

# **Comparative Analysis of Selected Psychological Variables among Football Players of Different Regions of Puducherry State**

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## **Abstract**

The purpose of this study was to compare the analysis of selected psychological variables among football players of different regions of puducherry state. In order to achieve the purpose of the study twenty school football players from Puducherry region, twenty school football players from Karaikal region, twenty school football players from Mahe region and twenty football players from Yanam region, were selected.(N=80) The subjects were selected at the time of inter-region sports meets. They were randomly selected. Their age was between 16 and 18 years. The data collected from the subjects were treated statistically. Analysis of variance (ANOVA) was used to find out the differences between school football players from four regions of Puducherry on the selected psychological variables. The Scheffe's post hoc test was used to find out the paired means significance difference in psychological variables Anxiety and Locus of Control.

**Key words:** *Anxiety, Locus of Control, Football.*

## **Introduction**

Modern world is the world of competition, which is very important in mental skills for success. The participation in modern sports is influenced by various physical, physiological, sociological and psychological factors. In this modern era of competition, the psychological preparation of a team is as much as important as teaching the different skills of a game on the scientific lines. The teams are prepared not only to play the games, but to win the games. And for winning the game, it is not only the proficiency in the skills which bring victory but more important is the spirit of the players with which they play and perform their best in the competition. Anxiety is restricted to high arousal states which produce feeling of discomfort. The condition is closely associated with the concept of fear provoking situation. Locus of control is a psychological construct that refers to whether individuals believe that their behaviour or, more correctly, the reinforcements from behaviour, is under the own control (internal locus of control) or not (External locus of control).

## **Statement of the Problem**

The purpose of this study was to compare the analysis of selected psychological variables among football players of different regions of Puducherry state.

## **Hypotheses**

1. It is hypothesized that there would be significant difference in anxiety among different regions of football players.
2. It is hypothesized that there would be significant difference in locus of control among football players.

## Review of Literature

Russell WD, Robb M, and Cox RH. (1998) found the relationship between sex, sport, and competitive situation with state anxiety was examined. The Competitive State Anxiety Inventory-2 was administered to selected intramural basketball and volleyball teams ( $n_s = 266$  and 226) prior to round-robin and play-off competition. Multivariate analysis of variance yielded a significant interaction of sport by sex and a significant main effect for sport. Follow-up tests indicated that basketball players scored higher somatic and cognitive state anxiety than volleyball players. Women scored higher on somatic and cognitive state anxiety than men prior to play-off games. Results are discussed in terms of importance of a multivariate approach to studying competitive anxiety.

## Methodology

The purpose of this study was to compare the analysis of selected psychological variables among football players of different regions of Puducherry state. In order to achieve the purpose of the study twenty school football players from Puducherry region, twenty school football players from Karaikal region, twenty school football players from Mahe region and twenty football players from Yanam region, were selected. The subjects were selected at the time of inter-region sports meets. They were randomly selected. Their age was between 16 and 18 years.

## Selection of Variables

### Dependent Variables

### Psychological Variables

1. Anxiety
2. Locus of Control

### Independent Variables

1. Twenty School Football Players from Puducherry region
2. Twenty School Football Players from Karaikal Region
3. Twenty School Football players from Mahe Region.
4. Twenty School Football players from Yanam Region

## Statistical Technique

The data collected from the subjects were treated statistically. Analysis of variance (ANOVA) was used to find out the differences between school football players from four regions of Puducherry on the selected psychological variables. The Scheffe's post hoc test was used to find out the paired means significance difference.(Thirumalaisamy, 1998)

## Result and Discussion

### Results on Anxiety

Anxiety of the football players of different regions of Puducherry State Schools players were measured through Anxiety Test. The responses were converted into scores and analysed using analysis of variance (ANOVA). The obtained results are presented in Table I.

**Table-I**  
**Computation of Analysis of Variance of Anxiety**  
**(Scores in Numbers)**

Mean Values for				Source of Variance	Sum of Squares	Df	Mean Square	F
Pudu-cherry	Karai-kal	Mahe	Yanam					
45.10	44.60	42.60	42.05	Between	133.04	3	44.35	0.55
				Within	6160.35	76	81.06	

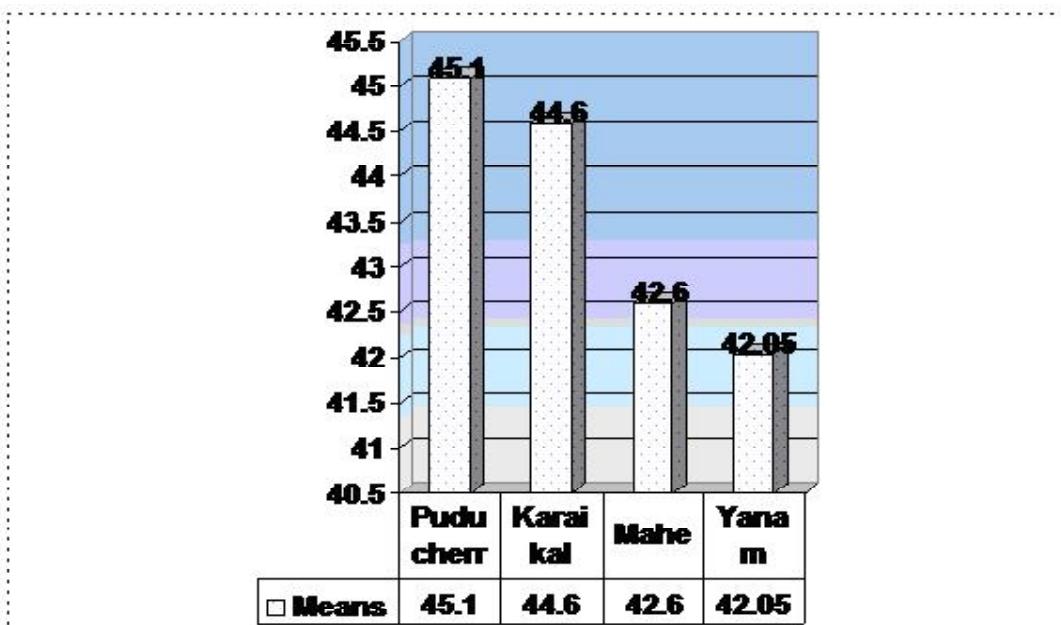
Table F-ratio at 0.05 level of confidence for 3 and 76(df) =3.15.

Table I shows that the obtained mean values on anxiety of the Puducherry Karikal, Mahe and Yanam region football players was 45.10, 44.60, 42.60 and 42.05 respectively. The analysis of variance (ANOVA) of the means proved that there was no significant difference in anxiety among different regions of football players as the obtained F value 0.55 was less than the required F value of 3.15 to be significant at 0.05 level of confidence.

The obtained mean values of anxiety among football players from different regions are presented in Figure I.

Figure-1

Bar Diagram Shows the Mean Values in Anxiety among Puducherry Karaikal, Mahe and Yanam Football Players



### Discussion on Findings of Anxiety

Table I shows the mean values of Puducherry, Karaikal, Mahe and Yanam Football players in anxiety. The differences between the means of the football players of different regions were statistically analysed using Analysis of Variance. The obtained F value 0.55 was less than the required F value 3.15 to be significant at 0.05 levels. Hence, it was proved that there were no significant differences among football players of different regions of Puducherry.

This may be due to the reason that though the subjects were drawn from different regions, they belong to one sport that is football; there is every possibility that they would similar treatment and preparations, which lead to similar anxiety level.

### Results on Locus of Control

Locus of control of the football players of different regions of Puducherry State School players were measured through Rotter's Internal External Scale. The responses were converted into scores and analysed using analysis of variance (ANOVA). The obtained results are presented in Table II.

**Table-II**  
**Computation of Analysis of Variance of Locus of Control**  
**(Scores in Numbers)**

Mean Values for				Source of Variance	Sum of Squares	df	Mean Square	F
Puducherry	Karaikal	Mahe	Yanam					
10.80	13.30	11.80	11.20	Between	72.15	3	24.05	6.44*
					283.80	76	3.73	

Table F-ratio at 0.05 level of confidence for 4 and 76(df) = 3.15. \* Significant

Table II shows that the obtained mean values on locus of control of the Puduchery Karikal, Mahe and Yanam region football players was 10.80, 13.30, 11.80 and 11.20 respectively. The analysis of variance (ANOVA) of the means proved that there was a significant difference in locus of control among different regions of football players as the obtained F value 6.44 was greater than the required F value of 3.15 to be significant at 0.05 level of confidence.

Since significant results were obtained, post hoc analysis was made through Scheffe's confidence interval and the results were presented in Table II(a)

**Table-II (a)**

**Scheffe's Confidence Interval Analysis on Locus of Control among Football Players of Different Regions**

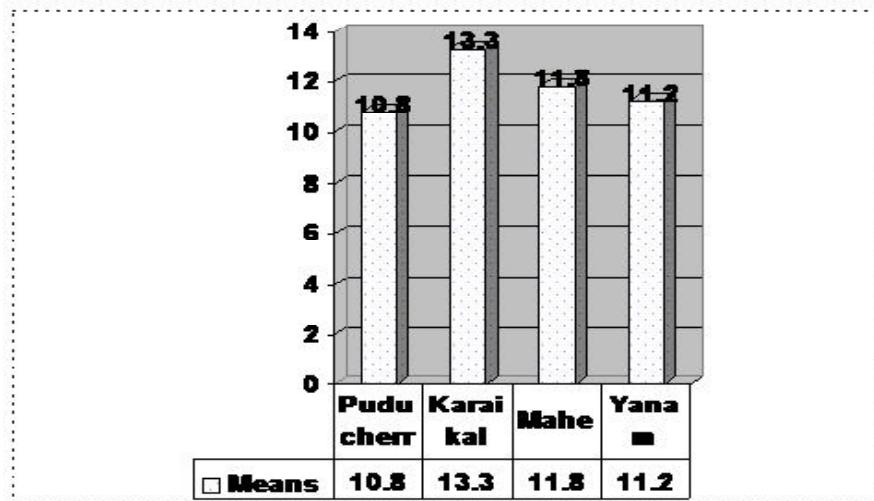
Mean Values of				Mean Difference	C I
Puduchery	Karaikal	Mahe	Yanam		
10.80	13.30			-2.50*	1.87
10.80		11.80		-1.00	1.87
10.80			11.2	-0.40	1.87
	13.30	11.80		1.50	1.87
	13.30		11.2	2.10*	1.87
		11.80	11.2	0.60	1.87

From the Table II(a), it was inferred that there was significant difference between Puduchery and Karaikal Football players and Karikal and Yanam Football players in Locus of Control. Other comparisons were not significant.

The obtained mean values of locus of control among football players of different regions are presented in Figure 2.

Figure-2

**Bar Diagram Showing Mean Values in Locus of Control among Puducherry, Karaikal, Mahe and Yanam Football Players**



### Discussion on Findings of Locus of Control

Table II shows the mean values of Puducherry, Karaikal, Mahe and Yanam Football players in locus of control. The differences between the means of the football players of different regions were statistically analysed using Analysis of Variance. The obtained F value 6.44 was greater than the required F value 3.15 to be significant at 0.05 levels. Hence, it was proved that there was significant difference among football players of different regions of Puducherry.

The post hoc analysis of mean differences showed that Karaikal players possesses greater behavior outcome than Puducherry and Yanam players. Other comparisons were not significant.

### Conclusions

Within the limitations and delimitations of this study, the following conclusions were drawn.

1. It was concluded that there was no significant difference in anxiety among football players of different regions in Puducherry state.
2. It was concluded that there was significant difference in locus of control among football players in different regions in Puducherry state.
3. It was concluded that Karaikal region football players were significantly better than Puducherry and Yanam region football players in behaviour outcome.

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