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A comparative analysis of flow state in football performance

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Abstract
Objectives: The present study was conducted to examine the flow state in football performance.
Materials and Methods: The investigator had selected Forty Five (N=45) female football players of 19 to 28 years of age to act as subjects. They were divided into three groups; (i.e., N_1=15; District, N_2=15; State and N_3=15 National). The purposive sampling technique was used to select the subjects. All the subjects, after having been informed about the objective and protocol of the study, gave their consent and volunteered to participate in this study.
Statistical Analyses: To measure the level of dispositional flow state of the subjects, the flow state battery constructed by Jackson & Eklund (2004) was administered. One way Analysis of Variance (ANOVA) was employed to find out the intra-group differences. For testing the hypotheses, the level of significance was set at 0.05.
Results: The results revealed no significant differences were found among female football players on the sub-variables of Dispositional Flow Scale-2 i.e., Challenge Skill Balance, Action-Awareness Merging, Clear Goals, Unambiguous Feedback, Concentration on the Task at Hand, Sense of Control, Loss of Self-Consciousness, Time transformation and Autotelic experience.

Keywords: flow, dispositional flow state, football players, task at hand, sense of control, loss of self-consciousness

Introduction

Sport psychology is a branch of psychology which not only studies the behaviour of sportsman but also reveals the impact of the entire psychological variables which is directly or indirectly, positively or negatively related to sports performance. Many studies have also been done to see the impact of psychological variables on sports performance. To fully understand sport psychology, we must ask ourselves two very important questions, first, what is sport psychology and second, who is it for put in the simplest way, sport psychology can be an example of psychological knowledge, principles, or methods applied to the world of sport. Psychologists say that sport psychology is not for psychologists, but is for sport and its participants. However, it can be argued that sport psychology, can be for psychology, just as it can be for sports scientists, managers, teachers, administrators, coaches and last but by no means least, the athletes themselves. It is sport psychology that has stood apart from the discipline of psychology as a whole. Its history is different, its concerns are often different, its centres of learning and teaching are often different, and its professional training is different. Yet despite this, sport psychology remains permanently bonded to psychology through its common interest in the fundamental principles of psychology, human behaviour, and experience. No one can deny the significant role which sport and recreation plays in every culture and society across the globe.

Material and methods

Subjects

The investigators had selected Forty Five (N=45) female football players of 19 to 25 years of age to act as subjects. They were divided into three groups; (i.e., N_1=15; District, N_2=15; State and N_3=15 National). The purposive sampling technique was used to select the subjects. All the subjects, after having been informed about the objective and protocol of the study, gave their consent and volunteered to participate in this study.

Tools

To measure the level of Dispositional Flow State of the subjects, the Flow State Battery constructed by Jackson & Eklund was administered.

Statistical Analyses

One way Analysis of Variance (ANOVA) was employed to find out the intra-group differences. For testing the hypotheses, the level of significance was set at 0.05.

Results

Table 1: Significant differences in the results among Female Football Players with regard to dispositional Flow Scale-2 on the sub-Variable Challenge skill balance.

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	33.873	2	17.547	1.075	.443
Within Groups	636.133	42	16.331		
Total	687.010	44			

*Significant at 0.05

It can be seen from table-1 that insignificant differences were found with regard to the sub-variable Challenge Skill Balance among District, State and National female football players as the P-value (Sig.) .443 was found higher than the 0.05 level of significance (p>0.05).

Table 2: Significant differences in the results among Female Football Players with regard to Dispositional Flow Scale-2 on the sub-Variable Action-Awareness Merging.

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	23.541	2	13.452	.754	.511
Within Groups	678.576	42	16.456		
Total	654.762	44			

*Significant at 0.05

It can be seen from table-2 that insignificant differences were found with regard to the sub-variable Action-Awareness Merging among District, State and National female football players as the P-value (Sig.) .511 was found higher than the 0.05 level of significance (p>0.05).

Table 3: Significant differences in the results among Female Football Players with regard to Dispositional Flow Scale-2 on the sub-Variable Clear Goals.

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	15.235	2	8.065	.287	.785
Within Groups	1196.292	42	27.476		
Total	1292.436	44			

*Significant at 0.05

It can be seen from table-3 that insignificant differences were found with regard to the sub-variable Clear Goals among District, State and National female football players as the P-value (Sig.) .785 was found higher than the 0.05 level of significance (p>0.05).

Table 4: Significant differences in the results among Female Football Players with regard to Dispositional Flow Scale-2 on the sub-Variable Unambiguous Feedback.

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	5.764	2	2.874	.293	.989
Within Groups	566.304	42	13.576		
Total	577.872	44			

*Significant at 0.05

It can be seen from table-4 that insignificant differences were found with regard to the sub-variable Unambiguous Feedback among District, State and National female football players as the P-value (Sig.) .989 was found higher than the 0.05 level of significance (p>0.05).

Table 5: Significant differences in the results among Female Football Players with regard to Dispositional Flow Scale-2 on the sub-Variable Concentration on the Task at Hand.

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	41.308	2	20.667	1.976	.160
Within Groups	448.500	42	11.650		
Total	488.566	44			

*Significant at 0.05

It can be seen from table-5 that insignificant differences were found with regard to the sub-variable Concentration on the Task at Hand among District, State and National female football players as the P-value (Sig.) .160 was found higher than the 0.05 level of significance (p>0.05).

Table 6: Significant differences in the results among Female Football Players with regard to Dispositional Flow Scale-2 on the sub-Variable Sense of Control.

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	14.114	2	6.872	.472	.677
Within Groups	644.345	42	14.872		
Total	635.871	44			

*Significant at 0.05

It can be seen from table-6 that insignificant differences were found with regard to the sub-variable Sense of Control among District, State and National female football players as the P-value (Sig.) .677 was found higher than the 0.05 level of significance (p>0.05).

Table 7: Significant differences in the results among Female Football Players with regard to Dispositional Flow Scale-2 on the sub-Variable Loss of Self-Consciousness.

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	58.553	2	29.254	1.546	.257
Within Groups	856.254	42	20.233		
Total	921.430	44			

*Significant at 0.05

It can be seen from table-7 that insignificant differences were found with regard to the sub-variable Loss of Self-Consciousness among District, State and National female football players as the P-value (Sig.) .257 was found higher than the 0.05 level of significance (p>0.05).

Table 8: Significant differences in the results among Female Football Players with regard to Dispositional Flow Scale-2 on the sub-Variable Transformation of Time.

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	165.351	2	83.155	6.730	.243
Within Groups	520.450	42	14.658		
Total	658.143	44			

*Significant at 0.05

It can be seen from table-8 that insignificant differences were found with regard to the sub-variable Transformation of Time among District, State and National female football players as the P-value (Sig.) .243 was found higher than the 0.05 level of significance (p>0.05).

Table 9: Significant differences in the results among Female Football Players with regard to Dispositional Flow Scale-2 on the sub-Variable Autotelic Experience.

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	145.651	2	71.945	3.276	.430
Within Groups	927.043	42	23.036		
Total	1065.911	44			

*Significant at 0.05

It can be seen from table-9 that insignificant differences were found with regard to the sub-variable Autotelic Experience among District, State and National female football players as the P-value (Sig.) .043 was found higher than the 0.05 level of significance (p>0.05).

Table 10: Significant differences in the results among Female Football Players with regard to Dispositional Flow Scale-2**.**

Source of Variation	Sum of Squares	Degree of Freedom	Mean Square	F-value	P-value (Sig.)
Between Groups	5.561	2	2.972	.023	.992
Within Groups	10500.112	42	248.852		
Total	10348.128	44			

*Significant at 0.05

It can be seen from table-10 that insignificant differences were found with regard to the variable Dispositional Flow Scale-2 among District, State and National female football players as the P-value (Sig.) .992 was found higher than the 0.05 level of significance (p>0.05).

Conclusions

Summarizing from the above findings we can say that no significant differences were found among female football players on the sub-variables of Dispositional Flow Scale-2 i.e., Challenge skill balance, Action-awareness merging, Clear goals, Unambiguous feedback, Concentration on the task at hand, Sense of control, Loss of self-consciousness, Time transformation and Autotelic experience.

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