



ISSN: 2456-0057

IJPNPE 2018; 3(1): 2221-2224

© 2018 IJPNPE

[www.journalofsports.com](http://www.journalofsports.com)

Received: 21-11-2017

Accepted: 26-12-2017

**Binoy KR**

Assistant Professor, Govt.  
Sanskrit College Tripunithura,  
Ernakulum, Kerala, India.

**Dr. Kishor Kumar BS**

Associate Professor, SAS SNDP  
Yogam College, Konni,  
Pathanamthitta, Kerala, India.

## Psychological analysis between the inter university football players of MG university and KUHS university

**Binoy KR and Dr. Kishor Kumar BS**

### Abstract

The purpose of the present study was to compare the personality, Anxiety, and achievement motivation between inter university football (male) players of Mahatma Gandhi university, Kottayam and Kerala University of Health Sciences, Thrissur. For the purpose of this investigation 60 male subjects (30 players of Mahatma Gandhi university, Kottayam and 30 players from Kerala University of Health Sciences, Thrissur) were randomly selected. Their age ranged from 18 to 25 years. The standardized the Big Five Personality Test, Competitive state Anxiety Inventory-2 and M L Kamlesh (1990) SAMT (Sports Achievement Motivation Questionnaire) was used for the present study. It composed of 30 multiple choice questions of 5 marks each, 27 questions with 4 marks and 20 multiple choice statements for 40 marks respectively. The data collected from the male players on personality, Competitive state Anxiety And Achievement motivation were statistically analyzed to find out the significant difference if any, independent's' test was used. The level of significant was set to 0.05. Considering the personality, competitive anxiety and achievement motivation of the study in the male soccer players from selected Universities, it has been found that there is a significant difference.

**Keywords:** Soccer, Personality, State Anxiety, Achievement Motivation,

### Introduction

One of the common area of study with in sports psychology is the relationship between personality and sports performance. This personality test help us understand why you act the way that you do and how it related to your sports performance. In modern spots the physiological difference between athletes are limited and their psychology counts more. This study helps us to understand the psychological edges an athlete archive through the type of personality one possess.

The state of anxiety has been the main barrier on performance of athletes. Many researches has been done on coping strategies to reduce the level of anxiety. For that the right assessment of the anxiety level just prior to competition is important. This study reveals the feeling of the athletes just before a performance or competition. The growing evidences suggest that anxiety can play a role in sports injury prevention. This paper will highlight the importance of recognizing the early signs and symptoms of anxiety.

Motivation is the driving force behind all the actions of an individual. Within sports and life, we all have different motivational factors which take us to higher achievements before we believed nearly impossible. Though motivation is an inevitable part of sports achievement the time and expenditure spend on its development is minimal. Among the physical education research scholars and academicians achievement motivation is a variable for study from a very long period of time. The practical steps to enhance achievement motivation is never an area of concern. Being one of the inevitable part of sports achievements motivation should be a part of the sports training program. This study will bring light to the importance of 'Motivation' whether intrinsic or extrinsic to be the part of spots carried on a daily basis.

Thus the study of psychological variables is essential part of the research study to reveal the actual effects of these variables on performance. Under modern circumstances especially related to training sports and games or any event with a focus on superior performance, emphasis is given for psychological profile of a player.

**Corresponding Author:**

**Binoy KR**

Assistant Professor, Govt.  
Sanskrit College Tripunithura,  
Ernakulum, Kerala, India.

**Statement of the problem**

The purpose of the study was to determine the significant difference of selected psychological variables among male football players of Mahatma Gandhi University, Kottayam and Kerala University of Health Sciences, Thrissur using Big Five Personality Test, Competitive state Anxiety Inventory-2 Sports Achievement Motivation Questionnaire .

**Significance of the study**

- The result of the study may enable the male football players to understand their types of personality, levels anxiety and motivation in relation to their competition and performance.
- The result of the study may enable to physical education teachers and coaches to know the psychological characteristics and weak points of players and then plan training session accordingly.
- The study will help to compare the selected psychological variable among male football players of Mahatma Gandhi University, Kottayam and Kerala University of Health Sciences, Thrissur.
- The result of the study may pore light on the prevention of sports injury by managing anxiety.
- The study equips the athletes to use their knowledge of human behavior for higher sports performances
- The result of the study may significantly help the other scholars to take up research projects in other parts of India.

**Methodology**

**Participants**

To realize the purpose of the study 60 male soccer players were selected. The subjects were all India interuniversity tournament participated soccer players during the years 2017

to 2019. Thirty players in each Mahatma Gandhi University, Kottayam and Kerala University of Health Sciences, Thrissur with age ranged from 18 to 25 years.

**Variables and tests**

The variable assess in this study are personality, competitive state anxiety, sports achievement motivation. In order to compare the results of two groups ‘t’ test was used.

**Statistical analysis**

The data collected from the male players on achievement motivation were statistically analyzed to find out the significant difference if any, independent ‘t’ test was used. The level of significant was set to 0.05

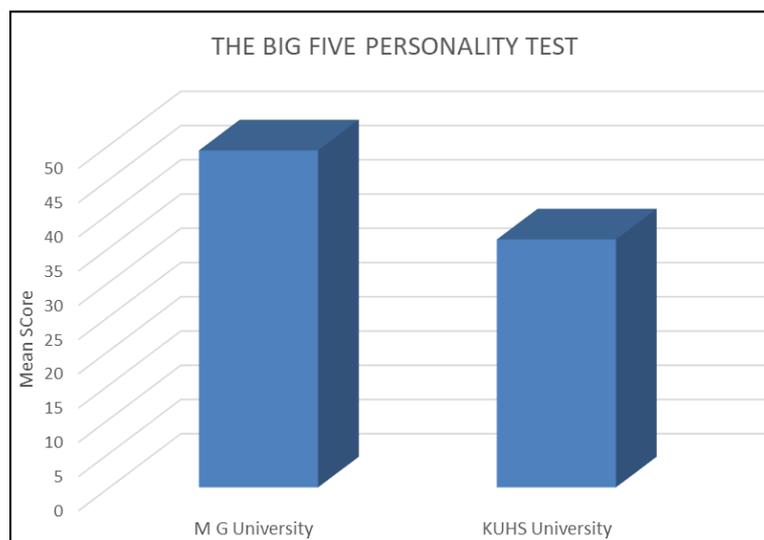
**Analysis of data and results of the study**

Independent t test for the comparison of Personality of male soccer players

**Table 1**

Gender	Number	Mean	S.D	t	p
M.G university	30	74.5	7.83	8.4869	0.0001
KUHS University	30	54.93	9.91		

From the Table 1 it is clear that the result obtained for ‘t’ test on the basis for personality , reveals that t value is 8.4869 which is greater than the critical value of ‘t’ at .05 level (1.96) of significance. This shows there is a significant differences exist in terms of achievement motivation between the male soccer players from Mahatma Gandhi University, Kottayam and Kerala University of Health Sciences, Thrissur. The diagrammatic representation of comparison of Personality between the male soccer players from Mahatma Gandhi University, Kottayam and Kerala University of Health Sciences, Thrissur is shown in fig 1.



**Fig 1:** Comparison of personality between the male soccer players from Mahatma Gandhi University, Kottayam and Kerala University of Health Sciences, Thrissur

**Analysis of data and results of the study**

Independent t test for the comparison of Competitive state anxiety of male soccer players

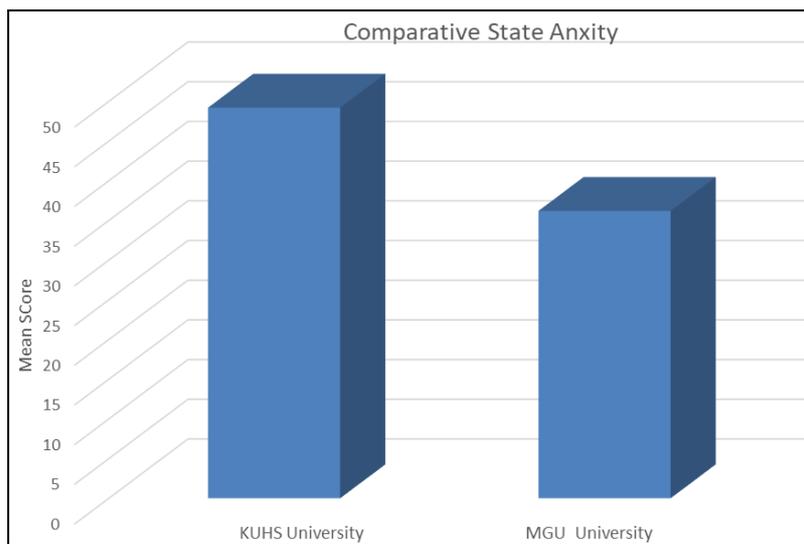
**Table 2**

Gender	Number	Mean	S.D	t	p
KUHS university	30	69.20	0.47357	40.4778	.00001
MG University	30	57.33	1.53478		

From the Table 2 it is clear that the result obtained for ‘t’ test on the basis for achievement motivation, reveals that t value is 40.4778 which is greater than the critical value of ‘t’ at .05 level (1.96) of significance. This shows there is a significant differences exist in terms of Competitive State Anxiety between the male soccer players from Mahatma Gandhi University, Kottayam and Kerala University of Health Sciences, Thrissur. The diagrammatic representation of

comparison of achievement motivation between the male soccer players from Mahatma Gandhi University, Kottayam

and Kerala University of Health Sciences, Thrissur is shown in fig 2.



**Fig 2:** Comparison of Comparative State Anxiety between the male soccer players from Mahatma Gandhi University, Kottayam and Kerala University of Health Sciences, Thrissur

**Analysis of data and results of the study**

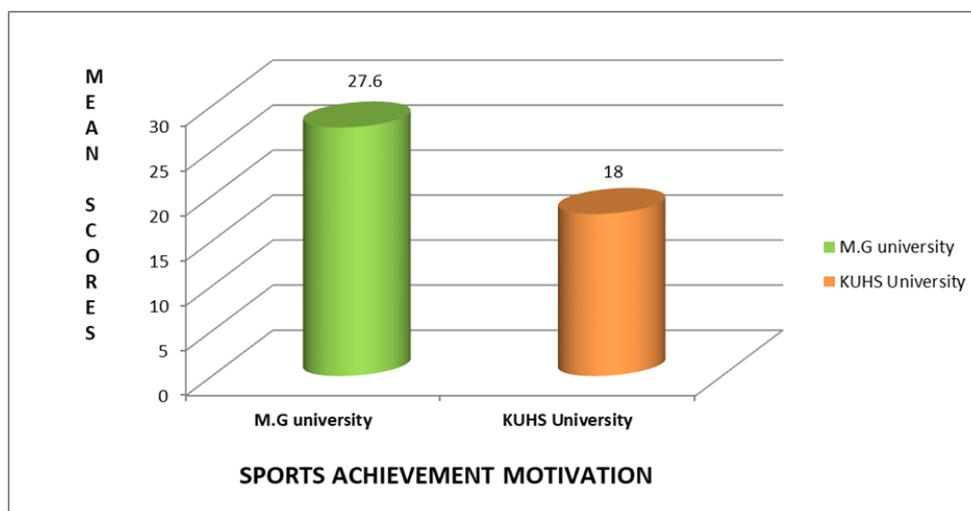
Independent t test for the comparison of achievement motivation of male soccer players

**Table 3**

Gender	Number	Mean	S.D	t	p
M.G university	30	27.6	1.04	29.62	.00001
KUHS University	30	18	1.44		

From the Table 1 it is clear that the result obtained for 't' test

on the basis for achievement motivation , reveals that t value is 29.62 which is greater than the critical value of 't' at .05 level (1.96) of significance. This shows there is a significant differences exist in terms of achievement motivation between the male soccer players from Mahatma Gandhi University, Kottayam and Kerala University of Health Sciences, Thrissur. The diagrammatic representation of comparison of achievement motivation between the male soccer players from Mahatma Gandhi University, Kottayam and Kerala University of Health Sciences, Thrissur is shown in fig 1.



**Fig 3:** Comparison of achievement motivation between the male soccer players from Mahatma Gandhi University, Kottayam and Kerala University of Health Sciences, Thrissur

**Discussion on Findings**

1. This study assesses the achievement motivation among the 30 University level male soccer players between the ages of 18 to 25 from Mahatma Gandhi University Kottayam and Kerala University of Health Sciences Trissur.
2. The study shows a significant difference of personality, competitive state anxiety and achievement motivation existing between the two. In light of the study it is very clear that the selected player of Mahatma Gandhi

- University Kottayam is having a high level of Personality compare to the players of Kerala University of Health Sciences Trissur.
3. In the case of competitive anxiety the players of Kerala University of Health Science Trissur is having a high level of anxiety in relation to the competition
4. The study pore light in to the fact that the selected player of Mahatma Gandhi University Kottayam is having a high level of Sports Achievement Motivation compare to the players of Kerala University of Health Sciences

Trissur.

Amritsar. Anthropologist 2005;9(4):261-264.

5. The study limits to the male soccer players between the age 18 to 25 where as it can be done among different age groups, among female players, teams with other standards, and even in other games.
6. This study reveals the importance of having a good personality for a higher level performance
7. This study shed light on the importance of the anxiety level of the players prior to the competition in order to exhibit a high level performance
8. The study clearly indicate the essentiality to include achievement motivation in day by day sports training program.

### Conclusion

The level of personality, competitive state anxiety and achievement motivation of two different university level soccer players are assessed with statistical tools and in a conclusion that there exist a significant difference among them. The study reveals the fact that more researches are to be done on personality being a basement for higher sports achievements. The study open up new areas of research to find optimal level of achievement motivation, consistency and application in the field of Physical education and sports. More studies on competitive anxiety has to be made to help the athletes in higher levels of sports competition. The most importance of this study is that the effort taken towards development of personality, achievement motivation and to reduce competitive anxiety which will results in higher rates of success.

### References

1. Bhandari B, *et al.* Nutritional anthropometry of rural school children of Udaipur district. Indian Journal of Pediatrics 1972;39(1):11.
2. Corlett JT. Growth patterns of rural children in the kgalagadi region of 187 Botswana. Journal of Physical Education 1988;15(2):153-159.
3. Little T, Williams AG. Specificity of acceleration, maximum speed, and agility in professional soccer players. Journal of Strength and Conditioning Research 2005;19(1):76- 81.
4. Little BB, Buschang PH, Pena RME, Kheng TS, Malina RM. Craniofacial dimensions in children in rural Oaxaca, Southern Mexico. Secular change 1968-2000. American Journal of Physical Anthropology 2006;131:127-136.
5. Malina RM, Pena R, Tan WK. Urban-rural contrasts in the physical fitness of school children in Oaxaca, Mexico. American Journal of Physical Anthropology 2003;54:327-336.
6. Malina RM *et al.* Growth of rural and urban children in the valley of Oaxaca, Mexico. American Journal of Physical Anthropology 2005;54(3):327-336.
7. Maj R, Mukherjee Lt. Col, Chaturvedi S Col, Bhalwar R. Determinants of nutritional status of school children. Medical Journal Armed Forces India 2008;64:227-231.
8. Mukherjee B, Kabul KK. Anthropometric observations-urban school children. Indian Journal of Medical Research 1970;58:1257.
9. Mukesh Kumar Verma. Department of Physical Education, Dr. Ram Manohar Lohia Avadh University, Faizabad, International journal of physical education 2017;10(1&2):28-30. e ISSN-0976-7924 Visit us : [www.researchjournal.co.in](http://www.researchjournal.co.in)
10. Sidhu S. Growth pattern of affluent school student of