

The role of using psychological preparation programs to improve the level of football players. A study-field done on some of football clubs state teams in Bouira

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Received: 22/05/2021; Accepted: 21/06/2021; Published: 30/06/2021

Abstract:

The current study has aimed to try to identify the role of the psychological preparations of the teams in order to increase the sportive performance and the development of the psyche skills of the players .and it has been selected to highlight the extreme importance that the specialized programs of the psychological training which are based upon scientific true bases that can be used throughout the phase of the training and more especially during the competition phase to promote the sportive performance of the athlete. And the psychological preparations to the addressed sportive figure is considered among the most important factors for arriving to the aimed results taken into account the difference and the qualities and the criteria of the players whom would be tested.

Also this study aimed to show the acknowledgement the great important role of the psychological therapist and also the trainer or the coach in preparing the players from the psychological side – through programs that has been prepared and applied at an early preparation teams and also this study sought to reveal the facts about making and preparing youngsters teams of **Bouira** state football game. And as far as the methodological approach the researcher had used a descriptive approach for being thr most suitable for the nature of the search. and the community of the research constituted of the active teams at the level of the union state of **Bouira** football teams the category of the youngsters and the selection of the sample was done randomly in

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which it is made of 32 players been selected from the amateurs 'sport club the team of **Oued el Berdi** and the one of **Mezdour** and it has been relied upon the survey as a mean to gather the Data and to know how important it the fact of the psychological preparation programs at the early training phase and especially during the competition phase . Also the researcher has used means of measurements constituted of percentage levels and the test of square F.

After gathering the Data and analyzing it statistically .the results showed that the implication of the hypothesis and revealed the importance of the psychological preparation to the sportive and the role that it plays and adds for improving the sportive performance.

Keywords: psychological preparation programs; sportive achievements; a football player; youngsters category.

1. INTRODUCTION

Football is among the group- sportive games that is widely acknowledged around the world in general and in Algeria in particular and it has gained this popularity and a lot of followers in comparison to other sports and to guarantee the continuation of this role that this sport has among its fans and hoping to improving it to the best that the people whom are in charge with the search and the planning .they sought to create new ways and the development of new skills that shapes all the areas and affective playing tactics let it be for the defense or the attack and also to maintain the body physics and shape through the development and the maintenance of the physical qualities and skills.

And the modern sport training in football is considered an educational planned operation that is built upon accurate fair scientific bases that work to lead the players toward the perfection in all the sportive areas which means that the sport training is characterized by the continuity and the planning since the early stages of engaging in practicing sport.

The rapid evaluation in the achievements of the highest sports I different sport fields whether it is in group formed sports or individual

sports is moving forward with the technology of scientific training, and it may be this evaluation did not come by chance but rather it was and it becomes and it always still sciences is the foundation, thus the efforts were unified and going toward more deep understanding to what the true bases and the norms and the understanding of the concept of sport training for making the level higher and higher and to reach a certain point of perfection .therefore it is mandatory for every research and each interested figure of this field to look for always to what is new and what is updated in the different fields of theory and application , and the successful trainer gets his success from science and if he or she wants to maintain over that . it is obligatory for that trainer to always check for and look for and be updated to what is new and make from the science his guide through in his sportive training career⁽¹⁾.

The science of sport training in the modern times relies on accurate scientific foundations that make inclusive development to the different areas constituted in the physical aspect and the skill aspects and the planning aspect and the psychological aspect that is considered from the most important stages of preparation, not only that, but it is considered the zenith of preparation process therefore the psychologists see that the sport training as an educational process. One that is planeside and well organized according to true accurate scientific foundation that leads toward the evolving this latter. because it became obligatory to look after the psychological factor as it depends on different human sciences the theoretical one and the applied once also that is : general psychology, evolving psychology , and even physiology and educational psychology and group psychology and the well addressed psychological preparation of that aims to reveals the sport figure true components so that he can stand and rely on what he has got from potentials and physical abilities and mental and psychological onceetc .aiming at achieving

(1) - Amr Allah Albasiti, Allah's commandment the carpet. (1998). Rules and foundations of sports training. Alexandria: Al Maariq facility, p5.

psychological health and forming desire and sociable agreeable with emotions to arrive to a well formed athlete level.

The psychological preparation is one of the important mandatory components in the unity of the preparation process and it is impossible to make any success in sports in sport. And in the last years the psychological factor of the sport figures gets more attention to it because practicing sport doesn't mean the development of the physical characters and making the movement abilities only but it means the improvement of the psychological qualities and the shaping of the mind and therefore it requires from the sport figures to show qualities a well psychological formed factors to make and achieve higher results and from another hand this action is a strong and effective mean to build and develop this psychological qualities

And the good preparation includes different components and the character is considered one of the most important components in this operation and the psychological preparation is all the procedures and the work set by the trainer or by the psychological therapist that aim to stabilizes and evolve the unconscious qualities and the moral values of the players⁽¹⁾.

The Dr Nahad Rossen Sokr sees that the psychological preparation is a group of programs that through which we can find a number of solutions to all psychological problems that the one has. Which that it is related to his personality and behavior during the training or the competition⁽²⁾.

1-1- The general questioning:

- does the use of the psychological training programs have a role in improving the performance level of the football players?

(1) - Hanafi Mahmoud Mukhtar. (1998). Scientific foundations in football training (Volume i 1). Egypt: The Arab Thought House, p66.

(2) - Nahed Resan Sukkar. (2002). Sports Psychology in Sports Training and Competition. Amman: International Scientific House for Publishing and Distribution, p280.

1-2- Partial side questions:

1-2-1- Does the trainer rely on psychological programs through sport training?

1-2-2- does it participate in reducing fear and doubts during competition?

1-2-3- does it participate in reducing stress during competition?

1-3- The assumptions:

The assumption is recognized as being that early solution to a given dilemma⁽¹⁾. and also the assumption is a key point of changing from the theoretical building to the practical designing to answer a given dilemma ...etc and the scientific tests have a lot of usage like we can draw possible conclusions to the searched problem which helps the researcher to draw his steps and also the assumptions help us to choose the statistic means that we use to analyze and decode the Data and interpreting it as well as it helps us to make a general form to give the results of a research in a certain way that helps the reader from understanding it

1-3- general assumption:

* There is a great role to the use of the psychological preparation to improve the sport achievement with the football players?

3- Partial hypotheses:

-The coach depends on psychological preparation programs during the preparation of the athlete.

- Psychological preparation contributes to reducing fear during sports competition.

-Psychological preparation contributes to reducing anxiety during sports competition.

4- Research objectives: The objectives of this study can be clarified in:

(1) - Ahmed Amin Fawzy. (2003). Principles of Sports Psychology. Cairo: The Arab Thought House, p56.

-Highlighting the role of psychological preparation programs on developing and raising the level of sports performance of football players.

- Familiarity with the characteristics of adolescence from various aspects.

-Highlight the positive aspects of psychological preparation during the competition.

-The desire to be informed and to discover the extent of the influence of the field of psychology on the conduct of sports competitions,

-Highlighting the importance of psychological preparation in influencing the ideas, feelings and behavior of the athlete, as well as the formation and development of psychological qualities.

5- Defining concepts and terms:

5-1- Psychological preparation:

Psychological preparation or preparation is defined as those processes that would show the best behavior of the player and the team to bring him to the top and the best levels in athletic achievement, as the psychological preparation seeks to develop the willful qualities and psychological skills of the athlete such as self-confidence and the ability to visualize and expectation, as well as being able to control emotions During competitive sports situations, it is also a form of psychological assistance to solve human problems related to behavior. It includes a large number of educational, training, care and assistance measures that are directed to individuals of various ages⁽¹⁾.

5-2- Athletic performance:

It is a reflection of the capabilities and motivations of each individual towards better behavior as a result of mutual effects of internal strength and is often performed individually. It is also an

(1) - Mufti Ibrahim Hammad. (2001). Modern Sports Training (Edition 1 i). Egypt: The Arab Thought House, p235.

activity and behavior through which the achievement of the result is reached, and it is a means of expressing the educational process behaviorally. To know it as the competence of the athlete to do what is required of him and it is also intended to express those skills that can be seen, observed and judged. The term performance here links many concepts, including ability, readiness, motivation ... etc. In addition to that performance is readiness plus acquired skills⁽¹⁾.

5-3- Training and extension programs:

It is a planned program organized in light of scientific foundations to provide an advisory service to all individuals to whom the program will be applied. It is a process or relationship that helps individuals in the process of reaching the best appropriate options, which is a process of learning and growth, and personal information that can be translated into a better understanding of the human role. And the behavior with positive effectiveness, and help him to achieve a healthy psychological compatibility⁽²⁾.

Research methodology and field procedures:

Basic study:

Exploratory study:

The exploratory study is considered one of the most important preliminary methods for the basic study in order to reach the best way to conduct the tests and measures that in turn lead to obtaining correct and accurate results, and in this way it is one of the important and necessary steps on which a specific research or scientific study must be based, as it is the cornerstone And the basic rule for field research, as the latter works to deepen knowledge of the subject to be studied and uncover its various aspects, thus determining the general framework in which the field study is conducted.

(1) - Osama full salary. (1997). Sports Psychology Concepts and Applications (Volume i 02). Egypt: The Arab Thought House, 195.

(2) - Hamed Zahran. (1988). Mental health and psychotherapy. Egypt: House of the World of Books, p259.

The exploratory study is a process carried out by the researcher before the start of field work, and likewise, it is the process of surveying the conditions surrounding the phenomenon that the researcher wishes to study and identifying the most important assumptions that can be drawn up and subjected to scientific research⁽¹⁾.

Objectives of the exploratory study: The objectives of the exploratory study are represented in the following points:

Determining the difficulties that may hinder the research and trying to pamper and overcome them.

- Trying to find the conditions that allow the researcher to get close to the community of the basic study.

- Adjust the test and measurement language according to the sample's knowledge level for the purpose of study.

- Test the suitability and suitability of the scale components.

- Refer to the references and sources to control the study procedures and variables.

Verifying the validity and reliability of the measures used on the pilot sample.

The curriculum used in the study:

In this study, the researcher relied on the descriptive approach as it is considered the most appropriate to psychological and social phenomena with the aim of diagnosing them and determining the relationship between their elements, then analyzing, interpreting and comparing them and the extent of the impact of these phenomena on each other and predicting the behavior of the phenomenon under study in the future, and the **descriptive approach** contributed to the

(1) - Marwan Abdel-Majeed Ibrahim. (2000). Foundations of scientific research for preparing university thesis. Amman: Al-Warraq Foundation for Publishing and Distribution, p38.

formation of educational sciences. The various social and psychological ones by verifying the validity of the ideas and theories available in them.

The descriptive approach is an investigation that states one of the educational or educational phenomena as they are and finding a relationship between it and other phenomena that have a relationship with it, with the aim of diagnosing the reality in a particular environment.

Study variables:

Often the title of the study is in the form of terms and concepts, as it is concerned here to define the research variables and there are variables that are looking at measuring the results and dependent variables that determine the phenomenon that he studies and based on the assumptions that the researcher formulated at the beginning of the research, the following variables can be adjusted in order to reach More scientific and objective results and the variables for this study were:

Table No. 01: Study variables

Independent variable	The independent variable of the study
It is the factor that the researcher wants to measure the extent of its effect on the studied phenomenon, and it is usually known as the (independent) variable or experimental factor ⁽¹⁾ .	Psychological preparation programs
Dependent variable	The dependent variable for the study

(1) - Abdel Qader Mahmoud. (1990). Seven lectures on the educational foundations of the book of scientific research. Algeria: University Publications Bureau, p58.

<p>It is defined as a variable in which the independent variable affects, and its value depends on the effect of the effect of the values of the other variables, as whenever modifications are made to the values of the independent variable, the effect on the dependent variable will appear⁽¹⁾.</p>	<p>Sports performance</p>
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Study Population and Sample:

The research tool is the means by which the research collects its data, and there is no unified classification of these tools, as the nature of the research hypothesis controls the choice of tools that the researcher will use. The research sample to be applied to the study.

It is that original group from which the sample is taken. This group may be schools, sports teams, or any other units and it can be identified as all things that possess the characteristics or features that are observable, measurable, and statistical analysis⁽²⁾.

The study sample and how to choose it:

And the sample is a category that represents the whole of the research, that is, it is the category that represents all and all the vocabulary of the phenomenon that is the subject of study or all the individuals and people who are the subject of the research problem.

Usually researchers resort to the sampling method for several reasons, including:

- It is less expensive than the comprehensive inventory method.
- It conveys more detailed and accurate information.

(1) - Muhammad Hassan Allawi, Osama Kamel Ratib. (1999). Scientific research in physical education, sports and psychology. Egypt: The Arab Thought House, p129.

(2) - Abdelkader Mahmoud, op. cit, p58.

- In the absence of time to undertake a comprehensive study.

It is a group of vocabulary or elements that are taken from the community that we want to research, or in other words it is part of the whole, and it is assumed in this part that it is representative of the whole⁽¹⁾.

Table No. 02: Study population and sample:

The study community
Represent the study population in active soccer teams
The study sample and how to choose it

<p>The study sample consisted of 32 players:</p> <ul style="list-style-type: none"> - The amateur sports club, of,oued El Bardi. 16 players - The amateur sports club for Mazdour. 16 players <p>Method of selecting the research sample:</p> <p>The research sample was chosen in a simple random way</p>

The Search tools:

In order to reach a solution to the problem of the proposed research and to verify the validity of the hypotheses of this research, it is necessary to follow the most effective tools in the field of research, as the following tools were used:

Theoretical study:

Which is termed as "bibliography", as it is represented in the use of sources and references from books, notes, magazines, etc., whose content revolves around the subject of our study as well as the various similar elements that serve the subject, whether they are Arab or foreign sources, or studies Related to the topic.

(1) - Adnan Hussein Al-Jadi, Yaqoub Abdullah Abu Helou, 2009, p93.

Methods for gathering information:

In this research we have relied on several methods in order to enrich our topic with sufficient information in its theoretical and practical side, represented by a number of sources and references as follows:

Books in Arabic and foreign languages.

- The magazines.

Studies related to research represented by previously completed notes.

The International Network of the Internet.

Methods of data collection:

Questionnaire:

In this research, the questionnaire technique was relied upon as a means of collecting data, which is considered one of the most successful methods of data collection, as well as verifying the problem that we presented at the beginning of our research, and it also facilitates the process of collecting the information we want to access and this is done by developing a questionnaire form where we used two types questions:

Open-ended questions: give all freedom to the player to answer according to his personal opinion.

Closed questions: In most cases the answer is specified "yes" or "no" as the questionnaire that was used in our research included a list of two axes for the players to be answered by placing an (x) in the appropriate box and directed to the sample members in order to obtain information about The problem to be studied.

The questionnaire in this study was conducted as follows:

The first axis: specific to the first partial hypothesis.

The second axis: for the second partial hypothesis.

The third axis: for the third partial hypothesis.

Statistical methods used:

No researcher can dispense with statistical methods and methods, regardless of the type of study he conducts, whether social, psychological, economic, or other studies, as the statistical means provide an accurate objective description, so the researcher cannot rely on observation alone, but relying on Statistics leads the researcher to the correct method and the correct and honest results, and the statistical methods aim to try to arrive at significant quantitative indicators that help the researcher in the objective analysis and interpretation of the results and judge them, as well as enable us to classify the data collected and translated objectively.

In this study, the researcher used a set of statistical methods, represented by:

-Percentages:

The researcher used the law of percentages to analyze the results in all the points obtained, after adding the occurrences of each of them, where the percentage was calculated by the three-way method as follows:

Percentage

Q: It represents

Sufficient squared test:

It is called the relative match test, and it is one of the most important methods that are used when comparing a set of results observed or obtained, and this test also allows us to make a comparison between the various results obtained through the questionnaire directed to the players, by comparing the actual occurrences seen and the expected repetitions, is calculated The test is through the following relationship:

Frequencies seen: These are the observed or actual occurrences.

Expected occurrences: equal to the sum of the sample over the odds.

When the calculated is greater than the tabulated, there is a statistical function, and if it is the opposite, there is no statistical

function.

Significance level of **0.05**.

- The degree of freedom is calculated by the following relationship: number of odds

Presentation, analysis and discussion of results:

Presentation, analysis and discussion of the results of the first axis of the questionnaire:

The first axis: the coach depends on psychological preparation programs during the preparation of the athlete.

Question 5:

During sports competitions, what is the thing that makes you the most performers and desires to win?

Analysis and discussion of the results of Question 05:

Through the above table, the researcher noticed that **50%** of the players assert that the coach's encouragement is what makes their performance increase, as well as their desire to win and perform more and better. As for the rest of the players, their opinions differed between those who say that the fans' encouragements affect their performance and increase their desire Performance and victory As for the rest of the players, I attributed this to love of victory and the ratio was estimated at **15.63%**.

That there is a statistical significance for the **K² test**, meaning that the coach's encouragement increases the players' desire to win and perform.

The second axis: psychological preparation contributes to reducing fear during sports competition.

Question 3: Does your performance increase when you hear the crowd's shouts and chants?

Analysis and discussion of the results of Question 03:

Through the above table, the researcher noticed that 59.37% of the players assert that the psychological preparation in sports contributes to reducing fear during the sports competition and thus increases the percentage of their performance and also increases their motivation in achieving victory and performance more and better. As for the rest of the players, their opinions differed between those who say that psychological preparation contributes to reducing fear and some players emphasized that psychological preparation sometimes contributes to reducing fear and reducing fear during competition and psychological preparation contributes to increasing the percentage and since the calculated value of ka^2 was greater than the tabulated value at the significance level 0.05 and the degree of freedom 02 then it can be To say that there is a fundamental difference in the number of iterations of players' answers, and it can be said:

That there is a statistical significance for the Ka^2 test, that is, psychological preparation during the ventilator contributes to reducing fear among the players.

Presentation, analysis and discussion of the results of the third axis of the questionnaire:

The third axis: psychological preparation contributes to reducing anxiety during sports competition.

Question 18:

Does your coach provide instructions and directions that help reduce negative emotions such as anxiety?

Analysis and discussion of the results of Question 18:

Through the above table, the researcher noticed that 50% of the players emphasize that the coach provides directions and instructions in the framework of psychological preparation for the players during the competition and this helps to reduce negative emotions during the sporting competition and thus increases the percentage of their

performance as well as increase their motivation in achieving victory and performance more and better. As for the rest of the players, their opinions differed between those who say that the coach does not provide instructions and advice, and there are those who confirm that the coach provides instructions to alleviate negative emotions during the competition and since the calculated value of the k-squared was greater than the scheduled value at the significance level of 0.05 and the degree of freedom 02, so it can be said that There is a fundamental difference in the number of iterations of players' answers, and it can be said:

That there is a statistical significance for the **K² test**, meaning that the coach in most cases provides instructions and advice to the players in order to reduce negative emotions during the competition.

Discussing and matching the results with hypotheses:

The first hypothesis:

The trainer depends on psychological preparation programs during the preparation of the athlete. Psychological preparation consists of several components and the results have shown that it expresses the emotions that the player faces during the sports competition, which are represented in tension, anger, fear and similar apparent where the coach and the psychological record must give importance to these emotions in special programs By psychological preparation, according to the negative role that it may play in the personality of the player in the sports competition, and through psychological preparation programs, it is possible to overcome the elements that cause all the emotions that the player may encounter and that may affect the performance of the player during sports competitions and the psychological preparation programs have a great impact on the psyche of the player in Developing his efficiency and improving his performance and return, and this is by uncovering the psychological and personal factors of each athlete.

Through this, the researcher reached to prove the validity of the first hypothesis that he put forward.

The second hypothesis:

Psychological preparation contributes to reducing fear during sports competition and through the results reached it was reached that psychological preparation is of great importance as it is considered one of the most important elements on which training depends and it also protects players from the negative impact of psychological problems that players are exposed to and contributes to raising and developing The player's self-confidence and helps the players to reach the best possible achievement and also helps to overcome the difficult circumstances of the player during the competition, which indicates that psychological preparation is of great importance to soccer players, as the players 'answers indicate that the coach's instructions, directions and advice help reduce negative emotions such as fear and contribute to Raising the psychological state of the players, as well as finding positive solutions to all psychological problems that the athlete suffers from and related to personality and related to behavior on the stadium during competition and training, as well as psychological preparation before the competition aims to find the necessary measures to stimulate the appropriate mood of the player.

Through this, the researcher reached to prove the validity of the second hypothesis that he put forward.

The third hypothesis:

Psychological preparation contributes to reducing anxiety during sports competition. Through the findings, the results showed that psychological preparation is of great importance to soccer players, as it contributes to the development of the players' abilities and helps them overcome the confusion and anxiety they feel before and during the competition, as well as it will help them understand the game and develop self-confidence, which is one of the most important factors in Improving performance and positive results The results also showed that the coach's efficiency helps the players in raising their psychological state, and that is by watching over the personal comfort of the player, understanding their concerns and helping them as well

through the decisions and directives he provides to them, clarifying the weaknesses and strengths of the players and correcting the mistakes they make during the competition.

Through this, the researcher reached to prove the validity of the third hypothesis that he put forward.

General conclusion:

-The psychological preparation that the coach performs has a great role in developing the players' abilities.

Most players receive advice from the coach.

- Coach tips, directions and instructions have a big role in players' demand for training.

- Good psychological preparation reflects positively on the players' performance in the competition.

- The coach's psychological encouragements increase the players' desire to perform.

-Most of the players increase their enthusiasm and their performance on the field floor as the fans support them more.

- Coach guidance and instructions contribute to reducing fear in competition.

- The coach's speaking style increases the enthusiasm of the players.

- Lack of psychological preparation is one of the factors that increase their anxiety and tension.

- The best time to prepare the players psychologically is before and during the match.

- Most of the negative results are due to the lack of psychological preparation of the players.

- Most of the coaches confirm that psychological preparation works to develop the self-confidence of the players and reduce their negative emotions.

Conclusion:

Psychological preparation is of great importance in preparing the athlete, so we cannot imagine a competition or athletic training without him because he works to mobilize activation, development and shipment of the player's capabilities and prepare him for competition with the highest capabilities he possesses, especially psychological skills, because during competitions the player is often exposed to manifestations of exciting emotions such as tension and anxiety Who works to hinder the player's work, which may reduce his performance, and this reduces his performance.

Sports training have become a science like other sciences that derive its laws from specific knowledge and milestones, and it seeks to formulate the athlete in a systematic physical, psychological and social aspect, this is what enables it to achieve the best levels of athletic achievement. Searching for the best methods and approaches by which to develop the athlete's training status, especially the psychological state, in order to prepare him for various competitions and obtain the best results with good sports performance.

In recent times, sports training witnessed a great development at the global level in various events and individual and group activities, and this development was not a result of a vacuum, but rather a result of the dependence of specialists in this field on science and technology and various research and studies carried out in the field of sports in general and sports training in particular, and ball Foot is among the sporting activities in which sports training took forms and methods that had a positive effect in raising the level of physical, skill, planning and psychological performance, which led to the achievement of good results, and because football is characterized by high technical performance with short, intense and rapid effort at the same time, this is what is required Trainers should use more effective training methods that are commensurate with the nature of this activity, through which they develop and develop the basic physical, skill and psychological qualities in this sport.

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