was(31.420). In terms of range, it was found (35) of Inventory of factors Influencing Sports Career (Internal & External) of Successful male Soccer players.
- Also, it is evident from table1 that the average value of Inventory of factors Influencing Sports Career (Internal & External) of Unsuccessful male Soccer players was found (45.128±5.620).
- When it comes to standard error the data of Inventory of factors Influencing Sports Career (Internal & External) of Unsuccessful male Soccer players shows (0.636).
- Were as in terms of symmetricity of the data of Inventory of factors Influencing Sports Career (Internal & External) of Unsuccessful male Soccer players showed little positively Skewed (0.136). Positively skewed distribution shows that the most of the data is on higher side of the distribution.

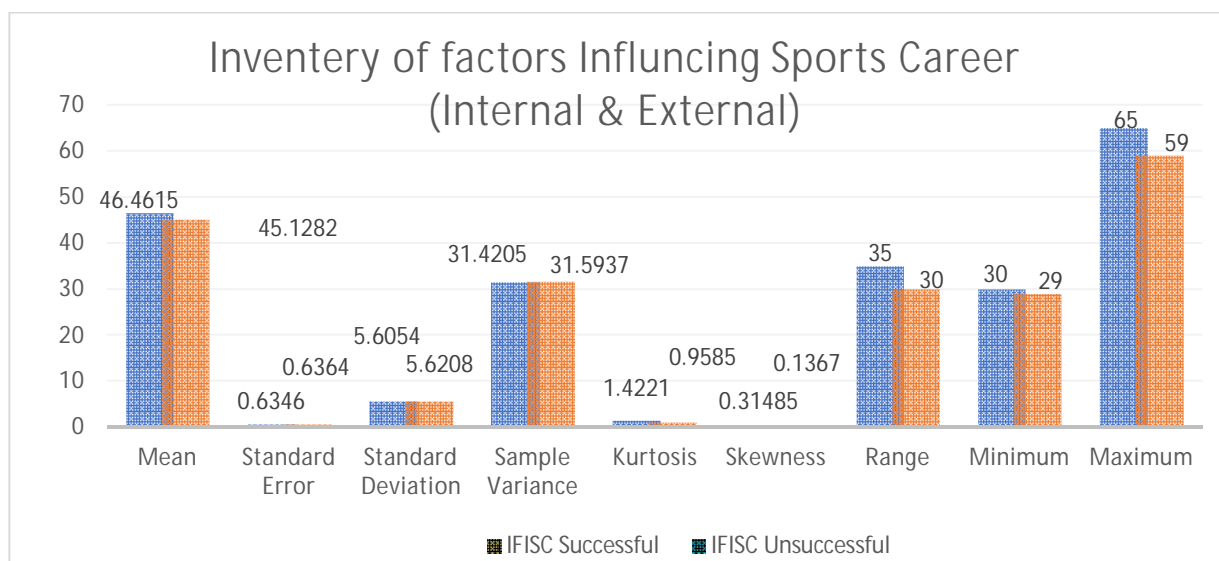
- Were as there were positive kurtosis shown since the value of Kurtosis of Inventory of factors Influencing Sports Career (Internal & External) of Unsuccessful male Soccer players was found (0.958). Positive kurtosis shows the data was less varied than the normal distribution.
- The above descriptive statistics show that the data of Inventory of factors Influencing Sports Career (Internal & External) of Successful and Unsuccessful male Soccer players more or less follows a normal distribution.

Table 2: Z test was used to Compare Successful and Unsuccessful Male Soccer Players in relation to Inventory of Factors Influencing Sports Career (Internal & External)

	IFISC Successful	IFISC Unsuccessful
Mean	176.1025	172.6025
Known Variance	516.85	432.53
Observations	78	78
Hypothesized Mean Difference	0	
Z	1.0032	
P(Z<=z) one-tail	0.1578	
z Critical one-tail	1.6448	
P(Z<=z) two-tail	0.3157	
z Critical two-tail	1.9599	

Table 2: revealed results of the z-test approach that comprised Successful male Soccer players and Unsuccessful male Soccer players. The z score found to be (1.003), p-value P(Z<=z) one-tail (0.158), p-value P(Z<=z) two-tail (0.316), z Critical one-tail (1.644) and z Critical two-tail (1.959). Based on the p-value and Hypothesized Mean Difference (0), all of these constructs failed to meet the reacquired level of 0.05. Thus, it can be indicated that Successful male Soccer and Unsuccessful male Soccer do not have a significant difference in relation to Inventory of factors Influencing Sports Career (Internal & External).

Graphical representation of Descriptive Statistic was used to Characterize and Explore Successful and Unsuccessful male Soccer players in relation to Inventory of Factors Influencing Sports Career (Internal & External)



Discussion of Findings

The main purpose of the present study was to find out the psychological differences between successful and unsuccessful Soccer players. The descriptive analysis data revealed that the successful male Soccer players and unsuccessful male Soccer players inventory of factors influencing sports career follows more or less normal distribution. The findings are in consonance with the study of Taheri et. Al. (2009), Prakash Ved (2013), Toker, Sharon; Baron, Michal (2012).

Conclusion

In case of Inventory of factors Influencing Sports Career (Internal & External) insignificant difference were found between Successful male Soccer player and unsuccessful male Soccer player at 0.05 level of significance.

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