

Role of the psychological preparation in achieving coherence and enthusiasm to football players

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ملخص:

أصبحت كرة القدم تسير التكنولوجية، وتطور العلوم زاد تطور هذه الرياضة وهذا التحسن كان نتيجة الأبحاث في مجال الرياضة وتفاعل العلوم المختلفة كعلم التشريح، علم النفس وعلم الاجتماع وعلوم أخرى، كلها ساهمت في رفع مستوى الإنجاز الرياضي والارتقاء بمستوى هذه اللعبة الأكثر شعبية، مع تطوير الحالة التدريبية للاعبين في عدة جوانب التقنية، التكتيكية النفسية مع التركيز على التحضير النفسي الجيد الذي يهدف لبلوغ أعلى درجات في الأداء الرياضي والحفاظ على روح الفريق وتماسكه واستمرار علاقة اللاعبين فيما بينهم وشعورهم بالانتماء إلى الفريق لتحقيق هدف مشترك وأيضا هناك موضوع الدافعية إذ أن يعرف لماذا يقبل بعض اللاعبين على ممارسة النشاط الرياضي داخل الفريق مما يخلق دوافع وعوامل تساهم في الرفع من مردود اللاعبين تؤدي إلى تحقيق نتائج إيجابية أثناء المنافسات.

Abstract:

1. The Problematic of the Study:

The process of preparing sportsmen to participate in sport competitions is an operation of paramount importance. The decisive sport competitions and the multiple championships showed clearly how much significant is the role of the psychological preparation for sportsmen, therefore, the psychological preparation; besides (physical, tactical and technical) became one of the major pillars in the operation of training sportsmen to participate in competitions. Hanafi Mahmoud says that “the psychological preparation is all the procedures and duties that a mentor puts in order to establish the values of will and to strengthen valuable morals for the player.” (Hanafi, 66) Moreover, Nahid Rosen Soker goes further to describe it as “it is finding the positive solutions to all psychological problems that one suffers from, and which is related to the personality and to the behavior inside the area of plying and training, this latter also claims that the psychological preparation before games is to find the necessary procedures to trigger the suitable mood for the player”

The psychological preparation plays a focal point in developing the psychological operations of the players, that is why it became a major task besides the physical, proficiency and planning operation. The psychological process goes through several phases in the player’s life according to his life stages, especially the adolescence phase which is regarded as a very sensitive stage in the life of a sportsman where he has certain and basic changes that are related to his body pressure and feelings which affects his behavior as a sportsman, this phase is characterized by many features such as the sedulity

one, the self control to continue working and looking for exchangeable cooperation, giving priority to the team on one's benefit, the desire to succeed and trying to achieve goals, and here the sportsman gets back his psychological balance through enthusiasm, and that is what made us interested in such a topic "the Role of the Psychological Preparation in Achieving Coherence and Enthusiasm within Football Players, Especially Teenagers" what leads us to trigger the following question:

Does the psychological preparation have any role in achieving coherence and enthusiasm to football players who are between 14 and 17 years old?

Secondary Questions:

1. What is the role of the psychological preparation on the results of football players?
2. Does psychological preparation affect highly on the cohesion of the players?
3. What is the role of the psychological preparation in achieving the feature of success to football players?
4. What is the role of psychological preparation in achieving the feature of self-control to football players?

2.2 Partial Hypothesis:

- Psychological preparation has a role in the results of football players.
- Psychological preparation has a major role in keeping togetherness between players.
- The psychological preparation has a role in sustaining the need for achievement for football players.
- Psychological preparation has a role in preserving footballers' self-control.

3. Importance of the study:

The proposed subject in our research is of importance as it tackles two sides: psychological and athletic, and that is what makes it interesting and worthwhile.

The psychological side is embodied by psychology while the athletic side is represented by the sports activity which makes psychological preparation for players a great factor for sports activity. The player personality needs some preparations in order to create team spirit and therefore to keep the team solid and motivated to get the expected results. We tried to find out to what extent psychological preparation is important to keep the cohesion and enthusiasm of football players towards sportive activity.

4. Objectives of the Study:

- Showing the significance of the psychological side in the general sportive preparation.
- Identifying psychological preparation and its importance in keeping togetherness and motivation with football players.
- Identifying the role of psychological preparation in achieving togetherness for football players.
- The extent to which internal psychological motives and external social motives can be a source of motivation for youth to practice football.
- The positive role of psychological preparation in maintaining togetherness, cooperation and a sense of brotherhood between teammates.

5. Defining Concepts and Terms:

5.1. Psychological Preparation:

It is the act of orienting and guiding the players in order to develop their abilities to overcome the problems and obstacles they may face during their sport life career, also to improve sport enthusiasm and develop sportive motivation. (Alaoui, 96)

Psychological preparation is the application of specific scientific tools and methods designed towards forming athletes psychologically. (102)

Procedural Psychological Preparation: the level of progress of psychological abilities of athletes to confront and face the obstacles that tackle them and find the proper solution for each problem.

5.2. Cohesion

Cohesion expresses a collective, federal and permanent style that realizes, thinks and wishes, focused on a trusted technique and a confirmed resistance which is assessed according to the characteristics and stability of the unit. This unit focuses on an act and on a second reaction with itself, stability in the successive unity of time. (4)

Procedural cohesion: It is a feeling among the players towards each others during the games or during the competitions or even out of the stadium and that is through tackling the problems together.

5.3. Definition of Motivation:

The subject of motivation has gained the attention of a number of psychologists, therefore there were many attempts to define it, and from these definitions we mention: The definition that sees motivation as the motor behind the behavior of the individual and the animal alike. There is a reason or

many reasons behind each behavior, and these reasons are related to the creature's internal status during the happening of the behavior on one hand and to the state of the internal organism when the behavior occurs and the external environment variables on the other one. (5) Thomas. R believes that it is "a general word that is specified for regulating the behavior to satisfy the needs and the search for goals." (6)

Procedural motivation:

Every human being needs something to encourage him towards what he wants to do and so to achieve his goals. One of the most important things that helps him achieving his goals is the existence of so-called Motivation.

5.4. Football:

Football is a Latin word that means kicking the ball by the foot. In terms of terminology, football is a collective sport practiced by all people, as Rumi Djameel pointed "Football, above all, is a collective sport adapted to all types of society." (7)

5.5. Adolescence:

Its linguistic definition is: Approaching and denouncing puberty. (8) In terms of terminology: it is a descriptive term that stands to describe the stage that the child approaches to, a person who is not mature enough emotionally, physically and mentally from puberty to adulthood. (9) Adolescence begins with puberty and ends with adulthood, and it is a biological, vital and organic process in its beginning and a social phenomenon in its end.

6. The Previous Studies:

The importance of the previous studies lies in discovering the different dimensions which circles the problem with direct benefit either in guidance, planning, setting the variables or discussing the results of the study. Even-though these studies have a crucial role in discussing the problematic of the research, concerning it as a helping factor to solve this problematic, we could not find a duplicate for them, only a small rate in Algeria which discussed the topic of the role of the psychological preparation in creating cohesion and motivation for football players, but that does not stop us from using some studies which has a relation to our study, and from these studies we mention:

6.1 A Study Entitled: (the importance of short ranged psychological preparation and its relation to the sportive performance's results) Study by the student: Abdsalam Mokbil Elrimi, under the supervision of: Ben Aki Mohamed Aakli, Institution academic and physical sport, Sidi Abd Allah, University of Algeria, Academic year 2004-2005.

His goal was to show:

- The length of the relation between psychological preparation and the sportive results.
- The clearance of the significance of short ranged psychological preparation in preparing athletes.

And the tool that was used in their research was the questionnaire, whereas the sample was random, and the results were as follows:

- The short ranged psychological preparation has a relation in achieving sportive results weather it was positive or negative.
- The fact of not having a psychoanalyst coach who handles all the responsibility.
- There is a relation between the psychological preparation and the other preparations (physical, technical and tactical.)

6.2. A Study Entitled: (The psychological preparation reflections in the appearance of the aggressive behavior on the players during athletics) Prepared by the Student: Mohamed Adnan Khalfoni, Master degree dissertation in the section of academic, physical and sportive university of Algeria 2003/2004.

The aim from this study was to see the opinions of both coaches and players concerning the phenomenon of aggression for same football players.

The topic of the study required the descriptive analytic method, and that was supported by statistical data, in which the study relied on questionnaire as a research tool. The questionnaire that was given to senior players was composed of a heart test which measures the running of the player. The sample of the study contained 80 senior football players.

The Results of the Study were as follows:

After analyzing the results of the questionnaire, it becomes clear that there is an apparent lack of psychological preparation, or the psychological state of the players in these clubs in the field of football exemplified by the need for sports achievement, self-confidence as well as having athletic determination to work harder either when training or during competitions. There is also the inability of being self-controlled as when they fail to control their excitement in an apparent way in several situations along with abandoning the implementation of the coach's instructions showing little respect as well as ignoring to consult him which resulted in the weak relationship between the coach and his players. All these led to the spread of un-wanted behaviors as well as actions which appear in their aggressive behavior as in the use of

violence with other footballers during the sports competition or the training time.

6.3. A Study Entitled (Evaluating the Significance of the Psychological dimension in the maintenance of a footballer) Prepared by Student Kharachi Samir. Thesis of the Consultant of the National Institute of the Sports Technology Deli Ibrahim 2005/2006.

This research sheds light on the identification of the extent of considering the psychological sides and evaluating the importance given to the sport maintenance of a handball player in Algeria during the process of his sport's career. He used in his field study a questionnaire as it is the most appropriate technique used in data collection. The study society is composed of the clubs of the excellent section for the football season 2005/2006, and the sample contains 104 sportsmen and ten coaches.

After discussing the results of both players and coaches the researcher attains to the following: Absence of the psychological formation to the manager as well as the sponsors and what results from the luck of maintaining the psychological side, scarcity of the specialized frameworks in Psychology in Algeria.

The Practical Side of the Study:

The Adopted Methodology

The Exploratory Study:

It is considered as the first step we followed before beginning to highlight the basis of the research and before getting started in the field study, it was achieved through two stages:

1 Before determining the problematic of the research whereby we read different books, articles as well as theses so that to broaden our knowledge of the topic and to highlight the significance of the study.

2 We visited the sports team and made interviews with both coaches and players so that to get an overall idea about the topic and its significance. We found that there are some problems in the team's results though there is an important number of good players as well as competent coaches.

Adjustment of the Study Variables:

According to this research, there are two variables; the first is independent and the second is dependent.

A-Independent Variable:

It is the variable in which a researcher assumes that it is the reason behind a specific result, and its study may lead to know its effect on another variable. Identifying the Independent Variable: "Psychological Preparation."

B-Dependent Variable:

It is affected by the Independent Variable, and its result depends on the effect of the other variables, that is to say; whenever new changes occur on the value of the independent variable there will be new changes on the dependent one. Identifying the dependent Variable: "Solidity and motivation of football players"

3. The Sample of the Study and the Way of choosing it:

The sample is considered to be one of most significant elements in any field of study. Based on the questionnaire as a salient point we find that it is defined as "The sample is a portion of the society study in which all the data are collected from, and it is considered as a part from the whole. In other words, a group of people would be taken as a sample to present the whole society." In this study the sample is a part from the society study of the clubs of M'sila, exactly the junior category, this latter has been chosen randomly without any specific conditions.

4. The Applied Method in this Research (Descriptive Method):

In general parlance, this method can be defined as one of the analysis manners which focus on deduced and precise data about a phenomenon or a specific topic according to a known period or periods of time for the purpose of getting practical results that has been analyzed objectively with what fits with the real data of the phenomenon."

5. Tools of the Study:

The Questionnaire: A tool used by researchers of academic studies on a broad area to achieve facts and collect data about the phenomena and actual methods, in addition to that, a questionnaire is used in the studies that measure previous orientations, opinions and expertise then link it to nowadays behavior throughout answering several questions that has been written in a sample which has already been prepared. The questionnaire is going to be answered by different people who have been chosen randomly from the persons of the society study because the sample needs to present all the different categories of the society that is going to be analyzed.

6. The Methods of Analyses:

The triple way; and it is like the following:

$$N=100\% \qquad A\% = \frac{S \times 100\%}{N}$$

Discussing the Results of the First Section:

It includes the importance of the psychological preparation on the team’s results. After displaying and analyzing its results, which are related to the first hypothesis, we find the following: There are significant differences that sides positively to (Yes) answer, thus the hypothesis was realized, that is:

- Winning is due to all preparations.
- Experience alone is not enough to win in competitions without resorting to psychological preparation.
- To achieve victory, there must be integration between each of the following factors: Physical, technical, tactical, psychological
- Create a relationship between psychological preparation and the other preparations; Physical, technical and tactical.
- Loss is due to lack of good preparation, whether it was physical, technical or psychological.

Therefore we deduce:

It can be said that the first hypothesis has been realized and that the psychological preparation has an important influence on the team's results.

Discussing the results of the second Section: Table 4 Illustrates the Results of the Second Hypothesis:

Answers	Recurrences	Percentage	K2 Calculated	K2 Scheduled	Level of significance (α)	significance
YES	75	93.75%	61.25	3.84	0.05	significant
NO	05	6.25%				
Total	80	100%				

It included the importance of cohesion and its reflection on the spirit of the team. After displaying and analyzing its results which are related to the second hypothesis we observed the following: There are significant alterations of moral meaning that sides with (Yes) answer, thus the hypothesis was realized, that is:

- Team cohesion is on the top of the main characteristics that the players must acquire for the benefit of the team.
- Cohesion is a vital element; it makes the players feeling like they belong to the team.
- The assistance of the coaches during the hard times helps achieving the integration of the team as a whole.

- The coach deals with his players in a fair way and equality for the sake of the benefits of the team as a whole.

Therefore we deduce: that cohesion has an importance influence on the team spirit.

Discussing the Results of the Third Section: Table 5 illustrates the results of the third hypothesis:

Answers	Recurrences	Percentage	K2 Calculated	K2 Scheduled	Level of significance (α)	significance
YES	58	72.5%	16.20	3.84	0.05	significant
NO	22	27.5%				
Total	80	100%				

It includes the importance of the need for achievement in the competition to reach sport success. After displaying and analyzing its results, which are related to the third hypothesis, we find the following: there are significant differences sides positively for the answer (Yes) and that realizes the hypothesis, that is:

- Training seriously is one of the best ways to get the player to the highest levels of his sport.
- The level of the players is better in strong competitions due to several reasons including: the quality of the competition, the degree of readiness of the players and the need to win.
- The greater the effort, the greater the players' ability to reach their goal of reaching the highest level in their rank.
- Facing the challenge of the rival by the players is an essential thing for it improves playing in a more sufficient way and it escalates their skills and pushes their zeal and will towards winning and improving their existence.

To conclude, we can say that the third hypothesis which says that the psychological preparation has a role in achieving the feature of the need for football players has been attained.

8. Conclusion:

We tried though this study to reach more accurate results throughout the field of applied study, which led us to pay a visit to some of the city's pitches where we gave some question to some players. The purpose was to identify the role of psychological preparation in achieving cohesion and motivation, and thus the results achieved the hypotheses of our partial study and the general hypothesis. We have also tried to take the subject of this study from various

perspectives so to come out with accurate and objective results, therefore we hope that it will not be the end point; we rather hope it will be a new start for more questions that will dive deeply in this colossal subject which requires several studies and multiple researches.

In the end we hope this study would help in improving and enhancing sports generally, and football specifically, and that is through showing to the coaches and team leaders the importance of psychological preparation in achieving cohesion, team work and motivation to the players' goals towards plying football, and this latter does not depend on the physical, technical sides only, it goes beyond that to seek integration between all of these sides and it also requires dealing with competent psychoanalysts who can give more than a lot to football in our country.

9. Recommendations:

After we referred to psychological preparation in this study and its role in attaining cohesion and motivation for football players –juniors- and in accordance to both theoretical and practical study we suggest the following recommendation and proposals:

- The need for professional trainers concerning the method of training in football clubs.
- The need for a competent coach who has knowledge in each of the following sides: physical, psychological and tactical.
- Taking in consideration the players' motives behind choosing their favorite sport.
- The coaches should have knowledge about all the characteristics of adolescence period.
- The leaders of these teams should take care of this sensitive group and that is by providing them with all equipments that fits their training and give them support.

10. References:

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