



Effect of customized training on motivation, team cohesion, and confidence levels in tribal adolescent football players

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Abstract

The purpose of the present study was to examine the effect of customized training on motivation, team cohesion, and confidence levels among tribal adolescent football players. A total of 40 tribal adolescent football players were selected as subjects for this study. The age of the subjects ranged between 14 to 18 years. The subjects were divided into two groups: experimental group (n=20) and control group (n=20). The experimental group underwent a customized training program for a period of 8 weeks, while the control group followed their regular training routine. Standardized questionnaires were used to assess motivation, team cohesion, and sports confidence. The collected data were analyzed using descriptive statistics and paired 't' test. The results revealed that there was a significant improvement in motivation, team cohesion, and confidence levels in the experimental group compared to the control group.

Keywords: Customized training, motivation, team cohesion, confidence, tribal players, football

Introduction

Psychological factors play a vital role in determining sports performance, especially among adolescent athletes. Among these factors, motivation, team cohesion, and confidence are considered key determinants of success in team sports like football. Motivation is defined as the internal and external forces that initiate and sustain behavior toward achieving goals, while confidence refers to an athlete's belief in their ability to perform successfully under competitive conditions (Deci & Ryan, 1985; Vealey, 1986) [2, 4]. Team cohesion, on the other hand, represents the degree to which team members stick together and work collectively toward shared objectives (Carron, Widmeyer, & Brawley, 1985) [2]. These psychological attributes are particularly important during adolescence, a stage characterized by rapid physical and psychological development.

In the context of tribal adolescent football players, the importance of psychological development becomes even more significant. Tribal athletes often face multiple challenges such as lack of infrastructure, limited access to professional coaching, and minimal exposure to competitive sports environments. These factors can negatively influence their motivation levels, self-confidence, and ability to function effectively within a team setting (Weinberg & Gould, 2015) [5]. Therefore, there is a strong need to implement structured and scientific training interventions that address both physical and psychological aspects of performance among this population.

Customized training programs have gained considerable attention in recent years due to their athlete-centered approach. These programs are designed based on the specific needs, abilities, and developmental levels of athletes, integrating physical conditioning with psychological skill training such as goal setting, visualization, and positive self-talk (Bompa & Buzzichelli, 2019) [1]. Research has shown that tailored training interventions can significantly enhance not only physical performance but also psychological variables like

motivation, confidence, and team cohesion (Weinberg & Gould, 2015) [5]. Such programs are particularly beneficial for young athletes, as they promote holistic development and long-term engagement in sports.

Considering the importance of psychological variables and the effectiveness of customized training approaches, the present study aims to examine the effect of a structured customized training program on motivation, team cohesion, and confidence levels among tribal adolescent football players. The findings of this study may provide valuable insights for coaches, physical educators, and sports psychologists in designing effective training strategies to improve both psychological and performance outcomes in underrepresented athlete populations.

Methodology

Selection of Subjects

For this study, the researcher selected 40 tribal adolescent football players. The age of the subjects ranged from 14 to 18 years. The subjects were randomly divided into two groups:

- Experimental Group (n=20)
- Control Group (n=20)

Selection of Variables

The following variables were selected for the study:

- Motivation
- Team Cohesion
- Sports Confidence

Criterion Measures

Motivation was measured using the Sport Motivation Scale (SMS) developed by Pelletier *et al.* (1995). Team cohesion was assessed through the Group Environment Questionnaire (GEQ) developed by Carron, Widmeyer, and Brawley (1985) [2]. Sports confidence was measured using the Trait Sport-Confidence Inventory (TSCI) developed by Vealey (1986) [4].

Training Protocol

The experimental group underwent an 8-week customized training program, which included:

- Skill-based drills
- Small-sided games
- Psychological skill training (goal setting, positive self-talk)
- Team-building activities

The control group continued their regular training program.

Administration of Test

Pre-test data were collected before the training program, and post-test data were collected after 8 weeks. Proper instructions were given to the subjects before administering the questionnaires.

Statistical Techniques

The collected data were analyzed by computing descriptive statistics, including mean and standard deviation, to summarize the scores. Further, the paired ‘t’ test was applied to determine the significant difference between pre-test and post-test scores of the subjects. The level of significance was set at 0.05.

Results and Discussion

Table 1: Mean and Standard Deviation of Motivation, Cohesion and Confidence

Variable	Group	Mean (Pre)	Mean (Post)	SD
Motivation	Experimental	45.20	58.75	5.21
Motivation	Control	44.90	46.10	4.87
Cohesion	Experimental	50.10	63.40	6.02
Cohesion	Control	49.80	51.00	5.75
Confidence	Experimental	42.30	56.90	5.65
Confidence	Control	43.00	44.20	5.40

The results indicate that the experimental group showed significant improvement in motivation, team cohesion, and confidence after the customized training program. However, the control group showed minimal or no significant changes. The improvement in psychological variables can be attributed to the structured and need-based training approach, which included both physical and psychological components. Team-building exercises enhanced cohesion, while goal-setting and positive reinforcement improved motivation and confidence.

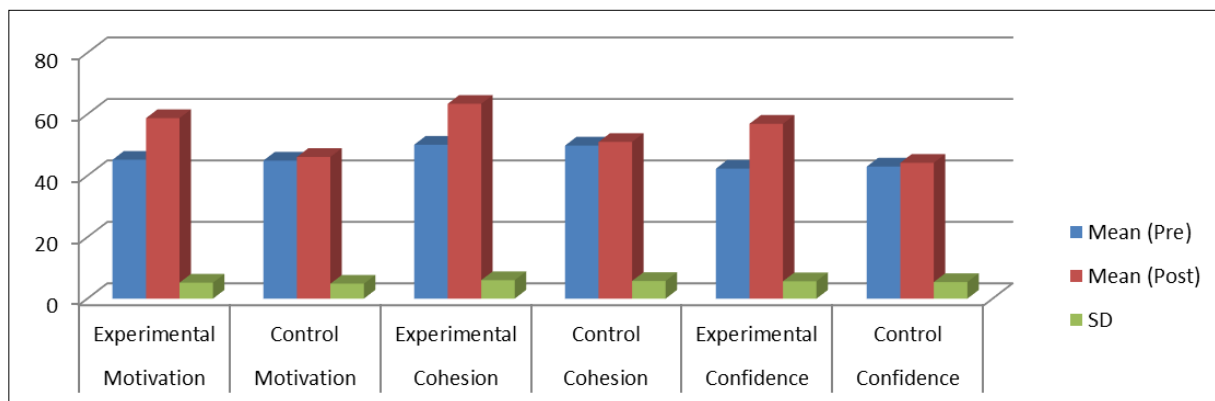


Fig 1: Graphical Representation of Motivation, Team Cohesion and Confidence Levels of Tribal Adolescent Football Players

Conclusion

The findings of the study conclude that customized training programs have a significant positive effect on motivation, team cohesion, and confidence levels among tribal adolescent football players. Therefore, coaches and trainers should incorporate customized and scientific training approaches to enhance both psychological and performance-related outcomes in athletes.

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