



# A STUDY ON THE COMPARISON OF ATTITUDE TOWARDS COMPETITION OF FEMALE FOOTBALL PLAYERS IN NATIONAL AND JUNIOR NATIONAL LEVEL IN SRI LANKA

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Article DOI: <https://doi.org/10.36713/epra5364>

## ABSTRACT

*Attitudes are the mental dispositions people have towards others and the current circumstances before making decisions that result in behavior. Attitudes influence an individual's choice of action, and responses to challenges, incentives and rewards. Football is a world popular sport which needs more physical and mental fitness. Football even in those instances it truly is mind over body. Now a days in Sri Lankan sport field the female participation for the football matches have developed. So the main objective of this study is to comparison of attitudes towards the competition of female football players in National and Junior National level in Sri Lanka while the specific objectives are to evaluate the attitude of football players' entirety of the force, meaning for the competition, assessment of strength of the opponents, guidance for the opinions of others, in National level female football players and o evaluate the attitude of football players' entirety of the force, meaning for the competition, assessment of strength of the opponents, guidance for the opinions of others, in Junior National level female football players. National and junior national female football players in Sri Lanka will be selected as the study population. From that population, 180 of players selected as Ninety national players and Ninety school football players will be selected from every provinces as a sample. Cluster sampling method will be used to select the sample from the Sri Lankan female football players. ANOVA, t test and Levene's test were used as analysis tool of the study. According the results there was statistically significance difference towards attitudes of assessment of strength of the opponents in national level football players among provinces. And also there was statistically significance difference towards attitudes of guidance for the opinions of others in national level football players among provinces. And also there were statistically significance difference towards attitudes of assessment of strength of the opponents in junior national level football players among provinces. Although there was no any significance mean difference attitudes towards the competition of female football players in National and Junior National level, in the attitudes of entirety of the force and assessment of strength of the opponents had significance difference of variance among two level s in the case of these two attitudes.*

**KEY WORDS:** *Attitude towards Competition, Female Football Players, National level, Junior National Level*

## 1. INTRODUCTION

Attitudes are the mental dispositions people have towards others and the current circumstances before making decisions that result in behavior. People primarily form their attitudes from underlying values and beliefs. The behavior of individual depends on due to the personal attitudes. So the during competition the anxiety and other psychological forces can help to enhance the positive attitudes. Attitudes influence an individual's choice of action, and responses to challenges, incentives and

rewards. Four major components of attitudes are affective cognitive conative evaluation (Verplanken et al. 1998).

Football is a world popular sport which needs more physical and mental fitness. Football even in those instances it truly is mind over body. It is a privilege to play this wonderful game while having a positive attitude and understanding are the key factors to motivate to reach another level. Football requires a positive attitude, and achieving this may be influenced by playing for the right team and the right coach. The football game is a physical and mind



game, because during the game situation every physical quality, training skills must have to convert in to a proper playing. For that athlete has to have a proper mind set up for the game. The psychological characteristics of a player might influence athlete way of playing football and also his risk of injury (Junge and Dvorak, 2000).

Football is known as soccer in some other countries. Football is the game which two opposing teams of 11 players each defend goal sat opposite ends of a field having goal posts at each end, with points being scored chiefly by carrying the ball across the opponent's goal by place kicking or drop kicking the ball over the crossbar between the opponent's goal posts. The objective of football is to score goals by advancing the ball down field into the opposing team's goal. Simply want to score more goals than opponent. Traditionally goals are scored when a team moves the ball down field through passing and shooting of the ball. However, goals can be made by penalty kicks, direct kicks and corner kicks. The team which scores the more points by the end of a football match wins the game. If there score becomes tie the game goes into overtime. The Overtime in football consists of 30 minutes of additional playing time divided into two 15 minute halves. If the score is still tied at the end of the overtime period, the game will go into a shootout. A shootout is a penalty kick competition. Both teams select five players to take the penalty kicks and then the teams alternate until one team wins (The International Football Association Board, 2018).

Now a days in Sri Lankan sport field the female participation for the football matches have developed. We can see female players from every nine provinces but the national level winning rate is in a very poor level. They were unable to get place in the 12<sup>th</sup> South Asian Games held in India, Sri Lanka lost all four matches. They lost the game some time in lead by more points (South Asian Games, 2016).

### 1.1 Importance of the study

By measuring the attitude of competition level will enable to understand the psychological situation of the individual players. If the player's attitude at lower level, the attitude can develop and maintaining through the training programs. Because of that we can achieve high level of attitude. In this study the researcher analyzing the comparison of attitude, for competition between national level and junior level soccer players. It's very use full to identify the junior athlete's attitude level because it can use to identify upcoming national players to the Sri Lanka team in advance not only that but also it's important to future development of the women football in the Sri Lanka by creating 5-10 year strategic plan. There are lack of published research papers can find about in comparison of attitudes towards competition of women football players in Sri Lanka. So this study

can helpful to use for increase Sri Lanka football player's performance through developing mental fitness. Furthermore, this research can use as literature.

### 1.2 Objectives of the study

- To comparison of attitudes towards the competition of female football players in National and Junior National level in Sri Lanka.
- To evaluate the attitude of football players' entirety of the force, meaning for the competition, assessment of strength of the opponents, guidance for the opinions of others, in National level female football players.
- To evaluate the attitude of football players' entirety of the force, meaning for the competition, assessment of strength of the opponents, guidance for the opinions of others, in Junior National level female football players.

## 2. LITERATURE REVIEW

Kjonniksen et al done a research to examine the relationship between participation in organized youth sport and attitude to physical education (PE) during adolescence and physical activity in young adulthood. Analysis of variance and regression were used to examine the relationship between attitude to PE and participation in organized sport at age 13 years and physical activity at age 23 years. Both male and female had a consistent and positive attitude toward PE at age 13 - 16 years. Participation in organized sport was the strongest predictor of physical activity at age 23 years in males, whereas attitude to PE was the strongest predictor in females. Participation in sport and physical activity in different arenas during adolescence may affect participation differently in young adult men and women. (Kjonniksen and Fjortoft, 2009).

Psychological characteristics were assessed by three established self-evaluation questionnaires using a group of 588 football players by the study of Junge et al. Players of different levels of play might differ not only in their football skills but also in their way of playing football and with respect to psychological factors such as concentration, reaction time, or competitive anxiety. The psychological characteristics of a player might influence his way of playing football and also his risk of injury were studied by questionnaire. Football-specific characteristics that were investigated included playing experience and positions played, style of play, number of training hours and games, as well as aspects of fair play. The questionnaire answers given regarding fair play clearly indicated that fair play is not paid sufficient respect. The relationship between psychological characteristics and attitudes toward fair



play was analyzed and discussed (Junge and Dvorak, 2000).

Not only about attitude for competition there is study was done for analysis attitude for the present situation of the college students' sports-doing with integrated and investigated method was carried on in this article. 1035 students from 9 ordinary institutions of higher learning in Liaoning province were enquired. The result indicated that of the attitude of the college students in Liaoning province, generally speaking, is active and up-and-up toward the physical education and sports activities. But male students' attitude is obviously much more positive than that of the female. The attitude of the consumption on sports of the college students in Liaoning province is good, but female students' attitude is obviously much more positive than that of the male. The students in the city is more positive than those in the country. College students' interests and hobbies are extremely widespread. Basketball, badminton, soccer, swimming, table tennis and jogging are the most popular sports among the students. Daily exercises and building-up health are still the main goals of the college students' taking part in the after-class sports activities. (Miller et al., 2005)

Exploratory study has done by Frost and Henderson examined the relationship of perfectionism with female athletes' reactions to athletic competition and coaches' ratings of reactions to mistakes during competition. Athletes who rated high in Concern Over Mistakes reported more anxiety and less self-confidence in sports, displayed a general failure orientation toward sports, reacted negatively to mistakes and reported more negative thinking in the 24 hours prior to competition. A second dimension of perfectionism, High Personal Standards, was associated with a success orientation toward sports and more dreams of perfection prior to competition. The possible influence of perfectionism on motivation and performance in sports is discussed (Frost and Henderson, 1991)

### 3. METHODOLOGY

The major purpose of this study is to compare of attitude towards competition of women football

players in national and junior national level in Sri Lanka. Comparative research design will be used to compare the football players' attitudes towards the competition. National and junior national female football players in Sri Lanka will be selected as the study population. From that population, 180 of players selected as Ninety national players and Ninety school football players will be selected from every provinces as a sample. Cluster sampling method will be used to select the sample from the Sri Lankan female football players. The relevant data of this study will be collected from a questionnaire create by Hanin (Hanin, 1997).

The process of data analysis includes main five sections as validity analysis, comparing attitudes towards the competition of female football players in National and Junior National level, comparing attitudes towards the competition of female football players in National level according to the provinces, Comparing attitudes towards the competition of female football players in junior national level according to the provinces and conclusions.

### 4. DISCUSSION AND ANALYSIS OF DATA

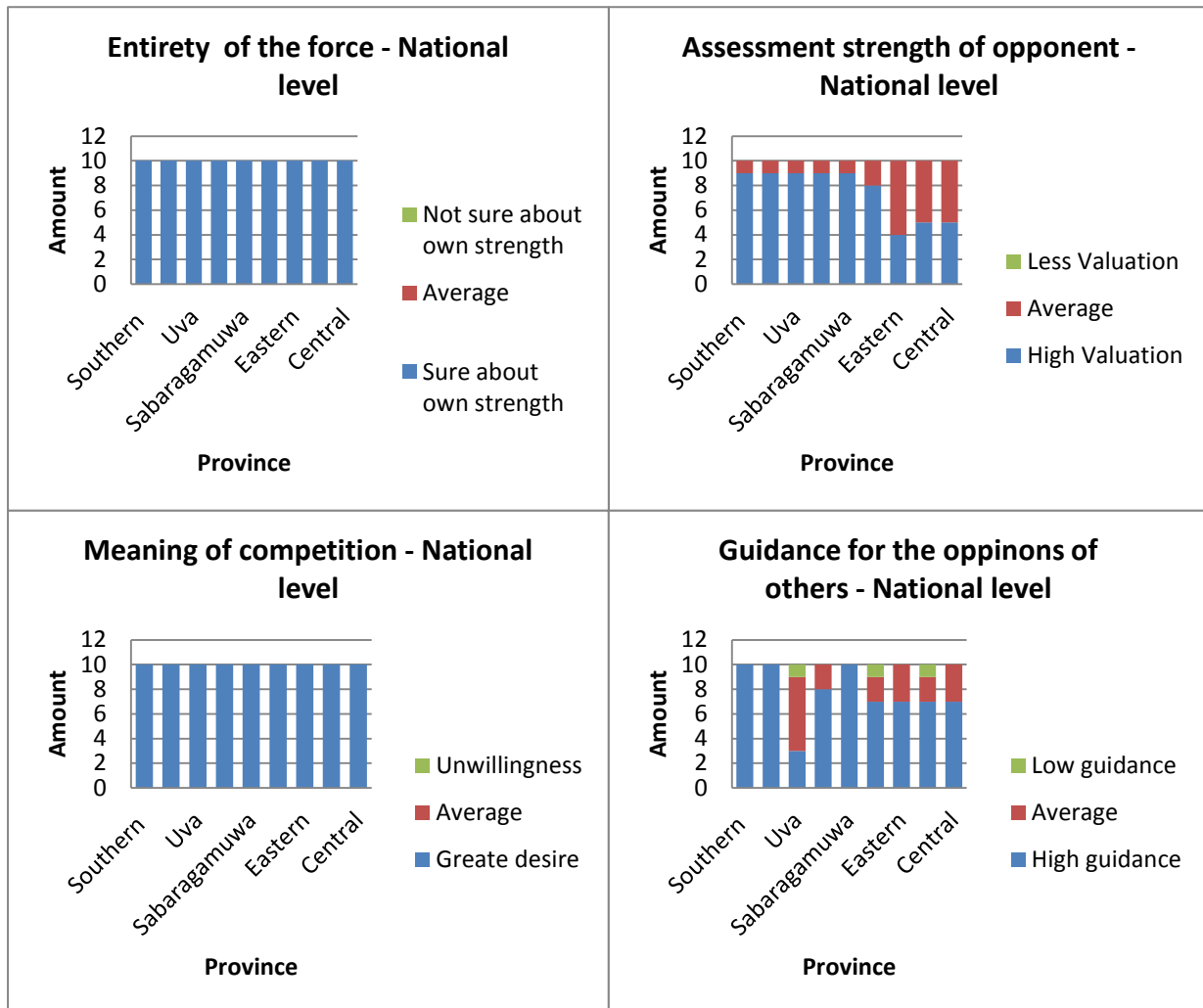
#### 4.1 Reliability of gathered data

180 questionnaires for specific respondents of each level were initially given at nine provinces. All of them were received back and also they were totally completed questionnaires. Therefore, the response rate is 100%. Cronbach's  $\alpha$  which should be within 1 and 0 if it is greater than 0.7 it is said that data set is reliable and it can be used to further analysis. In this study, Cronbach's  $\alpha$  value is 0.706. Since the value is greater than 0.7. Hence it proves the validity of the data set and further analysis can be significantly done.

#### 4.2 Comparing attitudes towards the competition of female football players in National level as provinces

Here attitudes of all national level female football players are grouped for nine provinces as follows.

**Figure 01: Attitudes towards the competition of female football players in National level**

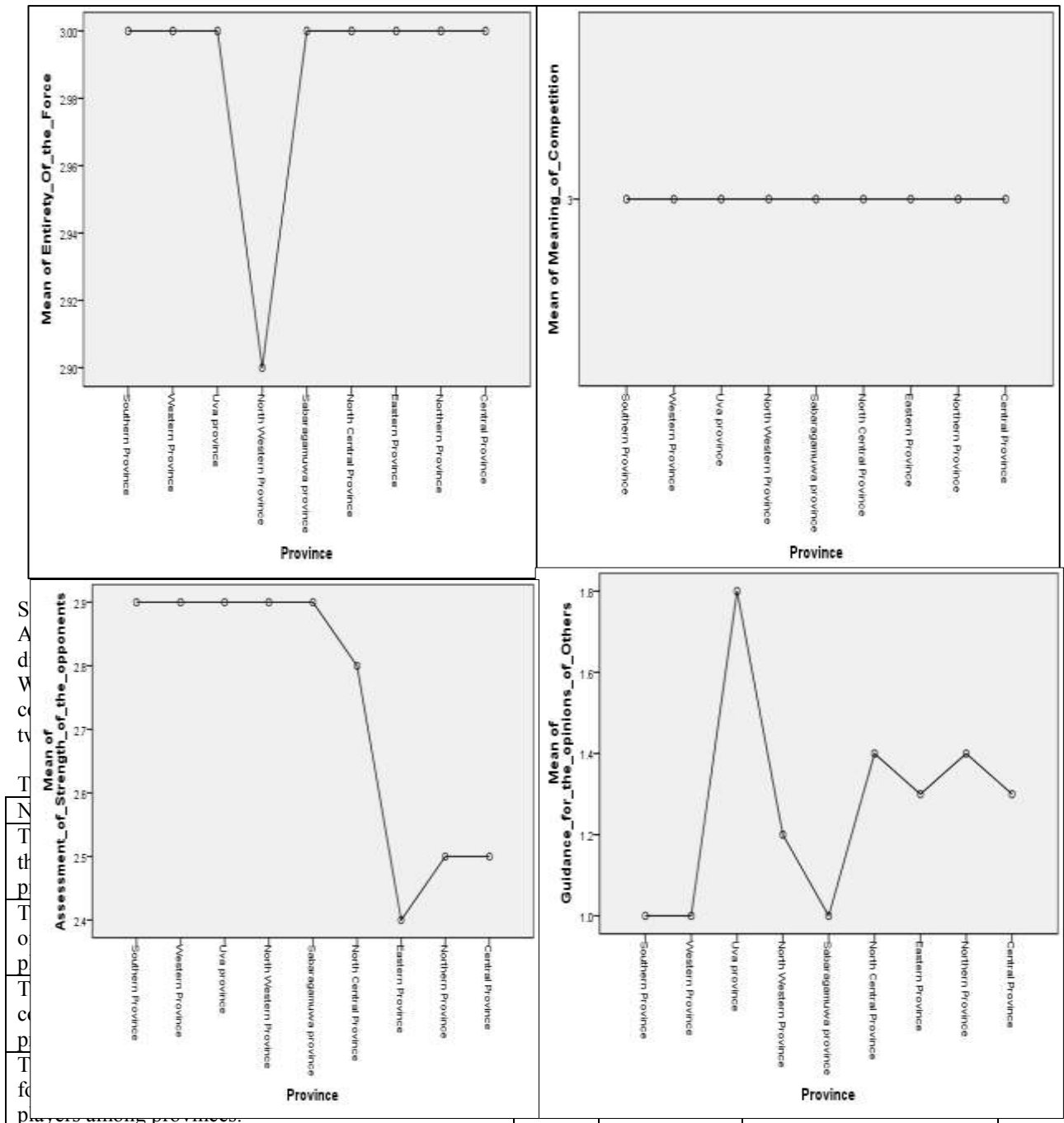


Source: Sample Survey (2018)

According to figure 01 in the cases of ideas towards entirety of the force and meaning of competition there are no difference among the provinces. Other two cases there clearly we can see

the difference among the attitudes according to the provinces.

Figure 02: Mean plots for each attitude



Source: Sample Survey (2018)

In the table 01 there is summary of the ANOVA for national level players. According to these results there is no statistically significance difference towards attitudes of entirety of the force and also meaning of competition in national level football players among provinces.

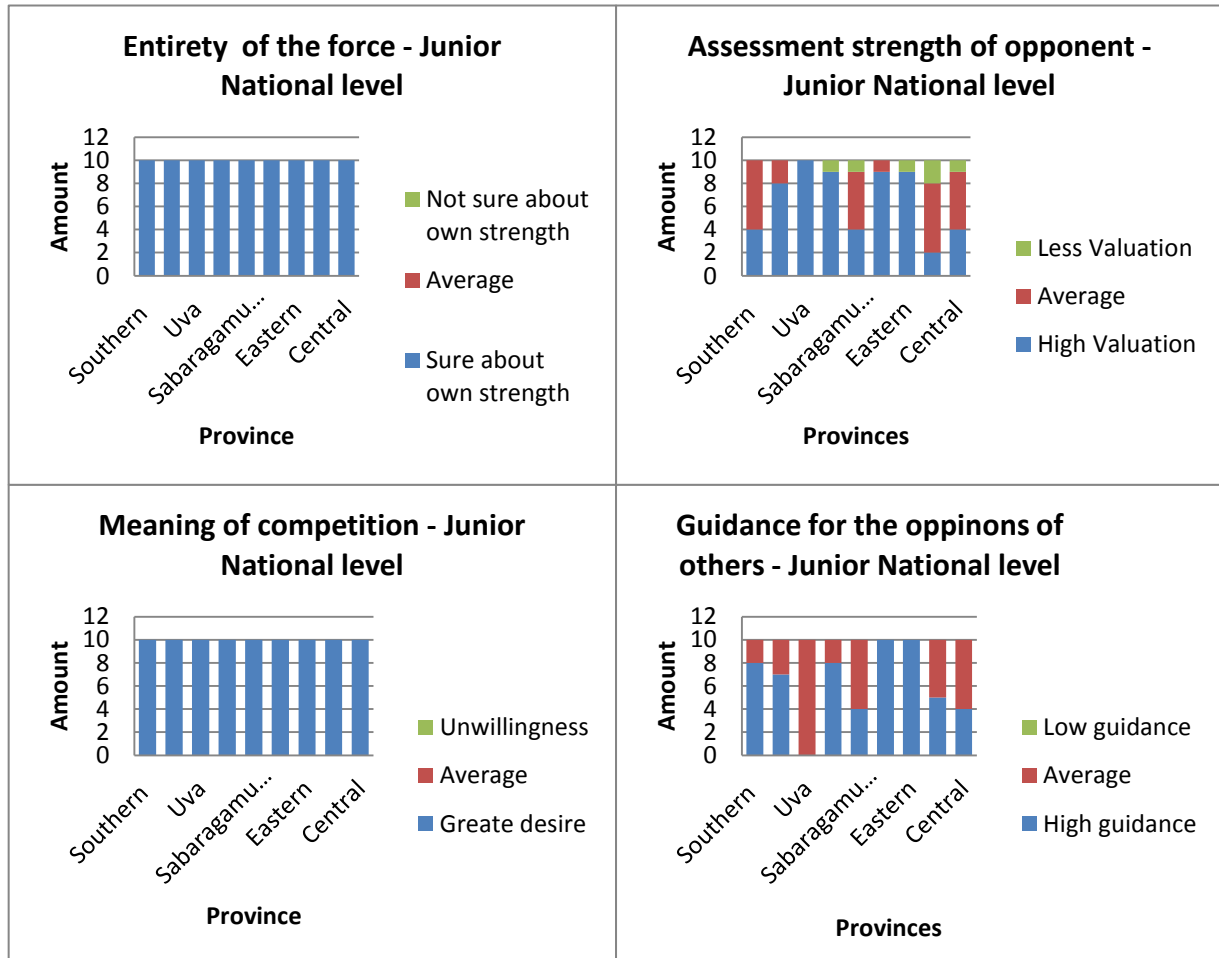
Hence P value is less than 0.05 other two hypotheses are rejected. That means there is statistically significance difference towards attitudes

of assessment of strength of the opponents in national level football players among provinces. And also there is statistically significance difference towards attitudes of guidance for the opinions of others in national level football players among provinces.

### 4.3 Comparing attitudes towards the competition of female football players in Junior National level as provinces

Here attitudes of all junior national level female football players are grouped for nine provinces as follows.

Figure 03: Attitudes towards the competition of female football players in Junior National level

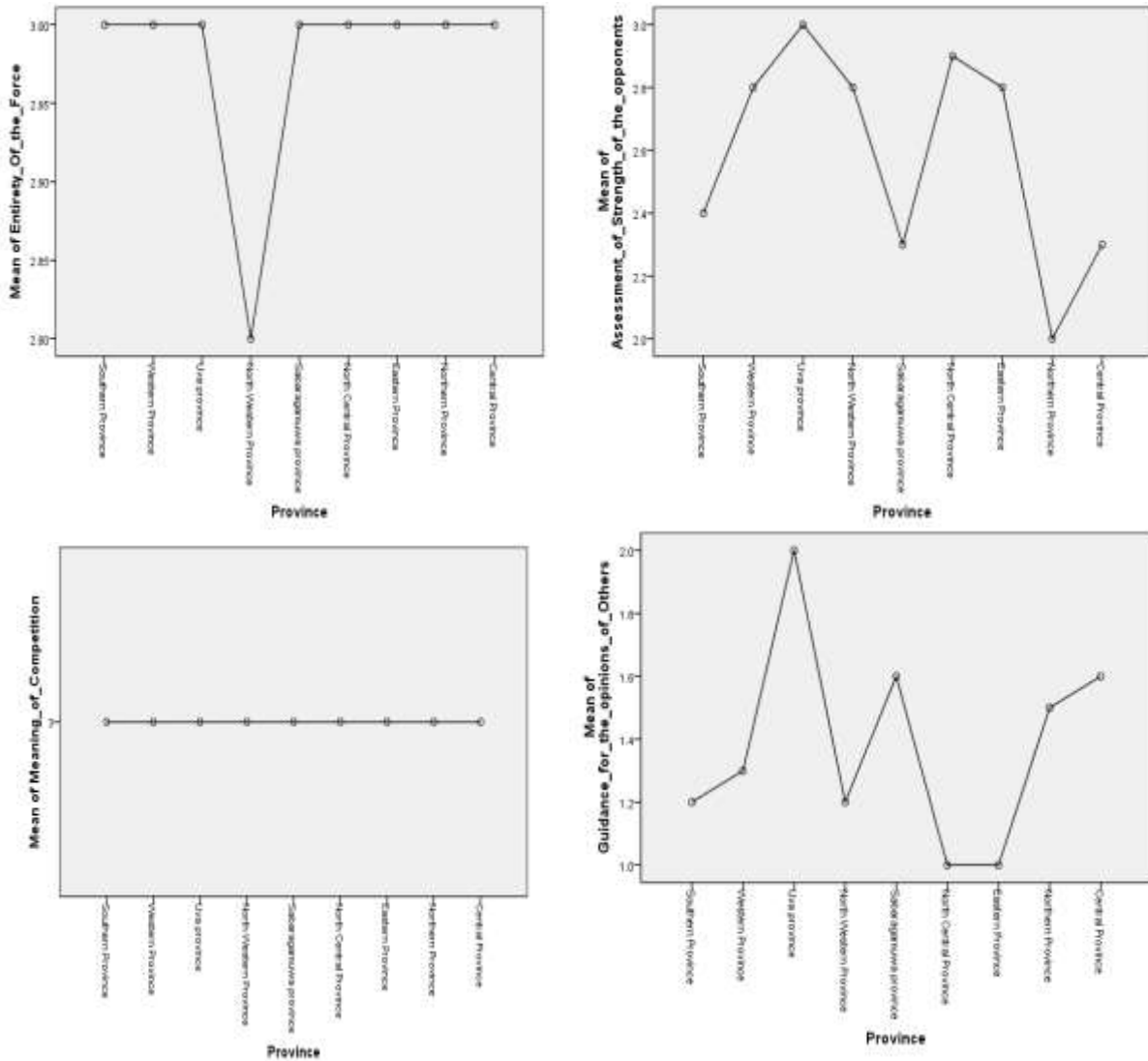


Source: Sample Survey (2018)

According to figure 03 in the cases of ideas towards entirety of the force and meaning of competition there are no difference among the provinces. Other two cases there clearly we can see

the difference among the attitudes according to the provinces.

Figure 04: Mean plots for each attitude



Source: Sample Survey (2018)

According to these mean plots we can understand the difference of the mean of each province. There is little bit difference of the means of attitudes of entirety of the force in national level football players among provinces. We can see there is small difference in north western province only. And also in the case of meaning of competition there is no any difference among the provinces. We can

clearly see there is vast difference in other two attitudes.

**Table 02: Results of the Analysis of variance for junior national level football players**

Null Hypotheses	df	F ratio	Decision
There is no difference towards attitudes of entirety of the force in junior national level football players among provinces.	1	0.150 (0.700)	H <sub>0</sub> Accepted
There is no difference towards attitudes of assessment of strength of the opponents in junior national level football players among provinces.	1	5.339 (0.023)	H <sub>0</sub> Rejected
There is no difference towards attitudes of meaning of competition in junior national level football players among provinces.	1	0.000 (0.990)	H <sub>0</sub> Accepted
There is no difference towards attitudes of guidance for the opinions of others in junior national level football players among provinces.	1	0.000 (1.000)	H <sub>0</sub> Accepted

Source: Sample Survey (2018)

In the table 02 there is summary of the ANOVA for junior national level players. According to these results there is no statistically significance difference towards attitudes of entirety of the force, guidance for the opinions of others and also meaning of competition in national level football players among provinces.

Hence P value is less than 0.05 other hypothesis is rejected. That means there is statistically significance difference towards attitudes of assessment of strength of the opponents in junior national level football players among provinces.

#### 4.5 Comparing attitudes towards the competition of female football players in National and Junior National level

Hence both school and National levels' standard error and standard deviation is zero in the attitude of meaning of competition, there is no meaning to calculate and analysis using t test. Therefore, here I consider other 3 attitudes only and can summarize them as follows.

Normally, parametric tests assume that the variances in experimental groups are roughly equal. In reality there are adjustments that can be made in situations in which the variances are not equal. The rows of the table relate to whether or not this assumption has been broken. We can use Levene's test to see whether variances are different in different groups. Levene's test is similar to a t-test in that it tests the hypothesis that the variances in the two groups are equal as follows.

**Table 03: Levene's test results**

Null Hypotheses (H <sub>0</sub> )	F statistics	Decision
In the attitude entirety of the force is assumed equal variance in both national and junior national levels.	4.091 (0.045)	H <sub>0</sub> rejected
In the attitude assessment of strength of the opponents is assumed equal variance in both national and junior national levels.	17.154 (0.000)	H <sub>0</sub> rejected
In the attitude guidance for the opinions of others is assumed equal variance in both national and junior national levels.	3.059 (0.082)	H <sub>0</sub> accepted

Source: Sample Survey (2018)

If Levene's test is significant at  $p \leq .05$ , we can gain confidence in the hypothesis that the variances are significantly different and that the assumption of homogeneity of variances has been violated. Therefore, in the attitudes of entirety of the force and assessment of strength of the opponents are

assumed unequal variance in both national and junior national levels. That means there is significance difference of variance among two level s in the case of these two attitudes.

We also can test whether there is or no difference mean values using t test as follows





**Table 04: t test results**

Null Hypotheses (H <sub>0</sub> )	t statistics	Decision
There is no difference between national and junior national levels attitudes towards entirety of the force	-1.000 (0.319)	H <sub>0</sub> accepted
There is no difference between national and junior national levels attitudes towards assessment of strength of the opponents	-1.951 (0.053)	H <sub>0</sub> accepted
There is no difference between national and junior national levels attitudes towards guidance for the opinions of others.	1.486 (0.139)	H <sub>0</sub> accepted

Source: Sample Survey (2018)

According to these results shown in table 04 there is no difference between national and junior national levels attitudes towards entirety of the force, assessment of strength of the opponents and guidance for the opinions of others. Therefore, there are no any significance difference attitudes towards the competition of female football players in National and Junior National level.

## 5. CONCLUSION

The research study conducted on attitudes towards the competition of female football players in national and junior national level are compared on their attitudes on attitudes of entirety of the force, assessment of strength of the opponents, meaning of competition and guidance for the opinions of others. According to these results validity of collected results was significance. There was statistically significance difference towards attitudes of assessment of strength of the opponents in national level football players among provinces. And also there was statistically significance difference towards attitudes of guidance for the opinions of others in national level football players among provinces. And also there were statistically significance difference towards attitudes of assessment of strength of the opponents in junior national level football players among provinces. Although there were no any significance mean difference attitudes towards the competition of female football players in National and Junior National level, in the attitudes of entirety of the force and assessment of strength of the opponents had significance difference of variance among two level s in the case of these two attitudes.

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