

Examination of motivation, anxiety and imagery levels of footballers from different leagues

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ANÁLISIS DE LOS NIVELES DE MOTIVACIÓN, ANSIEDAD E IMAGINERÍA DE LOS FUTBOLISTAS DE DIFERENTES LIGAS

KEYWORDS: Anxiety, imagery, motivation, professional football players.

ABSTRACT: In the study, it was aimed to compare the motivation, anxiety and imagery levels of footballers from different leagues. For this purpose, totally 129 professional football players from The Turkish Super League (Xage: 25.44±4.11 year) and First League (Xage: 23.80±4.33 year) participated in the study voluntarily. Competitive State Anxiety Inventory (CSAI-2) for measuring anxiety, Sport Imagery Questionnaire (SIQ) for measuring imagery and Sport Motivation Scale (SMS) for measuring motivation levels of participants were used in the study. Frequency and percentage distribution calculations and Independent Samples t-tests were used for analysis. Obtained data showed significant differences in somatic anxiety, intrinsic motivation to experience stimulation, identification and introjection sub-dimensions in terms of league levels of footballers ($p<0.05$). Also, significant differences were found in external regulation, identification and introjection scores in terms of age groups ($p<0.05$). As a result, anxiety and motivation levels differ regarding the league level of professional football players.

To be successful in the sport, especially in football, psychological skills is needed as well as physical skill. Loehr (1986) emphasizes that performing an excellent performance depends on a number of psychological and mental factors. One of the most important variables that negatively affects athletic performance is the anxiety. This is one of the most examined psychological terms in sport literature. Anxiety is defined as the complexity of multidimensional psychological reactions associated with stress, fear, tension, and sport-related performance or stimulation of the autonomic nervous system prior to an event (McNally, 2002; Mcquown, 2001). It is thought that each individual participates in an athletic activity for some reasons. These causes can be internal or external. It is assumed that if one participates in an activity with his / her own free will without any other person or thing, and is struggling without encountering a situation with a stimulating character, it is assumed that he/she is intrinsically motivated (Li and Harmer, 1996; Vlachopoulos, Karageorghis and Terry, 2000). Unlike

intrinsic motivation, a person participates in an activity without free will, for external reasons such as a prize, if external regulations rather than pleasure direct his behavior, then he is externally motivated. The third dimension is amotivation. A non-motivated person cannot perceive the link between his/her behavior and the consequences of his/her behavior. These individuals experience insufficiency and lack of control (Pelletier et al., 1995).

There are many psychological skills that affect the development of physical performance. Imagery, for example, is known to enhance athletic performance (Decety and Inghar, 1990; Jones and Stuth, 1997; Murphy, 1990). Imagery training positively affects cognitive anxiety, physical anxiety and self-confidence (Mamassis and Doganis, 2004). According to Silva and Stevens (2002), imagery is seen as the milestone of the techniques used in sports psychology.

Without a real experience, we can perceive the voices, tastes, smells, imagery, movements and vision. The difference

between the dream and imagery is that we are awake while shaping the image and our consciousness is in place during imagery (White and Hardy, 1998). The majority of today's imagery studies support Pavio's conceptualization of imagery in motivational and cognitive functions at the specific and general level. These functions include: Athletes use motivational special imagery when they visualize special goals such as winning or congratulating them for their good performance. Athletes who use such imagery are better at maintaining the duties of the target.

Motivational general arousal imagery: (Hardy, Jones and Gould, 1997). This is used to control the level of anxiety and alertness of an athlete as he prepares to compete (Boyd and Munroe, 2010). Motivational general mastery: When the athletes come face to face with the technical and tactical problems specific to the competition, they can figure out how to cope with these problems. Motivational general mastery helps the athlete to have high self-esteem and control himself in difficult situations. Such imagery enhances sufficient self-perceptions of the athlete. Therefore, the purpose of the study was to compare the anxiety, imagery and motivation scores of professional football players. For this purpose, it was aimed to find question below:

Is there any difference between the anxiety, motivation and imagery scores of professional football players regarding their league levels?

Method

Participants

In order to compare motivation, anxiety and imagery scores of TFF Super League (X_{age} : 25.44±4.11 years) and The First League (X_{age} : 23.80±4.33 years) professional footballers, a total of 129 football players voluntarily participated in the study.

Measures

For measuring the anxiety levels of football players for competition Competitive State Anxiety Inventory (CSAI-2) was used. The inventory developed to measure cognitive, somatic anxiety and self-confidence by Martens, Burton and Valey (1990) consists of 27 items. The Turkish adaptation of the scale was made by Koruç (1998). The second measuring tool in the study was Sport Imagery Questionnaire (SIQ). The questionnaire was developed by Hall, Mack, Paivio and Hausenblas (1998) to determine what type of imagery athletes

use in sport. The original questionnaire, which is scored as seven likert, consists of five sub-dimensions (Cognitive general imagery, cognitive specific, motivational-general arousal, motivational-general mastery, motivational specific) and 30 items. The third and last measuring tool in the study was the Sport Motivation Scale. It was developed by Pelletier et al. (1995) to determine the motivation levels. The scale consists of 28 items and three sub-dimensions.

Procedure

The data was collected by the researcher personally at the camps where the footballers camped at the preparation camp in the season break. In the analysis of data, frequency and percentage distribution calculations and Independent Samples t-tests were used. The statistical analysis was done by SPSS 16 packet program. The significance level was determined as 0.05.

Results

According to the Table 1, there is a statistically significant difference ($p < 0.05$) between Super league and 1st league professional football players' "somatic anxiety", "intrinsic motivation to experience stimulation", "identified" and "introjected" sub-dimensions.

According to Table 2, there is no statistically significant difference between anxiety scores of TFF Super League and 1st league football players regarding the age groups ($p > 0.05$).

According to Table 3, there is a statistically significant differences between the "external regulation", "identified" and "introjected" scores when the motivation scores of TFF Super league and 1st league professional football players are compared regarding age groups.

Discussion

This study compares the anxiety, motivation and imagery levels of TFF Super League and professional footballers and First league professional football players regarding their league level and ages.

In the study, the question: "Is there any difference between levels of anxiety, motivation and imagery regarding the level of league that professional footballers?" was asked. The question was tested and significant differences were found between "somatic anxiety", "intrinsic motivation to experience stimulation", "identified" and "introjected" submission dimensions. When the obtained findings are examined, somatic

anxiety is the physiological and emotional aspects of the anxiety, while cognitive anxiety is explained as the cognitive component of the state anxiety that is caused by negative self-assessment and fear threatening the self-esteem. It can be said that professional footballers have the ability to imagine effectively, which significantly influences cognitive and somatic anxiety, and that they can turn their foreboding concerns, which affects performance and imagination skills into their own advantage.

Besides, motivation scores of professional football players from The Super and The First league showed significant differences regarding age. According to mean values of motivation, older footballers have higher scores than those younger ones. Similar with this finding, Guedes and Missaka (2015) found that older athletes were significantly more motivated than younger athletes in a competition. They explain this by indicating that older athletes attribute a more competitive meaning to sport since the sport is thought to provide an opportunity to prove their competency.

When the results of the study were examined, it was seen that Turkish footballers did not have motivation difficulties with preparing for the competition. However, in order to control the positive results, preparing to a competition accompanied by an expert may provide to get more effective results.

As a result, it was revealed that professional footballers didn't statistically affect their self-confidence despite their sub-dimensions that create imagery skills, motivation levels and cognitive anxiety and somatic anxiety levels. Assuming that the development of football is directly proportional to the development of the football player, it is very important to adjust the motivation levels to optimize the anxiety that negatively affects the sportive performance and to insert imagery training exercises in the training programs for the development of today's modern football.

Dimensions	League they play	n	Mean	Sd	p
Cognitive anxiety	Super League	34	17.79	3.52	.154
	1. League	95	18.81	3.55	
Somatic anxiety	Super League	34	14.85	3.28	.006*
	1. League	95	17.09	4.26	
Self-confidence	Super League	34	29.38	4.72	.948
	1. League	95	29.32	5.19	
Cognitive imagery	Super League	34	5.45	.91	.233
	1. League	95	5.23	.91	
Motivational specific imagery	Super League	34	5.67	.84	.708
	1. League	95	5.61	.92	
Motivational general arousal	Super League	34	4.97	1.17	.417
	1. League	95	4.78	1.12	
Motivational general mastery	Super League	34	5.74	1.06	.596
	1. League	95	5.63	1.05	
Amotivation	Super League	34	2.99	1.62	.712
	1. League	95	3.11	1.48	
Intrinsic motivation to know and to accomplish	Super League	34	5.14	1.34	.093
	1. League	95	4.70	1.32	
Intrinsic motivation to experience stimulation	Super League	34	5.51	0.90	.044*
	1. League	95	5.12	1.10	
External regulations	Super League	34	4.74	1.52	.599
	1. League	95	4.60	1.29	
Identified	Super League	34	4.91	1.23	.032*
	1. League	95	4.29	1.49	
Introjected	Super League	34	5.44	1.20	.018*
	1. League	95	4.77	1.49	
Imagery	Super League	34	5.45	.67	.338
	1. League	95	5.31	.74	

*p<0.05

Table 1. Differences between anxiety, motivation and imagery scores of professional football players regarding the league they play

Dimensions	Age Group	n	Mean	Std. Deviation	t	p
Cognitive anxiety	16-24	80	18.81	3.39	1.101	.273
	25 and above	49	18.10	3.81		
Somatic anxiety	16-24	80	16.38	3.95	-.407	.684
	25 and above	49	16.69	4.45		
Self-confidence	16-24	80	29.81	4.28	1.382	.169
	25 and above	49	28.55	6.07		

Table 2. Difference table of the anxiety scores of professional football players playing in Super League and 1st League regarding age groups

Dimensions	Age Group	n	Mean	Std. Deviation	t	p
Intrinsic motivation to know and to accomplish	16-24	80	4.72	1.30	-1.099	.274
	25 and above	49	4.98	1.40		
Intrinsic motivation to experience stimulation	16-24	80	5.16	1.07	-0.859	.392
	25 and above	49	5.33	1.04		
External regulations	16-24	80	4.40	1.37	-2.630	.010*
	25 and above	49	5.03	1.24		
Identified	16-24	80	4.19	1.50	-2.725	.007*
	25 and above	49	4.89	1.27		
Introjected	16-24	80	4.67	1.53	-2.841	.005*
	25 and above	49	5.39	1.18		
Amotivation	16-24	80	2.96	1.44	-1.098	.274
	25 and above	49	3.26	1.61		

* $p < 0.05$

Table 3. Difference table of motivation scores of professional football players playing in Super and 1st league regarding age groups

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PALABRAS CLAVE: Ansiedad, imaginiería, motivación, jugadores de fútbol profesional.

RESUMEN: En el estudio, se intentó comparar los niveles de motivación, ansiedad e imaginiería de futbolistas de diferentes ligas. Para ello, participaron voluntariamente en el estudio 129 jugadores de fútbol profesional de la Super Liga Turca (Xedad: 25.44 ± 4.11 años) y la Primera Liga (Xedad: 23.80 ± 4.33 años). En el estudio se utilizó el Inventario Competitivo de Ansiedad del Estado (CSAI-2) para medir la ansiedad, el cuestionario de imágenes deportivas (SIQ) para la medición de imágenes y la Escala de Motivación del Deporte (SMS) para medir los niveles de motivación de los participantes. Para el análisis se utilizaron los cálculos de la frecuencia y el porcentaje de distribución y las muestras independientes t. Los datos obtenidos mostraron diferencias significativas en la ansiedad somática, motivación intrínseca para experimentar subdimensiones de estimulación, identificación e introyección en términos de niveles de liga de futbolistas ($p < 0.05$). Además, se encontraron diferencias significativas en las puntuaciones de regulación externa, identificación e introyección en términos de grupos de edad ($p < 0.05$). Como resultado, los niveles de ansiedad y motivación difieren en cuanto al nivel de liga de los jugadores de fútbol profesional.

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