CHAPTER I
INTRODUCTION

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INTRODUCTION

Soccer has become a very popular game in the world. Almost all of the nations play the game both for enjoyment and competition. Modern soccer is very fast by its nature. The spectators and the players enjoy the game of soccer with a great amount of merriment. It is a game of constant action and requires continuous adaptation to change the situation by the team as a whole as well as by the individual players. Although it is a team game, there is ample room for players to display their brilliance through individual performance with the ball as well as through team play involving improvisation and tactical knowledge.

Indian soccer is now on the downhill in the international arena in relation to the soccer played about four decades back (early fifties) in India. If we read the pages of history of Indian soccer, it is quite evident that India occupied a very covetable position in world soccer at that time. India got fourth position at Melbourne Olympic in 1956. In Asian games it achieved thrill, a dream, an aspiration of all sportsmen come true for Indian soccer players.

Gone are the days when Indian soccer had its height and health, name and fame to talk about. The constant deterioration in Indian soccer is still a mystery. The miserable failures of Indian soccer is grooming of youngsters and the negligence in cultivating required level of physical fitness, moderns means and methods of training and knowledge of its changing nature to uplift the total performance.

The game of soccer requires tremendous physical fitness, motor fitness as the duration of the game is ninety minutes in
which basic movement such as kicking, running, throwing, dodging etc. are involved.

"Soccer is a game which calls for strenuous, continuous thrilling action and therefore, appeals to the youth of the world over. The skills involved in the game are simple, natural and yet are highly stimulating and satisfying to any one who participates in the game." The skill includes kicking, running, jumping, throwing, dodging and so on.

Besides anthropometric advantages to sports performance, at present the psychological aspects also have been emphasized and have become increasingly vital in the study of psychological characteristics that limit the performance of an individual in a given sport at the high level of competition.

Personality assessment has now been used in the selection of athletes and also serves as a tool to evaluate sport gifted individuals. In recent years psychologists and physical educators have become interested in assessing the personality of athletes. There has been a general premise that athletes possess unique and definable personality characteristics.

Participation in physical activities besides developing physique, contributes to building up of self-confidence, reduction of anxiety level, and outgoing tendency or extraversion as such proficiency leads to increase success in physical tasks which is valued in one's group. Success in sports-activities in adolescence enhances self-esteem whereas physical inaptitude leads to feeling of inferiority.

Certain psychological characteristics and personality features facilitate participation in physical activities and acquiring proficiency and skills which in turn may enhance desirable psychological
dimensions. A minimum level of I.Q. is necessary to achieve superiority in sports endeavour. People with the low intelligence experience difficulty in acquiring skills. Certain personality traits such as freedom from agitation, high need for social approval, lack of hostility to the environment are predictive of superior performance in sports endeavour.

Many who support the personality performance relationship go so far as the state that, all other things being equal, the personality of the athlete will determine the winner. Cofer and Johnson suggested that athletes are a special breed in terms of personality and their special attributes sort out the champions from those who are blessed with similar physical abilities.

On the basis of the large number of observation and evaluation of individual sportsman, a number of personality traits related to high sports achievement, have been determined. These traits are drive, determination, intelligence, aggression, leadership, emotionality, self confidence, mental toughness, trust and conscience development.

High relationship between physical fitness and personality traits were also noticed in the literature, where highly fit sportsmen were found to be more intellectually inclined, outgoing, emotionally stable, self confident, easy going, relaxed, less ambitious, less tense and unconventional in comparison to the low fit sportsmen.

Cooper feels that some sort of complex of personality factors must be functioning that compels an individual to join and work with a team, with its regular practices, leadership, and peer involvements and continuity over time. He also states that such factors related to participation in competitive sports may well be different from the general psychological needs related to ordinary physical activity.
Therefore, some discrete set of personality factors probably exists which is related to causing some people to select and participate in sports. Perhaps these people possessing the strongest and most fortuitous combination of these salient personality factors tend to persist in sport and become successful as outstanding athlete. But very little 'hard' evidence are in existence that the participation in competitive sport influences and modifies a competitor's personality structure.

Buffon, Hughes, and Morgan agree that participation in general sports activities does not seem to affect personality but vigorous exercise and programme that increase fitness level may have positive effects on mood, self-concept and general mental health.

The importance of the self-concept in the personality pattern is evidenced by the levels usually given it. It is referred to as the core or centre of gravity of the pattern or as the keystone of personality. Its importance stems from its influence over the quality of a person's behaviour and his methods of adjustment to life situations.

Certain anthropometric considerations, somatotype features, and racial traits are identified as advantageous for performance in a specific sport. Intelligence, divergent thinking (creativity), psychological characteristics of aspiration, persistence, self-control etc. are also important factors to reach the category of top sports.

Today the preparation of an athlete for achievement is a complex dynamic state, characterized by high level of physical and psychological efficiency (physical and psychological readiness) and the degree of perfection of the necessary skills and knowledge,
techniques and tactical preparation. Many other factors are also brought into action in his preparation (means of rehabilitating strength after loads, special nutrition, organization of general regime in accordance with the conditions of sports activity etc.). Thus athlete’s training today is a multisided process of expedient use of aggregate factors (means, methods and conditions) so as to influence the development of an athlete and ensure the necessary level of preparation. Therefore, besides monitoring physical fitness and functional ability, selected anthropometric and somatotype characteristics and psychological traits etc. will be of definite advantage in the selection of top level sportsmen.

Athlete for superior performance in any sport is selected on the basis of physical structure and body size he possess which has proved to be appropriate for high performance in the given sports.

The advantage of body segmental or musculo-skeletal framework as the phrase implies, is an arrangement of the bones and muscles. Adjacent bones are attached to one another by joints, which provide the motion for moving the bones to which they are attached. Mechanically speaking, the total bone-joint-muscle structure is an intricate combination of lever which makes possible a great number of coordinated movements, ranging from the small hand and finger motions used in assembling a television set or playing the Piano, to the total body movements of a soccer player.

Participation in soccer is both enjoyable and beneficial. To play the game well one must develop physical stamina and excellent neuromuscular coordination, intellectual alertness and the ability to make adjustment to rapidly changing situations, emotional
control, gentlemanly conduct and social graces that promote interpersonal relationship.

In many sports like football, the skill in top performance may call for 60 kinds of mobilization of energy. Football is for instance, an endurance activity as it is played for 45 minutes duration at a stretch in each half of a match. At the same time the play involves short sprints and powerful kicks frequently and this involves sprint and explosive activities. Then an athlete may require aerobic training or anaerobic training, and most often, 60 kinds of training in different proportion depending upon sports for which he is being trained to play high competitive level.

A football player need 'speed' to reach the ball quickly and to pierce through the defence. On the other hand, defender needs speed of recovery to guard his goal and even goalkeeper needs speed of movement to control the ball as quickly as possible.

Specially in one to one situation, speed is the most important factor to decide who will beat whom in the struggle for possession of the ball.

The requirement of speed in soccer is beyond question. The tempo of a soccer game is set not only by how fast individual players run but how quickly they move the ball around to one another as well as up and down the field. How quickly they manage to control the ball and overtake an opponent without any waste of time. Thus all the techniques and skill training an individual undergoes can benefit his speed. Therefore it is needless to elaborate the requirement of speed training for better soccer performance further.
Strength deserves considerable attention for soccer players. Players need to produce power when kicking a ball, throwing the ball for a long distance or taking a powerful shooting at the goal, while accelerating quickly or jumping. Soccer players can and must work for improving their strength and power to play more effectively.

In soccer, it is vital that the players would have endurance. It is useless to dominate a match in the beginning because the players with superior skill may lose it as in the long run they become exhausted and can no longer perform well. A lack of endurance results in fatigue which diminishes several elements of good performance such as timing, co-ordination, reaction time, general alertness and concentration. Since increased endurance delays the onset of fatigue, it therefore improves the overall improves performance during the match.

Agility plays a vital role in soccer because when a soccer player participates in the of soccer, he has to change direction and movement of various parts of the body while dribbling the ball, tackling the opponent and for goalkeeper to save the goal.

In respect of physical fitness, the Indian players are lagging far behind in comparison to western players. It is no denying of the fact that they are naturally gifted with the climatic condition and normal physique. But eastern countries like Korea and China have proved that through continuous and scientific training those barriers can be tackled and considerable physical fitness necessary for playing soccer may be achieved.

In India, football is most popularly played in West Bengal, Goa and Kerala. In West Bengal the competitive soccer is mostly played during the rainy season on resisted surface although the
players are trained in winter and summer. West Bengal as a state is slightly ahead in football than other states. The Gowanese use to play football in almost sand surface. Playing on different resisted surface e.g. on dry sand, wet sand and natural turf either during training or during competition may contribute to some extent to total soccer performance.

Coaches are still in search of different methods of training for development of speed, strength, endurance and agility to increase the performance level in soccer.

Due to lack of high modern technology and sophisticated instruments in India, high level of training programme is now still far behind than western countries.

1.1 HISTORICAL VIEW :-

In modern soccer playing nations, research and development has not just been restricted to the realms of software and medical science. As football evolves, research and development forms an integral part of the world's top soccer nations. In contrast, Indian football has failed to emerge out of its ancient traditions and, if international standards are any yardstick, India has only slipped down the ladder. With the introduction of the National Football League, the apparent amateur world of Indian soccer steps into a new era as professionalism arrives to revive its plummeting image.

Football has come a long way and has had a storied history as the world's most popular sport. The London Football Association was established in 1863 and developed the rules of modern football, based on the earlier style of just using the feet to advance the ball. This became known as association football,
and through history, to soccer, football, and soccer. England and Scotland played the first international match in 1872. The Federation Internationale de Football Association (FIFA), the international governing body of football, was established in 1904. In 1908, football was sanctioned as an Olympic sport, and in 1930, the first World Cup was held in Montevideo, Uruguay with 13 countries competing. France hosted the 16th World Cup in 1998, which was watched by record 37 billion people around the world.

Despite its British origin, soccer has been adopted around the world. The rules of the game are international, but the associated rituals are often the product of native culture. The folklore of Brazilian soccer is unlike that of the German game; watching Santos of Sao Paolo is not the same as a visit to terraces of Schlick 04. Among the Zulu's of South Africa, pregame ceremonies include incantations, dances, and ritual incisions performed on the players by witch-doctors.

Football, a game like no other, a sport whose quadrennial summit - the World Cup - brings the whole world together in a sort of tribal bonding that all the greatest statesmen of our times together can not achieve. Over the years, more emotional capital has been invested on this sport by more people than perhaps in any other human activity barring love and courtship. And if football is just a game, then love is another four-letter word?

The day of the World Cup finals 1998 several times more people watched (37 billion) two teams compete at a ball game than world would have watched the Titanic, the mega-budget (Oscar). From the shanty towns of Sao Paulo to the biggest
single colony in the world, Bombay’s Dharavi, from the swanky, expensive villas on the Cote d’Azur to the mansions of the rich and the famous on Beverly Hills, a huge chunk of the human race tuned in to the drama being enacted by two football teams.

It is a coming together of the sort that the human race seldom experiences as people from vastly different backgrounds, rich and poor, black and white, and every shade in between, Hindu, Muslim, Christian, Buddhist, Jewish as well as the agnostics and the atheists, live through a set of shared emotions on a vast scale of 90 minutes... and perhaps more.

Neither a crucifixion nor a coronation, and surely no other single sporting event including the Olympics, might command such attention from the human race.

They are religions. And then there is football. The world game is the ultimate religion, one that cuts across every known border on earth; something that, like every great religion, unites, divides, elevates, plummets, provides inspirational highs, sets off fits, shoots up nerves and puts one on the edge and makes one scale the gamut of emotions in 90 minutes.

No other ball game is known to trigger such extreme responses in so many millions. Other sport can only aspire to match the status of football. What is it about a simple ball game that makes it so popular, cutting across all barriers? What is the key to its special allure, its near-hypnotic appeal?

These questions might make it appear that the source of the great game’s unparalleled popularity is a deep mystery and serious scientific analysis was necessary to unravel it. But, then, given the nature of the game and the ambit of its appeal, it
would not only be difficult to attempt anything like that but also, it would defeat the very purpose. Cold science can seldom get to the heart of the matter. On the other hand, the heart alone can. The key to football’s appeal is the game’s simplicity. The game needs no equipment like cricket or tennis or hockey. You only need a ball and a good pair of legs to kick it with. Have ball, will play … and the game is on.

This of course, means the game is accessible to the poorest of the world. From the pavements on the Rio de Janeiro beachfront to the parking lot outside the Chennai Central station where street children kick waste paper and rags rolled into balls, from the impoverished villages of sub-Saharan Africa to the maidens of Calcutta, it is a game of the people, for the people, by the people.

“During the between war years, the football pool did more than any one thing to make life bearable for the unemployed,” wrote George Orwell about the game’s appeal during the years of the Great Depression.

Through decades, football, the common man’s game, has put a smile on more faces - faces of man defeated by life and its cruel twists - than all other sports put together. In the event, it is hardly surprising, given the ways of the world, that nobility and ruling classes should have, in the past, scoffed at it. Kings and Queens, in England in particular, have tried to ban the sport through proclamations and many intellectuals have looked down upon the people’s game and passed derisive remarks.

The principal objection of the privileged classes was that the game was an escape for the masses. Of course, it was, or
course it continues to be a source of escape. So what? For the most part, is all about escaping, is it not?

To the porters of the Chennai Central Station, to the mine workers of Yorkshire and to the rickshaw pullers of Calcutta, all of them trying to forget about the dark despondency of the day, about their own unflattering situation in life and its scheme of things, football is a God-send. All their troubles seem so far away when these men walk into a stadium for a match. With like minded persons, they suddenly feel a sense of belonging. Life’s not kicking them in the backside anymore. It’s kinder, nicer .... and they belong.

Football is perhaps India’s oldest favourite modern sport. It is played widely all over the country and is as popular in India as it is in Europe and Latin America. However, the progress in the sport has not kept pace with that of other countries, even in Asia, not to speak of the world. The story of Indian soccer is as old as it is fascinating. The British army introduced organised football in 1880. The sport became popular first in Bengal before it spread to other parts of the country.

The All India Football Federation (AIFF), the national body controlling the sport in India as an affiliated unit of the Indian Olympic Association and the world body (FIFA) was formed in 1937, but organised football was linked more closely with the Indian Football Association (IFA), Calcutta, the oldest state level football organisation in the country, formed in 1893. The credit for popularising the sport amongst Indians can truly be given to three leading clubs of Calcutta : The Sovabazar (formed in 1880), the Mohun Bagan Club (1888) and the Mohammedan Sporting Club (1889).
The first ever competition in the country came into existence in 1888, when Sir Henry Morhamen Durand, the foreign secretary of India donated a trophy called Durand Cup. The Durand tournament was held at Arundale at Simla. The competition for the Durand Cup was confined only to the military teams. The next year (1889) the Dorsi Athletic Club introduced Traders Cup and it was ‘Sovabazar Club’ which became first ever Indian team to defeat an European team (East Surrey Regiment) in 1892 in a Traders Cup match.

The first football match in India was played in April 1884 in Esplanade- Fort William, Calcutta between the “Calcutta Club of Civilians” and the “Gentlemen of Barrackpore”. The first Indian to kick a football and form a school club (Hare School Club) was late Nagendra Prasad Sarbadhikari in the year 1872 and therefore he is rightly called “Father of Indian Football”.

It was the Indian Football Association (IFA) which spread the name and fame of Indian football to other parts of the world. Under its aegis in 1924 a team of Bengalee footballers made an extensive tour, visiting the far east playing at Singapore, Rangoon and Bataria (now Jakarta in Indonesia) causing tremendous enthusiasm for the game among the natives of those countries who had not till then taken the game. The team came back unbeaten with the additional distinction of having inflicted the first defeat in 12 years on a Dutch team at Bataria.

On May 24, 1950 a cable arrived at the headquarters of the International Football Federation (FIFA) in Zurich, ‘Regret, unable to participate in the World Cup. It was curtains for India to get a firsthand taste of the World Cup Football. Brazil was hosting the World Cup for the first time in 1950. It was on the basis of the 1948 London Olympics performance that the entries
has been considered. But the hitch was that the Indians played barefoot. The rules could not be altered at that late stage, so India could not participate in the World Cup (1950).

For just about a decade, 1951 to 1962, India was amongst the best in Asia, winning the Asian Games gold medal twice in 1951 at Delhi and in 1962 at Jakarta. During this same time span, Indian finished fourth in the 1956 Melbourne Olympics. The other laudable achievements were a bronze medal in 1970 Bankok Asiad, runners-up in 1964 Asia cup at Israel, and runners-up in the Merdeka tournament.

At the Melbourne Olympics, India played with such tactical maturty, that several critics, including the legendary Willy Meisel, said that Rahim was one of the best coaches in the world.

The last major triumph was achieved by the Indian junior team led by Sabbir Ali in the 1974 Asia Youth Championships at Bangkok.

From 1952-55, India won the Quadrangular tournament which was confined to countries of the former British Indian empire. Other participants were Burma, Pakistan and Ceylon. India remained unbeaten in these four tournaments played at Colombo, Rangoon, Calcutta and Dhaka, respectively.

In the beginning, 113 years ago, it was a Raj inspired obsession that was kick-started in 1893 with the Indian Football Association (IFA) Shield, India's very first competitive football event. Five years later, an era of heady club matches began with the launch of the Calcutta Football League. And when a barefooted Mohun Bagan became the first Indian team to defeat the British team, East York, and lift the IFA Shield in 1911, Calcutta football
seemed to symbolize the struggle against British colonialism.

The major Indian Shields, Cups, Trophies, Tournaments are the Santosh Trophy, Durand Cup (second oldest tournament of the world), Rovers Cup, IFA Shield, Federation Cup, DCM Cup. The National Football Championship for the Santosh Trophy was started in 1941. The competition is held annually at different places in the country. The intention behind inaugurating the Federation Cup Football Tournament in 1977 was to organize a championship in which only the top clubs of the country would participate. The winner of this prestigious tournament was expected to grow in stature every year and could then genuinely be called the “Champion Club” of the country.

There was a time in the 50’s and early 60’s when Indian football had the label of an achiever at the Asian level. Players of calibre was one reason, but more importantly other nations were yet to catch up. More than three decades thereafter India finds itself in the mid-level among the 45 nations which are affiliated to the Asian Football Confederation. Almost similar is the story unfolding in the more amiable South Asian region. The country had the “big brother” status when the SAARC football tournament was launched in 1993 in Lahore under the aegis of the South Asian Football Federation. The theme was to cement the bond of friendship and at the same time through mutual competition, raise the standard of the game in India, Pakistan, Sri Lanka, Bangladesh, Maldives, and Nepal, the six nations which take part in the event.

In 1995, the SAARC tournament was rechristened as the SAFF Cup and in keeping with the change has been the polishing of the football image of the competing countries other than India.
But the point to be noted is that since the first edition up to the latest (1999), the SAFF Coca-Cola Cup at the Nehru stadium in Margao, India may have missed the title only once (in 1995 at Colombo to Sri Lanka) but the gap in standards vis-à-vis India and the rest has narrowed down considerably. At Margao (1999) India initially struggled to beat these lesser known teams from South Asian region. If anything this portrayed the true state of Indian football.

India's results in international football over the last two and a half decades are not something that would inspire confidence. To no other major sport in the country has progress been as alien as it has been to football in the last 25 years. While almost every other Asian and African nation has moved forward, gaining technical competence and a spot of international recognition here and there, Indian football has gone from bad to worse.

Some of the Asian countries had improved significantly to get close to the international elite and others had jogged at a leisurely pace to still be within sight of the goal, it is almost as if Indian football has been content to occasionally kick its arms and legs in a bedraggled state, and from the same spot, moving not an inch forward really.

If one anticipates the future of Indian football to be of world standard, it has to be planned sensibly. The needs for planning are clear also. First of all we have to have improved facilities for both playing, coaching and watching. Added to this we have to have more and even better coaches, managers and programmes of soccer activities. Soccer must demand the best at all levels. This requires thought and action from everyone who loves the game.
One can look forward to the future of soccer provided all are prepared to accept change - change that is for the better. After all, soccer is the best game in the world and it's worth fighting and changing for.

Plans to reorganise soccer in India have taken place, with the start of National Football League in December 1996. The creation of the new league follows a visit by a FIFA study group in the year 1995. Their main aim was to investigate the availability of infrastructure and to suggest ways and means to develop the game in the country. The most important suggestion made by the FIFA study group was to start a professionally managed national league which would pull Indian soccer out of its amateurish rut and at least put it on the right rails for a proper metamorphosis.

The National League has not only been suggested as a panacea for the ills affecting our soccer; it has the endorsement of the Asian Football Confederation and the FIFA. In 1994, the dynamic secretary of the Asian Football Confederation Mr. Peter Velappan, advocated full scale professionalism as a remedy to pull Indian soccer out of the morass in which it has been in during last three decades.

Asian football is moving towards professionalism, and players and officials must be prepared for change. Peter Vellapan, secretary, Asian Football Confederation, said this at a meeting of 44 executives from National Federation throughout the region and added: "Football is now business, and we have to reorientate our thinking that way. The history of Europe and South America is based on club football, and we must move in that direction too."
In international soccer, the amateurs had their day back in the mists of the leisurely golden age that died before the turn of the century. The days of the gentleman all-rounder passed, the professional came, and that was the end of it - apart from those who are playing as amateurs because they are not good enough to be professionals. There are thousands of amateurs for each one of the professionals. There is no doubt that the professionals have carried the skill of the game to a point far beyond the capacities of the amateurs and to that extent the amateurs have been outstripped, and the days when they could be compared on any kind of equal terms with professionals are certainly long gone. The nature of the amateur, and of what used to be called the amateur spirit, has changed too, and the chief reason is not the dominance of professionalism, but the change in society. The old amateur was in the old sense, a gentleman; that is to say he had a conception of leisure and its uses that grew out of a privileged education and a privileged position, economically, in his world. It depended, to a large extent, on the acceptance of a society rigidly divided into classes. It is a conception that can only survive to a very limited degree in a world where nearly everyone works for a living. To the old amateur, sport was part of an expression of his way of life, and from that it drew certain graces and gallantries, indefinable character, aristocratic and careful, a quality of giving seriousness to pursuits one knows are fundamentally unimportant, that has cast a nostalgic, sentimental glow over the amateur period that declined with the nineteenth century.

The modern amateur was born out of a different background into a changed world. Nine times out of ten he comes from the same working class background as the professional. The professional
is his model, and on him he forms his standards, not on the lessons of the public school and university.

The Philips National League 1996-97 is about the greatest thing that has happened to Indian football in its long history. International Sports Management Group (IMG), Star Sports and Philips India have written a new script for Indian football. Time alone will tell if it will land to better standards of play. The All India Football Federation is using IMGs expertise to try and make football a success in India. The method adopted is similar to the innovations launched in China by IMG. The Leisure Sports Management Group, marketing agents of the federation (AIFF), played a key role in bringing sponsors not only to the National League but also a number of other tournaments.

In England, professionalism was legalised in the year 1885. The identity of the first man to receive payment for playing football will never be definitely established. In the earliest days professionalism was an "under the counter" affair. It was frowned on by the Football Association and indeed banned by a rule made in 1882 which permitted only payment for actual wages lost in addition to normal expenses.

However, the player generally considered to have been the first professional footballer was Scot, F. Suter. He came south in 1879 to play for Darwen. The first clubs to import scotsman in any number was Blackburn Rovers and Darwen, between 1879 and 1881. They were soon followed by Preston North End and Bolton Wanderers. The last amateur to appear in an English international XI with professionals was B. Joy who played centre-half versus Scotland, Oct. 14, 1944.
The Football League is the most powerful in the world. Formed in 1888, following a proposal of Mr. William McGregor of Aston Villa, it is the father of all football leagues. With the spread of professionalism throughout the North and Midlands during the 1880s, it became obvious that if clubs were to survive they would have to be better organised so as to attract more support from the paying public. Under the old amateur regime, football was more of a casual pastime geared to suit the players, with only limited attention to such details as fixtures regularly organised in advance and kick-off times properly agreed and adhered to. It began in Sept. 1888 with 12 clubs. From the beginning the League has always been a highly professional club in the south of England before about 1890, although Luton town unofficially paid a number of their players from about 1886.

The USA, Japan, China, Singapore, Malaysia and Saudi Arabia have started their professional leagues in the 90's and due to the league, the standard of these countries have gone up and it is evident in their recent matches against top playing countries. Japan, for the first time, qualified for the World Cup (1998) in France and their junior team reached the finals of Junior World Cup at Nigeria in 1999. Japan's professional league was started in 1992, popularly known as J-league. There is much to learn from this. When Japan launched its professional league for the first time, the fans came by their thousands, sponsors poured in money and the world's top players queued up to play for inflated wage packets.

Asia's oldest professional league (the Korean professional league started in 1983 while Hong Kong had a professional setup from the mid-1960s), South Korea, has one of the strongest club systems in Asia. South Korea have qualified for five successive
World Cup Finals and sixth in total including 2002 World Cup, no Asian country has come close to emulating their record.

For the first time in Asia, the World Cup 2002 was held in Japan and South Korea. That only shows how the Asian football has moved forward.

With the introduction of National Football League in India, professionalism has been initiated in Indian soccer. The famous multinational electronic instrument manufacturer Philips came ahead with the funds to host the (First National Football League) largest football fair of the nation, and it became Philips League. Currently National Football League is sponsored by Coca-Cola. The entry of multinationals into football will definitely professionalise the game in India. In fact the Philips League here in India was the richest football tournament with cash prizes in the region of Rs. 2 crores won by participating teams. The first National Football League (1996-97) cost Rs. 3.5 crores which is the largest amount in the history of Indian football till that date.

With the introduction of National Football League, the All India Football Federation has also allowed five foreigners to play in each club for National Football League matches. With this move clubs have brought many new foreign faces to Indian football. Most of the footballers coming to India are Africans and they are truly adding glamour to the National Football League and Indian soccer.

The move by the All India Football Federation to introduce professionalism in Indian soccer is to catch up with the world of soccer. No doubt other footballing countries have moved the same way, we are moving now. When the world is ringing in changes, we can’t remain a mute spectator. We must try to make things better.
If one carefully goes through the abovementioned developments in Indian soccer, one will come to the conclusion that Indian soccer is moving towards professionalism. At the same time our performance at the international level is in a poor state and that may be due to the poor standard of soccer in the country. Therefore, to find out the reasons of poor quality/standard of soccer in the country and to suggest remedies to improve the soccer standard, and above all, to study the entire developments that have taken place in Indian soccer with the introduction of National Football League in the country, the present study has been undertaken by the research scholar.

1.2 ANTHROPOMETRICAL VIEW :-

Anthropometrical means of body structure is used to determine the relationship between body structure and motor performance. At higher level of competition where equal training is given to all the individuals, able anthropometric characteristics are of fundamental importance. At higher level even though there are variety of players from anatomical standpoint, it is more likely that specific anthropometrical qualities are necessary for players to achieve success.

Anthropometry has been established as an essential tool for the evaluation of the individual predisposition and possible performance in various athletic disciplines in all age categories. When adequately used, somatic measurements can give essential information even under field conditions. In our extensive cross-sectional and longitudinal studies anthropometric measurements rendered possible first of all the section of subjects with physiques predisposed for certain sport disciplines in which body size, body composition, length, breadth etc. measures and their mutual
relationships characterizing body proportionality play an essential role. Then, in longitudinal studies the impact of adaptation to certain specialized type of exercise and sport on somatic variables, especially in growing and young adult subjects was assessed as related to the character, intensity and duration of training. Finally, the relationship between anthropometric variables on the one hand, and functional capacity and motor performance were analyzed. Mentioned studies were made e.g. in the participants of special sports schools for youth (e.g. gymnasts, track and field athletes, hockeyists, skiers, participants in triathlon or in 24 hrs. run, etc.) In selected studies not only performance capacity, but also dietary intake as related to anthropometric characteristics were followed up. Participants in the recreational physical education were also measured. As regards physical exercise, its impact was also analysed in obese children, adolescents and adults during reduction treatment which comprised monitored diet and special activity regimes, in this respects, the measurement of such characteristics as the percentage of the body fat and fat distribution (using eg. waist/hip ratio, waist thigh ratio) or relationship between the skinfold thickness on the trunk and on the extremities in various combinations gave especially important information on the efficiency of the reduction of the reduction therapy.

The term anthropometry invented by J.S. Elsholtz German Physician in seventeenth century refers to measurement of human body and its various proportions, it encompasses a vide variety of measurement procedures for determining endless number of body dimensions. Each user incorporates a different set of anthropometric measurements to explain the problem under investigation. Besides a few common measurements like stature and body weight the set of measurements selected by the user
rarely coincides with that of the other in general. But under specific circumstances where the goal to be achieved is more or less similar, the measurements selected by two users may exhibit considerable similarity. The various documented in the procedures of measurements from a wide variety of source have little practical significance in most case. But to a design engineer it is essential to be aware of the different source and the variation that exist in the anthropometric data.

Anthropometry, the measurements of man, provides scientific methods and techniques for taking various measurements and observations on the living man and the skeleton. Anthropometry represents the typical and traditional tool of Physical Anthropology. The number and type of measurements have varied with the nature of the problem.

The origin of anthropometry is very ancient. As long ago as the old Egypt and Greece, the artists formulated various standard can not for the human body. The scientific anthropometry however began with Johann Friedrich Blemenbach (1752-1840) who laid for the tradition of craniology. He classified and maintained into different rate on the basis of skull-form as seen from above (Norma verticalis). He distinguished three types (1) Square, (2) Long and (3) Laterally compressed. Pater complec, in the same century was responsible for studying the farial form and developed a fayial profile angle to measure the extent of propanthism. Cleris White develop measurements for long bones-osteometra and worked on the upper limb of the Chimpanzees, Negros, and Europeans.

Physical education and sports provide various activities for the worthy use of leisure and educate the youth for real life. It sublimates the mental, economic, social and emotional tensions
and develops healthy and integrated personality. Its activities render more welcome contribution to the development of societies than any other space of education which says games are a microsm of society.

Physical education and sports have now become an integral part of the educational process as it prepares an individual for real life. It has renewed worldwide recognition when in 1978 UNESCO charter clearly gave great importance and held that it should be treated as one of the fundamental human rights by the national government.

The modern world appears to be much more concerned with world of sports. The hold of the sport has grown very strong on the mind of individual in society. Sportsman and spectators are very clear about the value and significance of sports. There is hardly an individual who has been left out in its infact.

At present winning competition involve national prestige as each nation strives to win a tournament by applying their best efforts. Certain nation even try to project the superiority of their political ideology and their political and social systems through achievements in the field of sports. They show their excellence by winning the maximum number of medal in the international competitions. They bring name, fame and laurels for their countries and raise their prestige high in the world. In order to give best possible performance at any of the competitions, the assistance of the basic principle of science, physical education and sports has become a subject of scientific research. Now various special branches of sports sociology of sports etc. have been established which connected with the physical education and sports. New
technique, have been evolved, based on insight and understanding of the sports researches. Outstanding performance in sports activities after revival of the modern Olympics have witnessed the result of few scientific approach adopted by the physical education and sports.

Human bodies are widely divergent in their size, shape and compositional characteristics. It would therefore seem that the full anthropometric description of human physique would require the assessment of a great number of bodily dimensions. This inference is clearly seen to be supported in regard to past anthropometric practices, many lengths, breadths, girths and skinfold widths of different types have been measured in order to describe the anthropometric profiles of human bodies.

Strategies of anthropometric studies have been characterized more by a desire to record data on as many variables as possible than by conceptual clarity about which features of phenomena of interest are or are not of importance. This choice has sometimes been forced by limitations on the measurement technologies available, but a plethora of measurement fact, fulsome as they may be, will be unlikely to lead us to useful scientific conceptualizations. As Cohen and Nagel's (1934) classic work on scientific method pointed out, telephone book and railway timetables are meticulous examples of fact gathering, but they do not ipso fact constitute worthwhile science. A science's maturity is marked by an economy in the number of measurements used to describe phenomena of interest, and an equal economy in the number of concepted constructs invoked in classifying lawful relationship between the phenomena.

The international sports performance in physically competitive
sports and games is influenced by the technical, tactical and physical abilities of the players. During the international competitions only a trifling margin might mark the difference for the top positions. However, the top performance is not ensured, if the anthropometric body dimension, volleyball's do not corresponds with the mechanical aspect of the game concerned. Body weight and height have so far been given greater importance in this regards.

Physique assessed through body measurement reflect the visible morphological configuration of the body. It is prerequisite phenomenon which definitely helps to attain better performance. Many sportsman require a particular type of body segment. The unspecific body segment that do not match the mechanical requirements in a sport may be hinderance in one's improvement or achievements. The modifications in many dimensions of morphological parameters are not possible beyond narrow limits. Alterations are possible in the physique of aduly athletes in their body composition and somatotype through training and specific physical activities but within a long range training programme followed for many years.

The athletes are recognised and selected naturally on the basis of their bodily characteristics for a particular game or events. It is presumably life with a morphological and functional potential which sets limits for health and physical fitness body shape and composition, bone structure, size and condition of heart, lungs and visceral organs. It indicates that the physical characteristics are determined by genetics yet it is difficult to check the degree of the effect of genetic and environmental factors affecting physical variations. It is generally believed that once the body is formed it will be under the genetic control influenced by environment
(Sodhi et al, 1960). According to Tanner (1964) our athletes are both born and made. The basic structure must be present for the possibility of athletes to arise. This basic structure of an athlete is likely to depend on one's heredity or family line trends. The training physical activities etc. can not change the segmental lengths of an athletes. One such example taken up for investigation of sportsman for their physique.

There exists a wealth of scientific and empirical evidence to support the claim that there are body size differences among athletes in different sports and within some sports, undoubtedly anthropometry equips us with the technique of various body measurements which can be utilized to study the body size of an athlete. In this regard height, weight, segmental length, breadth and girth have been used to describe and compare body sizes of different athletes.

1.3 PSYCHOLOGICAL VIEW :-

The discipline of sport psychology encompasses scholarly, professional and practical activities that provide a basis for understanding and influencing the behaviour of people involved in sport and exercise throughout the world. This dynamic field can enhance the experience of men, women, and children of all ages who participate in sport and exercise, ranging from those whose who do so for personal enjoyment to those who pursue a specific activity at an elite level.

Sport psychologists attempt to understand psychological processes involved in motor performance, the way that learning and performance conditions can be improved, and the manner in which psychological outcomes of experiences associated with sport can be favourably influenced.
In the field of sports psychology "personality" is the key factor which affect the performance. This is proved by sports psychologists time to time.

Many psychologists defined personality in different ways. Morten Prince defined personality as the interaction of man's biological inheritance with the environment. According to Prince, "Personality is a sum total of all the biological innate, dispositions, impulses, tendencies and instincts of the individual and the dispositions and tendencies acquired by experience." John Locke talked of "a thinking, intelligent being that has reason and reflection and can consider self as itself." Watson considered personality as the "sum total of one's behaviour". According to Norman Cannon, personality is "... the dynamic organization of inter-locking behaviour systems that each of us possesses, as he grows from a biological newborn to bio-social adult in an environment of other individuals and cultured products. Freud's conception of personality as being structured into the id, ego and super ego, also fits into this class of definitions. Pearson described as, "Personality is the effect upon others of a living being's appearance and behaviour so far as they are interpreted as distinctive signs of that being". As per Allport, "Personality is the dynamic organization within the individual of those psycho-physical systems that determine his unique adjustments to his environment." Eysenck defined personality as, "the more or less stable and enduring organisation of a person's character, temperament, intellect, and physique which determines his unique adjustments to the environment."

Sports-scientist are in search of an athletic personality. Although elite athletes emerge from the common population yet they possess some unique individuality which makes them a 'special breed'.
The common points of the definition of personality given by psychologists that personality is more than physique. It is complete integration between various aspects of personality. Personality is not a static construct but a dynamic concept. Personality is out of the interaction between "the genetic potential" and the environmental factors but uniqueness of each individual must needs be recognised.

**Factors Affecting Personality:**

The biological, the psychological, the social and the emotional aspects of personality are clearly known to be inter-related and inter-dependent. They are not isolated units. No single aspect is considered more important than the others. Freud believed that "everything was pre-determined" - the growth, the development, the personality etc. This narrow outlook is no longer in vogue. The self conscious in the individual makes him modify certain things about him. The individual knows 'what he is', what others think about him', and 'what he himself thinks about himself'.

Personality is a social necessity. Humans have society while animals have none. No personality exists beyond society. An individual, living in jungle without a human counterpart cannot be said to possess any personality; he can not compare himself with the animals. That way personality is a social attribute, who cares for the personal attributes and characteristics when no society exists to recognize them.

**Personality Dimensions:**

Personality has certain dimensions - some visible and some hidden. Each dimension has its specific purpose as well as area of operation. Dimensions of personality are inter-related and no
aspect can be clearly understood without reference to the others. The important dimensions which influence the personality are explained below.

**Physique :-**

Physique is the plinth of personality. The physical appearance or how an individual looks like from outside is the prime factor of personality. The body structure of an individual is a matter of heredity but certain qualities may be acquired during the years of growth and development, social intercourse, education and training which go to improve one’s personality. No doubt one may not be able to increase one’s height but weight, good appearance, smartness etc. may be acquired through efforts. Physical activity and sports help an individual to improve his posture and health.

**Mind & Intellect :-**

No one can make any contribution to the society unless one is mentally sound and has acquired adequate knowledge. Mind and intellect distinguish man from animals. People having less opportunities for the acquisition of knowledge, education etc. are considered backward. Many great orators, sculptors, politicians, religious leaders, teachers, sportsmen etc. were never good looking but possessed remarkable qualities of intellect and mind. Qualities of body and mind are no substitute for each other, yet they complement and supplement each other. Mental soundness and intellectual capability are not merely frills of personality; they are basic attributes of man. A human being without good intellect and sound mind is no better than an animal.
Emotional Stability :-

Emotional stability is the hallmark of a good personality. In fact, emotionality is neither completely physical nor completely mental; it is a psycho-physiological construct. By emotional stability, it is meant that the individual must never come under the sway of emotions i.e. reactions arising out of the situations involving such feelings as anger, fear, disgust, repulsion, hate etc. People are unnecessarily touchy for nothing and become fussy over trivialities. Many sportsmen feel elated when they win but start crying, abusing the officials or curse their fate when they lose. Such situations reflect one's emotional status. Man is not supposed to react to situations as animals do. Emotional stability leads to modest living and emotional instability is the root cause of maladjustment which blurs the entire image of one's personality. Pursuit of materialistic philosophy seems to be playing havoc with emotions of the modern man. There are ceaseless pressures from all sides on the human mind today. Frustrations, corroding anxieties, mental tensions etc. have now become a stern reality of life. Science has let loose a war on man's nerves. Arising out of our mad race for material comforts, nervous tension is badly telling upon our emotional balance. When we cannot control our feelings, we eventually head towards disaster. Emotional stability is considered to be an ingredient of personality which is essential both in physiological as well as moral sense of term. Those who easily fall in tantrums like children over trifles, should be deemed to possess inferior personality. Emotions are a great reservoir of energy. When emotional situations are not controlled, like the flooded river, they create havoc. Emotions must be trained, channelised and sublimated so as to stabilise personality.
Sociability :-

Man possess the ability to learn to behave in acceptable ways and live in cooperation with others - his compereers and counterparts; man can form a society in which and for which he lives and which, in turn, watches his interests and fulfills his needs. Nature creates man, society humanizes him. Man does not live for himself alone, he lives for others too. Sociability is an extension of the instinct of gregariousness. It is a refined way of co-existence. Animals, quite a few, can be domesticated but not socialized. Good temperament though they are basically inherited right type of attitudes, good human relations etc. are some of the other attributes of personality. They are developed in the environment in which the individual lives. Social dimensions have made personality a much wider concept. Early life experiences and value-system prevalent in a society or community seems to make personality a highly flexible and dynamic construct.

Sports performance is largely based on psychological aspects but it is very difficult to study each and every aspect of psychological factors which affect the sports performance but assessment of personality is the key from that we can assess psychological potentiality of players. Therefore in present study assessment of personality has been considered as a important variable.

1.4 STATEMENT OF PROBLEMS :-

Formulation of problem simply, clearly and completely is not possible. What is a good problem statement ? Although research problems differ greatly, and although there is no one 'right' way to state one, certain characteristics of problems and problem statement can be learned and used to good advantage.
A problem, then, is an interrogative sentence or statement that asks: What relation exists between two or more variables? (Kerlinger, 1983)

Hurlock mentioned that the problem is stated in question form. The simplest way is here the best way. (Kerlinger, 1983)

For verification of the research hypothesis in present study, it was decided that the statement of problem be framed in a question form. The same are registered here as under-

1. Is there any differences between tribal and non-tribal soccer players with respect to their anthropometric measures?
2. Do tribal and non-tribal soccer players differ from each other in skill performance?
3. Do tribal soccer players and non-tribal soccer players differ at motor fitness level?
4. Does personality play any role in performing soccer skill?
5. Do fitness, anthropometric measures and personality exhibit main and interaction effects on skill performance in soccer?

1.5 DELIMITATION:

Present study should not be generalised, therefore it is delimited to the population from sample was taken. Present study was conducted on sample tribal soccer players which are selected from Krisha Parisar of Chhattisgarh region and non-tribal sample also selected from the urban area of Chhattisgarh region. Soccer skill performance by tribal and non-tribal soccer players assessed by Warner Soccer Skill Test, where considered as variable alongwith anthropometric measurement, motor fitness and Eysenck's personality dimensions. Results drawn on the basis of these
variables are delimited to the soccer skill performance influenced by personality dimension, motor fitness, anthropometric variables and belongingness of tribal and non-tribal background.

1.6 LIMITATION :-

During the complete study it was observed that factors like socio-economic status, environment, food and culture and training are beyond the control of researcher and it is possible that these factors might affect the results.

1.7 HYPOTHESES :

1. Soccer players of tribal origin will show poor performance in skill than the players of non-tribal origin in the Chhattisgarh region.

2. Tribal soccer players will show more magnitude of motor fitness in comparison to non-tribal soccer players.

3. There will be significant differences in anthropometric measurements between tribal soccer players and non-tribal soccer players.

4. Anthropometric differences of tribal and non-tribal soccer players will show its effect on skill performance.

5. Anthropometric measurements and motor fitness will show their joint action effects on skill performance.

6. Personality of tribal and non-tribal soccer players will show its effect on skill performance.

7. Personality and motor fitness will show their joint action effect on skill performance.

8. Non-tribal soccer players will be more extrovert compared to tribal soccer players and tribal soccer players will show high magnitude of neuroticism compared to non-tribal soccer players.
9. Soccer player who possess high magnitude of motor fitness will show more soccer playing skill compared to low fit soccer players.

10. Soccer player who are extrovert will show more magnitude of skill performance compared to introvert soccer players and soccer player who are high neurotic will show poor soccer skill performance compared to low neurotic soccer players.

1.8 SIGNIFICANCE OF THE STUDY :-

1. Knowledge of the personality differences of tribal and non-tribal soccer players will help to coaches during the competition and during training sessions.

2. Counselling can be done on the basis of personality dimensions of soccer player (tribal and non-tribal).

3. The assessment of motor fitness will be helpful to trainer and coaches for preparing their teams.

4. Anthropometric measurements and their relationship with soccer playing ability will prove that the role of anthropometric measurement in soccer performance. It leads to scientific training for players.

5. Ministry of Sports (Chhattisgarh Govt.) can use these findings for their policy making.

6. The findings of this study may help in assessing the status of soccer player in the region.

7. The findings can be used for talent identification in soccer from this new state.

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