CORRELATIONS OF SELECTED PSYCHOLOGICAL VARIABLES AMONG COLLEGE LEVEL FOOTBALL PLAYERS

Dr. K. Devaraju
Director of Physical Education,
Dr. Sivanthi Aditanar College of Engineering,
Tiruchendur, Tamil Nadu State, INDIA

ABSTRACT

The purpose of the present study was to find out the correlations of selected psychological variables among college level players. Three hundred and four male inter-collegiate Football players were randomly selected from various colleges in Tamilnadu state, India and their age ranged between 17 and 25 years. The subjects had past playing experience of at least three years in Football and only those who represented their respective college teams were taken as subjects. Somatic anxiety, Cognitive anxiety, Self confidence and Sports achievement motivation were selected as psychological variables for this study. To determine the relationship between the selected psychological variables the coefficient of correlation was used. The results revealed that there exits relationship among cognitive anxiety and somatic anxiety among college level Football players.

INTRODUCTION

Football refers to a number of sports that involve, to varying degrees, kicking a ball with the foot to score a goal. Unqualified, the word football is understood to refer to whichever form of football is the most popular in the regional context in which the word appears: association football (also known as soccer) in the vast majority of the world; gridiron football (specifically American football or Canadian football) in the United States and Canada; Australian rules football or rugby league in different areas of Australia; Gaelic football in Ireland; and rugby football (specifically rugby union) in New Zealand. These different variations of football are known as football codes.
Various forms of football can be identified in history, often as popular peasant games. Contemporary codes of football can be traced back to the codification of these games at English public schools in the eighteenth and nineteenth centuries. The influence and power of the British Empire allowed these rules of football to spread to areas of British influence outside of the directly controlled Empire, though by the end of the nineteenth century, distinct regional codes were already developing: Gaelic Football, for example, deliberately incorporated the rules of local traditional football games in order to maintain their heritage. In 1888, The Football League was founded in England, becoming the first of many professional football competitions. During the twentieth century, several of the various kinds of football grew to become among the most popular team sports in the world.

MATERIALS AND METHODS

Three hundred and four male inter-collegiate Football players were randomly selected from various colleges in Tamilnadu state, India and their age ranged between 17 and 25 years. The subjects had past playing experience of at least three years in Football and only those who represented their respective college teams were taken as subjects. Psychological factors namely Somatic anxiety, Cognitive anxiety and Self confidence were assessed by Competitive Sports Anxiety Inventory – 2 (CSAI - 2) questionnaire developed by Martens, Burton, Vealey, Bump and Smith (1990) and Sports achievement motivation level was assessed by Kamalesh (1983) SAMT questionnaire. Mean and Standard deviations were calculated for each of the selected variables. The inter-relationship among the selected psychological variables were computed by using Pearson’ product-moment correlation coefficients. The level of significance was set at P >0.05 and SPSS package was used for statistical analysis.

Results

Table – 1: Descriptive Statistics of College Level Football Players

<table>
<thead>
<tr>
<th>S.No</th>
<th>Variables</th>
<th>Mean (N=304)</th>
<th>Std. Deviation (±)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Somatic anxiety</td>
<td>15.41</td>
<td>4.18</td>
</tr>
<tr>
<td>2</td>
<td>Cognitive anxiety</td>
<td>22.63</td>
<td>2.72</td>
</tr>
<tr>
<td>3</td>
<td>Self confidence</td>
<td>29.36</td>
<td>4.80</td>
</tr>
<tr>
<td>4</td>
<td>Sports achievement motivation</td>
<td>25.78</td>
<td>4.84</td>
</tr>
</tbody>
</table>

Table – 1 showed the descriptive statistics – Mean and Standard deviation of psychological variables of college level Football Players.

Table – 2: Inter-Correlation of Selected psychological variables with the Playing Ability of College level Football Players

<table>
<thead>
<tr>
<th>Variables</th>
<th>Somatic anxiety</th>
<th>Cognitive anxiety</th>
<th>Self confidence</th>
<th>Sports achievement motivation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Somatic anxiety</td>
<td>--</td>
<td>0.27</td>
<td>0.008</td>
<td>0.04</td>
</tr>
<tr>
<td>Cognitive anxiety</td>
<td>--</td>
<td>--</td>
<td>0.02</td>
<td>0.04</td>
</tr>
<tr>
<td>Self confidence</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>0.14</td>
</tr>
</tbody>
</table>
Table 2 shows that there was a correlation exists between the versus Somatic anxiety and cognitive anxiety ($r = 0.27$) and the required table ‘r’ value of was 0.113 found at 0.05 level of confidence. And there was no significant relationship found on other variables.

CONCLUSIONS

The results obtained in the present study illustrated the formation of psychological optimum predictive equation models in college level Football players. From the analysis of data,

1. The results revealed that there was a correlation exists between the cognitive anxiety and somatic anxiety.

REFERENCES


