

## Psychological Indices and Sporting Performance among Elite Athletes in Football in South-South Region, Nigeria

**Authors :** Simon Bullem, Ukkpata Mathias Oko

**Abstract :** The trust of this study will investigate the psychological indices and sporting performance among elite athletes in football in 32 teams in the south-south region, of Nigeria. To achieve the aim of the study, five research questions and five hypotheses shall be tested at a 0.05 level of significance that will guide the study. Literature shall be reviewed in line with the sub-independent variables of sporting psychological indices and the dependent variables of elite athlete achievement reactions towards the psychological indices. The ex.post facto survey designed shall be adapted for the study. The population of the study shall be 768 elite athletes from 32 clubs across the south-south region in Nigeria. A sample of 300 elite athletes shall be sampled using a simple random and stratified sampling technique. The questionnaire titled Psychological Indices and Sporting Performance among Elite Athletes in Football (PISPAEAF) will be the mean instrument for data collection. The research question shall be analyzed using the main and standard deviation statistics while the hypotheses shall use the person product moment correlation analysis at 0.5 level of significance finding for implications in sporting psychological indices and elite athletes' performance, which will emanate from the study. Based on the findings, recommendations shall be made.

**Keywords :** psychological indices, performance, elite athletes, sports, football

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