

Anxiety and its relationship to psychological hesitation among young football players

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Abstract

The purpose of this paper is to identifying sports anxiety and psychological hesitation among young football players and identifying the relationship between sports anxiety and psychological hesitation among young football players. The sample was selected from the original community consisting of (35) players from the youth of Najaf Sports Club for the sports season (2022-2023) so that its percentage (90.56%) of the parent community, and those who were included in the exploratory experiment (5) randomly selected players from the parent community, where they constitute (9.44%), were excluded from the mathematical anxiety scale (facilitator and handicapped) .Where this test aims to identify the extent to which anxiety contributes to the improvement or decrease in the level of the athlete's performance in the different sports levels. Applies to me completely, applies to me sometimes, does not apply to me, does not apply to me completely Positive expressions (1,2,3,4,5) and negative ones on the contrary. The most important conclusions of the study showed that sports anxiety was medium and slightly above average, which are natural differences among young football players. And the different degrees of sports anxiety and psychological hesitation according to the level of psychological preparation for each team

Keywords: sports anxiety - psychological hesitation - football

Introduction:

The football game is one of the group games in which the player needs a skillful, tactical, and psychological training situation in the face of sports competition, which makes the interest in preparing the player physically, skillfully, tactically, and psychologically very important, just as a large number of changing and unfamiliar situations and a large number of Defensive and offensive plans, multiplicity and diversity of motor skills, as a result of opponent's interception and physical contact. The football game has become a combative feature that raises constant psychological irritation, the increase in which causes disorder and an imbalance in the correct direction. This is what we see during football matches, where the player exerts physical and nervous effort and the accompanying various emotions due to the psychological pressures on him due to the sensitivity of the game, the great effort, speed and continuous movement throughout the match period. Facing all these factors, overcoming them and achieving victory requires the preparation of the player an integrated psychological preparation.

Research problem:

Through the experience of the researchers, being coaches working within age groups and for many periods in the game of football, they found that sports anxiety has an important role for the players.

Psychological preparation has an important role in achieving satisfactory results. Psychological anxiety is one of the manifestations of psychological emotions, which may lead the player to an imbalance in his neuromuscular compatibility, which significantly affects the level of his skillful performance during sports competitions and during matches, which constitutes a threat to the player's position. The recipe for psychological hesitation is one of the essential psychological features and states that play a fundamental and effective role in controlling high sports performance and is considered one of the basic elements in learning motor skills in the sports aspect because good psychological preparation contributes to overcoming many emotions, conflicts and psychological crises that the individual goes through in General life conditions, especially in the sports aspect. The importance of the research is highlighted by the two researchers, through which they identify sports anxiety of both types, the facilitator and the handicapper, and its relationship to the psychological hesitation of youth football players.

The problem lies in the fact that the researchers noticed the lack of attention by the coaches to the cases of sports anxiety among the players before and during the match, and the lack of scientific knowledge to employ cases of facilitated anxiety or to treat cases of crippling anxiety, which affects the performance of the

players, their results, and the achievement of the team as a whole, and this affects the psychological hesitation of most players towards the competition. Therefore, the researchers decided to study this case to know sports anxiety and its relationship to psychological hesitation among young football players.

Research objective:

- Identifying sports anxiety and psychological hesitation among young football players
- Identifying the relationship between sports anxiety and psychological hesitation among young football players

Research hypotheses:

- There is a correlation between sports anxiety and psychological hesitation among young football players

Research fields:

- Human field: Najaf Sports Club youth players participating in the Premier League with football for the sports season (2022-2023)
- Time field: (1/11/2022) to (30/4/2023)
- Spatial field: Najaf Al-Ashraf Sports Club Stadium.

Terms used in the search

- 1- **Sports anxiety:** is the thing that provokes the player to try to re-control this psychological balance and restore its components by using many different behavioral methods (Allawi. 1998).
- 2- **Psychological hesitation:** It is a psychological characteristic that the athlete experiences at certain times and not at others (Hussein. 1998).

Research methodology and field procedures:

Community and sample research:

The sample was selected from the original community consisting of (35) players from the youth of Al-Najaf Sports Club for the sports season (2022-2023), so that it constitutes (90.56%) of the original community. Those who were included in the exploratory experiment, who were (5) randomly selected players from the original community, where they constituted (9.44%), were excluded.

Research Tools:-

- Scientific references and sources
- Observation, questionnaire, electronic information network.

mathematical anxiety scale:

Where researchers used the mathematical anxiety scale (facilitator and the handicapped) (Al-Wis. 1993). encountered before and during the competition, on a gradual scale of five answers (always, often, sometimes, rarely, never) and the weights of the phrases upon correction are respectively (1,2,3,4,5). Facilitated anxiety consists of ten phrases, the sequence of numbers is (16,15,14,12,10,9,7,4,3,1) and the hindered anxiety consists of ten phrases, the sequence of numbers is (13,17,18,19,20, 11, 8, 6, 5, 2), and that the final score for each dimension is the sum of the scores of the expressions related to this dimension. The high degree on the easy anxiety dimension indicates an increase in the contribution of anxiety in improving the player's performance level, and the low degree indicates a lack of anxiety in improving the player's level. As for the high score on the obstructive anxiety dimension, it indicates an increase in the negative impact of anxiety on the level of the player's performance, and the low score indicates a lack of negative impact of anxiety on the level of the player's performance.

Psychological hesitation Scale:

The psychological hesitation scale of the players was adopted for (Jawad. 2008), as the scale consists of (30) items that the tester answers. As for the alternatives to the answer, (applies to me completely, applies to me sometimes, does not apply to me, does not apply to me completely) positive phrases (1, 2, 3, 4, 5) and negativity, on the contrary, the highest score obtained by the examinee is (150) and the lowest score is (30). The scale will be presented to the experts and specialists who have previously mentioned and expressed its suitability for work.

Research procedures:

Exploratory experience:

The researchers used the exploratory experiment for the purpose of identifying the most important obstacles that they might face during the tests of the two scales, anxiety and psychological retardation, and for the purpose of the safety of the basic research procedures. Accordingly, the researchers distributed the forms for the scale to (5) players from the youth of Najaf Sports Club for the purpose of overcoming the difficulties in the basic experiment.

Scientific basis for the two scales

The two scales are well-known, codified, and appropriate to the Iraqi environment. It has been applied in many Iraqi studies, including the study of (Ammar Daroush Rashid) (Journal of Physical Education - Volume Fourteen - First Issue 2005 at the University of Baghdad - College of Physical Education) tagged (Anxiety and its relationship to the level of achievement of handball players).

Hassan Bashir's study of psychological hesitation and its relationship to achievement motivation for volleyball players ,therefore, these two scales meet the scientific foundations (honesty, reliability and objectivity).

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

Results and discussion:

Presenting, analyzing and discussing the results of applying the scale of sports anxiety and psychological hesitation among young players

Table (1) shows the arithmetic mean and the hypothetical mean of sports anxiety and psychological hesitation among young players

Table (1) shows the arithmetic mean and the hypothetical mean sport anxiety (facilitated and the handicapped) and psychological hesitation among young players

No.	Najaf Sports Club youth	Facilitated anxiety	hypothetical mean	Handicapped anxiety	hypothetical mean	totals	hypothetical mean
1	anxiety	31.63	30	28.88	30	60.52	60
2	psychological hesitation	41.63	35	33.99	41	73.62	70

When discussing the results of Table (1), we find that there is a discrepancy in the highest and lowest degrees within the total scores of the sports anxiety scale, which indicates a difference rate between youth football players.

and the appreciation of its strength and the strength of the other players, in addition to exhaustion and excessive fatigue. The result of the lack of daily training units due to the preoccupation of the players with studying in their colleges and their fear of injury will be the focus of their thinking.

The degrees of facilitated and hindered anxiety indicate that there is a slight discrepancy between these degrees for each team, which indicates the participation of both facilitated and hindered anxiety to a similar degree in influencing young football players during their participation in matches. Mathematical performance compared to hypothetical media. At this level, the individual becomes less able to control, as the behavior loses its flexibility, and rigidity generally takes over the individual's responses in different situations, and the individual needs to make more effort to maintain appropriate and appropriate behavior in multiple life situations(Allawi . 1992).

Also, psychological hesitation. Table (1) indicates an average difference in the degree of psychological hesitation between youth football players the researchers attribute the reason for this to the more stressful the player's anxiety is, the greater his psychological hesitation towards matches and players, and this is reflected in the deterioration of the level and results.

The researchers attribute this to the fact that the players are in a continuous cycle of thinking one or two days or hours before the match, in addition to the public pressure on the players and the coach, in addition to the reactions that are strongly linked to the players' relationship with the importance of the match

The researchers indicate that the players differ in the degree of their anxiety and the level of psychological preparation for each player and that some players have a fever before the match, others are ready and prepared for the match, and others are indifferent and indifferent to the match, and that this difference in the degrees of anxiety among the players affects the level of their performance inside the stadium as a team One, especially if some players are assigned special duties on the field, this causes them a kind of anxiety that affects their level of performance on the field. "In

some matches, the coach assigns one of his players with specific additional duties, and these duties that the player will perform require special psychological preparation, otherwise the player's role would be negative in this case." (Zubair. 2005)

Table (2) shows the relationship between sports anxiety and psychological hesitation among young football players

sample	Anxiety sport	psychological hesitation	T value Calculate	Calculated correlation value	Tabular correlation value	Type sig
Najaf Sports Club youth	32.54	36.54	0.738	2.678	2.36	Sig

In Table (2), there is a significant correlation between sports anxiety and psychological hesitation among young football players, as the calculated correlation value was (0.738) and the calculated correlation significance value was (2.678), and when compared to the tabular significance value under the significance level (0.05) of 0.05 (2.36) It appeared that there is a significant significance because the computed significant correlation value is greater than the tabular significant correlation value . The researchers concluded that what was achieved from the results of the level of sports anxiety for young football players had a significant relationship with the psychological hesitation in the tournament of effort.

Conclusions and Recommendations:

Conclusions:

1. The study showed that sports anxiety was moderate and slightly above average, which are normal differences among young football players.
2. The different degrees of sports anxiety and psychological hesitation according to the level of psychological preparation for each team.
3. There is a significant correlation between sports anxiety and psychological hesitation among young football players

Recommendations:

1. The need to pay attention to the various psychological preparation programs that affect the performance of the players.
2. Focusing on creating and preparing training programs that serve the psychological

Presentation, analysis and discussion of the results of the relationship of the mathematical anxiety scale (facilitator) with the order of achievement of the teams of Al-Mustansiriya University faculties in Five-a-side football.

preparation of players, especially in the game of five-a-side football.

3. The coaches' continuous interest in the sports concern that accompanies the players during the matches, and directing them in a way that serves the player and the team in achieving sporting achievement.

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Appendix (1)
Sports anxiety scale

No.	Paragraphs	Answers				
		Always	Sometimes	Often	Rarely	Never
1	The tension I feel before the competition helps me to do well					
2	The more important the competition, the more I feel that I will not be able to show my best abilities					
3	When the coach advises me at the last moment before the competition, I find it very easy to implement his advice during the competition					
4	My level of performance reaches the top in very important competitions					
5	When I make some mistakes at the beginning of the competition it helps confuse me for a long time					
6	Before important competitions, I feel afraid of injury, and this leads to my confusion and my lack of proficiency					
7	Before a competition, when my heart beats faster or I feel like my breathing is faster than usual, it helps prepare me to do my best.					
8	When I am nervous or anxious before the start of the competition, I cannot focus all my attention during the competition					
9	When I feel tense and afraid before the competition, I succeed in controlling my nerves during the competition					
10	My participation against competitors with a very high degree of fitness and skill helps increase my enthusiasm during the competition					
11	The tension I feel before the competition prevents me from being good during the competition					
12	When I make some mistakes at the beginning of the competition, it helps me to do my best to make up for these mistakes.					
13	When the coach advises me at the last moment before the competition, I find it very difficult to implement his advice during the competition					
14	My proficiency in important or decisive competitions appears more than my proficiency in unimportant or insensitive competitions.					

15	Before the important competition, I feel unsure of myself, but when the competition begins, my self-confidence increases					
16	I may be nervous and anxious before the competition starts but when it does, I quickly forget about my condition and focus my attention on the competition.					
17	When my heart beats faster or I feel like my breathing is faster than usual, it does not help me to do my best in the competition.					
18	My level of performance is clearly lower in very important competitions					
19	Before the competition, tension and fear appear on me, and during the competition I need a period of time to return to my normal state					
20	My participation against competitors with a very high degree of fitness and skill helps my confusion during the competition					

Appendix (2)

Psychological Hesitation Scale

No.	Paragraphs	applies to me completely	applies to me	applies to me sometimes	does not apply to me	does not apply to me completely
1	I hesitate when I approach the stadium					
2	I have enough confidence to perform on the field					
3	Knowing the goal of the skill helps me to perform well					
4	My pulse rises before the performance					
5	I am optimistic about my ability to perform					
6	I have previous experience that enables me to perform on the field					
7	My body type confuses me before a performance					
8	My realization of the difficulty of the match makes me hesitant to perform					
9	My willpower greatly affects my performance					
10	The presence of the fans motivates me to perform on the field					

11	The spirit of hope for a good performance makes me determined to win					
12	My poor physical preparation makes me hesitant to perform					
13	I am very pessimistic about the moment of collision with the opponent					
14	Leaning my body during the performance makes me worried about injury					
15	My poor performance on the field causes me to hesitate in my duties					
16	I hesitate to play if I'm afraid of getting hurt					
17	The directions of the subject teacher before the performance make me reassuring					
18	Repeated failure makes me confused and hesitant to perform					
19	I see that the nature of my clothes makes me hesitant					
20	My desire and love for futsal lessons urge me to perform well on the field					
21	Too many audience or viewers lessens my resolve to perform optimally					
22	My focus gets distracted when I hear words of treachery and slander					
23	The presence of a teacher or tutor makes me reluctant to perform					
24	My perception of the stage of play motivates me to perform					
25	I hesitate when I feel my weakness in the skill to be performed					
26	When some make fun of me, I hesitate to perform					
27	My sense of courage makes me able to perform with great skill					
28	My feeling of shyness causes me low self-confidence					
29	Playing for a loss makes me hesitant					
30	My sense of exhaustion and fatigue makes me reluctant to perform the skills well					