



ISSN: 2456-0057  
IJPNPE 2018; 3(1): 910-911  
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www.journalofsports.com  
Received: 22-11-2017  
Accepted: 26-12-2017

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## A study of soccer playing ability of female soccer players with varying levels of emotional stability

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### Abstract

The aim of the present study was to assess soccer playing ability of female soccer players on the basis of their emotional stability. 50 interuniversity female soccer player were purposively selected for this study. Warner soccer skill test was used to assess soccer playing ability of the selected subjects. PEN inventory prepared by Menon (1978) were used to assess emotional stability of selected subjects. Q1 and Q3 statistical technique was used to bifurcate cases in high, low and moderate level of emotional stability i.e. neuroticism. Results obtained from one way ANOVA revealed significant impact of emotional stability on soccer playing ability of female soccer players. It was concluded that emotional stability in female soccer players is the foremost quality for proper execution of basic soccer skills.

**Keywords:** Emotional stability, female soccer, playing ability

### Introduction

One of the personality dimensions i.e. neuroticism denotes emotional stability/instability. Zawadzki *et al.* (1998) <sup>[9]</sup> described neuroticism as a dimension which reflects person's emotional stability or instability. According to them low neurotic individuals are calm, collective, possess more self confidence, possess good coping skills as compared to high neurotic individuals. Woodman *et al.* (2010) <sup>[8]</sup> connected low neuroticism with the ability to deal with adverse situation better because low neuroticism means less stress and tension thereby individuals with low neuroticism can think rationally in adverse situations as compared to high neurotic individuals. The role of neuroticism in sports performance has been widely studied. Researchers such as Eagleton *et al.* (2007) <sup>[3]</sup>, McKelvie *et al.* (2003) <sup>[4]</sup> and Mirzaei *et al.* (2013) studied neuroticism in the light of sports participation and level of participation. Similarly Piedmont *et al.* (1999) analysed athletic performance in the light of five factor model of personality. Subjects were 68 female athletes from NCAA division I soccer teams. It was found that neuroticism and conscientiousness emerged as predictors of athletic performance. Agashe, Thakur and Kurre (2010) assessed personality profile of junior and sub-junior elite male fencers. They also denoted low neurotic tendencies in elite fencers as compared to sub-elite fencers. Mirzaei *et al.* (2013) <sup>[5]</sup>, Boora, R. (2016) <sup>[2]</sup> also revealed positive association between neuroticism and sports performance. To broaden the knowledge of association of neuroticism with sports performance this study was carried out to assess the soccer playing ability of female soccer players based on neuroticism dimension of personality.

### Objectives

The objective of the present study was to assess the effect of emotional stability on soccer playing ability of female soccer players.

### Hypothesis

It was hypothesized that soccer playing ability of female soccer players will be influenced by grades of emotional stability.

### Methodology

The following methodological steps were taken in order to conduct the present study.

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### Sample

50 interuniversity female soccer player (Average age 25.11 years) were purposively for this study. Purposive sampling method was used for selection of subjects.

### Tools

Warner's soccer skill test (1950) [7] was preferred to evaluate the fundamental soccer skills i.e. kicking for distance, left and right foot; throw in for distance, dribbling the ball and kicking for accuracy in female soccer players respectively. This test is highly reliable and valid.

Hindi version of Eysenck's PEN inventory prepared by Menon *et al.* (1978) was used to assess neuroticism in selected subjects. This Hindi PEN Inventory is highly reliable and valid.

### Procedure

Warner's Soccer Skill Test Items namely; kicking (left & right), throwing, dribbling, and kicking for accuracy was performed by selected female soccer players. PEN inventory prepared by Memon *et al.* (1978) was administered to each subject. To assess soccer playing ability, linear transformation method was adopted. In this method highest and lowest limit of all the soccer skill test items was traced out and numerical weightage was given in the ranking system. In the dribbling the ball test item, first ranking was awarded to lowest timing given by the subjects and next ranks has been awarded to those who took more time to complete given task. To bifurcate cases in low, average and high neuroticism, Q1 and Q3 technique was used. The scores falling above P75 (Q<sub>3</sub>) were termed as high neurotic, scores lying below P25(Q<sub>1</sub>) were treated as low neurotic and scores lying between P25(Q<sub>1</sub>) P75 (Q<sub>3</sub>) were treated as average neurotic subjects. To compare soccer playing ability of high, low and average neurotic female soccer players, One Way ANOVA was used. Result depicted in table 1 and 2 respectively.

### Analysis and interpretation of data

**Table 1:** One way ANOVA

Groups	N	Soccer Playing Ability	
		Mean	S.D.
High Neurotic	07	40.42	10.27
Moderately Neurotic	16	33.93	14.47
Low Neurotic	27	19.77	9.15
	50	F= 13.57, p< .01	

Results shown in table 1 revealed significant impact of neuroticism on soccer playing ability of female soccer players at .01 level of significance. (F=13.57, p< .01)

The obtained results shown in table 1 was also confirmed by Least Significant Difference Test presented in table no. 2.

**Table 2:** Least Significant Difference Test with Significance Level .05

Mean (I)	Mean (J)	Mean Difference (I-J)
High Neurotic	Moderately Neurotic	6.49
	Low Neurotic	20.65*
Moderately Neurotic	Low Neurotic	14.15*

\* Significant at .05 level

### Statistical figures presented in table 1 draws following inferences

- The high neurotic female soccer players exhibited

significantly lower degree of soccer playing ability as compared to low neurotic female soccer players while mean difference in soccer playing ability of high neurotic and moderately neurotic female soccer players did not differ significantly with each other although the soccer playing ability of moderately neurotic female soccer players was better as compared to high neurotic female soccer players.

- Low neurotic female soccer players exhibited superior soccer playing ability as compared to moderately neurotic female soccer players.

### Result and Discussion

Results of the present study showed the significant impact of neuroticism i.e. emotional stability / emotional instability on soccer playing ability of female soccer players. The results are consistent with earlier findings and establish the notion that personality dimension in form of neuroticism affect soccer playing ability of female soccer players.

### Conclusion

On the basis of results it may be concluded that neuroticism an Eysenkian personality dimension affect soccer playing ability of female soccer players hence psychological training may be imparted to those female soccer players who lack emotional control to enhance their emotional stability.

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