A PROJECT ON

Fitness and Training Habits of Football Players: A Comprehensive Data-driven Study

BY

ARYAN AJIT SHINDE

SUBMITTED TO

Department of Sports Management

Nagindas Khandwala College of Commerce, Arts and Management Studies.

Mumbai – 400064

In partial fulfilment of the requirements for the degree of Bachelor of Management Studies - Sports Management - Sem VI

Academic Year 2023-2024

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Malad Kandivali Education Society's

Nagindas Khandwala College of Commerce Arts

And

Management Studies (Autonomous)

Department of Sports Management

CERTIFICATE

This is to certify that Mr. Aryan Ajit Shinde has successfully completed the Dissertation as a part of the semester VI syllabus titles **"Fitness and Training Habits of Football Players: A Comprehensive Data-driven Study"** under the guidance of Dr. Deepak R Gupta during the Academic Year **2023-2024.**

Prof. Dr. Deepak R Gupta

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DECLARATION

I Wish to state that the work embodied in this dissertation titled **Fitness and Training Habits of Football Players: A Comprehensive Data-driven Study** is my own contribution. The Dissertation is carried out under the guidance of **Mr. Dr. Deepak R Gupta** in this academic year 2023-2024

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ACKNOWLEDGEMENT

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ABSTRACT

This study analyzes the behavior of football fans after their favorite favorite football player leaves the club he is currently playing in and moves to another club. It is also about analyzing whether fans are loyal towards the player or the club. It is normally observed that when a player who is idolized by his fans moves to another club, there are different sets of fans that behave differently. Some follow the player to another club and start supporting that particular club where he is playing, where the fans are spending money to purchase merchandise of the club where their favorite player is playing, changing their phone or PCs wallpaper to the club's logo or getting the club's logo or flag printed either on their T-shirts or customizing their phone back cover. Some fans continue supporting the club where the player played before or some fans abandon the sport since they do not find the link between the sport and themselves. Every fan whose favorite player has left the club they used to play before goes through a certain form of emotions and behavioral patterns and this research project is all about that. This research project is unique in its own way because there are not many research projects done on the topic which, by doing it, would be useful for various aspects of the football industry.

Chapter – 1

Introduction

1.1. Early History:

Football, also known as Soccer in the United States of America, is a form of team sports which involves kicking what is known as a 'football' or 'soccer ball', into the goal. As in the modern association football, it includes two teams competing against each other, with a team of eleven players involved in each team. The players are supposed to control the ball with their feet with their main objective to kick the ball inside the goal. No player except the goalkeeper is allowed to use their hands to control the ball. The sport includes many terms such as dribble, juggle, ball possession, tackle, save etc. along with the main purpose of attacking and defending. The 'ancestor' of football originated in around the 9th century Britain and existed in various forms through the 19th century, until it was organized and codified. Football has various forms of it which is played and practiced all around the world. It includes association football, Australian rules football, rugby, gridiron football (also known as American Football which is also played in Canada), rugby league and Gaelic football. These forms of football have common origins and are known as Football Codes. These codes of football are found far back to the codification of these games in the English public schools during the 19th century. The English Football League, which was founded in 1888 in England, was the top-level league in England and also became the first of many professional football associations. The 20th century finally saw a rise and ultimately witnessed several kinds of football to become some of the most popular team sports in the world. There is another form of football which is very popular and played primarily in the United States of America. This football is completely different from association football, which is mainly practiced and played in Europe, Asia, and other parts of the world. American football, which is also known as Gridiron, is a form of team sports where two teams, each consisting of eleven

players, is played on a rectangular field with goalposts located at each end of the ground. While association football includes the players carrying and kicking a spherical ball in the opponent's goal post which is rectangular shaped, American football also consists of the rule of offense and defense. Here, the offense involves the team with the possession of an oval shaped football to carry the ball to the opponent's goal or kick the ball into the goal while the defense is done by the team that does not have the possession of the football by advancing and trying to take the control of the ball.

1.2. Variations of the Game:

The archaeological data has witnessed that the games of ball that resemble modern football, existed in China, Japan and Latin America. 'Tsu Chu' also known as 'Cuju', is a form of football which was played by the Chinese military. It involved kicking a ball which was made of leather, filled with feathers and hair through a small opening, into a net. The rules were simple. The player was not allowed to use their hands but had to use their body in order to hold the opponents off who were trying to put them off by jumping on top of them. Tsu Chu was highly rivaled by Tlachtli, played in South America by the Aztecs as to which one of these is the oldest form of the game. This sport was played in every major city of the Aztec dynasty and served as an important role in their religious rituals. The sport was highly religious in nature. The two teams that were formed played the sport. After the match was finished, the captain of the losing team's head was beheaded and was sacrificed to their god. Another ancient game which was similar to football was found in the Eastern side of the world, particularly in Japan. The game was known as Kemari, which was believed to be influenced by Tsu Chu, the game that was played in China. Kemari originated in the year 600 during the period of Asuka. The game involved kicking a ball known as Mari which was made of deer skin with hair filled inside it along with barley grains, which was sewed together using horse skin. The person who was supposed to kick the ball was known as Mariashi. The difference between Tsu Chu and Kemari was that Kemari was not very competitive and spectacular but it surely involved a lot of physical exercise. The variations of the game of ball played earlier around the world had very little in similarity compared to their modern counterparts. These varieties of football that were played around the world several thousand of years ago played a very important role in the cultures of the great civilizations along with a variety of social needs. During

the era between the 9th century and 19th century, the sport witnessed evolution as well as variations. During these thousand years of its existence, there were various variants that depended on the region the sport was played and had some things in common. Firstly, the use of all body parts and secondly, being violent during the game.

Sometimes, the sport involved a large number of people, most of the time the whole villages, with the rules being extremely loose in nature. Historians termed these variants 'Mob Football'. In the 14th and 15th century, these variants became so popular and dangerous that many rulers and kings had to put a ban on this sport in their jurisdiction. In England, the 'mob football' was played between towns or neighboring villages that involved an unlimited number of players that would later clash against each other. The object that was used was an inflated bladder of an animal, which was supposed to move these people to particular points in the sense of geography such as their opponent's church. The game took place in open space, agreed by both sides.

There is also evidence that showed that the civilizations of Aztecs, Mayans and the Incas played the games involving a ball, from which football originated. This might also be one of the reasons why the South American countries have been so dominant in the sports, with their sporting histories dating far back to thousands of years.

1.3. Leagues and Teams :

There are various major national leagues in Europe that come under the The Union of European Football Association (UEFA), the federation that governs football in Europe. Some of the major football leagues among these registered leagues are : Premier League, based in England, La Liga, based in Spain, Serie A, based in Italy, Ligue 1, based in France and Bundesliga, based in Germany. These five leagues are said to be ruling the football industry in Europe and also around the world. Now apart from the competitions taking place in their respective countries, there are also other football competitions where some of these teams play and compete with each other. These leagues include the UEFA Champions League, UEFA Europa League, The Conference League, FA CUP, Copa Del Rey, Supercopa and the all-time world famous, the FIFA World Cup. Apart from the European leagues existing, the Hero Indian Super League (ISL) is the leading football league in India. The detailed information about the leagues governed by the UEFA will be given ahead.

English Premier League (EPL) :

The Premier League is one of the oldest football clubs in Europe. It began in 1992 and was considered and ranked at the top, also known as the First Division of the Football League that was founded in 1888. Even though the Premier League clubs do not win the major championships that involve the clubs from around Europe that the Spanish clubs, the league is still considered as one of the toughest leagues to play in. In its early history, the league suffered many issues such as the rate of attendance being very low in numbers, the act of hooligans that came to watch the clubs play and other such challenges. In the initial phase, the league began without a TV coverage since there was a difficulty agreeing with the deals. This led to the discussions of starting a new and separate league of its own. The establishment of the Premier League meant a division with the top - level division from the Football League. This meant that the new league which was to be created would not be a part of the Football League which dated far back to the 1800s. But this did not change the league system and instead, this league would be a part of it. The lowest ranked clubs would be relegated and the top ranked clubs would be promoted to the senior league if placed in the second level, to the Premier League. The TV companies that understood the potential this league and the sport has, signed new contracts with them. The TV rights were given to Sky and expanded the program to five-hour sessions. This concept was highly influenced by the American NFL broadcasting and features such as Monday Night Football was introduced to the TV audience. The other three tier below the Premier League is incorporated in the European Football League, otherwise known as the EFL. The current league system in England is : Premier League (Tier 1), Championship (Tier 2), League One (Tier 3), League Two (Tier 4), National League (Tier 5) and National League North/South (Tier 6). Below Tier 6 is followed by several regional leagues or tiers. The clubs in the Premier League have seen it all, including a single club winning the Premier League title for more than once. From the period of the league's commencement, 1992 - 2022, Manchester United have won thirteen league titles, backed up by Manchester City who have won eight titles. Both the teams are backed up by Chelsea and Arsenal respectively, each winning five and three league titles. These teams are then backed up by Blackburn Rovers, Leicester City and Liverpool respectively, each winning one title each. These statistics are based only on the seasons after the league changed its name. If the data is collected from the start of the seasons of 1888, the

list would look completely different. Manchester United will still top the list with 20 titles but Liverpool will join Manchester United to be the second in the table with 18 league titles. The Premier League consists of 20 teams today, but in the first three seasons of the league, the league consisted of 22 teams. These 20 teams meet each other two times, once at home and once at away per season and a total of 380 games are played, in one season. In total, 24 clubs have been the champions of the English League. In the list of the most goals scored by a single player during the time he has played in the league, Alan Shearer tops the list with 440 goals, from the time he has played for Newcastle. Other players in this list include Andy Cole with 187 goals, Wayne Rooney with 187 goals, Frank Lampard with 177 goals, Thiery Henry with 175 goals, Robbie Fowler with 163 goals and Michael Owen with 150 goals.

La Liga :

The Campeonato Nacional de Liga de Primera División, simply and commonly known as La Liga around the world and La Liga Santander for sponsorship reasons, is a very well - known Spanish football league which is based in Spain. It is the men's top professional football division according to the Spanish football league system, which is administered by the Liga Nacionel de Futbal Profesional. La Liga consists of 20 teams and has the same league system just like the English Premier League based in England, where the bottom three teams are relegated and the top four teams are eligible to play in the UEFA Champions League, a very renowned football league where every league which is confederated by the UEFA is eligible to send their top four teams based on the points table to the championship and compete with other teams from other leagues to win the Champions League trophy. The lowest three teams of La Liga are relegated to the Segunda Division, the second division after La Liga and also known as La Liga SmartBank. The Catalan football championship, also known as Campionat de Catalunya was the first ever football league in Spain, which was established in 1901. The Catalan football championship co-existed with the national league for quite some years even after the creation of La Liga, until it was canceled in 1940. La Liga was founded in 1929, thus making it the first ever national football league in Spain. The season started from February and ended in June. At this time, there consisted only one division, the Primera Division and contained 10 clubs, which would then get expanded due to

several occasions. Finally, the number of clubs reached 20 and stayed like that till date, except the number of clubs reaching 22 for a short period of time [1995 - 1997].

The qualifications for European Cups are similar to the leagues existing in the English Premier League, except for some differences. The top four clubs on the table are qualified for the Champions League, which is the greatest competitive league in Europe, affiliated by UEFA. The league is also known as UEFA Champions League or UCL. The fifth club on the table is qualified for the Europa League, where one place is also reserved for the winner of Copa Del Rey. The bottom three teams placed on the table are relegated to the Segunda Division. In the section of domination, Real Madrid and the Football Club of Barcelona [FC Barcelona] have dominated Spanish football since the very beginning. Between the first ever season till today, out of 89 trophies, both the teams have won 60 trophies together.

The all time top - scorer in the league is Lionel Messi who scored 438 goals for FC Barcelona. He is also the only player to score 50 times in only one season. The second place in the rankings come Cristiano Ronaldo, who has scored 311 goals for Real Madrid while playing for them, in 292 appearances. Other goal - scorers that come in the list are Hugo Sanches, who has scored 234 goals for Real Madrid, Raul, who has scored 228 goals for Real Madrid and Alfredo Di Stefano, who scored 227 goals for Real Madrid.

Ligue 1 :

Ligue 1, also known as French Ligue 1, has always been the name of the football league that has been in the top division in the French football league since 2002. It was previously known as Division 1. The league in the original form which it is now today, was inaugurated in 1932, two years after the professionalization in French football became legal. Football in this region took quite some time to become popular, since cycling was the main and popular sport in France. In the 1890s, the popularity of football started spreading in Paris and soon started flourishing to other regions too. In 1894, the first national competition was hosted. This was done several decades before professional football was introduced in the country. The professional league's first season was played in 1932 which included 20 teams. The Ligue 1, which exists today, also consists of 20 teams. Since 2007, the winner of every season has received the "Hexagoal" trophy, which is designed by Pablo Reinoso. The "Hexagoal" trophy has replaced the previous trophy known as "le

Trophée de Ligue 1" which was designed by d'Andree Putman. The 20 clubs participating in the league play against each other in the home and away games. Since the season of 1994-95, three points are awarded to a team for a win and 1 point is awarded for a draw. The most points collected in a single season ever was the Paris Saint Germain in the 2015-16 season.

In the French football league system, Ligue 1 is at the top rank, above Ligue 2. From third level to the fifth level, it is called Championnat National, which in English is known as French National Championship. The fifth league is followed by several local regional leagues. As far as winning the title is concerned, Saint-Etienne has won the most number of titles, 10 titles, followed by Paris Saint Germain winning the same number of titles. In the 1992-93 season, there was no title winner, since Marseille got their title revoked due to their involvement in a bribery scandal. In the 2019-20 season, the season was called-off due to the Coronavirus outbreak. PSG, who had 12 points in the season, was awarded the title. The league's all time top goalscorer is Delio Onnis from Argentina who played for Monaco, Reims, Tours and Toulan between 1996-2014. He scored 299 goals in 449 appearances. Other top goal scorers who scored over 200 goals each include Bernard Lacombe, France Thadee Cisowski, France Herve Revelli, France Roger Courtois and France Roger Piantoni.

Serie A :

Serie A, also known as Lega Nazionale Professionisti Serie A, is the name of the football league which is the topmost league of Italy. The league was started in 1898 and is still existing today. The winner of the league gets a trophy known as Coppa Campioni d'Italia since 1961. The league had only 16 teams when it was established, but since it went through its decreasing and expansion, from having a minimum of 16 teams to a maximum of 21 teams, it today has 20 teams since the season of 2004-05. The top level league in Italy is Serie A, along with Serie B being in the second position which was founded in 1929. After some years, Serie C was founded and currently stands below Serie B, being the 3rd tier division in Italy. From the inauguration of the league till today, Juventus has won the most number of Serie A titles, 36. The all-time top goalscorer in this league is Silvio Piola who played for Cagliari Calcio, where he scored 274 goals. The second name in the list is Francesco Totti, who played for AS Roma, with 250 goals.

Bundesliga :

Bundesliga is the top-tier German football league, which was brought into existence by the German Football Association in 1963. The sixteen founding members of the Bundesliga were the top national clubs. The second division below Bundesliga is known as 2. Bundesliga since 1974. The third division is known as 3. Liga since 2008. In 1965, the league expanded from sixteen clubs to eighteen clubs. Since the inauguration of the league till today, Bayern Munich have won most league titles, 30. FC Nurnberg has only 1 title in their name, which they had last won in 1968. There are three clubs in the league that exist today who have not won a single title since the inauguration of the league, namely Locomotive Leipzig, Schalke 04 and Greuther Furth.Bayer Leverkusen have had the most number of runner - ups the most time, 5. As far as the top goalscorers of all time in the league is concerned, Gerd Muller scored the most goals in the league, 365 in 427 Bundesliga matches. Charly Korbel on the other hand has the most league appearances in the league, 602 for Eintracht Frankfurt.

1.4. Tournaments :

FIFA World Cup :

There is nothing in the football world, or almost in the entire world that can be compared to the FIFA World Cup. It is one of the legendary and oldest football tournaments. Even though the UEFA Champions League is known to generate the quality games a league can, it is not even close to rival the games played in the FIFA World Cup mainly because of its superiority and status the tournament enjoys, keeping in mind that a team in the World Cup represents a whole country. The significance the FIFA World Cup holds is unparalleled. The 2022 FIFA World Cup which was hosted in Qatar engaged 3 billion people, where 1 billion people watched the finals. It is considered by many as one of the best FIFA World Cups ever. The first ever FIFA World Cup was hosted in

1930 in Uruguay, where the host countries were the winners. Since then, this prestigious football tournament is hosted every year, where different countries take part in the bidding process for the hosting rights of the tournament. The official decision of the first ever edition of the FIFA World Cup was announced on May 26th 1928. As far as the World Cup titles are concerned, Brazil have won the most titles, 5, followed by Germany and Italy with 4 titles each. In the 2022 FIFA World Cup Qatar, Argentina won the title by defeating France in the thriller finals. The top all-time goalscorer in a single tournament is Just Fontaine, scoring 13 goals for France. Under him stands Sandor Kocsis, scoring 11 goals for Hungary.

UEFA Champions League :

The UEFA Champions League emerged as the newer version of the European Cup. Its very first season was the season of 1992-93. The UCL had already emerged as one of the prestigious tournaments played by clubs and it only became more popular due to the introduction of the group stages system. The championship has been expanded far more times to include more clubs for participation : the tournament started with 8 clubs but now consists of 32, excluding the qualification stage. A club can keep the Champions League trophy if they have won the finals for 3 or 5 times in a row, although the rule was changed in 2008 where these clubs have to keep a replica instead of the original trophy. The Champions League has mostly been dominated by European clubs, except the winning of Porto in 2004. Real Madrid has won the most UCL titles in Champions League history, winning 7 titles in their name. It is followed by FC Barcelona, having 4 titles. In the very first edition of the 1992-93 tournament, it consisted of 8 teams, with a group of 4 teams each. The finals were played by the leaders of both the groups. The tournament expanded to 16 teams. In the 1997-98 season, the number of teams expanded from 16 teams to 24 teams. The season included 6 groups which was followed by a knockout phase in 3 stages. In the 1999-2000 season of the UCL, the league expanded again for the third time and consisted of 32 teams, qualification stage excluded. The teams were divided into 8 groups where the first group stage was followed by a second group stage which was followed by knockout stage. The second group stage system was abandoned in the 2014-15 season of UCL. Instead, the Round of 16 in the knockout stage was introduced.

UEFA Europa League :

The UEFA Cup was renamed as UEFA Europa League in 2008. There was also the change in the competition from the knockout matches to a group - play round which would be followed by a knockout stage. The first season of the Europa League was played in the year 2009 - 10. The Europa League is rather a young tournament and cannot compete with the bigger tournaments such as UEFA Champions League. The most successful teams in the tournament have been Sevilla and Atletico Madrid, both winning three titles each. The qualification in the Europa League is done on the basis of a team being in fourth position on the table in their respective leagues. If the data of the UEFA Cup was included, Sevilla would top the list, winning six titles. Benfica is the only team who has been the runner-up twice.

Other Major Football Leagues :

The other leagues apart from the ones mentioned above are FA Cup, Copa Del Rey, Copa America, AFC Asian Cup, KNVB Cup, Scottish Cup, Confederations Cup, Irish Cup and African Cup of Nations.

1.5. Football Leagues in India :

Indian Super League :

The Indian Super League, also known as the Hero Indian Super League due to its sponsorship by Hero, is a professional football league based in India. It is India's top and the primary level football league which is organized by the All India Football Federation (AIFF). There are currently 11 teams in the league. Every ISL season runs from October to March, where the team with the most points is at the top of the table and vice versa. The league follows a round - robin format. The winner of the league is awarded with a trophy which is named as League Winners Shield. Indian

Super League was established on October 21st, 2013. The main goal behind the formation of this league was to increase the exposure of football in India along with the growth of the sport. In October 2014, the league took its course. It previously had 8 teams playing in the league. The tournament operated without the official recognition from the Asian Football Confederation in their initial first three seasons. The initial structure of the tournament was same as the Indian Premier League, where the tournament would last for three months, from October to December, but before the 2017-18 season, the league expanded and included more teams, which later made the tournament to get expanded to March. In India, The ISL is the primera division of the country, which is followed by the I-league, the second division of the country, below the ISL. ATK Mohun Bagan, the ISL franchise based in Kolkata, has won the most titles, 3, followed by Mumbai City FC and Chennaiyin FC. As far as scoring goals is concerned, Bartholomew Ogbeche from Nigeria, has scored 63 goals in 96 appearances for Hyderabad FC. He is followed by Sunil Chhetri, who has scored 53 goals in 130 appearances for Bengaluru FC.

Other Football Leagues in India :

Other football leagues in India include I-League, which is the second division of football in India, I-League 2, which is the third division, Santosh Trophy, Durand Cup and other regional level leagues.

Objectives of the Study:

- The aim of the study was to study the behavior of football fans in India post-displacement of their favorite football player from the club.
- To achieve the aim, the specific objectives were formulated which are as follows :

a. To study the behavior of football fans in respect to the players and clubs they follow.
b. To understand the reason behind football fans switching clubs.
c. To determine the influence of football players on the football fans.
d. To understand what/who influences people to get attracted and addicted to football clubs/players.

Scope of the Study :

- This study will be useful for the league and team administrators to understand the behavior of football fans.
- This study will be useful for the marketeers to understand the level of respect and loyalty towards a football player or a football club.
- This study will be useful for the marketeers to analyze and understand what the football fans want.
- This study will be useful for the general public to understand how football fans react to certain situations that include their favorite player or club.

Limitations :

- The questionnaire made on Google Forms is used for this study and will be considered a limitation.
- The research is limited to the behavior of football fans only.
- The research was limited to only 100 candidates.
- This study is based on the respondents of the age group of 15 and above.

Chapter - 2

Review of Literature

Orr Levental et al. (2021) studied Control, Jinx and the Necessity of Adjustment, which basically means the superstitions among football fans. The behavior which is used by humans to gain a sense of control over something, such as certain events in their life is known as superstitions. Thus, sports provide a fertile ground for people to lay their superstitions since every sport event is uncertain in nature. This research was mainly done on athletes with on the other hand examining motivations, expressions of behavior and fans' characteristics. This research analyzes the behavior of fans' daily routine and the fandom. Semi-structured interviews were carried out with 24 Israeli football fans of local teams. Key findings illustrate two themes: time dependent acts of superstition; and place. It is argued that superstitious behavior serves fans in two ways. First, making them feel their actions influence the match outcomes and helping their favorite team beyond simply cheering in the stands. Second, reducing the level of uncertainty and subsequent stress level characteristic of being a sports fan. uncertainty and subsequent stress level characteristic of being a sports fan. uncertainty and subsequent stress level characteristic of being a sports fan. Furthermore, following the outbreak of the COVID-19 pandemic when fans' access to stadiums was restricted, the results show that the fans' absence from the stadiums led to a reduction in the quantity and frequency of their superstitious behaviors, pointing to the significance of sporting venues in fan behavior.

Elena Shakina at al. (2020) studied Emotions of Football Fans : Uncertainty against Brand Perception. Fans experience countless and different emotions towards and related towards their team since the football industry is driven by emotions. This research paper aims to investigate how the attendance at football matches are impacted where it examines whether the fans prefer watching highly competitive matches or matches with star-players with good teams. The paper also considers behavioral and emotional differences of match spectators when brand-teams play

away or at home. Importantly, we are also looking for the effects that the expectations of these emotions have on the tickets' price mechanism. We use data from three seasons of the Brazilian State championship with information on more than 1,100 matches. The OLS estimator with the moderation marginal effects allows for analysis of a brand-team playing with different levels of uncertainty over the outcomes measured by the relative level of the divisions of rivals. We look for the difference between the marginal contribution of the brand-team and the uncertainty of outcomes that might change under some conditions. The analysis is performed later using two subsamples and, finally, we address the problem of endogeneity in price using an instrumental variable. From our results, the main findings are: first, that the price of tickets does not much affect the demand when a brand-team is playing. In case of competitive matches between non-brand-teams, price behavior correlates to the rationality of the demand curve having a negative impact. The fact that price is not relevant for matches with the brand-team comes to corroborate the idea that fans are driven more by emotions than by economic reasoning; second, the phenomena of highly competitive matches does not work when a brand-team is playing against a small one; and third, the effect of a brand-team playing is relatively more important than the uncertainty of outcome. The last two findings mean that the satisfaction of watching star-players or big-teams is stronger than the emotion brought by a competitive match.

Thyago Celso Cavalcante Nepomuceno et al. (2022) studied the Bedouin Syndrome in the Football Fan Culture: Addressing the Hooliganism Phenomena through Networks of Violent Behavior. The Bedouin syndrome represents social interactions based on four premises: a friend of my friend is my friend, a friend of my enemy is my enemy, an enemy of my friend is my enemy, and an enemy of my enemy is my friend. These extensive associations exist in many social and economic relationships, such as market competition, neighborhood relations, political behavior, student gangs, organized crime, and the violent behavior of sports spectators (hooliganism) worldwide. This work tests the Bedouin syndrome hypothesis considering the violent behavior in the football fan culture. We construct relational networks of social affinities to represent the social interactions of organized fan bases (Torcidas organizadas) involved in hooligan violence in Pernambuco, Brazil. Contrary to prior expectations, the results evidence no
statistical support for the Bedouin syndrome in 13 of the 15 analyzed clubs. There is weak statistical support in two interactions and strong statistical support in one interaction to state that a

friend of my enemy is my friend (instead of an enemy). The only support for the Bedouin syndrome is circumstantial based on a prior assumption of an alliance. We propose a network development that can be more suitable to represent football fans' violent behavior. The results contribute to understanding the hooliganism social phenomenon in football-rooted cultures and their impact on public health, identifying potential determinants for organized violence by young spectators' and supporting police strategies by defining relevance scores for the most potential clashes and coalitions of gangs.

Leander van der Meij, Fabian Klauke et al. (2015) studied Football fan aggression: the importance of low Basal cortisol and a fair referee. Fan aggression in football is a societal problem that affects many countries worldwide. However, to date, most studies use an epidemiological or survey approach to explain football fan aggression. This study used a controlled laboratory study to advance a model of predictors for fan aggression. To do so, football fans (n = 74) saw a match summary in which their favorite team lost against their most important rival. Next, we measured levels of aggression with the hot sauce paradigm, in which fans were given the opportunity to administer a sample of hot sauce that a rival football supporter had to consume. To investigate if media exposure had the ability to reduce aggression, before the match fans saw a video in which fans of the rival team commented in a neutral, negative, or positive manner on their favorite team. Results showed that the media exposure did not affect aggression. However, participants displayed high levels of aggression and anger after having watched the match. Also, aggression was higher in fans with lower basal cortisol levels, which suggests that part of the aggression displayed was proactive and related to antisocial behavior. Furthermore, aggression was higher when the referee was blamed and aggression was lower when the performance of the participants' favorite team was blamed for the match result. These results indicate that aggression increased when the match result was perceived as unfair. Interventions that aim to reduce football fan aggression should give special attention to the perceived fairness of the match result.

Alan Pringle (2004) studied 'Can watching football be a component of developing a state of mental health for men?'. Football supporters, by and large, continue to have a negative image and be presented in a very destructive way by the media generally. This has been reflected academically by the fact that much of the research that has been done into football and football

fans has focused on negative aspects of small numbers of supporters' behaviors such as hooliganism and racism. This paper describes a two stage study exploring some of the more positive effects noted during studies with football fans from Mansfield Town, a team currently in the third division of the English Football League. The study explores the perceived benefits to mental health for fans gained from the supporting experience in such areas as stress relief, catharsis and the development of good parent-child relationships. Discussion takes place around the paradox that some of the behaviors described by supporters as beneficial and done in 'the spirit of carnival' may challenge liberal beliefs and be viewed as antisocial and offensive. The key feature in health promotional terms is the overwhelming view of fans that the 'carnivalesque' behaviors stay in the football ground where such behaviors are viewed as acceptable and socially sanctioned.

Sandy Wolfson, Delia Wakelin, Matthew Lewis (2005) studied Football supporters' perceptions of their role in the home advantage. Football fans' views on their role in the home advantage were obtained by placing links to an internet questionnaire on supporters' websites. Altogether, 461 fans from clubs which had been promoted, relegated or unchanged in the past season of the English football leagues rated crowd support as significantly more influential than familiarity, travel, territoriality and referee bias in contributing to the home advantage. Fans felt responsible for inspiring their team to victory, took credit for distracting opponents, and believed that they could influence officials into making decisions in their team's favor. However, they did not accept personal blame for poor results. No effects for gender, age or the team's outcome in the promotion/relegation battle emerged, though season ticket holders were more extreme in their feelings of responsibility overall. Furthermore, it was suggested that mechanisms such as the perception of being superior to rivals can encourage fans to retain their allegiance to their teams, even when outcomes are disappointing. Indeed, affiliation may become so incorporated into self-identity that supporters may not have the option of abandoning their team, but instead perceive a reciprocal relationship in which, both they and the team are expected to do their best to achieve success.

Martha Newson et al. (2020) studied Why do some sports fans experience intense emotions when watching live matches? Identity fusion is a strong form of group alignment in which personal and group identities are activated synergistically to produce a visceral sense of 'oneness' with one's

team. Here we examine the role of fusion (using a three-item state measure with high internal validity) in elevating salivary cortisol levels while watching football (n = 41). Our evidence was gathered at field laboratories during the 2014 FIFA World Cup in Natal, Brazil, with live screenings of two Brazilian victories (Colombia, 2-1; Chile, 1-1 with penalties), and the historic semi-final loss to Germany (1-7). We replicated previous studies showing that salivary cortisol concentrations fluctuate during live football events and are related to group membership but we also extended them by showing that identity fusion is even more strongly related to cortisol concentrations than identification. We found an interaction between match outcome and cortisol, such that watching a loss, i.e. dysphoria, was associated with particularly high cortisol concentrations. While women were more fused to the team than men, there were no other gender effects. Taken together, these findings suggest that identity fusion modulates physiological reactivity, resulting in distinct psycho-physiological profiles during stressful events.

Chapter – 3

Conceptual Framework

3.1. Evolution of Football :

From 1850 onwards in Britain, the industrial workers were likely to have their Saturday offs from work, which made them turn to either watch or play football. The key institutions in that era such as churches, schools and trade unions organized working - class men and boys into recreational football teams. The average attendance in England at the football games in terms of spectators rose from 4,600 in 1888 to 7,900 in 1895 and later rising from 13,200 in 1905 and reaching 23,100 at the outbreak of World War 1. The popularity of football also led to the increase in public interest in other sports, mainly cricket.

Leading clubs in England, mainly Lancashire started charging from the spectators in early 1870s and despite FA (Football Association)'s amateurism rules, these clubs were in the position to pay illegal wages to attract extremely skilled working - class players, with many of them having their origin from Scotland. When the participation and influence of working - class people rose in football, the high classes switched and showed interest in other sports, mainly cricket and rugby union. The establishment of the Football League, thanks to Professionalism, led to the spark for the further modernization of the game, which allowed dozens of teams from North and midlands to compete against each other systematically from 1888 onwards. In 1893, something known as a 'lower division' was introduced where the total number of teams increased to 28. In 1890, the Irish and Scots formed leagues. The Southern League was absorbed by the Football League in 1920 when it was begun in 1894. Even after all these efforts, football was far from becoming a major profit - making business in this period. The professional clubs in this era became limited liability companies for the sole purpose of securing land for the gradual development of facilities of the stadiums. While most of the football clubs were controlled and owned by businessmen, the shareholders received far less dividends, except their rewards being enhanced social status through the running of local clubs. Keeping the British model in mind, many national leagues around the

world started their own football leagues that included league championships, one annual cup competition at least and a hierarchy of leagues, which involved the clubs finishing higher on the table to the higher division, also known as Promotion and the clubs finishing lower on the table to be sent to the lower division, also known as Relegation. In 1903, Germany completed its first national championship season, but the Bundesliga, the highly competitive and being a world famous football league today, took around 60 years to evolve. Football was introduced in France in the 1870s. The professional league did not begin in the country until 1932. This was done shortly after the professionalization was in motion in the South American countries of Brazil and Argentina.

3.2. Women in Football :

Women's association football, more commonly known as women's football or women's soccer, is the team sport of association football played by women. It is played at the professional level in multiple countries and 187 national teams participate internationally. The same rules, known as the Laws of the Game, are used for both men's and women's football. After the "first golden age" of women's football occurred in the United Kingdom in the 1920s, with one match attracting over 50,000 spectators, The Football Association instituted a ban from 1921 to 1970 in England that disallowed women's football on the grounds used by its member clubs. In many other nations, female footballers faced similarly hostile treatment and bans by male-dominated organizations.

In the 1970s, international women's football tournaments were extremely popular, and the oldest surviving continental championship was founded, the AFC Women's Asian Cup. However, FIFA did not allow a woman even to speak at the FIFA Congress until 1986 (Ellen Wille). The FIFA Women's World Cup was first held in China in 1991 and has since become a major television event in many countries. Women may have been playing for as long as the game has existed. Evidence shows that a similar game named as Cuju was played by women during the (25–220 CE), as female figures are depicted in frescoes of the period playing tsu chu. Annual matches being played in Midlothian, Scotland are reported as early as the 1790s. In 1863, football governing bodies introduced standardized rules to prohibit violence on the pitch, making it more socially acceptable for women to play. The first match of an international character took place in 1881 at Hibernian Park in Edinburgh, part of a tour by Scotland and England teams. The Scottish Football Association recorded a women's match in 1892. The British Ladies' Football Club was founded by

activist Nettie Honeyball in England in 1894. Honeyball and those like her paved the way for women's football. However, the women's game was frowned upon by the British football associations, and continued without their support. It has been suggested that this was motivated by a perceived threat to the "masculinity" of the game.

The first known World Cup tournaments for women's teams are the 1970 Women's World Cup in Italy and the 1971 Women's World Cup in Mexico, both of which hold attendance records and were organized by the international women's association FIEFF. Some other major tournaments were the Women's World Invitational Tournament in Taiwan (1978–1987) and the Women's Mundialito in Japan and Italy (1981–1988). FIFA effectively ignored women's football prior to the 1988 FIFA Women's Invitation Tournament in China. FIFA's first officially-recognised women's international match is France–Netherlands (1971), albeit a retroactive recognition decided in 2003. The first FIFA Women's World Cup was held in China in November 1991 and won by the United States. The runners-up, Norway, became the 1995 champions, beating Germany in that final, in Sweden. The United States won the 1999 final on penalties against China (with a competition-record crowd of over 90,000 in Pasadena). Germany won consecutive world titles in 2003 and 2007, winning finals against Sweden and Brazil respectively. Japan became champions in 2011, the country's first senior football world championship. The United States won the tournament again in 2015 and 2019.

3.3. Famous Football Athletes :

3.3.1. Diego Maradona :

Diego Armando Maradona was born on 30 October 1960. He was an Argentine professional football player and manager. Widely regarded as one of the greatest players in the history of the sport, he was one of the two joint winners of the FIFA Player of the 20th Century award. Maradona's vision, passing, ball control, and dribbling skills were combined with his small stature, which gave him a low center of gravity allowing him to maneuver better than most other players.



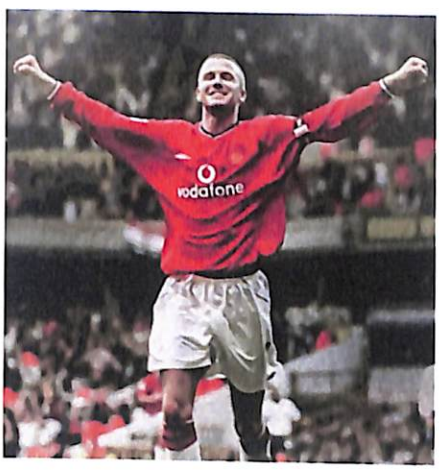
In his international career with Argentina, he earned 91 caps and scored 34 goals. Maradona played in four FIFA World Cups, including the 1986 World Cup in Mexico, where he captained Argentina and led them to victory over West Germany in the final, and won the Golden Ball as the tournament's best player. In the 1986 World Cup quarter final, he scored both goals in a 2–1 victory over England that entered football history for two different reasons. The first goal was an unpenalized handling foul known as the "Hand of God", while the second goal followed a 60 m dribble past five England players, voted "Goal of the Century" by FIFA.com voters in 2002. Maradona became the coach of Argentina's national football team in November 2008. He was in charge of the team at the 2010 World Cup in South Africa before leaving at the end of the tournament. In May 2018, Maradona was announced as the new chairman of Belarusian club Dynamo Brest. From September 2018 to June 2019, Maradona was coach of Mexican club Dorados. He was the coach of Argentine Primera División club Gimnasia de La Plata from September 2019 until his death in November 2020.

3.3.2. Pele :



Edson Arantes do Nascimento, also known by his nickname Pelé, was a Brazilian professional footballer who played as a forward. Widely regarded as one of the greatest players of all time, he was among the most successful and popular sports figures of the 20th century. In 1999, he was named Athlete of the Century by the International Olympic Committee and was included in the Time list of the 100 most important people of the 20th century. In 2000, Pelé was voted World Player of the Century by the International Federation of Football History & Statistics (IFFHS) and was one of the two joint winners of the FIFA Player of the Century. His 1,279 goals in 1,363 games, which includes friendlies, is recognised as a Guinness World Record. He died on 29th December 2022.

3.3.3. David Beckham :



David Robert Joseph Beckham was born on 2 May 1975. He is an English former professional footballer, the current president and co-owner of Inter Miami CF and co-owner of Salford City. Known for his range of passing, crossing ability and bending free-kicks as a right winger, Beckham has been hailed as one of the greatest and most recognisable midfielders of his generation, as well as one of the best set-piece specialists of all time. He is the first English player to win league titles in four countries: England, Spain, the United States and France. Beckham's professional club career began with Manchester United, where he made his first-team debut in 1992 at age 17. With United, he won the Premier League title six times, the FA Cup twice, and the UEFA Champions League in 1999. He then played four seasons with Real Madrid, winning the La Liga championship in his final season with the club. In July 2007, Beckham signed a five-year contract with Major League Soccer club LA Galaxy. While a Galaxy player, he spent two loan spells in Italy with AC Milan in 2009 and 2010. He was the first British footballer to play 100 UEFA Champions League games. He retired in May 2013 after a 20-year career, during which he won 19 major trophies.

3.3.4. Ronaldinho :



Ronaldo de Assis Moreira was born 21 March 1980 and is commonly known as Ronaldinho Gaúcho, is a Brazilian retired professional footballer who played mostly as an attacking midfielder, but was also deployed as a winger. Widely regarded as one of the greatest players of all time,

Ronaldinho won two FIFA World Player of the Year awards

and a Ballon d'Or. He is the only player ever to have won

a World Cup, a Copa América, a Confederations Cup, a Champions League, a Copa Libertadores and a Ballon d'Or. A global icon of the sport, Ronaldinho was renowned for his technical skills, creativity, dribbling ability and accuracy from free-kicks, his use of tricks, feints, no-look passes and overhead kicks, as well as his ability to score and create goals, all prominent characteristics of his early-age background playing futsal.

Ronaldinho made his career debut for Grêmio, in 1998. At age 20, he moved to Paris Saint-Germain in France before signing for Barcelona in 2003. In his second season with Barcelona, he won his first FIFA World Player of the Year award as Barcelona won the 2004–05 La Liga title. The season that followed is considered one of the best in his career as he was integral in Barcelona winning the 2005–06 UEFA Champions League, their first in fourteen years, and another La Liga title, giving Ronaldinho his first career double, receiving the 2005 Ballon d'Or and his second FIFA World Player of the Year in the process. After scoring two spectacular solo goals in the first 2005–06 El Clásico, Ronaldinho became the second Barcelona player, after Diego Maradona in 1983, to receive a standing ovation from Real Madrid fans at the Santiago Bernabéu. In his international career with Brazil, Ronaldinho earned 97 caps and scored 33 goals and represented his country in two FIFA World Cups. After debuting with the Seleção by winning the 1999 Copa América, he was an integral part of the 2002 FIFA World Cup-winning team, starring alongside Ronaldo and Rivaldo in an attacking trio, and was named in the FIFA World Cup All-Star Team. As captain, he led his team to the 2005 FIFA Confederations Cup title and was named man of the match in the final. He also captained the Brazil Olympic team to a bronze medal in men's football at the 2008 Summer Olympics.

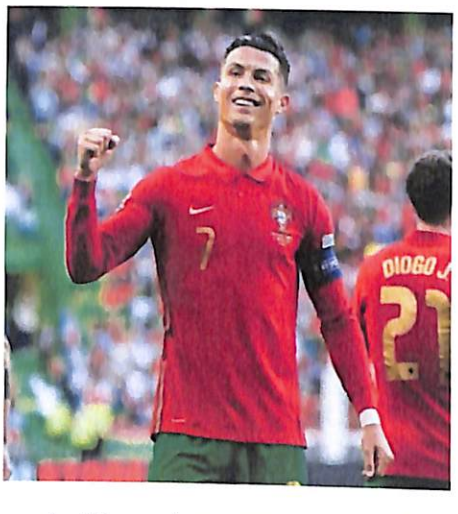
3.3.5. <u>Lionel Messi</u> :

Lionel Andrés Messi also known as Leo Messi, is an Argentine professional footballer who plays as a forward for Ligue 1 club Paris Saint-Germain and captains the Argentina national team. Widely regarded as one of the greatest players of all time, Messi has won a record seven Ballon d'Or award, a record six European



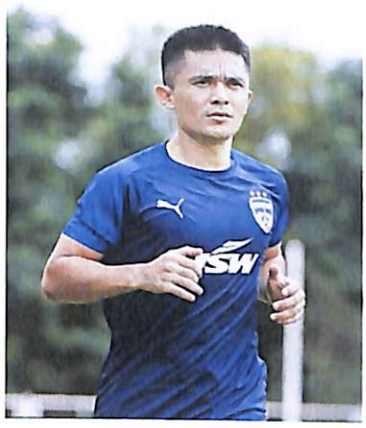
Golden Shoes, and in 2020 was named to the Ballon d'Or Dream Team. Until leaving the club in 2021, he had spent his entire professional career with Barcelona, where he won a club-record 35 trophies, including 10 La Liga titles, seven Copa del Rey titles and four UEFA Champions Leagues. With his country, he won the 2021 Copa América and the 2022 FIFA World Cup. A prolific goalscorer and creative playmaker, Messi holds the records for most goals in La Liga (474), most hat-tricks in La Liga (36) and the UEFA Champions League (eight), and most assists in La Liga (192) and the Copa América (17). He also has the most international goals by a South American male (98). Messi has scored over 795 senior career goals for club and country, and has the most goals by a player for a single club (672).

3.3.6. <u>Cristiano Ronaldo</u> :



Cristiano Ronaldo dos Santos is a Portuguese professional footballer who plays as a forward for and captains both Saudi Professional League club Al Nassr and the Portugal national team. Widely regarded as one of the greatest players of all time, Ronaldo has won five Ballon d'Or award and four European Golden Shoes, the most by a European player. He has won 34 trophies in his career, including seven league titles, five UEFA Champions Leagues, the UEFA European Championship and the UEFA Nations League. Ronaldo holds the records for most appearances (183), goals (140), and assists (42) in the Champions League, goals in the European Championship (14), international goals (118), and joint-most international appearances (196). He is one of the few players to have made over 1,100 professional career appearances, and has scored over 800 official senior career goals for club and country.

3.3.7. Sunil Chhetri :



Sunil Chhetri (born 3 August 1984) is an Indian professional footballer who plays as a forward and captains both Indian Super League club Bengaluru and the India national team. Widely regarded as the greatest Indian footballer of all time, he is known for his link-up play, goal scoring abilities, and leadership. He is the third-highest international goalscorer among active players, behind only Cristiano Ronaldo and Lionel Messi, the joint fifth-highest of all time, and is also the most-capped player and the all-time top goalscorer of the India national team. Chhetri began his professional career at Mohun Bagan in 2002, moving to JCT where he scored 21 goals in 48 games. Sunil was part of the Delhi team in the 59th edition of Santosh trophy held at Delhi. He scored 6 goals in that tournament including a hat-trick against Gujarat. Delhi lost to Kerala in the quarter finals and he scored in that match too. He signed for Major League Soccer side Kansas City Wizards in 2010, becoming the third player from the subcontinent of note to go abroad. He returned to India's I-League where he played for Chirag United and Mohun Bagan before going back abroad to Sporting CP of the Primeira Liga, where he played for the club's reserve side. Chhetri has also been named AIFF Player of the Year a record seven times in 2007, 2011, 2013, 2014, 2017, 2018–19 and 2021-22. Chhetri received the Arjuna Award in 2011 for his outstanding sporting achievement, the Padma Shri award in 2019, India's fourth highest civilian award. In 2021, he received the Khel Ratna Award, India's highest sporting honor and became the first footballer to receive the award.

3.4. Female Athletes in Football :



3.4.1. Alexia Putellas :

The undisputed queen among women football players in the world, Barcelona and Spain's Alexia Putellas is the face of the sport. Winner of the Ballon d'Or Feminin, The Best FIFA Women's Player, and UEFA Women's Player of the Year awards in 2021 and 2022, Putellas is the leader of the Barcelona side and has also become the face of the club off the pitch following the departure of Lionel Messi. She has been the most influencing match-winner in women's football and her intelligence, technical ability, passing range, leadership qualities, creativity and decision-making are truly a cut above the rest. She was the leading assist provider in Spain's Primera Division in the 21/22 season and the top-scorer in the 21/22 UEFA Women's Champions League. Unfortunately, 2022 proved to have a sour ending for the Barcelona captain who suffered a serious knee injury and missed almost the entire season so far.

3.4.2. Sam Kerr :



Sam Kerr was adjudged as the 2021/22 PFA Players' Player of the Year for her outstanding and consistent performances with Chelsea in England. The Australian striker had one of the best seasons of her football career recently and she won the FA Cup, league title as well as several player of the season awards. The captain of Australia also became the first and only female footballer to win Golden Boot awards in three different leagues on three different continents. She also became Australia's leading goal-scorer in 2022 and also made history by becoming the first woman to appear on the global cover of the FIFA video game alongside Kylian Mbappe.

3.4.3. Aitana Bonmati :



One of the most inspired and creative players in the world, Aitana Bonmati has been at the Camp Nou since she was 14 years old. As a result, she has come to typify and exemplify the famous and elegant style of football and technical brilliance that is nurtured and honed at the club's famous La Masia academy. She is also extremely press-resistant and can twist and turn her way out of trouble. Still just 24, Bonmati continues to improve year after year and her game in the final third has seen a lot of progress recently. Bonmati was the player of the match in the 2020/21 UEFA Women's Champions League final win over Chelsea and she ended the following season with 16 goals and seven assists across the Primera Division and European competition. Bonmati, along with her teammate Putellas, often earn comparisons of watching the echoes of Xavi and Iniesta in Barcelona and in the Spanish national team.

3.4.4. Catarina Macario :



Catarina Macario had a sensational year for her club and country and is being hailed as one of the stars for the future of US women's national team in football. Macario was originally born in Brazil but moved to the United States of America at the age of 12 with her father and brother in order to pursue her dream of playing professional football. The sacrifices paid off as Macario won the UEFA Women's

Champions League with Lyon, defeating Barcelona on her very first attempt. She also finished as the top-scorer for her club in her first full season in France and scored 23 goals in 35 matches across all competitions, including nine goals and two assists in the Champions League.

Chapter - 4

Research Methodology

4.1. Research Methodology :

Recently the critical aspect of research, namely research methodology, receives little attention. As a result, much research, particularly in the social sciences, involves an excessive amount of wordspinning and quotes. As a result, a lot of research is pointless. In the context of planning and development, it's worth noting that the importance of the study is determined by its quality rather than its quantity. As a result, persons involved in research must pay close attention to creating and following suitable techniques throughout the research process to improve the quality of the research. Although the process varies depending on the subject, the essential approach to research stays the same.

4.2. What is Research?

Research is a voyage of discovery. Research may also be defined as a scientific and methodical search for relevant information on a particular topic. Research is, in reality, an art of scientific investigation. According to Clifford Woody, in his own words "Research entails defining and redefining problems, formulating hypotheses or suggested solutions, collecting, organizing, and evaluating data, deducing and arriving at conclusions, and finally carefully testing the conclusions to determine if they fit the formulating hypothesis". The goal of the research is to find answers to

problems via the use of scientific processes. The major purpose of research is to uncover the truth that has been suppressed and has yet to be uncovered. Why do people undertake research? Factors such as Government instructions, work conditions, curiosity about new things, desire to comprehend causal linkages, societal thinking and awakening, and other causes may also inspire (or push) people to conduct the research.

4.3. Basic types of research are:

1. Descriptive vs Analytical :

Descriptive encompasses several types of surveys and fact-finding inquiries. The most important goal of descriptive research is to describe the current condition of circumstances. The major feature of this approach is that the researcher does not influence the variables; he can only describe what has occurred or is currently occurring. These kinds of studies include attempts by researchers to discover the causes even though they are unable to control the variables. Survey methods of various types, including comparative and correlational approaches, are used in descriptive research. Analytical research, on the other hand, requires the researcher to evaluate facts or information that is already accessible to produce a critical assessment of the material.

2. Applied vs Fundamental :

Applied research tries to identify a solution to a problem that a society or an industrial/business organisation is now confronting. "'Pure' or 'basic' research is defined as obtaining data for the sake of gathering knowledge." Fundamental research is primarily focused on making broad generalisations and formulating theories. Fundamental research might include studies of natural phenomena or pure mathematics. The main goal of applied research is to find a solution to an urgent practical problem, whereas basic fundamental research aims to locate information that has a wide range of applications and thereby contributes to the previously structured body of scientific knowledge.

3. Quantitative vs Qualitative :

Quantitative research is centred on determining the quantity or amount of something. It can be used to describe phenomena that have a numerical value. Qualitative research, on the other hand, is concerned with qualitative phenomena, such as those involving or about quality or kind. In the behavioural sciences, where the goal is to identify the fundamental causes of human behaviour, qualitative research is very significant. We may analyse the many elements that push individuals to behave in a certain way or make them like or detest a certain thing through such research.

4. Conceptual vs Empirical :

The term "conceptual research" refers to the study that is concerned with abstract ideas or theories. Philosophers and intellectuals commonly utilise it to build new concepts or reinterpret current ones. An empirical study, on the other hand, depends solely on experience or observation, typically without concern for system or theory. When the proof is needed that some factors impact other variables in some way, an empirical study is a method to go. Experiments and empirical research are now often regarded as the strongest sources of evidence for a particular idea.
All other sorts of research are variants of one or more of the above-mentioned methodologies, dependent on the study's objective, the time it takes to complete it, the environment in which it is conducted, or some other relevant feature.

4.4 Primary data :

There are basic approaches to data collections using primary methods:

4.4.1. Quantitative research approach :

The quantitative approach includes the creation of quantitative data that can be submitted to strict quantitative examination in a formal and disciplined manner.

4.4.2. Qualitative research approach :

The subjective assessment of attitudes, views, and behaviour is central to the qualitative research approach. In this case, research is based on the researcher's observations and impressions. Such a method of study yields outcomes that are either non-quantitative or have not been submitted to rigorous quantitative analysis. Focus group interviews, projective approaches, and depth interviews are often utilised methodologies.

4.5. Research Design :

"A research design is a method, framework, or technique for obtaining an answer to a research topic while controlling variation."

4.5.1. Type of research design :

A descriptive research design was used for this particular project.

4.6. Research Instrument :

The instrument used for gathering data was a questionnaire. To supplement the primary data and to facilitate the process of drawing inference, secondary data was collected from published sources like websites.

4.6.1. Primary data :

The questionnaire aimed at discovering the underlying motives and desires. It was also designed to find out how people feel or what they think about this particular subject to analyze the various factors which motivate people to behave in a particular manner or which make people like or dislike.

4.6.2. Secondary data :

Articles on the basic rules, regulations and history of association football on the internet were the sources to the secondary data. The evolution of the sport along with the achievements of different football players including men and women footballers were also derived from the articles that were available on the internet.

4.7. Sample Design and Size :

In this research project, Descriptive and Applied research design is used. Judgment and convenience sampling methods will be used to get information about people's views and opinions. This method is used because we are interested in exploring gender, age, and their behavior regarding the topic. A structured questionnaire is prepared and a sample of 100 respondents is taken from the age category of 15 & above, wherein respondents in the category 15-20 years of age contributed the most.

4.8. Sampling Size :

It indicates the number of people to be surveyed. Though large samples give more reliable results than small samples, due to constraints of time and location, the sample size was restricted to 100 respondents. The respondents belong to different income groups and professions.

4.9. Sampling Unit :

It defines the target population that will be sampled i.e. it answers who is to be surveyed. In this study, the sampling unit is the people all around India.

4.10. Tools and Techniques of Analysis :

The data so far collected will be analysed through the application of statistical techniques, such as pie charts and percentage method.

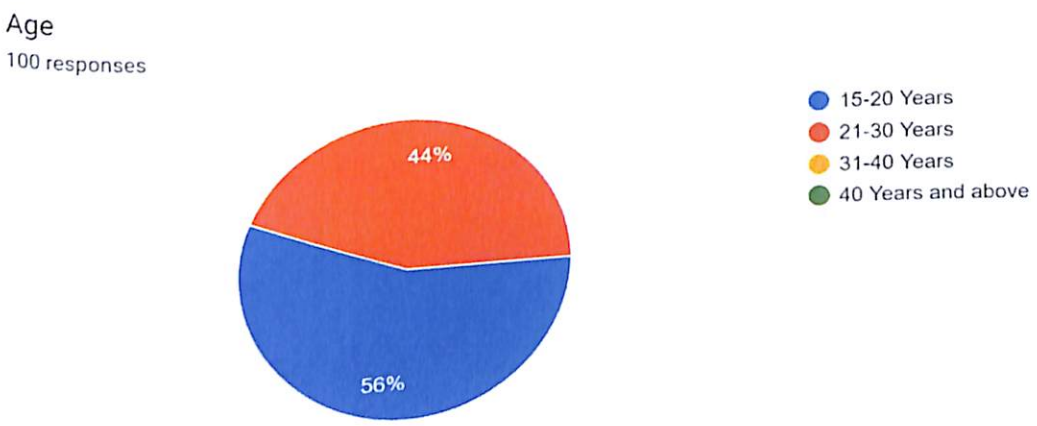
Chapter – 5

Data Interpretation

Data interpretation is the process of evaluating, cleansing, manipulating, and displaying data to identify useful information, conclude, and support decision-making. In diverse business science and sociology domains, data interpretation includes a variety of features and techniques, including multiple methodologies under a variety of labels.

Age of respondents that took part in the survey.

Graph 1

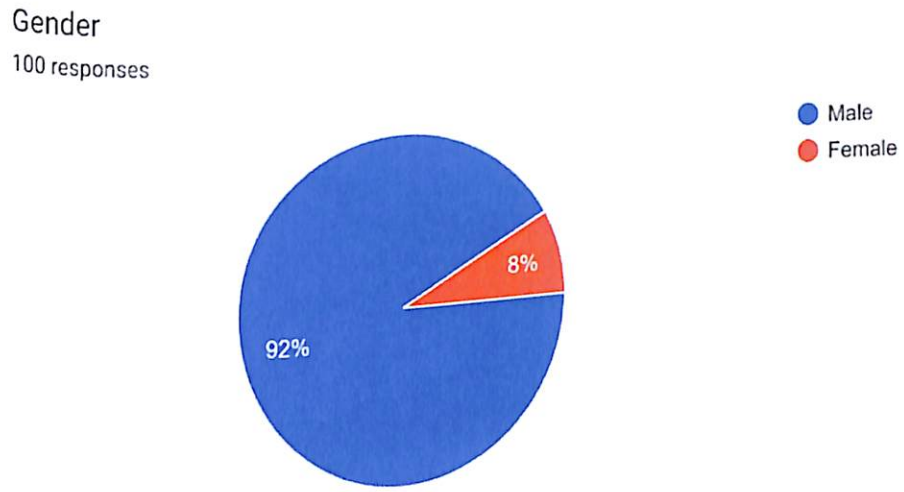


Objective: The purpose of asking this question is to find the age of respondents who took part in the survey.

Data interpretation: The pie chart above shows us that most of the respondents are from the age group of 15-20 years, that constitute 56% of the total respondents. The rest of the respondents are from the age group of 21-30 years, that constitute 44% of the responses.

Gender of respondents that took part in the survey.

Graph 2

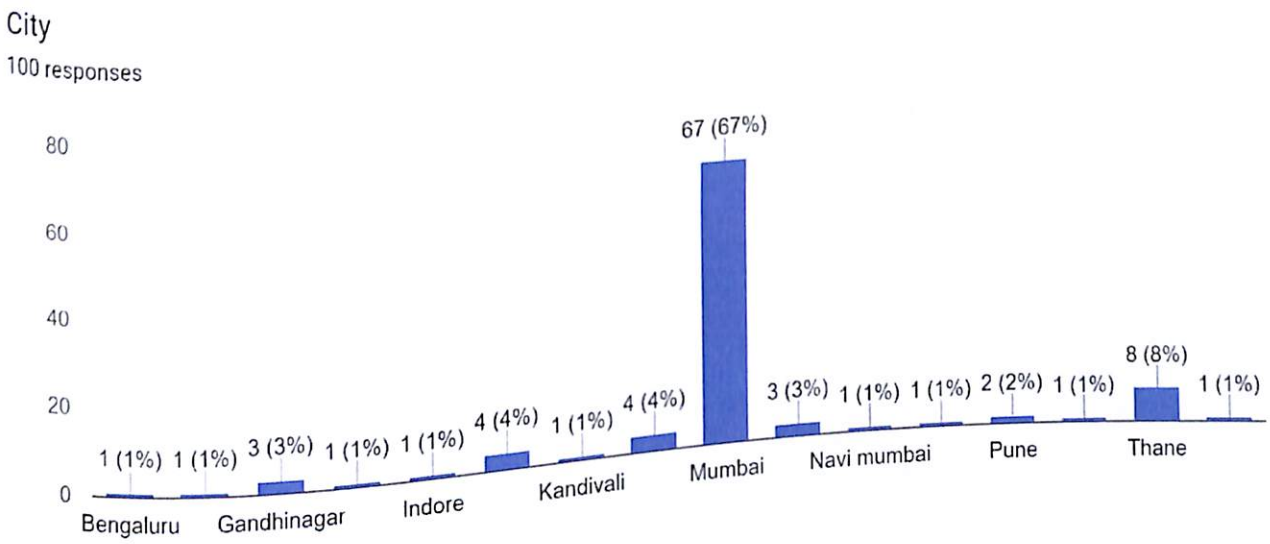


Objective: The purpose of asking this question is to find the gender of respondents who took part in the survey.

Data interpretation: The pie chart above shows us that most of the respondents are males with 92% of the total respondents. The other part of 8% of respondents are females who have expressed their views.

City from which the respondents belong.

Graph 3

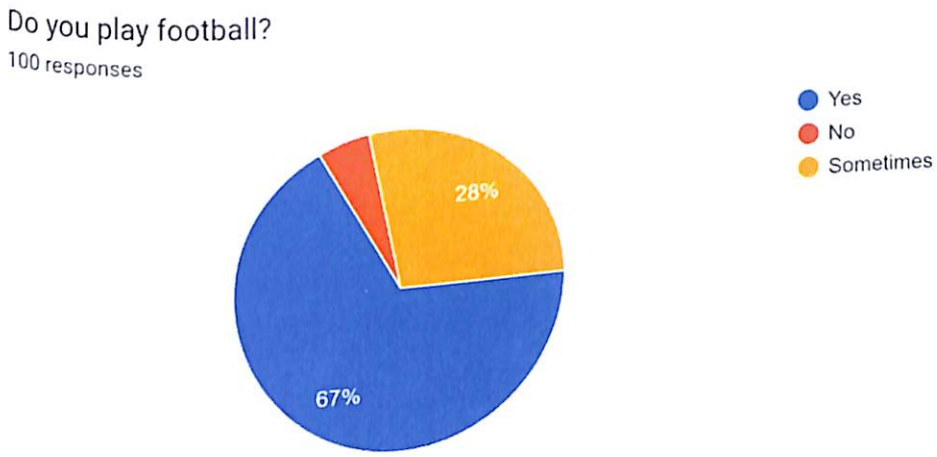


Objective: The objective of the question was to ask the city from which the respondents belong around India.

Data Interpretation: The bar graph above represents the city from which the respondents who have responded belong. Among the respondents, the respondents from Mumbai were the highest, constituting 69%. The rest of the respondents belong from Bengaluru, Bhilwara, Gandhinagar, Gwalior, Indore, Kalyan, Kolkata, Navi Mumbai, Noida, Pune, Ratnagiri and Thane (from left to right).

What percent of the respondents play football?

Graph 4

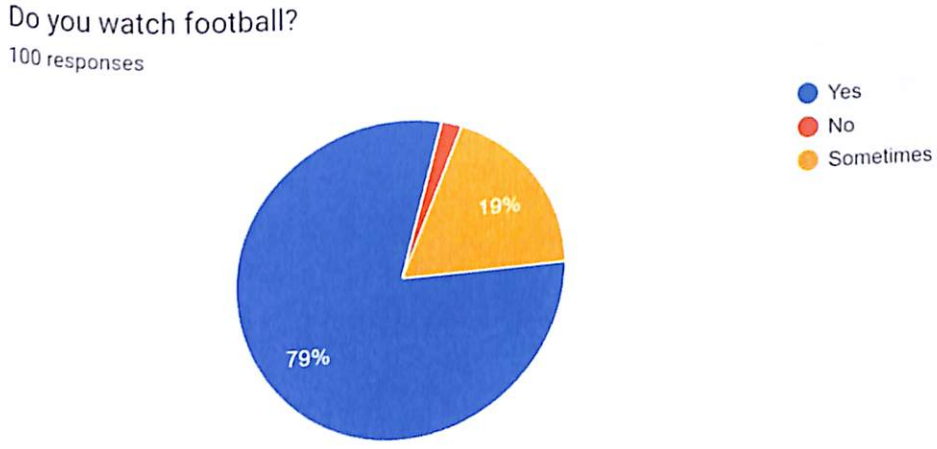


Objective: The objective of the question was to ask whether the respondents play football.

Data Interpretation: The pie chart above represents the percentage of respondents that play football. 95% of respondents who have responded play football, whereas 5% respondents do not play football.

What percent of respondents watch football?

Graph 5

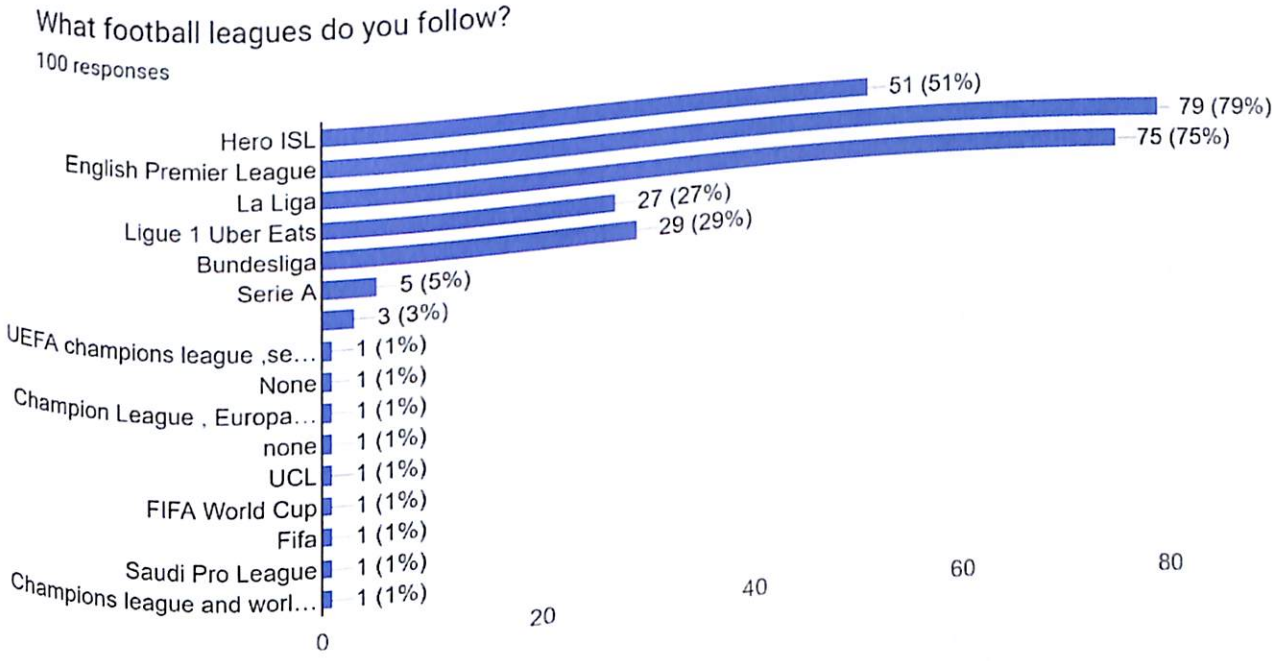


Objective: The objective of the question was to ask whether the respondents play football.

Data Interpretation: The pie chart above represents the number of respondents who watch football. 98% of the respondents watch football and the rest 2% do not watch football.

What football leagues to the respondents follow?

Graph 6

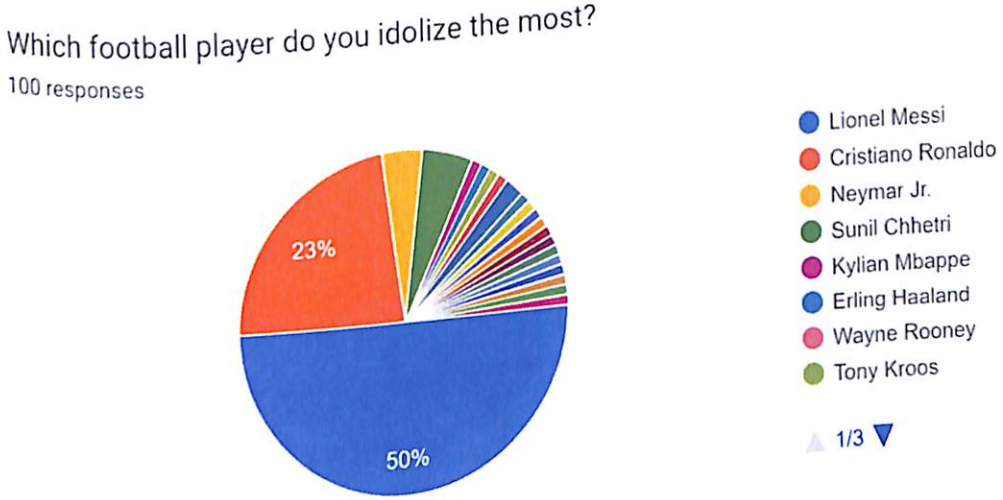


Objectives: The objectives of the question was to ask about the preferences of the respondents that follow football leagues.

Data Interpretation: The bar graph above represents the preferences the respondents have towards football leagues. Although 51% of respondents follow Hero ISL, 79% of respondents follow English Premier League, which is ranked the highest amongst the responses followed by La Liga, constituting 75% of the respondents, which ranks the second highest below EPL. 27% of respondents follow Ligue 1 and 29% follow Bundesliga, followed by 5% of respondents that follow Serie A. Rest 3% follow other leagues.

Which football player the respondents idealise the most?

Graph 7

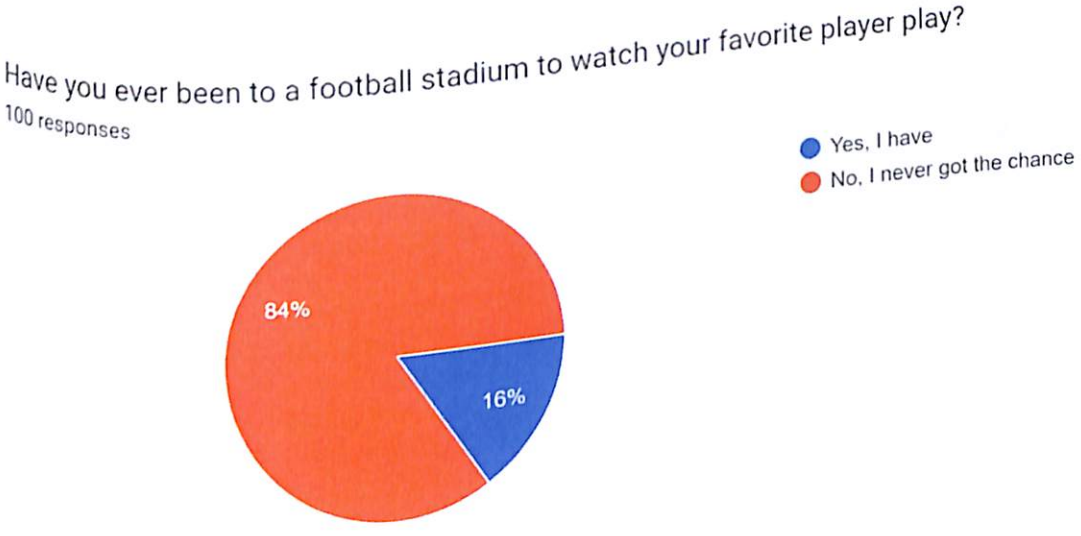


Objective: The objective of the question was to understand which football player the respondents idealise the most.

Data Interpretation: The pie chart above represents the number of respondents that have an idol in the football world. 50% of the respondents idolize Lionel Messi while 23% idolize Cristiano Ronaldo. 4% of respondents idolize Neymar Jr. while 5% idolize Sunil Chhetri. Kylian Mbappe, Erling Haaland, Wayne Rooney, Toni Kroos, Joshua Kimmich, Antoinne Griezmann, Sergio Ramos, Saka, Reece James, Gareth Bale, Son and Mezut Ozil are idolized by 1% respondents each.

Have the respondents been to a stadium to watch their favorite player play?

Graph 8

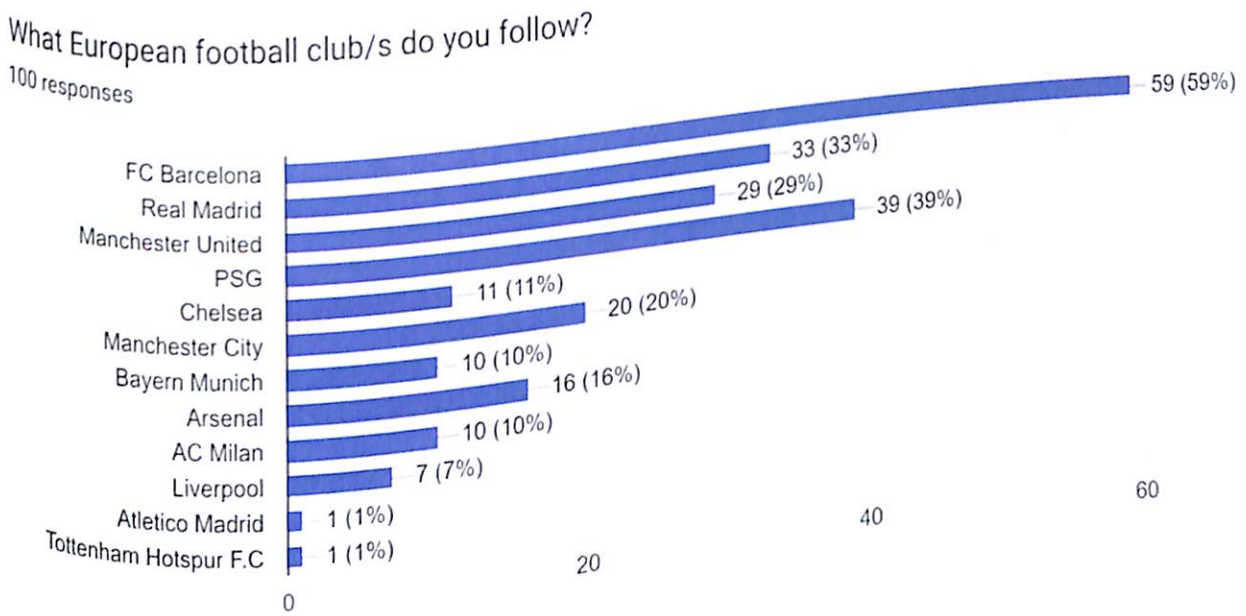


Objective: The objective of the question was to ask whether the respondents have been to a football stadium to watch their favorite player play.

Data Interpretation: The pie chart above represents the number of respondents that have responded to the question and whether they have been to a stadium to watch their favorite player play. While 16% of the respondents have been to a stadium to watch their favorite player play, 84% of the respondents have not been to a stadium to watch their favorite player play.

What European teams do the respondents follow?

Graph 9

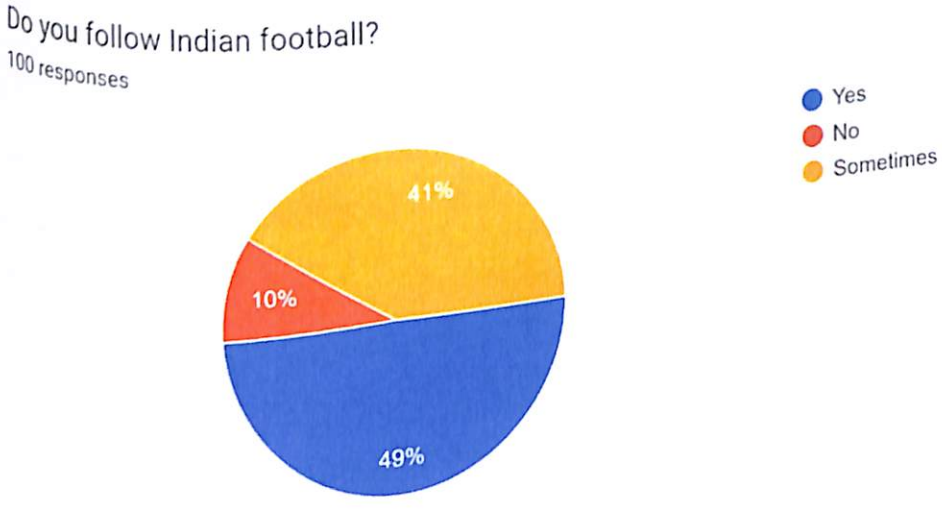


Objective: The objective of the question was to ask whether the respondents follow any European football clubs.

Data Interpretation: The bar graph above represents what clubs are followed by the respondents. While 59% of the respondents follow FC Barcelona, 33% respondents follow Real Madrid and 29% follow Manchester United. 39% respondents follow PSG, 11% follow Chelsea, 20% follow Manchester City, 10% follow Bayern Munich. While Arsenal follow 16%, 10% follow AC Milan, 7% follow Liverpool. Other 1% respondents also follow Atletico Madrid and Tottenham Hotspur each.

If the respondents follow Indian football.

Graph 10

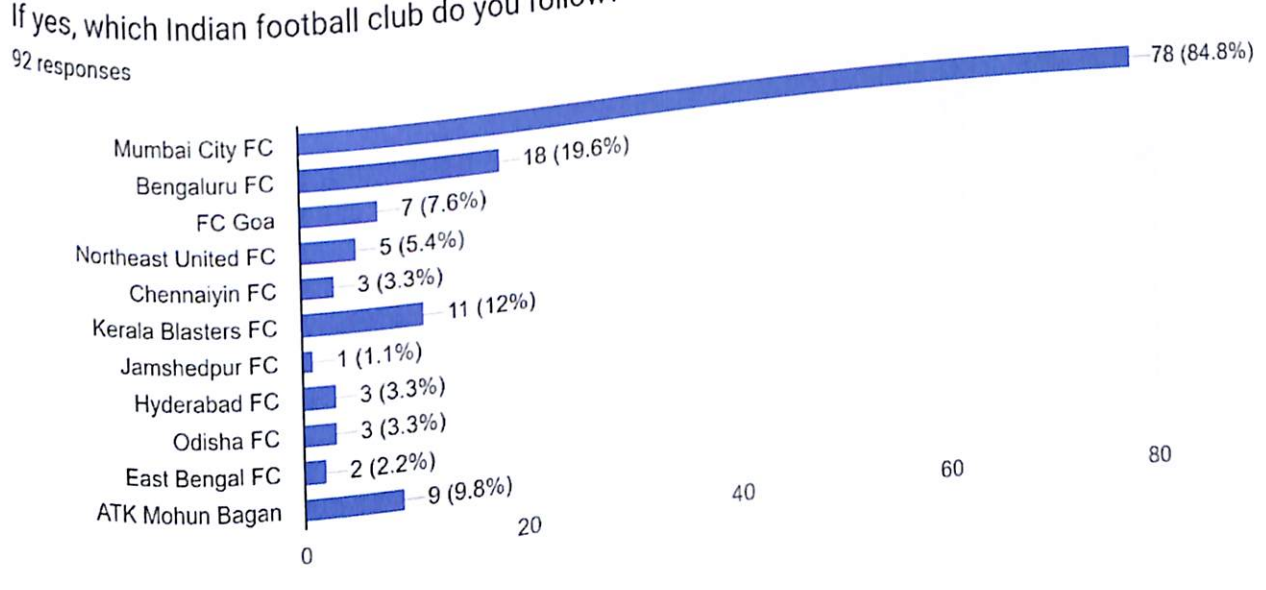


Objective: The objective of the question was to ask the respondents whether they follow Indian football or not.

Data Interpretation: The pie chart above represents the percentage of respondents that follow and do not follow Indian football. 90% respondents follow Indian football while 10% do not.

Which Indian football club they follow if Yes.

Graph 11

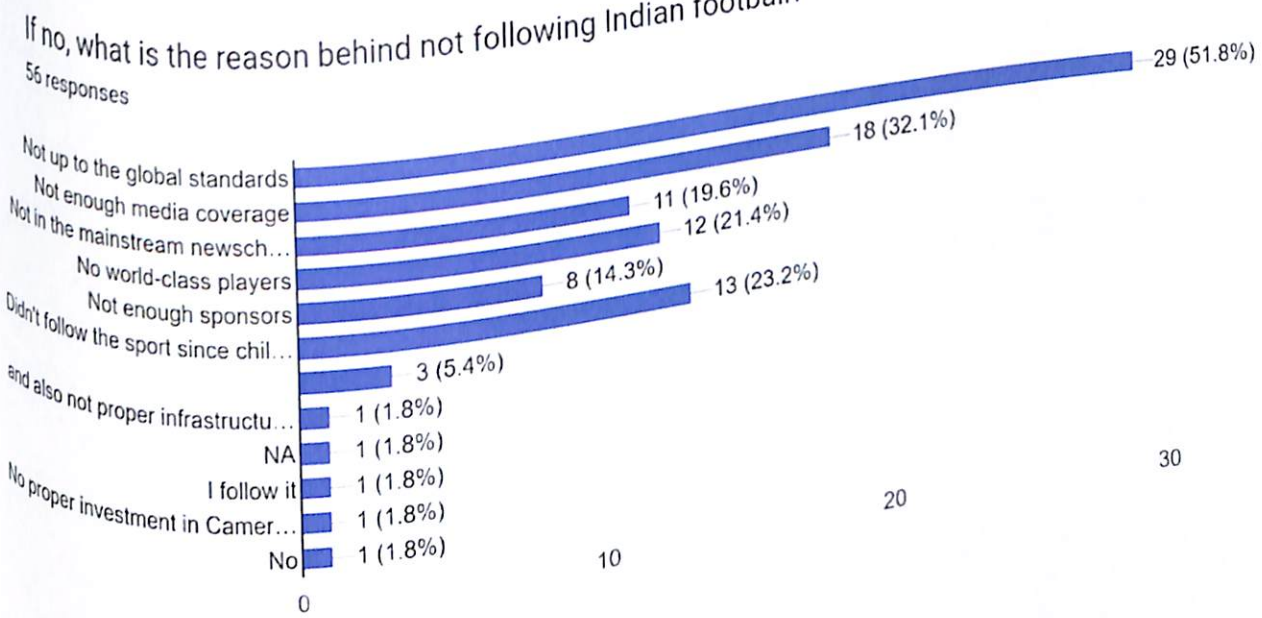


Objective: The objective of the question is to know which Indian football club the respondents follow if they follow Indian football.

Data Interpretation: The bar graph above denotes the data of the respondents who have selected the clubs they follow. While 84.8% of the respondents follow Mumbai City FC, 19.6% of the respondents follow Bengaluru FC and 12% respondents supporting Kerala Blasters FC and ATK Mohun Bagan which is followed by 9.8% of the respondent. It is followed by FC Goa supported by 7.6% and Northeast United FC followed by 5.4% of the respondents. The rest of the respondents follow Hyderabad FC, Odisha FC, Jamshedpur FC and East Bengal FC.

Reason why the respondents do not follow Indian football if No.

Graph 12



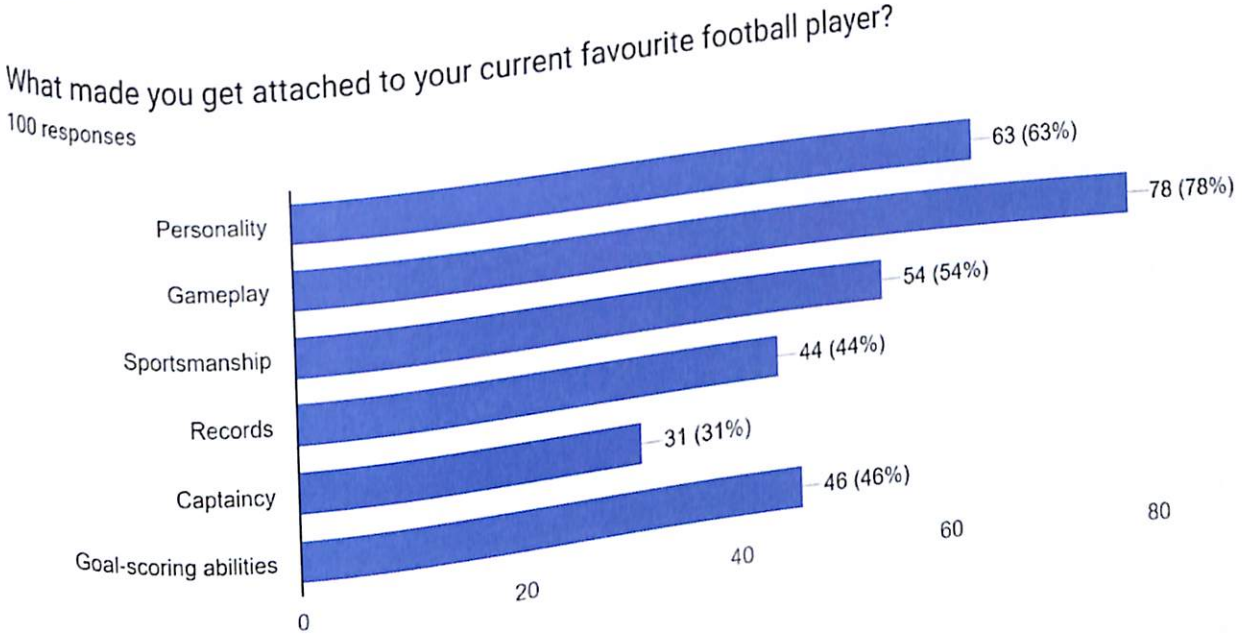
Objective: The objective behind the question is to ask the reason why the respondents do not follow Indian football if they have chosen No.

Data Interpretation: The bar graph above represents why Indian fans do not follow Indian football if they have selected No. 51.8% of the respondents believe that it is because the India football is not up to the global standards. 32.1% of respondents believe that it is because of the lack of media coverage. 19.6% of respondents believe it is because of the Indian football not being in the mainstream media. 21.4% of the respondents believe they do not follow Indian football because of no world class players being in the teams/leagues. 14.3% of the respondents believe

that it is due to there being not enough sponsors. 23.2% of the respondents believe that it is because they do not follow the sport since childhood. Other reasons constitute 5.4%.

What made the respondents get attached to their current favorite football player?

Graph 13



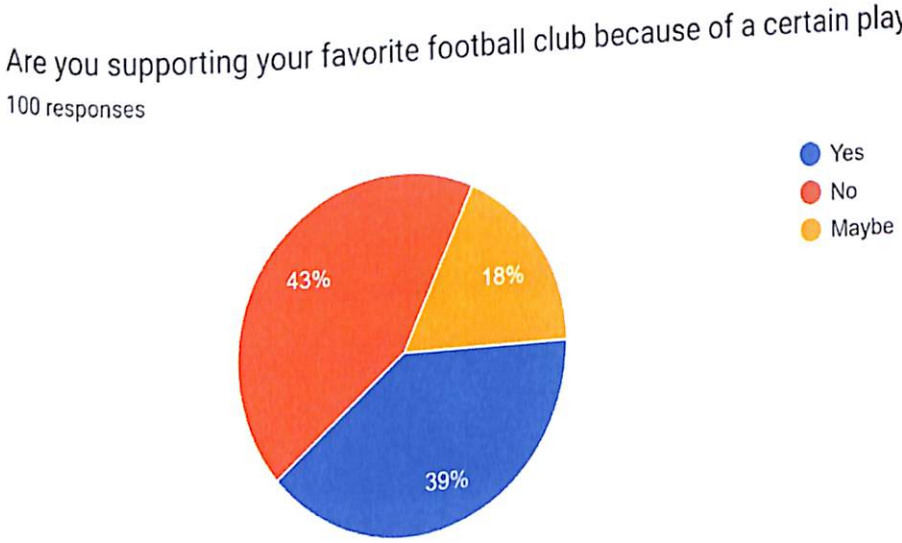
Objective: The objective of the question is to ask what made the respondents get attached or influenced their current favorite football player.

Data Interpretation: The above graph represents the data given by the respondents. While 78% of the respondents believe that their gameplay is the most attractive trait that made them love their current favorite football player, 63% of the respondents believe that the player's personality also plays an important role in getting inspired by them. 54% of the respondents believe that Sportsmanship is an attractive train in an athlete and following that, 46% of the respondents believe that their Goal-scoring abilities is enough to inspire them. While 44% of the respondents believe

that Records is enough to influence them, 31% respondents believe that Captaincy is also an influencing trait.

Are the respondents following a club due to a certain player playing in the club?

Graph 14

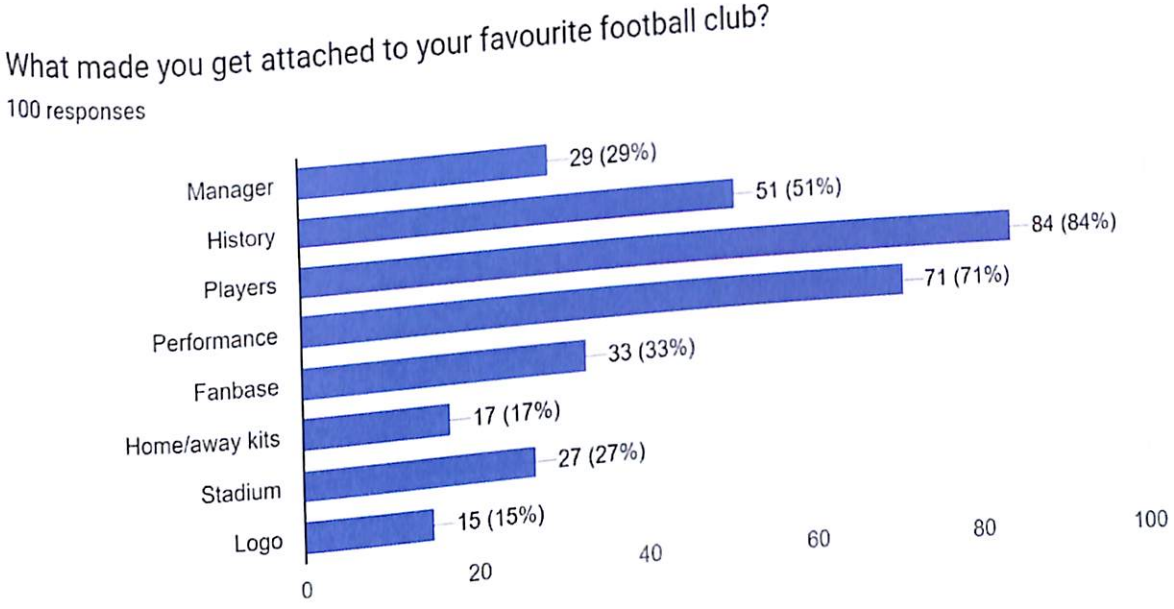


Objective: The objective of the question was to know whether the respondents follow and support a particular club due to a certain player playing in it.

Data Interpretation: The pie chart above represents the data of the respondents. 43% of the respondents say that they do not follow a football club just because a certain player is playing in it, while 39% of respondents say that they do. 18% of the respondents say that Maybe they follow the club because of a certain player playing in it.

What made the respondents get attached to their favorite football club?

Graph 15

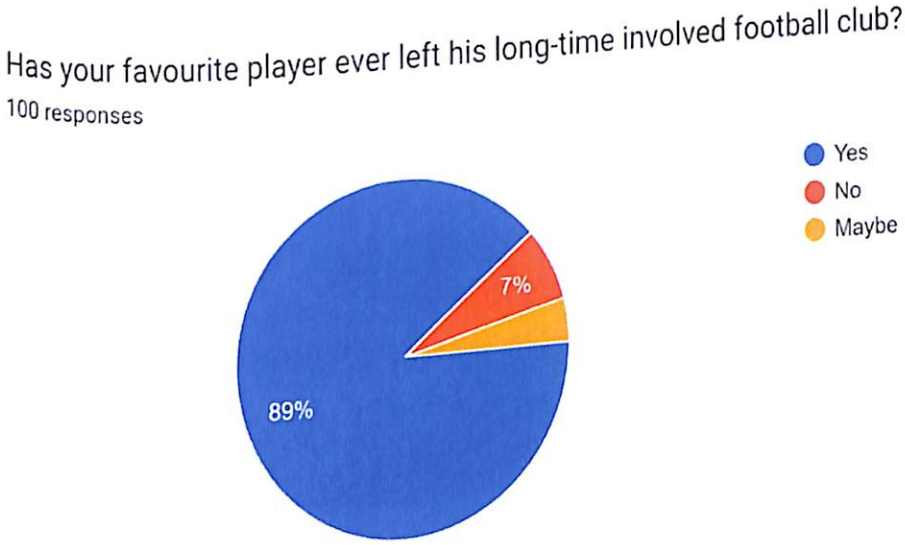


Objective: The objective of the question asked was to know about the reason why the respondents are attached to their favorite football club.

Data Interpretation: The bar graph above displays the reason that made the respondents attached to a football club. While 84% of the respondents liked their players, 71% of them liked the club because of their performance. Since 51% of the respondents follow because of their history, 33% of them follow the club due to its Fanbase. 29% of the respondents follow a club because of the club's manager and 27% of them follow because of their Stadium. 15% of the respondents follow the club because of their logo.

Has the respondent's favorite player ever left his long-time involved football club?

Graph 16

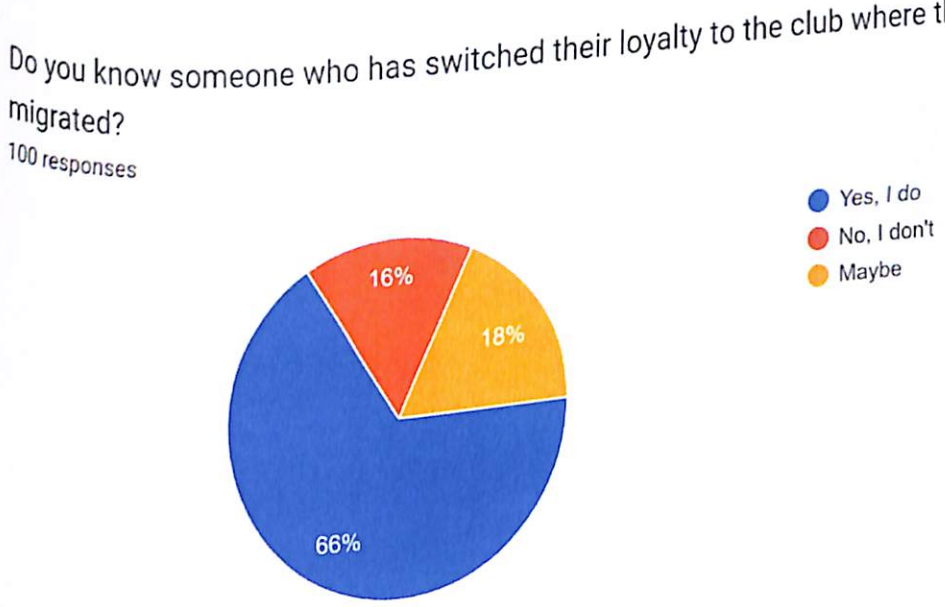


Objective: The objective of the question was to ask whether their favorite player has ever left his long-time involved football club.

Data Interpretation: The pie chart above indicates that 89% of the respondents said that their favorite player has left his long-time involved football club whereas 7% of respondents have said No. 4% of the respondents are not sure whether their favorite player has left or not.

Do the respondents know whether them know someone who has switched their loyalty to another club where their favorite player migrated?

Graph 17

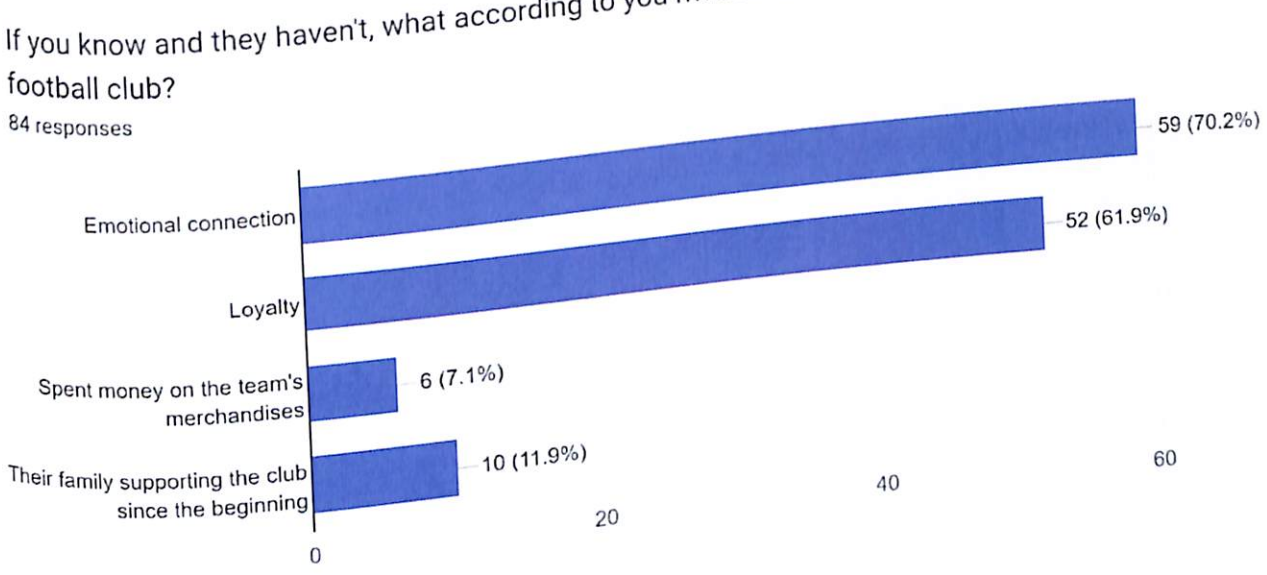


Objective: The objective of the question was whether the respondents know someone who switched their loyalty towards another club where their favorite player migrated.

Data Interpretation: The pie chart above displays that 66% of the respondents know someone who has switched their loyalty towards another club where their favorite player migrated. Whereas 16% respondents say that they do not know anyone who did the same, 18% respondents are not sure whether someone from their knowns dd the same or not.

If no, do the respondents know why the person they know stuck supporting to the club even though their favorite player is not playing anymore?

Graph 18

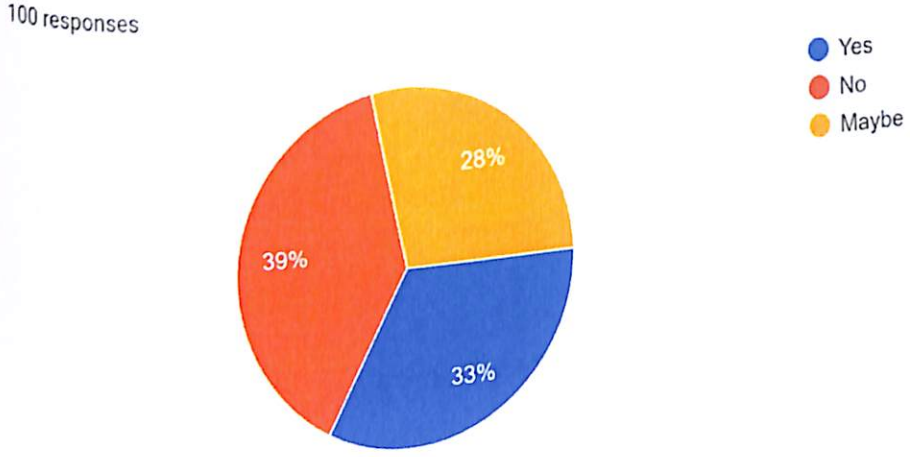


Objective: The objective of the question was to know what the respondents' known person made them stick to the club and support it even after their favorite player leaves it.

Data Interpretation: The graph above denotes that 70.2% of the respondents say it is because of the emotional connection attached to the club. 52% of the respondents say it is because of their loyalty to the club. While 11.9% of the respondents say that it is because of their known one's family supporting the club since the very beginning, 7.1% of the respondents say it is because of the money spent on the team's merchandises.

If the respondents' favorite player moves to another club, will they also start supporting that particular club?

Graph 19

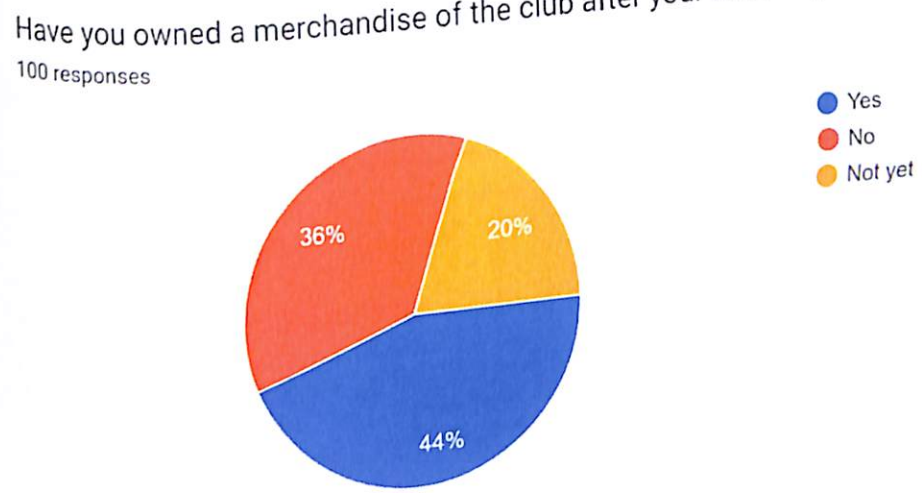


Objective: The objective of the question was to test the loyalty of the respondents towards their club and their player.

Data Interpretation: The pie chart above denotes that 39% of the respondents say that they would not start supporting the club where their favorite player has migrated, while 33% say that they would start supporting the club where the player migrated. 28% of the respondents said that they are not sure whether they would start supporting the new club or not.

Have the respondents owned a merchandise of the club after their favorite player joined that particular club?

Graph 20

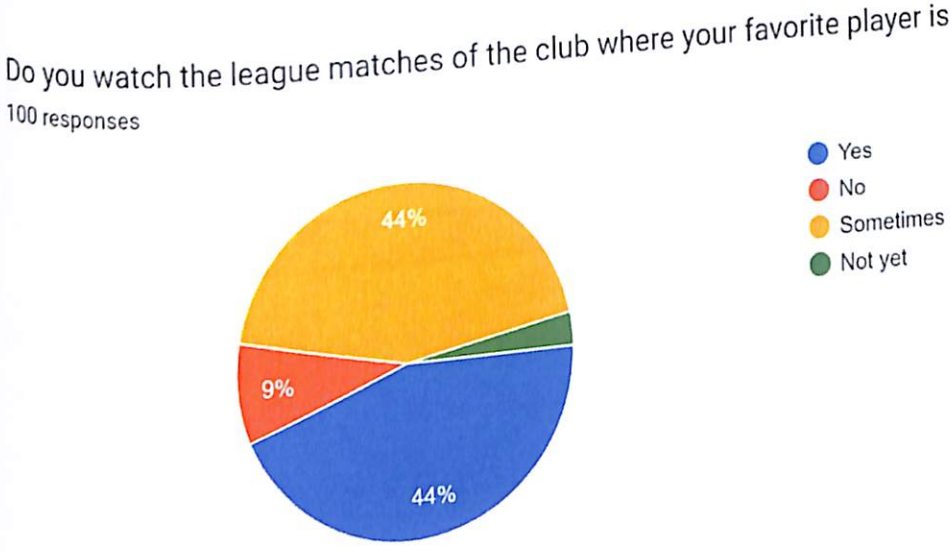


Objective: The objective of the question was to know whether the respondents recently owned a merchandise of the club where their favorite player is currently playing.

Data Interpretation: The above pie chart denotes that 44% of the respondents said that they own a merchandise of the club where their favorite player is currently playing. 36% respondents said that they do not own any merchandise of the club where their favorite player is playing and 20% said that they have not owned a merchandise but they might in the future.

Do the respondents watch the match where their favorite player is currently playing?

Graph 21

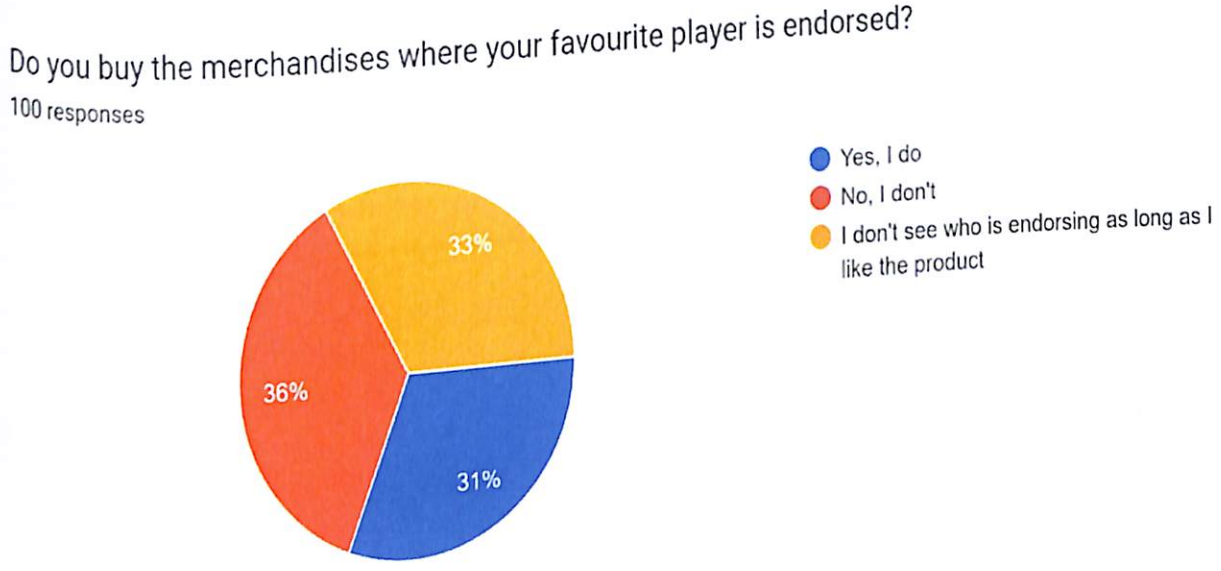


Objective: The objective of the question is to know whether the respondents watch the matches of their favorite player playing for another club.

Data Interpretation: The above chart denotes that 88% of the respondents watch the league matches. 9% of them said they do not watch the matches and 3% of them said they do not but they might.

Do the respondents buy the merchandises where their favorite player is endorsed?

Graph 22

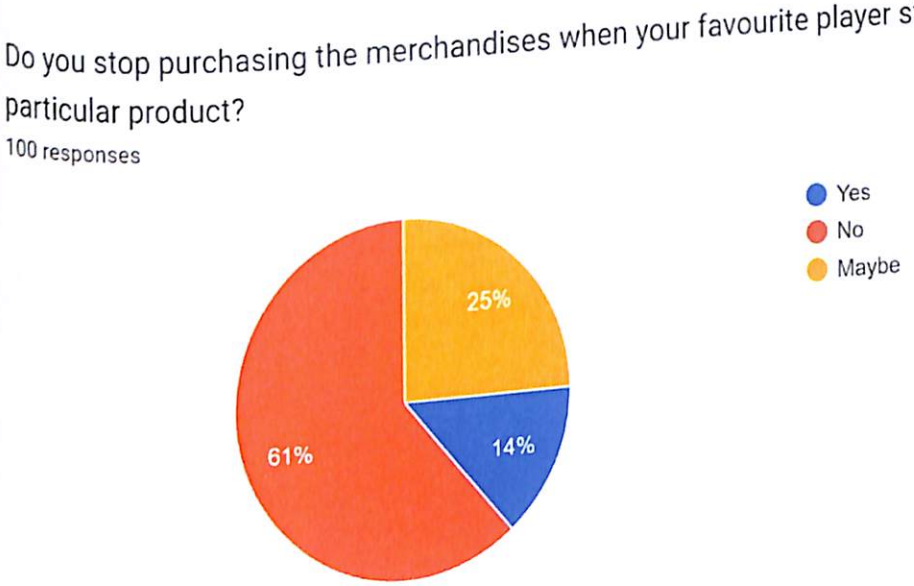


Objective: The objective of the question is to know the buying behavior of the respondents.

Data Interpretation: The above pie chart denotes that 31% of the respondents buy the products whereas 36% do not buy the merchandises. 33% of them do not see who is endorsing the product as long as they like it.

Do the respondents stop buying the merchandises when their favorite player stops endorsing it?

Graph 23

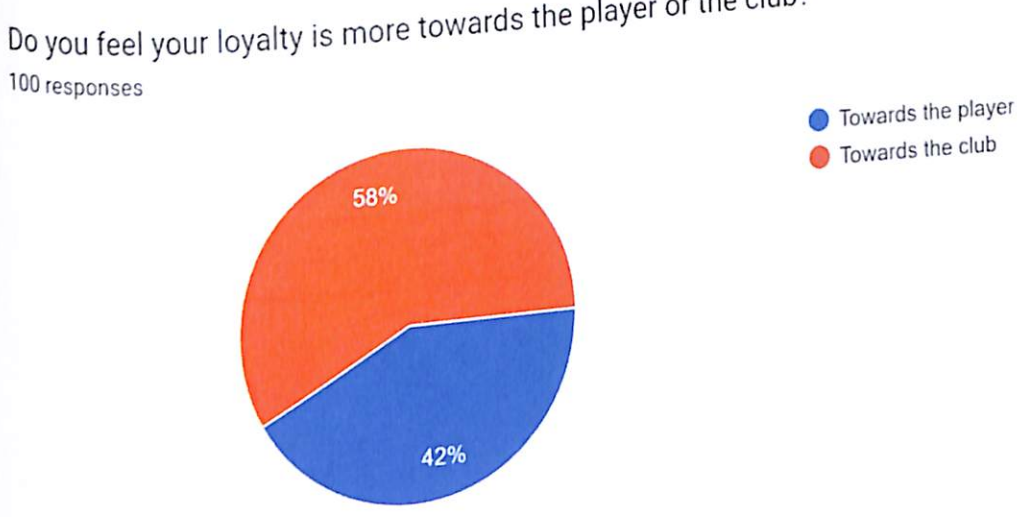


Objective: The objective of the question is to know whether the respondents stop purchasing the products when their favorite player stop endorsing that product.

Data Interpretation: The pie chart above denotes that 61% of the respondents say they continue buying the products even after their favorite player stops endorsing it, whereas 25% of the respondents might stop buying. 14% say they would stop buying the products.

Loyalty more towards player or the club?

Graph 24

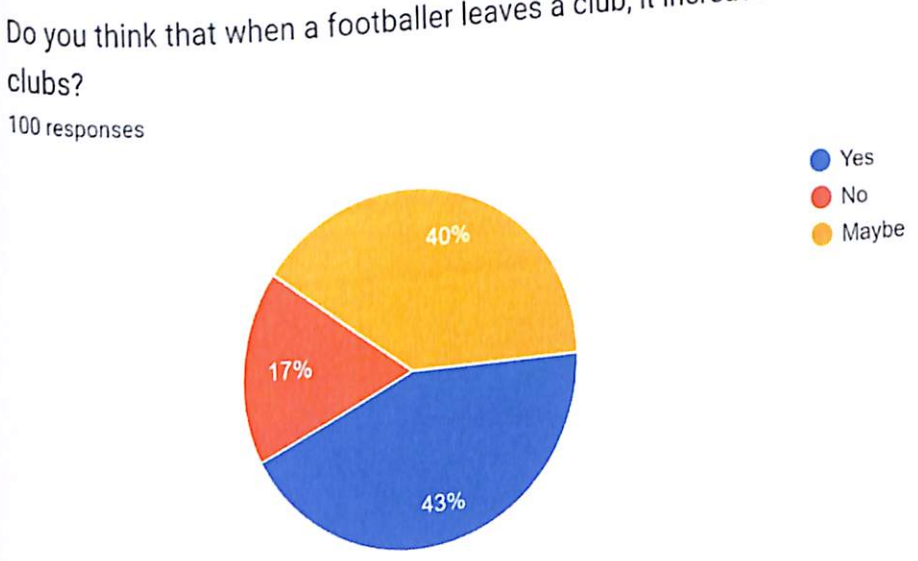


Objective: The objective of the question is to know whether the respondents are loyal towards the player or the club.

Data Interpretation: The pie chart above denotes that 58% of the respondents are more loyal towards the club and 42% of them are more loyal towards the player.

Is the rivalry increased amongst the fans of other clubs when a star player leaves a club?

Graph 25

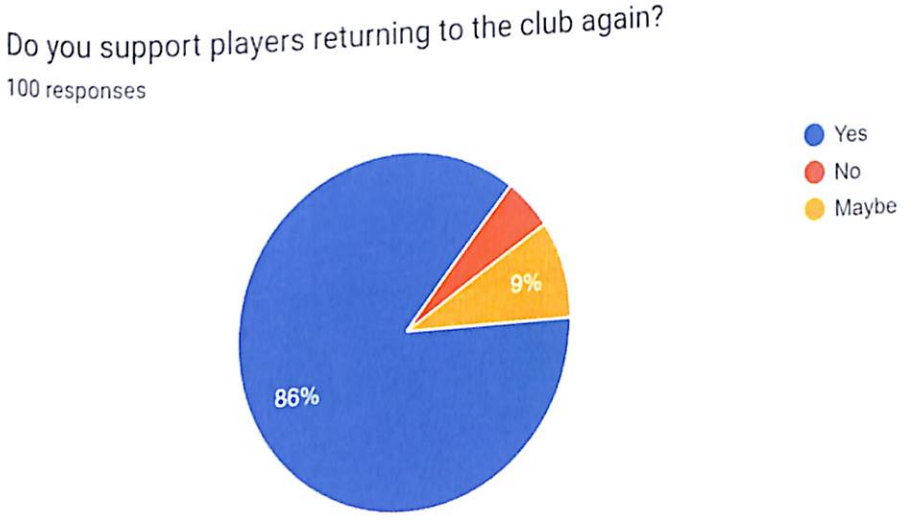


Objective: The objective of the study is to know whether the rivalry amongst football fans increase when a star player is a free agent.

Data Interpretation: The above pie chart denotes that 43% of the respondents say that it increases the rivalry, 17% of them say it does not increase the rivalry and the rest 40% say it might or might not increase the rivalry amongst the fans.

Do the respondents support the player to return to the club again?

Graph 26

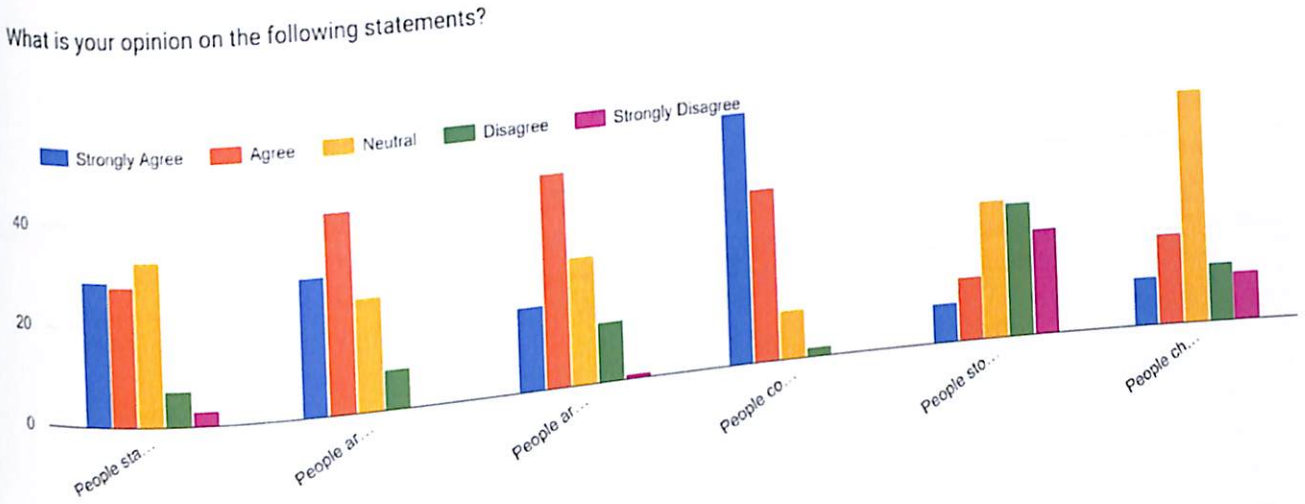


Objective: The objective of the question is to know whether the respondents support the player who wants to return to the club again.

Data Interpretation: The above pie chart denotes that 86% of the respondents support the player whereas 5% of the respondents say they do not support them. 9% of the respondents say they might or might not support the player.

What are the respondents' opinions on the following statements:

Graph 27



Objective: The objective of the question is to know about the opinions of the respondents on the statements given in front of them.

Data Interpretation: The above bar graph denotes the opinions of the respondents on the statements that were asked in the question. The range of answer ranged from Strongly Agree to Strongly Disagree.

Chapter 6

Finding & Conclusion

Finding from the research (Secondary Data) :

- After carefully examining and reading through previously researched topics in the relevance of this research, we have found that there are various forms of football player around the world. While the research is solely based on association football, there are other forms of football apart from this version.
- These forms of football are played around the world including Australia and the USA. According to the findings from the relevant data related to the topic, it is found that football fans have a very deep relation to the sport. This include them being totally addicted to the sport and thus, not thinking rationally about themselves. This includes aggression, anger, increase in hooliganism, increase in their weight, change in brand perception, interference with their mental health etc.
- Football was played since a very long time across the world, with different forms of it played by different people in different cultures. In China, tsu-chu was played, whereas in South America, a different of football was played. Although with the differences, the objective of the game was similar in every culture. After a period, the sport started becoming a part of the professionalization. This helped a lot of people to play the sport, ranging from fun activity to playing it as a profession.
- There are several football leagues and teams around the world. These teams and leagues are followed by billions of people with each of them, having their opinions and a reason to love and support the club. Same goes with the players. Every person on this planet has a reason to follow a particular player or a team. This also depends on the type of personality they prefer in their idol. Some players are patient and calm, while some players are egoistic,

aggressive and good at what they usually do. This creates a huge rivalry amongst these groups. Although the rivalry is not something which is witnessed with every player all the time, it does affect the way fans perceive the players and players perceiving their as well as other player's fans.

- Football is now played across different part of the world with a set of rules, so that every player playing plays fair and knowledgably. There are varieties of football now played everywhere, including Futsal and Paralympic Football. Paralympic Football includes accessibility to play for blind people and people with cerebral palsy. Blind football is governed by International Blind Sports Federation (IBSA) for 5-a side football, whereas the Paralympic Association Football manages both these types of sports. In Blind football, according to the IBSA's list of the top countries in Blind football in 2023 include Argentina as the leader, followed by Brazil, Spain, Japan and Thailand. India ranks 14th in this list.

Finding from the research (Primary Data) :

- With the primary data collected, we have understood the perception of the respondents and as there were 8 females and 92 males, we also have a great distribution of the data. Which helped us get a fair opinion on our title 'A study on the behavior of football in India post – displacement of their favorite player from the club.'
- When the question was asked to the respondents whether they are supporting their favorite football club because of a certain player playing in the club, 39% of the respondents said Yes, while 43% of them said No, along with the rest 18%, that said Maybe. The 18% of the respondents are not sure whether they support a club because of a player playing in it.
- When the question was asked to the respondents whether they know someone who has switched their loyalty to the club where their favorite player migrated, 66% of the respondents said Yes, while 16% of them said they do not, while the rest 18% said they are not sure whether they know someone like this or not. This data shows that there is a very high possibility where the fans change their loyalty to a particular club where their favorite player goes.

- In the questionnaire, when the question was asked whether the respondents buy merchandises of the club where their favorite player is currently playing, 44% of the respondents said Yes while 36% said No. This shows that there is no loyalty needed to buy merchandises of the club where the player is currently playing, it can be in the form of an act to support the player too.
- When the question was asked whether the respondents feel more loyal to the club or to the player, 58% of them said they are more loyal to the club while 42% said they are more loyal towards the player. This is a clear indication that most fans are more loyal to the club than the player himself.

Conclusion :

- There were various forms of data that were available to know the behavior of fans when their favorite player leaves the club they used to play in before. After analyzing the data of the respondents, it is proved that most people do not shift their whole loyalty towards another club where their favorite player is currently playing. This also proved that there is difference between supporting a club and being loyal to a club. A fan can be loyal to a club and support a different club during their matchdays.
- Although there are few numbers of fans that switch their loyalty, most of them do not. This concludes the research.

Annexure :

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(https://en.wikipedia.org/wiki/David_Beckham)

- Women football players: The best in the world in 2023
  (https://www.mpl.live/blog/best-women-footballer-players/)

Questionnaire :

Survey - A study on the behavior of football fans in India post-displacement of their favorite player from the club.

Name - _____

1. Age
   - 15 – 20
   - 21- 30
   - 31 – 340
   - 40 and above

2. Gender
   - Male
   - Female

3. City - _____

4. Do you play football?
   - Yes
   - No
   - Sometimes

5. Do you watch football?
   - Yes
   - No
   - Sometimes

6. What football league do you follow?

- Hero ISL
- English Premier League
- La Liga
- Ligue 1 Uber Eats
- Bundesliga

7. Which football player do you idolize the most?

- Lionel Messi
- Cristiano Ronaldo
- Neymar Jr.
- Sunil Chhetri
- Kylian Mbappe
- Erling Haaland
- Wayne Rooney
- Tony Kroos
- Kevin De Bruyne
- Gurpreet Singh
- Sandesh Jhingan
- Other:

8. Have you ever been to a football stadium to watch your favorite player play?

- Yes, I have
- No, I never got the chance

9. What European football club/s do you follow?

- FC Barcelona
- Real Madrid

- Manchester United
- PSG
- Chelsea
- Manchester City
- Bayern Munich
- Arsenal
- AC Milan
- Liverpool
- Other:

10. Do you follow Indian football?
    - Yes
    - No
    - Sometimes

11. If yes, which Indian football club do you follow?
    - Mumbai City FC
    - Bengaluru FC
    - FC Goa
    - Northeast United FC
    - Chennaiyin FC
    - Kerala Blasters FC
    - Jamshedpur FC
    - Hyderabad FC
    - Odisha FC
    - East Bengal FC
    - ATK Mohun Bagan

12. If no, what is the reason behind not following Indian football?
    - Not up to the global standards

- Not enough media coverage
- Not in the mainstream news channel
- No world-class players
- Not enough sponsors
- Didn't follow the sport since childhood
- Other:

13. What made you get attached to your current favourite football player?
    - Personality
    - Gameplay
    - Sportsmanship
    - Records
    - Captaincy
    - Goal-scoring abilities

14. Are you supporting your favorite football club because of a certain player playing in the club?
    - Yes
    - No
    - Maybe

15. What made you get attached to your favourite football club?
    - Manager
    - History
    - Players
    - Performance
    - Fanbase
    - Home/away kits

- Stadium
- Logo

16. Has your favourite player ever left his long-time involved football club?
    - Yes
    - No
    - Maybe

17. Do you know someone who has switched their loyalty to the club where their favourite player migrated?
    - Yes, I do
    - No, I don't
    - Maybe
    -

18. If you know and they haven't, what according to you made them stick and support their current football club?
    - Emotional connection
    - Loyalty
    - Spent money on the team's merchandises
    - Their family supporting the club since the beginning

19. If your favourite player moves to another club, would you also start supporting that particular club?
    - Yes
    - No
    - Maybe

20. Have you owned a merchandise of the club after your favorite player joined that particular club?
    - Yes

- No
- Not yet

21. Do you watch the league matches of the club where your favorite player is currently playing?
    - Yes
    - No
    - Sometimes
    - Not yet

22. Do you buy the merchandises where your favourite player is endorsed?
    - Yes, I do
    - No, I don't
    - I don't see who is endorsing as long as I like the product

23. Do you stop purchasing the merchandises when your favourite player stops endorsing that particular product?
    - Yes
    - No
    - Maybe

24. Do you feel your loyalty is more towards the player or the club?
    - Towards the player
    - Towards the club

25. Do you think that when a footballer leaves a club, it increases the rivalry amongst the fans of other clubs?
    - Yes
    - No

- Maybe

26. Do you support players returning to the club again?

- Yes
- No
- Maybe

27. What is your opinion on the following statements?

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

a) People stay loyal to only one football club in their lifetime
b) People are ready to spend a lot of money on the merchandises sold officially by their favorite player (Eg. The Messi Store)
c) People are ready to spend a lot of money on the products advertised by the players of their favorite team
d) People continue supporting their favorite club even if they are consistently not winning the matches
e) People stop following football after their favorite player retires
f) People change their perception towards their football player when they leave the club
g) People stay loyal to only one football club in their lifetime
h) People are ready to spend a lot of money on the merchandises sold officially by their favorite player (Eg. The Messi Store)
i) People are ready to spend a lot of money on the products advertised by the players of their favourite team
j) People continue supporting their favorite club even if they are consistently not winning the matches
k) People stop following football after their favorite player retires

l) People change their perception towards their football player when they leave the club