Chapter I

INTRODUCTION

Sports is a world wide phenomenon. In no period of history was sports so popular, well organised and important as it is today. A new horizon of sporting culture, leading to the emergence of sports sciences as the back bone of performance has come up.

In sports, scientists have tried to predict the success of the players during competitions. The prediction is usually based on anthropometric measurements, physical, physiological and psychological traits of players.¹

Sports by the very nature are enjoyable, challenging, all absorbing and require a certain amount of skill and physical conditions.² In the order of human values conquest in the field of sports holds an unique place. It is success, victory, triumph and

domination of some over others, team mates and friends, because sports is comradeship and friendship.

Sports in the Indian culture has undergone dramatic change, during colonial days, few people engaged in highly organised sports. As the nation became industrialized, sports played a more important part in the society. The growth of sports in educational institutions has also undergone changes.

Sports is an institutionalized competitive activity that involves vigorous physical exertion or the use of relatively complex physical skills by individuals whose participation is motivated by a combination of the intrinsic satisfaction associated with the activity itself and the external rewards earned through participation.³

The more learned ....... studying various cultures and countries . more apparent it became that all societies in all periods of history

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have needed some kind of public entertainment and that it has usually been provided by sports.⁴

The society creates its own image by the behavior it thought and actions of its members. The image thus created gives form to the cultural values of people, their way of life. It can be seen through language, rituals, gestures, customs, games, music, values, words, beliefs; laws etc.

Sports has an important social function as an agency for identifying and transmitting values, a great deal of social-searching is needed in determining what type of cultural environment and emotional climate of gymnasium, the playground and athletic field are most conducive to the behavior patterns. Games, sports and dances are aspects of culture which act as important cultural bridges between peoples of the world.

Sports is a biological necessity because movement is the basis of life. The evolution of man was developed from lower from of life.

Due to push button age of labor saving devices the modern human race has become weak. This may lead to the physical degeneration of the human species. Now sports has its own role in society to hold the human species.

Many sports enthusiasts view competitive sports like soccer just "as a system of conditioning the will power" and over coming the exaggerated psychological factors. Sports is a complex activity, a sort of war on human muscles and mind.

Sports science tells a player how he should act; it merely indicates how he must act if he wants to achieve certain objectives. It provides the intellectual tools for our use.

Modern soccer is based on speed, power, strength, stamina and mental make-up. The spectators and players enjoy the game of soccer with great amount of merriment due to its fast and steady approach. In present days competitive sport, the players in team games are forced to make effective mental decisions very quickly under time pressure due to the influences of developing tendencies such as very active defensive actions, increased speed in game due to fast counter attack, changed rules and variety in technical-tactical actions.
The exercise was perhaps a oblique reference to the Chinese game of two thousand five hundred years ago believed to be the origin of today's association football or soccer. Tsu (to kick wish the feet) chu (a studded leather ball) was more ceremonial.\(^5\)

The Chinese customs, art and culture influence Japan and the game also. Some say Greek starts football by catching the ball game and transferred to Rome. Scotland and England also fighting to be in the top of soccer history.\(^6\)

Clubs mushroomed outside London, each wanted to establish its superiority. In 1866, the Sheffield Football Association threw down the gauntlet. They proposed a match on a field 120 yards long and 80 yards wide, with a Lilly white size five ball, between eleven players a side, lasting over a hour and a half.\(^7\)

The rules came, Football Associations changed to FIFA. Then tournaments, the world cup, professionalism, media coverage,
professionalism has quickened the pace of progress. Higher the proficiency, greater the reward.\(^8\)

In the nineteenth century itself the game has grown up in India. Various clubs has formed based on Calcutta and also tournaments like Duran Cup, IFA Shield etc.

Mohan Bagan led by Shibdas Bhaduri, prevailed over East York Regiment in final of IFA shield in 1911, it was hailed as a blow struck not only for Indian football but also for Indian nationalism. So great was the fervour aroused by this victory, that many openly exhorted that the example of the Mohan Bagan flag a top the football must should inspire the people to raise the Indian flag over Fort William.

Though the 1911 IFA shield victory gradually took on the aspect of one Swallow not making a summer, it can not be denied that it did warm the cockles of the hearts of the Indians. It gave birth to many clubs and consequently contributed to the spread of the game.\(^9\)

\(^{8}\) \textit{Ibid.}, p.35.

\(^{9}\) \textit{Ibid.}, pp.37-38.
Change is perhaps the only unchanged thing in the world. Those who are more adapt at survival will be prepared to accept change and learn to adapt. Many changes have taken place in soccer including changes in the rules. What is important is that soccer players learn to adapt to and accept change. The adaptability is critical to any athlete's ability to cope with the modern psychological oriented competitive world. Game of soccer needs a high level of psychological balance which absolutely controls the psychological systems and physical performance of the players. Before the start of the game they are highly anxious, tensed and aggressive in nature.

Soccer is the most popular game in the world. It is a game of continuous action with mental pressure requires continuous adaptation to the changing situations by the team as well as the individual players. Although it is a team game, there is ample room for players to display their skill - brilliance with and without ball using intelligents and technical knowledge. It is a game that send people all
over the world into a frenzy; it creates national heroes and millionaires.\textsuperscript{10}

Different personalities often behave differently in a given situation. One player may pass the ball and another refuse to pass and dribble the ball. Moreover, a given player may behave in different and seemingly, contradictory ways in different situations. There are no obvious explanations for these differences in behavior and game situations.

While recruiting athletes, coaches often describe the desirable athletes as one who is "hungry, aggressive and a competitor." The legendary soccer coach Jack Gaither said that "he wanted athletes who are mobile, agile and hostile." Therefore, the athletes who play rough, who are good tacklers, who shoot immediately with in the range are described as aggressive.\textsuperscript{11}


Each sportsmen today require specific physical, physiological and psychological fitness with respect to the requirement or demand of the activity being performed. Though the structural and functional characteristics are central ingredients for success in any sports activity, it is the psychological aspect with infact gives the final edge and makes all difference.

Human brain makes us unique among all creatures. Perception, consciousness, memory, learning, communication and intelligents all originate is and depended on the brain and is psychology.

Performance in team sports is determined by the interaction of physical characteristics, co-ordination, techniques and tactics with psychological factors, images, operations and states; and by external conditions, such as the development in international and national standards. Cultural upbringing is just as important as physical training.\textsuperscript{12}

When ever the physical, physiological and sociological needs are unsatisfied it leads to psychological problems. When a player in a

\textsuperscript{12} Mans Schellenberger, \textit{Psychology of Team Sports} (Toronto: Sport Books Publisher, 1990), p.10.
game the above needs were not fulfilled, it leads to aggression, anxiety and emotions. Sportsmen are trained and turned to sweat and slog for more and still more medals.

Athletes and coaches have often described the crucial "psychological factors" that resulted in a momentum shift during a game, or explained an important loss on the road as a function of the influential force of game location. While these "arm chair" opportunities are often afforded to us, the fact that sports psychology is viewed as a science means that the process of observation, description, and explanation must be conducted in a systematic, repeatable and valid manner. Science allows us to go beyond speculation or opinion that is based up on subjective experiences. Through scientific methods, we can test our hunches about new psychological factors influencing sports performance or new sport participation which may influence the athlete's psychological development.13

Sports psychology is the scientific study of behavior in sports or sports related context. It is an attempt to understand the how and why underlying sports behavior.\textsuperscript{14}

Sports psychology is defined as the study of mental processes as they relate to human sports performance. It consists of theories and laws of learning, the important of reinforcement, and the linking of perceptual abilities, with motor performance contribute to the body of knowledge. Sports psychologists utilize the information when studying topic such as achievement motivation, arousal, attribution and personality development.\textsuperscript{15}

Sports psychology is nothing but application of psychological theories and concepts to aspects of sports such as coaching and teaching. Sports psychology is related with analysing the human behavior in various sports and games. It denotes on learning and performance; and training and performance. It is related to participants, spectators and fans.

The application of psychological principles to the improvement of performance in sport has received greater attention in these days. There are certain accepted psychological principles which have to be applied so that the athletes and players are able to show their best in their performance. It is important to know about the role of emotional phenomenon like incentive motivation, achievement motivation, state and trait anxiety and sports competition anxiety of the players during training as well as competitive situations.\textsuperscript{16}

Motivation in general is a process which indicates why people participate in sports the way they do. The urge to run and play when young to excel when competing to struggle when hindered to prove something when challenged to escape when continued, to be aggressive when angered and to felt when frightened are typical of man as he matures and develops and moves through life's many dangerous and competitive situations.\textsuperscript{17}


During the past century, however, many dedicated and gifted behavioral scientists, physiologists, and psychologists have focused their energies on human motivation.\textsuperscript{18} According to Deci\textsuperscript{19} the person's interpretation of reward, rather than the reward itself is critical factor in motivation. Skinner\textsuperscript{20} the most extreme behaviorist, claimed that to understand behavior we need only to observe the behavior and the environment while ignoring thoughts, feelings, and other inner processes. In contrast, cognitive approaches not only accept inner processes but infact focus on them. Because cognitive theorist see the individual as an active perceiver and interpretation of information, they consider these cognitive processes to be the key to understanding motivation and behavior.

A very influencial theory in sports psychology for understanding motivation is achievement motivation theory, conceptualised by Mc Clelland and Atkinson in the 1950's and 1960's. The prediction of achievement motivation for intensity, direction, and persistence of

behavior have recently been reinterpreted in terms attribution theory.21,22

The development of personality is a continuous process. It affects an athlete's training and performance and may become decisive in competition.

Characteristics required by athletes range from general personality traits, such as a sense of responsibility, to highly specific neuromuscular and proprioceptive qualities, such as the feel for the ball. Athletes must be self-confident, responsible, persistent, independent, decisive, both impulsive and level-handed, and psychologically stable. They must be able to bear hardship, handle spectator disruptions, monitor game activity, focus and distribute attention, anticipate, observe and judge, deduce, and reason. Great demands are made on behavior of athletes by individual risks and person-to-person compact, and by the continuous alternation of success and failure characteristic of team sports.23

22 Gill, Psychological Dynamics of Sports, p.59.
23 Schellenberger, Psychology of Team Sports, pp.10-11.
Attribution theory deals with the rules that the average individual uses in attempting to account for the causes of behavior. It involves a naive psychology, and the scientist must assume the phenomenological outlook of the man in the street who attempts to determine the cause of every day events. Attribution theory is concerned with the method people use and the have attributional schema or theories that individuals adopt in order to make sense of their lives.24

Attribution theory and achievement motivation go hand in hand in terms of cause and effect relationship. Attribution can be considered as personalised internal explanations that is general established reasons for success and failure in as individual athlete, team or coach. The kind of attribution that we make in response to outcomes are closely associated with affect or emotion.25,26

Emotion is readout mechanism associated with motivation. Emotion is generally defined in terms of subjective experiences or feelings, goal directed behavior and psychological arousal.

Achievement motivation is an athletes predisposition to approach or around competitive situation. Research on Bandura’s self efficiency theory suggests that achievement motivation can be enhanced through repeated experiences of success. Coaches and teachers can help young people develop their achievement motivation by making sure that are not confronted with repeated failure. The young athletes who benefits from the passive outcome associated with sports will enjoy increased motivation to active and will contain his or her sports participation.

Anxiety is considered as psychological manifestation involving all dimensions of athletes, such as physiological behavior and psychological processes.27

Motivation is the potential for behavior interent in the neuro-chemical structure, and emotion involves the means by which that potential is realized or read out, when activated by challenging stimuli.

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The reaction of energy and matter in physics, just as energy is a potential that manifests itself in emotion. Thus, motivation and emotion are seen to be two sides of the same coin, two aspects of the same process.

Due to the over-whelming importance of psychological characteristics as contributors to success among sporting activities, and due to lack of knowledge of psychological pre-requisite necessary for soccer players in specific, there is a felt need for outlining the psychological characteristics of soccer players on the basis of their performance outcomes. Hence, the research scholar was motivated to undertake the present investigation in these lines.

**Statement of the Problem**

The purpose of the study is to prepare psychological profiles and compare the psychological characteristics among successful and unsuccessful soccer players.
Delimitations

1. The study was delimited to the soccer players participating in the South Zone and All India Intervarsity Football Championship.

2. The study is delimited to the following selected psychological characteristics:

   a. Personality - Eysenke Personality Inventory.

   b. Aggression - Sports Aggressions Inventory.

   c. Anxiety - Competitive State Anxiety Inventory (CSAI-2).

   d. Motivation - Sports Achievement Motivation Test.

   e. Emotional Stability - Emotional Maturity Scale.


Limitations

1. The four unsuccessful teams were taken only from the South Zone were as the successful teams represented different zones (North, East and South Zones). This may be consider as a limiting factor.
2. Any bias that might exist due to insincere responses from subjects may be considered as a limitation of the study. Lack of appropriate instruments to assess the selected psychological characteristics may also be considered as another limiting factor.

Hypothesis

It is hypothesised that there may be significant differences among the successful and unsuccessful soccer players on the selected psychological characteristics.

Definition and Explanation of Terms

Personality

According to Allport\textsuperscript{28} personality is that which permits a prediction of what a person will do in a given situation and it also concerned with all behavior of the situation both over and under the skin.

Aggression

The tendency of the players to resort to physical domination, intimidation, and subdugation of one's opponents. As tendency over other people (i.e. power) secondary F.N.S.\textsuperscript{29}

Anxiety

Anxiety is a subjective feelings of apprehension and heightened psychological arousal.\textsuperscript{30}

Sports Competition Anxiety

A tendency to perceive competitive situations threatening and to respond to these situations with feelings of apprehension or tension is sports competition anxiety.\textsuperscript{31}


Motivation

Motivation is characterised as a complex integration of internal processes which arouse, sustain and direct behavior.\textsuperscript{32}

Emotion

An emotion is an effective experiences that accompanies generalised inner adjustment and mental and physiological stirred up states in the individual and that shows itself in his overt behavior.\textsuperscript{33}

Attribution Theory

A theory concerned with the study of common-sense explanations of human behavior and of its direct or in-direct effects.\textsuperscript{34}

Significance of the Study

The present study will make worthwhile contribution in the following ways:

\textsuperscript{34} Harre Rom and Roger Lamp, \textit{The Encyclopedia Dictionary of Psychology} (Basil: Blackwell Publisher Ltd., 1983),p.44.
1. The study will help in, comparing the psychological characteristics of soccer players on the basis of their performance outcomes as successful and unsuccessful.

2. The results of the study may provide normative information regarding the psychological characteristics of soccer players which may serve in selection of appropriate players on the basis of psychological traits.

3. The result of the study may help the sports psychologists, physical education teachers, coaches and athletes in evaluation of psychological traits of soccer players and will provide guidelines and information for the scientific and systematic planning of psychological training programme.