

Psychological skills among high performer and low performer soccer players

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Abstract

Purpose: To compare the psychological skills among high performer and low performer soccer teams.

Methods: For fulfilling the purpose of the study one hundred thirty seven soccer players belonging to 8 different Soccer Club which participated in the Super Division Football League, Manipur (2014-2015) held at Th. Birchandra Football Academy, Toubungkhok, Imphal West, Manipur were selected. Subjects were divided into two groups according to their level of achievement i.e. high performer and low performer soccer teams. The data was collected through the administration of the Psychological Performance Inventory (PPI) for the sports as developed by James E. Loehr (1996) containing 42 items to assess an athlete's psychological skills.

Statistical analysis: To find out the significant differences in psychological skill among high performer and low performer soccer teams. The one way ANOVA was used and levels of significance was 0.05.

Results: The result of the study reveals that that there was a significant difference among high performer and low performer soccer teams.

Conclusion: Result of the study indicates that some of the parameters in psychological skill have found significant namely (self-confidence, attention control, visual and imagery control and attitude control) and negative energy and positive energy have found insignificant at 0.05 level of significance. Self-confidence as the belief that individuals have in their capability to perform a particular task.

Keywords: self-confidence, attention control, visual and imagery control, attitude control, negative energy and positive energy

Introduction

Today in the field of sports the role of skills and psychological preparations of athletes in sport successes and achieving desire performance in completions and tournaments, even in some circumstance, be considered more important than the technical preparation. Many research evidences have confirmed this claim in psychological filed. Competitive soccer requires concentration, quick thinking and great deal of movements about attack and next about defence. They must be concentrating all the time, if they are keeping play wider. Soccer is an excellent sport for developing and maintaining physical fitness, strength, endurance, co-ordination and other physiological benefits. High level of achievement and excellence in any area do not come easily. There are numerous obstacles to overcome and barriers to push aside. Sports psychology as an applied psychology is the greatest blessing of the modern day of sports sciences in this age. Within a short span of time, sports psychology has taken giant strides. The knowledge is all field of human endeavour, especially of behaviour has expanded to such an extent that it is different to discuss one aspect of behaviour without reference of other.

Psychological skills training (PST) is the deliberate, systematic practice of strategies and methods designed to enhance an athlete's performance, by enhancing their psychological skills. PST is as important to the athlete as physical training, and in most sports success comes from utilizing and maximizing a combination of technical, tactical, physical, and psychological abilities (Hardy, Jones & Gould,

1997; Hodge, 2007; Orlick, 2000; Weinberg & Gould, 1999) [6].

Psychological skills training (PST) is as important to the athlete as physical training and can contribute 50-90% of their performance. Goal setting, self-talk, mental imagery and mental rehearsal, and relaxation are the four most prominent PST methods used by athletes. Like technical or tactical aspects of a sport, athletes must be learned, developed, and practiced by the athlete. Each athlete and individual has different sporting needs, psychological skill development, orientations and experience, so every PST program must be individualized to fit that athlete.

Psychological Skill Training is an integral part of the athlete as other training components of sports training. 50-90% effort of their performance at main competition was contribute by the elite athletes through PST program. PST should be given and developed by the athletes as technical and tactical aspect of sports. Every individual or athletes has different needs in sports. So athletes must be trained systematically according to the individual need of players (Rosie chee, 2010) [2].

Psychological skills, like technical or tactical aspects of a sport, must be learned, developed, and practiced by the athlete (Hardy, Jones & Gould, 1997; Hodge, 2007; Weinberg & Gould, 1999) [6]. There are three subsections of psychological skills: Foundation skills, performance skills, and facilitative skills. Like physical skills, psychological skills have different times in which they should be developed and practiced (Hodge, 2007).

2. Methods

Subjects

In this study one hundred thirty seven (N=137) soccer players were selected. These subjects belong to 8 different Soccer Club which participated in the Super Division Football League, Manipur (2014-2015) held at Th. Birchandra Football Academy, Toubungkhok, Imphal West, and Manipur. From only one discipline of soccer teams, subjects were divided into two groups according to their level of achievement i.e. high performer and low performer soccer teams.

2.1 Selection of Test Items

The data was collected through the administration of the Psychological Performance Inventory (PPI) for the sports as developed by James E. Loehr (1996) [7] containing 42 items was given to the subject according to their convenience. The Psychological Performance Inventory (PPI) assesses an athlete’s psychological skill in the categories of self-confidence, negative energy, attention control, visual and imagery control, motivational level, positive energy and

attention control.

2.2 Collection of Data

The data was collected by administering the questionnaire by the scholar himself with the co-operation of coaches’ managers and consent of athletes was obtained prior to the administration of the inventory. In all cases the athletes were assured.

2.3 Statistical Analysis

To find out the significant difference in psychological skill between the different soccer teams participating in the intervarsity competition descriptive statistics and one way ANOVA was employed and levels of significance was set at 0.05.

3. Results and Discussion

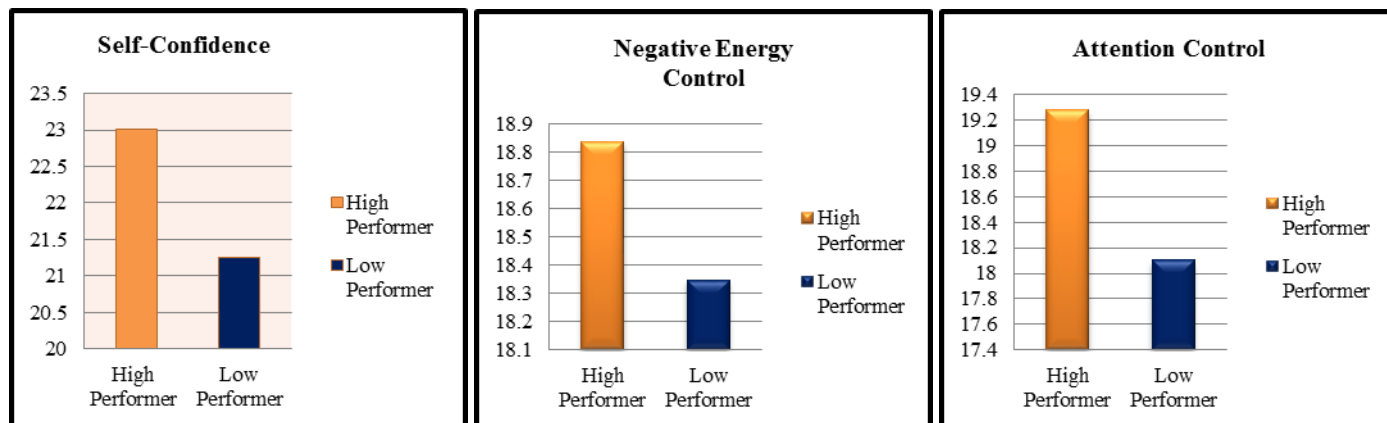
The one way ANOVA was employed to find out the significant difference in psychological skill among high performer and low performer soccer teams. The findings pertaining to this have been shown in table 1

Table 1: Descriptive Analysis of Psychological Skill among High Performer and Low Performer Soccer Teams

Psychological skill	Groups	N	Mean	Std. Dv.
Self-Confidence	High Performer	68	23.0147	4.71103
	Low Performer	69	21.2609	4.61982
Negative energy control	High Performer	68	18.8382	3.63487
	Low Performer	69	18.3478	3.39907
Attention control	High Performer	68	19.2794	3.42443
	Low Performer	69	18.1014	3.04932
Visual & imagery control	High Performer	68	23.6471	4.29427
	Low Performer	69	22.1159	3.89017
Motivational level	High Performer	68	24.1618	4.80239
	Low Performer	69	24.2464	3.90853
Positive energy control	High Performer	68	23.6324	4.41471
	Low Performer	69	22.8986	4.01521
Attitude control	High Performer	68	23.9412	4.75326
	Low Performer	69	21.9420	4.67435

Table 1 reveals the descriptive analysis in terms of mean and standard deviation on psychological skill of high performer and low performer players in self-confidence was 23.01 ± 4.71 & 21.27 ± 4.61 , negative energy control 18.83 ± 3.63 & 18.34 ± 3.40 , attention control 19.27 ± 3.42 & 18.10 ± 3.04 ,

visualization and imagery control 23.64 ± 4.30 & 22.11 ± 3.90 , motivational level 24.16 ± 4.80 & 24.24 ± 3.90 , positive energy control 23.63 ± 4.41 & 22.90 ± 4.01 and attitude control 23.94 ± 4.75 & 21.94 ± 4.68 respectively. The descriptive scores are revealed in figure 1.



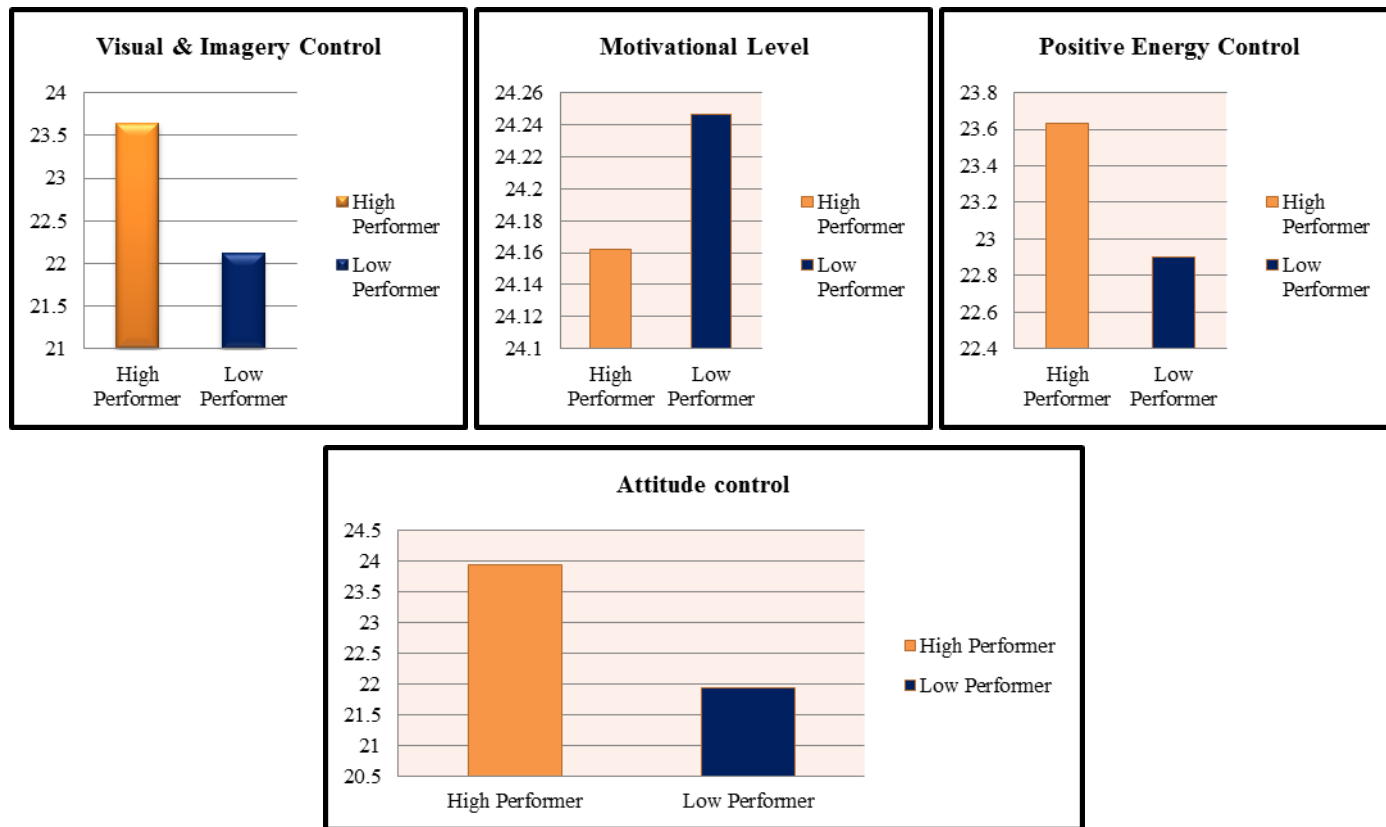


Fig 1: Means Scores several of Psychological Skill among High Performer and Low Performer Soccer Teams

Table 2: One way ANOVA on Psychological Skill among High Performer and Low Performer Soccer Teams

Psychological skill		Sum of square	df	Mean square	F	Sig.
Self-Confidence	Between Groups	105.345	1	105.345	4.840*	.030
	Within Groups	2938.290	135	21.765		
Negative energy control	Between Groups	8.237	1	8.237	.665	.416
	Within Groups	1670.873	135	12.377		
Attention control	Between Groups	47.523	1	47.523	4.524*	.035
	Within Groups	1417.981	135	10.504		
Visual & imagery control	Between Groups	80.289	1	80.289	4.786*	.030
	Within Groups	2264.602	135	16.775		
Motivational level	Between Groups	.245	1	.245	.013	.910
	Within Groups	2584.032	135	19.141		
Positive energy control	Between Groups	18.441	1	18.441	1.036	.310
	Within Groups	2402.099	135	17.793		
Attitude control	Between Groups	136.876	1	136.876	6.160*	.014
	Within Groups	2999.533	135	22.219		

*significant at 0.05 level [F value (1,135) = 3.92]

Table-2 reveals that there was a significant difference between high performer and low performer soccer players in self-confidence, attention control, visual and imagery control and attitude control as calculated value was greater than the tabulated value at .05 level of significance with 1, 131 degree of freedom, while insignificant difference was found in rest of the variables namely negative energy control, motivational level and positive energy control as calculated value was lower than the tabulated value at .05 level of significance with 1, 131 degree of freedom respectively.

4. Discussion

The present study was mainly concerned with soccer players participated in the all India intervarsity competition. At present the game soccer is becoming as a professional sport. So, the competition among the soccer players is growing up day by day with different colours. Most psychologists believe that levels of psychological skills are required to achieve and enhanced the performance at the time of

main competition at every levels. Some of the parameters in psychological skills have found significant between successful and unsuccessful namely self-confidence, attention control, visual & imagery control and attitude control.

Negative energy control – result of study indicates there was an insignificant found among successful and unsuccessful intervarsity soccer teams, as both the teams level have the ability to control negative emotions such as fear, anger, frustration and resentment and depend upon the nature of sports.

Attention control refers to individuals' capacity to choose what they pay attention to and what they ignore. It is also known as endogenous attention or executive attention. In lay terms, attention control can be described as an individual's ability to concentrate (Posner & Peterson). The present study indicates that the significant was found among successful and unsuccessful intervarsity soccer team's .every players need a good concentration and focus to enhance a performance at the main competition. There might be a difference in

psychological skill training and psychological preparation of the players by the coach.

Visual and imagery control, mental imagery to describe various structured mental practiced techniques that used many senses to recreate an athletic performance as a means of enhancing performance in training and competition and it can also be defined as the ability to think in positive and supportive images and the ability to control the flow of mental images in a positive and constructive direction (Vealey and Greenleaf, 1998). Study indicates that there was a significant difference found among successful and unsuccessful soccer teams as successful teams have a good capacity to think positive, supportive and construction direction to enhance the performance. The different psychological skill techniques used by the coach may vary from each other to develop the psychological skill and preparation of the teams. Motivation level, a study indicates that there was insignificant difference found among successful and unsuccessful intervarsity soccer teams. The player's energy and direction of behaviour reflects the amount of effort or attention to an activity or task as both the level of the teams have good amount of energy usually associated with a great amount of motivation. (Deci 1980; Roberts 1992) [4]. The youth players always are in a good and positive energy to do group task.

Positive energy control, the present study indicates that there was an insignificant found among successful and unsuccessful intervarsity soccer teams. As both the teams have a good ability to become energized through soccer competition, fun, joy, determination and develop the team spirit positively as a player's of both the teams are belong to youth and collegiate level. So both the teams are enjoying with playing soccer as a part of fun and joy.

Attitude control, a present study indicates that there was a significant difference found among successful and unsuccessful intervarsity soccer teams. The successful players is having a more attitude towards achieving the goal as their performance is concerned and also due to the training variation and psychological skill training techniques used by the coach may vary from each teams and the goal setting of the teams is also lead a main role in deciding successful and unsuccessful athletes.

The approach in the current study was to use the contributions of a number of athletes from a wide variety of team sports in all phases of the research program. This has resulted in a questionnaire that has demonstrated (a) good initial psychometric properties on scores. The current study was initially based on a strong theoretical foundation provided by Michael J. Mahoney (1987) [8] that is supported by over 20 years of research,

Based on the analysis of the data and results it can be hypothesized that significant difference of psychological skill among successful and unsuccessful intervarsity soccer teams.

5. Conclusions

Research scholar had taken this study with a consideration that there might be a difference in psychological skill among high performer and low performer soccer teams.

Result of the study indicates that in some of the parameters of psychological skills significant differences were found in self-confidence, attention control, visual and imagery control and attitude control at 0.05 level of significance. In the factors of negative energy and positive energy insignificant differences were found. Self-confidence as the belief that individuals have in their capability to perform a particular task. It is a cognitive process by which the individuals form a subjective judgment of their ability to meet certain environmental demands (Bandura, 1986). The result of the present study indicates significant differences were found among high performer and low performer soccer teams. As the high performer teams possess more experiences of competition and maximum participation in all India intervarsity competition consecutively from past five years and it also due to the level of skill individual of the teams possess, training methodology, competition environment,

psychological skill training of the coaches might be the main reason of significant difference and also training variation of teams.

6. Practical Application

The findings of the study will help to understand the benefits of psychological skills and its training as a part of preparation for enhancing the soccer performance at intervarsity levels as well in national and international level. The result of this study will be of immense support to the sports scientists, physician, teachers, and coaches, scholars to frame or modify the existing study.

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