TEMPORAL PATTERNING PRIOR 1 DAYS OF SELECTED PSYCHOLOGICAL PARAMETERS AMONG THE BHUTANESE FOOTBALL CLUB PLAYERS

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ABSTRACT:
The intention of the study was to find out the rate of changes in self efficacy and aggression of club football players. So to fulfill this purpose study stated as Temporal Patterning of Selected Psychological Parameters among Bhutanese football club Players. Two different psychological parameters has been taken for this study. The data collected from 40 Bhutanese football A division club players with age limit of 17-30 years male football players. A descriptive method was followed in this current research work for carrying out the work. In this study the researcher generated the data through corresponding by mail with the club coaches prior to the competitions for good results from the questionnaires. Researcher used aggression scale which was developed by dr. R.I. bhardwaj, (2008). Researcher used self-efficacy scale which was developed by dr,(mrs) g.p. mathuser and dr. (mrs) rajkumari bhatnagar, (2012). From the given table it has been observed that p-value for 1days=.787 which is more than 0.05 which indicates the test is insignificant. Thus the null hypothesis that the model explains has variance more than 0.05 accepting the hypothesis. Hence, the model explains insignificant variance on different football players.

INTRODUCTION
There are two general classes of aggression. Which are threatening, emotional and instrumental, brutal, or objective situated aggression. Empirical examination demonstrates a basic difference between the two, i.e mentally and physiologically. Crosswise over diverse human societies, gents are more probable than ladies to articulate animosity by method for direct bodily violence. Ladies are more prone to instead state aggression with a mixture of roundabout or intangible means. There are games where the guidelines must be policed by the players in place for the amusement to survive. The way of animosity in high aggression games obliges that there is an outlet for the disappointments of players. Somebody needs to “establish a meaningful boundary” in respect to what is satisfactory to the extent animosity without disregarding it and giving it a chance to rot inside individuals until they find themselves able to discover an outlet for it. Particular parts of the impacts of aggression in game can be seen by viewing football and watching how animosity is acknowledged and approved inside the limitations of the game. A game of football endeavours to keep up a harmony between the forceful way of the game and the thoughtfulness of the individuals who play it.

Statement of the Problem
The intention of the study was to find out the rate of changes in self-efficacy and aggression of club football players. So to fulfil this purpose study stated as Temporal Patterning of Selected Psychological Parameters among Bhutanese football club Players.
Significance of the study

- The outcome of the study will be helpful for the coaches and trainers for understanding the rate of increase of aggression level prior to competition.
- The results may be helpful to understand the rate of decrease or increase in self-efficacy prior to competition.
- It may help the coaches, trainers and psychologist to measure and control the psychological factors affecting performance.
- It will increase the knowledge regarding temporal pattern of self-efficacy and aggression level.
- The results may help an athlete to cope with the higher level of aggression.
- The study may help the coaches and sports psychologist for the implementations of appropriate mental preparation strategies during the pre-competition period to reduce the level of aggression and increase self-efficacy.

Statement of the Problem

The researcher tends to find out the rate of changes in self-efficacy and aggression of club football players. So to fulfill this purpose study stated as Temporal Patterning of Selected Psychological Parameters among Bhutanese football club players.

Operational definitions of terms used

**Self-efficacy**

To the set of beliefs we preserve about our capability to complete a unique task is called self-efficacy.

**Aggression**

Aggression refers to a physical or verbal behaviour intended to hurt someone.

**Temporal patterning**

For the purpose of this study the meaning of temporal patterning is “Performance recorded at different time of the day or on different days.”

Objectives of the study

- To find out the stage of self-efficacy and aggression of gamers 1 days prior to the competition.
- To study the temporal patterning of self-efficacy among Bhutanese football club players prior to competition.
- To study the temporal patterning of aggression among Bhutanese football club players prior to the competition.

**Hypotheses**

- There will be a significant difference in temporal patterning of self-efficacy at different time durations prior to competition.
- A significant difference would exist in temporal patterning of aggression at different time durations prior to competition.

**Delimitation**

1. The study was delimited to Bhutanese football A division club players.
2. The study was delimited to following variables and scales:
   a. Measures the level of Aggression.
   b. Measures the level of self-efficacy.
3. The study was delimited to 1 day prior to competition, to see/check the temporal patterning of self-efficacy and aggression to the players.

Method and procedure

Design of the study

A descriptive method was followed in this current research work for carrying out the work. Total sample comprises of 40 players from four football clubs. The age range was between 17-30 years. Sample was selected with purposive sampling technique. In this study the researcher generated the data through corresponding by mail with the club coaches prior to the competitions for good results from the questionnaires.

Tools used:

Aggression: Researcher used Aggression scale which was developed by Dr. R.L. Bhardwaj, (2008).
Self efficacy: Researcher used Self efficacy Scale which was developed by Dr.(Mrs) G.P. Mathuser and Dr. (Mrs) Rajkumari Bhatnagar, (2012).

Statistical procedure

To discover the significant difference on self-efficacy and aggression of selected football club players at different time durations prior to competition, trend analysis was done by applying one way ANOVA, T-test. To generate the data, the analysis was done by using SPSS package (over.22) at level of significance.

Selection of variables

On basis of available literature and in consultation with the expert of the concern field and considering the feasibility, following variables were selected.
   a) Aggression
   b) Self-efficacy

Tools for data collection

1. Questionnaire on aggression
   The scale of aggression was developed by Dr. Rajeev Lochan Bhardwaj,2008.

2. Questionnaire on self-efficacy.
   The scale of self-efficacy was developed by Dr. Arun Kumar Singh(Patna) and Dr. Shruti Narain(Patna),2014.
Scoring

<table>
<thead>
<tr>
<th></th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Neutral</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Positive</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Negative</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

Questionnaire on self-efficacy

The scale was developed by Dr. Arun Kumar Singh (Patna) and Dr. Shruti Narain (Patna).

Scoring

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<tr>
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<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

Scores thus obtained were added together to yield total score. The details of scoring are being provided in table 2.

Methods

- Mean and Standard Deviation
- T-Test
- One-way ANOVA

Result and discussion:-

A Mean and standard deviation of aggression at different time durations prior to the competition for different club players.

<table>
<thead>
<tr>
<th>Club</th>
<th>Thimphu FC</th>
<th>Takin FC</th>
<th>DU. FC</th>
<th>Raven FC</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean</td>
<td>66.400</td>
<td>73.400</td>
<td>76.200</td>
<td>71.300</td>
<td>71.300</td>
</tr>
<tr>
<td>n</td>
<td>10</td>
<td>10</td>
<td>10</td>
<td>10</td>
<td>40</td>
</tr>
</tbody>
</table>

A Mean and standard deviation of self-efficacy at different time durations prior to the competition for different club players.

<table>
<thead>
<tr>
<th>Club</th>
<th>Thimphu FC</th>
<th>Takin FC</th>
<th>DU. FC</th>
<th>Raven FC</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean</td>
<td>70.60</td>
<td>71.80</td>
<td>67.50</td>
<td>70.70</td>
<td>70.15</td>
</tr>
<tr>
<td>n</td>
<td>10</td>
<td>10</td>
<td>10</td>
<td>10</td>
<td>40</td>
</tr>
<tr>
<td>SD</td>
<td>5.420</td>
<td>10.779</td>
<td>12.331</td>
<td>9.405</td>
<td>9.577</td>
</tr>
</tbody>
</table>
Summary of One-way ANOVA on aggression.

<table>
<thead>
<tr>
<th>Source of variation</th>
<th>Sum of squares</th>
<th>df</th>
<th>Mean square</th>
<th>F</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Between Groups</td>
<td>568.400</td>
<td>4</td>
<td>189.467</td>
<td>1.162</td>
<td>.338</td>
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<tr>
<td>Within Groups</td>
<td>5872.000</td>
<td>36</td>
<td>163.111</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>6440.400</td>
<td>40</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Summary of One-way ANOVA on Self-efficacy.

<table>
<thead>
<tr>
<th>Source of variation</th>
<th>Sum of squares</th>
<th>df</th>
<th>Mean square</th>
<th>F</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Between Groups</td>
<td>102.500</td>
<td>4</td>
<td>34.167</td>
<td>.354</td>
<td>.787</td>
</tr>
<tr>
<td>Within Groups</td>
<td>3474.600</td>
<td>36</td>
<td>96.517</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>3577.100</td>
<td>40</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

From the above table it has been observed that p-value for 1day=.787 which is more than 0.05 which indicates the test is insignificant. Thus the null hypothesis that the model explains has variance more than 0.05 accepting the hypothesis. Hence, the model explains insignificant variance on different football players.

A graphical representation of self-efficacy of Bhutanese football club players 1day prior to competition.

A graphical representation of aggression of Bhutanese football club players 1day prior to competition.
Reference:-


