

Research of the Mental States of Expecting a Victory in Men Mini-football Teams

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Abstract: The use of content-analysis with the encoding matrix and factor analysis allowed conducting research of the mental states of mini-football players who won in competitions (n=128). Regulation of sporting activities is done through the understanding and control of sportsmen's mental states. The realization of mental states by their coaches affects the choice of the game guidelines and strategy, determines the content characteristics of tactical and technical training. The principal goal of the research is to examine the mental states of expecting a victory in men mini-football.

The research methods: tests with standardized questionnaires, content analysis and factor analysis. The major factor in this structure is F-1 "value and sense self-regulation of a victory" (19.04%), correlated with F-2 "pragmatic self-regulation of a victory" ($r_s=.424$; $p\leq.01$) and F-3 "convergence of a victory" ($r_s=.362$; $p\leq.01$). The findings of the research can be of use to coaches, sporting directors, for those dealing with training, for managers of mini-football and football clubs and also for the researchers in the area of psychology mini-football and psychology sports.

Key words: mini-football, tactical training, psychology of mini-football, psychology of sports.

Introduction

Mental states of expectations are a particular kind of mental states, integrating mental processes and personality traits and regulate personality activities. Efficient organization of a training process, tactical and technical training of footballers require coaches to have not only general knowledge in sports psychology and the understanding of psychological characteristics of sportsmen of team sports. The training process is accompanied by mental states of expectations which are reflected in the following characteristics: internality, externality, activeness, passiveness, openness, closeness, adequacy, inadequacy, polarity and ambivalence. When often repeated these characteristics acquire steady dynamic features and become personality traits. This transition is interdependent (Popovych, 2019).

There is a lack of studies investigating mental states and their influence on competition results in team sports, in mini-football in particular. The research of the impact of using some of mental strategies on the psychological hesitation and effectiveness of tactical activity of juniors' kumite is of considerable scientific interest. It was determined that a coach has to explain sportsmen their temporary mental states, experienced by them, in particular, such states as psychological hesitation, lack of self-confidence, mental distraction and lack of concentration. It is important to work on transforming these states into positive mental abilities to allow a sportsman to concentrate on the efficient use of his intellectual and physical abilities during official contests (Nagla, 2015).

Within the framework of our research the following studies are of considerable scientific interest: individual-psychological characteristics of footballers depending on the game role (Pshenychna et al., 2019), model indexes of technical and tactical actions of footballers (Lebedev et al., 2018).

The expectation of results is a correlation between the efforts made and the results achieved (Popovych, 2019). Expectation is predicted efficiency of activity. The main idea of such studies is the following – the more valuable the result is and the hire probability of an award, the more efforts a person will make to achieve the aim (Kominis, 2007; Lunenburg, 2011a; 2011b). Individual and typological characteristics of footballers which contribute to the efficiency and reliability of sporting activities were examined. It was determined that motivation, self-regulation, self-control and emotional stability are key factors in achieving results (Polishkis et al., 1998).

The study on flow as the state of an optimal experience of an individual entirely merged with his work (Csizentmihalyi & Nakamura, 2011) is of considerable scientific interest.

The authors regard the mental state of expecting a victory as an integral complex of available characteristics which have an impact on the expected acceptable result, as a rule, it is a victory result, or that one ensuring the achievement of the goal (sometimes a draw result or the result which allows solving tournament tasks by the total score of two matches, in particular, in cup contests).

Hypothesis. It is hypothesized that the structure, variables and interdependence of the factors of the mental states of expecting a victory in men mini-football teams are essential components of efficient tactical and technical training of football players.

Purpose. To investigate the structure, variables and interdependence of the factors of footballers' mental states of expecting a victory.

Methodology of Research

The guidelines of our research were a number of basic principles applied in the studies on similar topics (Prokhorov et al., 2015; Popovych et al., 2020; Popovych & Blynova, 2019b).

It should be mentioned that mini-football (or indoor football) is a variation of football. The greatest difference between mini-football and football consists in its tactics and considerably less "sociability" of the game. The teams play "one versus one", i. e. each field player controls the actions of the competitor team player. It, in its turn, requires strong self-regulation and maximum concentration of the sportsmen. The minimum number of players (four field players and a goalkeeper) implies that each player takes part in both attack and defence. The mental states of expectations of the football players' before an important competition were characterised by means of the content-analysis method "Expected situation" and the mental state of an expected result was described by means of the content-analysis method "Realization of expectations". Since one team achieved the desired result, only the winners' results were statistically processed after the competition.

Material and Methods

Participants. The football players of the first league teams of the Kherson region: "Dzhoker", "Yug-Svet", "Duma", "Traktor", "Yednist", "Joy Travel"; the higher league of the Kherson region: "Wezom", "Feniks", "Riativnyk", "Antserhlob"; the extra-league of Ukraine: "Prodeksim" (Kherson) participated in our research. Their average age was 25.4 years old. The sample consisted of 248 participants, 128 of them took part in the research of the factor structure of the mental states of expecting a victory.

Organization of research. We thoroughly selected championship and cup games, which had principal tournament importance, sometimes Derby games. The administration of mini-football teams allowed conducting the research and provided consultations.

Procedures and instruments. We used tests with standardized questionnaires to determine the research parameters of the football players: the questionnaire "Level of social expectations" (LSE) (Popovych, 2017); the questionnaire "Level of subjective control" ("LSC") (Rotter, 1966); "Purpose in Life Test" ("PIL") (Leontiev, 2006); the questionnaire "The level of aspirations of personality" ("LAP") (Herbachevskiy, 1990). The indexes of reliability, obtained by means of Cronbach's alpha, were: $\alpha_{LSE} = .819$; $\alpha_{LSC} = .781$; $\alpha_{PIL} = .857$; $\alpha_{LAP} = .711$. The coping-test "Way of Coping Questionnaire" ("WCQ") (Lazarus & Folkman, 1988, adapted by T. Kriukova, O. Kuftiak, M. Zamyshliaieva, 2004) was used to determine coping-strategies – eight ways to overcome challenges in different areas of mental activity: confrontation, distantiating, self-control, seeking social support, accepting responsibility, avoidance, planning to solve a problem, positive overestimation. We used the methods "Expected situation" and "Realization of expectations" to measure the characteristics of social expectations (Popovych, 2019).

Statistical analysis. Statistical processing of the empirical data was performed by means of the statistical program "SPSS" v. 23.0. Spearman's correlation coefficients (r_s) were used to find and calculate the correlation between the indexes obtained. We used the principal component method combining oblique Promax rotation that allows calculating the correlation between the factors.

Results of Research

Content-analysis made it possible to determine the following indexes of the characteristics of the footballers' expectations: the characteristic of internality of expectations – 20.11%; the characteristic of externality of expectations – 22.63%; the characteristic of activeness of expectations – 22.03%; the characteristic of passiveness of expectations – 24.17%; the characteristic of openness of expectations – 37.13%; the characteristic of closeness of expectations – 26.01%; the characteristic of adequacy of expectations – 42.22%; the characteristic of inadequacy of expectations – 23.17% of the respondents. The characteristic of polarity was identified in 12.1% and the characteristic of ambivalence – in 2.1%.

Frequency characteristics of psychological content parameters by the research methods are given in Table 1.

Table 1. Frequency characteristics of psychological content parameters by the research methods (n=128)

Scale	Minimum, min	Maximum, max	Arithmetic mean, M	Mean-square deviation, SD
"LSE"				
The Level of Social Expectations of Personality (LSE _p)	41.00	93.00	68.85	12.68
The Level of Awareness of the Expected Events (LAE _p)	10.00	24.00	17.48	3.27

The Level of the Expected Attitude (LEA _p)	10.00	19.00	14.70	1.80
The Level of the Expected Performance (LEP _p)	19.00	53.00	36.70	8.54
“LSC”				
General Internality (GI)	136.00	251.00	197.12	21.77
Internality in the Area of Achievements (IA)	28.00	71.00	54.78	7.88
Internality in the Area of Failures (IF)	20.00	73.00	49.82	8.54
Internality in Relationships (IR)	19.00	56.00	39.64	6.87
Internality in the Area of Labor Relations (ILR)	26.00	53.00	36.65	5.34
Internality Concerning Health and Illness (IHI)	5.00	29.00	18.73	4.47
“PIL”				
Life Goals (LG)	12.00	42.00	32.27	7.15
Process (P)	13.00	42.00	30.39	5.44
Result (R)	8.00	35.00	25.77	5.01
Locus of Control-Self (LCS)	7.00	30.00	21.50	4.52
Locus of Control-Life (LCL)	14.00	42.00	30.14	4.31
General Awareness of Life (GAL)	56.00	130.00	103.62	14.88
“LAP”				
Internal Motif (IM)	5.00	20.00	12.84	2.89
Cognitive Motif (CM)	8.00	21.00	15.28	2.78
Avoidance Motif (AM)	3.00	20.00	11.62	3.60
The Motif of Competition (MC)	4.00	19.00	12.00	3.27
The Motif of Changing Activity (MCA)	4.00	21.00	12.74	3.59
The Motif of Self-Respect (MS)	8.00	21.00	13.70	3.07
The Significance of Results (SR)	3.00	17.00	8.65	3.05
Task Complexity (TC)	2.00	18.00	5.78	2.58
Volitional Effort (VE)	5.00	19.00	12.73	3.01
Estimation of the Level of the Achieved Results (ELAR)	4.00	14.00	9.80	2.09
Estimation of Personal Potential (EPP)	8.00	20.00	13.88	2.89
The Projected Level of Mobilizing Efforts (PLME)	9.00	21.00	13.99	2.62
The Expected Level of Results (ELR)	3.00	14.00	9.80	2.06
Regularity of Results (RR)	5.00	21.00	13.70	2.50
Initiative (I)	9.00	21.00	12.82	2.65
“WCQ”				
Confrontation (C)	16.67	75.00	47.63	19.74
Distantiating (D)	12.50	83.33	50.32	25.10
Self-Control (SC)	16.67	83.33	71.11	16.35
Seeking Social Support (SSS)	12.50	71.43	40.56	21.13
Accepting Responsibility (AR)	16.67	83.33	53.86	21.27
Avoidance (A)	12.50	83.33	47.82	26.21
Planning to Solve a Problem (PSP)	12.50	83.33	63.98	20.87
Positive Overestimation (PO)	12.50	71.43	49.02	19.09
“Expected situation”				
Internality/Externality (IE _p)	.10	.87	.48	.20
Activeness/Passiveness (AP _p)	.10	.85	.48	.20
Openness/Closeness (OC _p)	.20	1.10	.72	.23
Adequacy/Inadequacy (AI _p)	.20	1.25	.73	.23

The complex of thirty-nine psychological parameters is methodologically substantiated, that reflects the subject of the research of the mental states of footballers' expecting a victory. We think the obtained results to be highly reliable because the values LEP_p (.722) and ELR (.543) are close and load F-1 (see Table 3). The correlation matrix with thirty-nine variables was determined with the principal component method. Eleven factors explain (73.79%) of the variable dispersion (Table 2).

Table 2. The matrix of the factor loadings of the mental states of expecting a victory

Scale	F-1	F-2	F-3	F-4	F-5	F-6	F-7	F-8	F-9	F-10	F-11
LSE _p	.756	-.314		.284							
LAE _p	.681	-.404	-.269								
LEA _p	.617		-.258			.231					

LEP _p	.722	-.269		.322							
GI	.580	.535		-.396							
IA	.605	.405		-.199					.275		
IF		.550		-.401		.340					
IR	.298	.529		-.581							
ILR	.335		-.362	-.276					.262		
IHI	.389			-.281							.542
LG	.666		.436								.208
P	.616		.313				-.269				
R	.682		.191				-.289				
LCS	.694		.362		-.210	.227					
LCL	.553		.302		-.299						
GAL	.846		.311		-.214						
IM				.510				-.534	.397		-.216
CM		.441		.578				-.410			
AM		-.182	.389				.375	-.182			
MC			.398		.392						-.262
MCA	-.245		.594	-.365					.511		
MS	.372	.455				.297					
SR	-.643						-.232		.382		
TC					.312		-.229	.512			.282
VE				.424			-.320	.513			
ELAR		.305		-.265				.361		-.521	
EPP	.342	.481					-.258				
PLME		.527		.527		.314					
ELR	.543		.316								-.206
RR	.374			.398	.434			-.272			
I				.523	-.240		-.327		.399		
C		-.382	-.408			.501			.299		
D				-.346	.548			-.554			-.284
SC		-.460	-.234		-.632						
SSS			-.289			.634		.257			
AR			.319					.382			-.264
A		-.547	-.567			.401					
PSP				.328	-.578		.533	.334			
PO			.384			-.564			.321		
Dispersion, %	19.04	9.57	7.96	7.50	5.77	5.47	4.99	4.51	3.35	2.96	2.67
∑ dispersion, %	19.04	28.61	36.57	44.07	49.84	55.30	60.29	64.80	68.15	71.11	73.79
Value	7.426	3.732	3.104	2.924	2.251	2.132	1.944	1.758	1.308	1.155	1.043

Note: Bold type indicates significant indexes of the parameter values.

F-1 “Value and sense self-regulation of a victory” shows the dependence of the expectations related to sporting activities on a footballer’s meaning-of-life and value orientations, on the general level of a subjective control, on the level of awareness of life, on setting life goals and internal position in achievements. This is a key factor and its activity is characterized by value and sense self-regulation of sporting activities.

F-2 “Pragmatic self-regulation of a victory” is a combination of the general level of a sportsman’s subjective control and internal position in the areas of failures and relationships (to see a reason in oneself) and it is accompanied by high indexes of the projected level of mobilizing efforts. Such a mental state is characterized by the ability to regulate the course of a sports competition pragmatically.

F-3 “Convergence of a victory” is the mental state of expecting a victory related to the motif of changing events, it is negatively correlated with the motif of escape and reflects a convergent regulation of the course of events.

F-4 “Cognitive self-regulation of a victory” is significantly correlated with inner and cognitive motifs in competitions, it is accompanied by initiative and the projected level of mobilizing efforts, cognitive orientation towards the aim, supported by inner resources. It has negative internality in relationships. This mental state of expecting a victory is characterized by a high cognitive self-regulation ability.

F-5 “Distantness of a victory” consists of the changes, the psychological content of which reflects the aspiration to distant oneself in difficult life situations and it is accompanied by a negative correlation with self-control and the plan of solving a problem. The participants with the mental state of distantness of a

victory cause destructions in organizing team actions, but their actions are very often unexpected for the competitors as well.

F-6 “Affiliation-confrontational self-regulation of a victory” is characterized by a subject’s aspiration to be better than others and confront. The subject seeks social support in difficult situations, even through confrontation, accompanied by a negative correlation with the plan of solving a problem. This mental state of expecting a victory is an aspiration to obtain acknowledgement of one’s own rating and professional position not only from the part of the people around, but also in one’s own eyes.

F-7 “Predictiveness of a victory” shows that the mental states of expecting a victory are accompanied by the correlation with the plan of solving a problem and have a negative correlation with distantness. Orientation towards the determined plan is characteristic of the subjects who efficiently follow the guidelines and tactics of the game.

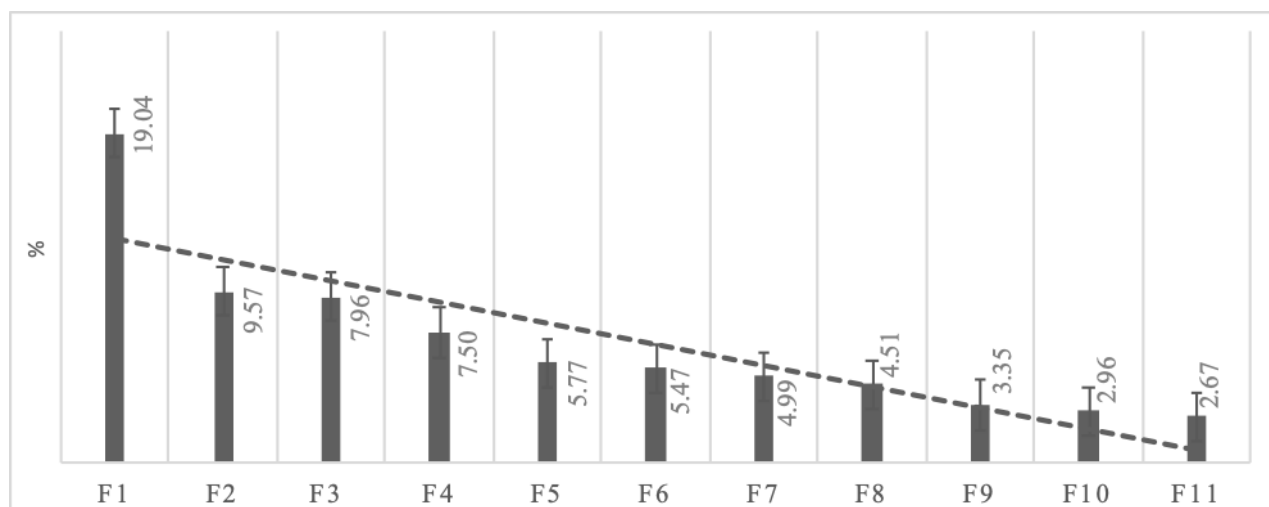
F-8 “Self-regulation of a complicated choice of a victory” is characterized by the motif of selecting task complexity and considerable volitional efforts made, that at the same time have a negative correlation with an internal motif. A subject’s mental state of expecting a victory is accompanied by the tendency to seek a complicated choice of a victory and it is opposite to “cognitive self-regulation of a victory”.

F-9 “Self-regulation of changes in a victory” is the domination of the motif of a change in a sporting activity. The place of this factor in the structure of the mental processes of expecting a victory allows stating that F9 is not a main mental state of footballers.

F-10 “Self-regulation of a victory process” is negatively correlated with the evaluation of the achievements. Such subjects are guided by a procedural component in competitions, their technical and tactical actions are partly spectacular and characterized by the elements of entertainment that makes their victory beautiful.

F-11 “Physiological self-regulation of a victory” is accompanied by a footballer’s internal position in physiological components, in particular, in health and illness. Such subjects believe that a victory is won due to physiological and anthropological indexes.

Thus, the results of the statistical processing allowed presenting F-1 – F-11 basic factors (73.79%) determining the structure of the mental states of expectations (see Fig. 1).



Note: ----- – trend; I – the limit of error.

Figure 1. The factors of the structure of the mini-football players’ states of expecting a victory

The correlation of F-1 and F-2 (.424), F-1 and F-3 (.362) is the most significant one ($p \leq 0.01$). F-2 has the largest number of significant correlations with F-1, F-3 and F-4. Thus, pragmatic self-regulation of a victory is an important component in the structural and functional organization of the mental states of expecting a victory. The most dependent factors in the structure of the states of expectations are: F-2, F-3, F-4 i F-7 (see Table 3).

Table 3. The correlation matrix of the components of the structure of the mental states of expecting a victory

	1	2	3	4	5	6	7	8	9	10	11
1	1.000	.424**	.362**	.138**	.031	.129**	.151**	-.081	.078	.109*	.061
2	.424**	1.000	.279**	.241**	.100*	.095*	-.013	-.169**	.009	.201**	.166**
3	.362**	.279**	1.000	.269**	.056	.009	.152**	-.262**	.056	.088*	.084*
4	.138**	.241**	.269**	1.000	-.095*	-.059	.211**	-.135**	.047	.285**	-.049
5	.031	.100*	.056	-.095*	1.000	.110**	-.078	-.034	-.039	.039	-.152**
6	.129**	.095*	.009	-.059	.110**	1.000	.004	-.053	-.248**	.001	.176**
7	.151**	-.013	.152**	.211**	-.078	.004	1.000	-.044	.129**	-.074	.237**
8	-.081	-.169**	-.262**	-.135**	-.034	-.053	-.044	1.000	-.257**	-.171**	.068
9	.078	.009	.056	.047	-.039	-.248**	.129**	-.257**	1.000	.111**	.153**
10	.109*	.201**	.088*	.285**	.039	.001	-.074	-.171**	.111**	1.000	-.108**
11	.061	.166**	.084*	-.049	-.152**	.176*	.227**	.068	.153**	-.108**	1.000

Note: * – $p \leq 0.05$; ** – $p \leq 0.01$.

Discussion and Conclusions

Factor analysis made it possible to determine the structure of the mental states of expecting a victory consisting of 11 basic factors (73.79%). It was established that the major factor is F-1 “value and sense self-regulation of a victory” (19.04%) correlated with F-2 “pragmatic self-regulation of a victory” ($r_s = .424$; $p \leq .01$) and F-3 “convergence of a victory” ($r_s = .362$; $p \leq .01$). The dominant mental states of expecting a victory in the structure examined in the research (see Figure 1) affect the content of a sporting activity and the result of a match. In particular, F5 “distantness of a victory” and F-7 “predictiveness of a victory” are oppositely directed, that is important in tactical and technical training of the sportsmen of team sports. In particular, the presence of the sportsmen with F4 and F8 in one team also weakens the organization of a team game. It is evident that the combination of the footballers with the dominant F1 “value and sense self-regulation of a victory”, F-2 “pragmatic self-regulation of a victory”, F-4 “cognitive self-regulation of a victory” and F-7 “predictiveness of a victory” in one team contributes to the achievement of the desired result.

The results obtained in our study have much in common with the empirical research of the regulatory role of mental states in the structure of cognitive and mental resources of personality (Prokhorov et al., 2015; Popovych & Blynova, 2019a; 2019b).

The findings of the research can be of use to coaches, sporting directors and those dealing with training and management of mini-football and football clubs and also for the researches in the area in the area of psychology mini-football and psychology sports.

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Дослідження психічного стану очікування перемоги в чоловічих міні-футбольних командах

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Анотація: Використання контент-аналізу з кодувальною матрицею та факторним аналізом дозволило провести дослідження психічних станів гравців міні-футболу, які виграли у змаганнях ($n = 128$). Регулювання спортивної діяльності здійснюється через розуміння та контроль психічних станів спортсменів. Реалізація психічних станів їх тренерами впливає на вибір ігрових настановлень та стратегії, визначає змістові характеристики тактико-технічної підготовки. Основна мета дослідження – вивчити психічні стани очікування перемоги в чоловічому міні-футболі.

Методи дослідження: тести зі стандартизованими анкетами, контент-аналіз та факторний аналіз. Основним фактором у цій структурі є F-1 «саморегулювання цінності та почуття перемоги» (19.04%), співвіднесене з F-2 «прагматичною саморегуляцією перемоги» ($r_s = .424$; $p \leq .01$) і F-3 «конвергенція перемоги» ($r_s = .362$; $p \leq .01$). Результати дослідження можуть бути корисними для тренерів, спортивних директорів, для тих, хто займається тренуванням, для керівників міні-футболу та футбольних клубів, а також для дослідників у галузі психології міні-футболу та психології спорту.

Ключові слова: міні-футбол, тактична підготовка, психологія міні-футболу, психологія спорту.