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Analysis of selected psychological parameters among Tamilnadu, Kerala, and services state men Santosh trophy players

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Abstract

Purpose: The aim of the investigation was to find out the relationship between anxiety, ego and task orientation on the mental health of soccer players.

Methods: For the study 48 subjects were selected using purposive random sampling method from Tamilnadu, Kerala, and Services state men Santosh trophy players held at Bharathi Stadium in Neyveli 2018-19. 16 players were randomly selected from each state. Sports competition anxiety (SCAT), ego and task orientation (TEOSQ) and mental health (TPI) questionnaires were issued to the subjects and questions were explained as per their state local language for avoiding the data error. Four kinds of psychological parameter data were collected from each subject which is sports competition anxiety, ego, task orientation, and mental health. Collected data were used for analyzing one way ANOVA in SPSS 16th version.

Result: The result of the study shows that there was no significant difference found in the psychological parameters such as sports competition anxiety, ego orientation, and mental health of selected Tamilnadu, Kerala and Services state's men Santosh trophy soccer players but in case of task orientation there was a significant change.

Conclusion: The study concluded that there was no significant difference showing the psychological parameters such as sports competition anxiety, ego orientation and mental health of selected Tamilnadu, Kerala and Services state's men Santosh trophy soccer players but in case of task orientation there was a significant change.

Keywords: Anxiety, ego, mental health, sports competition anxiety

1. Introduction

Many psychological factors affect sports performance, some of them have been discussed in this paper. Anxiety and its effects on sports performance remain one of the main research areas in sports psychology (Hanin, 2000; Woodman & Hardy, 2001). Anxiety is defined as an aversive emotional experience that can develop during potentially threatening, evaluative situations (Eysenck, Derakshan, Santos, & Calvo, 2007). Considering that athletes in competitive sports need to perform well under pressure, sporting competitions can be considered as potentially threatening evaluative situations and thus can possibly elicit heightened levels of anxiety.

According to Martens and colleagues (Martens, Vealey, & Burton, 1990), anxiety is a multidimensional construct that is constituted of two main components: Cognitive anxiety (i.e., worrisome thoughts about one's performance) and somatic anxiety (i.e., individual perception of one's physiological arousal, e.g., nervousness, tension, heart rate). The competition anxiety control strategical moves of the players in the game that possess optimum self-confidence and motivation. But some situations with high anxiety in competition experience decrease the performance of amature players (Pigozzi, Spataro and Pizzo, 2004)^[5]. People with good mental health they establish and maintain respectful connection and friendships with people that affect positively in the field also. Through that Players support and respect each other (Repper and Perkins, 2003). Mental health can affect daily life, relationships, and physical health. Mental health includes the ability to enjoy life to attain a very good balance between life activities and efforts to achieve psychological resilience

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(Pringle, 2009)^[6].

Involvement of task and ego may enhance the motivation level of the participants that offer important insight into the goal (Fox, Goudas, and Armstrong, 1994). Task orientation positively affects the individuals mastering a skill and personal improvement in sports, ego orientation was a positive predictor of sports involvement winning awards enhance social status and self-esteem (Duda, 1989)^[7].

2. Material and methods

2.1 Participants

48 professional football players were randomly selected from South Zone qualifiers of the 73rd Santosh Trophy at the Bharathi Stadium in Neyveli 2018-19. 16 players from each team, Tamilnadu, Kerala, and Services.

2.2 Study design

16 players were selected from each state using a purposive random sampling method the qualitative data were collected through questionnaires. To measure competition anxiety of

the player's sports competition anxiety test (SCAT, developed by Rainer Martens, 1977) was conducted. The collected data analyzed with SCAT score analysis norms. Out of 15 questions 10 of which measures anxiety level. To measure the ego and task orientation of players task ego orientation sports questionnaire (TEOSQ by Duda, 1989)^[7] was conducted. Out of 13 questions, 6 represents ego orientation and the remaining 7 questions represent task orientation. The mental health of players measured through using trier personality inventory (TPI, developed by Peter Becker) there was 20 questions and the calculated dated analyzed with the TPI test score norms.

2.3 Statistical Analysis

Analyzed with ANOVA with degrees of freedom 2 and 45 significant at 0.05 levels.

3. Result and analysis

3.1 Sports Competition Anxiety

Table 1: Mean, SD, and 'f' ratio

State	No. of Subjects	Mean	SD	Sum of Squares	df	Mean Square	F-ratio
Tamilnadu	16	18.75	2.59	B	2	19.39	2.70
Kerala	16	17.18	1.91				
Services	16	16.63	3.34	W	45	7.18	

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

From table 1 the level of anxiety for Tamilnadu, Kerala, and Services state men Santosh Trophy soccer players are being observed. The mean values are 18.7500, 17.1875 and 16.6250 their standard deviation are 2.5948, 1.9050 and 3.3441 moreover the calculated 'f' ratio value 2.701 is lesser than

table value 3.20 for significant at 0.05 level confidence. Hence there is no significant difference among Tamilnadu, Kerala, and Services state men Santosh Trophy men soccer players the variable of Sports Competition Anxiety in the year of 2018-19.

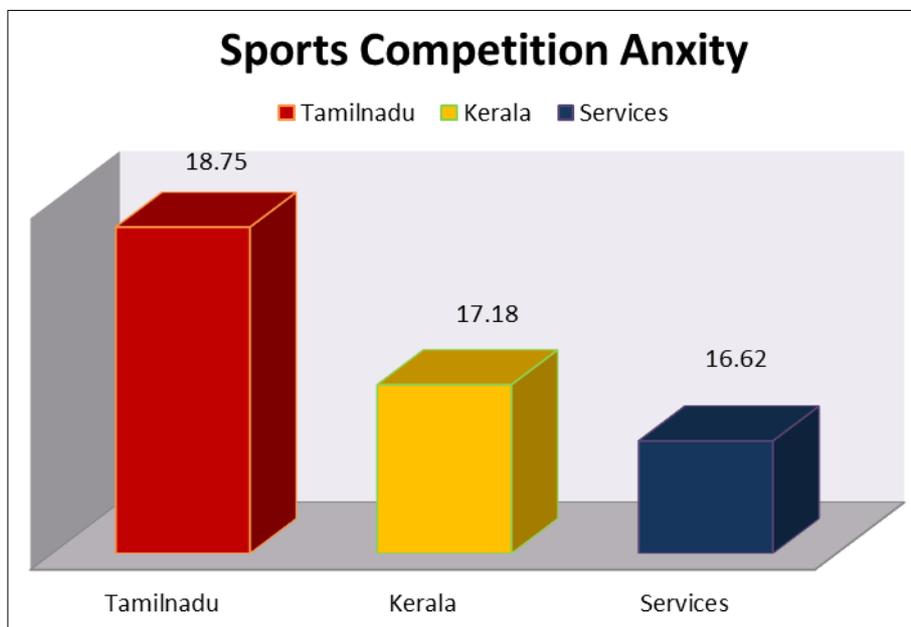


Fig 1: Sports Competition Anxiety of Tamilnadu, Kerala and Services Players.

From the above diagram, we can analyze that Tamilnadu state soccer players showing a higher level of sports competition Anxiety (18.75) than Kerala and Services players. The anxiety level of Kerala state soccer players is higher than Services

soccer players (17.18) and lower than Tamilnadu state soccer players. The anxiety level of Services is lower than Tamilnadu and Kerala state men Santosh trophy players.

3.2 Sports Competition Ego

Table 2: Mean, SD, and 'f' ratio

State	No. of Subjects	Mean	SD	Sum of Squares		df	Mean Square	F-ratio
Tamilnadu	16	2.78	0.44	B	0.141	2	0.071	0.481
Kerala	16	2.73	0.41					
Services	16	2.86	0.28	W	6.604	45	0.147	

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

From table 2 the level of ego for Tamilnadu, Kerala, and Services state men Santosh Trophy soccer players are being observed. The mean values are 2.78, 2.73 and 2.86 their standard deviation are, 0.44, 0.41 and 0.28 moreover the calculated 'f' ratio value 0.481 is lesser than table value 3.20

for significant at 0.05 level confidence. Hence there is no significant difference among Tamilnadu, Kerala, and Services state men Santosh Trophy men soccer players the variable of Sports Competition Ego in the year of 2018-19.

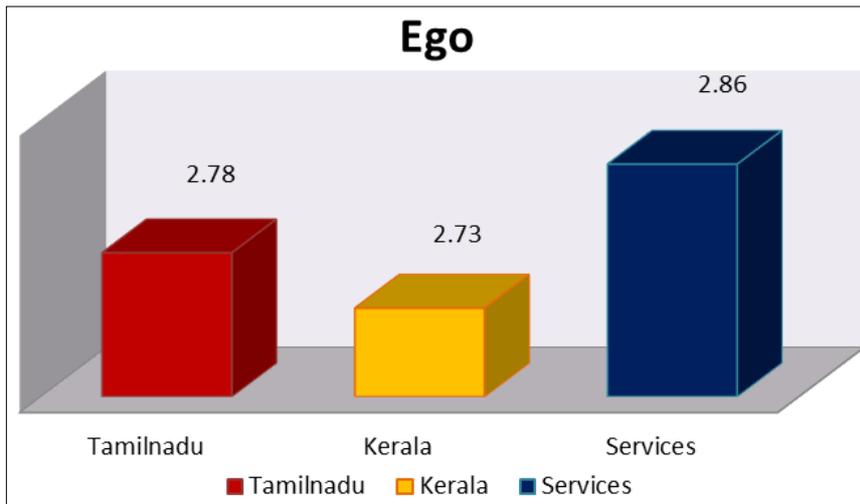


Fig 2: Ego Orientation of Tamilnadu, Kerala and Services players

This diagram showing the mean value result of Ego orientation between Tamilnadu, Kerala, and services state men Santosh trophy player. Services players showing the higher level of ego orientation (2.86) which is higher than Tamilnadu and Kerala State men Santosh trophy players. Tamilnadu players having the level of ego orientation is 2.78,

which is higher than Kerala and lower than Services state men Santosh trophy players. Kerala players showing the lower level of ego (2.73) than Tamilnadu and Services state men Santosh trophy players.

3.3 Sports Competition Task

Table 3: Mean, SD, and 'f' ratio

State	No. of Subjects	Mean	SD	Sum of Squares		df	Mean Square	F-ratio
Tamilnadu	16	4.20	0.53	B	1.465	2	0.733	3.23*
Kerala	16	3.85	0.57					
Services	16	4.24	0.27	W	10.186	45	0.226	

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

From table 3 the level of Task for Tamilnadu, Kerala, and Services state men Santosh Trophy soccer players are being observed. The mean values are 4.20, 3.85 and 4.24 their standard deviation are, 0.53, 0.57 and 0.27 moreover the calculated 'f' ratio value 3.23 is higher than table value 3.20

for significant at 0.05 level confidence. Hence there is a significant difference among Tamilnadu, Kerala, and Services state men Santosh Trophy men soccer players the variable of Sports Competition Task in the year of 2018-19.

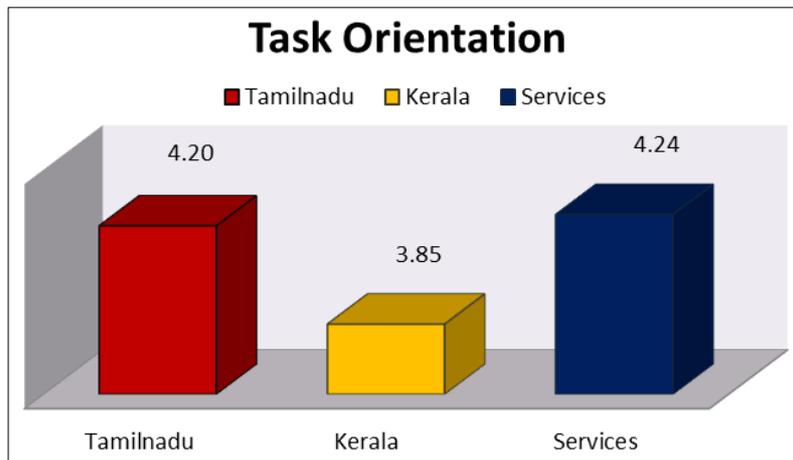


Fig 3: Sports Task orientation of Tamilnadu, Kerala and Services players

This diagram showing that mean values of task orientation between Tamilnadu, Kerala, and Services state men soccer players. In this diagram, services soccer players showing a higher level of task orientation (4.24) than Tamilnadu and Kerala players. Tamilnadu soccer players showing task orientation level (4.20), which is higher than Kerala and lower

than services state men Santosh trophy players. Kerala state soccer players showing a lower level of task orientation (3.85) than Services and Tamilnadu state Santosh trophy soccer players.

3.4 Sports Competition Mental Health

Table 4: Mean, SD, and ‘f’ ratio

State	No. of Subjects	Mean	SD	Sum of Squares	df	Mean Square	F-ratio
Tamilnadu	16	52	5.01	B	127.79	2	63.89
Kerala	16	53.37	5.91				
Services	16	49.43	4.84	W	1251.68	45	27.82

Note: The table value for significant* at 0.05 level with 2 & 45 degrees of freedom ‘f’ table value is= 3.20 and respectively

From table 4 the level of Mental Health for Tamilnadu, Kerala, and Services state men Santosh Trophy soccer players are being observed. The mean values are, 52.00, and 53.37 and 49.43 their standard deviation are 5.01, 5.91 and 4.84 moreover the calculated ‘f’ ratio value 2.297 is lesser than

table value 3.20 for significant at 0.05 level confidence. Hence there is no significant difference among Tamilnadu, Kerala, and Services state men Santosh Trophy men soccer players the variable of Sports Competition Mental Health in the year of 2018-19.

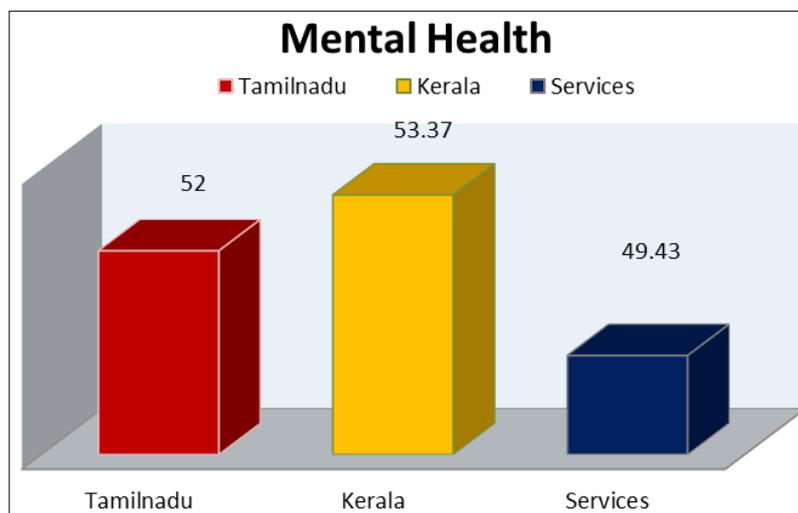


Fig 4: Mental Health of Tamilnadu, Kerala and Services Players.

This diagram showing that mean values of task orientation between Tamilnadu, Kerala, and Services state men soccer players. In this diagram, Kerala soccer players showing a higher level of mental health (53.37) than Tamilnadu and Services players. Tamilnadu soccer player’s mental health (52), which is higher than services and lower than Kerala state men Santosh trophy soccer players. Services state soccer players showing a lower level of mental health (49.43) than

Kerala and Tamilnadu state’s men Santosh trophy soccer players.

The following diagrams showing Sports Competition Anxiety, Ego Orientation, Task Orientation, and Mental Health Psychological parameters level among selected Tamilnadu, Kerala and services State’s Men Santosh Trophy Players

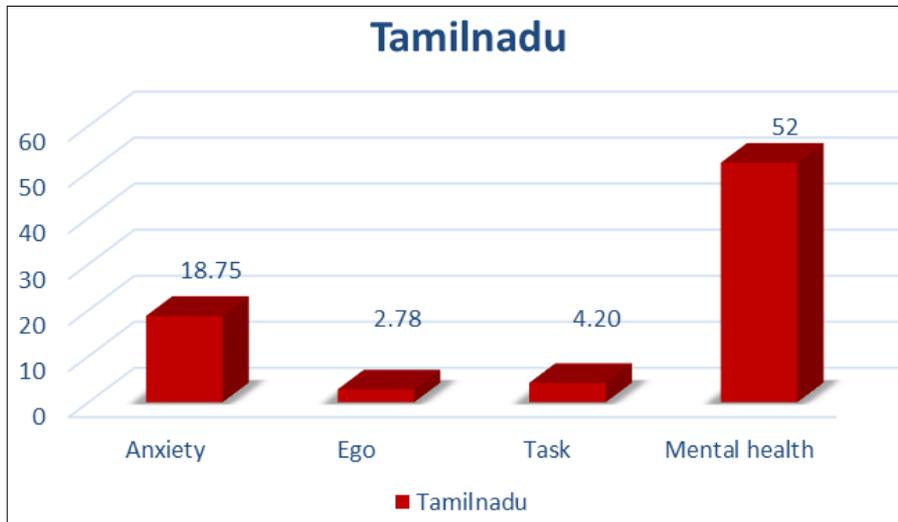


Fig 5: Tamil Nadu Santosh Trophy Players

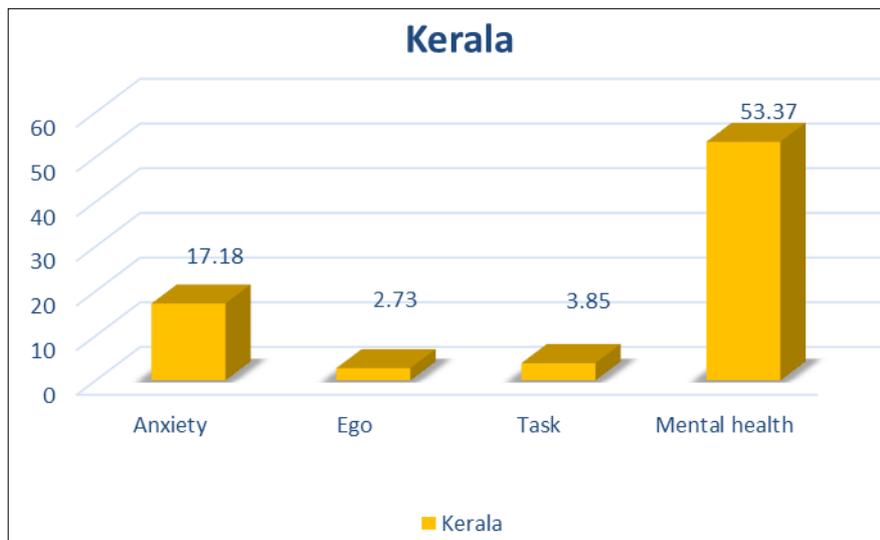


Fig 6: Kerala Santosh Trophy Players

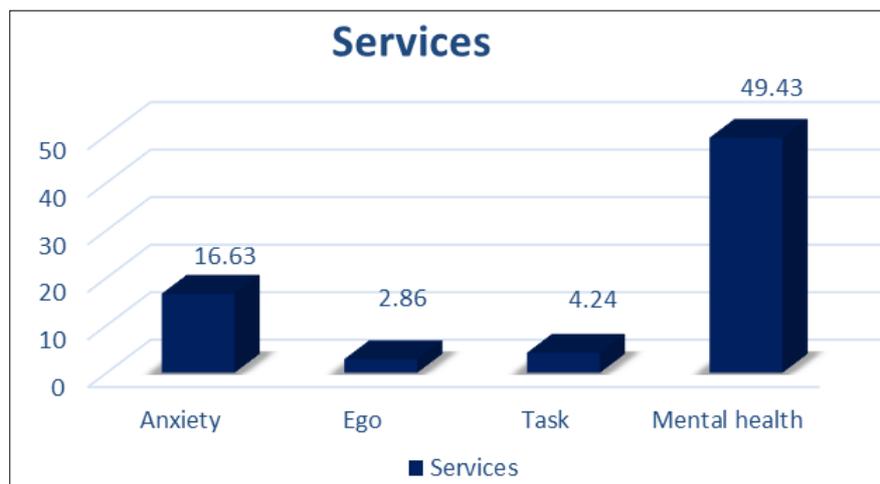


Fig 7: Services Santosh Trophy Players

4. Discussion

The results of the study show that there was no significant difference between team players in all three variables such as Anxiety, Ego orientation, and mental health of selected Tamilnadu, Kerala and Services state's men Santosh trophy players except in task orientation variable. The previous studies show that the competition anxiety control strategical

moves of the players in the game that possess optimum self-confidence and motivation. But some situations with high anxiety in competition experience decrease the performance of amateur players (Pigozzi, Spataro and Pizzo, 2004) [5]. For professional football players, the anxiety level should be always average because if the anxiety level is high the player may undergo stress and chances of injuries are more. And if

the anxiety level is low the player may underperform which may play an important role in the team victory or loss. The result of the study indicating that to play professional sports and games the athlete needs a certain arrogance.

Studies show that involvement of task and ego may enhance the motivation level of the participants that offer important insight into the goal (Fox, Goudas, and Armstrong, 1994). Confidence in their own ability an ego is the mindset of the athlete which helps them to think they are unbeatable and stoppable. The ego allows greater athletes to accomplish what they try to achieve but if the ego is high it may lead to the player's end of the carrier so for a professional player the ego orientation level should always to be in an average state so as to succeed. Task orientation is a leadership quality which helps to maintain the behavior of an athlete and helps the athlete improve his performance and maintain group moral with the team players. As the professional athlete focuses on improving performance in order to meet certain goals to achieve a certain performance standard. The result of the study indicating that for professional football players the ego and task orientation level should be always average because if the ego level is high the player can't concentrate more and chances of injuries are more. So the player should have an average level of task orientation so as to develop the overall personality of an individual.

Studies show that the professional player those with very good mental health may stay always positive in nature which is very good at improving team cohesion (Repper and Perkins 2003). Mental health involves the area of life such as feelings of satisfaction, optimism, and self-esteem. It reduces stress and anxiety it helps the athlete to sleep better and boost their overall mood. So the athletes should have well mental in order to achieve a better result in the field and normal life.

5. Conclusion

After the analysis and interpretation of collected data, we can conclude that except task orientation there was no significant difference showing the psychological parameters such as Anxiety, Ego orientation, and mental health among Tamilnadu, Kerala and Services state's men Santosh trophy soccer players. The calculated 'F' ratio values are lesser than the table value of 3.20 for significant at 0.05 level confidence. Hence the hypothesis was rejected. When we compared the mean values of selected psychological parameters on selected players from Tamilnadu, Kerala, and Services we can analysis that, Kerala players having a higher level of mental health compared to Tamilnadu and Services state men's Santosh trophy soccer player. Ego level of Kerala players is less than Tamilnadu and Services state's players. Anxiety level is below than Tamilnadu and higher than Services. Task orientation level is below than Tamilnadu and Services state's men Santosh trophy players. These psychological parameters such as normal anxiety and less ego may help Kerala players to gain more task and mental health at competition period and they can perform better than Tamilnadu and Services State's men Santosh trophy soccer players.

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