Analysis on Psychological Pressure of College Football Players

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Abstract — Objective: To Analysis on psychological pressure of college football players. Method: Theoretical research and interview method. Process: Firstly, the source of psychological stress of college football players is analyzed in the competition. Secondly, a survey of sources of psychological stress and coping strategies are carried out for 21 football players from Sichuan University. Thirdly, the results of psychological stress sources and coping strategies are obtained. Finally, the method of psychological training for soccer players is studied. Result & Analysis: After the investigation, we found that the psychological pressure of college football players is a variety of sources in the competition. Among them, the game's pressure is the most important, accounting for 50%. Most athletes can take positive coping strategies for psychological stress. But there are still close to 40% of athletes to take a negative coping strategies. Result: Colleges and universities should take active and effective psychological training for football players.

Keywords - psychological pressure; college; football players

I. INTRODUCTION
Football is a sport event, which is against the fierce and changeable. Because of its integrity, resistance, variety, difficult and so on, according to the nature of the game, opponents, referees, venue, time, audience and climate and so on, athletes will produce a variety of psychological reaction. Generally speaking, a team or an athlete's skill and tactics level in the game takes the initiative position [1]. But if there is no stable state of mind, game players technical and tactical levels tend not to be a normal play, game psychological preparation is insufficient. The especially will produce the impatience in a backward and passive situation, causing the technical movement of aliasing, which eventually led to the final failure.

Since the college students' Football League in 2001, the overall level of College Students' football has been improved significantly [2]. All of the Chinese college students, which are composed of college students, enter the second stage in the 2003 world football games. These results show that the football game of college students has taken a solid step.

The research shows that the football players' competitive ability is more high, the experience in the professional competition is more rich, and the more adaptive and self-regulating ability of psychological aspect. By strengthening the organic combination of College Students' psychological training and technical and tactical training, they can effectively improve their overall competitive ability [3]. Coaches should make the psychological training of scientific research results into promoting the application of the team and the daily training to carry out the routine psychological training, but also carry out special psychological training for specific games, in order to solve the psychological problems of athletes, so that athletes can play a high level of competition in the intense competition, but also lay a good foundation for the healthy growth of college athletes.

II. FACTORS OF COLLEGE ATHLETES' PSYCHOLOGICAL PRESSURE
Stress is an uncomfortable, or perceived threat to the individual, which is a threat to the body, and thus to stimulate, warn, or to make it active [4]. In the face of stress for athletes, the psychological reaction can be summarized as 3 aspects of cognitive, emotional and behavioral.

A. Cognitive Aspects
When a player finds a pressure source to have a threat, the intellectual function will be affected. In general, the pressure is great and the cognitive efficiency is lower [5]. The more flexible, the worse it is. In the competition field, the general athletes face enormous pressure, the perception range is narrow, and attention will be greatly reduced, thereby affecting the movement of the level of technology and tactics of the application.

B. Emotions
Stable mood is one of the main characteristics of elite athletes' psychological quality. No matter what it happens in the game field, they cannot produce emotional fluctuations, they must be good at self-control, calm thinking, and maintain the normal state of mind to complete the task [6]. Negative emotions, such as tension, anxiety, anger, anxiety, frustration, depression, will interfere with the performance of the athletes, and reduce the rate of reaction and action sensitivity, serious impact on the mental health and physical function of athletes.
C. Behavior

In the face of stress, individual behavior has a series of changes. In general, mild stress can lead to positive behavior, and moderate stress can interfere with the coordination of various parts of the body, resulting in repetitive, stereotyped behavior, so that the individual cannot meet the requirements of the environment [7]. If a player is carrying a huge pressure that cannot be lifted, it will reduce their sensitivity to the environment of the game, so that the game cannot adapt to the environment.

III. ANALYSIS ON PSYCHOLOGICAL PRESSURE OF COLLEGE FOOTBALL PLAYERS

A. Research Object

To participate in the 2014 Chinese college football league tournament in Sichuan, the 21 athletes Sichuan University of were chosen for the study.

B. Research Methods

This study mainly uses the method of interview. Interviews were conducted in a relaxed situation, face to face interviews with the exchange, the time is about 20~60min [8]. The formal interview questions are as follows. As a football player, what kind of psychological stress do you often encounter in general? How do you deal with these pressures? In your football league, what is the most profound impact on you?

C. Results and Analysis

After the interview, the original data were examined, analyzed, compared and summarized.

(1) Investigation results and analysis of the psychological pressure of college football players

The source of psychological stress of football players is found in Table 1 and Figure 1.

<table>
<thead>
<tr>
<th>Psychological pressure source</th>
<th>Two level entry</th>
<th>Frequency (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Competition pressure (54)</td>
<td>Stress on the results of the game (20)</td>
<td>50</td>
</tr>
<tr>
<td></td>
<td>Game self-expression pressure (16)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pressure on the environment of the game (18)</td>
<td></td>
</tr>
<tr>
<td>Interpersonal stress (42)</td>
<td>Team mate relationship pressure (16)</td>
<td>38.9</td>
</tr>
<tr>
<td></td>
<td>Lead, coach pressure (14)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>The pressure on the family and friends (12)</td>
<td></td>
</tr>
<tr>
<td>Physical and mental stress (26)</td>
<td>Body pressure (15)</td>
<td>24</td>
</tr>
<tr>
<td></td>
<td>Psychological pressure (11)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>The pressure of others and self (12)</td>
<td></td>
</tr>
</tbody>
</table>

It is found that the pressure of competition pressure, including pressure performance and self-expression in the competition pressure and competition environment. This is the most important source of psychological stress, accounting for 50% of all sources of stress. On the one hand, college football is to strengthen the school in the province by improving the performance level of the players' performance, and to strengthen the school in the province of a ranking and the opportunity to participate in the national finals, and hope to get good grades [9]. As a result, the University's performance and the performance of the players are very seriously and directly to result the players in causing a greater pressure on the game. On the other hand, the management mechanism and operation mechanism of college football in our country are not perfect, and the influence of various unfavorable factors has not formed a good competition environment. If we assume that the competition results of the pressure is a, self-expression pressure is b, the pressure of competition environment is c, and the expression for the pressure of a match is:

\[ A = 40\%a + 32\%b + 27\%c \]  \hspace{1cm} (1)

The relationship pressure of college football players in our country accounts for 38.9% of the overall pressure, ranking second. Among them, the players with the highest frequency are the relationship with the coach and his teammates, and the cumulative is 30. The team's

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Table 1: Psychological pressure source of soccer players

Figure 1. Frequency of psychological pressure source of soccer players
interpersonal relationship is one of the most important sources of stress for team members. Interviews found that 95.24% of the players believe trusting each other, respecting and good relations with the team leader, coach and teammates can complete the training task and improve the performance of the game. On the contrary, the team's internal tensions, contradictions, and disharmony of the atmosphere can easily lead to depression, upset, affect training and competition [10]. We assume that the pressure of the team mate is d, the pressure of the leader and the coach is e, and the pressure of friends and family is f, and the expression of the pressure is:

\[ B = 38\%d + 33\%e + 29\%f \] (2)

Physical and mental pressure, especially for injuries, is a real problem for college football players. Football match against competition, the players have been injured in the moment, and once the pain, not only cannot normal training and competition, serious and even lead to the end of the University's career in advance. We assume that the body pressure is g, the psychological pressure is h, and the expression of the pressure of body and mind stress is:

\[ C = 58\%g + 42\%h \] (3)

The stress of other people and self-expectations is another realistic problem that the professional players face. Many players want to achieve the expectations of the coach [11], but the coach or his teammates give the expectations too high or too much, but also their psychological cause a heavy burden. We assume that the pressure of other is i, self-expectation is j, and the expression of the stress of other people and self-expectations is:

\[ D = 50\%i + 50\%j \] (4)

To sum up, the psychological pressure of college football players in our country mainly has 4 dimensions, including interpersonal pressure, physical and mental condition of the pressure, the pressure of others and self-expectation. The expression is as follows.

\[ H = 50\%A + 38.9\%B + 24\%C + 11.1\%D \] (5)

(2) Survey results and analysis of psychological stress coping strategies of college football players

Coping strategies refer to the individual assessment of the relationship between the situation and the degree of threat, so that the use of effective stress management reduces the negative impact of any method [12]. The coping strategies adopted by individuals mainly depend on the individual and situational factors, individual in the face of pressure, because the attitude is different and the coping strategies are also different. In the face of stress, if they take the positive coping strategies, they can get bigger, more psychological needs to meet. In the process of active response, through continuous adjustment, communication, learning can make them have more and more broad resources. On the contrary, in the face of the pressure, if they take the use of negative coping strategies, it not only affects the normal movement, but also may have a negative impact on the development of athletes.

The results of this investigation are shown in Table 2 and Figure 2.

### Table II. College Football Players’ Psychological Stress Coping Strategies

<table>
<thead>
<tr>
<th>Psychological pressure source</th>
<th>Two level entry</th>
<th>Frequency (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Positive coping (28)</td>
<td>Mental preparation (15)</td>
<td>63.6</td>
</tr>
<tr>
<td></td>
<td>Competition pressure management (7)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Seeking social support (6)</td>
<td></td>
</tr>
<tr>
<td>Negative coping (16)</td>
<td>Negative coping (6)</td>
<td>36.4</td>
</tr>
<tr>
<td></td>
<td>Drain (6)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Bear (4)</td>
<td></td>
</tr>
</tbody>
</table>

![Figure 2. Frequency of positive coping and negative coping](image)

In the face of the pressure, the players can use more positive coping strategies, such as psychological preparation, stress management strategies and seeking support, but the negative coping strategies are close to 40%, and the reasons are many. On the one hand, most of the players are through the physical examination into the University's football team, the cultural foundation is weak [13]. On the other hand, the psychological counseling mechanism of college football players is not enough, many players because of their own characteristics, cannot be a good way to deal with the pressure, only through the way to vent and express.

Through this investigation, we can know the psychological pressure of college football players is a variety of sources, and different measures are not the same. Therefore, in the training of football players, colleges and universities should take into account the psychological training of athletes.

IV. THE ROLE OF FOOTBALL PLAYERS’ PSYCHOLOGICAL TRAINING

(1) to develop and improve the athletes' good motivation and personality characteristics; (2) to develop athletes' good will quality, enhance the confidence and courage to overcome difficulties, setbacks and failures [14]; (3) to develop and improve the special psychological quality, promote sports technology level, (4) to ensure the stability and endurance of athletes to create excellent results; (5) to eliminate fatigue, restore physical fitness, psychological trauma.

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V. METHODS OF PSYCHOLOGICAL TRAINING FOR FOOTBALL PLAYERS

There are five methods of psychological training for football players (Figure 3).

A. Imagery Training Method

It refers to athletes repeat the original form of the formation of the action in the sense of the control of the process in the brain, causing the corresponding action parts to produce muscle activity, so as to achieve the establishment and consolidation of the correct action of the power set, deepen the memory of a training method. Football players have a strong ability to imitate, and quickly accept new things, and coaches often take advantage of this feature in the teaching and training. While using photography, computers, movies, slide playing athletes in the game action and the technical and tactical use of time, or watching the elite athletes in the game of technique and tactics and the field performance of each picture, the player can further deepen to the game of football and the tactics used by the consolidation of the solution.

B. Self-Suggestion Training Method

It is based on the characteristics of human advanced neural activity, using the role of the second signal system, adjust the emotional, will and attention and other psychological activities of athletes. Self-suggestion training should be based on the different tasks and solve problems of the athletes. It is a kind of self-adjustment method which is used to eliminate or reduce the physical and nervous tension caused by training and competition. Using active suggestion can motivate their strenuous efforts and achieved excellent results, using negative suggestion will stimulate the athlete's mood, to produce a sense of inferiority, affect the training effect. Such as "we will be successful" is to enhance the confidence of the athletes, "good, start the game", "we must win this game" is the adjustment of the best psychological state of the implied. The athletes mostly use positive factors boosting the password, from a psychological point of view, in accordance with their psychological characteristics.

C. Simulation Training Method

The simulation training is the method of training the training arrangement in the condition of the basic similar to the competition condition. There are two kinds of images and language in the real situation, its purpose lies in reduce the athletes' psychological tension and improve the athletes on the on-the-spot competition environment adaptability, and check the athletes pre-competition mental, physical and technical aspects of the preparations. Such as the use of pictures, video, film and so on are language and image representation to describe the court scene, this work often uses in peacetime training, especially before a key practice to desensitization, so as to form and the competition environment to adapt to the mental state; real practice uses the provisions of the competition venue, time, sound and the audience, in order to achieve better actual effect. The simulation training can enhance the soccer players' initiative, the stimulation training desire.

D. Will Training Method

Will training is to overcome difficulties, establish confidence to achieve the objectives of the psychological process of training methods. Commonly used methods are: to encourage the law, to induce stimulation, to put pressure and self-supervision, using these methods should be based on different projects, and athletes physical fitness and training level of mixed use, and gradually cultivate a good will quality athletes. Such as the encouragement and agitation method for training athletes' physical quality difference; before the game can be by quality training, fixed tactical training exercises and combat training, consciously to athletes to exert pressure and increase the difficulty to cultivating the confidence of athletes and improve the athlete technique and tactics on the stability of the good method. When will training does well, the athlete's mental outlook is better, and vice versa.

E. Relaxation Training Method

Relaxation training method is a method that uses a variety of methods, through the external or internal verbal information and mental activity, causing reflection and change, so that people's physical and mental in a relaxed state. Relaxation training is used too much in football teaching and training. Because of the characteristics of football, the players of the sports system are easy to fatigue, so it is very important to relax training. Such as the use of closed or semi-closed eyes to imagine the most comfortable state of the situation; the use of musical form or language tips, abdominal breathing to slow down the rhythm, according to the upper limbs, lower limbs and the body of the practice sequence, experience the body to relax the feeling of fever. Relaxation training should pay attention to the exclusion of all other thoughts interference and concentrate in the will to keep practicing, adjust the bad state of mind, and receive satisfactory results.
VI. CONCLUSION

Football is one of the most popular sports in university campus, which has been highly concerned by the community, such as the Chinese University Football League (CUFL) is the most widely used in China, which is the highest level of competition and the greatest impact on the football league. The practice of the development of the football sports shows that the level of competition ability is more high, competition between the teams is more intense, the psychological adjustment and control is more important in the training and competition.

Psychological training has become an important part of the modern football training, and the psychological training of players is not isolated, which should be the same with the players' physical quality training, combined with technical and tactical training, intelligence training, and so on. The coach should pay attention to the psychological training before the game, and run through the whole training and competition. Colleges and universities should pay attention to the psychological training of the players, improve their psychological adaptability and psychological endurance, according to the individual circumstances of the players, take different psychological training methods, improve the psychological quality of the players. Colleges and universities should let the players take part in the high level competition, grasp the essence and the law of the psychological activity of the players, the use of the role of psychological training, mobilize and play the enthusiasm of the players, and promote the improvement of technology and tactics.

Facing the pressure from the competition and other aspects, each university should take corresponding countermeasures. We suggest that all levels of management departments should improve the operating mechanism and management mechanism of college football as soon as possible, and actively create a healthy development of the environment in order to reduce or reduce the negative pressure of the players. In order to improve the player's psychological coping ability, the college should pay attention to the cultivation of the players' positive beliefs and the consciousness and ability of solving the problem. We suggested that players should strengthen the learning of cultural knowledge, and constantly improve their literacy level, to develop practical development planning and effective response plan for their own professional development to lay a solid foundation.

REFERENCES