



PSYCHOLOGICAL PROFILE OF WOMEN FOOTBALLERS: AN ANALYTICAL STUDY

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Abstract: The purpose of the study was to analyze the psychological profile of women footballers as per their position of play. To achieve the purpose 81 women footballers who have played at state level, were selected as subjects by simple random sampling method. The age range of the subjects was 16 to 33 years. Keeping in view the purpose the subjects were categorized as per their position to play Cattell's 16 Personality Factor (PF) Questionnaire was used by the researcher to assess the psychological profile of the players. Position to play was the independent variable whereas different psychological factors were set as dependent variables of the study. On the basis of the findings it is concluded that there is a significant difference in the different psychological traits assessed of the players as per their position to play.

Introduction:

In recent years, professional sports in the world have changed. The level of skills has risen and become more competitive. The players and the coaches studies every aspects that can improve the performance of an athlete during competition. They have learned that apart from physical skills, technical skills, strategic awareness, the mental strength or the psychological makeup of an athlete plays a very crucial role in the performance. Sports psychology has grown remarkable from its roots in the amorphous and poorly understood disciplines of athlete motivation and performance counseling. Modern sports at every level of competition and in virtually every sporting activity has benefited from the application of psychological principles and mental training in the pursuit of maximum athletic performance, stress management improved training attitude and every other aspect of sport where the mind, emotions and physical performance intersect.

The performance of an athlete mainly depends on five main things, Physical Skill, Mental Skill, Level of Technical Skills, strategic awareness and Chance. As there are always some uncontrollable things in sports, performance is left up to chance to some extent. To help an athlete get the "Chance" aspect out of their mind some sports teams and athletes have chosen to hire a sports psychologist. Proper understanding of psychological role in

performance helps on athlete focus more on the aspects of the game that are under their control. Sports psychology is playing an ever increasing role in influencing soccer performance. A sports psychologist identifies weaknesses in the psychological make-up of a player and provides the necessary counseling so that the player can continually play at his optimal level of performance. Once of sports psychologist discusses the personality, motivational and attention styles of a group of players then improvements can be undertaken. Keeping the team motivated and preventing from becoming disheartened, feeling failure and losing self esteem is vital. Good interesting coaching solutions can help as well, such as achievement through good setting, sensation and affiliation.

In the present study the researcher analyzed the psychological profile of the women football in order to understand the different aspects of personality minutely as per the positions of the players to play.

Methodology:

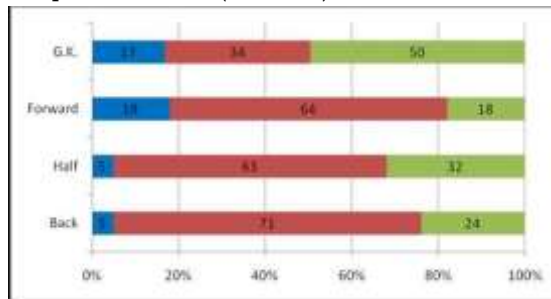
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position to play Cattell’s 16 Personality Factor (PF) Questionnaire was used by the researcher to assess the psychological profile of the players. Position to play was the independent variable whereas different psychological factors were set as dependent variables of the study.

Statistical Analysis:

The data which were collected from the subjects were treated statistically. In order to find out the significance difference among the players as per their position to play in psychological profile ‘f’ ratio was calculated.

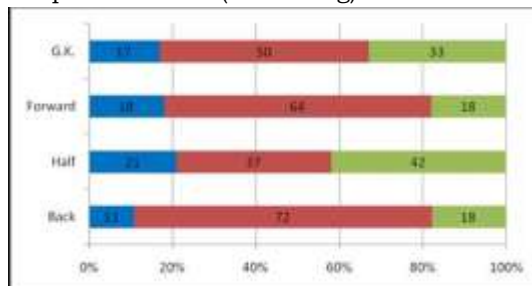
Graph 1 Factor A (Warmth)



- Impersonal, reserved, distant
- General
- Warm, Caring, Attentive to others

The above finding reveals that the players playing at forward and G.K. Positions are more impersonal reserved, distant than players at half and back position.

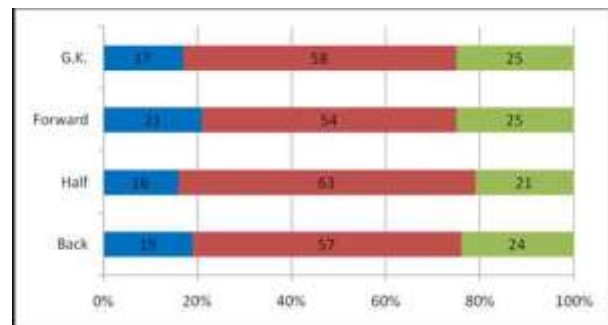
Graph 2 Factor B (Reasoning)



- Concrete, lower mental capacity
- General
- Abstract bright fast-learner

The above finding reveals that the players playing at Half Positions are brighter and fast and forward Position.

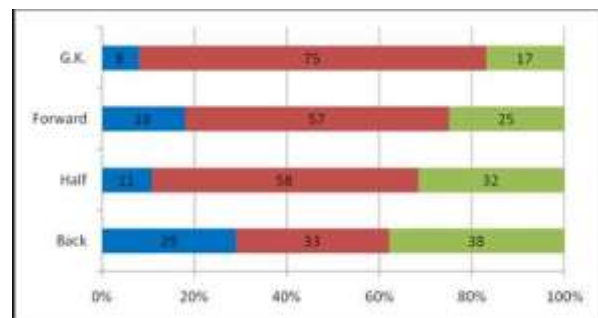
Graph 3 Factor C (Emotional Stability)



- Reactive, affected by feelings
- General
- Emotionally Stable, Mature adaptive

The above finding reveal that there is no significance difference among the players as per their position to play with regards to emotional stability.

Graph 4 Factor L (Vigilance)



- Trusting, Unsuspecting, Accepting
- General
- Vigilant, Suspicious, skeptical

The above finding reveal that the Back line players are more trusting, unsuspecting than the players playing at other positions.

The Study reveals that the players playing at Half Position are more relaxed, placid and patient.

Conclusion:

On the basis of the findings it is concluded that there is a significant difference in the different psychological traits assessed of the players as per their position to play. On the basis of the above study it can be said that the psychological profile of an individual plays an important role with respect to the performance of the players. Hence, it is necessary to give equal importance to the psychological aspect of the players along with the technical and tactical aspects.

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