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Analysis of mental skill among offense, middle and defense football playing position

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Abstract

The current study determined to find the mental skill ability among different football playing position. To acquire the purpose of the current study from the affiliated colleges of Manonmaniam Sundaranar University, Tirunelveli, Tamil Nadu, India, 100 football players (35 on offense, 30 in the middle, and 35 on defense) who had participated in the university's intercollegiate soccer tournaments were chosen at random as participants for the current study. The respondents were male and female, ages 17 to 24. Mental Skills was selected as criterion variable. It was assessed with mental skills questionnaire. One way Analysis of covariance used to find the difference among football player position. All the statistical were test at 0.05 level of significance. It was concluded that Offense, midfield and defense players in soccer had no significant differences on the selected variables namely mental skills.

Keywords: Football players, mental skill and playing position

Introduction

Currently, one of the most popular sports in the world is football. The best position on the team will be selected for each player in the football academy, and they will all receive instruction. In reality, every individual possesses a unique set of skills and aptitudes. By selecting the appropriate position, a player may provide his squad a chance to win a match. There is no doubt that the team benefits from this situation. However, it will be a serious problem if a player plays in the incorrect position. The player's aptitude, talent, and level of motivation might help identify his ideal position (Gerhana, Zulfikar, Nurrokhman, Slamet, & Ramdhani, 2018) [3]. Athletes, coaches, sport psychologists, and sports scientists have long been interested in the psychological aspects of athletic performance. Numerous empirical research have concentrated on how specific psychological characteristics, such as self-assurance, drive, concentration, imagery, and psychosomatic competencies, affect performance (Gucciardi, *et al.*, 2009; Sadeghi, *et al.*, 2010) [6, 9]. Leading nations have practised the development of psychological and mental skills since the field of psychology was in its beginnings (Morris & Summers, 2004 & Weinberg & Gould 2011) [8, 10]. Mental skills are inborn aptitudes that aid athletes in efficiently and consistently controlling their thoughts as they pursue goals related to sports. The best results are frequently obtained when mental practise is combined with physical practise (Feltz & Landrers, 1983; Grouious, 1992 & Hinshaw, 1991) [2, 5, 11]. This research intend to analyse the mental skill among football players position.

Methodology

From the affiliated colleges of Manonmaniam Sundaranar University, Tirunelveli, Tamil Nadu, India, 100 football players (35 on offense, 30 in the middle, and 35 on defense) who had participated in the university's intercollegiate soccer tournaments were chosen at random to participate in the current study. The subjects were between the ages of 17 to 24. Mental Skills was selected as criterion variable. It was assessed with mental skills questionnaire by Bull *et al.*, (1986) [12] was administered to measure the mental skills of the players.

Test Administration

The most comprehensive assessment available of psychological skills is Bull's (1986) [12] mental skills questionnaire, which was used as an outcome measure to assess the psychological skills.

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The questionnaire measures: imagery, mental preparation (goal setting), self-confidence, anxiety and worry management, concentration, relaxation and motivation (Bull, *et al.*, 1996) [1]. The questionnaire has 28 items and assessed participants along a six point Likert scale, ranging from strongly agree to strongly disagree.

Statistical Analysis

Descriptive and One way Analysis of covariance statistics

used to find the difference among football player position. All the statistical were test at 0.05 level of significance. SPSS trail version used to compute the data.

Analysis of Data

Table 1 shows the summary of mean and standard deviation of mental skills among offense, middle and defense players in soccer.

Table 1: Descriptive Statistics on Mental Skills

Variables	Players	N	Mean	Std. Deviation
Mental Skills	Offense	35	121.34	16.67
	Midfield	30	121.93	14.72
	Defense	35	124.34	20.95

The one-way ANOVA was calculated on the selected variables among three different positions of play and the

results have been presented in table 2

Table 2: One-Way ANOVA on Mental Skills

Variables	Source of Variance	Sum of Squares	DF	Mean Square	F	Sig.
Mental Skills	Between	174.87	2	87.44	.277	.759
	Within	30649.64	97	315.98		

Table 2 reveal that the obtain F ratio 0.277 < than the required table 'F' value with df 2 and 97 is 3.09 at 0.05 level of

confidence. In other word sig 0.759 > 0.05. Mean value of different playing position were present in figure 1.

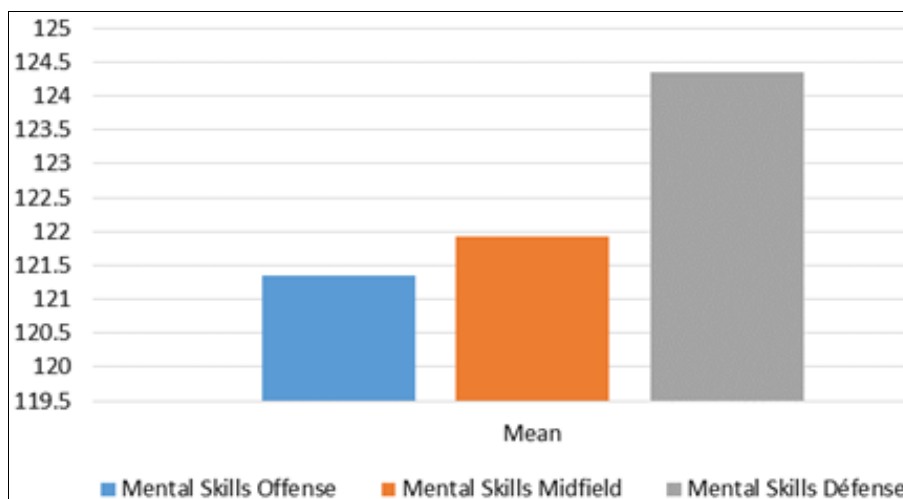


Fig 1: Mean value of mental skills

Discussion and Conclusions

Table 2 Statistical results clearly shows that sig value greater than the 0.05 level of significance. It shows that there is no significant difference exist among the offense, midfield and defense football players on mental skills. Previous study also support that the football players are good in mental skills (Grobbelaar, & Eloff, 2011; Jooste, *et al.*, 2014) [4, 7].

The statistical results drawn the following results such as

- Offense, midfield and defense players in soccer had no significant differences on the mental skills.

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