

## Preparing players psychologically – football players – using anxiety as a model

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### Study Summary:

The aim of the research is to try to find out the effect of anxiety on the level of the players above the field because of the various factors that a football player can pass before, during and after the game. The analytical descriptive method was used. This choice did not occur arbitrarily, but as a result of the nature of the subject. In our study, the teams of the honorary football section in Al-Bawaira were named "Ashbal". The sample was randomized and consisted of two trained samples, including 10 trainers and the second sample, which included 80 players. The researchers used the questionnaire method as a means of collecting information. It is used in many scientific researches, through which the information is derived directly from the original source. The questions are divided into (closed, semi-closed, open). The researchers distribute them on the selected sample as the preliminary procedure, then collect them, study them and analyze them. Allows us to collect and analyze information easily and low costs, and the most important results of the research that:

The majority of the players receive tips from the coach, as well as the coach's advice have a great role in the turnout of the players on the training, while not forget the good psychological preparation, which reflected positively on the return of players in the field. Among the most important recommendations reached are the following:

Focusing on the psychological preparation of the players, especially the minor groups, with the need to include psychologists within the technical staff of the team, without forgetting the role of the coach in guiding and guiding the players during the training sessions to serve the official games.

**Keywords:** anxiety - performance - football players.

### 1-Research Problem:

Sports training science relies on the support of the natural and human sciences, which are important and supportive sciences for the training process. Specifically, sports psychology is one of the most important human sciences upon which sports training relies. It is at the forefront of the sciences that support the success of the coach and the

development of athletic performance. As a result, sports training experts have begun to pay close attention to the various psychological aspects associated with athletic training and athletic competitions. Methods of physical, skill, and tactical preparation have converged significantly in recent years, to the point where they have become highly similar to those used in professional and other settings. However, the difference lies in the psychological factors within players. Therefore, a need has emerged for greater attention to psychological aspects. Football is one of the most important sports activities that has attracted the attention of researchers from a psychological perspective, having become widespread among young and old from various cultures and countries. Furthermore, due to the widespread popularity of football among young and old alike, across cultures and in various countries, the entire world has become a small village, enabling anyone, anywhere in the world, to follow a match. Given the popularity of football, on the one hand, and the fact that competition serves as a means of assessing the level and effectiveness of training, we find that it has a significant impact on the psychological aspects of players. This makes football matches and competitions full of excitement and emotions, which can lead to anxiety among players. Given the complexity of this problem and its multiple causes, and based on the above, we can pose the following questions: General question: - What is the impact of anxiety on the performance of football players during competitions?

## **2- Sub-questions:**

- Does a coach's neglect of psychological preparation during training lead to a decline in the performance of players during competitions?
- Do fans have a negative impact on the performance of football players during sports competitions?
- Does the importance of competition have a negative impact on the performance of football players?

## **2- Study Hypotheses:**

Based on the questions posed in the previous problem, we developed hypotheses as temporary solutions to the problem at hand. General Hypothesis:

Anxiety has a negative impact on football players' performance during sports competitions.

Sub-Hypotheses:

- Coaches' neglect of psychological preparation during training leads to a decrease in players' performance during competitions.
- Fans have a negative impact on football players' performance during sports competitions.
- The importance of competition has a negative impact on players' performance in football.

## **3- Study Objectives:**

The objective of this study revolves around several points, including:

- Identifying the most important causes of this problem and how to address them.
- Understanding the extent to which anxiety affects players' performance.
- Helping players overcome anxiety by providing sufficient information about this phenomenon.
- Raising awareness and guiding officials on the need to provide specialists in sports psychology to provide the best psychological care for players.

## **4- Significance of the Study:**

The importance of this study can be summarized in its focus on the psychological factors affecting player performance and the overall level of sports competition, primarily anxiety. Therefore, paying attention to players' psychological preparation is one of the most important factors in sports activity, as the athlete's personality requires extensive preparation due to certain emotions they encounter in their activity. Therefore, we limited these emotions to the phenomenon of anxiety due to its impact on the level of player performance.

### **1- Methodology Used:**

The method is the path leading to the desired goal or the invisible thread that connects the research from beginning to end in order to reach the results. In our study, we relied on the descriptive analytical approach. This test was not random, but rather an inevitable result of the nature of the subject. Therefore, the descriptive approach is: "A method of scientifically organized analysis and interpretation to arrive at specific symptoms of a social situation, social problem, or a specific population." (Ammar Bouhoush, Muhammad Mahmoud Dhneibat, 1995, p. 129)

### **2- Study Tools:**

Questionnaire Method:

This is a widely used method for collecting information in scientific research. Through it, information is derived directly from the original source. It consists of a set of questions divided into (closed, semi-closed, and open).

The researcher distributes these questions to the selected sample as the initial procedure. He then collects, studies, and analyzes them, then draws conclusions from them. We chose the questionnaire to allow us to easily and cost-effectively collect and analyze information.

### **3- Controlling Study Variables:**

- Defining the Independent Variable: "Anxiety."
- Defining the Dependent Variable:

"Football Players' Performance During Sports Competitions."

### **3-3- Research Sample and Method Selection:**

The research community for our study was the Honor Division football teams in M'Sila (Cubs category).

The sample was randomly selected and consisted of two samples:

the first sample comprised 10 coaches, and the second sample comprised 80 players.

### **- Spatial and Temporal Scope:**

#### **- Location:**

The study was conducted at three clubs in the Bouira province in the Regional Division (Cubs category),

#### **respectively:**

- The Sports Entente of the Municipality of Ain Bessam.
- The Amateur Sports Club of Najm Bir Aghbalou.
- Mouloudia Bouira
- The Popular Club of Bouira.

#### **- Time:**

The study was conducted from the second half of December to May, with the first four months (December, January, February, March) being allocated.

### **2-1-1-2- Statistical Method:**

This method helps convert data and results from their quantitative form into percentages. In our analysis of the numerical data from the questionnaire, we relied on the tripartite rule to extract and obtain percentages for the data for each question.

## 2- K2 test

$$\chi^2 = \sum \frac{(O - E)^2}{E}$$

### Presentation, Analysis, and Discussion of the Study Results

\*Let's take the question as an example for the coaches' questionnaire:

**Question 8:** Are you aware of the social status of your players?

#### Purpose of the question:

To determine whether the coach is aware of the players' social statuses.

**Table (9):** Shows the extent of the coach's interest in the social aspects of his players.

statistical conclusion	degrees of freedom	significance level	tabulated chi-square	calculated chi-square	percentage	Number of repetitions	Answer
There are no statistically significant differences.	1	0.05	1.83	0.84	60%	06	YES
					40%	04	NO
					%100	10	Total repetitions

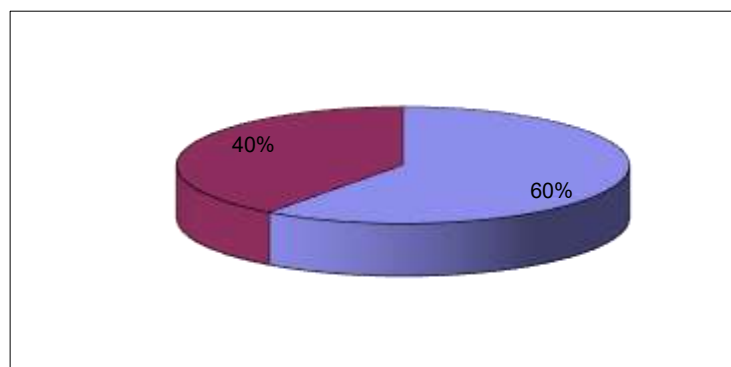


Figure (08) shows a representation of the percentages in Table (09).

### Analysis and Discussion of the Results:

From the results of Table (09), we note that 60% of coaches are aware of their players' social status, while 40% confirmed that they are unaware of the social circumstances surrounding their players. From the results of the previous table, we conclude that the majority of coaches are aware of their players' social status.

This leads the coach to choose the correct method for dealing with their players, each according to their circumstances, which positively impacts the team's results. Comparing the Results with the Hypotheses:

#### 1: Hypothesis

Coaches' neglect of psychological preparation during training leads to a decrease in the players' performance during competition. Based on the results obtained in Tables (7) and (10) for analyzing the results of the questionnaire directed at the members of the first sample, namely the coaches' sample, and the results obtained in Tables (18) and (19) for analyzing the results of the questionnaire directed at the members of the second sample, namely the players' sample, we conclude that the results support the first hypothesis. This is what Muhammad Adel emphasized on page (20) of the theoretical aspect, where he emphasized that "psychological preparation for competition is essential and fundamental for every competitive sport. The coach uses this psychological preparation to prepare the players psychologically, as well as to create motivation, harmony, and confidence in their ability to achieve satisfactory results."

### **The second hypothesis:**

The public has a negative impact on the level of performance of football players during sports competitions. Through the results obtained in Tables (11) and (13), which belong to the analysis of the results of the questionnaire directed to the members of the first sample, which is the sample of coaches, and Tables (24) and (25), which belong to the analysis of the results of the questionnaire directed to the members of the second sample, which is the sample of players, we conclude that some of the results support the second hypothesis, while other results were the opposite of the hypothesis. This is what Muhammad Hasan Alawi emphasized on page (32) from the theoretical side, where he included the following statement: "Sports competitions are characterized by their occurrence in the presence of a large audience of spectators, which does not occur in many branches of daily life, and the effect of spectators on the individual athlete differs clearly. Sometimes it helps raise the level of athletes, and other times it is a reason for their lack of proficiency." Ahmed Amin Fawzy also confirmed these results on page (22) by stating that "the style of spectator encouragement affects players, as the player's emotions and intensity vary according to these variables. A player who is watched by dozens or hundreds of viewers differs from one who is watched by thousands, and a player who competes among his own fans differs from one who competes in front of opposing fans. Similarly, the emotions of a player who competes in front of a fanatic audience for or against him differ from an audience characterized by a sporting style of encouragement or a sporting style that is unacceptable."

### **The third hypothesis:**

The importance of competition has a negative impact on the level of players' performance in football.

From the results of Tables (14) and (15), which relate to the analysis of the results of the questionnaire directed to the members of the first sample, which is the sample of coaches, and Tables (26) and (28), which relate to the analysis of the results of the questionnaire directed to the members of the second sample, which is the sample of players, we conclude that some of the results support the third hypothesis, while other results were the opposite of the hypothesis. This is what Muhammad Hasan Alawi emphasized on page (18), where he included the following statement: "Sports competitions contribute to the development and enhancement of capabilities during sports competitions and the results associated with each situation." While Ahmed Amin Fawzi emphasized on page (19) the following: "Unconscious competitions are characterized by fanaticism, which is a hostile tendency without logical justification. It is a state in which emotion prevails over reason, which in turn affects the level of performance, which is often characterized by inaccuracy, inaccuracy, and unreasonable speed, in addition to the tendency toward aggression." General Conclusion: The results obtained after analyzing the questionnaire for both samples revealed that youth football suffers from a lack of psychological preparation, which makes players feel anxious in front of the public, especially when it comes to a highly important competition. This is what psychologists describe as anxiety, which has a profound impact on

players' performance during sporting competitions. **Among the findings are the following:**

- Most players have a variety of training sessions.
- The majority of players receive advice from their coaches.
- Coach advice plays a significant role in players' willingness to train.
- Good psychological preparation positively impacts players' performance on the field.
- All coaches are not interested in the psychological aspect of players.
- The pressure of opposing fans has a negative impact on players' psychology and performance.
- Fan aggression toward players significantly impacts their performance on the field.
- Most players' enthusiasm and performance on the field increases with increased fan support.

The importance of competition plays a significant role in influencing players' behavior and performance, both positively and negatively.

- Important matches increase players' enthusiasm.
- The importance of matches negatively impacts a player's presence and concentration during the match.

### **Conclusion:**

In conclusion, this study, which covered many aspects of interest to everyone involved in this topic, remains in dire need of more in-depth and analytical studies, especially by specialists. This is due to the importance of this topic, particularly given the great public interest and interest that football enjoys worldwide. Our desire to improve Algerian football prompted us to raise questions about the causes and motivations that led to the weakness and deterioration of Algerian football results. This led us to propose a study that includes one of these motivations and reasons that lead to these negative results: the problem of anxiety, in which we focused on players in the youth football category. From the results we arrived at, we conclude that anxiety has a significant impact on the overall performance within the team, especially among the players. This does not mean that it is the only factor affecting their performance, but rather there are other causes, including poor management within the team, the importance of competition, and the lack of a football culture. Regarding our study in particular, we presented a general problem from which branched out partial questions that included an investigation into the causes of the problem. We then proposed hypotheses that we considered. It seeks to provide a positive solution to this phenomenon. Through the above analysis and discussion using questionnaire questions distributed to a representative percentage of the research community, which comprises a sample of coaches and a sample of players, we concluded that the three proposed hypotheses were met to a significant extent. Finally, we hope that our research has provided even a small portion of the solutions to this phenomenon. We ask that everyone interested in this topic address it in some detail and precision. Suggestions and Recommendations: Through analyzing the questionnaire questions directed to various coaches and players, which we hope will be of some benefit, even if only relative, in the future, we have come up with a set of recommendations and suggestions in the hope of alleviating the problems facing players during sports competitions, particularly anxiety. These suggestions are based on what we addressed in this research, the most important of which are: - Focus on the psychological preparation of players, especially in the younger categories. - Integrating psychologists into the team's technical staff. - Coaches should guide and advise players during training sessions to serve official matches. - Creating a competitive atmosphere during training at the same pace as official competitions. - Conducting internships and training courses for coaches and organizers of sports competitions, particularly in the psychological aspect, to spread the benefits. - Collaboration and coordination between clubs, sports bodies, and supporters' committees to promote sports culture. - Proper management during sports competitions by assigning responsibility to those with expertise and experience in

managing structures and organizing competitions and tournaments. - Raising public awareness and providing advice and guidance regarding sportsmanship through various media outlets.

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