

## A Comparative Study of Selected Psychological Variables between High and Low Performer of Football Inter University Players

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### Abstract:

After many researches on psychology, it was found that psychology is the study of human behavior. In other words we can say that psychological factors affect the human thinking powers and the same thing is also applied on sports also. The present study was based on psychological factors i.e. stress, aggression and anxiety. The purpose of this study was to find out the difference between high and low performer of football Interuniversity player in relation to stress, aggression and anxiety. Total 192 Inter university Football players were randomly selected as sample and their age was between 18 to 25years. Three standardized questionnaires for stress, aggression and anxiety were used for the collection of data. The data was analyzed by statistical technique 't' test which was significant at 0.05 level. In the findings of the study it was found that there was no significant statistical difference between high and low performer in relation to stress and aggression level of Football Interuniversity players whereas there was significant statistical difference found between high and low performer in relation to anxiety level of Football Interuniversity players.

**Keywords:** Stress, Aggression, Anxiety, Football, High and Low performer, Interuniversity.

**Introduction:** Football needs not only physical fitness but also technical and tactical skills to succeed in performances. Fitness is important at all levels of the game, while it is being essential for top level players, it is beneficial for beginners who will improve their performances through good standards of fitness both physically and psychologically Football is a complex sport and

performance depends on a number of factors, such as physical fitness, player's technique and psychological factors. Psychological factors such as stress, aggression and anxiety deeply effects on beginners as well as advance player's performance both positively and negatively. Stress is identified with both outside and inner components. Inward factors incorporate the physical condition, including your activity, your relationship with another, your home and all the circumstances, difficulties, troubles and desires you're stood up to with every day. Aggression is method of conduct in which one objective to harm someone else. Hostility as any type of conduct coordinated towards the objective of hurting or harming someone else who however needs to maintain a strategic distance from such abuses. Anxiety is remarkably typical experience that everybody experience occasionally. It is a passionate state; spoke to by sentiment of fear and dread.

### **Review of related literature**

**Sharma Surinder Kumar et al**, in this study, the scholar was investigate to measure the stress level between male batsmen and bowlers of senior district level of Himachal Pradesh under the age of 18 to 25 years. Total 144 cricketers (72 bowlers and 72 batsmen) had been selected for the study. Stress Scale Questionnaire was used for the study and it was developed by BSPA. The data was analyzed by t-test. The findings of the study was significant different found between the variables.

**DehghaniMahrokh**, hostility is an antagonistic character quality that has been related with sport interest. From a mental point of view, hostility has been characterized by Baron's (1977) conceptualization of hostility as any physical, mental or verbal conduct driven by the expectation to hurt somebody who is propelled to dodge such treatment. As a result of the effect of forceful conduct on athletic execution, the motivation behind this investigation was the correlation of hostility of football players in various positions. An aggregate of 138 male football players finished the studies. Two sort of close to home data and Bredmeier Athletic Aggression Inventory were utilized to gather the data. So as to examine the information was utilized ANOVA. There was a huge contrasts between various situations for the threatening hostility. These outcomes could be valuable in any future endeavors to anticipate and control forceful conduct by mentors and sports analysts.

**Gayen Arup et al**, The objective of the study was to compare Anxiety, Interest and Sports Achievement Motivation between Soccer and Volleyball players. With the end goal of the study 30 (15 soccer and 15 volleyball) male players who represented their University in respective competitions were selected as the subjects of the study. Age of the selected subjects were ranged from 17 to 26 years. Tension, Interest and Sports Achievement Motivation of subjects were measured through standard questionnaire. T-test was used to compare Soccer and Volleyball players on the selected psychological variables further the level of significance was set at 0.05. The present study found that there has no difference between Soccer and Volleyball Players in relation to Anxiety, Interest and Sports Achievement Motivation.

### **Research Methodology**

The present study was survey type and it was designed to assess the stress, aggression and anxiety of Interuniversity male Football players. The tournament was held in SBBS University, Khiala, (Jal) (Pb) in session 2019-20. Total 192 players were selected by random sampling technique. The player's age ranges between 18 to 25 years.

### **Tool Used**

The psychological variables namely stress, aggression and anxiety were selected for the purpose of this study. The variables were measured through selected standardized tests. To measure the stress level the 'Stress Scale' questionnaire constructed by Dr. Prerna Puri, Dr. Tejinder Kaur and Prof. Manju Mehta was administered. Aggression level of subjects was assessed using the aggression questionnaire constructed by Dr. G. C. Patti (English version) (1976) and the Anxiety was measured through Sports Competitive Anxiety Test (SCAT) by Rein Martain (1977).

### **Statistical Procedure**

Significant difference in stress, aggression and anxiety level of high performer and low performer of Interuniversity Football players. Data was analyzed through 't' test at the significance level of 0.05.

### **Hypothesis of the study**

1. It was hypothesized that there may not be significant difference between stress level of High and Low performer of Football Inter university players.

2. It was hypothesized that there may not be significant difference between Aggression level of High and Low performer of Football Inter university players.
3. It was hypothesized that there may not be significant difference between anxiety level of High and Low performer of Football Inter university players.

## Result and Discussion

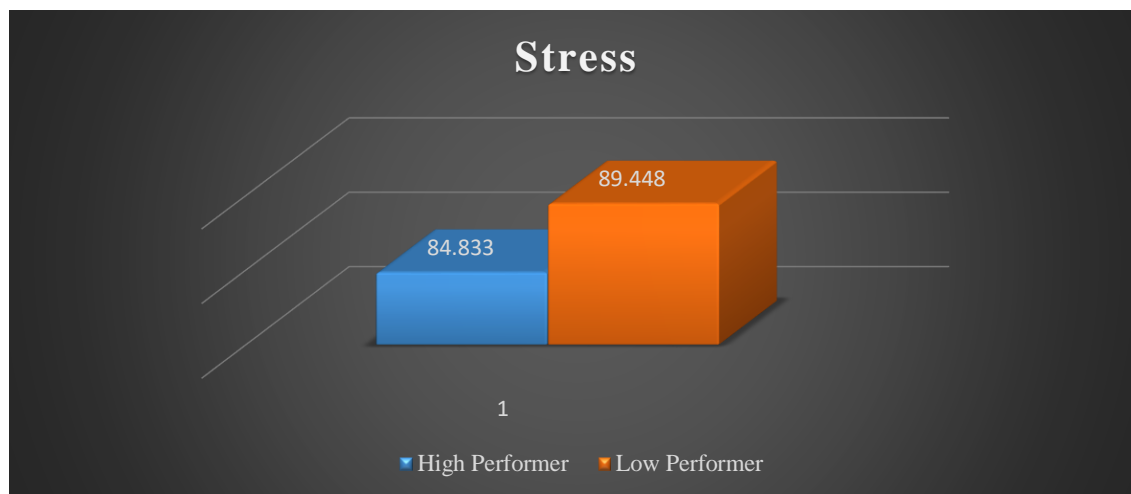
**Table no. 1**  
**Independent Sample t-test of stress level of high performer and low performer**  
**Football players.**

	PER	N	Mean	Std. Deviation	Std. Error Mean	df	t-value	Sig
Stress	High performer	96	84.833	13.6472	1.3929	190	-2.440	.016
	Low Performer	96	89.448	12.5294	1.2788			

### \* Insignificant at .05 level

Table No.1 reveals that the Mean of Stress level of High performer football players found to be 84.833 which is less than the mean of Low Performer Football Players but the standard deviation 13.6472 found to be higher than the low performer of football players i.e. 89.448 and 12.5289 respectively. The t value is -2.44 and the tabulated value is .016 this shows that there is insignificant difference in the Stress level of high and low performer football players.

**Fig. 1 Graphical Representation of Mean of stress level of High performer and low performer football players**



**Table 2**

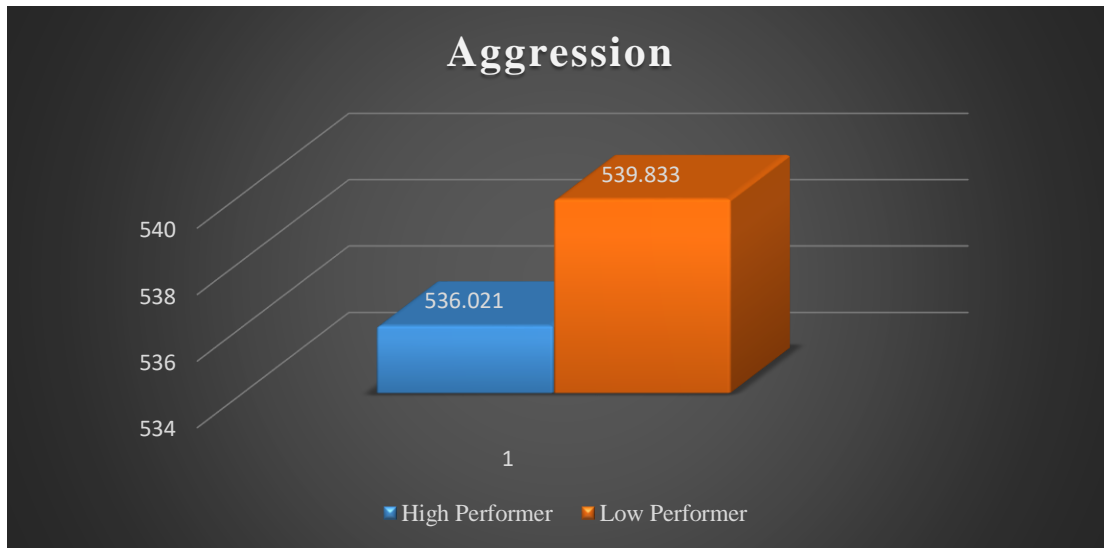
**Independent Sample t-test of aggression level of high performer and low performer Football players.**

	PER	N	Mean	Std. Deviation	Std. Error Mean	df	t-value	Sig
Aggression	High performer	96	536.02	48.08	4.907	190	-.519	.605
	Low Performer	96	539.83	53.62	5.472			

**\* Insignificant at .05 level**

Table 2 shows the mean of Aggression level of High performers and Low performers of Football teams. The Mean of Aggression level of High performers football players are 536.021 and standard deviation is 48.0802 is which is lower the Mean of Aggression level of low performer of football players i.e. 539.833 and standard deviation i.e. 53.6234 respectively. The t value -0.519 and the tabulated value is .605 this shows that there is insignificant difference in the Aggression level of high and low performers football players.

**Fig. 2. Graphical Representation of Mean of aggression level of High performer and low performer football players**



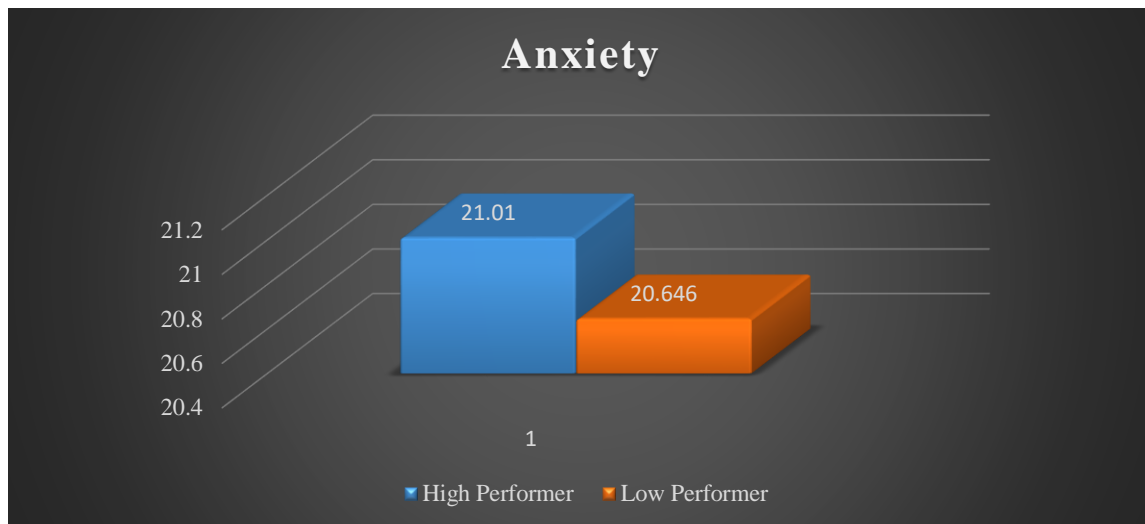
**Table 3 Independent Sample t-test of anxiety level of high performer and low performer Football players.**

	PER	N	Mean	Std. Deviation	Std. Error Mean	df	t-value	Sig
Anxiety	High performer	96	21.010	3.1706	.3236	190	.904	.367
	Low Performer	96	20.646	2.3619	.2411			

**\* Significant at .05 level**

Table 3 reveals that the Mean (21.010) and Standard Deviation (3.1706) of Anxiety level of High performer football players were high than the Mean (20.646) and standard deviation (2.3619) of Anxiety level of low performer of football players. The 't' value is .904 and the tabulated value is .367 this shows that there is significant difference in the anxiety level of high and low performer football players.

**Fig. 3 Graphical Representation of Mean and t-value of Anxiety level of High performer and low performer football players**



## Result

1. The result of study shows that there was insignificant difference between stress levels of High and Low performer of Football Interuniversity players so the hypothesis was accepted.
2. The result of study shows that there was insignificant difference between aggression levels of High and Low performer of Football Interuniversity players so the hypothesis was accepted.
3. The result of study shows that there was significant difference found between anxiety levels of High and Low performer of Football Interuniversity players so the hypothesis was rejected.

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