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A COMPARATIVE STUDY OF FRUSTRATION TOLERANCE CAPACITY OF SOCCER PLAYERS: WITH REFERENCE TO LEVEL OF PARTICIPATION

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ABSTRACT :

The aim of the present study is to compare frustration tolerance capacity of national, state and district level male soccer players.

For present study, 100 national level male soccer players (Ave. age 25.11 yrs.), 100 state level male soccer players (Ave. age 24.11 yrs.), 100 district level male soccer players (Ave. age 22.02 yrs.) were selected as sample. The sample was collected through convenience sampling method. Reactions to Frustration Scale, prepared by Dixit and Shrivastava (1997) have been used to assess frustration tolerance capacity of selected male soccer players. Results reveal that frustration tolerance capacity of male soccer players was significantly superior as compared to state and district level male soccer players. It was concluded that frustration tolerance capacity of male soccer players is differentiated by their level of participation.



KEYWORDS : Frustration tolerance capacity, Soccer, Level of Participation.

INTRODUCTION

Elaborated phenomenon of motivation is frustration. Harriman (1947) defined it as condition in which achievement of motives is obstructed by some internal/external factors. Every individual phase frustrating situation in life and reacting to a frustration situation refers to magnitude of stress he/she can cope before frustration sets in. It is the ability of a person to persistently keep working to achieve desired goals despite external and internal stressor. Hence integrity of personality is maintained if one have good frustration tolerance capacity. As per the definition of Rosenweig (1944), Frustration tolerance is an individual's capacity to withstand frustration without failure of psychological adjustment i.e. without resorting to inadequate modes of behaviour. A person with low frustration tolerance is unable to tolerate discomforting environmental and psychological stressor which is necessary to achieve certain goals in life (Dryden, 2001).

Like any other field, success in sports is dependent on sustained effort for long time in the face of so many stressors especially in sports like soccer which is psychologically, physiologically and tactically demanding. Apart from injuries a soccer player has to overcome pressures from coaches, media and supporters expectations. The environmental factors, tactical mistakes by teammates during play and referee's decisions are other prominent situation are other factors which a soccer player needs to handle for optimum sports performance. Due to popularity of soccer, so many studies have been conducted in the past regarding psychological aspects in soccer performance [Nijam et al. (2009), Sharma et al. (2011), Mahrokh and Ayoub (2012), Bhardwaj et al. (2014)]. Literature also reveals that frustration tolerance among soccer players has not been assessed on the basis of level of participation. Hence the present study was planned to compare frustration tolerance capacity of national,

state and district level male soccer players.

HYPOTHESIS

It was hypothesised that national male soccer players will show significantly superior frustration tolerance capacity as compared to state and district level male soccer players.

Methodology :-

The following methodological steps were taken in order to conduct the present study.

Sample :-

For present study, 100 national level male soccer players (Ave. age 25.11 yrs.), 100 state level male soccer players (Ave. age 24.11 yrs.), 100 district level male soccer players (Ave. age 22.02 yrs.) were selected as sample. The sample was collected through convenience sampling method.

Tools:

Reactions to Frustration Scale:

Reactions to frustration scale, prepared by Dixit and Shrivastava (2011) was the preferred choice for assessing frustration tolerance of selected subjects. The scale consist of 40 statements on the basis of four dimensions of frustration i.e. Aggression, Resignation, Fixation and Regression respectively. The reliability of this test is 0.79. Higher the score, poor the frustration tolerance capacity is the direction for interpretation of scores.

Procedure:

Identified 100 national, 100 state and 100 district level male soccer players were asked to give their consent for willful participation in the present study. Reactions to Frustration Scale prepared by Dixit and Shrivastava (2011) were administered to each subject as per standard protocol. After scoring of the responses according to author's manual, the data was tabulated according to their respective groups. One Way ANOVA and LSD test were used to compare data on frustration tolerance capacity between three study groups. Result depicted in table 1 and 2 respectively.

ANALYSIS OF DATA

Table 1
One Way ANOVA Results on Frustration Tolerance Capacity of National, State and District Level Male Soccer Players

Groups	N	Frustration Tolerance Capacity	
		Mean	S.D.
National Level Male Soccer Players	100	92.70	13.97
State Level Male Soccer Players	100	96.04	11.31
District Level Male Soccer Players	100	97.29	10.37
F=3.92, p<.05			

Results obtained through One Way ANOVA indicate that frustration tolerance capacity of national, state and district level male soccer players differ significantly with each other as is statistically evident from F ratio of 3.92 which meet the criteria of significance at .05 level.

The obtained result shown in table 1 was also confirmed by Least Significant Difference Test presented in table no. 2.

Table 2
Comparison of Mean Scores on Reactions to Frustration Scale between National, State and District Level Male Soccer Players (N=300)
Least Significant Difference Test with Significance Level .05

Mean (I)	Mean (J)	Mean Difference (I-J)
National Level Male Soccer Players	State Level Male Soccer Players	-.3.34*
	District Level Male Soccer Players	-4.59*
State Level Male Soccer Players	District Level Male Soccer Players	-1.25

Perusal of mean difference between various study groups gives following results :

- The frustration tolerance capacity in national level male soccer players (M=92.70) was found to be significantly superior as compared state (M=96.04) and district level male soccer players (M=97.29). The mean difference of 3.34 and 4.59 respectively were found to be statistically significant at .05 level.

- No significant difference was observed in frustration tolerance capacity of State (M=96.04) and district level male soccer players (M=97.29). The mean difference of 1.25 was not found to be statistically significant.

On the basis of analysis of data, following results are obtained :

RESULTS :

- Frustration tolerance capacity in national male soccer players was found to be significantly better as compared to state and district level male soccer players.

- No statistically significant difference was observed in frustration tolerance capacity of state and district level male soccer players.

DISCUSSION:

Results indicate low frustration tolerance capacity in state and district level male soccer players as compared to national male soccer players. It has been known that low frustration tolerance cause distress to even small things. To overcome setbacks in sports one need to have high frustration tolerance capacity, hence the results are not surprising. Mishra (2015) in his study also found low frustration tolerance in sub-elite kabaddi players as compared to elite kabaddi players.

CONCLUSION

On the basis of results, it was concluded that national male soccer player do possess high frustration tolerance capacity as compared to state and district level male soccer players.

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