

The skill self and its relationship to psychological reassurance among young football players

**Assist. Prof. Dr. Mohsen Mohammed Hassan⁽¹⁾, Khalid Naeem Abdulkadhim
Abdullah Alfalawi⁽²⁾**

⁽¹⁾ Faculty of Physical Education and Sports Sciences / University of Kufa, Iraq.

⁽²⁾ Master. Student. Faculty of Physical Education and Sports Sciences / University of Kufa,
Iraq.

muhsinm.alfallogi@uokufa.edu.iq , Kalftlawy957@gmail.com

Abstract

The purpose of this paper is to identify of the skill self and its relationship to psychological reassurance among young football players, and identify the relationship between the skill self and psychological reassurance 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, namely (Najaf, Naft Al-Wasat, Kufa, Al-Tadamon, Al-Izdihar, Mashkhab, Al-Khornaq), either the research sample consisted of (100) players from the research community. The apparent honesty was extracted by the researchers. The most important conclusions are that the players of the youth league clubs in Najaf Governorate in football possessed the skill self-concept which was reflected in the psychological reassurance in the match and that there was a positive moral relationship between the skill self and psychological reassurance of the football players participating in the league Football youth.

Keywords: skill self, psychological reassurance, football.

Introduction:

The sports development that takes place in various sports activities is nothing but the outcome of the research, studies and various scientific efforts that contributed to the progress of the sports movement in wide progress at all levels. Perhaps the field of sports psychology is one of these important fields in sports activity, as the first of those studies and research that this science began with was the study of the sports personality, followed by studies on some psychological phenomena and their relationship to football performance. The results of these studies indicated that the psychological factor sometimes negatively affects sports achievement and at other times affects it positively. Psychological preparation is one of the pillars on which the training process is based, as well as other training elements.

The psychological aspect is one of the main pillars in the process of modern sports training because of its great importance in promoting winning. Despite the multiplicity of methods and methods used in the development of different sports, Many coaches find themselves in constant need of more study and research to find the best appropriate means provided by the scientific development of humanity, which helps in preparing the player in an integrated manner in all

respects (physical, skill, planning, and psychological) and through a simple review of the results obtained by the advanced teams In different sports, we find the extent of the great difference that occurred in the level of abilities and capabilities of the players between the previous level and the level they are at now, which justifies to us the fact of advanced sports achievements that did not come spontaneously or by chance, but came by taking advantage of the potential energy that the athlete possesses best and work on changing it to get the best results.

Psychological tranquility is important because it is one of the basic manifestations of positive mental health and its first indicators. Many scholars and thinkers have talked about the most prominent of these indicators, the most important of which is the feeling of psychological safety.

the importance of the research through knowing the players who have psychological reassurance and act in ways that lead to respect, as the current research is concerned with finding the relationship between the skill self and psychological reassurance that each player needs and very much during the team match. Where the importance of the current research highlights.

Research problem:

There are many requirements to reach high achievements and high levels of results achieved by teams or players, whether in collective or individual effectiveness, including physical, skill, cognitive and psychological requirements. Clubs, as the player does not know where to place himself among his teammates in the basic skills of the game.

Hence, the research problem lies in the importance of the skill self of young football players and its impact on the results of matches through its great role in enhancing the physical and skill abilities of the players, and this is reflected positively on their psychological reassurance for young football players.

Research objective:

- Identify of the skill self and its relationship to psychological reassurance among young football players.
- Identify the relationship between the skill self and psychological reassurance among young football players.

Research hypotheses:

- There is a significant correlation between the skill self and psychological reassurance 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 (Najaf, Naft Al-Wasat, Kufa, Al-Tadamon, Al-Izdihar, Mashkhab, Al-Khornaq) for the sports season (2021-2022).

- Time field: (1/12/2021) to (13/1/2022)
- 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-Khorna), either the research sample consisted of (100) 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.
- Resolution.
- Electronic information network.
- Electronic computer type (Pentium) /4.

Field research procedures:

Skill self-scale:

The skill self-scale (Rateb . 2000) includes (22) items, and it includes five answer alternatives, and the player answers the scale statements (always, often, sometimes, rarely, never) and these scores are in the direction of the positive dimension, while the statements are in the opposite direction of the negative dimension (1,2, 3,4,5) So, the scores for 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 (22), the major score is (110), and the hypothetical mean score is (66).

Psychological reassurance scale (1)

The psychological reassurance scale of the researcher (Ali. 2012) includes (24) items and it includes five alternatives to the answer. The player answers the scale statements (always, often, sometimes, rarely, never), and these scores are in the direction of the positive dimension, while the statements are in the opposite direction of the negative dimension (1,2, 3,4,5) So, the scores for each dimension are collected separately for each dimension whenever they are characterized by the characteristic that this dimension measures. The minimum score for the scale as a whole is (24), the major score is (120), and the hypothetical mean score is (70).

Exploratory experience:

The researchers conducted the exploratory experiment on 1/25/2022 on (5) players from the Kufa football club youth, as the purpose of the exploratory experiment is to find out the validity of the tools used by the researchers in the measurements, the time taken by the (skilled self) scale (15) minutes. As for the (psychological reassurance) scale, it took (18) minutes.

The scientific foundations of the two scales:

Honesty:

For the purpose of ensuring the ability of the two scales to measure what was set for it, which is my scale (the skill self and the measure of psychological reassurance), the apparent validity was resorted to by presenting the two scales to a number of specialists in sports psychology to take their opinions on the extent of the validity of the two scales, and then the scales' forms were collected. Agreement between the specialists reaches 95%, and this means that the two scales are honest because the researchers must (obtain the approval of 75% or more of the opinions of the arbitrators 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 of (5) players from the Kufa Club youth who are from within the community After 14 days have passed, the two scales were applied again to the same players, using the simple correlation coefficient between the two scales, and then finding the stability coefficient for each of the two-scale dimensions.

Main experience:

After completing all the scientific requirements for the scale and creating the appropriate atmosphere to answer the research sample. The two researchers implemented the research by distributing forms of the (skillful self) scale on one day, then on the second day the forms of the (psychological reassurance) scale were distributed to the research sample, which consisted of the youth of Najaf football clubs, and the club's coaches and their assistants were used in the presence of the researchers from the date of 20 /2-28/2/2022.

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

Presentation, analysis and discussion of the results of skill self-recognition and psychological reassurance for young players:

Table (1) shows the presentation, analysis and discussion of the results of skill self-recognition and psychological reassurance for young players

Search variables	Arithmetic mean	Standard deviation	hypothetical mean	Single sample t-test	
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				Calculated	Tabular	Type sig
Skill self	65,22	4,18	64	2.12	1.99	Sig
Psychological reassurance	72.23	7.27	70	2.11		Sig

Table (1) shows that the arithmetic mean of the skill self was (65,22), the hypothetical mean was (64), and the calculated (T) value was (2.12)

It is greater than the tabular amount of (1.99), and this confirms that the skill self of the young players was good. The measure of psychological reassurance was that the arithmetic mean was (72.23), while the hypothetical mean was (70), and the calculated (T) value was (2.11) which is greater than the tabular the amount of (1.99) and this confirms that the psychological reassurance of young football players was at its best, as well as the superiority of the arithmetic mean over the hypothetical one.

As the young players are in dire need of skill preparation that helps them to overcome any pressure they feel from training or competition, in addition to the fact that they have not yet reached the degree that enables them to control their skill condition and direct it in the right direction. The things that frustrate them include (fear of failure and poor support from the coach or management, or lack of fun) (Yassin. 2008), which leads to the players' determination to continue training with the same intensity and this, is reflected in winning the match.

As (the practice of any sports activity from a psychological point of view requires a lot of psychological reassurance so that the individual can respond correctly to changing situations during the exercise of sports activity and adapt himself to suit the situations and determine accordingly level and effectiveness in sports competitions) (Baseer. 1999).

Presentation, analysis and discussion of the results of the relationship between the two self-skill scales and psychological reassurance for young football players:

Table (2) shows the presentation, analysis and discussion of the results of the relationship between the skill self and the psychological reassurance of young football players

Search variables	Arithmetic mean	Standard deviation	T value calculated	Type sig
Skill self	65,22	4,18	2.11	Sig
Psychological reassurance	72.23	7.27		

Table (2) shows that there is a significant correlation between the skill self and psychological reassurance of young football players, and the researchers believe that this is due to the high skill self on the one hand, and psychological reassurance on the other hand for the sample difference, which indicates that the skill self 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 player's confidence and performance 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 implemented through specific mechanisms in adapting and modifying performance And self-development of the skill of the players in a way that contributes positively to reaching the highest levels of performance for the players, whether on a short-term or long-term level" (Hammad. 1998.). This is reflected in the psychological reassurance of the players.

Conclusions and Recommendations:

Conclusions:

- The possession of youth league clubs in Najaf governorate in football to the skill self-concept was reflected which reflected on the psychological reassurance in the match.
- There is a positive moral relationship between the skill self and psychological reassurance of the football players participating in the youth football league.

Recommendations:

- The coach's attention to the skill of the players in order to control the psychological reassurance and make it a good level that achieves high levels in the players' training and achieve excellence in the match.
- Benefiting from the previous football competitions for players in self-improvement skill, as it reflects on psychological reassurance in participation and official matches.

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Appendix (1)

Football Skill Self Scale

No.	paragraphs	Always	Often	Sometimes	Rarely	Never
1	I can easily perform long manipulations					
2	I can properly cover a close colleague in defense					

3	I can break through and get into the opposing team's weakest defender zone					
4	I can pass more than one player of the opposing team during the process of rolling the ball					
5	I can beat and break through two defenders and score					
6	I hesitate when I go out to defend against an attacking player that I feel is better than me physically and skillfully					
7	I am afraid that I will score a goal against my team as a result of my poor defense					
8	I can score with more than one type of scoring					
9	I can't score from angles easily					
10	It is difficult for me to maintain the same ability in skills throughout the match					
11	I can only play in one position					
12	My passes during the match are very accurate to the teammates					
13	It's hard for me to defend man to man in a match					
14	I can move easily and quickly to start an attack against the opposing team					
15	I'm afraid other teams will play a man-to-man defense against me in the match					
16	I am afraid to perform difficult skills for fear of injury					
17	I can pass the ball with my feet easily					
18	I'm not good at using long communion with colleagues easily					

19	If I get in an awkward situation during the match, I can do the right thing					
20	It is difficult for me to direct the ball to the front player and forward in the attack					
21	I can defend well in midfield					
22	I hesitate when choosing to take a penalty kick for my team					