



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2019; 4(2): 291-294

© 2019 Yoga

www.theyogicjournal.com

Received: 15-05-2019

Accepted: 14-06-2019

**Dr. Kishor Kumar BS**

Associate Professor, SAS SNDP  
Yogam College, Konni,  
Pathanamthitta, Kerala, India

**Binoy KR**

Assistant Professor, Government  
Sanskrit College Tripunithura,  
Ernakulam, Kerala, India

## A study on psychological profiles of the inter-university football players of Kerala University and Cochin University of Science and Technology

**Dr. Kishor Kumar BS and Binoy KR**

### Abstract

The purpose of the present study was to compare the level of Sports Aggression, Emotional Stability and Casual Attribution between inter university football (male) players of Kerala University Trivandrum and Cochin University of Science and Technology Ernakulam. For the purpose of this investigation 60 male subjects (30 players of Kerala University Trivandrum and 30 players form Cochin University of science and technology, Ernakulam) were randomly selected. Their age ranged from 18 to 25 years. The standardized Sports Aggression Questionnaire (SAQ) Buss & Perry (1992), Causal dimension Scale II and Sport Emotion Questionnaire was used for the present study. It to be composed of 29 multiple choice statements with 5 points scale, 22 multiple choice statements for 88 total marks and 12 multiple choice Questionnaire with 9 scoring scale. The data collected from the male players on sports aggression were statistically analyzed to find out the significant difference if any, independent's test was used. The level of significant was set to 0.05. Considering the achievement motivation of the study in the male soccer players from selected Universities, it has been found that there is a significant difference.

**Keywords:** Sports aggression, emotional stability, casual attribution, soccer.

### Introduction

Aggression and aggressive behavior are sometimes out of the ethical realm of sports, and sometimes very much part of sport, depending on the type of sport, the demand on the performer, and so on. Aggression includes different behaviors that serve a common end to inflict pain or injury on the opponent. Though there is a lot of research conducted in this area still remain several gray area to understand its effect on sports performance Most of the studies on sports aggression aimed to investigate the behavioral problems faced by athletes as individuals or groups otherwise known as hostile aggression. The aim of this study is to understand how efficiently we can use aggression in sports to improve the standard of spots performance, Thereby increase the rate of success of an individual or group.

Emotion is an important component of total human functioning and critically important for understanding main core phenomena in virtually every major sub discipline of psychology. Although emotions represent an important aspect of one's involvement in sport and critical factor in either enhancing or comparing individual or team performance. Little systematic research has been conducted on positive or negative emotions. In present scenario the sports at competitive level become more of psychological phenomenon than of physical one. Their psychological aliveness to the situation has been described by many to be of paramount importance.

This study will disclose the state of emotion of an athlete right before the competition and a comparative analysis of the same in different groups.

Research suggest that 'athletes' methods of explaining their success and failure are based upon their unique experiences and learned behaviors. Individual perceptions and reality do not always match and when emotions get thrown in to the mix, perceptions and reality can be pole apart. From the psychological viewpoint however it is perceptions that matter most. Study on attribution is very much essential in athletes who often tent to misunderstand the causes of events. This study helps brings out the right cause of events takes place in sports performance.

**Corresponding Author:**

**Dr. Kishor Kumar BS**

Associate Professor, SAS SNDP  
Yogam College, Konni,  
Pathanamthitta, Kerala, India

**Statement of the problem**

The purpose of the study was to determine the significant difference of selected psychological factors on sports aggression, Emotional Stability, Casual Attribution among male football players of Kerala University Thiruvananthapuram and Cochin University of science and technology Ernakulum.

**Significance of the study**

- The result of the study may enable the male football players to understand their level of aggression, emotional stability and casual attribution in their competition.
- The result of the study may enable to physical education teachers and coaches to know the psychological strength and weaknesses of players and plan training session accordingly.
- The study will help to compare the selected psychological variable among male football players of Kerala University Thiruvananthapuram, and Cochin University of science and technology Ernakulum.
- The result of the study may significantly help the other scholars to take up research projects in other parts of India.
- The result of the study may pore light wrong conclusions on which often athletes reach.
- The study equips the athletes to use their knowledge of psychological variables for higher sports performances

**Methodology**

**Participants**

To realize the purpose of the study 60 male soccer players were selected. The subjects were all India interuniversity tournament participated soccer players during the years 2017 to 2019. Thirty players in each Kerala University,

Thiruvananthapuram and Cochin University of Science and Technology Ernakulum with age ranged from 18 to 25 years.

**Variables and tests**

The variable assess in this study is sports aggression, emotional stability and Casual Attribution. In order to compare the results of two groups ‘t’ test was used.

**Statistical analysis**

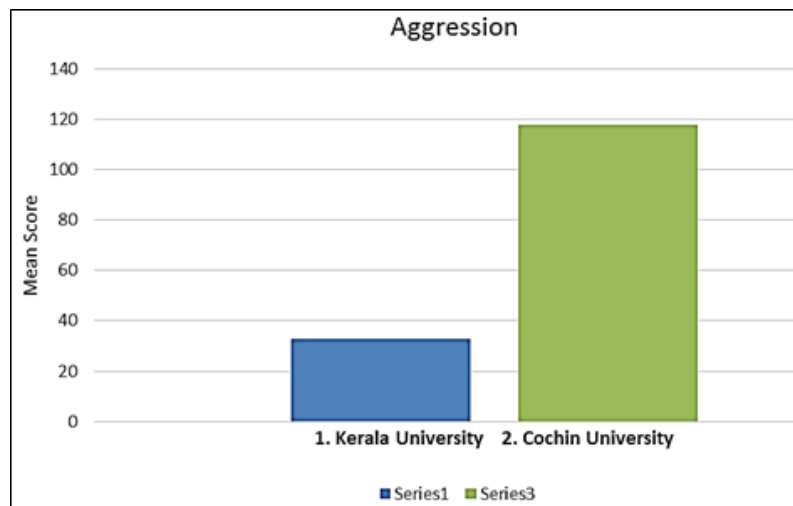
The data collected from the male players on sports aggression were statistically analyzed to find out the significant difference if any, independent ‘t’ test was used. The level of significant was set to 0.05

**Analysis of data and results of the study**

**Table 1:** Independent t test for the comparison of sports aggression of male soccer players

| Gender            | Number | Mean   | S.D.  | t      | p      |
|-------------------|--------|--------|-------|--------|--------|
| Kerala University | 30     | 32.866 | 9.858 | 38.278 | 0.0001 |
| CUSAT Ernakulum   | 30     | 117.90 | 7.133 |        |        |

From the Table 1 it is clear that the result obtained for ‘t’ test on the basis for sports aggression reveals that t value is 38.278 which is greater than the critical value of ‘t’ at.05 level 0.0001 of significance. This shows there is a significant differences exist in terms of sports aggression between the male soccer players from Kerala University Thiruvananthapuram and Cochin University of Science and technology Ernakulum. The diagrammatic representation of comparison of sports aggression between the male soccer players from Kerala University, Thiruvananthapuram and Cochin University of Science and Technology Ernakulum is shown in figure 1.



**Fig 1:** Comparison of sports aggression between the male soccer players from, Kerala University Thiruvananthapuram and Cochin University of Science and Technology Ernakulam

The data collected from the male players on achievement motivation were statistically analyzed to find out the

significant difference if any, independent ‘t’ test was used. The level of significant was set to 0.05

**Table 2:** Independent t test for the comparison of emotional stability of male soccer players

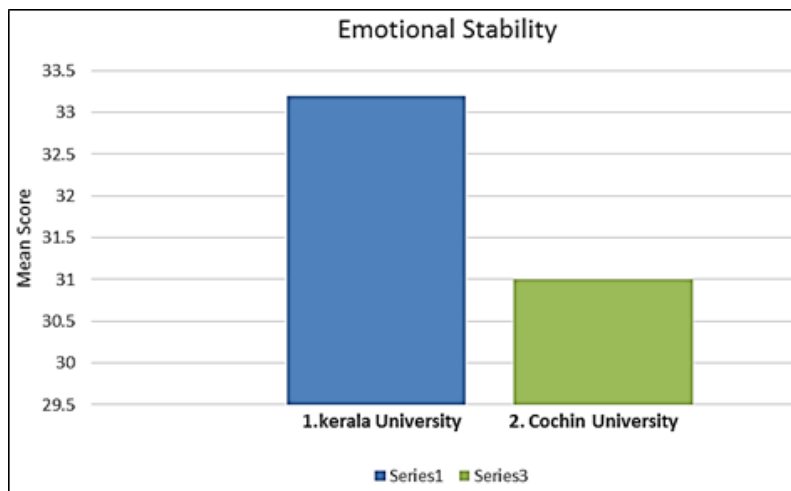
| Gender            | Number | Mean  | S. D. | t     | p      |
|-------------------|--------|-------|-------|-------|--------|
| Kerala University | 30     | 33.20 | 3.081 | 3.168 | 0.0024 |
| CUSAT Ernakulum   | 30     | 31.00 | 2.23  |       |        |

From the Table 2 it is clear that the result obtained for ‘t’ test on the basis for Emotional Stability reveals that t value is

3.168 which is greater than the critical value of ‘t’ at.05 level 0.0024 of significance. This shows there is a significant

differences exist in terms of Emotional Stability between the male soccer players from Kerala University Thiruvananthapuram and Cochin University of Science and technology Enakulam. The diagrammatic representation of

comparison of Emotional Stability between the male soccer players from Kerala University, Thiruvananthapuram and Cochin University of Science and Technology Enakulam is shown in figure 2.



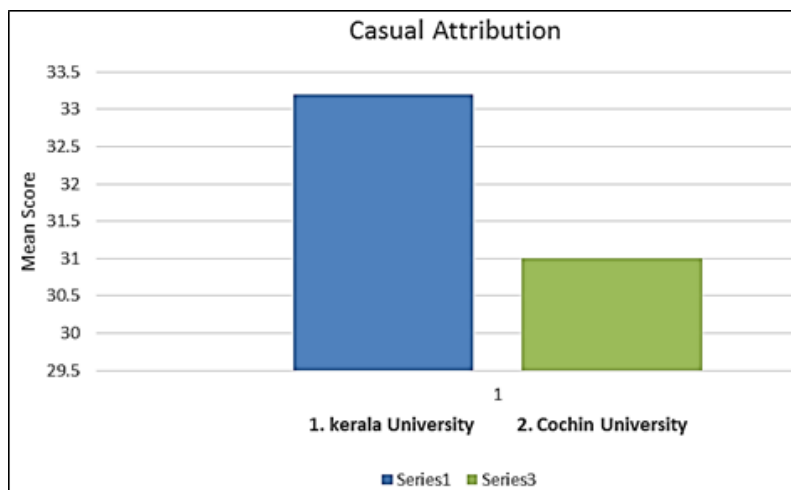
**Fig 2:** Comparison of emotional stability between the male soccer players from, Kerala University Thiruvananthapuram and Cochin University of Science and Technology Enakulam

The data collected from the male players on Casual Attribution were statistically analyzed to find out the significant difference if any, independent 't' test was used. The level of significant was set to 0.05

From the Table 3 it is clear that the result obtained for 't' test on the basis for casual attribution reveals that t value is 40.179 which is greater than the critical value of 't' at .05 level 0.0001 of significance. This shows there is a significant differences exist in terms of casual attribution between the male soccer players from Kerala University Thiruvananthapuram and Cochin University of Science and technology Enakulam. The diagrammatic representation of comparison of casual attribution between the male soccer players from Kerala University, Thiruvananthapuram and Cochin University of Science and Technology Enakulam is shown in figure 3.

**Table 3:** Independent t test for the comparison of casual attribution of male soccer players

| Gender            | Number | Mean | S. D. | t      | p      |
|-------------------|--------|------|-------|--------|--------|
| Kerala University | 30     | 82.8 | 3.059 | 40.179 | 0.0001 |
| CUSAT Enakulam    | 30     | 49.5 | 3.354 |        |        |



**Fig 3:** Comparison of casual attribution between the male soccer players from, Kerala University Thiruvananthapuram and Cochin University of Science and Technology Enakulam

**Discussion on findings**

1. This study assesses the sports aggression among the 30 University level male soccer players between the ages of 18 to 25 from Kerala University Thiruvananthapuram and Cochin University of Science and Technology Enakulam. The study shows a significant difference of sports aggression, emotional stability, and casual attribution existing between the two.
2. In light of this study it is very clear that the selected player of Kerala University Thiruvananthapuram is

- having an optimum level of sports aggression, high emotional stability and casual attribution compare to the players of Cochin University of Science and Technology Enakulam.
3. The study limits to the male soccer players between the age 18 to 25 where as it can be done among different age groups, among female players, teams with other standards, and even in other games.
4. The study clearly indicate the essentiality to include controlling Sports aggression practices in day by day

spots training program.

5. This study advocates practices which improve the emotional stability among the sports persons.
6. This study shed light to the fact that casual attribution to be given more practical and theoretical importance in sports realm.

### Conclusion

The level of Sports aggression, Emotional Stability And Casual Attribution of two different university level soccer players are assessed with statistical tools and in a conclusion that there exist a significant difference among them. The study open up new areas of research to find optimal level of aggression, High Level of Emotional Stability and Casual Attribution which will practically and academically uplifts the field of Physical education and sports. The relevance of this study is that the effort taken towards development of optimal Sports aggression, high level Emotional Stability and Casual Attribution results in high level of sports performance.

### References

1. Vincent Parnabas *et al.* The Influence of Casual Attribution on Sport Performance among Taekwondo Athlete, European Academic Research 2015, P2286-4822.
2. Athan Amasiatu N. Mental Imagery Reharsal as a Psychological Technique to Enhancing Sports Performance, Educational research international 2013, 2303721.
3. Mousavi SH *et al.* The Effect of Mental Imagery upon the Reduction of Athletes` Emotional Stability during Sport Performance. International Journal of Academic Research in Business and Social Sciences 2011, P2222-6990.
4. Miguel Humara. The Relationship between Aggression and Performance: A Cognitive-Behavioral Perspective, the online journal of sport psychology 1999;1(2).
5. Amasiatu *et al.* Coping with Pre-competitive Anxiety in Sports Competition. European journal of natural and applied science 2013;1(1).
6. Simao Freitas P *et al.* Elite Portuguese soccer players' use of Psychological Techniques: where, when and why. Journal of human sports and exercise 2013, P1988-5202.