CHAPTER – I

INTRODUCTION

1.1 GENERAL INTRODUCTION
1.2 STATEMENT OF THE PROBLEM
1.3 DEFINITION AND EXPLANATION OF TERMS
1.4 DELIMITATIONS OF THE STUDY
1.5 LIMITATIONS OF THE STUDY
1.6 HYPOTHESES OF THE STUDY
1.7 SIGNIFICANCE OF THE STUDY
CHAPTER – I

INTRODUCTION

In this chapter general introduction of the study has been introduced with its historical background and relevance to the field of physical education. It also contains statement of the problem, definition and explanation of terms, delimitations, limitations, tentative assumption in form of hypothesis and significance of the study.

1.1 GENERAL INTRODUCTION

The field of football sport is international disciplines to develop international understanding and universal brotherhood. Football is considered as one of the major forces for developing world peace. It has serve as one of the effective means in solidifying national integration and developing national character as well as the international relationship all over the world. Football is an institution which has its own tradition and value including education, art, economics, politics, law and mass-communication. At each FIFA world cup and international football competitions the standard of performance is raised and new records are set for human skill. The improvement of science mainly applied to the development of modern training methods and adaptation makes this game more methodical. Football is intimate, profound and even spiritual. It has reached the root of human existence and provides an area for the discovery of personal truth.

The origin of football in India can be traced back to nineteenth century. The first recorded game took place in 1854 in Calcutta. Football spreads among the masses
by the efforts of Mr. Nagendra Prasad Sarbadhikari. During that period Bengalees have quickly learned this game and established itself as one of the popular game in India.

Several football clubs like Calcutta FC, Sova Bazar, Jora Bagan club, Mohun Bagan club and Aryan club were established in Calcutta around the 1890s. The Indian Football Association (IFA) was established in Calcutta in 1893. Calcutta Football League (CFL) was started in 1898. This league is the oldest league in Asia and one of the oldest in the world. The CFL is the platform of success of many Bengalee footballers in the scenario of Indian football and has made this game more popular in India. Calcutta (Kolkata), then capital of British India, soon became the hub of Indian football. Mohun Bagan Athletic Club was set up in 1889. The club became famous in 1911 when it became the first Indian team to lift the IFA Shield, a tournament previously won only by British teams based in India. It defeated the East Yorkshire Regiment 2–1 in the final of the tournament in a victory that is still regarded by many as the greatest win by a group of Bengalee football players as well as an Indian team before Independence. Bengalee footballer’s had made the revolution in Indian football. After independence, India first stepped at the international football arena at Olympics in 1948 and took place in fourth position. Padmasree Late Mr. Sailen Manna was then the captain of that team. Among the Indian footballers Bengalee footballers have received four Padmashree and seven Arjun awards for the contribution to Indian football.

Indian football team performs brilliantly in Asian games, Mardeca Cup, LG Cup, AFC Challenge Cup, Nehru Cup, SAFF Cup and other prestigious international
tournaments. The representation of number of Bengalee footballers in Indian National Team is a regular feature till then to the present time. Late Mr. Sudip chatterjee was identified as the first utility footballer in India and Late Mr. Krishanu Dey was often called for Indian Maradona in Indian football circuit. Bengalee footballers show their brilliancy as they take place in national team at a regular basis. Bengalee footballers demonstrate the graceful performance in IFA shield, Durand cup, Rovers cup, Sikkim Governors gold cup, Kalinga cup, Santosh trophy, I-league and ISL like prestigious domestic football tournaments in India. Presence of Bengalee footballers in most of the elite clubs in India and also in European clubs establishing the excellence in the game of football. Indian Football Association (IFA) conducts the CFL with one fifty seven football clubs in seven tire divisions. There are about ten thousand directly registered players who participated in CFL. West Bengal has four decent international standard stadiums like Salt lake Vivekananda Yuba Bharati Stadium, Barasat Aurobindo Stadium, Kalyani Stadium, Siliguri Kanchenjunga Stadium and Rabindra Saravar Stadium. The districts of west Bengal are the supply line of the quality footballers. Every district has a football stadium and several football grounds with excellent facilities for the football players.

In competitive sports specially to football things have changed in the last decades, not only the game has become faster, but also the pressure on the players. Football game is an area of application of principles, methods and techniques of analysis, appraisal and enhancement for optimizing the performance of footballers. Newspaper account reflect the performance employed prior to or during competition and television sports commentators, spectators and analysts delve into the mysterious
of explaining unexpected athletic performances. Football as such game where players interact directly and concurrently to achieve an objective that involves team members facilitating the movement of a ball in accordance with a set of rules in order to score goal and to prevent the opposition from scoring.

Structure is a fundamental, tangible or intangible notion referring to the recognition, observation, nature, patterns and relationships of entities. The notion may itself be an object, such as a build structure or an attribute. Description detailed scientific analysis is now often an essential foundation of nearly every mode of inquiry and discovery. The description of structure implicitly offers an account of what a system is made of a configuration of items, a collection of inter-related components or services. A structure may be hierarchy (a cascade of one to many relationships), a network featuring many to one or many to many links. Performance structure is a pattern of relationships. Structure is applicable to performance as a system organized by many characteristics and bonding of many relationship.

Performance in football is a requiring a myriad of skills and it is highly dependent upon subtle blend of players’ anthropological, fitness, tactical, technical and socio-psychological abilities. The quest for success continuously leads researchers, sport scientists to explore different means to evaluate and improve related areas both singly and impactful in combination. Playing analysis provides a factual record and events underpinning both individual and team performance. Evaluating the playing ability is the outcome and process through quantification of many characteristics. Information gleaned from analysis is used to determine the effectiveness of many factors. Translation of knowledge from analysis of football
playing ability is usable and meaningful impact on performance and gained widespread acceptance among football practitioners. Understanding of athletic requirements specific to performance ability and factors potentially affecting competitive performance can ensure that objective and realistic decisions taking for structuring the ability of footballers. The framework of performance structure regimen should ensure combination of many factors is provided to cope with the requirements of play. Juxtaposed on the activity profile and unorthodox modes of motion movements should be taken into account in the overall analysis.

**Fig. 1 : Performance Structure of Sports**

The performance of football sport is carried out through a long term and methodical training process planned to improve technical and tactical skills as well as changeable strategic competence as per match demand. Despite of the national popularity of the game of football there is still limited scientific information available concerning the physique, fitness, personality technique of Bengalee footballers. Competitive football is not mere participation or practice that makes a qualitative sport life which effected by various factors like anthropometry, motor fitness,
personality, techniques, tactics and so on. To achieve top level performance in the international arena must have a sequential and systematic execution of these factors. The greatest pleasure in football is exposure to performance at its highest level. There is something almost artistic about a player that is well beyond the normal while performing a skill.

Performance structure of football is an area of study which involves many factors with a common interest. Performance is an extremely complex in nature with unimaginable complex in functions. Now-a-days more and more emphasis is being laid on the study of anthropometry, motor fitness, psychological factors which are control, condition and modify the skill as well as the performance of a football player. Football scientists from all over the world are critically enthusiastically examining all these factors, applying research from related areas to football game situations and attempting to make sense out of spare factual materials.

Anthropometric measurements were central concern of the first phase of the scientific era measurements which began in 1960’s every sport persons differ to some extent in height, weight, length of body parts which affect the sports performance. Anthropometry plays an important role in the game of football. In the national and international competitions, there is a very less margin to take the top position. Physique of a player helps a lot to achieve better performance to get better superior position. A number of sport scientists have concluded that top level performance in a particular event demands particular type of body size and body composition (Votto, 1979; Sodhi, 1986; Guennadi, 1990; Sodhi et al., 1996; and Dey et al. 1997). Sundarrajnan (1986) has stated in his medical literature that sports anthropometry has
developed as a special branch, not only as a parameter of selective diagnostic procedure but also as a performance prediction tool. The study of anthropometry has revealed correlation between physical characteristics and sports capabilities. Footballers are selected naturally on the basis of their bodily characteristics. The superior performance depends upon physical structure and body size in the given sports. Anthropometric measures are required for player’s evaluation as well as play efficiently in professional football. Professional footballers do vary in weight and size of body parts specially when ethnic influences are taken into account. For example, data on international Asian football teams demonstrated that their players were smaller in physical size when compared to European teams. Physique is a factor in sort of success that may lead to inclusion in an Olympic team or more negatively, that lack of proper physique may it almost impossible for an athlete to reach that degree of success (Tanner, 1964).

Footballers are unlike a sprinter, long distance runner or wrestler. There are many abilities that footballers need to explore and deal to concentrate on. The senses are constantly being blitzed with information, which they need to quickly decipher. Here are some examples where opponents are positioned, action of their team mates, what’s in front of them and their peripheral vision. A footballer who can run faster and for longer, strong, agile and has good levels of flexibility and balance will obviously have an advantage over the player who is weaker in any one or more of these areas. Speed, endurance, strength, agility, flexibility and balance are highly specific demands for playing football. Football is a complex sport in two teams of 22 players competes in a contest for possession of the ball and tries scoring opportunities. The changing
nature of the game both on and off the field and the advent of professionalism have led to greater fitness demands on the footballers. Football is an intermittent high-intensity sport where successful performance in football is related to muscular strength (Mayes & Nuttall, 1995; Quarrie & Reilly, 2000) speed (Quarrie et al., 1995; Duthie, 2003) aerobic and anaerobic capacities (Carlson et al., 1994; McLean, 1992). However, the importance of these fitness capacities more or less related to all positional players in football. The basic motion of players in different modalities (walking, jogging, speed running, sprinting, jumping) had to taking into account for strategic purpose in relation to the game configuration.

A footballer is required to continuously be on the move over a certain period of time, varying his pace from slow to fast or medium and vice-versa and many times changing direction in movement. This puts a great deal of demand in terms of motor fitness efforts on the part of each player. Footballers have to attain muscular and cardiovascular endurance for constant movements over a long period of time. Football is the game where short sprint is frequently done and the player must always ready to sudden stop and change direction quickly and this suggested that use of speed and use of controlled speed mixed quickly and change direction in a hurry. The game is more effective when footballers start quickly and move with controlled speed to given space on the field. Footballer needs to use quick bursts of speed from side to side and fluent forward and backward movements on the playing surface. Every segment of body parts are move in either angle of the modern game of football do demand quickness. The quality footballers always demand strength and balance in order to play body contact game. Barrow and McGee (1979) were of the opinion that agility plays an
important role to a great extent involving efficient footwork and quick changes in body position. Specific fitness characteristics are to modify training programs and help coaches to prepare for the game strategy. Fitness is an inseparable part of football performance and achievements. The raising of the fitness standard is the key aim for any player in terms of complete player. Utilization of fitness is directly related to the level of performance. A player is constantly to perform in the field there is a genuine need to be fit. In other words, if a player makes mistake toward the game, a question arises whether that mistake is through lack of skill or lack of fitness.

In the field of football sport psychology has been an important topic since the 1980’s (Kim, 2003). The effectiveness of the research sport psychology has been continuously questioned. Sports scientist Bacon opined about cognition that idea without content is empty and intuition without concept is blind seems to define among other things the relationship between research and its field in sport psychology. The contention to establish practical theory which can pull down academic borders, cultural communities and integrate them using inter-disciplinary approach (Chung, 2002; Yoo, 2003) has been raised. Since the 2002 World Cup, the field of Korean football has recognized the importance of sport psychology (Yun, 2004). The mental preparedness of each player of a team turn influences the applicability in game situation. The game of football is a stream centered game like an analogue system. Therefore, continuity of the stream in the game is very important. The cognition is associated with the psychological matters of a player expressed in his behavior during game. After all the mechanism relating psychological matters to the appropriate situation is the activity to maintain the balance as a result, we can closely inquire into
the influential factors on the stream in football game can improve the effectiveness of
the applicability of a game. Football experts explain that the influential factors in
football are the result of compound functions including fitness, skills and
psychological factors (Hiddink, 2001).

However, experts in the field of football explain that cognitive ability such as
decision making including strategy, tactics and football intelligence are different
forms of psychological factors based upon practical importance. Seven Goran Erikson,
England football team managers described psychological differences that decide
whether a team win or lose. According to Loehr (1982), stated that mentally tough
athlete respond in varying ways which enable them to remain feeling relaxed, calm
and energized because they have learned to develop two skills, firstly, the ability to
increase their flow of positive energy in crisis and adversely and secondly, to think in
specific ways so that they have the right attributes regarding problems, pressure,
mistakes and competition. (Jones, Hanton & Connaughton, 2002). Research findings
have identified mental skill as a psychological contrast that distinguishes successful
performance across a number of sports. Modern researchers in sports science mainly
include sports psychology to determine general and common disposition of
footballer’s personality which appear in sport general and provoke sports men to
behave in a same or similar way. Identification of specific personality features or
relevant psychological disposition is necessary for specific disciplines of sport
specially in football. The presence of specific structure of personality leads to high
sports result, achievement and determine success very much (Gabrijelic, 1977; Kane,
1978; Thakur et al., 1980; Kamal et al., 1995). Personality is concerned with the
players unique pattern of adjustment which distinguish a team or a group of players from other. Among the traits which exist in a player there is considerable variation in the degree to which each trait drives the player to action. Maddi (1968) also feels that the personality changes only very gradually, if at all. Practically all the theorists in the psychological field are agreed on the relatively permanent and stable features of personality.

1.2 STATEMENT OF THE PROBLEM

The problem of the present study was stated as “PERFORMANCE STRUCTURE OF BENGALEE FOOTBALL PLAYERS”.

1.3 DEFINITION AND EXPLANATION OF TERMS

i) **Performance Structure**: Performance structure is the build-up of performance. It is well agreed that the performance of a game depends on a huge number of factors with different weightage. Performance structure of a game is the combined structure of these factors.

ii) **Bengalee National Football Players**: In the present study Bengalee footballers were understood as the football players of Bengal having Bengali as the mother tongue and performed in National level in the game of football.

iii) **Anthropometric Parameters**: Anthropometric parameters were the measurements of body shape and size and their ratios. In the present study selected anthropometric parameters were (a) Age, (b) Standing Height, (c) Body Weight, (d) BMI, (e) Leg Length and (f) Arm Length.
iv) **Motor Fitness**: Motor fitness was understood as the ability to perform movement skills or techniques in football game. In the present study selected motor fitness components were (a) Speed, (b) Agility, (c) Cardiovascular Endurance, (d) Leg Power, (e) Flexibility and (f) Balance.

v) **Football Technique**: Football is a sport in which different parts of the body can be used, except hands for the field players. To keep the ball action and control by using of the different legal parts of the body was understood as the football technique. In the present study selected football techniques were (a) Dribbling, (b) Finishing, (c) Lofted Pass and (d) Short Pass.

vi) **Personality**: The combination of characteristics or traits that determine the unique adjustment of the society of a human being.

**1.4 DELIMITATIONS OF THE STUDY**

The study had the following delimitations:

i) The study was delimited to the Bengalee football players.

ii) The study was further delimited to the male national level football players as subjects.

iii) There were only sixty two subjects.

iv) Among anthropometric parameters as a structural component of performance only a) age b) standing height c) body weight d) BMI e) leg length and e) arm length were selected.
v) Among motor fitness components only a) speed, b) cardiovascular endurance, c) agility, d) leg power e) trunk flexibility and f) balance were considered.

vi) Among football techniques only a) dribbling, b) finishing, c) short pass and d) lofted pass were considered.

vii) Personality of the footballers was measured by Cattle 16 Personality Factor Questionnaire (Bengali version).

1.5 LIMITATIONS OF THE STUDY

i) The investigator could not control the psychological readiness of the subjects for tests.

ii) The equipments used for collecting data were not of very high standard.

iii) The ground conditions and the surface of the fields used at different places to measure motor fitness and technique efficiency of footballers could not lie uniformly controlled.

1.6 HYPOTHESES OF THE STUDY

Based on the past experience and available knowledge the following hypotheses were formulated:

i) It was hypothesized that selected anthropometric parameters viz. height, weight, B. M. I, leg length and arm length would possess significant relationship with football game performance.

ii) It was hypothesized that selected motor fitness components viz. speed, agility, cardiovascular endurance, leg power, trunk flexibility and balance would have
significant relationship with football game performance.

iii) It was hypothesized that football technique of subjects would be significant relationship with football game performance.

iv) There would have differences in personality traits of the footballers than the normal people.

1.7 SIGNIFICANCE OF THE STUDY

It was believed that the results of the present investigation would be of significant value for physical education and sports in the following ways:

i) Results of the study would help to understand the performance structure of Bengalee football players.

ii) From the results the relationships of football performance with selected anthropometric parameters of the Bengalee footballers would be known.

iii) The results will also indicate the motor fitness profiles of Bengalee footballers.

iv) It will also possible to know the quality of execution of football technique in relation to football performance.

v) The results will throw light on personality characteristics of Bengalee football players.