



A COMPARISON OF FRIENDSHIP QUALITY AMONG THE TRACK AND FIELD AND SOCCER ATHLETES

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Abstract

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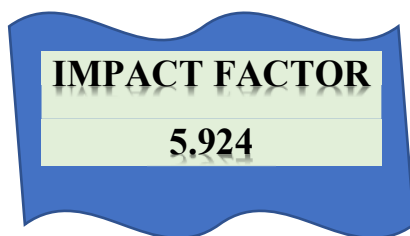
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The purpose of the study was to compare the Friendship Quality among different sports persons. Today, sport is not just a recreation. Presently, it is in the process of transformation. Concentrated efforts are now being made to bring physical education into the mainstream of education. In the process, there are both problems and solutions, embarrassment and insights, and finally confusion and adjustment. There are various human qualities we have, one of them being friendship quality. In group games it is very important to trust each other, respect each other, to know each other qualities and abilities. Social integration with friends plays a crucial role in shaping adolescents' behavior and determining their well-being. Aspects of friendship, including companionship, trust, closeness, intimacy, and conflicts, collectively define friendship quality. The quality of these friendships can significantly influence mental development during adolescence, either enhancing or hindering it. Thus, this systematic review aims to explore the association between friendship quality and adolescents' mental well-being.

This is to conclude that, Track and Field athletes tend to exhibit higher levels of Friendship Quality compared to Footballers. These findings have implications for understanding and addressing the psychological factors that influence athletic performance in different sports.

Keywords: Friendship Quality, Athletes (Track and Field & Football)

Introduction

The purpose of the study was to compare the Friendship Quality among different sports persons. Today, sport is not just a recreation. Nowadays, there are various scopes concerning sports for people as well as our society. Presently, it is in the process of transformation. Concentrated efforts are now being made to bring physical education into the mainstream of education. In the process,



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there are both problems and solutions, embarrassment and insights, and finally confusion and adjustment.

Supporting this view, Humara (2018) emphasized that forming and maintaining friendships requires socialization and time, which can be facilitated through activities like playing sports. Engaging in sports allows friends to compete, respect different races and abilities, share experiences, and have meaningful conversations, highlighting some of the best benefits of sports and playing together.

Methodology

Subjects

This study was employed with a non-experimental comparative design. Specifically, this study was applied for a comparative study approach since the study seeks to compare different individuals in respect of their psychological variables as well as the relationship of different variables will also be considered in the study.

The subjects of the study were male athletes who attended national-level sports in different universities and clubs in West Bengal. 120 subjects were selected from 2 different sports areas viz Track & Field and Football (60 subjects from each sport). Athletes' mean age was 25.4 years and the mean of years of their participation in sport was at least 4 to 5 years.

The study was conducted on one psychological variables i.e., Friendship Quality (FQ). Friendship Quality was measured by the questionnaire McGill Friendship Questionnaire–FF(MFQ-FF) the mean and SD of MFQ-FF scores for Track and Field athletes and Footballers were found as 199.93 ± 22.13 and 154.58 ± 36.31 respectively.

Criterion Measure

The study was conducted on one psychological variables i.e., Friendship Quality (FQ). Sports Confidence was measured by the questionnaire McGill Friendship Questionnaire–FF(MFQ-FF).

Result and Discussion

Table No. 1: Descriptive Statistics and Two sample z-test, using Normal distribution (two-tailed) of MFQ-FF scores

MFQ-FF scores	Mean	SD	z	p-value
Track & Field	199.93	22.13	-27.56	0.00
Football	154.58	36.31		

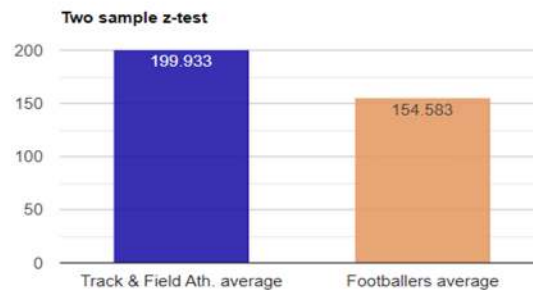


Fig No.1: Average MFQ-FF score comparison between Track & Field athletes and Footballers

The mean of MFQ-FF scores for Track and Field athletes and Footballers were found as 199.93 and 154.58 respectively and the SD of MFQ-FF scores for Track and Field athletes and Footballers were found as 22.13 and 36.31 respectively.

As depicted in the table Z value of -27.56 is extremely large. Z-value (27.56) is much higher than the critical value (1.96 at 0.05 level). P-value is 0.00 which is less than 0.05. It is a statistically significant difference among Friendship quality between Track & Field Athletes and block-level Football players.

Footballers showed a negative correlation between the variables and the value of r is - 0.0829. Although technically a negative correlation, the relationship between the variables is weak. In the case of Track and Field athletes results of the Pearson correlation indicated that there was a non-significant very small positive relationship in Friendship Quality (ATH), ($r(58) = 0.0575$, $p = 0.663$). Two sample z-tests between the anxiety scores of Track and field athletes and Footballers showed a significant difference was found in the Friendship Quality scores of the athletes of the two sports.

Conclusion

This is to conclude that, Track and Field athletes tend to exhibit higher and more significant levels of Friendship Quality compared to Footballers. These findings have implications for understanding and addressing the psychological factors that influence athletic performance in different sports.

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