

**INFLUENCE OF STRESS ON THE PERFORMANCE
OF PREMIER LEAGUE CLUBS IN NORTH-
WESTNIGERIA**

BY

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PHYSICAL AND HEALTH EDUCATION (SPORTS
MANAGEMENT)**

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NOVEMBER, 2015

DECLARATION

I hereby declare that this work is the product of my own research efforts undertaken under the supervision of Prof. M. G. Yakasai and has not been presented and will not be presented elsewhere for the award of degree or certificate. All the sources have been duly acknowledged.

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CERTIFICATION

This is to certify that the research work for this dissertation and the subsequent preparation of this dissertation by Muhammad Yahaya Hadejia with registration number (SPS/10/MHE/00012) were carried out under my supervision.

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DEDICATION

This dissertation is dedicated to my children, Muhammad Nurudeen, Abdullahi
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ABSTRACT

This study investigated the influence of stress on the performance of Premier League Clubs in North-West, Nigeria. Five research questions were raised and five sub-hypotheses guided the study. An ex-post-facto research design was used. The population comprised all the players and team crew of premier league clubs in North-West Nigeria duly registered for the 2011/2012 football session. A purposive sampling technique was used, and one hundred and five players/team crew were selected for the study. A questionnaire was used as an instrument for data collection and was validated and a reliability of 0.78 determined. The researcher with the help of three research assistants distributed 105 questionnaires and all the copies were duly completed and returned for analysis. The data collected was organized and described using descriptive statistics of frequency count and percentages while chi-square (χ^2) was used to test the formulated hypotheses at the 0.05 level of significance. The findings of the study revealed that insecurity does not influence the performances of North-West Nigeria premier league clubs. However, officiating, spectator behavior, environmental conditions and psychological demands influence the performance of premier league clubs in North-West Nigeria. It is, therefore, recommended, among others, that league organizers should provide a tight and adequate security to the clubs during all premier league matches.

CHAPTER ONE

INTRODUCTION

1.1 Background of the Study

Football is accepted globally as one of the most exciting sources of entertainment, a source of livelihood for participating professionals, an investment that has effects and boosts other sectors of the economy, a physical and mental fitness training for a better and healthier living and, more so, a unifying factor irrespective of age, sex, culture, ethnic, religion or any other form of human barrier. In Nigeria, football has become a wonderful game. Therefore, clubs like Sharks, Rangers, Pillars, Enyimba and a host of others who were the pioneers from the onset contributed greatly to what is obtained today. The Premier League today is not just a small business, but rather a big one managed with all the intricacies and expertise that flow-test professionals (Obi, 2000).

Professional Football League competition featuring professional football clubs is the oldest of such competitions in world football. The governing bodies for football in each country operate a league system, normally comprising several divisions in which the clubs gain points throughout the session (Hettler, 2002).

Association football, commonly known as football or soccer, is a club sports played between two clubs of eleven players, and is the most popular sport in the world. The objective of the game is to score by maneuvering the ball into the opponents' goal-post. The club that scores the highest goals at the end of the match wins. If the score is tied at the end of the game, either a draw is declared or the game goes into extra time and/or a penalty shootout becomes the decider, depending on the

format of the competition (Master, 2008). The main objective of the premier league, as written by NFA (1995), is to improve the standard of the game players' status of the league and motivate corporate and individual sponsors' involvement in the development of the game. Professionalism in premier league has been used in boosting the game, as obtainable in soccer nations like Britain, Brazil, Argentina, France, Egypt, Tunisia and Ghana. The league was also to be used in selecting some clubs to represent countries in some continental and international club championships. Which induces clubs to win at all course.

On the other hand, stress is a psychological and physical response to events that upsets our personal balance. It is the body's physical and mental reaction that people have, an excessive pressure or other types of demands placed upon them, which arise when they cope (Umeasiegbu, 1988). People generally are stressed from a variety of daily hustles and a premier league player suffers a great deal of stress in his own category. Stress and its negative consequences are a great threat of modern living. According to Arujut (2012), it can be defined as a physical, mental or emotional demand, which tends to disturb the homeostasis of the body. Used rather loosely, the term may relate to any kind of pressure, be it to one's job, playing in a competition issued to marriage related illness or the death of a loved one. The issue of stress is an important aspect in performance. It affects our performance, for example, during the tense moments of a league game, stress puts athletes under pressure that negatively affects their performance. The pressure and tension of competition ignite the adrenalin flow in some players and may be undermining their performance, cutting down strength, speed and endurance, which could bring about both mental and physical fatigue.

Gould, Jackson and Finch (1993) identified various sources of stress during competition as physiological and environmental demands, expectations and pressures to perform, as well as relationship issues. The physiological sources of stress include body weight, injuries and reactions, such as palpitations, muscular tension and fatigue. The psychological demands can be expressed in self-doubts, competition stress, motivation, anger, frustration, nervousness and anxiety, while the environmental factors include features like facilities and equipment, time, media, financial stress, crowd behaviour and temperature (like hot, cold, altitude and humid situation). Expectations and pressures to perform are normally accompanied by excitement, tension and desire to excel while relationship issues cover many areas of psycho-social aspects, such as relationship with family, teammates, coaches and team handlers (Adeyanju, 1986; Ikulayo, 1990). As observed by the researcher, during competitions, premier league clubs like any other clubs face many situations, which are stressful, and such situations, according to Asuni (1994), poor feeding, setting unrealistic goals, as a result of a strange environment, the need to achieve, high anxiety level, inadequate preparation, inadequate equipment and outfits, inferiority over stimulation and a host of others. This study, therefore, was conducted to investigate the influence of stress on the performance of premier league clubs in North-western Nigeria.

1.2 Statement of the Problem

The performance of premier league clubs in north-western Nigeria seems to deteriorate as a result of perceived stress, which increases on clubs on match day because of traveling fatigue, sub-standard accommodation, insecurity, weather/climatic conditions, spectator's harassment, officiating and a host of others. Amuchie (1993) asserted that in contemporary competitive league, there are a lot of

emotions, stresses, distresses and strains developed within the participating groups in a bid not to only win, but to win at all costs. This is why competitive premier league involves stresses emanating from different sources like physical, psychological, physiological and social variables, which at times go beyond the participant's ability, needs and interests that have a significant influence on their performances. Therefore, the researcher intends to investigate the influence of stress on the performance of premier league clubs in the North-West of Nigeria.

It is in view of the above that the research answered the following questions:

- Will stress arising from insecurity during matches affect the performance of premier league clubs in North-Western Nigeria?
- Will stress occasioned by officiating during matches affect the performance of premier league clubs in North-Western Nigeria?
- Will stress emanating from spectators behaviors during matches affect the performance of premier league clubs in North-Western Nigeria?
- Will stress that is brought about by environmental demands during matches affect the performance of premier league clubs in North West Nigeria?
- Will stress occurring through psycho-social demands during matches affect the performance of premier league clubs in North West Nigeria?

1.3 Hypotheses

The following hypotheses guided the study:

Major Hypothesis:

Stress will not significantly influence the performance of premier clubs in North-western Nigeria.

Sub hypotheses

1. Stress arising from insecurity during matches will not significantly influence the performance of premier league clubs in North-West Nigeria.
2. Stress arising due to officiating during matches will not significantly influence the performance of premier league clubs in North-western Nigeria.
3. Stress arising from spectator behaviors during matches will not significantly influence the performance of premier league clubs in North-western Nigeria.
4. Stress arising due to environmental condition demands during matches will not significantly influence the performance of premier league clubs in North-western Nigeria.
5. Stress arising from psycho-social demands during matches will not significantly influence the performance of premier league clubs in North-western Nigeria.

1.4 Purpose of the study

The study investigated the influence of stress on the performance of premier league clubs in North-western Nigeria. With emphasis placed on security during matches, officiating issues, spectators behaviors, environmental conditions and psychological demands during matches.

1.5 Significance of the study

It is hoped-that the findings of this study would be of benefit in the followings ways:-

- Enlighten clubs, team managers and players about potential stressors, most especially those associated with insecurity, officiating, spectators behavior, psychological demands and environmental factors, so that appropriate measures could be taken to arrest such situations.

- Provide information to other stakeholders on the influence of stress on the performance of premier league clubs in North-western Nigeria, thereby giving them an opportunity to organize mid-season seminars and presentation during annual congress.
- To help intended researchers wishing to carry out research in the area through increasing the general literature.
- Contribute to the existing body of knowledge on the influence of stress on the performance of clubs in competitive situations.

1.6 Delimitations of the Study

This study was delimited to the influence of stress on the performance of premier league clubs in North-western Nigeria, namely: Kano Pillars, Jigawa Golden Stars and Kaduna United football clubs. Clubs management members, team players and coaches of the three clubs that participated in the 2011/2012 League season were the respondents of this study. Furthermore, stressors during league matches were delimited to insecurity, officiating, spectator behaviors, environmental demands and psycho-social demands.

1.7 Operational Definition of Terms

The following terms are defined operationally as used in this study:

North-West States:- Includes all the state in the North-West part of Nigeria, for this study Jigawa, Kaduna and Kano are the sample.

Clubs Performance: the ability of a team to remain in the Nigeria premier league contest in the 2011/2012 session.

Stress: body's response to the challenges of league matches.

CHAPTER TWO

REVIEW OF RELATED LITERATURE

2.0 Introduction

This study investigated the influence of stress on the performance of Premier League clubs of North-Western Nigerian. This chapter contains review of literature relevant to the present study and it was organized under the following sub-headings:

- Brief History of soccer in the World
- The Concept of stress
- The body's reaction to stress
- Effects of stress on performance during Premier League Match
- Summary

2.1 A Brief history of soccer in the World:-

Soccer is one of the games that have their origin in antiquity. While it is popularly believed that soccer originated from England, there was considerable evidence to show that a form of it was played by the Romans who learnt it from the Greeks. Mana(1999) observed that it is impossible to say for sure where or by whom football was invented by the Greeks who included football in some of their military exercises, an idea which was adopted and adapted by the Romans who later spread it throughout the Roman Empire. It is probably through this that the game of football first arrived at the shores of England. It is on record that soccer was played in Manchester, England as early as the 10th century and by the inhabitants of Derby. England claims that soccer was played there on Shrove Tuesday to celebrate a victory over a troop of Roman warriors. Mann (2001) stated that there were evidences that some form of a game involving kicking or carrying a ball into the opponent's territory

was played in England with strikingly orthodox rules or none at all. This showed two documented incidents in 25 of footballers dying after falling on their daggers. In 1848, a seven-hour meeting took place at Cambridge University between fourteen men from a variety of public schools. After the marathon session, the first set of rules for the game then referred to as "Cambridge rules" evolved. It is of importance to note that prior to 1848, anybody in front of the ball was in an offside position of play. As a result of the quest to improve the game of soccer, several attempts were made by other European countries to woo the countries in the world which play soccer on an organized basis (Mana. 1999).

The headquarters of FIFA is located in Zurich, Switzerland and is solely responsible for organizing World Cup soccer competitions at the various categories, so as to bring the world continents together. Among the competitions organized by FIFA are the Under-20, the Under-17, the Cornnlah-Eirean World Schools Football competition for Secondary Schools all over the World, World Youth Soccer, the 5-aside known as "Fustal Fosotball" and of recent the World Cup, U-23 soccer competition for males and females at the Olympics, women world cup and lately the newly introduced junior world cup for females U - 17.

2.1.1A History of soccer in Nigeria

Though available records revealed that Dr. Nnamdi Azikwe was instrumental to the growth and development of soccer in Nigeria, it needs to be stated that football was first introduced into the country by Scottish missionaries who had come with the Scottish Gospel to the port city of Calabar in 1846 AD. This group of Christian missionaries was led by one Rev. Hope Waddel (Ama, 1995). It could, therefore, be deduced that Calabar was the origin of organized football league and competition,

since the Christian missionaries organized games involving football as early as 1900. This situation remained the same until the political capital was changed from Calabar to Lagos, thus bringing along with it the famed soccer game. This is the reason why soccer has grown to such an astronomical dimension in Lagos today.

However, mention must be made that in 1939 Dr. Nnamdi Azikiwe organised a match between Calabar and Lagos and the latter won by six goals to nil (Azzez, 1996). With this result, one could see that the people of Calabar had really been very good in soccer before it eventually came to Lagos. Before this time, the King George V (KGV) stadium, Lagos, now known as Onikan Stadium, was opened on 3rd September, 1935, thus bringing about a major landmark in the history and development of football in Nigeria.

The Nigerian Football Association (NFA) was established in 1945 and in the same year the Challenge Cup came into being. As at that time, only Lagos produced the Clubs for competitive soccer while other parts of the country competed with provincial teams, such as the Ibadan Lions of the old Western Region, the Port-Harcourt Red Devils for the Eastern Region and the Kano team (Kano Eleven) represented the then Northern Nigeria (Mana 1999). This development and later events culminated in the formation of clubs mostly owned by state governments in the 80s. Such clubs like Calabar Rovers, Mighty Jets of Jos, Bendel Insurance, Spartans of Owerri (now Iwanyanwu Nationale), IICC FC Ibadan, Enugu Rangers, D.I.C. Bees of Kaduna (now Ranchers Bees), Kano Raccas Rovers and, of course NEPA F.C of Lagos. However, as time passed, some clubs like the Spartans of Owerri and D.I.C. Bees of Kaduna were bought over by individuals and renamed Iwanyanwu Nationale and Ranchers Bees, respectively.

In 1949, a tourist team comprising one of the best Nigerian strikers of all time, the "Thunder" Teslim Balogun, left the shores of Nigeria to the United Kingdom, playing for clubs sides and displaying an incredible mastery of the game by pulling up a good performance (Daniel 2000). The U.K. Tourist Team, as they were called, also included the likes of Diamona Toe Baby Anieke, Godwin Achche, Fahian Ouru, DejoFayemi and a host of others. This set of players constituted the first generation of the true heroes of football from Nigeria. Soon after, club football started to flourish in several parts of the country, especially Lagos, which to date has the highest number of football clubs in the country, probably due to its proximity to modern civilization, commerce and industries. This probably accounts for the reason why the first set of the country's football administrators that constituted the NFA, which was set up in 1945, were from Lagos. The take off of the FA Cup Competition, which witnessed a rapid growth in leaps and bounds, brought about the introduction of gate fees and the first recorded profit running into several pounds was made around 1948 at one of the FA Cup Finals. The country's political independence in 1960 brought about changes in the fortunes of football in Nigeria. The Federal Government set up a Lagos State Sports Council to supervise all the sports in the region, while the NFA was brought under the Federal Ministry of Labour. Before then, the Bouchy Cup competition was introduced to Calabar between 1930 and 1936. In 1932, the Lagos District Amateur Football Association (LDAFA) was formed while the Ibadan Football Association (IFA) was formed in 1937. Motivated by this development, the then governor of Nigeria, Sir Arthur Fredrick Richard, donated a silver Cup in 1945 and called it the "Governor's Cup" (Daniel 2000).

In Nigeria today, soccer has transformed and developed tremendously with so many competitions organized, such as the early Manuwa Adebajo Cup, the Pepsi

Inter- Institutional Cup, the Coca-Cola Under-18 age group competition, the Amateur League and professional leagues, Female Amateur League and the Challenge Cup, the Nigeria Super Cup and other age group competitions from local government to state and national levels. Nigeria is competing at the international levels in the Africa Cup of Nations, the Africa Super Cup, and the Africa Club Champions Cup, the Africa Cup Winners Cup, (Abiola) the Inter-Club Cup and regional tournaments like the West African Football Union Cup (WAFU) and the Central African Region Cup (Mana. 1999). In 2008, at the U-20 world cup the Nigerian team picked the silver medal in Beijing, after losing the final to Argentina by a lone goal. After 32 years of relentless efforts, Nigeria qualified for the World Cup finals for the first time in 1994. The Eagles triumphed over Cote d'Ivoire and Algeria in the final round of the qualifying series, a stage where it had fallen several times previously to the likes of Tunisia, Algeria and Cameroon. It was an impressive debut at the World Cup finals in America in 1994 as the Eagles topped their group that included two-time winners Argentina, Bulgaria and Greece. Nigeria defeated Bulgaria (3-0), Greece (2-0) and narrowly lost to Argentina (1-2). At the end of the competition, the world football-governing body, FIFA, named the Eagles as the second most entertaining team of the championships behind winners Brazil. The Super Eagles also qualified for the 1998 finals in France, after beating Guinea, Kenya and Burkina Faso in the final round of qualification. Also, Nigeria was at the Korea/Japan 2002 World Cup, but failed to reach the second round after losing 0-1 to Argentina and 1-2 to Sweden and drawing 0-0 with England. The Super Eagles failed to qualify for the tournament in Germany in 2006. In the race for 2010, Nigeria remained unbeaten in the African qualifying series and there was a great national determination to overcome all the odds for the national team to be in South Africa (Reilly & Gilbourne, 2003).

The other national teams have also made their mark. The Super Falcons (the female team) first took part in the World Cup finals in 1991 and then played at the finals again in 1995, 1999, 2003 and 2007. In 1999, the Falcons reached the quarter finals. The team also played in the Olympics in 2000, 2004 and 2008. The U-20 men's team won the World Cup silver in Saudi Arabia in 1989 and 2005 and bronze in 1985. But the most global glory came for Nigeria in the cadet category, where the Golden Eaglets won three World Cups (1985 in Japan, 1993 & 2007).

The U-20 women played at the World Cup finals in 2002, 2004, 2006 and 2008, reaching the quarter finals twice while the U-17 girls played at the first U-17 Women's World Cup in New Zealand in 2008. The beach soccer team won the continental championship in 2007 and 2009 and has also played at two World Cups. Football administration has developed tremendously. At first, it was autonomous, until the Decree 34 of the early 1970s that placed the NFA under the National Sports Council. In the 1990s, Decree 101 came along to re-enforce that (Manu, 1999). However, at its Congress in December 2004, the NFA adopted the Statutes approved by FIFA for the running of the game in Nigeria, and the election of 2006 that brought in the present administration was conducted using the Statutes (Reilly & Gilbourne, 2003).

2.1.2 The Nigerian Premier League

The Nigerian Premier League is the highest level of domestic soccer. It stems up from the Nigeria National League (NNL), which was founded in 1972 with six teams. On Saturday 12 May, 1990 at the Onikan stadium, Lagos, the league was rechristened the "Premier League" with a goal to modernize the game and make clubs independent. Decrees 10 and 11, which codified the introduction of professional football in Nigeria, stipulated that premier clubs should be run as limited liability

companies each governed by a regularly constituted board of directors and required to hold annual general meetings, present independently audited accounts, cultivate youth/feeder teams and own their own stadium within five years of registration with the Pro League Department (Mana, 1999). To assist Pro League clubs in the timely achievement of these stated goals, all the 56 professional club-sides that constituted the inaugural Pro League First and Second Division were granted a five-year tax moratorium on all income, starting from 1990. From 1999-2007, there was an end of season Championship called the "Super Four". The top four teams of the premier league would play in a round-robin tournament, which is a mini-league at a neutral site to determine the champion among them. The Super Four is now a pre-season tournament featuring the top four teams of the previous year. After the 2006 competition, the league changed its calendar to more closely match the common European regular season structure (starting around August and ending around May). The Premier League is managed by the Nigeria Premier League Board (Bailey, 1995). NPL (2008) stated that the National League in Nigeria came into full existence in 1972 when eight (8) clubs registered and took part and the Mighty Jet of Jos in Northern Nigeria emerged winners. In 1989, the professional league system was introduced but commenced in 1990. At present the Nigerian Premier League is the highest level of domestic Nigerian football. The Premier League was upgraded from the first division of the professional League (Division 1 – A and Division 1 – B) to its present status. The League is now organized by the Nigerian Premier League (NPL). As of the 2007/08 season, the league was known as the Globacom Premier League, due to the sponsorship agreement from the Globacom Telecommunication Company. Other leagues organized by the Nigeria Football League include: the Professional League Division One (A and B), the National Amateur League Division One (A - D),

Division Two (A – D) Division Three Play-Off and Coca-Cola FA Cup league divisions. The divisions are grouped by geography, that is, the National Amateur League Division One (A – D), Division Two (A – D) and Division Three Play-off eight clubs, from Division One, are promoted to the Professional Division One (A and B). Most of the clubs are sponsored by private citizens or local government areas and funding at this level is very minimal. Any club eligible to move from the national amateur division one to Professional Division One is committed to increase spending. Dankalata FC of Kano won the promotion, but instead sold their slot in Professional Division One A to Calabar Rovers (NAL, 2009).

The law that established the league in Nigeria also stated that professional clubs should be seen as limited liability companies each governed by a well-organized board of directors who are required to hold annual general meetings, present audited accounts of the club, build up youth/feeder teams and build a stadium of their own within five years of being registered with the Professional League Department. To assist Professional League clubs to achieve these stated goals in timely fashion, the Federal Government granted all the 56 professional club-sides that made up the inaugural Professional League Top and Lower division a five-year tax moratorium on all their incomes beginning from the year 1990.

The era of the Nigeria Premier League started in the country in the year 2003 when the then Nigeria Football Association, which was chaired by Ibrahim Galadima, set up a committee charged with the responsibility of running the league. From 1999–2007, there was an end of league of Champions known as the “Super Four League”. In this league, the top four teams at the end of each season would play a mini-league on a neutral ground to determine the true champion of the league. Now, the Super Four League is a pre-season tournament that features the top four teams at

the end of the previous Season (Markedes, 2002). At the end of the 2006 season, the league board changed its schedule so that it could closely match the common European regular season structure (which starts in August and ends in May). The name was recently changed to the Nigeria Professional Football League and is managed by the Nigeria Professional League Board (Matsen, 2002).

Hornby (2000) described a professional as a person doing something for a paid job rather than a professional football club as a professional sports organization that includes the players, managers, owners and members. Ikhioya (2000) revealed that professionalism in sports involves the recruitment and utilization of professionals for the sole purpose of efficiency and effectiveness in competitive games. The use of professionals is highly valued because of the competitive nature of the league. Football professionalism is a subject of the conflict theory in the explanation of social processes because of the societal changes and social evolution. It involves the socio-economic and cultural changes, forms and status adapted from country to country and from culture to culture, which reflect the tendencies of social actors engaging in football within the influence of the sports environmental cues. Professionalism in football has certain characteristics, which differentiate it from amateur football. These include the following:

- i. Premier league players: are highly formalized and adhered to.
- ii. They are strictly trained to adhere to rules, role relationship and responsibilities during training and competition and can become liable.
- iii. Activities they engage in cannot be disturbed from the pressure and rigors of other daily concerns of life.
- iv. Aspiration and realization transcend beyond the self because management, fans, other interested individuals and groups interests must be considered.

- v. They become responsible for their behavior and performance.
- vi. Performance outcomes do not involve the self alone but groups and others who must show enough strength and attachment to the outcome.
- vii. Training demands a lot of time, attention and effort beyond physical and mental comforts.
- viii. The need to engage the services of other professionals is usually on the increase.
- ix. Financial and material acquisitions take precedence over social, moral and spiritual benefits for participation.

The then Honorable Minister of Sports and Social Development, Air Commodore Bayo Lawal, initiated the idea of a professional league system in Nigeria in 1989. He set up a committee to work out the modalities for the introduction of professional football in Nigeria. After every necessary filling had been put in place, the professional football league completion took off on May 12, 1990. Consequently, 16 different clubs based on the conditions of the Professional Football Implementation Committee (PFIC) were registered for participation in the first ever professional league system. The condition for the registration of professional soccer clubs within their vicinities were clearly spelt out by the NFA. The conditions include the following:

- Availability of an acceptable and approved standard stadium by the clubs in their areas.
- The establishment of virile youth soccer clubs to run side by side as feeder clubs.
- Constructions of standard facilities by the clubs.

- A well-organized management to run the affairs of the clubs which should be a corporate body, an individual or government.

Stationery Stores of Lagos (NFA, 1995) further said -

The Nigerian Premier League is the highest level of domestic Nigerian Football. It was upgraded from the First Division of the Nigerian Professional League in 2004 (to its present status). The league is now organized by the Nigerian Premier League (NPL). As of the 2007/2008 season, the league was known as the Globacom Premier League, due to the sponsorship agreement from the Globacom Telecommunication Company (NPL, 2008). Alaka (2011) stated that MTN Nigeria won the right to sponsor the Nigeria Premier League for four seasons (2010/2011 – 2013/2014). Details of the agreement have yet to be made public, however MTN is said to have made a commitment to pay N2.6 billion over the next four (4) years to the league.

NPL Results (2011/2012) give a summary of the final Premier League Table for 2011/2012 football season, as follows:

Table 2.2. (a) Is the 2011/2012 Premier League Final Table

Teams	Standings					Home			Away			Goals				Positio ns
	P T	P L	W N	D R	L S	W N	D R	L S	W N	D R	L S	G F	G A	G D		
Kano Pillars FC	32	19	9	5	5	9	1	-	-	4	5	23	12	+11	1 st	
Rangers Int'l FC	32	19	9	5	5	8	2	-	1	13	5	22	13	+9	2 nd	
Enyimba Int'l FC	31	19	9	4	6	8	2	-	1	2	6	19	12	+7	3 rd	
GombeUtd FC	28	19	8	4	7	7	2	1	1	2	6	24	21	+3	4 th	
Warri Walves FC	27	17	7	6	4	7	2	-	-	4	4	16	11	+5	5 th	
Lobi Stars FC	27	19	8	3	8	8	1	-	-	2	8	20	17	+3	6 th	
Sharks FC	27	19	8	3	8	7	2	-	1	1	8	19	23	-4	7 th	
ABS FC	26	19	7	5	7	6	2	1	1	3	6	23	18	+5	8 th	
Dolphin FC	26	16	8	2	6	7	1	-	1	1	6	16	15	+1	9 th	
Sunshine Stars FC	25	17	7	4	6	6	3	-	1	1	6	21	16	+5	10 th	
Kwara United FC	25	18	7	4	7	6	3	-	1	1	7	18	16	+2	11 th	
Wikki Tourist FC	25	18	8	1	9	8	1	-	-	-	9	14	19	-5	12 th	
3SC	25	19	7	4	8	7	3	-	-	1	8	13	18	-5	13 th	
Kaduna United FC	24	19	8	-	11	11	8	-	2	-	9	16	23	-7	14 th	
Akwa Utd FC	23	17	6	5	6	6	1	-	-	4	6	15	13	+2	15 th	
Hearthland FC	23	17	6	5	6	6	-	2	-	5	4	17	16	+1	16 th	
NigerTonadoes FC	22	18	6	4	8	6	3	-	-	1	8	16	21	-5	17 th	
Jigawa G/Stars FC	21	19	6	3	10	6	3	-	-	-	10	13	24	-11	18 th	
Ocean Boys FC	20	17	5	5	7	5	3	-	-	2	7	13	21	-8	19 th	
Rising Stars FC	18	19	4	6	9	4	4	2	-	2	7	7	16	-9	20 th	

WEEK NINETEEN (19) RESULTS (10TH APRIL, 2012)

Lobi Stars FC	2	Kwara United FC	1	Rising Stars FC	2	GombeUtd FC
Jigawa G/Stars FC	1	Rangers Int'l FC	0	Sharks FC	2	ABS FC
Kano Pillars FC	3	Kaduna United FC	1	Wikki Tourist FC	VS	Dolphin FC
3SC	1	Enyimba Int'l FC	0	Warri Walves FC	2	NigerTonadoes FC
AkwaUtd FC	VS	Sunshine Stars FC	(PP)	Ocean Boys FC	VS	Hearthland FC

2.1.3 Performances of North-West premier clubs from 2012 to date:

Jigawa Golden Stars

07.9. 2012	Niger Tornadoes	2:0	Jigawa Golden Stars
15.8. 2012	Jigawa Golden Stars	1:0	Enyimba
01.8. 2012	Kano Pillars	3:0	Jigawa Golden Stars
29.7. 2012	Jigawa Golden Stars	2:0	ABS FC
11.7. 2012	Jigawa Golden Stars	2:0	Shooting Stars
05.7. 2012	Wikki Tourist	2:0	Jigawa Golden Stars
13.6. 2012	Jigawa Golden Stars	0:0	Kaduna United FC
10.6. 2012	Gombe United	1:0	Jigawa Golden Stars
07.6. 2012	Jigawa Golden Stars	1:0	Akwa United
02.6. 2012	Jigawa Golden Stars	3:1	Dolphin Port Harcourt
30.5. 2012	Jigawa Golden Stars	2:1	Warri Wolves FC
26.5. 2012	Rising Stars	1:1	Jigawa Golden Stars
20.5. 2012	Sunshine Stars	3:3	Jigawa Golden Stars
17.5. 2012	Heartland Owerri	1:0	Jigawa Golden Stars
02.5. 2012	Enugu Rangers	5:0	Jigawa Golden Stars
29.4. 2012	Lobi Stars	1:0	Jigawa Golden Stars
25.4. 2012	Jigawa Golden Stars	2:1	Sharks
22.4. 2012	Jigawa Golden Stars	1:0	Kwara United
08.4. 2012	Jigawa Golden Stars	1:0	Enugu Rangers
01.4. 2012	ABS FC	3:0	Jigawa Golden Stars
29.3. 2012	Jigawa Golden Stars	1:0	Niger Tornadoes
24.3. 2012	Kwara United	4:2	Jigawa Golden Stars
22.3. 2012	Jigawa Golden Stars	1:0	Lobi Stars
19.3. 2012	Jigawa Golden Stars	0:0	Kano Pillars
15.3. 2012	Shooting Stars	1:0	Jigawa Golden Stars
11.3. 2012	Jigawa Golden Stars	2:1	Wikki Tourist
04.3. 2012	Enyimba	1:0	Jigawa Golden Stars
29.2. 2012	Dolphin Port Harcourt	2:1	Jigawa Golden Stars
26.2. 2012	Jigawa Golden Stars	0:0	Gombe United
15.2. 2012	Jigawa Golden Stars	0:0	Rising Stars
05.2. 2012	Jigawa Golden Stars	1:0	Sunshine Stars
01.2. 2012	Warri Wolves FC	2:0	Jigawa Golden Stars
29.1. 2012	Jigawa Golden Stars	2:0	Heartland Owerri
25.1. 2012	Sharks	4:0	Jigawa Golden Stars

List of leagues and cups where team Jigawa Golden Stars plays this season.

2.1.4 Performances of North-West premier clubs from 2012 to date:

Kano Pillars

07.9. 2012	Sunshine Stars	2:1	Kano Pillars
15.8. 2012	Akwa United	0:1	Kano Pillars
01.8. 2012	Kano Pillars	3:0	Jigawa Golden Stars
29.7. 2012	Kano Pillars	2:1	Dolphin Port Harcourt
11.7. 2012	Sharks	0:0	Kano Pillars
04.7. 2012	Kano Pillars	2:1	ABS FC
20.6. 2012	Heartland Owerri	1:1	Kano Pillars
13.6. 2012	Niger Tornadoes	1:1	Kano Pillars
07.6. 2012	Kano Pillars	4:0	Wikki Tourist
02.6. 2012	Lobi Stars	1:0	Kano Pillars
26.5. 2012	Kano Pillars	1:0	Warri Wolves FC
19.5. 2012	Kwara United	1:0	Kano Pillars
13.5. 2012	Kano Pillars	2:0	Enugu Rangers
09.5. 2012	Enyimba	2:2	Kano Pillars
02.5. 2012	Kaduna United FC	2:0	Kano Pillars
29.4. 2012	Shooting Stars	2:1	Kano Pillars
25.4. 2012	Kano Pillars	2:1	Rising Stars
21.4. 2012	Kano Pillars	0:0	Gombe United
07.4. 2012	Kano Pillars	2:1	Kaduna United FC
01.4. 2012	Dolphin Port Harcourt	1:0	Kano Pillars
29.3. 2012	Kano Pillars	1:0	Sunshine Stars
25.3. 2012	Gombe United	1:0	Kano Pillars
22.3. 2012	Kano Pillars	3:0	Shooting Stars
19.3. 2012	Jigawa Golden Stars	0:0	Kano Pillars
14.3. 2012	Kano Pillars	4:0	Sharks
10.3. 2012	ABS FC	2:2	Kano Pillars
07.3. 2012	Kano Pillars	1:1	Heartland Owerri
03.3. 2012	Kano Pillars	1:0	Akwa United
29.2. 2012	Kano Pillars	2:0	Enyimba
19.2. 2012	Kano Pillars	1:0	Lobi Stars
15.2. 2012	Warri Wolves FC	0:0	Kano Pillars
05.2. 2012	Kano Pillars	2:0	Kwara United
01.2. 2012	Enugu Rangers	3:1	Kano Pillars
25.1. 2012	Rising Stars	1:1	Kano Pillars

2.1.5 Performances of North- West premier clubs from 2012 to date:

Kaduna United

07.9. 2012	KadunaUnited FC	3:1	Lobi Stars
16.8. 2012	ABS FC	3:1	Kaduna United FC
10.8. 2012	Kaduna United FC	2:0	Heartland Owerri
02.8. 2012	Kaduna United FC	2:1	Sharks
15.7. 2012	Kaduna United FC	1:0	Sunshine Stars
12.7. 2012	Warri Wolves FC	1:0	Kaduna United FC
03.7. 2012	Wikki Tourist	2:1	Kaduna United FC
13.6. 2012	Jigawa Golden Stars	0:0	Kaduna United FC
10.6. 2012	Kaduna United FC	2:0	Akwa United
07.6. 2012	Kaduna United FC	1:0	Enugu Rangers
02.6. 2012	Niger Tornadoes	4:1	Kaduna United FC
20.5. 2012	Enyimba	2:0	Kaduna United FC
13.5. 2012	Kaduna United FC	2:1	Kwara United
09.5. 2012	Gombe United	1:1	Kaduna United FC
02.5. 2012	Kaduna United FC	2:0	Kano Pillars
28.4. 2012	Rising Stars	2:2	Kaduna United FC
25.4. 2012	Kaduna United FC	1:1	Dolphin Port Harcourt
21.4. 2012	Shooting Stars	2:1	Kaduna United FC
07.4. 2012	Kano Pillars	2:1	Kaduna United FC
29.3. 2012	Lobi Stars	1:0	Kaduna United FC
25.3. 2012	Kaduna United FC	2:0	Shooting Stars
21.3. 2012	Kaduna United FC	1:0	Rising Stars
17.3. 2012	Sharks	1:0	Kaduna United FC
14.3. 2012	Kaduna United FC	2:1	Warri Wolves FC
11.3. 2012	Sunshine Stars	2:0	Kaduna United FC
04.3. 2012	Kaduna United FC	1:2	ABS FC
26.2. 2012	Akwa United	1:0	Kaduna United FC
19.2. 2012	Kaduna United FC	1:0	Niger Tornadoes
16.2. 2012	Heartland Owerri	1:0	Kaduna United FC
12.2. 2012	Kaduna United FC	3:0	Wikki Tourist
05.2. 2012	Kaduna United FC	1:0	Enyimba
01.2. 2012	Kwara United	3:1	Kaduna United FC
29.1. 2012	Kaduna United FC	0:1	Gombe United
26.1. 2012	Dolphin Port Harcourt	3:0	Kaduna United FC

The **2013 Nigeria Professional Football League** will be the 42nd season of the competition since its inception and the 23rd since the re-branding of the league as the

"Professional League". Due to start in December, numerous delays and challenges to the board pushed the opening weekend back to February and then forward to March 9. There was a season-opening Super Four tournament won by Heartland F.C. between the four clubs involved in Continental competitions in order to get them ready for their international assignments.

Team name	Home city	Home venue	First year of current stint in League
ABS F.C.	Ilorin	Kwara State Stadium	2011
Akwa United	Uyo	Uyo Township Stadium/Rojenny Stadium, Oba	2011
Bayelsa United F.C.	Yenegoa	Samson Siasia Stadium	2012
Dolphins	Port Harcourt	Liberation Stadium	2009
El-Kanemi Warriors	Maiduguri	El-Kanemi Stadium	2012
Enugu Rangers	Enugu	Nnamdi Azikiwe Stadium	1973
Enyimba	Aba	Enyimba International Stadium	1994
Gombe United	Gombe	Pantami Stadium	1994
Heartland	Owerri	Dan Anyiam Stadium	1975
Kaduna United	Kaduna	Kaduna Township Stadium	2008
Kano Pillars	Kano	Sani Abacha Stadium	2001
Kwara United	Ilorin	Kwara State Stadium	2009
Lobi Stars	Makurdi	Emmanuel Atongo Stadium, Katsina-Ala/AperAku Stadium	1999
Nasarawa United	Lafia	Lafia Township Stadium	2012
Nembe City F.C.	Nembe	Samson Siasia Stadium	2012
Sharks	Port Harcourt	Sharks Stadium	2008
Shooting Stars	Ibadan	Awolowo Stadium	2009
Sunshine Stars	Akure	Akure Township Stadium	2007
Warri Wolves	Warri	Warri Township Stadium	2008
Wikki Tourists	Bauchi	AbubakarTafawa Balewa Stadium	2011

Performances of North-West Clubs in Nigerian Premier League 2011/2012 session

Team	Pld	W	D	L	GF	GA	GD	Pts	Qualification or relegation
1 Kano Pillars(C)	38	20	3	15	46	40	+6	63	Qualification to the
2 Enyimba(Q)	38	18	8	12	32	19	+13	62	

									2014CAF Champions League	
3	Bayelsa United (Q)	38	19	4	15	42	39	+3	61	Qualification to the 2014 CAF Confederation Cup
4	El-Kanemi Warriors	38	18	6	14	43	33	+10	60	
5	Enugu Rangers	38	18	4	16	47	37	+10	58	
6	Gombe United	38	18	1	19	38	46	-8	55	
7	Warri Wolves	38	15	10	13	42	33	+9	55	
8	Sharks	38	15	8	15	35	32	+3	53	
9	Dolphins	38	15	8	15	32	34	-2	53	
10	Kaduna United	38	17	2	19	37	45	-8	53	
11	Heartland	38	16	4	18	39	32	+7	52	
12	Sunshine Stars	38	15	7	16	39	35	+4	52	
13	Nasarawa United	38	15	7	16	37	42	-5	52	
14	Lobi Stars	38	15	7	16	35	40	-5	52	
15	Nembe City	38	16	4	18	31	47	-16	52	
16	Akwa United	38	14	9	15	41	46	-5	51	
17	Kwara United (R)	38	13	11	14	32	32	0	50	Relegation to the Nigeria National League
18	ABS (R)	38	14	8	16	35	43	-8	50	
19	Wikki Tourists(R)	38	15	4	19	40	43	-3	49	
20	Shooting Stars (R)	38	13	7	18	41	46	-5	46	

2.2 The Concept of Stress

Stress refers to our intellectual, emotional, physical and behavioural responses to demands made on us by our internal or external environment (Keable, 1989). Today, everyone experiences stress. However, each individual may experience it differently and become stressed under different conditions, show different symptoms and cope with these symptoms in different ways (Asuni, et al, 1994; Stratton, 2002). According to Ikulayo (1990), stress is viewed from different perspectives; some people consider it to be an essential ingredient necessary for excellent performance, while others believe that it could have a devastating effect on performance. But generally from a psycho-physiological point of view, stress could be good or bad, depending on its level and the caliber of the persons affected. The term “stress” is typically used in two different but related ways. The first usage refers to situations

that tax the physical and/or psychological capabilities of the individual. The focus here is on the balance between the demands of the situation and the personal and environmental resources available to the person. Situations are labeled to be stressors when the demands test or exceed the resources of the person. The second use of the term relates to the individual's response to the situation. Used in this manner, stress refers to the cognitive, affective and behavioural response pattern that occurs in response to situational demands. Clearly, these two uses of the term are not synonymous, since people may vary considerably in how stressful they find the same situation (Asuni et al, 1994; Stewart, 1999; Matsen, 2002). In the usual meaning of the term, only stimulation that produces tension and makes demand on us is called stress. A great amount of tension that is potentially harmful is called distress and the stimuli that produce stress or distress are called stressors (Adeyanju, 1986). Stressors, however, vary in several ways. They may be internal or external, real or imaginary, pleasant or unpleasant, few or many, mild or intense, acute or chronic, new or familiar and temporary or permanent. In all human endeavors and activities, therefore, there must be a certain degree of arousal or stress, which stimulates an individual to action (Adeyanju, 1992; Ikulayo, 1990).

Typically, an excessive level of stress tends to result in the overloading of the cortex, and this makes the central nervous system (C.N.S.) malfunction. Through this process, the information sent could be easily misinterpreted due to the inability to coordinate all the necessary sensory input. As a result, the behavioural disorganization that leads to the behavioural consequences of the decreased level of efficiency and psychological if not physical withdrawal from the activity may occur. A commonly noted response to this behavioural disorganization to stress is rigidity in behavior. The person appears to get into a behavioural rut that does not permit the degree of the flexibility needed for effective coping, task performance or interpersonal functioning. Then the person's behavior may become inappropriate and this may be the source of interpersonal difficulties, as well as lowered task efficiency (McGrath, 1970; Smith,

1979). However, we cannot conclude that stress occurs only in situations where demands exceed resources (overload alone) but it can also result when resources greatly exceed demands, or when the person is not challenged to use his or her resources. When a low level of stimulation is experienced, the tendency is a lack of excitement, alertness, a feeling of stagnation and boredom, of which the consequence is poor performance. Meanwhile a condition of under-load may also take its toll (Umeasiegbu, 1988; Ikulayo, 1990). Stress is simply the body's non-specific response to any demand made on it. It is a state that disrupts the homeostasis (internal equilibrium) of the body and makes us behave the way we do (Singer, 1980). It is an everyday fact of life, which cannot be avoided. It is a change to which an individual must adapt to achieve the desired success. Any situation can be perceived to be by anyone at any time. However, the greater the degree of perceived stress, the stronger the reaction which is usually manifested in a heightened arousal state (Singer, 1980, Stewart, 1999).

Stress producing circumstances or conditions are called stressors (Adeyanju, 1986) and are generally associated with environmental factors (both internal and external) (Keable, 1989; Perloe, 2002; Asuni et al, 1994). The internal environmental factors as sources of stress are associated with the individual's physical and psychosocial conditions within himself. The physical conditions are features, such as illness or injury, malnutrition, fatigue, lack or loss of sleep, weight loss or overweight, and the like, while the psychosocial aspects deal with conditions associated with excessive family responsibilities, academic pressure, job relationships, unfriendly boss or neighbor, a new experience, broken homes, parental neglect and so forth. The external environmental factors as sources of stress, on the other hand, include situations like the weather (that is temperature, either excessive heat or cold, temperate or humid conditions), noise, crowd/fans, pollution, difficulty or lack of communication and so on. Weitz (McGrath 1970) also identified speeded information processing, environmental stimuli (like the weather), perceived threat and

physiological conditions such as diseases, drugs, weightlessness, isolation, confinement and group pressure as sources of stress in our daily life.

Premier League players experience different kinds of stress, which can have either negative or positive influences. Nowadays, the competitive football setting can be a highly demanding one from both physical and psychological perspectives and is, therefore, capable of eliciting high levels of stress in participants (Smith, 1979). From youth settings to the professional level, players must cope with the pressures of intense competition. For some players in the premier league, it is a challenging and enjoyable activity, while others find the competitive setting to be a threatening and an aversive situation. However, in any given setting, high and excessive levels of match stress can have a wide range of negative consequence, ranging from undermining enjoyment and performance to the increased likelihood of injury and burnout (Umuesiegbu, 1988; Ikulayo, 1990; Amuchie, 1993;).

There are in fact limitless situations in the game of the premier league, which make tasking demands on players. Poor feeding, setting unrealistic goals, poor exposure, lack of or overconfidence, the need to achieve, a high anxiety level, inadequate preparation, inadequate equipment and facilities, over-stimulation and a host of others are pertinent factors of stress among players during matches (Umueisiegbu, 1988). According to Adeyanju (1986), one of the most common problems facing league players today is that of stress and its concomitant physical and psychological effects. During competition, this competitive stress can originate from many sources, such as the nature of the match, the coach, teammates, friends, supporters, fans and a variety of situations where the practice or contest is neither relaxing nor enjoyable.

Gould (1983, 1993) also identified many stressors during competition, which include physical/physiological, psychological environmental demands and social/relationship issues, as well as expectations/pressure to perform. However, they explained that coping with stress refers to an individual's ability to shape his cognitive and behavioural efforts in order to adjust and adapt to the challenges of

external or internal conflicts through effortful responses. Stress coping in the competitive league match simply means how one controls and perhaps reduces the occurrence and negative effects of stress (Adeyanju, 1986; Gould et al, 1993).

2.2.1 The Causes of Stress in Sports

Stress can be caused by many different factors in a sporting environment. These factors can be many (Hans, 1996). For example, internal factors could be a player having to take a penalty and knowing that he has missed his previous penalties. This can cause distress and may reduce performance due to the fact that something is affecting the mind. The player may be having self-doubts or eustress, this is because the players will want to perform well and be successful because they had a poor previous performance (Koolhaas, 2011). Another form of stress can be attributed to external factors, such as the crowd chanting songs about the players, whether it is positive or negative towards them. Depending on the player, it could provide pressure, which would either give them a platform to perform better or some pressure to crumble under. If they are playing against a very good opposition, it can also provide distress, which may lower performance because, when playing against a high quality opposition, they can become nervous (Urban, 2008). There are also personal factors; an example would be if the player's wife is having a baby. This may be in the back of a performer's mind when playing. It may cause distress, which will cause a drop in performance, as there is something other than the match on the mind of the player (Kemeny, 2007).

Occupational factors are also a cause of stress. For example, there may be a disagreement in the team or a player dislikes the manager. These factors may cause distress and reduce performance because disliking someone may affect the co-operation of the team. However, it may provide eustress for the players and raise their performance because they want to prove people wrong (Graham, Christian & Kiecolt-Glaser, 2006).

2.2.2 Types of stress:-

The three major types of stress – are the physical and the environmental, the psychological and the social. It is important to understand that all these types of stress are interrelated.

Physical and Environmental Stress

Physical stress is the demand or a change in the state of our body. We feel strained when we overexert ourselves physically, lack a nutritious diet, suffer an injury or fail to get enough sleep. Environmental stresses are aspects of our surroundings that are often unavoidable, such as air pollution, crowding, noise, winter cold, etc. Another group of environmental stresses are catastrophic events or disasters such, as fires, earthquake, floods, etc. (Keil, 2004).

Psychological Stress

These are stresses that generate in our minds. These are personal and unique to the person that experiences them and they arise internally. We worry about problems, feel anxiety or become depressed. These are not only symptoms of stress, but they cause further stress in us. Some of the important sources of psychological stress are frustration, conflicts, internal and social pressures (Glaser, & Kiecolt-Glaser, 2005)

- **Frustration** results from the blocking of needs and motives by something or someone that hinders us from achieving a desired goal. There could be a number of causes of frustration, such as social discrimination, interpersonal hurt, low grades in school, etc.
- **Conflicts** may occur between two or more incompatible needs or motives, e.g. whether to study dance or psychology. You may want to continue studies or take up a job. There may be a conflict of values when you are pressurized to take any action that may be against the values held by you.

- **Internal pressures** stem from beliefs based upon expectations from inside us to ourselves, such as 'I must do everything perfectly'. Such expectations can only lead to disappointment. Many of us drive ourselves ruthlessly towards achieving unrealistic high standards goals.
- **Social pressures** may be brought about from people who make excessive demands on us. This can cause even greater pressure when we have to work with them. Also, there are people with whom we face interpersonal difficulties, 'a personality clash' of sorts.

Social Stress

These are induced externally and result from our interaction with other people. Social events like death or illness in the family, strained relationships and trouble with neighbors are some examples of social stress. These social stresses vary widely from person to person. Attending parties may be stressful for a person who likes to spend quiet evenings at home while an outgoing person may find staying at home in the evenings stressful (Dantzer & Kelley, 1989).

Sources of Stress

According to Davis et al (2000), human beings experience stress from many sources but generally there are four basic sources, namely the environment, social stressors, physiological sources and thoughts. The environment bombards us with demands to adjust with situations like the weather, noise, traffic and pollution. Social stressors include social demands like deadlines, financial problems, disagreements, demands for time and attention and the loss of beloved ones. The physiological sources, on the other hand, include the rapid growth of adolescence, illness, aging, injuries, poor nutrition and muscular tension, while thoughts deal with and refer to how the brain interprets complex changes in the environment and the body.

Weitz (McGrath 1970) viewed stressors like speeded information processing, environmental stimuli, perceived threats, physiological variables, isolation, confinement, blocking, frustration and group pressure. Speeded information processing is a situation where inputs are numerous enough to prohibit adequate information processing at a given time and the organism becomes overloaded, as in the case of too much conflicting instructions. Environmental stimulus consists of noxious stimulus, such as conditions like extreme temperature, noise, vibration and so forth. Perceived threats as stressors deal with how the individual perceives a situation he finds himself in as potentially dangerous, like combats and trials. Physiological variables, on the other hand, are concerned with stimulus conditions provided by diseases, drugs, sleep loss, weightlessness and so forth. Isolation refers to a situation where stress is likely to be experienced when there is a perceived threat and there is no possibility of social contact while blocking and frustration refer to individual's inability to meet a goal or target, in other words, the inability to complete a task. For the group pressure, the stimulus condition for stress is derived from established social norms of a group or role expectations imposed upon the individual. Fear of failure is the frequent result of such impositions, which apparently leads to a state of stress.

Several situations have built-in stressors in our lives. They include conflicts, loss, demands on our time and attention, judgments on our emotions, anxiety and blocked needs (Hamilton and Warburton, 1979; Keable, 1989; Stewart, 1999). Conflict occurs when we have to choose one alternative at the expense of another. The option involves withdrawing from the situation either voluntarily, for example, we go somewhere else, wait until the situation resolves itself or we find a new alternative or involuntarily we faint, get sick become mentally ill and so on. Loss of an important object, place and/or relationship can also produce stress. For example, the loss of a person/relative through death or separation, items of great sentimental, monetary or useful value, familiar surrounding and so forth can be quite painful because we do not always know what to expect.

Stewart (1999) further highlighted that people sometimes demand our time and attention in ways that can cause stress. Some people attempt to manipulate us by playing with our guilt, fear, the need to be needed, the need to be important and the like, rather than trusting to make our own decisions. Furthermore, the way we judge our emotions/feelings and express them can also be stressful. Whenever our emotions are over expressed or expressed inappropriately, we tend to manifest behaviours like anger, aggression and fear, which may later lead to illness, excessive mistakes, accidents and depressions. This is why it is important to acknowledge our emotions, at least to ourselves, and to create a situation in which we can express them constructively. Uncertainty is frequently accomplished by anxiety as a major stress. When we are worried about being high degree of uncertainty is a major stress. When we are worried about being accepted or rejected, winning or losing, or about performing well, we experience anxiety and stress. Anxiety can also be described as the stage fright of life when we aren't sure of ourselves, of others or of the situation (Singer, 1980). Also, if our needs are not met when we want them met, our reactions can become extreme and may include desperation, rage, panic and manifestations of severe distress.

In sports competitions involving premier league players, stress can originate from anxiety, strategy, luck, rewards and punishment, desire to excel and expectations (Adeyanju, 1986). Others include frequent travel, financial constraints, hostile fans, poor officiating, poor security arrangements, competitive situations and doubts about the outcomes. The concern over strategic effectiveness produces a great deal of anxiety, which is stressful (Adeyanju, 1986, 1992; Amuchie, 1987). Adeyanju (1986) maintained that if luck is not on your side, mistakes may happen to affect performance and cause injuries to key players. So also many unlucky goal attempts and misses may cause anger, frustrations, aggressiveness, injuries and other stressful conditions. More so, the fact that sport holds a revered position in today's world may take players establish unrealistic expectations (for example, scholarships as rewards)

and avoiding loss and winning can also cause players great deal of stress. The desire to excel and believing that others expect great performance from players put them under more pressure, which is stressful (Adeyanju, 1986; Efunkoya, 1987).

Ikulayo (1990) pointed out the sources of stress during a match are evident in the nature/ magnitude of the league, motivation, expectations, fear of failure, anxiety, crowd behavior and error interpretation. Other sources she included are physical and mental fatigue, nervousness, lack of or overconfidence, awareness of the high reputation of opponents, the perception of threatening the refutation of self, deterioration in performance, injury and temperature tolerance. More so, lack of sleep/ relaxation, poor nutrition, uncertainty, inability to estimate actual performance, tactical deception, breakdown of personal playing pattern/ form and constant unforced errors are all sources of stress during a match.

Gould et al (1993) identified physical demands, psychological demands, environmental demands, expectations and pressure to perform and relationship issues as sources of stress during league matches. The physical demands are those associated with physiological disorders like injury, body weight, muscular tension, fatigue and malnutrition, while the psychological demands are issues related to how a team controls anxiety, anger and frustrations. The environmental demands deal with individual's reaction to temperature tolerance (cold, heat, altitude and humidity), facilities and equipment, the expectations and pressure to perform, desires, zeal and what people expect from the team. This can, however, be related to motivational techniques to ginger players for higher performance (rewards and punishments). The relationship issues as sources of stress during league match are concerned with the player's relationship with his fans, teammates, coaches and handlers. An unharmonious relationship among the players as a team, with their co-players, handlers and the like, manifests many problems during competition, such as numbness, deterioration in performance, committing uncalled errors, injuries and so forth.

According to Robbins (2002), stress is what is felt by people when they believe that the demand of what needs to be done exceeds the resources or ability they have to finish, succeed or merely do the job. During a league match, stress comes from within as well as outside the player. It comes when they feel that the demand of the season league is too great given their abilities and the resources they possess to handle the situation. These feelings may come from a variety of sources, including not playing well, making or fear of making a mistake, poor progress rate, management pressures, expectations, the coach's styles, lack of appropriate feedback from the coach, poor teammate's communication, losing a game or match, the physical and psychological demands of the playing environment stadium (the weather, different surface, facilities and equipment), referees and the caliber of opponents and spectator such as scouts, friends, parents and loved ones. Parents' possible role also creates stress for young players through strained relationships, future concerns, financial support and general chaos in terms of lack of proper control over children (Robbins, 2002). Similar to league players and parents, coaches also put a burden on participating league players. Several sources of stress for a coach include family responsibilities, team responsibilities, referees, players, directors, job security, financial commitments, league issues, time and own goals. However, these sources of stress may overlap and affect the players in both league and non-league situations.

2.3 The Body's Reaction to Stress

Stress affects people differently. When encountering the same situation, one may panic, another faint, and the third be quite controlled. These differences make it apparent for the way we behave, the way we do and why we get as upset as we do or why little things can upset us (Stewart, 1999). Emotionally, our reactions to stress are related to the duration of it that is, the longer we are under stress, the more intense our reactions and also the more the stressors, the more intense our reactions. The more of the need being blocked and the perception of the situation, the more we feel

threatened or the less hope we have of successfully coping with the situation and the more intense our reactions. Therefore, we naturally have no voluntary control over our emotions. We cannot just decide to be happy or just stop feeling bad. Anger, depression, anxiety and guilt are common emotions that occur in conjunction with stress (MacGrath et al; 1970; Stewart, 1999).

Physiologically, when danger is perceived, the brain alerts the endocrine system. The hypothalamus (located at the base of the skull) stimulates the pituitary gland to release the adrenocorticotrophic hormone (ACTH) into the blood stream, which in turn triggers the adrenal glands to produce hormones called corticosteroids. Epinephrine and norepinephrine are also released by the adrenal glands in response to the hypothalamus. These hormones act as a transmitter substance in the sympathetic system, a division of the autonomic nervous system, which is responsible for preparing the body for the demand in case of fight or flight. The heart rate increases, bronchioles dilate, coronary and skeletal blood vessels dilate, visceral and skin blood vessels constrict, digestion ceases, pupils enlarge, blood pressure rises, muscles contract and endorphins (natural pain killers) are released. The purpose of all these responses, however, is to mobilize the body for the appropriate response to stress. If the stress is not relieved, we may stay stressed for days, weeks and even months and years. The possible physiological signs of stress can be expressed in anger over minor incidences, loss of appetite or overeating, the inability to concentrate, depression, fatigue, the urge to cry, numbness, tense muscles, nervous or inappropriate laughter, teeth grinding, insomnia, diarrhea, increase in alcohol/drug consumption, blurred vision and so forth (Hamilton and Warburton,; 1979; Bourne and Ekstrand, 1982; Davis et al, 2000;).

According to Suinn (1979), stress during competition results from the interaction between stressor variables, such as unfair judgment, poor field or course condition, being behind in game score, biased crowd and the like, and person variables, such as personal sensitivities, the tendency to appraise conditions as

threatening, poor coping skills, perception of control, history of success and so forth. The presence of stress at this situation can, therefore, be inferred through any or all of these three basic domains, that is, the affective-autonomic, the somatic-behavioural or the cognitive domain. where the affective-autonomic domain is involved, the stress responses may include heightened autonomic arousal, distress and physiological symptoms, such as increased heart rate, higher respiration and other symptoms of excessive arousal, while the somatic-behavioural responses involved symptoms associated with neuromuscular tightness, motor coordination difficulties, restless and random activity or constricted movements where free movement may be lost and error-patterns repeated. The cognitive domain, on the other hand, is involved with responses, such as negative thoughts, uncontrolled cognitions, disruption of attention or concentration, poor self-efficacy statements and the like (MacGrath et al; 1970; Stewart, 1999).

2.4 The Effects of Stress on Performance during Premier League Matches

League refers to an act of contest or a struggle between clubs or teams for the achievement of a definable goal for oneself or for a team by means which tend to deprive others of achieving that same goal (Ikulayo, 1990). During the league, therefore, players compete against many odds, against one or more clubs, against fed norms and/or against self-imposed standards, and all these situations may be stressful and challenging to a player. Stress, therefore, is no doubt inimical to effective performance during competition (Umeasiegbu, 1988).The premier league season setting can be a highly demanding one from both physical and psychological perspectives, which are therefore capable of eliciting high levels of stress in participants. From professional settings to the premier level, players must cope with the pressures of intense league. For some players, premier league is a challenging and enjoyable sports, while others find the competitive setting to be a threatening and aversive activity (Smith, 1879; Hackfort and Spielberger, 1989; Stewart, 1999;).

According to Adeyanju (1986), one of the most common maladies facing the sports world today is that of stress and its concomitant physical and psychological effects. Ikulayo (1990) also maintained that strong emotional responses interfere with players' performance and prevent them from making rational decisions on important matters. The players under stress during matches suffer from emotional instability, social withdrawal, depression and frustration. This makes them also lose control over themselves and traces of abnormality in behavioural patterns are noticed, with visible manifestations of the inability to relax and concentrate. During a match, as the body responds to various forms of physical and psychological stress, certain predictable changes occur. These include increased heart rate, blood pressure (systolic and diastolic) and secretions of stimulatory hormones. These responses to stress will occur whether the stress is positive or negative in nature. Continual exposure lowers the body's ability to cope with additional forms of psychological and physiological stress. The results of continuing stress may cause disruption in one or more of the areas of physical, emotional, spiritual and/or social health. Players, therefore, experience general irritability, elevated heart rate, increased blood pressure, headaches, insomnia and trembling, which towards the end increase accident proneness (MacGrath, 1970; Adeyanju, 1986; Ikulayo, 1990; Stewart; 1999; Gaynor; 2000). According to Amuchie (1993) and Venkateswarlu (1987), in contemporary competitive sports, a lot of emotions, stresses, distress and strains are developed within the league match not only to win, but to win by all means. This makes players experience different stages of tension before, during and after the league. Such tensions are:

- **(Pre – Season) Tension**

One or two days before the actual league starts, players experience a great amount of tension. Their reaction to this situation will depend on their past experience in similar stressful situations and degree of success in handling them. Players experience worries, overwhelmed feelings, uncomfortable feelings of insecurity, nervousness, tension, increase or decrease in eating, increase or decrease in sleeping and so forth

before the start of league. The situation requires the coach, sport psychologist and other team handlers to calm them down by pep-talk to ensure that they do not pass the point of optimum activation (Amuchie, 1993).

- **The Start Tension (On – Season)**

This is the tension that the player experiences a few minutes or hours before the actual game or when he comes in contact with the match environment, such as the crowd in the stadium or visual contact with opponents. Attractive new jerseys or kits, the announcement of the champion and opponent achievement, a hostile crowd and the like would make players feel inferior and develop feelings, such as depression, certainty of losing, lack of confidence. Certain physiological reactions, such as stomach upset, nervous twitches, trembling, excessive sweating, muscle tenseness, heart pounding, cold, rapid shallow breathing and so on, are also experienced. This affects club performance during a match and makes him perform poorly even though he is better. The tension curve at this stage is relatively high, depending on the player's similar past experience. The duration of tension may be short or long, depending on the time span of the activity, for example, the start tension curve in 100metres races may be higher but shorter than that of a football 90minute game duration. The actual performance, 200metres races, may be higher but shorter than that of a marathon race or soccer match (Ikulayo, 1990).

- **Post-Performance Tension (Off Season)**

This is the tension the players experience following the end of the league. Players may exhibit aggression, euphoria or depression, depending on the outcome of the league. They react differently to defeat or victory. For example, while some may be aggressive to others (extra-punitive), others may direct the aggression to themselves (intra-punitive), others may fall into a state of euphoria while others may be depressed. Here also, the ability to tolerate differs among individuals (Venkateswarlu, 1987; Amuchie, 1993).

Efunkoya (1987) stated that practically all individual players experience the symptoms of stress before and during the early part of the league. There is a lot of individual variation in its manifestations. One hour or so before the match, the novice, advancing, advanced or even top players may experience pre-match jitters, due to thoughts of the approaching crucial moment. The player may observe other signs, such as urinating more often than necessary, frequent with organized thinking, forethought and doing things properly. Memory too is slightly impaired. Forgetfulness may be a feature. Tension, confusion and impaired performance of skills are other signs of stress during the off season in struggling to secure a club or maintain position or even retain shirts, increase of pay and to be recognized as a full time player.

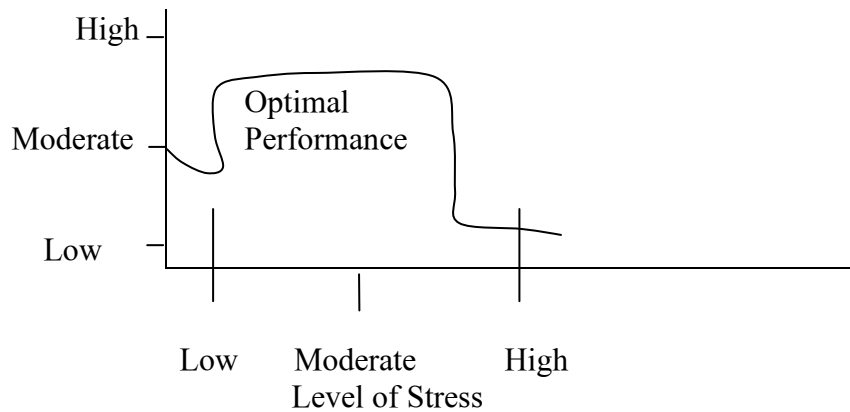
Adeyanju (1986) highlighted that stressors, such as those associated with competition demands, practice demands and social demands (for example, pressure from fans, coaches, friends, financial problems) lead to strains on players during the league, which are characterized by behavioural signs of nervousness, heightened blood pressure, muscle tremor and other signs of autonomic instability. This further leads to improvement, decrease in performance, the performance fluctuations and performance breakdowns. The competitive environment contains many stressors, including the presence of an unfamiliar crowd, referees, the weather, etcetera, which are not present in the training environment. In many instances, performers practice for long hours in a comfortable, friendly and familiar environment, and when exposed to the stressors associated with a match practice during the screening itself, not being accustomed to the match environment, stress may easily create anxiety, which is detrimental to performance excellence (Venkateswarlu, 2000) and also affects the performer's perception of, or confidence to, perform complex skills (Jones, 1993).

Furthermore, concentration or attention is a limited and vital resource during competition, in that we hardly have so much available during performance. Consequently, if a performer devotes a large part of that limited attention/concentration to worrying or being cognitively anxious about a particular

opponent, playing conditions, scouts and so forth, then he has only a little attention remaining to focus upon actual performance. This leads to the loss of smooth motor coordination and excessive pre-match worry and impaired performance even though the team is better (Suinn, 1970). Consequently, the signs, symptoms and effects of stress during season and off season can be expressed and identified through physiological, cognitive and behavioural responses (Robins, 2002; Matsen, 2002). These responses generally produce negative thoughts and behavioural disruptions that lead to disturbed participation, failures, injuries and accident proneness. However, some people experience only one type of symptom while others are burdened by uncomfortable bodily sensations, negative thoughts and changes in conduct. Specific examples of some of the possible signs, symptoms and effects of physiological stress during competition include tight muscles before or during performance, early muscle fatigue, short, shallow or irregular breathing, insomnia, diarrhea and/or vomiting before a contest, narrow field of vision and so on. The cognitive effects are associated with fear and worry about an opponent, or not performing well, fear of failure, irrational thoughts, indecisiveness/confusion, lack of confidence or doubtless about one's ability and the like. The behavioural symptoms, on the other hand, include absenteeism/lack of concentration, pacing, strained relationships, drinking alcohol or drug abuse, eating faster or slower than normal, talking faster or slower than normal, etcetera (Ikulayo, 1990).

Generally, it is very important to note that where the stress level is too low, performance also becomes impaired due to the fact that one may become bored and lack concentration and, during competition, if this state persists for a long time, the game becomes tedious and the team may give up. Adversely, where stress symptoms become too high, performance can also suffer from all the symptoms of distress and normal flow can be disrupted, the team may be distracted and the league can become threatening and unpleasant. However, in the middle, at a moderate level of stress, there is a zone of best performance, and if a team can keep within this zone, that

would sufficiently arouse a high quality performance, without being over-stressed in every situation of the season (Suinn, 1970).



The Degree of Arousal/Stress

Fig. I: The inverted-U Theory adopted by Rainer Martens (1971) and R Singer (1980) is usually associated with tasks requiring fine muscular control and complex skilful execution. It shows that a low level of stress or arousal is characterized by low performance, while high level of stress or arousal leads to deterioration in performance. In between the two continuums, and/or at moderate stress level, optimal at higher level is attained.

Source: Motor Learning and Human Performance by R. Singer (1980).

But this zone of optimum performance is in a different sport and is a different shape for different players. Some players may operate most effectively at a level of stress that would leave other players either bored or in pieces. It is possible also that someone who functions superbly in a level of competition might experience difficulties in a high match, e.g. Kano Pillars Vs Sharks FC. Alternatively, a club who performs only moderately at low level of competition might give an exceptional performance under extreme pressure (Venkateswarlu, 1987, Ikulayo, 1990; Miller, 1993, Stewart, 1999; Matsen, 2002; Robbins, 2002).

2.4.1 The Fight or Flight Response

As stated earlier, the term “stress” can be generally used in two different but related ways (Asuni et al, 1994; Stewart, 1999; Matsen, 2002). The first usage focuses on the balance between the demands of the situation and personal as well as the environmental resources available to the person, while the second usage refers to the

cognitive, affective and behavioural response pattern that occurs in response to situational demands, that is, either to fight or flight.

According to Smith (1979), the term “stress” can be generally used in the different but related ways. The first usage refers to situations that tax the physical and/or psychological capabilities of individuals. The focus here is on the balance between the demands of the situation and the personal and environmental resources available to the person. The second use of the term relates to the individuals response to the situation. In this manner, stress refers to the cognitive, affective and behavioural response pattern that occurs in response to situational demands (often termed as “fight” or “flight”).

Fight or flight response is a series of biochemical changes that prepares an individual to deal with threat or danger. It is a situation where one needs a quick burst of energy to respond quickly and appropriately to overcome the challenges encountered or flee, run away to escape from the threat ahead (Hackfort & Spielberger, 1989; Davis et al, 2000).

Davis et al (2000) pointed out that Hans Selye traced what happens in the body during the fight or flight response. That any problem, imagined or real, can cause the cerebral cortex, the thinking part of the brain, to send an alarm to the hypothalamus, the main switch for the stress response located in the midbrain. The hypothalamus then stimulates the sympathetic nervous system to make a series of changes in the body. The heart rate, breathing, muscle tension, metabolism and blood pressure all increase. The pupils dilate to sharpen the vision and hearing becomes more acute. The hands and feet get cold as blood is directed away from the extremities and digestive system into the larger muscles that can help an individual to fight or run.

Unfortunately, when the fight or flight response continues unchecked during times of chronic stress, something else happens that can have long-term negative effects. The adrenal glands would start to secrete corticoids, adrenaline or epinephrine and norepinephrine, which inhibit some very important functions of the body, such as

digestion, reproduction, growth, muscular tone, tissue repair and so on (Borne and Ekstrand, 1981; Payne and Firth-cozes, 1987). Fortunately, the same mechanism that turns the stress response on can run it off. This is called Relaxation Response (Davis et al; 2000). As soon as a person decides that a situation is no longer threatening, the brain stops sending emergency signals, which in turn stop sending messages. A few moments after the shutting off of the danger signals, the fight or flight response burns out. The metabolism, heart rate, breathing rate, muscle tension and blood pressure all turn to their normal levels.

2.4.2 The General Adaptation Syndrome (G.A.S.)

Stress may be defined as any state during which the body tends to mobilize its resources and it utilizes more energy than it ordinary would (Stewart, 1999). In an acute stressful situation, such as pain, temperature, anxiety, and so on, all the organs of the body show evolutionary or degenerative changes. This is called alarm reaction. Upon continued exposure to a stressor capable of eliciting the initial reaction, a stage of adaptation or resistance ensues. After still more exposure to the stressor, this acquired adaptation is lost again and the third stage ensues, which is the exhaustion stage. All these observations are termed the General Adaptation Syndrome: (G.A.S.), which has three stages (Hamilton and Warburton, 1979; Bourne and Ekstrand, 1982; Davis et al, 2000).

- **Alarm Reaction:**

This occurs upon a sudden exposure to noxious stimuli to which the organism is not adapted. The first reaction to stress is similar to that observed during emotional stages. Changes occur in the heart rate, respiration, skin resistance and endocrine activity. To give the body added energy, the adrenal glands begin to secrete large amounts of epinephrine and no epinephrine, which acts on the liver to cause an increased release of stored sugar. In general, during intense stress, the

sympathetic nervous system is activated, whereas the parasympathetic nervous system is inhibited (Suinn, 1970).

- **The Resistance Stage:**

This is marked by full adaptation to the stressor during which symptoms improve or disappear. Considerable strain has been placed on the individual and if the stress continues, or if other stresses occur, the person may enter the third stage of reaction.

- **The Stage of Exhaustion:**

During this phase, the individual may exhaust the resources mobilized to cope with the stress. If the stress persists, the individual may weaken to the extent that death occurs (Bourne & Ekstrand, 1982; Adeyanju, 1986).

2.4.4 Match Officials and Officiating

The official officiating is a person who has the responsibility to enforce the rules and maintain the order of the game, as well as other personnel that have an active task in maintaining the game.

(1) The NFF referees committee shall appoint referees for matches while the match commissioners committee of the NPL shall appoint match commissioners.

(2) State football associations shall be notified at least one week in advance about the appointment of match officials and it shall be the responsibility of the states FA to inform promptly such match officials.

The Welfare of the Match Official

(1) Only NPL designated hotels shall accommodate match officials for league matches, alternative arrangement by clubs without clearance from the NPL shall not be permitted.

(2) The match officials shall be given adequate security before, during and after a match result not- with- standing.

(3) All the matches the match commissioner referees the fourth official and the state FA inclusive shall be paid by the NPL in accordance with its approved rates.

(4) Match officials appointed to officiate matches within their region (North and South) shall each be entitled to the following flat rates

(5) In each match, the match commissioner, Referee, fourth official and the state FA inclusive shall be paid by the NPL in accordance within the approved rates (Adeyanju, 1986).

Intra-Regional

Match Commissioner	N100,000.00
Referee	N 80,000.00
Assistant Referee	N 70,000.00

(Nigeria Premier League Handbook, 2012-2013).

Sports officiating is when a sports official, such as a baseball umpire or football referee, calls the game and calls fouls and penalties and keeps the rules straight in appliance with the game, so that the game being played is kept fair for everyone

The supervision of league is in accordance with established rule and the quality of the sport officiating depends on the official's knowledge of the rules of the game, on his ability to apply the rules while observing the requirements of sportsmanship, including unbiased judgment and accuracy, and on his experience as an official. Football officiating should have educational value for players and spectators alike. Match officiating is not a profession.

In football officiating, there are preferred ways of operating that tend to lead to success, although there are no guarantees. The ways you choose to operate are revealed in the style you adopt. The four styles described in this chapter are not mutually exclusive, though. You may find yourself justifiably adopting a particular style to fit the occasion. A good official adapts to the age of participants, their skill level, their maturity, their grasp of the game's protocols, the complexity of their

strategy and the overall context of game situations. A preteen, early-season contest may feature participants who are just learning the rudiments of the league. On the other hand, a late-season game between skilled competitors and a substantial (and partisan) audience poses another set of challenges. Your style should fit the circumstances of the competition. This chapter also contains suggestions for beneficial personal behavior-ways of responding that are shaped by your attitude, performance principle and the 10 commandments of style. This chapter should help you react positively to game situations. A dozen scenarios about collisions or near collisions on plays at home plate could be described. The rules cannot cover all these situations succinctly. They can only describe parameters. If you take those parameters and apply them to the letter, you, in effect, penalize players unfairly. Applied in an overly rigid manner, rules of play can actually be used to sabotage their intent (Adeyanju, 1986).

However, some officials operate in this stringent way. They believe that by applying rules in a punitive manner, they are fulfilling their role as the game's guardians. But the rules of each league are subject to wide interpretation simply because there are so many variations in game circumstances. Rules governing blocking in football also allow considerable latitude in interpretation. Blocking used to be done with the shoulder pads. Players kept using their hands to push, however, and finally the rule makers made pushing legal. But the shoving had to be done within the frame of the body of the player being blocked. What is within the frame? An official who wants to apply the definition precisely can call the "illegal use of hands" a lot, even if the contact has no bearing on the result of a play. In other words, a rule-book-style official could interrupt a play almost at will, and some officials do just that, believing themselves to be conscientious. Players, coaches and fans often find their overly strict judgment annoying, even counterproductive (Eubank, Collins, 2000). The sole job of the referee is to make sure that a game is played fairly and that all of the players, coaches and associated personnel adhere to the rules of the game.

The toughest job for referees and umpires is keeping players and coaches calm after a close call (Weinstein, 2003). It is this love of sport that inspires people to take on the role of referee.

Stress and anxiety are linked to the role that the football referee carries out during a game. Stress and anxiety are defined as a difficulty that causes worry or emotional stress and fear (Eubank, Collins, 2000). Stress affects everyone, not only referees. Players subside to stress more often than match officials (Anderson & Williams, 1999) However, with respect to the referees and match officials stress plays a crucial role in the ability of referees to make correct decisions throughout a game or event by inhibiting their decision-making ability. Referees and match officials are special populations and, as such, it takes a 'special' kind of individual to become a referee. Not only do they need to be physically fit and be able to keep up with the play (Reilly & Gregson, 2006), they need to be able to cope with the abuse and threats that are targeted towards them from all sides of the sport, including players, coaches, spectators and the media.

Greer (1983) assessed the effect of crowd behaviour (spectator booing) on home and away teams' performance outcomes (points scored, turnovers, violations and composite score comprising points scored minus turnovers and violations). Greer observed that during normal crowd behaviour, home teams are better on all four performance measures. During those instances when the crowd is booing (for longer than 15s), the home teams' superiority increases further, two of the four performance measures being significant. Greer speculated that the observed increase in the home teams' performance (the home advantage) is due to either a decrement in the visiting teams' performance or to referee bias resulting from intimidation by the home crowd (since most of the booing was directed at the officials). Interestingly, the two studies disagreed regarding the influence of antisocial crowd behaviour. This could reflect difficulty in differentiating systematic officiating error from improvements or deteriorations in player performance

2.5 Summary

Stress is viewed from different perspectives; some people consider it to be an essential ingredient necessary for excellent performance, while others believe that it could have a devastating effect on the performance. But generally from a psychophysiological point of view, stress could be good or bad, depending on its level and the caliber of the persons affected.

It could be noted that during the league, players compete against many odds, against one or more clubs, against fed norms and/or against self-imposed standards, and all these situations may be stressful and challenging to a player. Stress, therefore, is no doubt inimical to effective performance during competition. The premier league season setting can be a highly demanding one from both physical and a psychological perspective, which is therefore capable of eliciting high levels of stress in participants. From professional settings to the premier level, players must cope with the pressures of intense league. For some players, the premier league is a challenging and enjoyable sport, while others find the competitive setting to be a threatening and an aversive activity. One of the most common maladies facing the sports world today is that of stress and its concomitant physical and psychological effects. Competitions of such nature usually produce strong emotional responses that interfere with players' performance and prevent them from making rational decisions on important matters. The players under stress during matches suffer from emotional instability, social withdrawal, depression and frustration. This makes them also lose control over themselves and traces of abnormality in behavioural patterns are noticed, with visible manifestations of the inability to relax and concentrate. In contemporary competitive sports, a lot of emotions, stresses, distress and strains are developed within the league match not only to win, but win to by all means. This makes players experience different stages of tension before, during and after the league.

This study is unique in the sense that a similar study was conducted by Frank (2002) on the strategies for coping where the researcher used descriptive survey on 3 groups of young players and also an interview and questionnaire as data collection instruments and one way analysis of variance (ANOVA) in analyzing the data collected. This study investigated the influence of stress on the performance of premier league clubs in North-western Nigeria. The ex-post facto research design was employed and Chi-square was used for data analysis.

CHAPTER THREE

METHODOLOGY

3.0 Introduction

This study investigated the influence of stress on the performance of premier league clubs in North-western Nigeria. In this chapter, the methodology of the study was described under the following sub-headings: research design, population of the study, sample and sampling technique, data collection instrument, validity of the instrument, reliability of the instrument, data collection procedure and data analysis.

3.1 Research Design

An ex-post facto research design was used for this study. According to Nwanu (1999), the design is a type of descriptive research associated with certain occurrences, outcomes, conditions or types of behavior by investigating and analyzing past events or already existing conditions. It is normally used to assess the feelings of people about certain practices and can be expressed in terms of opinion.

3.2 Population of the Study

The population for this study comprised one hundred and five (105) players and the team crew of premier league clubs in North-West Nigeria that featured in the 2011/2012 football session (Jigawa Golden Stars Football Club Dutse, Kano Pillars Football Club, Kano and Kaduna United Football Club, Kaduna).

3.3 Sample and Sampling Procedure

The sample of the study was 105 respondents selected through the purposive sampling technique. According to the Nigerian Premier League (NPL, 2012), each club is to register a maximum of 35 players and team crew per session. The researcher, therefore, used the whole thirty five registered players and team crew from each of the clubs as the respondents for the study.

Include board members

3.3.1 National Premier League Clubs of the North-western Nigeria for 2011/2012 Season

CLUBS	Registered Members
Jigawa Golden Stars Football Club, Dutse	35
Kano Pillars Football Club, Kano	35
Kaduna United Football Club, Kaduna	35
Total	105

3.4 Data Collection Instrument

The instrument used for data collection was a self-developed questionnaire named Questionnaire on the Influence of Stress on Nigeria Premier League Clubs (QISONC), which was divided into two sections: Sections A was on the demographic information of the respondents, while Section B sought information on different sources of stress on a five-point Likert type scale of Strongly Agree, (SA), Agree (A), Undecided (U), Disagree (DA) and Strongly Disagreed (SD).

Validation of the Instrument

The questionnaire was vetted by four experts in the area of Sports Management in the Department of Physical and Health Education, Bayero University, Kano for content validity. Their comments, criticisms and suggestions were incorporated in the final copy of the questionnaire.

3.6 Reliability of the Instrument.

To obtain the reliability of this instrument, a pilot study was conducted through the use of twenty players and a team crew of Wikki Tourist Football Club of Bauchi. A test re-test method was adopted for the pilot study and the Pearson Product Moment Coefficient Correlation of 0.78 was obtained, which confirmed the reliability of the instrument for usage.

3.7 Data collection Procedure

An introductory letter was obtained from the Head of Department of Physical and Health Education, Bayero University, Kano for the attention of the management of the three premier league clubs, seeking permission to administer the questionnaire. When the permission was granted, the researcher with the help of three research assistants administered 105 copies of questionnaire to the respondents and all the copies were dully completed and returned for analysis within the period of three weeks.

Data Analysis

To organize and describe the demographic information of the respondents, descriptive statistics of simple frequency counts and percentages were used, while the Chi-square (χ^2) statistics was employed to analyze the data to test formulated hypotheses at the 0.05 level of significance.

CHAPTER FOUR

RESULTS AND DISCUSSION

4.0 Introduction

This study investigated the influence of stress on the performance of Premier League Clubs of North-West Nigeria. In this chapter, the results and discussions are presented in tabular form.

4.1 Results

Table 4.1 Clubs Information

Clubs	No	Percentage
Kano Pillars FC	35	33.33
Jigawa Golden Stars FC	35	33.33
Kaduna United FC	35	33.33
Total	105	100.00

Table I above revealed the number of participants from each club. Kano Pillars has 35 (33.33%), Jigawa Golden Stars, 35 (33.33%) and Kaduna United, 35 (33.33%) subjects selected for the study.

Hypotheses Testing

Hypothesis1

Stress arising from insecurity during matches will not significantly influence the performance of premier league clubs in North-West Nigeria.

Table 4.2 χ^2 summary on influence of stress arising from insecurity during premier league matches

Variable	Agreed	Disagreed	Total	df	χ^2 Value	Probability
Insecurity						
FO	43	62	105	1	3.44	0.001
FE	52.5	5.25				

χ^2 3.841, df 1, P \leq 0.05

Table 4.2 above shows that calculated χ^2 value in respect of stress arising from insecurity during matches by the premier league clubs in North-West Nigeria was 3.44. This was less than the critical or table value of 3.84 at 0.05 level of confidence. This implies that the hypothesis that stress arising from insecurity during matches will not significantly influence the performance of premier league clubs in North-West Nigeria was accepted.

Hypotheses 2

Stress arising due to officiating during matches will not significantly influence the performance of premier league clubs in North-Western Nigeria.

Table 4.3: χ^2 summary on the influence of stress arising due to officiating during premier league matches

Variable	Agreed	Disagreed	Total	df	χ^2 Value	Probability
Officiating						
FO			105	1	11.67	
FE	70 52.5	35 52.5				0.001

χ^2 3.841, df 1, $P \leq 0.05$

Table 4.3 above shows that calculated χ^2 value in respect of stress arising due to officiating during matches will not significantly influence the performance of premier league clubs in North-Western Nigeria was 11.67. This was greater than the critical or table value of 3.84 at 0.05 level of confidence. This implies that the hypothesis that stress arising from insecurity during matches will not significantly influence the performance of premier league clubs in North-West Nigeria was rejected.

Hypothesis 3

Stress arising from spectator behaviors during matches will not significantly influence the performance of premier league clubs in North-Western Nigeria.

Table 4.4: χ^2 summary of the influence of stress arising from spectator behaviors during premier league matches

Variable	Agreed	Disagreed	Total	df	χ^2 Value	Probability
Spectators Behaviour						
FO	54	51	105	1	.086	
FE	52.5	52.5				.770

χ^2 3.841, df 1, P>0.05

Table 4.4 above indicates that calculated χ^2 value in respect of stress arising from spectator behaviors during matches will not significantly influence the performance of premier league clubs in North-Western Nigeria was 0.86. This was less than the critical or table value of 3.84 at 0.05 level of confidence. This implies that the hypothesis that stress arising from spectator behaviors during matches will not significantly influence the performance of premier league clubs in North-Western Nigeria was accepted.

Hypothesis 4

Stress arising due to environmental condition demands during matches will not significantly influence the performance of premier league clubs in North-western Nigeria.

Table 4.5: χ^2 summary on the influence of stress arising due to environmental condition demands during premier league matches.

Variable	Agreed	Disagreed	Total	df	χ^2 Value	Probability
Environment condition						
FO	56	49	105	1	.467	.495
FE	52.5	52.5				

χ^2 3.841, df 1, P>0.05

Table 4.5 above indicates that calculated χ^2 value in respect of stress arising due to environmental condition demands during matches will not significantly influence the performance of premier league clubs in North-western Nigeria.

was .467 This was less than the critical or table value of 3.84 at 0.05 level of confidence. This implies that the hypothesis that stress arising due to environmental

condition demands during matches will not significantly influence the performance of premier league clubs in North-western Nigeria was accepted.

Hypothesis 5

Stress arising from psycho-social demands during matches will not significantly influence the performance of premier league clubs in North-western Nigeria.

Table 4.6: χ^2 summary on the influence stress arising from psycho-social demands during premier league matches..

Variable	Agreed	Disagreed	Total	df	χ^2 Value	Probability
Psycho-social Demands						
FO	56	49	105	1	.467	.495
FE	52.5	52.5				

χ^2 3.841, df 1, P>0.05

Table 4.6 above revealed that calculated χ^2 value in respect of stress arising from psycho-social demands during matches will not significantly influence the performance of premier league clubs in North-western Nigeria was .467. This was less than the critical or table value of 3.84 at 0.05 level of confidence. This implies that the hypothesis that stress arising from psycho-social demands during matches will not significantly influence the performance of premier league clubs in North-western Nigeria was accepted.

4.2 Discussion

This study investigated the influence of stress on the performance of Premier League Clubs of North-West Nigeria. From the results of the study, it was revealed that insecurity does not influence the performance of premier league clubs in North-West Nigeria. This is not in line with Gabriel (2012) who reported a negative effect of insecurity during matches manifestations on football players in different situations due to stress. He concluded that football players in his study lost their performances as a result of insecurity. This study is also not in line with Terry (2012) who reported that anxiety, caused by insecurity and stress, affects athletes' performances. He added

that even gifted players can perform poorly as a result of high levels of stress and insecurity.

The result of the study also revealed that officiating during matches significantly influences the performances of premier league clubs in North-West Nigeria. This finding is in line with that of Lehman and Reifman (1987) who reported that officiating significantly affects the performances of rugby players. That a referee's poor reaction time and faulty calls put more pressure on his collegiate rugby players this is also in line with Glamser (1990) who reported that poor officiating kills players' morale. He further reported that a hostile atmosphere of an away game where (social) support is lacking can clearly produce a dysfunctional aggressive response on the part of the visiting player and a less-than-objective view on the part of officials and this causes poor performances. This is also in line with Oudejans (2000), who reported general bias as a result of poor officiating in games that negatively affects the performance of his team. The result is also in line with Mathew (2012), who reported that officiating decision influences the performance of soccer players. He added that a certain example happened in the 2010 champion league semifinal between Chelsea and Barcelona in which poor officiating resulted in Chelsea defeat.

The result of the study revealed that spectator behaviors during matches do not influence the performances of premier league clubs of North-West. This finding is not in line with Venkateswarlu (1987), who reported that most players experience a serious stress some minutes before the commencement of a game, especially when coming in contact with the large crowd of spectators in the stadium or visual contact with hostile supporters. This can cause stomach upset, nervous twitches, trembling, excessive sweating, muscle tenseness, heart pounding, cold, rapid shallow breathing and so on. This affects club performance during a match and makes it perform poorly even though it is better and performs well. This is also not in line with Efunkoya (1987), who reported that a huge crowd of fans makes players experience frequent urinating more often, have memory slightly impaired, confusion and impaired skills

performances. This is also not in line with Hirer and Rampey (1979) and Greer (1983), who concluded that anti-social behaviour from the crowd had a detrimental effect on athletes' performance.

The results of this study revealed that due to environmental condition demands during matches influence the performances of premier league clubs in the North-Western Nigeria. This is not in line with Gould et al (1983), who reported that environmental demands, such as individual's reaction to temperature (cold, heat, altitude and humidity), facilities and equipment, the expectations and pressure to perform, desires, zeal and people's expectations from a team, are all strong factors responsible for poor performances.

The result of the study further revealed that psycho-social demands during matches do not influence the performance of premier league clubs in North-western Nigeria. This is not in line with Ikulayo (1990) who reported that psychosocial problems, such as lack of excitement and alertness and poor relationship with teammates and coaches can cause stress, which result in poor performance. Furthermore, an excessive level of stress tends to reduce efficiency, effectiveness and general task productivity. This finding is also not in agreement with Anderson(2005), who stated that psychosocial demands and their negative consequences are a great threat and challenge to sport performances.

CHAPTER FIVE

SUMMARY, CONCLUSION AND RECOMMENDATIONS

5.1 Summary

This study investigated the influence of stress on the performance of premier league clubs in north-western Nigeria. To achieve the purpose of this study, one major hypothesis and five sub-hypotheses were formulated to guide the study. An ex-post factor design was used. The population study comprised the entire 105 players and team crew of Kano Pillars, Kaduna United and Jigawa Golden Stars football clubs. The sample of the study was 105 respondents selected through purposive sampling technique. A self-developed questionnaire on a Likert type scale was used as an instrument for data collection. The researcher, with the help of three (3) research assistants, administered the questionnaire on the respondents and all the copies were duly completed and returned for analysis. Data collected were organised and described using descriptive statistics of frequency count and percentage for the demographic inputs and χ^2 was employed to analyse the formulated hypotheses at the 0.05 level of significance.

The results of the study revealed the following:

- i. Insecurity does not influence the performance of premier league clubs in North-western Nigeria.
- ii. Officiating influences the premier league clubs' performance.
- iii. Spectator's behavior did not influence the premier league clubs' performance.
- iv. Environmental conditions did not influence the premier league clubs' performance.
- v. Psychosocial demands did not influence the premier league clubs' performance.

5.2 Conclusions

Based on the findings of this study, the following conclusions were drawn:

1. Security is not adequately provided during premier league matches involving clubs from North-western Nigeria, which leads to their poor performance.
2. Clubs from North-western Nigeria suffer from biased and unfair officiating, most especially during away matches, which seriously influence their performances during the premier league matches.
3. Clubs from North-western Nigeria are not intimidated by spectators' behavior during premier league matches therefore, the hostile attitude of spectators does not have any influence on their performance.
4. Club management in North-western Nigeria provide a good condition of service to players and relieve psycho-social stress during premier league seasons.
5. Good and favourable environmental conditions were provided during premier league seasons, so that clubs in the North-western Nigeria play without many problems.

5.3 Recommendation

Based on the findings of this study, the following recommendations are made:

1. The NPL should provide tight and adequate security to the clubs during all premier league matches.
2. Officiating officials should try as much as possible to be fair and just and avoid discrimination among premier league clubs in Nigeria.
3. The NPL should organize enlightenment programmes to continue sensitizing spectators to appreciate and support teams amicably, so that the spirit of sportsmanship can be encouraged.
4. Adequate and functional facilities should always be provided and maintained in match venues to allow a hitch free game without many difficulties for the premier clubs to acclimatize the different weather conditions in an attempt to reduce stress, which might lead to poor performance during premier league seasons.

54 Recommendation for Further Research

In view of the limitation of this study, specific issues concerning premier league clubs should be considered by future studies on : Influence of stress on the performance of premier league clubs in South West Nigeria.

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APPENDIX II

QUESTIONNAIRE ON INFLUENCE OF STRESS ON PREMIER LEAGUE CLUBS OF NORTHWEST NIGERIA

Please tick (√) the column against each statement that most applicable.

SECTION A:

Demographic Information of the Respondent

(1) Clubs:

- (a) Kano Pillars FC ()
- (b) Jigawa Golden Star FC ()
- (c) Kaduna United FC ()

SECTION B

The following statements are based on modified likert scale relating to the likely influence of stress in Premier League Clubs.

Please tick (√) against each statement that best described your feelings.

KEYS:

- Strongly Agree - SA
- Agree - A
- Undecided - UN
- Disagree - DA
- Strongly Disagree - SD

		SA	A	UD	DA	SD
1.	<u>INSECURITY</u>					
(a)	Ineffective security outfit/arrangement makes me insecure and afraid to perform.					
(b)	Lack of standard perimeter fence makes me to feel unsecured during a match.					
(c)	Fans' and spectators' intimidation affects my performance during a match.					
(d)	I Fear inadequate security during a match.					
2.	<u>ENVIRONMENTAL DEMANDS</u>					
(a)	Lack of appropriate training field during competition affects my readiness to compete.					
(b)	I find it difficult to adjust to playing in a new environment.					

(c)	I feel nervous in-front of a wild and unfamiliar spectators during matches				
(d)	Strange surroundings make me feel insecure and afraid to play, dressing room, toilet, training site.				
3.	<u>PSYCHO- SOCIAL DEMANDS</u>				
(a)	I feel nervous and scared prior to a match				
(b)	At times I get confused and anxious during a match when we concede to an early goal.				
(c)	My co-players' personality makes me loose confidence in myself i.e. (superiority complex)				
(d)	Fear of injury constantly makes me play carefully during match				
4.	<u>OFFICIATING</u>				
(a)	Officiating bias kills my zeal during a match				
(b)	Incompetence of officiating referees demoralize me during matchs.				
(c)	Stigmatization by the referee demoralizes my performance in a match.				
(d)	Lack of coordination between the centre and line referees judgment demoralizes my performance.				
5.	<u>SPECTATORS' BEHAVIOR</u>				
(a)	I feel disturbed when criticized by fans and spectators				
(b)	Fear of failure during match as a result of spectators abuse and threats affects my performance.				
(c)	I easily feel nervous when we concede to goals in an away match				
(d)	Lack of supporters dampen my spirit during match				

Thank you.



JIGAWA GOLDEN STARS FOOTBALL CLUB

C/o Jigawa State Sports Council,
Old Secretariat, Dutse

Fax: _____
E-mail: jgoldenstars@yahoo.com

In case of reply quote
Ref: _____

Date: 3rd July 2012

CHAIRMAN
Alh. Aliyu S. Baita
08036372985
08096242870

The Director,
Jigawa State Sport Council,
Dutse.

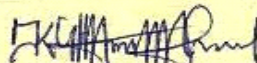
Sir,

FORWARDING A FINAL LIST

I am directed to forward for necessary actions the final list of Jigawa Golden Stars F/C players, technical crew and officials as appropriately pls.

SECRETARY
Mannir I. Adamu
08062444420

Yours faithfully,


Ibrahim Jibrin

TEAM MANAGER
Dodo Isah
08032843899

Desk Officer
Jigawa Golden Star
For: Secretary

MEDIA OFFICER
Samaila Mohammed

Members: Mohd Yahaya (DOS); Jibril Ali; Sanusi Sani; Alh. Hamisu Sale; Usman Adamu; Mal. Lawan Shuaibu