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## Comparative study of selected psychological variables between intercollegiate and inter University levels of soccer players

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### Abstract

The primary aim of the study was to compare the selected Psychological variables between Inter-collegiate and Inter-university Soccer players. For the purpose of this study 100 (Hundred) male Inter-collegiate level of Soccer players from West-Bengal Inter-collegiate tournament and 100 (Hundred) male Inter-University level of Soccer players from Eastern Zone's Inter-university tournament were randomly selected as subject for purpose of this study. The age of the selected subjects was ranging from 18 to 25 years.

The psychological parameters were restricted to sports competitive anxiety, stress vulnerability, sports aggression and depression.

Competitive Anxiety was assessed by using Sport Competitive Anxiety Questionnaire developed by Renier Martins and the Score was recorded in number. Stress Vulnerability was assessed by using Stress Vulnerability Scale Questionnaire developed by Lyle H. Miller and Alma Dell Smith and Score was recorded in number. Sports Aggression was assessed in number by administering Sports Aggression Inventory Questionnaire developed by Anand Kumar and P. S. Shukla and Score was recorded in number. Depression was assessed in number by using Zung Self- Rating Depression Scale (SDS) Questionnaire and Score was recorded in number. The data pertaining to the study were collected by applying the above mentioned selected tests and tools.

To describe the nature of data descriptive statistic on psychological variables viz. sports competitive anxiety, stress vulnerability, sports aggression and depression. To determine the significant differences in selected physiological parameters between the Inter-collegiate and Inter-university soccer players the Independent 't' test was employed. Level of significance was set at 0.05.

The findings of analysis revealed that there were Significant mean differences Significant mean differences were found in the variables of stress vulnerability and depression between the Inter-collegiate and Inter-university soccer players. Insignificant mean differences were observed in the variables of competitive anxiety and aggression in between Inter-collegiate and Inter-university soccer players.

**Keywords:** Sports competitive anxiety, stress vulnerability, sports aggression, depression, inter-collegiate soccer players, inter-university soccer players

### Introduction

Sports Psychology is use psychological assessment techniques and intervention strategies as well as in an effort to help individual to achieve their optimal performance. Emotional factors like tension, anxiety, stress and motivation play an important factor for performance in competition. The various personality factors affect the performance of athletes (Suresh Kutty k, 2008).

The psychology of sports is interesting not only to professional athletes, but to anyone with an interest in the mind, especially about the psychology of peak performance. Sports psychology opined that besides physical fitness and techno tactical efficiency sports performance ultimately lies on the psychological functioning of an athlete. A number of literatures have been published that planned psychological intervention and programs are effective in enhancing athlete performance.

Time to time research has been proved that some athletes are psychologically strong and some are weak, athletes who are psychologically strong in competition situation are able to perform better than psychologically weak athletes.

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Level of anxiety, stress, tension and Aggression depends upon situation, environment and types of games. Ashif Seikh (2013) proved that Senior National level of soccer players showed lower lever anxiety than West Zone Inter University of soccer players in India. Sonia Kanwar (2013) [8] proved that the champions of Judoka were showed higher level of aggression, as compared to the non-champion. Mathana and Malik (2011) [14] proved that low level short distance runner showed higher level of anxiety than high level short distance runner.

The modern concept about the performance at any level of competition in any games and sports not only depends on physical fitness or physiological parameters, but also depends on psychological variables. Some psychological variables like level of Competitive Anxiety, Stress, Depression and Aggression badly affect the performance of any players or team at every level of sports competition. For better and optimum performance a player needs to bring up the required level of psychological preparation along with the optimum level of physical fitness and physiological development. Hence, the research scholar was interested to undertake the study stated as “Comparative Study of Selected Psychological Variables between Intercollegiate and Interuniversity Levels Soccer Players”.

**Significance of the Study**

1. The findings of the study might be helpful to know the desired level of development in psychologically for the soccer players of both the Inter-collegiate and Inter-university level.
2. The findings of this study would help to know the level of development in psychological variables at the Inter-collegiate and Inter-university levels of soccer players.
3. The result of the study would help to the teachers and coaches for the diagnostic purpose.

**Hypotheses**

1. There would be significant mean difference in competitive anxiety between the Inter-collegiate and Inter-university levels of soccer players.
2. There would be significant mean difference in stress vulnerability between the Inter-collegiate and Inter-university soccer players.

3. There would be significant mean difference in aggression between the Inter-collegiate and Inter-university soccer players.
4. There would be significant mean difference in depression between the Inter-collegiate and Inter-university soccer players.

**Material and method**

100 (Hundred) male Inter-collegiate level of Soccer players from West-Bengal Inter-collegiate tournament and 100 (Hundred) male Inter-University level of Soccer players from Eastern Zone’s Inter-university tournament were randomly selected as subject for purpose of this study. The age of the selected subjects was ranging from 18 to 25 years.

The psychological parameters were restricted to sports competitive anxiety, stress vulnerability, sports aggression and depression.

Competitive Anxiety was assessed by using Sport Competitive Anxiety Questionnaire developed by Renier Martins and the Score was recorded in number. Stress Vulnerability was assessed by using Stress Vulnerability Scale Questionnaire developed by Lyle H. Miller and Alma Dell Smith and Score was recorded in number. Sports Aggression was assessed in number by administering Sports Aggression Inventory Questionnaire developed by Anand Kumar and P. S. Shukla and Score was recorded in number. Depression was assessed in number by using Zung Self-Rating Depression Scale (SDS) Questionnaire and Score was recorded in number. The data pertaining to the study were collected by applying the above mentioned selected tests and tools.

**Results and Discussion**

To describe the nature of data descriptive statistic on Psychological variables viz. sports competitive anxiety, stress vulnerability, sports aggression and depression were employed. To determine the significant differences in selected Psychological variables between the Inter-collegiate and Inter-university soccer players the Independent’t’ test was employed. Level of significance was set at 0.05 for testing the hypothesis. The results pertaining to these have been presented in the following table.

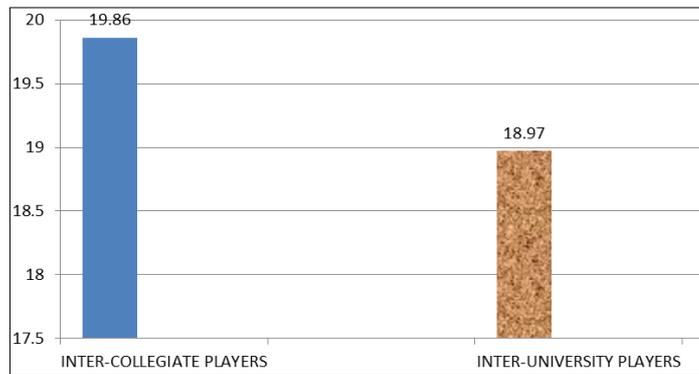
**Table 1:** description of mean, standard deviation and t-ratio for the data on selected psychological variables of inter-collegiate and inter-university soccer players

Variables	Inter-Collegiate		Inter-University		M.D	S.E	p-Value	t-ratio
	Mean	S.D	Mean	S.D				
Competitive Anxiety	19.86	4.23	18.97	3.17	0.89	0.529	0.09385	1.683 <sup>@</sup>
Stress Vulnerability	31.87	6.16	29.50	7.05	2.37	0.9362	0.01212	2.53*
Aggression	11.22	3.13	11.5	2.40	0.28	0.3945	0.47889	0.709 <sup>@</sup>
Depression	43.47	7.27	39.94	6.36	3.53	0.9658	0.00032	3.655*

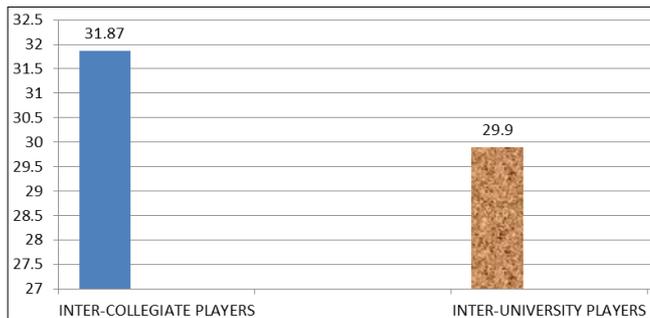
\*Significant at 0.05 level Tabulated  $t_{0.05 (198)} = 1.972$  @ Not Significant at 0.05 level  
M.D: Mean Differences, S.E: Standard Error, S.D: Standard Deviation.

Findings of table-1 reveal that there is significant mean difference in the variables of Stress Vulnerability and Depression between the Inter-Collegiate and Inter-University Soccer players because the calculated t-values of 2.53 and 3.655 respectively are greater than the tabulated t-value of 1.972 at 0.05 level for 198 degrees of freedom. Findings of table-1 also indicate that there are no significant mean

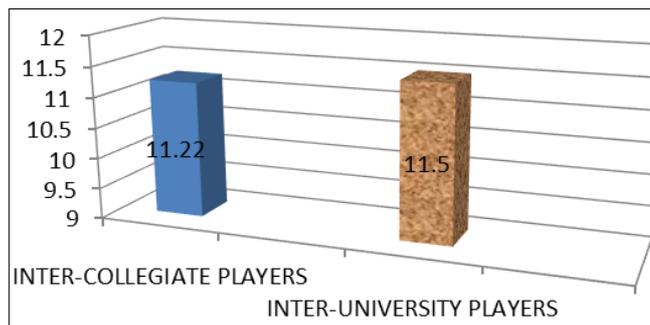
differences in the variables of Competitive Anxiety and Sports Aggression between the Inter-Collegiate and Inter-University Soccer players as the obtained t-ratio values of 1.683 and 0.709 respectively are less than the tabulated t-value of 1.972 at 0.05 level for 198 degrees of freedom. The difference of means has been graphically depicted in the following figures-1, 2, 3 and 4.



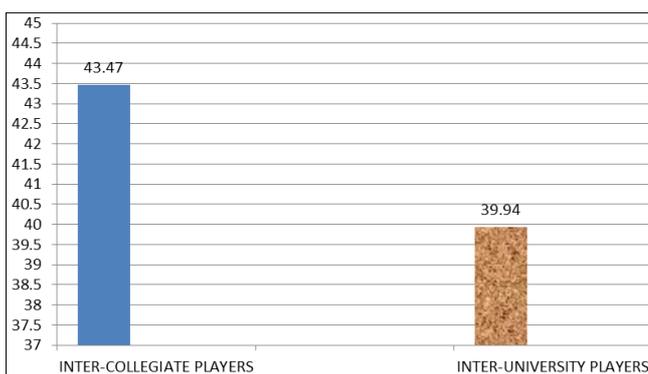
**Fig 1:** Comparison of Means of Competitive Anxiety of Inter-Collegiate and Inter-University Soccer Players



**Fig 2:** Comparison of Means of Stress Vulnerability of Inter-Collegiate and Inter-University Soccer Players

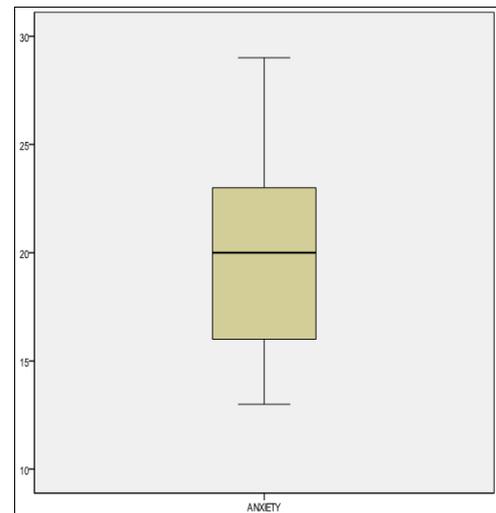


**Fig 3:** Comparison of Means of Sports Aggression of Inter-Collegiate and Inter-University Soccer Players

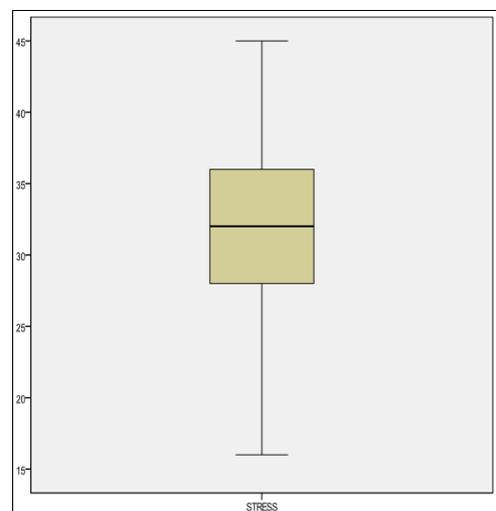


**Fig 4:** Comparison of Means of Depression of Inter-Collegiate and Inter-University Soccer Players

developed their selected psychological variables during pre-competition training session which requires to achieve success in competition hence due attention would have been paid by the coaches of concerned teams to develop the desired psychological variables optimally. On the other hand very little number of college teams had chance to undergo systematic training or coaching programme therefore no question arises to develop the psychological aspect of the players at desired level, hence such results might have occurred in this study.



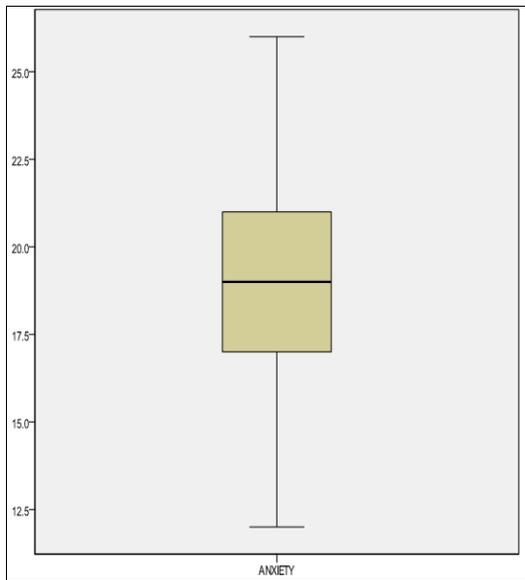
Show the normal distribution of the data on competitive anxiety of inter-collegiate soccer players



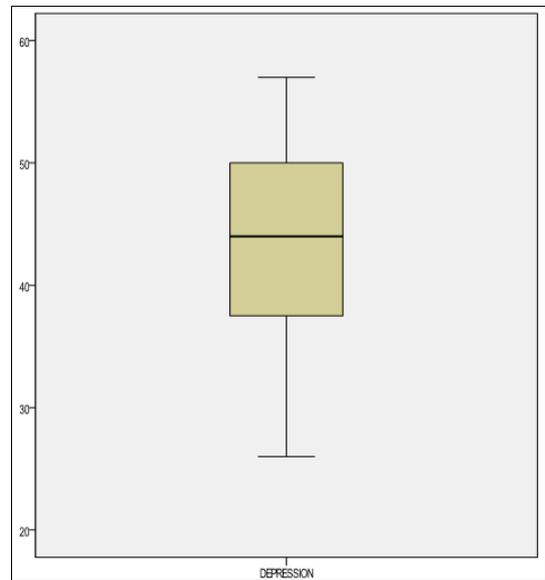
Show the normal distribution of the data on stress vulnerability of inter-collegiate soccer players

**Discussion**

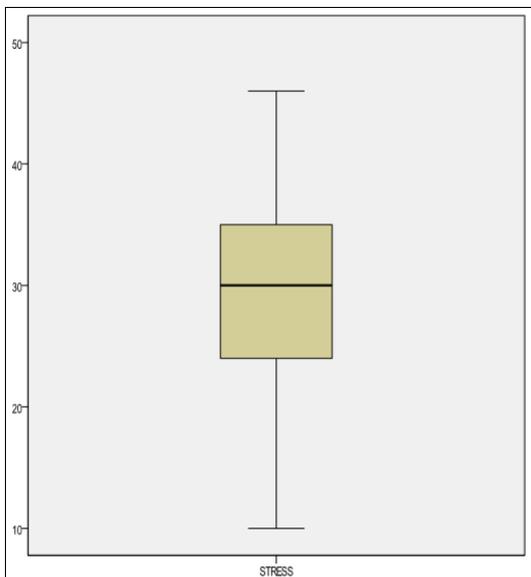
Findings of table-1 revealed that there were significant mean differences in the variables of stress vulnerability and depression between Inter-collegiate and Inter-university soccer players but insignificant mean differences were found in the variables of competitive anxiety and aggression in between Inter-collegiate and Inter-university soccer players. It may be because university level of players might be optimally



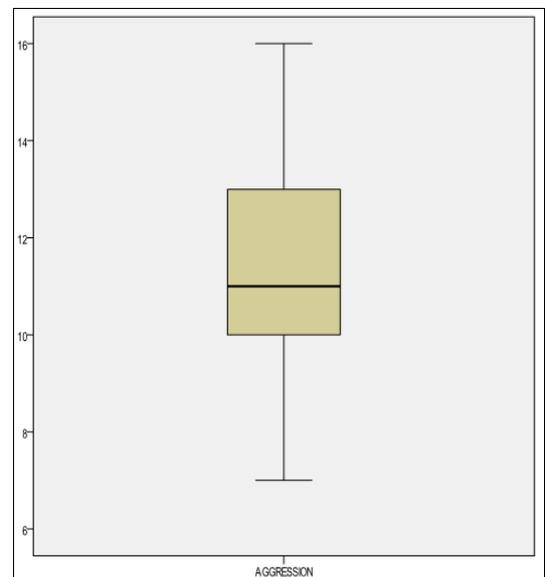
Show the normal distribution of the data on competitive anxiety of inter-collegiate soccer players



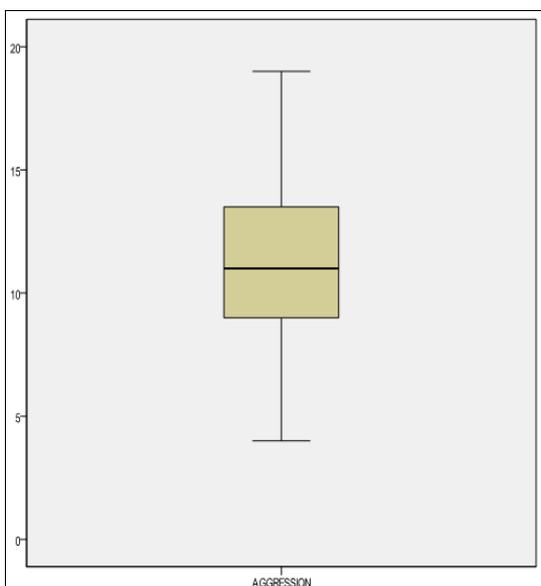
Show the normal distribution of the data the on depression of inter-collegiate soccer players



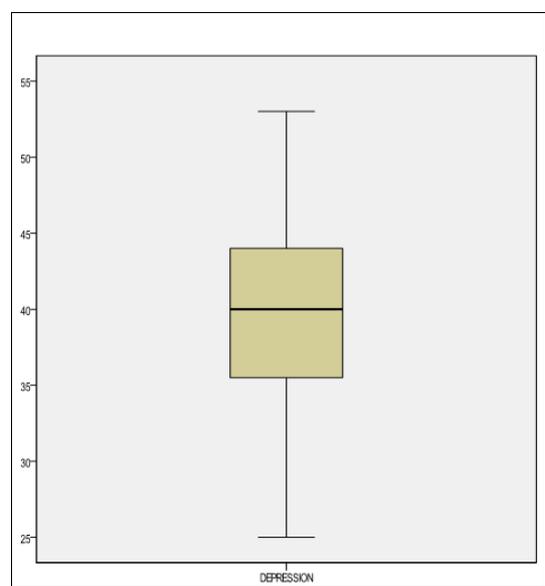
Show the normal distribution of the data the on stress vulnerability of inter-collegiate soccer players



Show the normal distribution of the data on sports aggression of inter-collegiate soccer players



Show the normal distribution of the data on sports aggression of inter-collegiate soccer players



Show the normal distribution of the data the on depression of inter-collegiate soccer players

### Conclusions

1. Significant mean differences were found in the variables of stress vulnerability and depression between the Inter-collegiate and Inter-university soccer players.
2. Insignificant mean differences were observed in the variables of competitive anxiety and aggression in between Inter-collegiate and Inter-university soccer players.

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