

The sources of psychological pressure on football players.

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Abstract

The Object of the study aims to identify most important sources of psychological pressure on football players , for this purpose, we used the method descriptive On a sample composed of 16 players from Amal Bou Saada team of less than 17 years Chosen as deliberately, and for data collection, we used a tool represented in the measure of psychological pressure of the researcher, `` Shamma Mohammed Khalifa 1999, After collecting the results and having treated them statistically, we conclude that : the exposure of players in the sports team to most sources of psychological pressure for the scale, such as training and competition conditions, physical burden, and social status , On this basis, the study recommended the necessity of preparing a training programs in the future, and how to treat and face the psychological pressure that stand between them and sports excellence, and uncover the levels of pressure and diagnose the reasons of its rise in order to get ride of it .

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I. Introduction

Psychological pressure in work, training or social adaptation are an important aspect of life pressures, as it is a psychological phenomenon like anxiety, aggression and others. It can not be denied but must be confronted by specialists to help the individual to adapt to his or her work to train for something or adapt to a situation, to achieve social adjustment, raising the level and to increase production and quality of work and thus the development and progress of society. According to football specialists, is a sport that is familiar with various physical, skill and psychological aspects, therefore its matches are characterized by a high level of emotion, Which requires players to interact well with different situations during matches The player must be able to face the psychological pressures during the game and enjoy a high level of tension control in addition to a High motivation for him to compete for the leading positions in the championship (Khweldi Al Hawari and others, 2019).

From this point, the importance of the research emerges because it is attached to a very important aspect for a football player, as controlling and dealing with psychological pressure allows the player to provide high levels during training and competition and thus achieve the established goals.

If it is important to confront the phenomenon of psychological pressures for work in general, then facing pressures that players are exposed to, especially during their participation in sports teams in training and official competitions, because of the danger of the continuation of those psychological pressures that lead to the stage of psychological burning. which causes a state of physical, mental, emotional and impulsive exhaustion as a result of the continuous and permanent increase in pressure, burdens and requirements fall on him, with the inability to bear or fulfill them, which results in a sharp and continuous decline in his levels and abilities, in addition to his constant feeling of failure His sense of unbridled desire to not continue in practicing sports (Ben Ghalia Mouhamed and others, 2020).

through our review of previous studies and by virtue of our own experience and contact with second-class teams, we noticed the existence of many psychological problems that team players suffer from, and it is always an obstacle that hinders coaches in achieving

the goals of the training process for that and by virtue of that we are specialists in the field. , we must identify the most important sources of psychological stress to which the players in the sports team are exposed, then find the best solutions to confront them, and thus the player's access to social adaptation and emotional integration within the sports team, and thus achieving adaptation with the sports activity practiced to reach the desired results, then we have summarized the problem of the study in the following question: What are the most important sources of psychological stress on football players?

And through it, we formulated the following hypotheses:

- The conditions of training and competition cause psychological pressure for football players.
- Physical burden causes psychological pressure on football players.
- The social status is considered a cause of psychological pressure for football players.

And Some researchers have addressed similar subjects to our study , such as: The study of Abdullah ben Abdul Kadir (2011) entitled: Psychological pressures among juniors (U11)(their sources and symptoms). This study aimed to identify the level of psychological pressure among juniors (U11) and the differences in levels of psychological pressure with different Individual characteristics which they have (sport activity, age, gender), and the researcher used the descriptive approach on a sample of 206 juniors boys and girls from different clubs in Algiers, who were randomly selected. Where the researcher applied the psychological pressure symptoms scale for the juniors (U11), and the scale of the sources of psychological pressure for the young athletes on them, and after collecting the data and analyzing them statistically, we found that the juniors is exposed to a high level of psychological pressure, and he also has significant symptoms and indicators of psychological pressures, and Physiological and behavioral stresses, in addition to The researchers found that there were no statistically significant differences in the sources and symptoms of psychological pressure between emerging athletes practicing group activities and practicing individual activities, and they also found that there are multiple sources and causes of psychological stress among juniors (U11), as researchers Bouaziz Mouhamed and Ben Si Kaddour Habib tackled a study(2018)

entitled: The contribution of sports recreational activities to the relaxation of psychological stress among middle school teachers. The study aimed to know the contributions of sports recreational activities to alleviating psychological pressures among middle school teachers. The researcher used the descriptive analytical method, on a sample estimated at 304 professors from province of Mostaghanem middle schools. They were selected in a random manner. The researcher applied the study tool to it, which is: (Psychological Stress Scale), and they found in the results of their study that professors practicing recreational activities receive low pressure compared to non-practitioners.

This research is considered as a solution to this problem as it enables coaches to know the most important sources of psychological stress that may face their players during training or competition or outside the vicinity of the team and thus planning in advance to address such cases or avoid them.

II. Method and Materials

Method It is the road leading to the desired goal, or the invisible thread that pulls the research from its beginning to the end in order to reach certain results (Sahrawi Mourad, Bourenan, 2012). In our study, we used the descriptive approach due to its suitability with the subject of our study.

2.1. Participants

The research sample consisted of 16 players from Amal Bou Saada team of less than 17 years, who were chosen deliberately.

Table No. (01): shows the values of the mean, standard deviation, and torsional coefficient of the experimental sample in terms of age, weight, and height.

Variables	Sample size	Mean	Standard Deviation	Torsional Coefficient
Age	16	16.56	0.51	-0.279
Weight		51.18	2.78	0.368
Height		1.67	0.062	0.984

Through Table No. (01), which shows the extent of homogeneity of the experimental sample in terms of age, height, and weight, we notice through the table that the value of the mean (16.56), the standard deviation (0.51), and the coefficient of torsion (-0.279) about age, As for weight, the mean value was (51.18), the standard deviation (2.78), and the coefficient of

torsion (0.984), and for the height, the value of the mean (1.67), the standard deviation (0.062) and the coefficient of torsion (0.368). Since the coefficient Torsion falls within the Standard value (2, -2), then the data approaches the normal distribution.

Sample selection criteria: The sample members were selected based on the following criteria: - Selecting a sample of the Amal Bou Saada team under our ability to communicate with the players and the ease of data collection. To be the main players in the squad. - Selecting a small sample to control it.

2.2. Materials

The study tool was represented in the measure of psychological pressure of the researcher, `` Shamma Mohammed Khalifa Al Khalifa 1999, for the purpose of measuring psychological and professional pressure of teachers in the third cycle of basic and secondary education in the State of Bahrain, (ShammaMouhamedKhalifa, 1999), where we presented it to Arbitrators Where did we amend some phrases and adopt only 3 axes, which are (training and competition conditions, physical burden, and social standing) with a total of 18 phrases. The following table explains the meaning of these axes and the terms covered in each ax.

Table No. (02): Explanation of the axes of the scale, and stating the number of phrases.

	Axis title	Number of phrases	Includes
01	The conditions of training and competition.	05	The Physical conditions, the capabilities and means, the safety, and the security of the sports team.
02	the Physical load	06	Refers to the physical load that the handicapped person suffers from while performing exercises and competitions.
03	Social status	07	The position of a motor disabled person in a sports team and how the community perceives Him.

Validity and reliability of the tool:

To verify the validity of the study tool, and to ensure its availability on the psychometric properties, it was applied to a prospective sample of 7 players from the Amal Bou Saada football team less than 17 years old and through the data obtained it was calculated: Self-honesty = 0.84, persistence: Alpha = 0.70

2.3. Design and Procedure

The independent variable: is the “sources of psychological pressure”, the dependent variable: soccer players under the age of 17 years, and the sources of psychological pressure among soccer players under the age of 17 will be identified by distributing a measure of psychological stress to the players and collecting data for analysis Statistically later .

2.4. Statistical Analysis

- Calculate the Spearman correlation coefficient.
- Calculate the Alpha Cronbach equation, correlation coefficients in codifying and determining the psychometric properties of the research instrument (honesty, reliability).
- Calculate the percentages for repeating player answers.
- The mean and the standard deviation, Friedman Test, is enough squared.

III. Results

- The results of the first hypothesis:

- the conditions of training and competition cause psychological pressure for football players.

Table No. (03): represents the outputs of the statistical analysis of the first axis related to training and competition conditions

Item N°	Expressions of axis of training and competition conditions	Axis		Scale	
		average rank	Item rank	average rank	Item rank
01	I get annoyed by the lack of independence of the training sessions	9.44	04	40.69	13
02	the Existing equipments in the stadium help me to train in good conditions	8.36	9	36.49	24
03	i get annoyed by the high degree of temperature during training and competition	9.30	5	39.9	15
04	I get annoyed when the wheather is cold during training session	7.01	15	31.53	39
05	sport materials in the stadium are suitable	7.84	12	34.33	30
		Q2	Significancellevel	Q2	Significancellevel
		134.43	0.001	1481.31	0.001

We calculated the average ranks for the terms of the training and competition conditions axis on the overall degree of the axis and the total score for the scale of psychological stress sources as shown in Table No. 03 where it was found that there are statistically significant differences for the scale as a whole at the level of the significance of 0.01 and also on the axis of training and competition conditions when The significance level is 0.01, which confirms that training and competition conditions are a source of psychological pressure among football players, as indicated in the table that the average levels of ranks for the terms of training and competition

conditions differed, as the highest average rank reached 9.44 when the phrase: The lack of independence of a stadium in training classes annoys me, and we notice that he occupied the rank 01 on the axis level, and the 01 rank on the scale as a whole and the lowest average ranks of 7.01 at the phrase: the cold weather annoyed me during the training session .

- **The results of the second hypothesis:**

- The physical burden causes psychological stress for footballers.

*Table No. (04): represents the outputs of the statistical analysis
of the second axis related to the physical burden.*

Item N°	axis expressions of physical burden	Axis		Scale	
		Average Rank	Item rank	average rank	Item rank
06	training during sessions causes to me physycalexertion	3.80	02	32.90	35
07	Training and competition need constant physical effort	4.07	01	36.99	22
08	I feel physical exertion after completing the training sessions at the end of the week	3.55	03	30.91	41
09	I feel low in my fitness due to accumulating training and competition classes	3.30	05	26.74	51
10	my feeling that time is not enough to do all what is required makes me physically tired	3.43	04	28.74	48
11	Training pressure postpones some of my duties for not being able to perform them	2.84	06	24.31	55
		Q2	Significancelevel	Q2	Significancelevel
		47.26	0.001	1481.31	0.001

We calculated the mean ranks of the terms of the physical burden axis on the total degree of the axis and the total score for the scale of psychological stress sources as shown in Table No. 04 where it was found that there are statistically significant differences for the scale as a whole at the level of significance of 0.01 and also on the axis of physical burden at the level of indication 0.01, And it is what confirms that the physical burden is a source of psychological pressure among soccer players, as shown in the table that the average levels of ranks differed for the terms of the physical

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burden, as the highest average ranks reached 4.07 at the phrase: training and competition need a constant physical effort, and we note That he occupied the rank 01 on the axis level, and the lowest average rank reached 2.84 at the phrase: Training pressures postpone some of my burdens necessary for my inability to perform them.

- The results of the third hypothesis:

- The social position is considered a cause of psychological pressure for football players.

Table No. (05): represents the outputs of the statistical analysis of the third axis related to social standing.

Item N°	Expressions of social position	Axis		Scale	
		Average Rank	Item rank	average rank	Item rank
12	I feel that my participation in the sports team gives me a status in the community	2.42	08	19.04	63
13	I am uncomfortable with the community's lack of recognition of my participation in sports	5.42	02	44.47	02
14	I feel self-worth when I challenge difficulties and when i achieve positive results	5.29	03	43.24	06
15	I am uncomfortable with the lack of interest in my community for my participation in sports	5.20	04	42.07	09
16	I feel a lack of understanding of the nature of my hobby and my practice of sports by myfamily	2.75	07	20.16	61
17	A society's inferior view of sport in general disturbs me and its contempt is unlike other societies	5.14	05	41.20	12
18	Community culture influences community members' appreciation of players and football practitioners.	4.33	06	35.68	28
		Q2	Significancelvel	Q2	Significancelvel
		290.34	0.001	1481.31	0.001

We calculated the average ranks for the terms of the social position axis on the overall degree of the axis and the total score for the scale of psychological stress sources as shown in Table No. 05 where it was found that there are statistically significant differences for the scale as a whole at the level of significance of 0.01 and also on the axis of social status at the level of indication 0.01, This confirms that the social status of the player is a source of psychological pressure among the players, as indicated by the table that the average levels of the terms for the terms of the social status have differed, as the highest average rank of 5.42 at the phrase: I am uncomfortable by the lack of community recognition of my participation in sports activity, and we note that it has he ranked 01 on the axis level, and 03 on the scale as a whole and the lowest average rank is 2.42 at the phrase: I feel that my participation in the sports team gives me a status in society, and we notice that he occupied the last rank on the axis.

IV. Discussion

After analyzing the players' answers on the scale, we reached the first hypothesis: training and competition conditions cause psychological pressure on football players.

And we explain that the most psychological stress factors for football players are reflected in the conditions of training and competition, and this is what we see during football matches, where the player exerts a physical and nervous effort and the accompanying different emotions due to the psychological pressures on him as a result The sensitivity of the game (Taher Mohamed and others, 2019), which is consistent with the study of Bouaziz Mouhamed and Ben Si Kaddour Habib, where the researchers concluded that the bad conditions and the lack of capabilities in the work environment cause psychological pressure among the teachers, and it is also for players who do not have the appropriate capabilities and conditions at the training venue. (Mouhamed and Habib, 2018).

Also, the lack of the necessary capabilities during training and competition, which help the player perform his duty in good conditions, such as recovery methods, for example, is an obstacle and a problem that plagues the psyche of the player. Over time, it creates psychological pressure on him that may develop to the point of affecting his performance, whether in training or During competitions.

From this we conclude that the conditions of training and competition cause psychological pressure on football players, and therefore the first hypothesis that we proposed is an answer to the research problem.

After analyzing the players' answers on the scale, we reached the second hypothesis, which states : The physical burden causes psychological stress on the footballers.

And we explain that the most psychological stress factors for football players are reflected in the physical burden on the player during training and competition, where heavy and sometimes unconverted physical training leads to the player falling in what is called excessive pregnancy, which causes him tension and anxiety, and many psychological disorders and as a result, sports training experts began to pay close attention to the various psychological characteristics associated with training, which are expected to significantly affect the level of performance and achieve the best results (Mouhamed Al-Sayed Al-Shishtawi, 2017), and this is consistent with the study of bin Abdullah Abdul Able and in which he found that emerging athletes are exposed to various sources of psychological pressure associated with carrying sports training and sports competition, as well as psychological pressure related to study and time management and other life requirements. (Abdul kader, 2011).

Also, the physical effort exerted during training and competition causes a state of nervousness and irritation, and in succession, this may constitute psychological pressure for the player that may push him even to change his behavior, whether inside or outside the team.

From this, we conclude that the physical burden causes psychological pressure on football players, and therefore the second hypothesis that we proposed has been fulfilled.

After analyzing the responses of the players on the scale, we reached the third hypothesis, which states : The social position causes psychological pressure among the football players.

And we explain that the most psychological stress factors for football players are reflected in the social standing of the player, where he sees (Qasemi Faisal, 2005) that the athlete during the share of physical activity (training) creates mutual relations and interaction that he lives determines his position in dynamics So, he feels through treatment and individual and

collective developments that have emotions and feelings such as anxiety, fear and desire, and this is also in line with the study of Bouazizmouhamed and Ben Si KaddourHabib, where the researchers concluded that the relationship of the worker with his superiors at work from one of the sources Psychological pressures and that psychological problems in the work environment often result from the presence of incorrect and sound relationships between workers and their superiors at work (Mouhamed and Habib, 2018)

From above we conclude that the incorrect social relations between the player and the rest of the team members, the administrators, or its community make it feel uncomfortable and anxious, and it may even lead to sports dropping out, and thus social standing is a major cause of psychological stress. So the hypothesis is fulfilled.

V. Conclusion

The results of the current study confirmed the exposure of players in the sports team to most sources of psychological pressure for the scale, such as training and competition conditions, physical burden, and social standing. This is a clear indication of the suffering of the players and an explicit answer to the problem of the study, where the results showed that social standing comes first In terms of impact and importance, this confirms the role that this axis plays a source of psychological pressure among the players in the sports team. The results of the current study also resulted in the presence of multiple sources and causes of psychological pressure among the players. And among the most of these important factors, the most affected and causing of psychological pressure are : bad relations or the tense that brings him together with the rest of the players, administrators or members of his community, in addition to the inferior view of sport by the communiât.

In addition, unregulated training and poor planning of the training process leads to the accumulation of quotas on the player, which constitutes a physical burden that falls on the player's shoulders, which leads with its accumulation to the formation of psychological pressure on the player in this regard.

In addition to the bad conditions in training and competition, such as the nature of the stadium and the means of training and retrieval, if they are not available or bad, causes boredom to the player and the absence of

motivation to train, which forces him to miss classes and sometimes absence, and consequently to fall into problems with the coach and team management, And thus it is a direct cause of the player's psychological pressure.

And through the study, the researcher proposes in the future :

- the necessity of preparing training programs for athletes in how to deal or face the psychological pressures that stand between them and between sports excellence.
- the researcher also suggests conducting training days for coaches and administrators to sensitize them to give more attention to the phenomenon of psychological pressure and this is based on the periodic review by revealing pressure levels and diagnosing the reasons for its rise in order to get rid of it.
- in addition to strengthening the communication between the coach and the technical staff and the players and not to differentiate in the way of dealing with the players and involve them in setting goals and taking decisions.
 - Expanding the research sample in the future to find out other causes of the problem of the phenomenon of stress among soccer players.
 - A proposal for a topic for study under the title: Sources of Psychological Stress for Football Players from Coaches' Point of View.

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