



Research Article

IJSEHR 2017; 1(1): 1-7
© 2017, All rights reserved
www.sportsciencesresearch.com
Received: 04-01-2017
Accepted: 26-02-2017

Analysis of selected psychological parameters among Telangana, Andhra Pradesh, and Kerala state men's Santhosh trophy soccer players

S. Binthu Mathavan

Post-Doctoral Fellow, Department of Physical Education and Sports, Pondicherry University, Puducherry-605014, India

Abstract

In this investigation totally 48 subjects from Telangana, Andhra Pradesh and Kerala state's men Santosh Trophy Players were taken randomly, each state team consist of 16 players the qualitative data were collected through questionnaire, after issuing of questionnaire the researcher were explained the purpose of this study and meaning of questionnaire in their own language while collection of data for avoiding the data error. In this investigation four kind of psychological parameters data were collected from each subject which is Sports Competition Anxiety, Ego and Task Orientation and Mental Health the data were collected at Chennai Nehru stadium where they represented Santhosh Trophy Tournament. **Sampling:** Purposive random sampling methods were used for this investigation for choosing samples. Statistics; Collected data were used for analysing data one way ANOVA in SPSS 16th version. **Results:** there is no significant difference among selected state's men soccer players on the variable of sports competition anxiety and mental health moreover Ego orientation and task orientation variables showing significant difference among selected state players with degrees of freedom 2 and 45 and significance 0.05 level. These selected psychological parameters may affect their team performance in several ways and this results may helpful for build their psychological phenomena.

Keywords: Sports Competition Anxiety, Ego and Task Orientation, Mental Health.

INTRODUCTION

Recent days to enhance sports performance we may use more number of training methods for developing motor fitness skills, that is the reason players are showing better performance while practice session but the same players fail to perform in competition, because the coaches / players forget to enhance psychological aspect such as sports competition anxiety, ego and task orientation, arousal, stress, mental health, aggression, motivation etc. [1]. If players enhance them self through coaches/psychologist. Once players reached healthy with physical and psychological aspect they can perform their maximum performance in their specialized games and sports, which is the reason researcher chosen this research to intimate prominence of psychological parameters in all sports and games. The following mentioned things are influencing mental health and that will be the deciding factor for elite athlete's performance such as depression, eating disorder, sleeping disorder, generalized anxiety disorder, distress, social anxiety, panic disorder, ego, task orientation, aggression and arousal [2,3] says that the task is linked to the objective point of view should encourage intrinsic motivation, when the ego target viewpoint leads to decreased essential motivation. A high task orientation appears the decisive element for the sport attract. The addition of ego participation Model can improve sports fun and does not give the impression motivationally risky [4].

Objective

In this study conducted to inspect selected psychological parameters among Telangana, Andhra Pradesh, and Kerala state menSanthoshTrophy Players. The selected parameters such as sports competition anxiety, Ego and Task orientation and mental health this may influence soccer performance from above said state men's soccer players.

*Corresponding author:

Dr. S. Binthu Mathavan
Post-Doctoral Fellow,
Department of Physical
Education and Sports,
Pondicherry University,
Puducherry-605014, India
Email:
sbmathavan[at]live[dot]com

Hypothesis

There would be a significant difference among Santhosh Trophy men soccer players group from Telangana, Andhra Pradesh and Kerala players on selected psychological parameters which is sports competition anxiety, Ego Orientation, Task Orientation and Mental health.

Methodology

In this studymen Santosh Trophy Players were taken randomly to act as subject, totally 48 subjects from Telangana, Andhra Pradesh and Kerala state's, who are all participated santhosh trophy tournament, each state team consist of 16 players the qualitative data were collected through questionnaire, after given questionnaire the investigator were explained the meaning of this study and importance of questionnaire in their own language while collection of data for minimize data error. In this analysis four kind of psychological parameters data were

collected from each subject which is Sports Competition Anxiety, Ego and Task Orientation and Mental Health the data were collected at Chennai Nehru stadium where they represented Santhosh Trophy Tournament. Collected data were analysed with ANOVA with degrees of freedom 2 and 45 and significance 0.05 level.

RESULT AND DISCUSSION

Table-1 showing the results of anxiety among Telangana, Andhra Pradesh, and Kerala state men Santhosh Trophy soccer player's sports competition anxiety. The mean values are 16.562, 15.937, and 17.187 likewise the standard deviation are 2.988, 3.415, and 1.905 moreover the calculated 'f' ratio value 0.774 is lesser than table value 3.20 for significant at 0.05 level confidence. Hence there is no significant difference among Telangana, Andhra Pradesh and Kerala state men Santhosh Trophy men soccer players the variable of Sports Competition Anxiety in the year of 2016-17.

Table 1: Telangana, Andhra Pradesh, and Kerala states santhosh trophy players mean, standard deviation and 'f' ratio values on the variables of sports competition anxiety

State	No of subject	Mean	SD	Sum of squares	df	Mean Square	F
Telangana	16	16.562	2.988	B	2	6.250	0.774
Andhra Pradesh	16	15.937	3.415				
Kerala	16	17.187	1.905	W	45	8.074	

The table value for significant* at 0.05 level with 2 & 45 degrees of freedom 'f' table value is= 3.20and respectively.

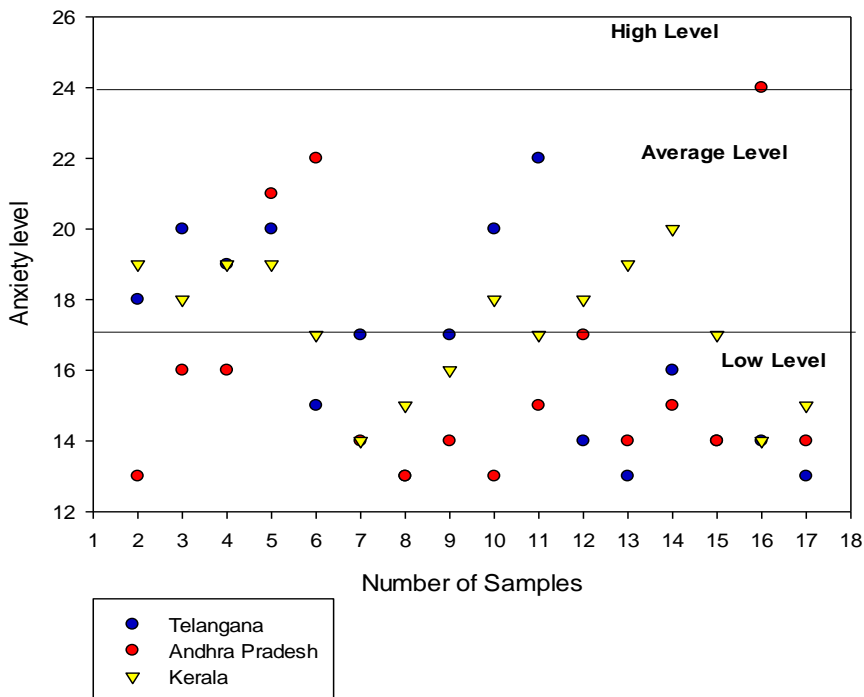


Figure 1: The diagram showing the results of anxiety among telangana, andhra pradesh and kerala state's santhosh trophy men soccer players

The above diagram showing the results of sports competition anxiety among Telangana, Andhra Pradesh and Kerala State Santhosh trophy men soccer Players. In this out of 16 subjects from Telanga 6 of them were in average category and 10 subjects were low average level, subjects from Andhra Pradesh 3 of them were in average level and the

13 were in low average category moreover from kerala 8 subjects from in low and 8 of them in low average. Hence this diagram showing among these three state, Andhra Pradesh men soccer players showing less than other two telangana and Kerala State men soccer players. After wards telangana and Kerala players.

Table-2 showing the results of Ego Orientation among Telangana, Andhra Pradesh and Kerala state men Santhosh Trophy soccer players on the variable of ego orientation. The mean values are 3.550, 3.400, and 2.731 likewise the standard deviation are 0.635, 0.375, 0.414 and moreover the calculated 'f' ratio value 12.721 is greater than table

value 3.20 for significant at 0.05 level confidence. Hence there is no significant difference among Telangana, Andhra Pradesh and Kerala state men Santhosh Trophy men soccer players on the variable of ego orientation in the year of 2016-17.

Table 2: Telangana, Andhra Pradesh, and Kerala states santhosh trophy players mean, standard deviation and 'f' ratio values on the variables of ego orientation

State	No of subject	Mean	SD	Sum of squares		df	Mean Square	F
Telangana	16	3.500	0.635	B	6.080	2	3.040	12.721
Andhra Pradesh	16	3.400	0.375					
Kerala	16	2.731	0.414	W	10.754	45	0.239	

The table value for significant* at 0.05 level with 2 & 45 degrees of freedom 'f' table value is= 3.20and respectively.

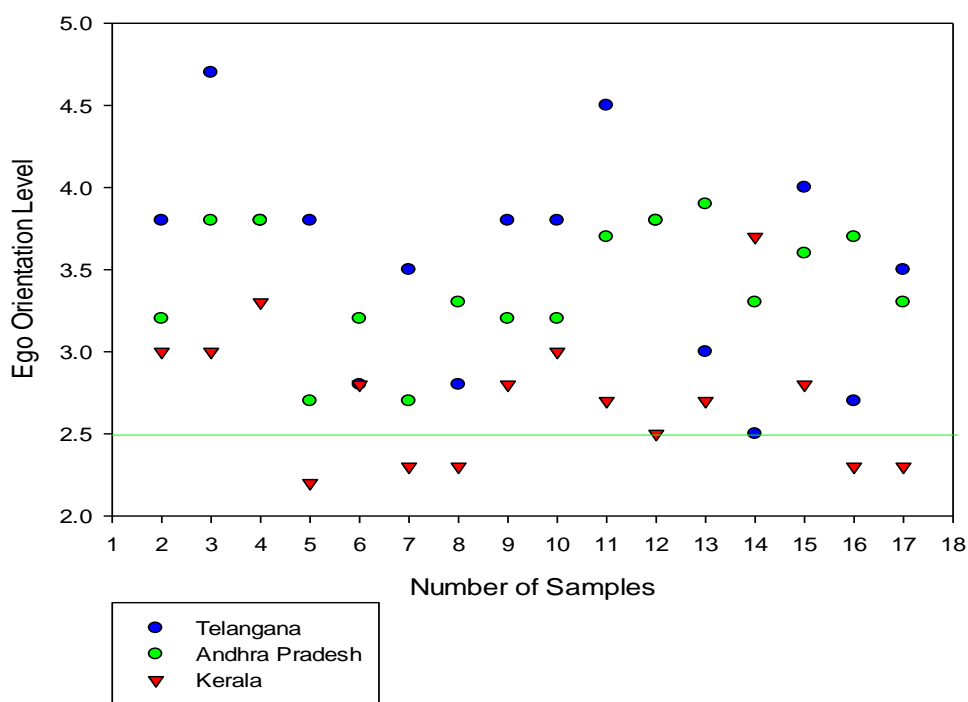


Figure 2: The diagram showing the results of ego orientation among Telangana, Andhra Pradesh and Kerala state's santhosh trophy men soccer players

In this above diagram showing Ego orientation performance among Telangana, Andhra Pradesh and Kerala State Santhosh trophy men soccer Players. In this out of 16 subjects from Telanga except one subject all are in above average level, Andhra Pradesh players everyone showing above average level ego orientation level and kerala players 6 of them were in below average category and 10 subjects were above

average level, hence this diagram showing among these three state telangana and andhara Pradesh soccer players showing high ego orientation than kerala players so this ego orientation may influence their performance negatively, even the kerala players may reduce ego orientation it will help to improve their performance.

Table 3: Telangana, Andhra Pradesh, and Kerala states santhosh trophy players mean, standard deviation and 'f' ratio values on the variables of task orientation

State	No of subject	Mean	SD	Sum of squares		Df	Mean Square	F
Telangana	16	4.512	0.196	B	3.582	2	1.791	11.620
Andhra Pradesh	16	4.262	0.315					
Kerala	16	3.850	0.569	W	6.935	45	0.154	

The table value for significant* at 0.05 level with 2 & 45 degrees of freedom 'f' table value is= 3.20and respectively.

Table-3 showing the results of Task Orientation among Telangana, Andhra Pradesh and Kerala state men Santhosh Trophy soccer player's on the variable of task orientation. The mean values are 4.512, 4.262, and 3.850 likewise the standard deviation are 0.196, 0.315, and 0.569 moreover the calculated 'f' ratio value 11.620 is greater than table

value 3.20 for significant at 0.05 level confidence. Hence, there is significant difference among Telangana, Andhra Pradesh and Kerala state men Santhosh Trophy men soccer players on the variable of task orientation in the year of 2016-17.

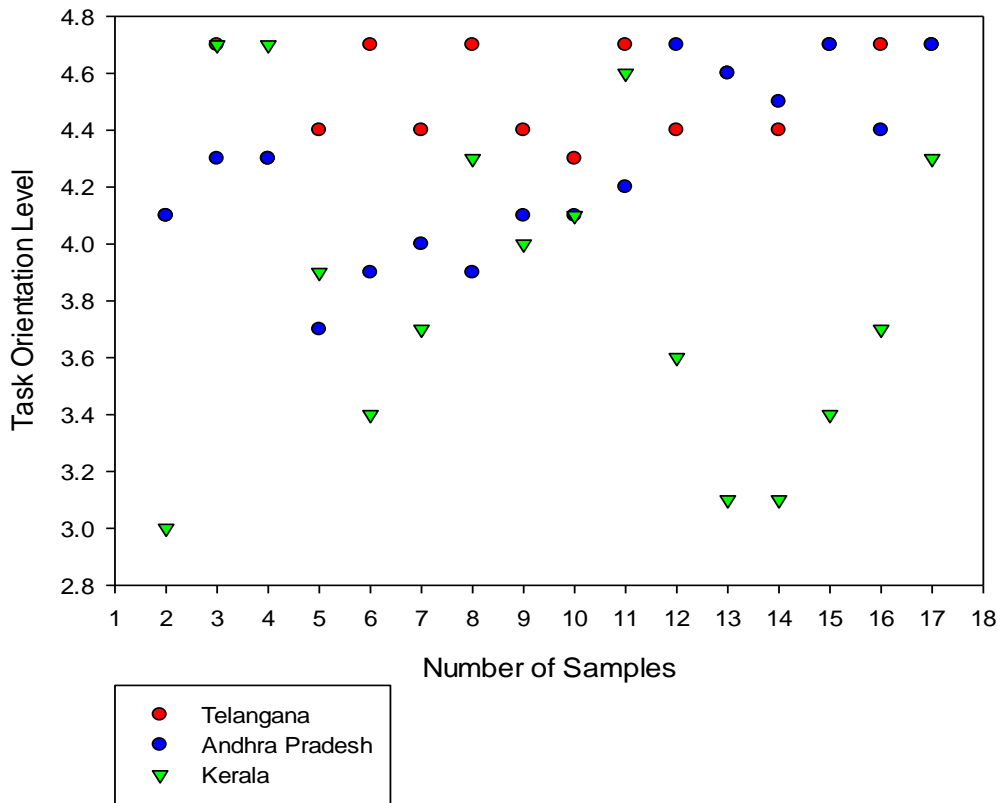


Figure 3: The diagram showing the results of task orientation among Telangana, Andhra Pradesh and Kerala state's santhosh trophy men soccer players

The above figure representing the results of Task Orientation among Telangana, Andhra Pradesh and Kerala State Santhosh trophy men soccer Players. In this all the 45 subjects are showing above average level means more than 60% task orientation even though among three states telangana showing higher task than Andhra and Kerala state

soccer players, Andhra Pradesh soccer players showing higher task Orientation than Kerala. Hence it's showing kerala soccer players are having less task orientation than other Telangana and Andhra Pradesh men soccer players (Santhosh Trophy).

Table 4: Telangana, Andhra Pradesh, and Kerala states santhosh trophy players mean, standard deviation and 'f' ratio values on the variables of mental health

State	No of subject	Mean	SD	Sum of squares	df	Mean Square	F
Telangana	16	56.062	8.338	B	220.542	110.271	2.707
Andhra Pradesh	16	50.812	4.214				
Kerala	16	53.375	5.909	W	1833.125	45	

The table value for significant* at 0.05 level with 2 & 45 degrees of freedom 'f' table value is= 3.20and respectively.

Table-4 showing the results of Task Orientation among Telangana, Andhra Pradesh and Kerala state men Santhosh Trophy soccer player's on the variable of Mental Health. The mean values are 56.062, 50.812, and 53.375 likewise the standard deviation are 8.338, 4.214, and 5.909 moreover the calculated 'f' ratio value 2.707 is lesser than table

3.20 for significant at 0.05 level confidence. Hence there is significant difference among Telangana, Andhra Pradesh and Kerala state men Santhosh Trophy men soccer players on the variable of Mental Health in the year of 2016-17.

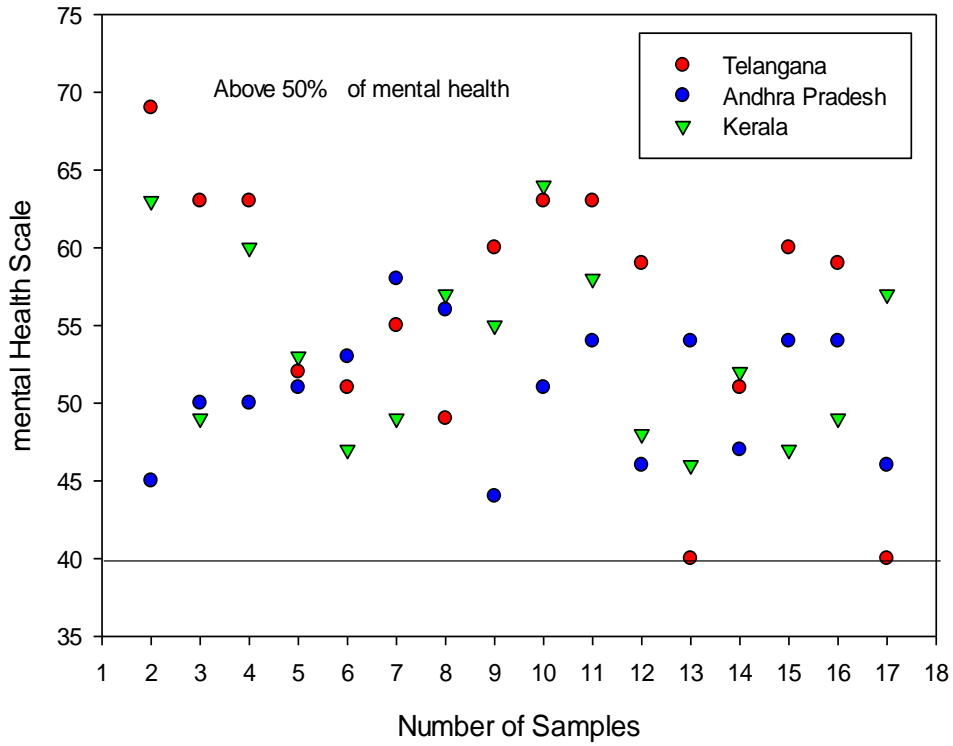
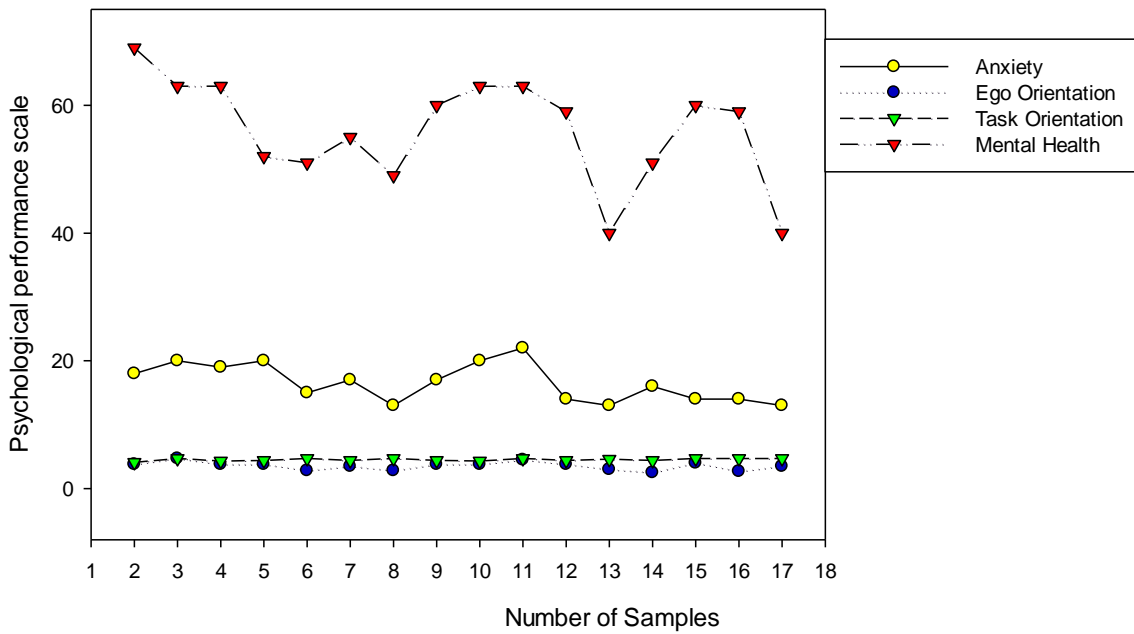


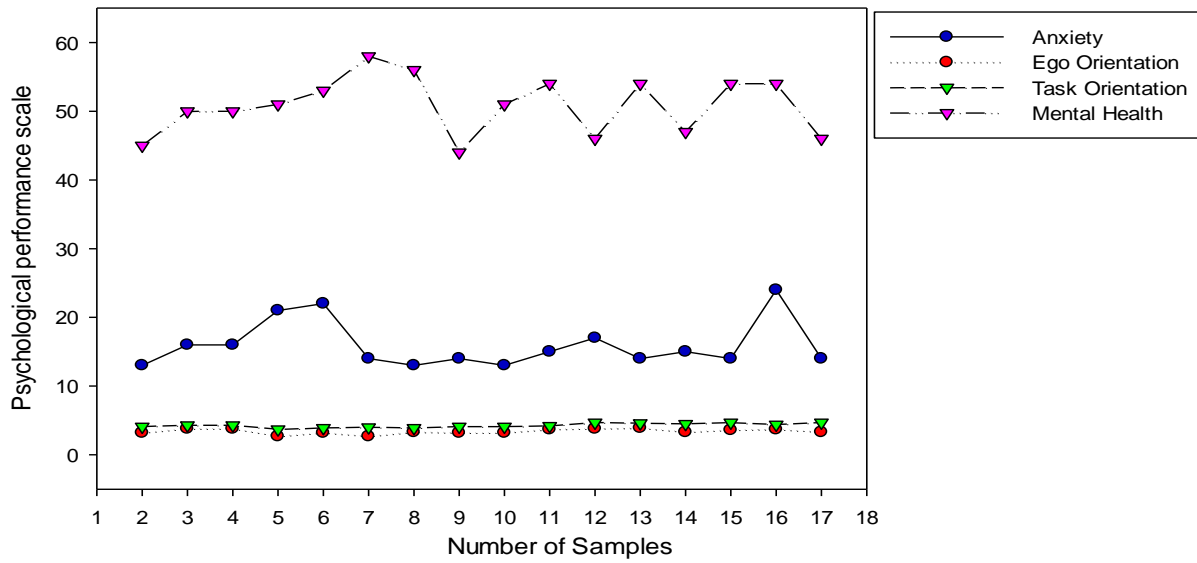
Figure 4: The diagram showing the results of mental health among Telangana, Andhra Pradesh and Kerala state's santhosh trophy men soccer players

The following diagrams showing Sports Competition Anxiety, Ego Orientation, Task Orientation and Mental Health Psychological parameters level among selected Telangana, Andhra Pradesh and Kerala State's Men Santosh Trophy Players

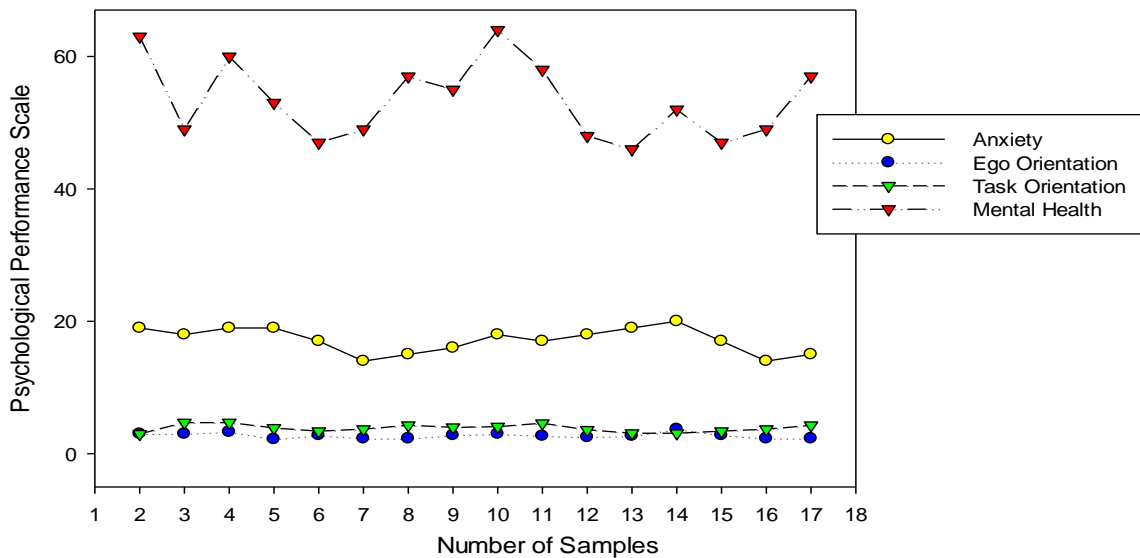
Telangana



Andhra Pradesh



Kerala



CONCLUSION

As per this research data analysis and interpretation following conclusion were drawn. This investigation showing the results, the selected Telangana, Andhra Pradesh and Kerala men Santhosh trophy Soccer players were showing significant difference as per statistical analysis among above said group soccer players, on selected psychological parameters such as Ego Orientation and Task orientation. But there is no significant difference among selected groups on the variable of Sports competition Anxiety and Mental Health parameters. Hence the researcher framed hypothesis has been accepted on the psychological parameters such as Ego Orientation and Task orientation, then the framed hypothesis were rejected on the variables Sports

competition Anxiety and Mental Health. Through this study researcher endorsing that above said psychological parameters such as Sports competition Anxiety, Ego Orientation, Task orientation and Mental Health are more important to determining all sports and games performances. Most of the players and coaches are thinking that only motor qualities, game skills and drills were enough to show better performance but that may fails some time, if players and coaches concentrate in psychological aspect the possibility of reaching victory will be high. In this study, researcher recommending that for all sports and games players and coaches has to concentrate to develop both physical as well psychological aspect it may reach their aim/achievement. How could we can make better mental health through recollecting past positive memories, involve recreational

activities, watching motivational videos, spend more time with who loved one, awareness of control body and mind which are the reasons we affecting psychologically, how can we overcome when we affected with such things, while practicing itself imagine competition, winning moment, playing /running/swimming and so on depends upon individual's specialized games and sports.

KEY POINTS

- All games and sports coaches, instructors and physical education teacher will concentrate not only physical fitness also concentrate then that will help you to reach your target/aim.
- Elite athletes maintain intensity levels and adopt a combination of psychological skills to enhance their performance.
- The enhancement techniques psychological may develop through number of practice matches, coaches guideline and experience moreover we can get help from sports psychologist.
- Players/ athletes may develop their psychological skills from the school time itself it will help for develop their sports performance.
- However, performer with great activation level sports, from rebuilding the relief recognize the symptoms of strength, there is a need to increase the re- activation state to the level of the relevant.

Financial support and sponsorship: Nil.

REFERENCES

1. O'Donoghue P. Research methods for sports performance analysis. Routledge, Taylor & Francis Group, 2009.
2. Gulliver A, Griffiths KM, Mackinnon A, Batterham PJ, Stanimirovic R. The mental health of Australian elite athletes. *Journal of Science and Medicine in Sport* 2015;18(3):255-61.
3. Duda JL, Olson LK, Templin TJ. The relationship of task and ego orientation to sportsmanship attitudes and the perceived legitimacy of injurious acts. *Research quarterly for exercise and sport* 1991;62(1):79-87.
4. Fox K, Goudas M, Biddle S, Duda J, Armstrong N. Children's task and ego goal profiles in sport. *British Journal of Educational Psychology* 1994;64(2):253-61.