

Psychological endurance and its relationship to self-improvement among young football players

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Abstract

The purpose of this paper is to identify the psychological endurance and self-improvement of young football players and to identify the relationship between psychological endurance and self-improvement among young football players. The research community included the youth football players in the Najaf governorate for the sports season (2021-2022), which numbered (210) players distributed over (7) sports clubs, they are (Najaf, Naft Al-Wasat, Kufa, Al-Tadamon, Al-Izdihar, Mashkhab, Al-Khornaq), either the research sample consisted of (120) players from the research community, distributed according to the research requirements. The most important conclusions are that the players of the youth league clubs in the Najaf governorate have a high psychological endurance in football, which is reflected in the advancement of the same players. As well as, there is a positive significant relationship between psychological endurance and self-improvement among football players participating in the youth football league.

Keywords: psychological endurance, self-improvement, football

Introduction:

The development of physical education in any country depends first and foremost on scientific planning that uses science and knowledge with full awareness to lay the foundations of sports construction and its progress on a strong and solid foundation. One of the most important of these basic sciences (sports psychology).

In the last quarter of the last century, psychologists became increasingly interested in analyzing and studying the concept of psychological endurance towards revealing the levels of this endurance among individuals and determining their abilities to face stressful life situations and their negative effects on the individual's psychological and physical health. All of these studies have drawn a significant and important result about the variance and different capabilities of individuals to deal flexibly with life events, whether normal or emergency, each according to the variance and difference of their characteristics and personal characteristics, which are in reality the outcome of the interaction of environmental upbringing factors represented first by the family, then the school and then the community with biological changes Represented by the physical and sexual changes of the individual, as well as the development and change in his emotional, emotional and behavioral life. In addition, the study attempts to detect the level of psychological endurance among young football players for the purpose of controlling

environmental pressures. The self-improvement that confronts them Thinking about self-improvement is actually the first stage of development, followed by the stage of discovering a person's talent or passion, and no matter how simple that talent is, it is effective in developing and achieving success. The development process and the steps necessary to achieve those goals. Hence the importance of research in identifying the relationship between psychological endurance and self-improvement of young football players.

Research problem:

Through the researchers' follow-up to the youth football league and the playing situations that are difficult and dangerous to the varying reactions of the players in the matches, some of them are affected by the implementation of the duty required of them on the field, and some of them withdraw from participation even though this leads to losing matches, based on what the researchers decided to study this problem due to the weakness of some players' possession of a high degree of psychological endurance, which was reflected in the players' possession of self-improvement, and this is reflected on the performance on the field. Therefore, the researchers tried to study psychological endurance and its relationship to the self-elevation of young football players.

Research objective:

- Identifying the psychological endurance and self-improvement of young football players.
- Identifying the relationship between psychological endurance and self-improvement among young football players.

Research hypotheses:

- There is a significant correlation between psychological endurance and self-improvement among young football players.

Research fields:

- Human field: The players of the Najaf Governorate clubs participating in the province's youth football league are clubs (Kufa, Naft Al Wasat, Najaf, Al Izdihar, Michkhab, Al Khornaq and Al Tadamon) for the sports season (2021-2022).
- Time field: (1/11/2021) to (3/2/2022)
- Spatial field: Stadiums and locations of youth club players in Najaf Governorate

Research methodology and field procedures:

Research Methodology:

The researchers used the descriptive approach using survey methods and correlational relationships in order to suit the requirements of the research.

Community and sample research:

The research community included the youth football players in the Najaf governorate for the sports season (2021-2022), which numbered (210) players distributed over (7) sports clubs,

they are (Najaf, Naft Al-Wasat, Kufa, Al-Tadamon, Al-Izdihar, Mashkhab, Al-Khornaq), either the research sample consisted of (120) players from the research community, distributed according to the research requirements.

Tools, means and devices used in the research:

- Arab and foreign scientific sources and references.
- questionnaire
- electronic information network
- Electronic Calculator Type (Pentium)/4

Field research procedures:

Psychological endurance scale:

The researchers used the psychological stress scale consisting of (16) phrases that were used by (Morcos. 2003) and it was modified for the sports field, and it was presented to a group of experts and specialists to ensure the validity of the scale. , the first position measures endurance at a high degree, the second at a moderate degree, and the third indicates a very weak ability to endurance. The grades (1.2.3) were given in succession, and after reviewing the Darwishi scale, some paragraphs and alternatives were changed and modified to suit the research sample (see Appendix 1).

Self-improvement scale (Ali. 2012):

The self-improvement scale of the researcher Ali Mahdi Ali includes (38) items, and includes five alternatives to the answer, and the player answers the scale statements (completely agree, agree, agree to some extent, disagree, disagree at all) and these scores are in the direction of the positive dimension, while the statements are in the opposite direction. The negative dimension (1,2,3,4,5) is then collected and the degrees of each dimension are collected separately for each dimension whenever it is characterized by the characteristic that this dimension measures. The minimum score for the scale as a whole is (38), the maximum score is 190, and the hypothetical mean score is (80).

Exploratory experience

The two researchers conducted the exploratory experiment on 1/27/2022 on (5) players from the youth football club Naft Al-Wasat, as the purpose of the exploratory experiment is to reach to know the validity of the two scales, psychological endurance and self-improvement that the researchers used in measuring the time taken by the scale (Psychological endurance) (20) minutes, while the (self-improvement) scale took (25) minutes.

Scientific foundations of the two scales:

Honesty:

For the purpose of verifying the ability of the two scales to measure what was set for it, which is my scale (psychological endurance and self-improvement), the apparent validity was resorted to by presenting the two scales to a number of specialists in sports psychology and

football to take their opinions on the extent of the validity of the two scales, and then the scales' forms appeared. The percentage of agreement among the specialists reaches 92%, and this means that the two scales are honest because the researchers must (obtain the approval of 75% or more of the arbitrators' opinions in this type of honesty) (Bloom and et al. 1983).

Stability:

For the purpose of finding the coefficient of stability of the two scales, the researchers relied on the method of testing and re-testing, as (the tool is considered stable if it gives the same results in its measurement of the phenomenon consecutive times (Al-Ajili and et al. 1990), the two scales were applied to a sample consisting of (5) players from the youth of the Naft Al Wasat Club, who are among The research community, after (15) days, the two scales were applied again on the same players, using the simple correlation coefficient between the two scales, and then finding the stability coefficient for each of the dimensions of the two scales.

Main experiment:

After completing all the scientific requirements for the scale and creating the appropriate atmosphere to answer the research sample. The researchers carried out the research by distributing forms of the (psychological endurance) scale on one day, then on the second day, the scale forms (self-improvement) were distributed to the research sample, the club coaches and their assistants were hired in the presence of the two researchers from (2/1 – 3/2/2022).

Statistical methods: The search data was processed through the Statistical Package for the Social Sciences (SPSS).

Presentation, analysis and discussion of the results of identifying the psychological endurance and self-improvement of young players:

Table (1) shows the presentation, analysis and discussion of the results of identifying the psychological endurance and self-improvement of young players

Variables	Arithmetic mean	Standard deviation	hypothetical mean	T value		Type sig
				Calculation	Tabular	
Psychological endurance	44,22	1,22	42	3.11	1.32	sig
Self-improvement	92.23	3.22	80	2.22		sig

Table (1) shows that the arithmetic mean of the skilled subject was (44,22), while the hypothetical mean was (42) and the calculated value of (T) was (3.11).

It is greater than the tabular amount of (1.32), and this confirms that the high psychological endurance of young players was good. As for the self-improvement scale, the arithmetic mean was (92.23), and the hypothetical mean was (80), and the calculated (T) value was (2.22), which

is greater than The table amounting to (1.32) and this confirms that the psychological endurance of young football players was at its best, as well as the superiority of self-improvement because the arithmetic mean is the largest of the hypothetical mean. As the young players are in dire need of the skill, planning and psychological preparation that helps them to overcome any pressure they feel from training or competition, in addition to that they have not yet reached the degree that enables them to control their skill state and their high psychological endurance and direct them in the right direction, as well as sporting achievement is distinguished That there are a number of things that frustrate them, including (fear of failure and weak support from the coach or management or lack of fun) (Yassin. 2008), which leads to increasing the players' determination to continue training with the same intensity and this is reflected in winning the match.

As (Football from a psychological point of view requires a lot of psychological endurance so that the individual can respond correctly to changing situations during the practice of sports activity and adapt himself to suit situations and determine accordingly his level and his elevation in matches) (Baseer. 1999).

Presentation, analysis and discussion of the results of the relationship between the two measures of psychological endurance and self-improvement of young football players:

Table (2) Shows, analyzes and discusses the results of the relationship between psychological endurance and self-improvement for young football players

Variables	Arithmetic mean	Standard deviation	correlation coefficient	Type sig
Psychological endurance	44,22	1,22	2.22	sig
Self-improvement	92.23	3.22		

Table (2) shows that there is a significant correlation between psychological endurance and self-improvement of young football players, and the researchers believe that this is due to high psychological endurance on the one hand and self-improvement on the other hand for the sample difference, which indicates that psychological endurance must be when Players, in particular, have a great role and importance in the process of psychological preparation because of its great impact on the elevation of the self to the highest levels of the player on the field, and psychological preparation helps in the process of “searching for the reasons that affect the player and then arriving at a scheme that is implemented through specific mechanisms in the field.” Adapting and modifying performance and developing the psychological endurance of the players in a way that contributes positively to reaching the top levels of performance for the players, whether on a short-term or long-term level” (Hammad. 1998). This is reflected in the players.

Conclusions and recommendations:

Conclusions:

- Owning football clubs in the youth league in Najaf governorate leads to a high psychological endurance which reflected on the a self-improvement players.
- There is a positive moral relationship between psychological endurance and self-improvement among football players participating in the youth football league.

Recommendations:

- The coach's interest in the high psychological endurance of the players in order to control the self-improvement and make it in a good way through which the high levels of the players' training and achievement of excellence in the match are achieved.
- Take advantage of the previous football competitions for players to improve self-improvement because of its reflection on the psychological endurance of the players' performance, participation and official matches.

References:

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Appendix (1)

Shows the psychological endurance scale

No.	Paragraphs
1	If your family rejects your choice of the type of sport that you love and want to practice, then you Think about the reasons for their refusal Quietly convince them of your choice

	Show your anger towards them
2	If you and a group of your friends decided to play a fun game and you were very excited about it, but they postponed the game, then you calmly accept the situation feel bad revolt against them
3	If you are watching an important match and suddenly the TV turns off due to a malfunction, you are Trying to do a hobby? feel bored It hurts and upsets a lot
4	When you are hungry and you know that training will be late, you will You endure hunger until the training is over You feel uncomfortable and you seem resentful Get upset and blame others for the delay
5	If you want to call someone and the coach stops you, you She calmly faces his prevention and tries to find out the reason You get agitated without showing that it's fun You protest and refuse to stop him
6	If you need to buy sportswear for an important match, but financial conditions do not allow it, then you are Wait until your financial conditions improve feel pain tense and agitated
7	When you face controlling situations and you can't solve them, you Keep thinking until you find the solution Evading the solution and the arbitration case You ask the coach for a solution
8	If you have an exam the next day and when you want to review your notebooks and find out that someone in your family has tampered with it, then you Try to handle the matter calmly upset about the situation Get angry and get angry
9	If you are busy making a game plan assigned by the coach and someone interferes with your work then you Do your work quietly and don't care about it Feel uncomfortable interfering It erupts and prevents him from interfering
10	If you are going to an important game and if a speeding car gets your clothes dirty with dirty water, then you

	Try to handle the situation calmly grumble with yourself Speak sharp words
11	! If you are training for an important and urgent match and there are noises near you, then you Keep practicing and don't give up Continue even though you feel uncomfortable erupt and quit training
12	If you expect a reward for your athletic performance and you don't get it for some reason, then you are Try to get it without getting emotional after that She gets upset and tries to find another way to get it grieve and grieve
13	If you're on a date with a friend for a workout and he's late, you Waiting for him as long as possible Get upset and try to wait for a few minutes You get nervous, excited, and never wait
14	If you lose a dear teammate, you Feel sad and accept the reality You suffer a lot with yourself agitated and collapsed
15	If you are attacked during a game by the opposing team, you are Try to face the situation calmly feel scared Confused and panicked
16	If you feel severe pain in your stomach early in the game, you are Trying to endure the pain until the end of the match Troubled and distressed by others Ask to be taken to hospital

Appendix (2)
Shows self-improvement scale

No.	Paragraphs	Vary agree	agree	somewhat agree	disagree	Vary disagree
1	I strive to achieve the goals I set for myself					
2	My sporting future will be bright					
3	I find my ambitions unattainable					
4	My success motivates me to do more					

5	I take every opportunity to develop myself					
6	I despair of advancing the sporting reality					
7	I look forward to using modern training methods					
8	I plan my sporting future with confidence					
9	My relationship is not well with others					
10	I strive to achieve a prestigious position for myself among the players					
11	My failure in an activity means that I am a failed player					
12	I look forward to the future with tears					
13	I doubt my abilities when facing a strong opponent					
14	My goals that were not achieved today will be achieved tomorrow					
15	I get frustrated in everything I do					
16	I enjoy successful social relationships					
17	I lost hope of achieving good sports results					
18	I try to make the most of my potential					
19	I can't make decisions about my future					
20	When things go wrong, I'm sure to get through					
21	I don't know my abilities and I don't know how to act on them					

22	I have the desire to constantly advance					
23	I get frustrated just because I failed the first time					
24	Achieving my ambitions despite the unfavorable atmosphere					
25	I feel dissatisfied with what I am doing					
26	I have a strong will to achieve what I want					
27	The pace of my performance is increasing from one competition to another					
28	I am unable to achieve what I aspire to					
29	energize and energetic					
30	I never think of losing during a competition					
31	I embrace new ideas for self-development					
32	I want to be a famous athlete					
33	I don't have to succeed in everything I do					
34	If I fail once, I will succeed next time					
35	I see that my sports future is specific and difficult to develop					
36	I get nervous when I see other people's successes					
37	I use all my abilities to get the best results					
38	No matter how hard I try, I won't get good results					