

Regular Article

# A study of socio economic status and psychological factors potentiates the playing ability among low and high performers of state level football players

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## Abstract

The purpose of the study was conducted to analyze the playing ability among low and high performers of state level football players by influencing the socio economic status and psychological factors. One hundred and fifty men football players in the age of 20 to 25 years were selected from Tamilnadu state level men football tournament held at Chennai in 2008-09. All the subjects were oriented the purpose of the test and procedure of conducting this test. The selected subjects were randomly divided into three equal groups of each fifty members. Group I -Chennai Team, Group-II Salem and Coimbatore Team and Group III Trichy and Madurai Team. Questionnaire preparation was done by our Research Scholar with the reference to the review of the literature. The investigator has focused onto the following variables; socio-economic status, anxiety, and aggression. The data was collected with the help of five PhD Scholars of Department of Physical Education who were well versed with the conduct of test (questionnaire), and collections under the direct supervision of our Research Scholar. Data will be collected before and after the competition through (Questionnaire). After completed the tournament collected the data for post test. During the competition period to assess the three trained express for football players total playing ability to be measured and statistically analyzed using ANOVA and DMRT. The study reveals the effect of socioeconomic and psychological factors in player's ability in performing the game at low and high level football players.

**Keywords:** Football; Socio-economic status; Anxiety; Aggression

## Introduction

Fitness training of a soccer player is a psychophysical adaptation process, on the basis of which one can start to perform activities with a ball. Frequent repetitions of tasks which emerge during trainings and competitions lead not only to developing motor abilities or mastering energetic processes, but also to establishing particular bonds between them. A characteristic feature of physical activities involved in football during a game is that a player performs efforts which often reach their maximum psychophysical abilities (Chmura, 2001).

Previous literature states on sports psychology, to the importance of the psychological and mental state of athletes because it's directly affects at both the physical and psychological case state of the athlete; and subsequently his ability to perform at his best (Perla M, 2008; Amy M. Gagman, 2005; Allain, 1996).

The psychological ability the individuals to mobilize their efforts and their physical energy to achieve the best sport practicing which can be developed through special training and programs dedicated to this purpose (i.e. psychological skills training programs) (Rateb, 2000). Sport psychology researchers and practitioners, coaches, sports commentators, sports fans, and athletes acknowledge the importance of mental toughness in sporting performance (Goldberg, 1998; Hodge, 1994; Tunney, 1987; Williams, 1988). Loehr (1982, 1986) points out that both athletes and coaches believe that at least fifty percent of success is due to psychological factors that reflect mental ability. Similarly, Gould, Hodge, Peterson, and Petlichkoff (1987) confirms that coaches feel that mental ability is important in achieving success and developing champion athletes.

Dahllkoether (2003) stresses the importance of mental factors in sports performance when arguing that "wherever the mind directs, everything follow up".

Middleton also stresses the importance of mental aspects related to the superior sport performance and reaching the highest level of sport (Middleton, 2003).

When we look at the problems facing the foot ball players, especially the junior players, we find that most of these problems are socio economic status, psychological behavioral and emotional. Such problems usually arise due to the new life of professional sports, stardom appearance and excellence among peers, and the responsibility towards the large number of tasks entrusted to them in this early age. Ability to deal with new situations, draw plans, and deal with success professionally to achieve winning in competitions and gain fame as a means of achieving self-esteem, which is necessary for sports profession (Bull, 2005).

Socio economic status plays an important role to the success of every player's life more than that it pertains to the psychological factors and emotional behavior. Psychological stress over the players affects the playing ability and the performance of the players at low and higher levels.

The psychological and mental requirements need professional work. The psychological preparation of the players via different methods and the medical and behavioral techniques make social workers and psychiatrists able to deal with the players professionally. There are socio-economic, psychological, behavioral and emotional problems that appear on the players in the training time and competition even their dealings daily with others. The behavioral symptoms have reasons and consequences within the individual because of previous experiences he gained and they need a special ability from the psychiatrist to deal with.

This is to confine his main problem, active consciousness for what is in his interior mind, and affect his behaviors and performance. Therefore, the researcher find it important to present an assistant program besides the technical and physical programs for young players through introducing a mentoring program to help them in the next phase of accomplishment and harvest. The aim of the study is to find out whether the socioeconomic status and psychological factors potentiates the playing ability among low and high level performers of state level Football players.

## Methodology

The purpose of the study was to find out the significant difference among Chennai Team, Salem and Coimbatore Team; Trichy and Madurai Team football players on socio-economic status, anxiety and aggression.

## Selection of subjects

To achieve the purpose of the study, One hundred and fifty Tamil Nadu state level men players in the age of 20 to 25 years, in selected sports and games, from Football in 2008-2009, were selected as subjects and were divided in to three categories with fifty numbers in each

**Group I** served as Chennai Team,

**Group II** as Salem and Coimbatore Team and

**Group III** served as Trichy and Madurai Team based on the amount of money spent by the participants, Socio economic status and psychological factors.

### Selection of Variables

The variables were selected based on the discussions with experts, feasibility of the criteria, availability of tools, and the relevance of the variables to the present study. The investigator selected the following variables.

### Socio-Economic Status Variables

1. Community
2. Fathers' Education
3. Fathers' Occupation
4. Fathers' Income per annum

### Psychological Factors

1. Anxiety (Sports Competition Anxiety Test) (SCAT)
2. Aggression

### Collection of the data

The first step in the process of data collection for the study was to establish contact with the Football Team Managers / Coaches of the Tamil Nadu state (Boards and standard sports clubs), which fell within the sampling frame of the present study.

Accordingly, letters were posted to coaches/boards, chief of the selected state teams, seeking their permission to administer the questionnaire and tests on the players. After confirmation of permission from the respective Head, Coaches/Team Managers were informed of the tentative dates of visits of the places. The permission letter is produced by the concerned head.

The first task of the investigator on beginning the administering of the questionnaire to the players was to brief the players about the purpose of this study and assured them the information gathered from them would be kept confidential. With this introduction, the investigator was able to persuade the respondents to give reliable information regarding the income of the household.

After distributing the questionnaire in the classroom and hostel room, the investigator explained every item in the questionnaire and the students subsequently filled the questionnaire. The investigator clarified the doubts of the students whenever the students raised any. After the completion of filling up the questionnaire the investigator with the help of his assistant collected the questionnaire.

The investigator started his data collection from football state level teams, clubs and Boards, covered Chennai, Salem and Coimbatore, Trichy and Madurai.

In the present survey, every possible effort was taken to reduce, as far as possible the Non-sampling error. The purpose of the study

was explained and enough confidence was created in the minds of the respondents so as to make them reveal their family financial position if necessary with relevant information.

### Administration of Questionnaires

The data were collected with the help of five Ph.D., Scholars of Department of Physical Education who were well versed with the conduct of test (questionnaire), and collections under the direct supervision of the research scholar.

To ensure the co-operation of subjects, the investigator has personally met all the subjects selected for the study. The investigator gave very clear instructions regarding the method of answering the questionnaire. All the questionnaires were administered by the investigator in a fact to face relationship with the subjects.

The subjects were asked to tick the statements giving personal information on the front page and then to answer questions. All the questionnaires were in simple English enabling the students to read and understand and respond to the questions. Time was not restricted but every one completed it within thirty minutes.

### Description of the Tools

In the present study an attempt has been made to examine the relationship between socio-economic status and psychological factors among state level men football players. Socio-economic status was measured by adopting the scale developed by Kuppuswamy. The socio-economic status scale evolved by Kuppuswamy consists of the factors of caste, education, occupation and income. Since results of several studies have indicated that caste plays a dominant role in the Indian social setting, the investigator has included the factor 'caste' in the measurement of socio-economic status. Thus socio-economic status scale was used in the study, measures status in terms of factors, namely caste, education, occupation and income (Mangayarkarasi, 1989), (Yobu, 1993).

### Psychological Factors

There is a closer relationship between physical education and psychology than in any other field. Physical education and psychology are hand in glove with each other. Fitness and human performance are much influenced by psychological aspects. Especially, some psychological parameters are highly influencing physical performances. Studies are scarce in Indian conditions on anxiety and aggression. Hence this study was undertaken to study the variation among the state level men football players.

To assess sports competition anxiety and aggression sports competition anxiety test (SCAT) scale devised by Marten's (1977) and aggression questionnaire by Smiths (1981) were respectively used.

### Test Administrations

Sl.No	Variables	Test Items	Unit / Measures
1	<b>Socio-Economic Status Variables</b> Community Father Education Occupation and Income	<b>B.Kuppuswamy</b> (Socio-Economic Status Scale)	<b>SES</b> Questionnaires
2	<b>Psychological Variables</b> Anxiety Aggression	<b>Ranier Martens</b> (Sports Competition Anxiety Test) <b>Smith's</b> (Aggression)	<b>SCAT</b> Questionnaire Aggression Questionnaire

## Results

Table 1 shows the percentage scores of Chennai Team, Salem and Coimbatore Team and Trichy and Madurai Team football players based on the community

Sl.No	Community	Chennai Team	% Scores	Salem and Coimbatore Team	% Scores	Trichy and Madurai Team	% Scores	Total	% Scores
1.	SC/ST	3	6	5	10	10	20	18	36
2.	MBC	10	20	18	36	11	22	41	82
3.	BC	21	42	20	40	22	44	63	126
4.	FC/OC	16	32	7	14	7	14	28	56
	<b>TOTAL</b>	<b>50</b>		<b>50</b>		<b>50</b>		<b>150</b>	

Table 1 shows the percentage of players in SC/ST, MBC, BC and FC communities in Chennai Team players were 6%, 20%, 42% and 32% respectively. The percentage of players in SC/ST, MBC, BC, and FC communities in Salem and Coimbatore Team players were 10%,

36%, 40% and 14% respectively. And the percentage of players in SC/ST, MBC, BC and FC communities in Trichy and Madurai Team players was 20%, 22%, 44% and 14% respectively.

Table 1a shows the mean and standard deviations of Chennai Team, Salem and Coimbatore Team and Trichy and Madurai Team of low and high level performers of football players based on the Community

Sl.No	Participants Team	Mean and Standard Deviation
1.	Chennai Team	4.85±1.32 <sup>a</sup>
2.	Salem and Coimbatore Team	3.25±1.5 <sup>b</sup>
3.	Trichy and Madurai Team	2.8±1.35 <sup>c</sup>

Data represents mean± SD from 50 subjects in each group.

Values not sharing a common superscript letter (a, b, c) differ significantly at p<0.05 (Duncan's multiple range test)

Group comparison: Group one with all, Group 2 and 3 with 1.

The table value required for significance at 0.05 level of confidence with df 2 and 149 is 1.697

Table 1a showed the mean and standard deviations of Chennai, Salem and Coimbatore; Trichy and Madurai Team players, low and high level performers of football players based on Community. The results of the study showed that there was a significant difference among Chennai,

Salem and Coimbatore and Trichy and Madurai team players on community basis. By this fact it was also found that Chennai Team proved to be effective in the high level performance than other teams.

Table 2 shows the percentage scores of Chennai Team, Salem and Coimbatore Team and Trichy and Madurai Team football players based on the Education

Sl.No	Education	Chennai Team	% Scores	Salem and Coimbatore Team	% Scores	Trichy and Madurai Team	% Scores	Total	% Scores
1.	Illiterate	-	-	-	-	2	3	2	4
2.	1 to 5 years	2	4	-	-	4	3	6	12
3.	6 to 8 years	2	4	-	-	3	6	5	10
4.	9 to 10 years	4	8	2	4	7	14	13	26
5.	11 to 12 years	10	20	12	24	10	20	32	64
6.	13 to 14 years	12	24	17	34	11	22	40	80
7.	15 and above years	20	40	19	38	13	26	52	104
	<b>Total</b>	<b>50</b>		<b>50</b>		<b>50</b>		<b>150</b>	

Table 2 shows the percentage of scores of Illiterate, 1 to 5 years, 6 to 8 years, 9 to 10 years, 11 to 12 years, 13 to 14 years and 15 and more years of father's education in Chennai Team players were 0%, 4%, 4%, 8%, 20%, 24% and 40% respectively. And the percentage scores of Illiterate, 1 to 5 years, 6 to 8 years, 9 to 10 years, 11 to 12 years, 13 to 14 years and 15 and more years of father's education in

Salem and Coimbatore Team players were 0%, 0%, 0%, 4%, 24%, 34%, and 38% respectively. And also the percentage scores of Illiterate, 1 to 5 years, 6 to 8 years, 9 to 10 years, 11 to 12 years, 13 to 14 years and 15 and more years of father's education in Trichy and Madurai Team players were 4%, 4%, 6%, 14%, 20%, 20%, 22% and 26% respectively.

Table 2a shows the mean and standard deviations of Chennai Team, Salem and Coimbatore Team and Trichy and Madurai Team players of low and high level performers of football players based on the Education

Sl.No	Participants Team	Mean and Standard Deviation
1.	Chennai Team	5.25±0.85 <sup>a</sup>
2.	Salem and Coimbatore Team	4.9±0.76 <sup>b</sup>
3.	Trichy and Madurai Team	4.2±1.25 <sup>c</sup>

Data represents mean± SD from 50 subjects in each group.

Values not sharing a common superscript letter (a, b, c) differ significantly at p<0.05 (Duncan's multiple range test)

Group comparison: Group one with all, Group 2 and 3 with 1.

The table value required for significance at 0.05 level of confidence with df 2 and 149 is 1.697

Table 2a showed the mean and standard deviations of Chennai, Salem and Coimbatore; Trichy and Madurai Team players, low and high level performers of football players based on Education. The results of the study showed that there was a significant difference among Chennai,

Salem and Coimbatore and Trichy and Madurai team players on Education basis. The level of Education also influenced the Chennai Team to be effective in the high level performance than other teams.

**Table 3 shows the percentage scores of Chennai Team, Salem and Coimbatore Team and Trichy and Madurai Team football players based on the Occupation**

SI.No	Occupation	Chennai Team	% Scores	Salem and Coimbatore Team	% Scores	Trichy and Madurai Team	% Scores	Total	% Scores
1.	Unemployed	-	-	-	-	-	-	-	-
2.	Agri and Non-agri wage Labourers	5	10	-	-	16	32	21	42
3.	Clerks, shop owners farm owners, skilled workers	9	18	17	34	14	28	40	80
4.	Semi-profession – college teachers, school teachers	15	30	20	40	12	24	47	94
5.	bank employees Profession – big business, university professors	21	42	13	26	8	16	42	84
	<b>Total</b>	<b>50</b>		<b>50</b>		<b>50</b>		<b>150</b>	

Table 3 shows that the percentage scores of unemployed; Agri and Non-agri; wage labourers; clerks; shop owners; farm owners; skilled workers; semi-profession-college teachers; school teachers; bank employees; and professionals, big businessmen, University Professors of Chennai Team players on father's occupation were 0.0%, 10%, 18%, 30% and 42% respectively. And the percentage scores of unemployed; Agri and Non-agri; wage labourers; clerks; shop owners; farm owners; skilled workers; semi-profession-college teachers; school teachers; bank employees; and professionals, big

businessmen, University Professors of Salem and Coimbatore Team players on father's occupation were 0.0%, 0.0%, 34%, 40% and 26% respectively. And also the percentage scores of unemployed; Agri and Non-agri; wage labourers; clerks; shop owners; farm owners; skilled workers; semi-profession-college teachers; school teachers; bank employees; and professionals, big businessmen, University Professors of Trichy and Madurai Team players on father's occupation were 0.0%, 32%, 28%, 24% and 16% respectively.

**Table 3a shows the mean and standard deviations of Chennai Team, Salem and Coimbatore Team and Trichy and Madurai Team players of low and high level performers of football players based on the Occupation**

SI.No	Participants Team	Mean and Standard Deviation
1.	Chennai Team	5.6±1.3 <sup>a</sup>
2.	Salem and Coimbatore Team	5.0±1.01 <sup>b</sup>
3.	Trichy and Madurai Team	4.2±0.09 <sup>c</sup>

Data represents mean± SD from 50 subjects in each group.

Values not sharing a common superscript letter (a, b, c) differ significantly at p<0.05 (Duncan's multiple range test)

Group comparison: Group one with all, Group 2 and 3 with 1.

The table value required for significance at 0.05 level of confidence with df 2 and 149 is 1.697

Table 3a showed the mean and standard deviations of Chennai, Salem and Coimbatore; Trichy and Madurai Team players, low and high level performers of football players based on Occupation. The results of the study showed that there was a significant difference

among Chennai, Salem and Coimbatore and Trichy and Madurai team players on the level of occupation. It was found that better the level of occupation by Chennai Team proved to be effective in the high level performance than other teams.

**Table 4 shows the percentage scores of Chennai Team, Salem and Coimbatore Team and Trichy and Madurai Team football players based on the Income**

SI.No	Income	Chennai Team	% Scores	Salem and Coimbatore Team	% Scores	Trichy and Madurai Team	% Scores	Total	% Scores
1.	Rs. Below 18,000	-	-	-	-	-	-	-	-
2.	Rs. 18,000 to 21,000	-	-	-	-	-	-	-	-
3.	Rs. 21,001 to 35,000	-	-	-	-	4	8	4	8
4.	Rs. 35,001 to 52,000	8	16	6	12	7	14	21	42
5.	Rs. 52,001 to 75,000	12	24	12	24	20	40	44	88
6.	Rs. 75,001 to 96,800	14	28	18	36	16	32	48	96
7.	Rs. Above 96,800	16	32	14	28	3	6	33	66
	<b>Total</b>	<b>50</b>		<b>50</b>		<b>50</b>		<b>150</b>	

Table 4 shows that the percentage score of father's income of Chennai team players between Rs. below 15,000, Rs. 15,000 to 19,000, Rs. 19,001 to 35,000, Rs. 35,001 to 52,000, Rs. 52,001 to 73,000, Rs. 73,001 to 92,800 and Rs. 92,801 and above were 0%,

0%, 0%, 16%, 24%, 28% and 32% respectively. And the percentage score of father's income of Salem and Coimbatore team players between Rs. below 15,000, Rs. 15,000 to 19,000, Rs. 19,001 to 35,000, Rs. 35,001 to 52,000, Rs. 52,001 to 73,000, Rs. 73,001 to

92,800 and Rs. 92,801 and above were 0%, 0%, 0%, 12%, 24%, 36% and 28% respectively. And also the percentage score of father's income of Chennai team players between Rs. below 15,000,

Rs.15000 to 19,000, Rs.19001 to 35,000, Rs.35, 001 to 52,000, Rs. 52,001 to 73,000, Rs.73, 001 to 92,800 and Rs. 92,801 and above were 0%, 0%, 8%, 14%, 40%, 32% and 6% respectively.

**Table 4a shows the mean and standard deviations of Chennai Team, Salem and Coimbatore Team and Trichy and Madurai Team players of low and high level performers of football players based on the Income**

SI.No	Participants Team	Mean and Standard Deviation
1.	Chennai Team	6.2±0.5 <sup>a</sup>
2.	Salem and Coimbatore Team	5.9±1.2 <sup>b</sup>
3.	Trichy and Madurai Team	4.5±1.25 <sup>c</sup>

Data represents mean± SD from 50 subjects in each group.

Values not sharing a common superscript letter (a, b, c) differ significantly at p<0.05 (Duncan's multiple range test)

Group comparison: Group one with all, Group 2 and 3 with 1.

The table value required for significance at 0.05 level of confidence with df 2 and 149 is 1.697

Table 4a showed the mean and standard deviations of Chennai, Salem and Coimbatore; Trichy and Madurai Team players, low and high level performers of football players based on Income. Based on Income, The results of the study showed that there was a significant

difference among Chennai, Salem and Coimbatore and Trichy and Madurai team players. Increase in income influence the Chennai Team in performing players to the high level when compared to other teams

**Table 5 shows the percentage scores of Chennai Team, Salem and Coimbatore Team and Trichy and Madurai Team football players based on the Level of Anxiety**

SI.No	Level of Anxiety	Chennai Team	% Scores	Salem and Coimbatore Team	% Scores	Trichy and Madurai Team	% Scores	Total	% Scores
1.	Very low 14 to 16 Points	12	24	8	16	10	20	30	60
2.	Low 17 to 19 Points	13	26	14	28	13	26	40	80
3.	Medium 20 to 22 Points	18	36	16	32	17	34	51	102
4.	High 23 to 25 Points	6	12	12	24	9	18	27	54
5.	Very high 26 to 28 Points	1	2	-	-	1	2	2	4
	<b>Total</b>	<b>50</b>		<b>50</b>		<b>50</b>		<b>150</b>	

Table 5 shows that the percentage scores of very low, low, medium, high and very high level of anxiety of Chennai team players were 24%, 26%, 36%, 12% and 2%. And the percentage scores of very low, low, medium, high and very high level of anxiety of Salem and

Coimbatore team players were 16%, 28%, 32%, 24% and 0%. And also the percentage scores of very low, low, medium, high and very high level of anxiety of Trichy and Madurai team players were 20%, 26%, 34%, 18%, and 2%.

**Table 5a shows the mean and standard deviations of Chennai Team, Salem and Coimbatore Team and Trichy and Madurai Team players of low and high level performers of football players based on the Level of Anxiety**

SI.No	Participants Team	Mean and Standard Deviation
1.	Chennai Team	18.25±1.2 <sup>a</sup>
2.	Salem and Coimbatore Team	19.9±1.25 <sup>b</sup>
3.	Trichy and Madurai Team	20.01±1.5 <sup>c</sup>

Data represents mean± SD from 50 subjects in each group.

Values not sharing a common superscript letter (a, b, c) differ significantly at p<0.05 (Duncan's multiple range test)

Group comparison: Group one with all, Group 2 and 3 with 1.

The table value required for significance at 0.05 level of confidence with df 2 and 149 is 1.697

Table 5a showed the mean and standard deviations of Chennai, Salem and Coimbatore; Trichy and Madurai Team players, low and high level performers of football players based on anxiety. No significant difference was found between Salem and Coimbatore and

Trichy and Madurai Team players on anxiety. In fact the subjects in the group 2 and 3 had relatively higher level of anxiety as compared to that of Chennai Team. This may be due to the reason that both the teams involve relatively higher level of uncertainty.

**Table 6 shows the percentage scores of Chennai Team, Salem and Coimbatore Team and Trichy and Madurai Team football players based on the Level of Aggression**

SI.No	Level of Aggression	Chennai Team	% Scores	Salem and Coimbatore Team	% Scores	Trichy and Madurai Team	% Scores	Total	% Scores
1.	Very low 6 to 8 Points	4	8	7	14	6	12	17	34
2.	Low 9 to 11 Points	16	32	13	26	14	28	43	86
3.	Medium 12 to 14 Points	20	40	23	46	20	40	63	126
4.	High 15 to 17 Points	8	16	6	12	7	14	21	42
5.	Very high 18 Points and Above	2	4	1	2	3	6	6	12
	<b>Total</b>	<b>50</b>		<b>50</b>		<b>50</b>		<b>150</b>	

Table 6 shows that the percentage scores of very low, low, medium, high and very high level of aggression of Chennai team players were 8%, 32%, 40%, 4% and 4%. And the percentage scores of very low, low, medium, high and very high level of anxiety of Salem and Coimbatore team players

were 14%, 26%, 46%, 12% and 2%. And also the percentage scores of very low, low, medium, high and very high level of anxiety of Trichy and Madurai team players were 12%, 28%, 40%, 14% and 6%.

**Table 6a shows the mean and standard deviations of Chennai Team, Salem and Coimbatore Team and Trichy and Madurai Team players of low and high level performers of football players based on the Level of Aggression**

Sl.No	Participants Team	Mean and Standard Deviation
1.	Chennai Team	11.25±1.5 <sup>a</sup>
2.	Salem and Coimbatore Team	11.75±1.35 <sup>b</sup>
3.	Trichy and Madurai Team	12.15±1.75 <sup>c</sup>

Data represents mean± SD from 50 subjects in each group.

Values not sharing a common superscript letter (a, b, c) differ significantly at  $p < 0.05$  (Duncan's multiple range test)

Group comparison: Group one with all, Group 2 and 3 with 1.

The table value required for significance at 0.05 level of confidence with df 2 and 149 is 1.697

Table 6a showed the mean and standard deviations of Chennai, Salem and Coimbatore; Trichy and Madurai Team players, low and high level performers of football players based on aggression. The result of the study showed that there was no significant difference among Chennai, Salem and Coimbatore; Chennai and Trichy and Madurai team players on the level of aggression. The level of aggression among the three groups shows no variations in games. They found to be effective in performing the game on better level.

## Discussions

The resulted study shows the effect of socioeconomic status and psychological factors on state level football players. In the present study, Socio economic status of the players of Chennai team was higher than that of Salem and Coimbatore; Trichy and Madurai. Socioeconomic status pertains the player's life with community, education, income and occupation to meet out their ability in playing game and athletic performance.

Socio-economic status refers to the social and economic position occupied by parents in the society. It is defined as a level made up of individuals who deem themselves equal due to similarities in family background, level of education, occupation, race and attitude towards social issues. (Adebayo, 1981) observed that the social status of individuals is a reflection of their economic status and he went further to explain that socio-economic status is usually a measure of the income and occupation of the individual, irrespective of his or her educational or social standing. According to him this has a tremendous influence on students' behavior (Agnes Ebi Maliki, 2009).

Health and Nutritional status of an individual throughout adolescence is defined mostly by growth assessment. Growth of adolescent is considered as a good indicator of health and nutritional status of a community. Appropriate level of exercise combined with a healthy diet can help reduce the risk of various diseases and help to maintain a healthy body weight and composition throughout the life.

Physical activity also helps maintain muscular strength, endurance and flexibility. Physical fitness is the capacity of body parts to function properly or to carry out activities without fatigue. Fitness is being able to handle the daily stress of life and symbol of good physical or mental health. Regular exercise proper diet proper rest is required to maintain physical fitness. However, the healthy maintenance of the body must need adequate nutrition. (Renu Bala Sharma and Monika Hardikar, 2010).

In our study the proportion of the boys belonged to the Forward and other community 56%. Whereas mostly occupied by BC and MBC community were 126% and 82% and the rest were scheduled caste / scheduled tribe constituted about 36% of the total sample. From the statistical analysis we observed that community plays a major role in maintaining the life style and skill development in players at different places. Encouragement, better exposure and facility is based on the environment and the creating awareness among different community is the must to promote the performance either at high and low level among the players in sports training. Hence in the present study, Chennai players showed their efficiency in

improving the playing ability and produced high level performance than other teams.

In recent study, Renu Bala Sharma and Monika Hardikar (2010) states that income is strongly concerned with many demographic factors. Income reflects the living of a family. There is no doubt that type, amount and timing of food can dramatically affect exercise performance, observation revealed not maximum respondents 61.5 fell in poor physical fitness level followed by 100 average 28%, 10.5% in high average category. None of the subject belonged to very good and excellent physical fitness level. This is because the students never do the exercises regularly the reason seen was lack of interest lack of diet due to low SES, hence the fitness is lowered. It can be inferred that low socioeconomic adolescent will be less physically active than high socioeconomic adolescent.

Lee and Cubbin (2002) also reported that low SES teens were less physically active than high socioeconomic teens. To test this Hypothesis means in our study, physical activity of the players were computed for caste and Socioeconomic status. Minority team players of Salem and Coimbatore; Trichy and Madurai, found to be less physically active and more sedentary than high socioeconomic status of Chennai team football players. In the present study, main findings, emerged, first sedentary behaviors significantly moderate the socioeconomic status, body mass associated with the player's ability in sports and performance. India association such that lower SES adolescents reported more sedentary behavior than higher SES adolescents and sedentary behaviors formed an indirect pathway between lower socioeconomic status and higher BMI. Results conclude that the low socioeconomic status to sedentary behaviors was statistically significant. This finding indicates that although sedentary behavior play a significant role in the SES BMI association and playing ability, there are likely other factors that directly impact BMI such as poor diet lack of knowledge, awareness level, impaired sleep etc.

Most sports including soccer not only require a high level of physical, but also psychological, skills to handle stressful situations etc (Maddison and Prapavessis, 2007).

Alizadeh et al., (1999) with regard to the relationship and cause and effect principle the body and spirit together, stated that sport and physical exercises on physical or mental healthy is effective and also said that body ability would be to empower the spirit ability (Mohammadzadeh, 1992). Depression is one of the most common mental disorders that affects on states and behavior of sport men-women (athletes) (Matin Homaie, 1998).

Anxiety is an independent excitation state that it is followed with mental feelings and appreciation. The, anxiety has biological and mental aspects. And in anxious situations, it is seen objectively (Yasrobi, 1999). In fact, an anxiety state is determined with tension fear, unrest, attitude, excitement and automatic nervous system activity (Danil and Landrozhan, 2000).

Alizadeh et al., (1999) by attention to the interaction of body and psyche on together stated that sport and body exercises have effective for mental healthy. In sport fields, anxiety is the important part of subjects in the sport psychology. In the physical training, there is seen relationship between essence and psyche in the sport psychology, that it is included in two areas. These areas includes

making better sport function and mental healthy. The former is related to the psychological factors such as anxiety, concentration, mental preparedness and personality these components have direct relation ship with sport functions, For example, sport function or to execute skillfully can to excite anxiety and anxiety can to interact on person's functions (Jalili, 1984;Dheera et al., 2005).

Investigation have showed that to run, stretching mobility as short-time reduces anxiety and led to be quiet (Danil and Landrozshan, 2000). In our study, psychological factors such as anxiety and aggression moderate the performance of game in player's team.

The level of anxiety observed among the participants of three team players revealed that there is association between the level of anxiety and the game performance. Salem and Coimbatore; Trichy and Madurai participants had relatively higher level of anxiety as compared to the participants of Chennai team. This may be due to the reason that both teams involve relatively high level of uncertainty of success.

In previous research Pown Radha (1991) studied on psychological factors and soccer performance of the South Indian University Players. In this study, psychological factors, namely Sports Competition Anxiety and Aggressiveness were studied in relation to soccer playing ability. Accordingly, 100 South Indian Inter University Soccer players from the states of Tamilnadu, Kerala, Andhra Pradesh and Karnataka were selected. Sports Competition Anxiety Test (SCAT) Questionnaire and Aggressiveness Questionnaire (AQ) developed by Rainer, Marten and Smith to measure the anxiety and aggressiveness were adopted. Experts subjectively rated the soccer playing ability of the subjects (0 to 10 point scale). He concluded that, of these two psychological factors, aggressiveness is highly correlated with soccer playing ability at insignificant level. The results of this investigation reveal that moderate levels of anxiety and aggressiveness are present among the South Indian-University Soccer players. In our study showed that there was no significant difference in the level of aggression among the three team players (Chennai, Salem and Coimbatore; Trichy and Madurai). It also shows no variations in their playing ability and performance based on the levels of aggression.

Similarly in recent study, (Siva Sankar Reddy Mudimela, 2010) an attempt has been made to study the impact of level of participation on psychological factors such as aggression, anxiety, achievement motivation and performance. Six hundred and twenty-five soccer players representing three different levels that is, inter-university, inter-district, inter-collegiate, constituted the sample of the study.

Sports Competition Anxiety Test (Marten, 1977), Aggressiveness Questionnaire (Smith, 1973), Sports Achievement Motivation Test (Kamalesh, 1983) were administered to assess anxiety, aggression and achievement motivation, respectively. The performance of soccer players was assessed by using rating scale (rating scale for evaluation of playing ability by experts for soccer players (Pown Radha, 1996). One-way analysis of variance and stepwise multiple regression analysis were employed to analyze the data. Significant differences were found among three levels of participation with regard to aggression achievement motivation and performance only. Aggression and achievement motivation contributed significantly to performance whereas anxiety is found to have negative impact on the performance. (Siva Sankar Reddy Mudimela, 2010). Our present study is interpreted with the aggressive mode the inverse relationship between socio-economic status and aggression could be attributed to the variation in frustration across social classes. The member of low socio-economic status stratum generally has greater frustration in life as compared to the high class people. This differential in frustration might have lead to the differences in aggression.

Though the above statements of the literature reviewed supports the present study. We found that socio economic status and psychological factors in player's sports plays a major role in performance, ability and spirit to play and accomplish their game of achievement.

## Conclusions

Based on the findings and discussion of the present study, it can be concluded that the socioeconomic-status and psychological factors plays a vital role in football players in their skill development, ensuring the playing ability and enhances the performances to achieve the player's goal.

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