

**Determinants of psychological preparation for sports team.
(field study to some swim teams in Mostaghanem)**

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Abstract

the study of the scientific literature reveals that psychological preparation in team sports tend to apply the methods developed in the context of individual sports. It seems postulated that strengthening the psychic potential of each member of a team sportive improve, in return, the collective performance. Yet the theoretical approaches to small groups (**Anzieu and Martin, 1990**) point out that they do not correspond to a simple cluster of individuals. **Lewin (1959)** includes the small group as a dynamic screen that determines the behavior of its members. **Carron (1993)** defines the sporting group as a collection of individuals who have a collective identity, have common objectives and goals, share the same fate, develop structures patterns of interaction and modes of communication, show interdependence personal and operational, exhibit interpersonal attraction and consider "be a group." These definitions invite us to consider small groups in their unity, totality.

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I. Introduction

In Algeria, if psychology is regularly mentioned in sport to explain the cons-performance, the presence of a psychologist with sports, especially in the context of national teams, is little considered. When this presence is ensured, the majority of the actions proposed is for athletes. We are seeing a centration of the psychological preparation of the individual, regardless of the individual or collective dimension of sport.

This, the study of the scientific literature reveals that psychological preparation in team sports tend to apply the methods developed in the context of individual sports. It seems postulated that strengthening the psychic potential of each member of a team sportive improve, in return, the collective performance. Yet the theoretical approaches to small groups (**Anzieu and Martin, 1990**) point out that they do not correspond to a simple cluster of individuals. **Lewin (1995)** includes the small group as a dynamic screen that determines the behavior of its members. **Carron (1993)** defines the sporting group as a collection of individuals who have a collective identity, have common objectives and goals, share the same fate, develop structures patterns of interaction and modes of communication, show interdependence personal and operational, exhibit interpersonal attraction and consider "be a group." These definitions invite us to consider small groups in their unity, totality.

This specific group raises the question of the transfer, in team sports, the Employees psychological preparation efforts.

In individual sports. In our view, these approaches remain relevant for singular applications for:

- channeling the anxiety of some players and their management stress (Lee, 1990; Nideffer 1981; Orlick, 1986)
- optimizing their driving achievements (Feltz and Landers, 1983; Orlick and Mac Caffrey, 1989; Straub, 1989; Wrisberg and Anshel, 1989)
- support their motivation (Gould, 1986; Hall et al., 1990),
- The development of their attention ... (Gould et al, 1989; Greenspan and Feltz, 1989; Halliwell, 1989, 1990; Orlick. 1989).

However, the production of a sports group does not depend on individual achievements; it also results from a combination of factors such as:

- The composition of the collective (quantity, the degree of heterogeneity and
- The complementary resources)
- situational environment, physical, climatic and / or geographical)
- Its structure (the status and roles within the group, collective standards)
- Cohesion (operational and social).
- Communication processes it implements (Carron, 1993).

The Psychological preparation is one of the elements that helps the individual athlete to perform team's functions regularity and coordination, in that way he would be more balanced in his thinking, behavior and performance so to be more objective in his judgments. (TareekmuhammedBadreddine, 2014, p23). Therefore this psychological preparation become an integral part in the sport training in order to increase the performance of the team and the group as well as the ability to manage competitions and achieve good results . Considering its importance, we noticed the lack of the specialized or the psychological preparator among the groups and the sports clubs to produce an effective Athlete inside the team.

The aim of this study isIdentifying and getting to the basic parameters and characteristics of the psychological sport's preparation either for the collective or for the sports clubs as it is related to multiple activities. The study aims as well to identify the more important elements that works side to side with the nature of the preparatory process and the activity.

Principal questions :

This specific group raises the question of the transfer, in team sports, the Employees psychological preparation efforts?

II. Methodology:

The method we have developed is twofold. The first allows us to study a complex object: a national team in its real situation, evolving and interacting with its environment. It reports economic interactions between

four poles: the person (players as members of the framework), the team, the environment, swimming task.

A sample: The nature of the research necessitated us to take a targeted sample.

Populations:

We worked with three different national teams, whose characteristics are presented in Table 1. We have worked with the Mostaganem team in 2017 and 2016, as part of its national preparedness and two youth teams in 2016 and 2017.

The research contains a sample of coaches, athletes and sport's practicers .

The sample contains 5 coaches from different levels out of 11, it also contains 50 swimmers from different levels out of 86 as shown in the chart.

Table 1: Characteristics of three national teams:

Season	2017	2016	2017
Selection	Senior	Junior 17	Junior 19 years
Coach	1	2	2
Number of players	19	14	17
Averageage	23.3 \pm 2.6 ans	16.71 \pm 0.47 ans	18.47 \pm 0.72 ans
Level of play	N1	9N1-5NIB, N2, N3	13N1-4N1B, N2
HourlyWeekly Volume	16 hours	9 hours	12 hours

- 9 NR: 9 swimmers evolve Nationale 1,

- 5 NIB, N2, N3: 5 swimmers evolve National 1B, or 2, or 3.291

The composition of these teams has undergone many changes during the different seasons, for reasons of study or occupation, end international career, tensions between some players and the Technical Department. These frequent changes represented a significant challenge for our implications.

Variables: The central objective of understanding the meaning of individual behavior and group encourages us to favor a population variable (BouhocheAmmar, 1995). These include personality international, their experience of freestyle activity, their motivational commitment and objectives, the operation of the team, the interpersonal communication, cohesion, psychological adjustment of players at the competitive situation, their expectations of group members and the environment of it.

Measuring methods:

To assess these variables, we use different methods of measurement. We use:

- observation, - the Personality Questionnaire for Sport **Thill (1983)**
- Questionnaire on Environment Widmeyer Group

Brawley and Carron (1985)

- maintenance (directional or non-directional) (**Chiland, 1989**)
- the group interview (**Mucchielli 1987**).

The plurality of sources of observation multiplies, quantitatively and qualitatively, the indexes to facilitate their cross.

The Questionnaire Group Environment (QEG), unknown in our country, evaluates the team cohesion on four factors:

- the operational integration of group,
- the social integration of the group,
- individual attractions for the task group,
- individual attractions to the social group.

The questionnaire consists of 18 items, for which the subject gives its degree of agreement or disagreement with each statement: it is positioned on a scale in 9 point Likert-type. This tool has been used with junior selections. To analyze the results, we compared them to a reference population composed of 63 swimmers playing in the National. (Heuzé, 1995)

Statistical comparisons were performed using the nonparametric test of the "U" Mann-Whitney.

III. Results:

To illustrate our work involvement and emphasize the specificity of psychological preparation in team sports, we limit our presentation to the main results of the three national teams', for 6 of the 9 variables.

The motivational commitment and objectives of swimmers:

We observed that the objectives of international consist primarily of club collective objectives that focus on results to be achieved qualification for competition, obtaining a title).

The operation of the team:

In everyday life, the operation reveals a wait selections behavior by international. The proposals are still coaching and appear to lead to an average investment of the players. They perform what is imposed on them by managers; if an activity is proposed that (weight training, dry-stretching, relaxation, etc.), it is neglected, whatever his interest, for preparation or recovery.

We noted a significant autocracy in the operation, whenever a group approach to an action phase. In it, the coaches have control over the operational variables of the team: the general strategy to be adopted, the choice of tactics to apply, alternately defenses and offensive to use movements.

The interpersonal communication:

In the pre-competition talk, we note, among coaches, the preponderance of technical and tactical speech. In competition, the content of the coaching discourse seems more emotional (formulation encouragement, criticism or expression of emotions). In the national selections, we find no formal moment of collective exchange on the achievements of the team.

Cohesion:

Our observations, as incomes QEG, indicate an average cohesion selection. For example, we noted about between aggressive players, when one of them makes a decision tactical deemed inadequate by some partners; we noted differences on the operational means to implement. Our results indicate that QEG juniors perceive low cohesion of their selection, to the objectives pursued (item 10). They consider very average taking individual responsibility in the negative group (item 12).

Table 2:- Results of the 10 youth teams and 12 items of QEG. -.05, .001: significance values.

	Juniors 17 years	Juniors 19 years	swimmersderef erence	Test U 17 - nageurs	U 19 -nageurs Test
item 10	5.43	4.15	7.48	3.61 (.001)	4.10 (.001)
item 12	5.07	4.92	6.97	1.96 (.05)	2.07 (.05)

The psychological adaptation to the competitive situation

We noticed that players talk among themselves of an upcoming competition. They give it a special meaning and anticipate its likely course.

They then provide a tactic to avoid what they fear (be careful not to attack exposure to enemy attacks against)

The expectations of the group members.

The expectations regarding the coach cover two poles, one emotional, the other operational. In the emotional, swimmers expect the coach encouragement, confidence building, support of motivation. Operationally, international await advice, decryption game information, adequate tactical proposals to counteract the opposing game management replacements, a record of the meeting. Affective expectations seem more important before the competition; operational expectations prevail during the encounter. After the competition, the expectations are divided equally between the two registers.

IV. Discussion:

Our analysis shows the importance of the emotional dimension in individual operation or groupal as its direct influence on the driving achievements of competitors.

Thus, the expectations by international with regard to their coaches at competitions, express a need for security, a desire support and protection by the coach emotionally and operationally, to face the situation uncertainty that represents the competition. Note that the predominance of a technical and tactical speech before competitions appears at odds with the expectations expressed by the players, who are mainly emotional register.

Similarly, our information obtained both by observing the game as group interviews, emphasize the importance of the psychological significance of a competition on the performance of swimmers. For competitors, conscious or subconscious meaning (we swim against a very strong team that always has beaten) accompanies expectations realized on the course of the next meeting (we'll take a carton). In our view, these two groups of elements refer to an unconscious significance regarding self-image of the team (swim against a great game and look far below this ideal). Also, swimmers will implement tactical pipes to prevent alteration of the self-image of the team (we'll play conservatively on offense) or revitalize

depending on the level of adversity. The psychological significance and expectations associated with it have appeared on the pipes, a mobilizing force superior to the instructions given by the coaches.

We observed that club goals International seem more present in their minds as the team of the wilaya. Essentially, they relate to the national championship ongoing and require constant involvement by swimmers: poor performance, early or mid-season, influencing the final ranking. In national selection, the major objective of the season is in the "post Championship of the republic", usually at a summer competition. Also, during the season, swimmers concentrate on their club goals, the more urgent in time, and address international tournaments for the national team with less interest. This phenomenon introduces a bias in the preparation of the team Mostaganem;

But national groupings management does not encourage swimmers to build in their cognitive elaboration, the goal of the team Mostaganem. National team, the performance targets are determined by the qualifying conditions for international competitions and are planned by the international calendar. The fulfillment of objectives that they match, the means to achieve them and their evaluation criteria are not explicit international. In the end of course, there is no evaluation of the progress made and meeting working forecast for the next movement. This operation does not he supports the wait swimmers?

This passivity swimmer may result from autocratic functioning of selections. This operation induces a downward communication coach's swimmers, based on an utterance of instructions from the first and studious thereof by the latter. This communication reinforces the dependency international against coaches. It generates, for competitors, the difficulty of developing what they experience, awareness of what they are implementing. We believe this type of operation contributes to some extent, hide swimmers sense of their behavior.

Finally, the autocratic functioning does not allow swimmers to comment on the performance of the team.

The coordination of individual motor behavior, important in a competitive sport, seems to be based only on the speech of the coach, at its meetings on racing tactics; it is therefore sought by means of prescriptions (It must be followed by an input of the wing). This paradox seems all the more important for the performance of national teams, that differences between the swimmers at the competition rules to adopt. These offsets are based on the game played in the clubs of international and weaken the cohesion of the group, especially during competitions where the team seems in trouble: Players hide behind their club standards.

Junior mentioned in QEG low taking personal responsibility when negative results of the team. We find here a projection mechanism employed by individual swimmers, so as not to alter their self-image. The decrease of taking individual responsibility in a group situation is an important and frequent phenomenon in the context groupal. The team screen the evaluation of individual performance; a swimmer can easily deny its responsibility in collective production that does not satisfy him. Note also that the group situation allows management of individual investment: a swimmer can moderate its investment in a phase of action until the group that mask, or compensates its smaller investment. The decrease of taking individual responsibility and investment management can be perceived by the team members as indicating an average motivation for team accomplishments. This perception affects the cohesion of the collective.

From this analysis, we identify several areas of work. It seems important to sensitize the group to the psychological dimension of the swimmers, including promoting awareness among swimmers relationship between the meaning of competition and performance. The cohesion of the team seems to be strengthened by means of strengthening communication intra-groupal, and the development of motivation for the projects of the national team. In response to these orientations, different individual and collective strategies can be considered.

Stratégies warnings œuvre.

Our systemic perspective of the psychological preparation led us to propose direct strategies for swimmers, indirect strategies to their advantage and strategies focused on the team.

- Direct strategies include a provision of information on certain psychological aspects of performance, the creation of detailed pre Plans, per and post-competitive, a decision inter information and individual interviews of explicit or emotional regulation.
- Indirect strategies include the harmonization of the pedagogical relationship coach-swimmer, the educational psychology coaches and emotional regulation of their effort.
- Strategies focused on the team include awareness of the predictions made before the competitions, the collective expression of emotions felt, the collective fixing of accomplishment breeding objectives, common discussions on the play of the team and characterization of its draft competition.

V. Conclusion:

Finally, emphasize the difficulty of the psychological preparation in a team sport, the psychologist has to work on two levels, individual and groupal. In addition, the methodology should allow it to bring the economy of interactions between four main areas (individual, group, environment, sports task), so take account of population variables.

The method we propose, suggest a first period characterized by an investigation of the object studied, and then a second phase which is superimposed a contribution to optimizing the team's performance. The joint between these two phases is based on successive stages, cyclic. We alternate the observation time for cues, distancing moments to interpret the convergence of various signs and individual or collective returns. Here can be integrated strategies in response to identified needs. Then we find the observation to analyze the effect and further investigation

implemented strategies cover the direct and indirect actions for swimmers, and actions focused on the team. The specificity of a legitimate group, we believe the proposed strategies focused on the team. This

innovative axis appears we neglected in the scientific literature. Yet these strategies we seem to respect the knowledge of the dynamics of small groups, and actively contribute to optimizing the performance of a team (joint discussions on the play of the team, the collective expression of emotions felt, etc.). We should add that in the context of team sports, relationship problems are numerous. Also, relational strategies that appear in our three classes of shares, play an important part (interviews clarifications, individual affective regulations or groupal, harmonization of coaches driven relations). Within a team, it seems that a working communication and emotional regulation is possible for the psychologist.

In the adaptation of the swimmers in a competitive situation, our investigation revealed the variables that are not mentioned in the literature on the psychological preparation in team sport: the meanings of events and expectations on their performance. They seemed to have a strong influence on the performance of junior national teams. These variables, such as orientation pipes sporting actors legitimize we believe the presence of a psychologist with a team sport team. Only one person in the outer margin of the group may, for questioning, encouraging the emergence of this significance, its development by swimmers and thus act on these variables.

This position included third (Hery, 1990) refers to the psychologist as the privileged interlocutor of the group. It can occupy a functioning regulator function of the team by the fluidity of relationships, listening to the subjective act of repressed sports, questioning the privileged procedures by sports players.

But this position is not predefined in the sport system. Psychological preparation, from a clinical perspective, as correspondence requires a change in the economy of the preparation of swimmers. It involves a repositioning of the attitude of the coach in the direction of integration of the psychological dimension in all its interventions. This condition seems essential to promote the integration of psychological preparation in the daily operation of a sports group.

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