

Psychological Analysis of Successful and Unsuccessful Male Soccer Players

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ABSTRACT

Background: The purpose of the study was to find out psychological analysis of successful and unsuccessful male soccer players. **Methods:** For the purpose of the present study subjects were selected on the basis categories of seventy-eight successful 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 interuniversity level. The age of players was ranged from 18-25 years. The data was analysed by using SPSS/Excel (Statistical Package for the Social Sciences) version 20. The level of significance was set at 0.05 levels. **Results:** the average mean value and standard deviation of Sport Self Confidence (Trait) of Successful male Soccer players was found (88.21±12.12). When it comes to standard error the data of Sport Self Confidence (Trait) of Successful male Soccer players shows (1.37). In the same categories, the Minimum and Maximum values for Sport Self Confidence (Trait) of Successful male Soccer players was (60;111). the average mean value and standard deviation of Sport Self Confidence (State) of Successful male Soccer players was found (87.88±12.17). When it comes to standard error the data of Sport Self Confidence (State) of Successful male Soccer players shows (1.37). In the same categories, the Minimum and Maximum values for Sport Self Confidence (State) of Successful male Soccer players was (56;111). **Conclusion:** In case of Sport Self Confidence (Trait) insignificant difference were found between Successful and Unsuccessful male Soccer players. In the case of Sport Self Confidence (State) insignificant difference were found between Successful and Unsuccessful male Soccer players. In case of Sport Self Confidence (Trait and State) insignificant difference were found between Successful and Unsuccessful male Soccer players.

Keywords: Psychology, Soccer, Sports Self Confidence (Trait & State)

Introduction

Sport is a competitive organizational activity that involves intense personal exercise or the use of complex physical skills, the participation of which promotes a combination of inner satisfaction with the activity. Live external rewards through participation. Sports are a biological necessity because movement is the basis of life. The evolution of man was developed from lower form of life. Soccer is the most popular game in the world. It is a game of continuous action with mental pressure requires continuous adaption to the changing situations by the team as well as the individual players. Although it is a team game, there is ample room for players to display their skill - brilliance with and without ball using intelligent and technical knowledge. It is a game that sends people all over the world into a frenzy; it creates national heroes and millionaires. Learning more about the different cultures and countries has made it even more obvious that at every moment in history, all societies have needed some form of public entertainment, which is usually provided through sport. Society creates its image through the thinking and actions of its members. Thus, the created image shapes people's cultural values, their way of life. Modern soccer is based on speed, power, strength, stamina, and mental make-up. The spectators and players enjoy the game of Soccer with great amount of merriment due to its fast and steady approach. In present days competitive sport, the players in team games are forced to make effective mental decisions

very quickly under time pressure due to the influences of developing tendencies such as very active defensive actions, increased speed in game due to fast counter attack, changed rules and variety in technical-tactical actions. Psychology is recognized as the science of psychology and behaviours' 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.

Sport Self Confidence plays an important role in success in life. Someone you can trust builds trust with others. It could be a group of his friends, colleagues, bosses, subordinates or just the a Gaining the trust of others means not fighting halfway. This is the only reason a confident individual strives for success. Self-confidence is the quality and quality of learning one's personality through learning. If efforts are made in the right direction with confidence, the goal is easily achievable. Trust is expressed in different ways.

Objective of the Study

To assess and compare the sports self-confidence between Successful and Unsuccessful male Soccer players.

PROCEDURE AND METHODOLOGY

For the purpose of the present study subjects were selected on the basis categories of seventy-eight successful 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 interuniversity 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. the following variable were selected for the purpose of this study:

1. Sport Self Confidence (Trait and State)

*Sport Self-Confidence was assessed by the total scores in Sport Self Confidence inventory (Trait and State) developed by Vealey, (1986), and the unit of scores were recorded in numbers.

Statistical Technique

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

RESULT OF THE STUDY

Table- 1 Descriptive Statistics was used to Characterize and Explore Successful and Unsuccessful male Soccer players in relation to their Sport Self Confidence (Trait)

SPORT SELF CONFIDENCE (TRAIT)		
Descriptive Statistics	Trait Successful	Trait unsuccessful
Mean	88.2179	86.9743
Standard Error	1.3730	1.2962
Standard Deviation	12.1266	11.4483
Sample Variance	147.0557	131.0642
Kurtosis	-0.6787	1.5527
Skewness	-0.4628	-0.8242
Range	51	65

Minimum	60	45
Maximum	111	110

This is revealed from the Table1.2 that the average mean value and standard deviation of Sport Self Confidence (Trait) of Successful male Soccer players was found (88.21±12.12). When it comes to standard error the data of Sport Self Confidence (Trait) of Successful male Soccer players shows (1.37). In the same categories, the Minimum and Maximum values for Sport Self Confidence (Trait) of Successful male Soccer players was (60;111).

Figure-1 Graphical Representation of Successful and Unsuccessful Male Soccer Players in relation to their Sport Self Confidence (Trait)

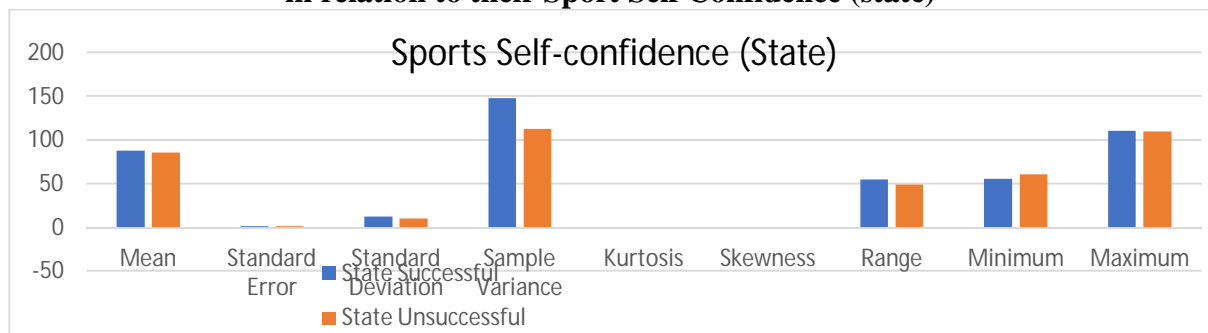


Table-2 Descriptive Statistics was used to Characterize and Explore Successful and Unsuccessful Male Soccer Players in relation to their Sport Self Confidence (State)

SPORT SELF CONFIDENCE (STATE)		
Descriptive Statistics	State Successful	State Unsuccessful
Mean	87.8846	85.6282
Standard Error	1.37892	1.2023
Standard Deviation	12.1783	10.6186
Sample Variance	148.3111	112.7560
Kurtosis	-0.6331	-0.4933
Skewness	-0.2988	-0.1076
Range	55	49
Minimum	56	61
Maximum	111	110

This is revealed from the Table1.3 that the average mean value and standard deviation of Sport Self Confidence (State) of Successful male Soccer players was found (87.88±12.17). When it comes to standard error the data of Sport Self Confidence (State) of Successful male Soccer players shows (1.37). In the same categories, the Minimum and Maximum values for Sport Self Confidence (State) of Successful male Soccer players was (56;111).

Figure-2 Graphical Representation of Successful and Unsuccessful male Soccer Players in relation to their Sport Self Confidence (state)



Discussion and Findings

The main purpose of the present study was to find out the psychological differences between successful and unsuccessful male Soccer players. The descriptive analysis data revealed that the successful male Soccer players and unsuccessful male Soccer players, Sports self-confidence follows more or less normal distribution. The descriptive analysis data showed that the data of Sports self-confidence (Trait and State) show more or less normal distribution. The average mean and standard deviation of sports self-confidence (trait) was 88.21 and 12.12 of successful male Soccer players and 86.97 and 10.61 of the unsuccessful male Soccer players. The average mean and standard deviation of sports self-confidence(state) was 87 and 12.17 of successful male Soccer players and 85.62 and 10.61 of the unsuccessful male Soccer players.

Conclusions

1. In the case of Sport Self Confidence (Trait) insignificant difference were found between Successful and Unsuccessful male Soccer players.
2. In the case of Sport Self Confidence (State) insignificant difference were found between Successful and Unsuccessful male Soccer players.
3. Self Confidence (Trait and State) insignificant difference were found between Successful and Unsuccessful male Soccer players.

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