Chapter V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

The game soccer is the famous and spectacular one watched by millions and millions of people all over the world with excitement. It is considered as the national game by many countries. Spectators crowd of 1,50,000 or more is common in Europe and South America.

Soccer is the most popular game among the youth of the world. Since football is strenuous, continuous and a thrilling game it appeals to youth. Soccer is a kicking and running game of an unproductive and constantly changing pattern demanding an awareness of their players and an ability to make quick decision and act upon them without delay. The game was introduced in India by the East India Company.

Football is also called soccer game, popular throughout the world, played by two teams. The members of each team try pushing the ball into opposing teams’ goal, using any part of the body except the hands and arms, and only the goal keeper who
is restricted to the penalty area, in front of the goal is allowed to handle the ball. The team which scores more goals is the winner.

Soccer, turned to be an explosive event of the sports, demands quick movements, reaction time, co-operation, confidence, application of strategy tactics, mobility, balance, endurance, strength anxiety and worry management and turns runs, jumps, stops and starts. These are factors of learning football skills.

In the last two decades European and other of football have improved very much in all the aspects of the game. Their training and coaching centers are using modern equipments, aids and scientific studies whereas in India our training and coaching centers are beating the same old drums. Soccer is fast, quick aggressive and attractive. It is considered a strenuous game because the game demands a high degree of fitness as well as intelligence and alertness of mind, anxiety and worry management, strength, ability, balance and relaxation are the basic qualities for all the elite players.

In this context, the investigator made an attempt to analyze the relationship of playing ability with selected independent variables among soccer players.
The purpose of the present study was to find out the relationship of selected psychological variables with skill performance of college soccer players. To achieve the purpose of the study, 100 male soccer players were selected randomly from the affiliated colleges of Manonmaniam Sundaranar University, Tirunelveli, Tamilnadu, who had played in Manonmaniam Sundaranar University Intercollegiate Soccer Tournaments held at St. Xavier’s College, Palayamkottai, Tamilnadu during the year 2010-11. The age of the subjects ranged from 17-22 years.

The following variables were selected for this study such as state anxiety, trait anxiety, aggression, mental skills, stress, self-confidence, achievement motivation, passing, dribbling, kicking, shooting and playing ability. As per the available literatures, the standardized tests were used to collect relevant data on the selected variables.

The investigator administered the questionnaire and other tests to measure the criterion variables to 100 male subjects. The mode of analysis of data on the selected dependent variables and playing ability among soccer players have been statistically analyzed in two parts. In part I relationship and regression equation was found between playing ability and selected independent variables and in part II the significant difference
was found by using one way analysis of variance among the different positions of play such as offense, middle and defense players in soccer on selected variables. In all the cases 0.05 level of significance was fixed to test the hypothesis.

**Conclusions**

From the analysis of the data, the following conclusions were drawn.

1. The Predictor Variables namely shooting, passing and achievement motivation can be used to predict the soccer playing ability.

2. The predictor variable selected in the multiple regression equation has high significant positive relationship with the criterion variable i.e., the playing ability.

3. There was a significant relationship between playing ability and shooting.

4. There was a significant relationship between playing ability and passing.

5. There was a significant relationship between playing ability and achievement motivation.
6. There was a significant relationship between the soccer playing ability and combined effect of selected psychological and skill variables.

7. Offense, midfield and defense players in soccer had significant differences on the selected variables namely trait anxiety, stress, self-confidence and achievement motivation.

8. There was no significant difference among Offense, midfield and defense players on state anxiety, aggression, mental skills, passing dribbling, shooting and playing ability.

9. Defense players in soccer was found to be better than middle and offense players on trait anxiety, stress, self-confidence and achievement motivation.

**Recommendations**

With the help of results derived from the present study, the following recommendations can be made.

1) The results of the present study can be very much useful for Physical educators, coaches and trainers for screening and selecting potential soccer players at intercollegiate level.

2) Further, the results of the study can help to frame different methods of training by laying emphasis on the
development of factors which are significantly related to soccer performance at different levels.

3) It may be recommended that the present study may be repeated by selecting subjects belonging to lower age groups.

4) It may be recommended to carry out similar study with national/international soccer players.

5) Intensive research study of this nature may be done in other games and sports where the criterion used for measuring success will be performance in game / sport.