



Examination of Psychological Variables among Female University Football Players in Varied Geographical Regions

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ABSTRACT

"The aim of this study was to analyze psychological variables among university football players hailing from different universities in two distinct zones, specifically the East and West zones of Tamil Nadu. To achieve this goal, a total of eighty players were randomly selected from universities in both the East and West zones, with ages ranging from 18 to 28 years. These participants were evenly divided into two groups: forty subjects representing the East football players and forty subjects representing the West football players. The collected data underwent statistical analysis using an independent t-test, with the objective of identifying significant improvements in the selected variables. The analysis revealed significant enhancements in both the East and West football player groups."

Keywords: east football players, west football player, Competitive state anxiety, Aggression, anaerobic power and Achievement motivation

INTRODUCTION

Football, often referred to as "the beautiful game," stands as a global phenomenon that has captured the hearts and minds of millions across the world. It transcends boundaries, languages, and cultures, uniting individuals in a shared passion for competition, teamwork, and the pursuit of excellence. The origins of football can be traced back to ancient civilizations, where various forms of ball games were enthusiastically played. However, it wasn't until the 19th century that modern football began to take shape, with the establishment of standardized rules that laid the foundation for the sport's evolution. Since then, football has transformed from its modest beginnings on rugged fields into the meticulously maintained stadiums that now host matches. Its historical journey is a testament to its enduring appeal and global reach. At its core, football is a symphony of movement, strategy, and skill. Two teams, each consisting of eleven players, take the field with a singular objective: to score goals by propelling the ball into the opposing team's net while preventing their opponents from doing the same. Yet, within this seemingly straightforward objective lies a world of complexity and artistry. Football demands not only physical prowess but also mental agility, as players must make split-second decisions, communicate with their teammates, and adapt to ever-changing circumstances. It is this unique blend of athleticism and intellect that sets football apart from other sports. The football pitch becomes a canvas for creativity, as players showcase an impressive array of techniques: dazzling dribbles, pinpoint passes, thunderous shots, and acrobatic saves. Every touch of the ball carries the weight of a team's aspirations and the hopes of its devoted supporters. And with each goal scored, the stadium erupts in a cacophony of cheers and celebrations, underscoring the emotional connection between the game and its fans. However, football is not confined to the boundaries of the pitch. It is a cultural phenomenon that shapes societies, forges identities, and fosters a sense of belonging. The passionate chants of fans, the colorful banners that adorn the stands, and the unique rituals associated with each club create a rich tapestry of traditions that add depth and meaning to the game. Rivalries, some stretching back for generations, infuse matches with an intensity and drama that few other sports can rival.

Psychological variables are factors or characteristics that can vary among individuals and influence their thoughts, feelings, behaviors, and mental processes. These variables are essential components of psychological research, assessment, and understanding human behavior. Psychological variables are not directly observable but are inferred or measured through various research methods and psychological assessments. Here are some common examples of psychological variables: Personality Traits: Personality variables refer to enduring patterns of thoughts, emotions, and behaviors that characterize an individual. Traits such as extraversion, neuroticism, agreeableness, conscientiousness, and openness to experience are examples of personality variables. Emotions: Emotional variables encompass a wide range of feelings and affective states, including happiness, sadness, anger, fear, and surprise. Researchers study emotional variables to understand emotional experiences and their impact on behavior. Cognitive Variables: These variables involve mental processes such as memory, attention, problem-solving, decision-making, and language comprehension. Cognitive variables help researchers examine how people think and process information. Motivation: Motivational variables relate to the internal and external factors that drive an individual's behavior. Examples include intrinsic motivation (internal desire to achieve a goal) and extrinsic motivation (external rewards or consequences). Perception: Perception variables pertain to how individuals interpret sensory information from their environment. This includes variables like visual perception, auditory perception, and perceptual biases. Attitudes and Beliefs: Attitudinal variables involve an individual's positive or negative evaluations of people, objects, or ideas. Beliefs represent an individual's convictions about the existence or truth of specific statements or concepts. Stress

and Coping: Stress variables focus on the psychological and physiological responses to stressors, while coping variables examine how individuals manage and adapt to stress. Self-Efficacy: Self-efficacy is an individual's belief in their ability to successfully complete tasks or achieve specific goals. It plays a role in motivation and performance. Social Variables: These variables relate to social interactions and include factors such as social influence, group dynamics, social norms, and interpersonal relationships. Developmental Variables: Developmental variables consider changes in psychological characteristics and behaviors across the lifespan. Researchers study variables related to cognitive, emotional, and social development. Mood: Mood variables refer to a person's emotional state or emotional tone, which can be transient and influenced by various factors. Culture and Cultural Variables: Cultural variables include cultural norms, values, practices, and cultural identity, which can influence attitudes, beliefs, and behaviors. Psychological variables are crucial for understanding individual differences, predicting behavior, and conducting research in psychology. Researchers use various methods, including surveys, experiments, observations, and psychological assessments, to measure and analyze these variables to gain insights into human psychology and behavior.

CRITERION MEASURES

The selected variables were measured using the following tests:

1. Competitive state anxiety was assessed using the scale developed by R. Martens and D. Gill, with measurements recorded in numerical values.
2. Aggression was quantified using the scale devised by Tiwari and Chauhan, with measurements expressed in numerical values.
3. Mental toughness was evaluated using a standardized questionnaire, and measurements were recorded in numerical values.
4. Achievement motivation was gauged using a questionnaire developed by Kamlesh, with measurements represented in numerical values.

METHODS

To fulfill the study's objectives, we purposefully selected a total of 40 female university football players from both the East and West zones of Tamil Nadu, drawing participants from different universities in each zone. The age of the subjects ranged from 18 to 28 years. These selected university football participants underwent assessments based on psychological variables. Following the selection process, the 40 chosen participants from the East zone football players and the 40 participants from the West zone football players were evenly divided into two groups. The first group was identified as Group – I, comprising the East zone football player participants, while the second group was denoted as Group-II, consisting of participants from the West zone football players.

STATISTICAL ANALYSIS

The descriptive calculation and 't' test will be computed. The level of significance will set at 0.05 level of confident.

TABLE 4.1

COMPUTATION OF 'T' RATIO BETWEEN EAST AND WEST UNIVERSITY WOMEN FOOTBALL PLAYERS GROUPS ON PSYCHOLOGICAL VARIABLES

Variable	Group	N	Mean	Standard deviation	Standard Error Mean	t-ratio
Competitive state Anxiety	East zone women football players	40	19.48	0.42	0.20	6.16*
	west zone women football players	40	20.58	0.32	0.22	
Aggression	East zone women football players	40	28.40	0.68	0.32	5.16*
	west zone women football players	40	27.28	0.75	0.40	
Mental toughness	East zone women football players	40	169.60	0.48	0.55	5.21*
	west zone women football players	40	146.60	0.92	0.35	
Achievement motivation	East zone women football players	40	26.40	0.20	0.58	6.39*
	west zone women football players	40	22.80	0.05	0.45	

*Significant at 0.05 level of confidence (2.70) 1 and 39

Table 4.1 The data illustrates that the mean scores for Competitive State Anxiety were 19.48 for East zone women football players and 20.58 for West zone women football players. The calculated "t" ratio value of 6.16 significantly exceeded the critical table value of 2.70 for degrees of freedom 1 and 39, indicating significance at the 0.05 confidence level.

Similarly, the mean scores for Aggression were 28.40 for East zone women football players and 27.28 for West zone women football players. The calculated "t" ratio value of 5.16 significantly exceeded the critical table value of 2.70 for degrees of freedom 1 and 39, signifying significance at the 0.05 confidence level.

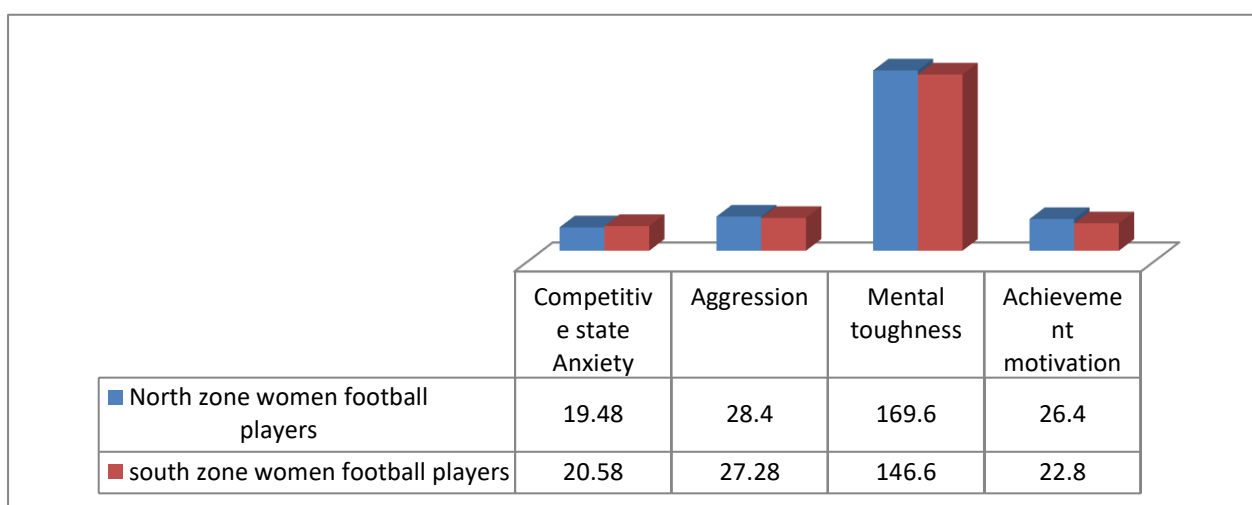
In terms of Mental Toughness, the mean values were 169.60 for East zone women football players and 146.60 for West zone women football players. The calculated "t" ratio value of 5.21 significantly exceeded the critical table value of 2.70 for degrees of freedom 1 and 39, indicating significance at the 0.05 confidence level.

Furthermore, for Achievement Motivation, the mean scores were 26.40 for East zone women football players and 22.80 for West zone women football players. The calculated "t" ratio value of 6.39 significantly exceeded the critical table value of 2.70 for degrees of freedom 1 and 39, signifying significance at the 0.05 confidence level.

Additionally, the study reveals that West zone women football players exhibited higher levels of Competitive State Anxiety, Aggression, Mental Toughness, and Achievement Motivation compared to East zone women football players. Mean values for both groups on these psychological variables are visually depicted in Figure I.

FIGURE I

Graphical Representation on east and west university women football players groups on Psychological variables



DISCUSSION ON FINDINGS

The results of the current study reveal a noteworthy difference in Aggression between the groups of university women football players from the East and West zones. Specifically, the East university women football players demonstrated higher levels of Competitive State Anxiety, Aggression, Mental Toughness, and Achievement Motivation compared to their counterparts from the West. **Richard H. Cox, William D. Russell and Marshall Robb (2000)** conducted a study on comparative concurrent validity of the MRF-L and ARS competitive state anxiety rating scale for volleyball and basketball.

CONCLUSIONS

Drawing from the findings and discussions presented in the preceding chapter, the following conclusions can be drawn:

1. The study's findings point to a significant difference in Competitive State Anxiety, Aggression, Mental Toughness, and Achievement Motivation between the university women football player groups from the East and West zones.
2. It was determined that the East university women football player groups exhibited higher levels of Competitive State Anxiety, Aggression, Anaerobic Power, and Achievement Motivation compared to their counterparts from the West university women football player groups.

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