

## Comparitive study of selected psychological and skill related variables between Pondicherry and Daman and Diu Santhosh trophy football players

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### Abstract

The purpose of the study was to find out the assessment on selected psychological and skill related variables between Pondicherry and Daman and Diu Santhosh trophy football players. Fifteen Male football Players from Pondicherry and Fifteen Male football Players from Daman Diu were selected as subjects for the study and standardized testing procedure was applied to measure the variables such as Aggression level (Aggression Inventory questionnaire) kicking ability and dribbling ability (Warner Soccer Skill test). The kicking distance was measured in meters and dribbling ability was measured in seconds. The reliability of data was censured by establishing tester's reliability, instrument reliability and subject's reliability by the test and retest method. In order to find out the significant differences the collected data was statistically analysed by applying independent t' test and the level of significance was fixed at 0.05 level of confidence. It was observed from the analysis of data and the discussion on findings showed that, in skill related variables the football players of Pondicherry were better than the Daman Diu players and the level of the aggression was remained almost same.

**Keywords:** warner soccer, dribbling, kicking and aggression

### Introduction

Soccer is a champion among the most surely understood amusements being played all through the world. Numerous people just loves the diversion and take after every beguilement played by their most adored gathering religiously. In the midst of any genuine class or titles, you'll find numerous people adhered on to their TV sets to cheer or comment about the soccer match being played. It is of the essential circumstance in any clubs or bars around at that point. Soccer fans every so often, get so required in the match they think; they are moreover part of the gatherings. Glorifying triumph in an effective diversion and crying if their gathering loses its match are a part of the standard reaction you'll find among fans.

Prior, the diversion was played as a distraction leisure activity in the city. Indeed, even today, the vast majority of the football legends originated from the lanes. All you have to play the game is a ball and two feet to control it. However, players can't utilize their hand yet whatever remains of the body can be. To witness the correct energy that takes after the soccer match, can be seen and experienced amid any match played inside the 100meters football stadium. The sound of fans cheering, crying, yelling and playing drums are there to inspire and urge to play well.

Football has several fundamental skills such as passing dribbling and shooting mastery over the fundamental skills is very essential in improving the standard of the game. Fundamental skills are very essential in improving the standard of the game. Each skills should be taught separately and therefore much drilling to be done in the fundamentals. If a high standard is expected much time should be devoted in the drilling of each fundamental skill. As each players improves in his individual skill. The team performance also improves. The practice period should be carefully planned so

that the skills are learned in a progressive way. The fundamental skills have formed the basis of man's work and play since time immemorial. They were prime investigators of the voluntary processes and were the catalyst that lifted man to higher and more human devils. They were the basis for survival activities originally and they later developed and more purposive work. Man's play games gymnastics and dance are adaptations. Modifications and elaborations of these basic patterns.

### Dribbling

In football, dribbling is the expertise of moving the ball around the field, by utilization of the feet, unassisted by different players. The fundamental ideas of spilling incorporate keeping the ball as near the feet as conceivable so as to keep up control of the ball; utilizing the right piece of the feet to contact the ball with a specific end goal to keep up adjust of the body and accomplish the coveted outcome; and, at last utilizing fringe vision to see the ball to keep however much of the field in sight as could reasonably be expected amid the execution of the expertise.

At the initial level, nonetheless, the most critical part of spilling is just getting the players used to moving the ball around with any piece of their feet. The greater part of the exercises beneath include one player with one ball.

### Shooting

Shooting is an attempt to score a goal. The main object of football game is to passing are shoot the ball into opponents goal and to score one goal.

The aim of football game is to score as many goals as possible. Because it is the highest number of goal's scored that would decide the result of the game. However, the defenders will always do their best to prevent the opponent to score a

goal. Hence a good football player should master the skill of shooting

**Kicking**

Kicking is the one basic skill you need to play soccer. A skill at the goal is called a shot. A kick toward a team mate is called a pass. There are several kicks used to pass and shoot a soccer ball. When practicing soccer kicks, alternate your kicking foot. A soccer player must be able to kick with either foot.

Kicking the ball does not mean that you that you must try to kick it out of sight every time. As you kick keep your eye on the ball. Do not just kick the ball aimlessly. Try to have a target in mind. The aim is to kick with just the right force, in the right direction. This will develop accuracy. The more you practice, the better you will become

**Methodology**

**Selection of Subjects**

Fifteen men senior soccer players from Daman and Diu Santhosh trophy and fifteen men senior players in Pondicherry Santhosh trophy players who played in the senior national competitions were selected. The investigator explained the purpose and significance of the study to all the players to ensure maximum co-operation from the subjects

**Table 1:** Selection of variables

Variables		Test and Tools
Psychological variables	Aggression	Aggression Inventory questioner
Skill related variables	Right foot kicking	Warner soccer skill test
	Dribbling	

**Test Administration**

**Aggression Inventory questionnaire**

Aggression of football players by way of making use of the sporting activities Aggression Inventory questionnaire created and institutionalized through Prof. Anand Kumar Srivastava and Prem Shankar Shukla (1985). In this questionnaire twenty five matters within the sports Aggression inventory survey of which thirteen things are set "yes" and the rest of the twelve are set "NO". 1,4,5,6,9,12,14,16,18,21,22,24&25 are the bulletins which might be keyed "sure"; and the 2,3,7,8,10,11,13,15,17,19,20 &23 are set "NO". The rating is 1 (one) for every right element whilst 25 might be the most extreme mark and zero (0) is the base mark.

The marks of every problem on every report are summarized and talk to the character's aggregate rating through respect to Aggression. The rating strolling from twelve -thirteen is occupied as normal Aggression, the rating which make bigger

**Table 2:** Data and test of significance (independent 't' test) of Aggression

variable	group	mean	T ratio
Aggression	Pondicherry Santhosh Trophy Football Players	12.5733	1.32
	Daman And Diu Santhosh Trophy Football Players	12.2000	

From the above table indicate that the calculated 't' value is 1.32 is lesser than the table value (2.048, df 28), so there is no significant difference in the level of aggression between

over the thirteen are considered as excessive animosity and the rankings beneath twelve are taken into consideration as low Aggression

**Warner test of selected soccer skill**

1. The measure for distance, right foot
2. Dribbling

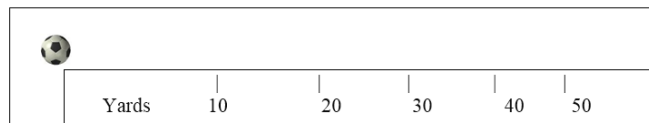
**Kicking For Distance, Right Foot**

**Purpose**

To measure kicking ability

**Facilities and equipment's**

Soccer balls and field markings



The player runs to kick a stationary ball. The ball must stay with in a lane which is 35 yards line the distance the ball advances in the air is measured. Three trials are given.

**Scoring:**

Measure the distance of the kick to the first bounce. Record the best of 3 kicks measure to the nearest yard.

**Dribbling**

**Purpose**

To measure control the ball with the feet.

**Facilities and equipment's**

5 objects, soccer ball, stop watch.

The subject dribbles the ball in and out among the objects is timed for the course of the trip totally 12 mts starting line to first cone 2mts and other five objects each one 2 mts that players should finish starting place only minimum possible time is best performance.

**Scoring:**

3 trials will be given and best time is recorded

**Results and Discussion**

The data collected from 15 Pondicherry Santhosh trophy football Players and Daman and Diu Santhosh trophy football Players were selected from the Pondicherry and Daman and Diu football players were selected from Goa, Pondicherry santhosh trophy for men were subjected to „independent t“ test of analysis for significance difference. The level of significance was fixed at 0.05 level confidences

Pondicherry Santhosh Trophy Football Players and Daman And Diu Santhosh Trophy Football Players.

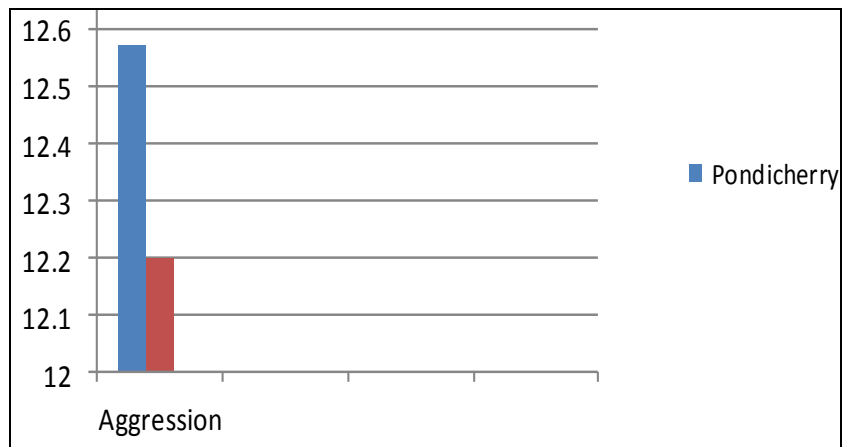


Fig 1: Test of significance (independent 't' test) of Aggression

Table 3: Data and test of significance (independent 't' test) of right foot kicking ability and dribbling ability

variable	group	mean	T ratio
Right foot kicking	Pondicherry Santhosh Trophy Football Players	61.2000	2.634*
	Daman And Diu Santhosh Trophy Football Players	55.4000	
Dribbling	Pondicherry Santhosh Trophy Football Players	12.0667	2.941*
	Daman And Diu Santhosh Trophy football Players	13.8667	

\* Significant at 0.05 level of confidence with degrees of freedom 28

From the above table indicate that the calculated 't' value is 2.634 (Right Foot Kicking) and 2.941 (Dribbling) is higher than the table value (2.048, df 28), so the statistical results showing that there is a significant difference in selected skill

related variables (Right foot kicking and Dribbling) between Pondicherry Santhosh Trophy Football Players and Daman And Diu Santhosh Trophy Football Players.

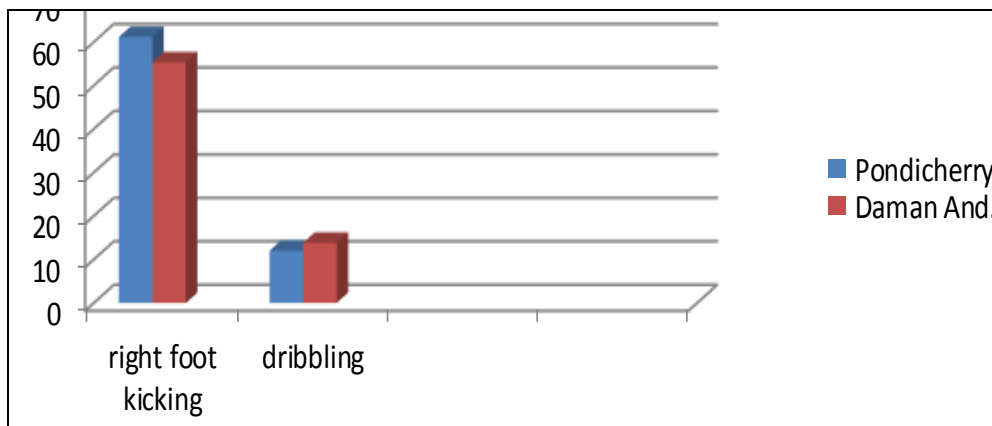


Fig 2: test of significance (independent 't' test) of right foot kicking ability and dribbling ability

**Discussion on Findings**

From the statistical point of view that there is no significant difference in the level of aggression between Pondicherry Santhosh Trophy Football Players and Daman And Diu Santhosh Trophy Football Players, there is a significant difference, in kicking ability Pondicherry Santhosh trophy players have high kicking and that there is a significant difference; in dribbling ability Pondicherry Santhosh trophy players are having high dribbling ability than Daman and Diu Santhosh trophy players ability than Daman and Diu Santhosh trophy players.

**Conclusion**

According to my view and result of the study which showing that.

- There is no significant difference in the level of aggression between Pondicherry Santhosh Trophy Football Players and Daman and Diu Santhosh Trophy Football Players.
- There is a significant difference in selected skill related variables (Right foot kicking, and Dribbling) between Pondicherry Santhosh Trophy Football Players and Daman And Diu Santhosh Trophy Football Players.
- Pondicherry football players are better because they were exposure to various football tournaments compared Daman and Diu football players.
- The number players in Pondicherry were higher than that of Daman and Diu players, so that players from Pondicherry were selected on the basis of selection trails and coaching camp were also higher to that of Daman and Diu.

- Another point to be in that the number of qualified coaches and training centre in Pondicherry are greater than that of Daman and Diu

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