

COMPARISON OF MOOD STATES OF POSITION HOLDER MALE SOCCER TEAMS OF WEST ZONE INTERVARSITY COMPETITION-2011

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Abstract:

To serve the purpose of the study six male soccer teams were selected randomly during league stage of west zone intervarsity competition 2011. But at the end of the tournament only first three position holder soccer teams were included for the study. Brunel Mood Scale which contains 24 items with six mood components such as tension, depression, anger, vigour, fatigue, and confusion was used as a criterion measure for mood states. Descriptive statistics and One-Way ANOVA were employed as statistical tools. Results showed that no statistically significant difference were found in all the mood components of first three position holder soccer teams of inter varsity competition 2011.

KEYWORDS:

Anger, Confusion, Depression, Fatigue, Tension, and Vigour.

INTRODUCTION

Mood is a state or quality of feeling at a particular time. Mood has been shown to be an important variable in a variety of performance environments. Indeed, mood management is increasingly recognized as fundamental to many of our common daily activities. Mood is very important psychological aspect in doing any type of task. Without positive mood, one cannot expect to perform his task efficiently. One variable that has been found to predict performance is mood. Regular assessment of moods may also facilitate systematic evaluation of adaptations to training demands, potential risk of staleness and burnout (Morgan, Brown, Raglin, O'Connor, & Ellickson, 1987), recovery from overtraining syndrome, effectiveness of the pre-competition taper period (Hall & Terry, 1995), and adaptations to travel fatigue and jetlag. There is a vast amount of anecdotal evidence suggesting that poor performance is associated with a failure to get into an appropriate mood. Investigation of relationships between mood and performance has been a major focus of research in sport psychology (LeUnes et. al (1998). Morgan popularized mood research in sport with findings showing successful performance was associated with above average vigour coupled with below average anger, confusion, depression, fatigue, and tension, a profile that when plotted graphically resembled an iceberg (Morgan 1980). Beedie et al. (2000) distinguished research that predicted level of achievement (i.e., mood differences between elite athletes and novice athletes or non-athletes) from research that investigated relationships between pre-competition mood and performance. Based on the literature and understanding the status, how mood states plays a vital role, the present investigation has been carried out. The present study intends to understand whether there existed mood differences among position holder soccer teams of west zone intervarsity competition 2011.

MATERIAL AND METHODS

Total Six male soccer teams were selected during the league stage of west zone inter varsity competition 2011, organized by Barkatullah University Bhopal, India. Brunel mood scale, BRUMS (Terry et al. 2003) which contains 24 items with six mood components such as tension, depression, anger, vigour, fatigue, and confusion was used as a criterion measure for mood states. The questionnaire was administered to six male soccer teams during league stage one day before their match. The age of the subjects were ranged between 18 to 25 yrs. But to serve the purpose of the study only first three position holder male soccer teams were selected. Descriptive statistics and One-Way ANOVA were employed as statistical tools.

RESULTS

The obtained data were computed with the help of IBM Statistics SPSS-21. The findings of the study are presented in the table No. 1 to 12.

**Table No. 1
Descriptive Statistics of Anger**

Position	Team	N	Mean	Std. D	Minimum	Maximum
1	Lnupe Gwalior	18	3.56	2.357	0	7
2	Mumbai University	18	3.39	2.704	0	9
3	Barkatullah	18	3.28	3.140	0	9
	Total	54	3.41	2.702	0	9

In the above Table No.1 the team with the highest mean score in anger was LNUPE Gwalior, followed by Mumbai University and Barkatullah University, further the team with the highest Standard Deviation was Barkatullah University, followed by Mumbai University and LNUPE Gwalior.

To see, whether their existed statistically significant difference in Anger among the position holder soccer teams of west zone inter varsity competition 2011, One-Way Analysis of Variance was computed.

**Table No. 2
One-Way ANOVA Table of Anger**

	Sum of Squares	df	Mean Square	F	Sig.	Partial Eta Squared
Position	.000	2	.000	.000	.999	.000
Error	10.000	51	.196			
Total	10.000	53				

In the above Table No. 2 since the p-value is 0.955 and greater than 0.05 level of significant, it is evident that no statistically significant difference was found in anger among the positions holder University male soccer teams of west zone inter varsity competition 2011.

**Table No. 3
Descriptive Statistics of Confusion**

Position	Team	N	Mean	Std. D	Minimum	Maximum
1	Lnupe Gwalior	18	3.56	2.357	0	7
2	Mumbai University	18	3.39	2.704	0	9
3	Barkatullah	18	3.28	3.140	0	9
	Total	54	3.41	2.702	0	9

In the above Table No.3 the team with the highest mean score in confusion was LNUPE Gwalior, followed by Mumbai University and Barkatullah University, further the team with the highest Standard Deviation was Mumbai University, followed by Barkatullah University and LNUPE Gwalior.

To see, whether their existed statistically significant difference in Confusion among the position

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holder soccer teams of west zone inter varsity competition 2011, One-Way Analysis of Variance was computed.

Table No. 4
ANOVA Table for Confusion

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	9.593	2	4.796	.596	.555
Within Groups	410.278	51	8.045		
Total	419.870	53			

In the above Table No. 4 since the p-value is 0.555 and greater than 0.05 level of significant, it is evident that no statistically significant difference was found in confusion among the positions holder University male soccer teams of west zone inter varsity competition 2011.

Table No. 5
Descriptive Statistics of Depression

Team	Mean	Std. Deviation	Minimum	Maximum
LNUPE Gwalior	10.50	2.50	5.00	15.00
Mumbai University	10.00	2.00	5.00	14.00
Barkatullah University	10.00	2.00	5.00	14.00

In the above Table No.5 the team with the highest mean score in depression was LNUPE Gwalior, followed by Mumbai University and Barkatullah University, further the team with the highest Standard Deviation was Barkatullah University followed by Mumbai University, and LNUPE Gwalior.

To see, whether their existed statistically significant difference in Depression among the position holder soccer teams of west zone inter varsity competition 2011, One-Way Analysis of Variance was computed.

Table No. 6
ANOVA Table for Depression

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	0.403	2	0.201	0.025	0.975
Within Groups	1.597	51	0.031		
Total	2.000	53			

In the above Table No. 6 since the p-value is 0.403 and greater than 0.05 level of significant, it is evident that no statistically significant difference was found in depression among the positions holder University male soccer teams of west zone inter varsity competition 2011.

Table No. 7
Descriptive Statistics of Fatigue

Team	Mean	Std. Deviation	Minimum	Maximum
LNUPE Gwalior	10.00	2.00	5.00	14.00
Mumbai University	10.00	2.00	5.00	14.00
Barkatullah University	10.00	2.00	5.00	14.00

In the above Table No.5 the team with the highest mean score in fatigue was Mumbai University followed by LNUPE Gwalior, and Barkatullah University, further the team with the highest Standard Deviation was Barkatullah University followed by Mumbai University, and LNUPE Gwalior.

To see, whether their existed statistically significant difference in Fatigue among the position

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holder soccer teams of west zone inter varsity competition 2011, One-Way Analysis of Variance was computed.

Table No. 8
ANOVA Table for Fatigue

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	.444	2	.222	.035	.965
Within Groups	322.389	51	6.321		
Total	322.833	53			

In the above Table No. 8 since the p-value is 0.965 and greater than 0.05 level of significant, it is evident that no statistically significant difference was found in fatigue among the positions holder University male soccer teams of west zone inter varsity competition 2011.

Table No. 9
Descriptive Statistics of Tension

Team	Mean	Standard Deviation	Minimum	Maximum
Mumbai University	4.5	0.5	4.0	5.0
LNUPE Gwalior	4.0	0.5	3.5	4.5
Barkatullah University	4.0	0.5	3.5	4.5

In the above Table No.9 the team with the highest mean score in tension was Mumbai University followed by LNUPE Gwalior, and Barkatullah University, further the team with the highest Standard Deviation was Mumbai University, followed by LNUPE Gwalior and Barkatullah University.

To see, whether their existed statistically significant difference in tension among the position holder soccer teams of west zone inter varsity competition 2011, One-Way Analysis of Variance was computed.

Table No. 10
ANOVA Table for Tension

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	.444	2	.222	.035	.965
Within Groups	322.389	51	6.321		
Total	322.833	53			

In the above Table No. 6 since the p-value is 0.061 and greater than 0.05 level of significant, it is evident that no statistically significant difference was found in depression among the positions holder University male soccer teams of west zone inter varsity competition 2011.

Table No. 11
Descriptive Statistics of Vigour

Team	Mean	Standard Deviation	Minimum	Maximum
LNUPE Gwalior	4.5	0.5	4.0	5.0
Mumbai University	4.0	0.5	3.5	4.5
Barkatullah University	4.0	0.5	3.5	4.5

In the above Table No.11 the team with the highest mean score in vigour was LNUPE Gwalior, followed by Mumbai University and Barkatullah University, further the team with the highest Standard Deviation was Barkatullah University followed by Mumbai University, and LNUPE Gwalior.

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To see, whether there existed statistically significant difference in vigour among the position holder soccer teams of west zone inter varsity competition 2011, One-Way Analysis of Variance was computed.

Table No. 12
ANOVA Table for Vigour

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	23.593	2	11.796	.793	.458
Within Groups	758.278	51	14.868		
Total	781.870	53			

In the above Table No. 6 since the p-value is 0.458 and greater than 0.05 level of significant, it is evident that no statistically significant difference was found in vigour among the positions holder University male soccer teams of west zone inter varsity competition 2011.

DISCUSSION OF FINDINGS

Although slight difference were found in the mean score of all the mood components like anger, confusion, depression, fatigue, tension and vigour of all the three position holder male soccer teams of west zone inter varsity competition 2011, but from the One-Way Analysis of variance it is evident that no significant difference were found in all the mood components of first three position holder male soccer teams of west zone intervarsity competition 2011. The insignificant difference found in all the mood components of first three position holder male soccer teams of intervarsity competition 2011 could have been the collection of data and tournament fixture. The fixture of tournament in the west zone inter varsity competition is first knocked out and then league, and the data was collected during league stage. This could have been the reason why no significant differences were found. Another reason why no significant differences were found could be the level and the standard of training method. Since they all had qualified for All Indian Inter Varsity Competition, their method and style of training might have been the similar one and as such no statistically significant difference were found in all the mood components. As such the present study of mine did not support Zandi, Leila; & Rad, Lila, Sabbaghian (2013), and Esfahani, Nooshin et al (2011) where they found a significant difference in all mood sub-scales between winner and loser group.

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