

The role of psychological counselling sports in the various stages of preparation for competition in improving the psychological skills of football players.

دور الارشاد النفسي الرياضي في مختلف مراحل التحضير للمنافسة في تحسين المهارات النفسية لدى لاعبي كرة القدم.

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Abstract (English):

The study aims at learning about the role of psychological guidance in the field of training for some of the psychological skills of football players. To verify the effectiveness of psychological in improving skills at different stages of competition, we used the descriptive approach to a sample of 25 players; that were selected in a meaningful way; we used the questionnaire for the players. After collecting the results, psychological guidance has been instrumental in developing psychological skills, improving their performance, this is why the study recommended be incorporated into training, and a psychological guide for the players.

Keywords: psychological counseling sports; Competition; psychological skills; Soccer.

ملخص باللغة العربية

تهدف الدراسة للتعرف على دور الارشاد النفسي في ميدان التدريب بالنسبة لبعض المهارات النفسية لدى لاعبي كرة القدم، و التحقق من فعالية الإرشاد النفسي في تحسين المهارات في مختلف مراحل المنافسة ولهذا الغرض استخدمنا المنهج الوصفي على عينة مكونة من 25 لاعبا لبعض نوادي الجزائر تم اختيارها بشكل قصدي و لجمع البيانات استخدمنا الاستبيان خاص باللاعبين، بعد جمع النتائج ومعالجتها تم التوصل للإرشاد النفسي الرياضي دور فعال في تحسين المهارات النفسية و تطويرها ، وتحسين وزيادة ادائهم والنتائج الرياضية، ولهذا أوصت الدراسة بإقحام الارشاد النفسي المبني على اسس علمية في التدريب الرياضي لإكمال العملية الإرشادية، ووضع مرشد نفسي للاعبين.

كلمات مفتاحية: إرشاد نفسي رياضي؛ منافسة؛ مهارات نفسية؛ كرة قدم.

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1- Introduction

There has been a lot of talk recently in the sports field, especially about the psychological aspect of the preparation and training process, and because of the importance, role and influence of this aspect in the lives of individuals and teams. In his speech on ignoring the psychological aspect of the preparation, Dr. Farouk Abdel Wahab said that "it became necessary for modern sports training because the player is a body, mind and psychological state, and the coach must be aware of the importance of the players' psychological state and work on preparing the player psychologically for the participants Different".

Mentoring further improves players' psychological skills and psychological well-being through mentoring sessions and enhances player autonomy by demonstrating flexibility in dealing, discussing various ethical standards of mentoring, encouraging players to be self-reliant, and being able to reflect a suitable model for practicing psychological counseling. As the coach becomes available and essential services are provided, it will affect performance, psychological stability and efficiency, and this will have a positive impact on the nature of the results achieved, as shown in the Nabila Mahmoud's 2003 study: Sports motivational characteristics of football players and psychological skills contributing to their development and learning about the quality of the relationship between the psychological skills and motivational characteristics of football players in question, the mathematical motivational scale was applied in the design of "Tetco" and "Richard" quote and degrade. Mohammad Hassan Allawi. The study identified the characteristics of the sports driving force, which were developed and introduced by Dr. Mohamed Hassan Allawi, and applied to basketball players in the clubs of the Alexandria region (Samha Spur Ting). The results showed a positive relationship between the sports motivations and the distinctive psychological skills of football players. This research will therefore focus on the role of psychological and sports guidance in improving the psychological skills of football players before, during and after some teams from the capital for the first professional of the Algerian championship.

The multiplicity of sports competitions is a source of many changing emotional situations before, during and after competitions, as it turned out that a player who does not have enough personal characteristics such as courage, perseverance, self-confidence, as well as some psychological skills such as mental perception, relaxation, focus and attention. Other Aradiyah qualities under difficult competitive conditions have no access to the desired athletic achievement, and reaching higher athletic levels was not the result of chance or random. The curriculum is currently one of the methods used in training to improve athlete levels by adjusting behavior to achieve the level required for success in sports events and events. In order for an individual to behave in a particular manner, there must be motivations and an external environment that governs how this impulse is achieved. Self is the unit that brings together various psychological phenomena, whether they relate to what is cognitive or cognitive.

This means that psychological, physical and social factors all share the emergence of any kind of behavior, and the physical factors are linked to psychological composition, as they are affected by it, so that psychological guidance is linked to all aspects of mathematical activity. But unfortunately, many Algerian football teams, if not all teams, are looking at the role of the sports psychologist and limiting him to the players' pre-game envision to win, but in fact the role of the sports psychologist is much greater than that, as he is doing psychological preparation on different competitive periods. He also directs, guides, and develops players' psychological skills such as relaxation, anxiety, attention focus, solving players' problems with each other, working to make the team and technical system one family, and blocking all the blocs that may occur between them, which is apparent in the study of Atwi Abdullah (Algeria): Titled the relationship of some psychological skills to competitive behavior of football players. The aim of the study was to identify the level of psychological skills and competitive behavior of football players, to learn about the level of self-confidence of football players, to learn about football players' mental perception, and to identify the level of the relaxation mechanism of football players, the problem of the study was as follows: Is there a correlation between some of the psychology skills and competitive behavior of football players? Their claims are as follows: For example, if you are a football player, you can use the following methods: There is a correlation between mental skills and their three focus dimensions (self-confidence, mental perception, relaxation) and the competitive behavior of football players, which confirms the truth of hypotheses, and the researcher has reached many recommendations, the most important of which are: As with all other aspects of training, care must be taken by trainers to develop psychological aspects that can improve football players' competitive behavior and have an effective impact on reaching the highest levels of achievement. Guidance is a kind of guidance that deals primarily with emotional problems, as it does not deal with the problem that the owner shows, but with the same concern (Hamza Mukhtar, 1976 , p137). The importance of this area is also to focus on the Qur'an's view of the process of psychological and sports guidance and how it can be achieved, which has an impact on the behavior of the athlete, and to focus on the social aspect that is considered to have an impact on the athlete's payoff and giving him the right to psychological counseling. Although psychological counselling is important for the athlete in general, it is not particularly important for those working with the athletic field, especially the trainers, the facilitators and the heads, because of their exposure to many pressures, and therefore psychological guidance is needed to improve the psychological situation of special players and coaches as well. As many athletes see that psychological skills or mental health can be achieved only by winning or winning, and this is a false belief, it may lead to more psychological deterioration, frustration and psychological problems that are not known for them. Or the opposite side can cause you to be overconfident that no psychological problems will occur,

which may lead to a deterioration in the mental health of the athlete or to the sportiness of his or her results and athletic return.

Football is a highly competitive sports sport, with outstanding motor performance that requires rapid response to competition conditions and a direct struggle between the two teams. It is full of emotional attitudes and pressures, which are very intense and fast to change that affect the physical, skill and planning level of the athlete and the general team. In order to develop psychological skills, trainers must plan early to develop psychological skills and guide players to raise and improve the level of players by using a psychological/mathematical stress or the trainer can practice guidance after a configuration in the psychological guidance field, so as to: The role of psychological guidance and its importance in the field of sports, is psychological guidance an effective and positive role in the various stages of preparing for sports competition in football players?

We asked the following questions: Does psychological and sports guidance play a role in reducing the precompetitive phenomenon of football players? Does psychological and sports guidance play a (significant) role in increasing attention concentration during the athletic competition of football players? Does psychological and sports guidance play a role (important) in increasing the level of relaxation in the post-sports competition of football players?

So we put the general hypothesis as follows: Psychological and sports guidance is an effective, positive and very important role in different stages of sports competition according to the following psychological variables: "Anxiety, attention focus, relaxation" in football players.

We have also made the following assumptions: Psychological and sports guidance plays a (significant) role in reducing the anxiety of pre-competitive soccer players. Mathematical psychological guidance plays (important) a role in increasing attention concentration during the athletic competition of football players. Psychological and sports guidance plays (important) a role in increasing the level of relaxation in the post-sports competition of football players.

2- Methods

Each scientific research is systematic and in this research, our methodology is as follows:

Search sample: The search sample was selected in a meaningful way for four metropolitan clubs, where the measurement tools were applied to them and consisted of 25 football players from clubs - USMAAlger - CRBelouazdad - Nasr Hussein Dai - Parado club, and the following table (1) shows the number of football team members in the four clubs.

Table (1) number profile of search sample.

Neat	Club	The number of sample members
1	USM D'Aalger	7
2	CR Belouazdad	6
3	Nasr Hussein Day	6
4	Club Paradou	6
The total sample members		25

The approach to research: The curriculum is defined as "the set of information and steps taken by the researcher to achieve his research" (Muhammad Hassan Allawi, 1999, p. 144-146).

Search Tools: Use the following tools:

The use of mental skills is called "shambrook 1996" by Stefan Bal, John Albinson and Christopher Chambrook to measure some important mental aspects of mathematical performance.

The discisions include 30 phrases and each of the three dimensions described above is represented by 10 phrases, and the athlete answers the exhortatory terms on the six-degree scale, and Mohammed Hassan Allawi has prepared and introduced them.

Statistical analysis and survey techniques: Data obtained through the application of search tools for computer entry for the proper statistical processing by employing the SPSS statistical packet and the word "SPSS" is a abbreviation of the term "statistical package for social science."

Sico Metric characteristics of the tool:

1-The truth is that "the survey includes all the elements that must be analyzed on the one hand, and the clarity of their paragraphs and terms on the other, so that they are understood for everyone who uses them" (Fatima Awad Saber, 2002, p. 167).

2- Stability: A key condition in the testing rationing is that the test should be a high degree of accuracy and mastery in what was designed or developed for its measurement, and the test is firmly intended to "keep the test of its results if returned to the same sample" (Marwan Abdul Majid Ibrahim, 1995, p. 193).

Another researcher confirms "steadiness" that the test will give the same results if it is returned to the same sample" (Mohammad Subhi Hassanein, 1987, p. 107).

3-Subject: Some researchers report that "objective testing reduces the self-esteem of the arbitrators. Objective testing means that there is little or no difference in the method of evaluating the performance of the two laboratories, no matter how different the arbitrators may differ, the less the difference between the two arbitrators is that the test is objective" (Kamal Abdel Majid Ismail, 2001).

The researcher has relied on the following statistical tools:

descriptive statistics (iterations, mean arithmetic, theoretical average, percentage, standard deviation).

Induction statistics (the correlation coefficient of Pearson, the equation of Alpha Kronbach).

3- Results

Table (02): A player's concern before the competition takes place and affects his performance.

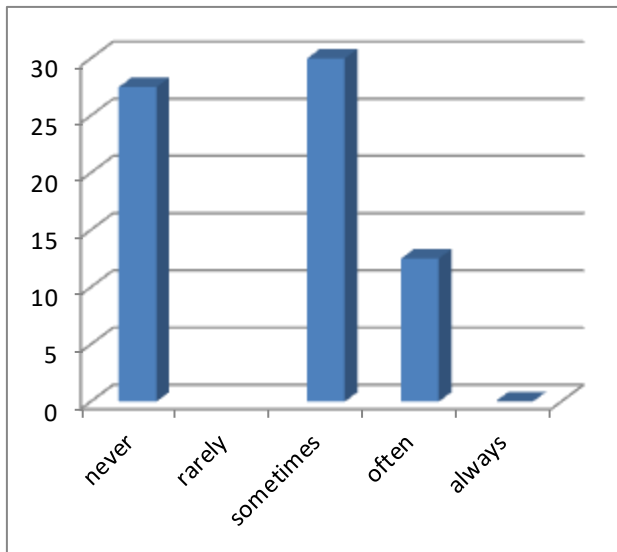
Statistical significance	Calculated "value of "t	The degree of moral probability SIG	Axes Variables
sign Statistical	20.22	1	Pre-competitive stage.
sign Statistical	20.22	1	Anxiety
Concern level before competition 42.5%		0.05	Sample size 80

Source: Ph.D. thesis. Author: Igranaissi Youcef. Year: 2019. Page: 153.

ean ratio (2.28) while the standard deviation was (1.006) at correlation 1 and at the significance level of 0.05, so it can be saView and analyze Results: Through Table 2, we note that the mid that there is a very strong correlation between anxiety and pre-competitive stage. The results of statistical analysis of players' responses show that 27.5% are not worried, while 30.0% are rarely and sometimes worry, while 12.5% are often worried.

Conclusion: This means that most players are better at controlling their anxiety, and are not affected before the competition.

Figure (01) is a concern before competition.



Source: Ph.D. thesis. Author: Igranaissi Youcef. Year: 2019. Page: 153.

Table (03): Represents concentration ability, maintaining concentration until the end of competition.

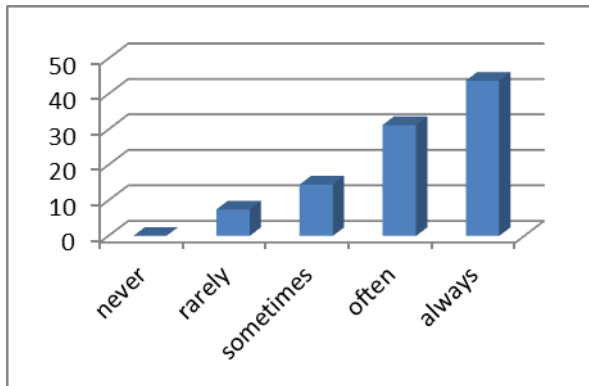
Statistical significance	Calculated "value of "t	The degree of moral probability SIG	<div style="text-align: right;">Axles</div> <div style="text-align: left;">Variables</div>
sign Statistical	38.53	0.00	During competition stage
sign Statistical	38.53	0.00	Attention focus skill.
Focus attention during competition 85.5%		0.01	Sample size 80

Source: Ph.D. thesis. Author: Igranaissi Youcef. Year: 2019. Page: 165.

View and analyze Results: Through Table 3, we note that the mean ratio (4.11) while the standard deviation is (0.955) at the association score of 0.000 and at the significance level of 0.01, so it can be said that there is a cordial relationship between the focus of players with a stage during the competition. Through statistical analysis of players' answers, 7.5% of players rarely lose their attention from the point of view of the competition, and 14.5% can sometimes maintain their focus, while 31.3% often find it easy to focus their attention to the end. We also find 43.8% of players that they are always easy to maintain their focus from start to finish.

Conclusion: This means that most players are easy to control by focusing their attention, and do not distract from the start to the end of the competition.

Figure (02) represents the concentration ability up to the end of the competition.



Source: Ph.D. thesis. Author: Igranaissi Youcef. Year: 2019. Page: 165.

Table (04): The use of relaxation is at the times necessary, especially after competition.

Statistical significance	Calculated "value of "t	The degree of moral probability SIG	<table border="1"> <tr> <td>Stage</td> <td>after</td> </tr> </table>	Stage	after
Stage	after				
sign	25.84	0.00	<table border="1"> <tr> <td>Variables</td> <td>Axles</td> </tr> </table>	Variables	Axles
Variables	Axles				

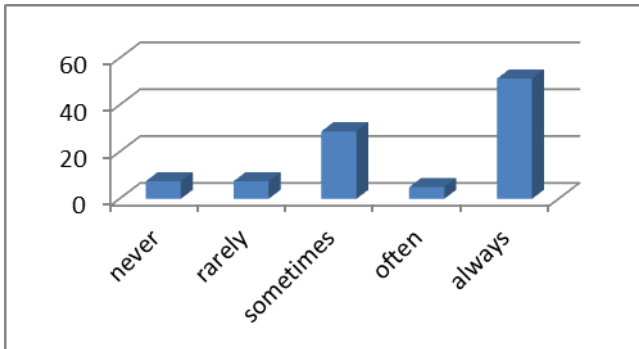
Statistical			competition:
sign	25.84	0.00	Relaxation skill.
Statistical			
Level of relaxation after competition 85%		0.01	Sample size 80

Source: Ph.D. thesis. Author: Igranaissi Youcef. Year: 2019. Page: 176.

View and analyze Results: The results shown in Table #04 show that the mean ratio (3.85) while the standard deviation was (1.33) at the link point of 0.000 and at the significance level of 0.01, so it can be said that there is a correlation between knowing the use of relaxation at sensitive times with the stage after competition. Through statistical analysis of players' answers, 7.5% of the players said that they do not know how to relax after competition, while 7.5% rarely know how to relax, while 28.8% sometimes know how to relax after competition. While we often find 05% know how to do it, 51.3% of players always know how to relax in sensitive times after competition.

Conclusion: From here we conclude that most players know how to relax, especially in sensitive times after competition, and sometimes they don't know how to do this important process, especially after competition.

Figure (03) represents the use of a relaxed approach after competition.



Source: Ph.D. thesis. Author: Igranaissi Youcef. Year: 2019. Page: 176.

4- Discussion

The evidence and evidence gathered through the frequent field visits of football players in the clubs - the capital - on which we studied and took a sample of our research community. This is in order to gather the necessary data, facts and information about these teams, how the trainers work on the psychological side

of the players and the foundations they adopt - the trainers - in preparing players from the psychological side, especially in the preparation stages of competition before-during-and after, and how much they care for the psychological health of the players. He also learned about the team's psychological policy and how keen they are to provide a psychologist who contributes to the psychological state of players and their psychological preparation for sports competitions. Through the field study, which included a sample of 80 players distributed to 20 players in each team - from the capital teams of the first professional, Mobilis - this enabled us to draw a group of results based on the scientific standards and questionnaires as well as the field interviews through which these events and results were gathered. Among them are:

We found through the gamer-oriented scale that psychological guidance improves anxiety before competition with players. However, the data, the gain and the cognitive balance that the players possess from the psychological side are limited as they did not receive any formation concerning the field of the psychological guidance of the athletes and their work - the trainers - remains within their simple knowledge in this field. However, they do not prevent them from being diluent in understanding the psychological side of players and also knowing how to improve anxiety, especially before competition, they are to some extent aware of the existence of epic changes in psychological behaviors and the anxiety of players before competition. They take it into account and improve it before sports competition, which confirms the validity of the first partial hypothesis.

Also, through a player-oriented scale, we have always found that different characteristics of competition make a difference in attention focus and good performance for players, as coaches improve attention focus skill during competition, they believe that there are several factors that help distract players during competition. This performance (moderate/bad) varies according to the player's psychology and the effects he is exposed to, which normalize the atmosphere of competition as well as the specificities of competition. All of this confirms the validity of the second partial hypothesis.

We also found through the standard directed to players that they rely on psychological guidance to improve the quality of relaxation after competition with players, they guide players or each other - players - using some psychological guidance techniques to ensure the quality of relaxation after competition. They work with several ways to relax and ensure the best quality of relaxation, directing players to use the most up-to-date and effective techniques to improve this skill, as they prefer to direct players to the best psychological counseling techniques to accelerate the pace of relaxation, especially after competition, which confirms the validity of the third partial hypothesis.

5- Conclusion

Scientific research in the field of sports training and control in the field of sports psychological guidance still needs a lot of scientific research and academic studies in order to improve the level of sports in our country. So we can say that reaching the athlete or the players to the higher levels is the goal or need that the football player strides to achieve so that it has a special place among his or her colleagues and other sports teams and to be in the best sports performances or a place with the national team, which is the dream of every player in the world. In order to do so, attention must be paid not only to the physical, skill and plan aspects, but also to the psychological aspect, especially the psychological methods and skills that are important. In all our results in applied study, it became clear that psychological guidance plays a great and effective role in improving the players' psychological skills during all stages of competition (before, during, after), because of the psychological pressure that players experience during competition season, due to anxiety and lack of concentration, etc. Having experience and competence in the field of sports training helps to raise the responsibility in terms of the number of players from the psychological side. In this study, we have reached some conclusions, which are as follows:

Success of the psychological counseling process is a shared responsibility of the coach and the player.

psychological counseling has a preventive rather than therapeutic role, as it takes care of keeping a player away from psychological diseases and has the mental health to help him deliver the best mathematical results.

-Psychosocial guidance is the basic basis for training in psychological and mental skills development and reactive nutrition training of all types.

-We should point out that taking note of the subject of sports psychological guidance in improving football players' psychological skills with many studies and analyzes will generally frame this important aspect, while at the same time being a social character, we suggest that:

scientifically based psychological guidance must be interpolated and necessary to complete the guiding process.

involve what is known as hands-on psychological guidance as a unit within the training of trainers program at all levels.

-Develop structured programs for psychological counselling and abandonment of unprogramd work.

Provide the necessary resources and means to plan and implement the psychological and sports guidance process.

Hiring instructors to help players with psychological counselling is important.

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