

# ANXIETY AND COHESION IN NON-PROFESSIONAL FOOTBALL TEAMS



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## Abstract

It is a reality that Psychology has jumped right into sport and many scientific studies can guarantee it. Most of them are based on the study of psychological skills to enhance the athletic performance. This study focuses on checking the existence of connection between anxiety and cohesion and their relation to different football categories. It has been carried out with two junior football teams who compete in different categories: Alcalá CF and CD Castellón. The players have answered some items related to the variable of cohesion, personality subscale from the book “Batería de Test Psicológicos para deportistas”-Salamanca and the variable of anxiety. The first team have been done the test by hand and, the second one, electronically. Based on the results we obtained, we can establish that there is no relationship between the two variables studied (cohesion and anxiety) and neither between each of them and the competition which the players play for.

## Introduction

Several studies recognize the importance of Psychology in sport (Leo, Sánchez-Miguel, Sanchez- Oliva, Amado & Garcia-Calvo, 2011; Leo, García-Calvo, Sánchez-Miguel & De la vega, 2017). According to Rivera and Molero (2012), there are about 270 million people who are actively involved in football, including players, referees and managers, of which only 1% are professionals. In non-professional football, psychological skills are increasingly getting a lot of importance without reaching the level of professional football. Those skills, such as cohesion, have been analyzed in many studies, taking into account two different types: task cohesion and social cohesion. The first one is the main skill to predict the collective efficiency and the second one hardly matters on the team performance. Other variables that have been studied are: anxiety which can be divided into somatic and cognitive (Sandín, Chorot, Germán, Jiménez & Romero, 1993) and their relation to the different football categories. They have influence in the sport performance and analyzing them helps to predict it, so in this task we will focus on those two variables, explained before, to check if there is a relationship between them and if there are significant differences between two football teams who compete in different categories.

## Methodology

**Participating:** 2 junior football teams who are aged between 15-16 years old and compete in different football categories (Regional 1st and Regional 2nd).

**Resources:** “Batería de Test Psicológicos para deportistas”-Salamanca (Fernández-Seara, Fernández- Navarro & Mielgo, 1999). The tests have been divided into 3 areas: personality, anxiety and stress.

**Procedure:** Any psychological tests which were answered in an electronic way by one of the teams and manually by the other one.

## Results:

TABLE 1: Correlation between Anxiety and Stress.

	Cohesion	
Anxiety	0,051	(p= 0,814)

TABLE 2: Differences in anxiety depending on the category.

	N	x	Sx	U	p
1st regional	8	6	2,67		
2nd regional	16	8,56	3,79	40	0,137

TABLE 3: Differences in cohesion depending on the category.

	N	x	Sx	U	p
1st regional	9	8,22	0,972		
2nd regional	18	8,72	0,826	60,5	0,258

## Conclusions

To conclude we can state that there is no significant relation between the variables of anxiety and cohesion.

According to the test results, there is neither connection between anxiety and the football category nor between cohesion and football category.

These conclusions may be due to several limitations we have had while doing the study, such as the sample’s size or the test’s procedure because it has not been the same for the two teams. In addition, one of them was very familiarized with these kind of tests and the other one had never done one before. There are no previous studies that compare directly those 2 variables in football teams of those categories. Otherwise, we do find other studies in which those variables are mesured separately by age.

## References

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