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## **The reflection of anxiety on the performance of elite football players during sports competition**

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**Abstract:** Psychological anxiety is one of the most important topics of psychology and sports psychology, and it is a double-edged weapon during sports competition, either as a motivator, making the athlete identify his sources and prepare himself from all physical, psychological and technical aspects to treat and overcome it, and this is reflected positively on sports performance, and in case anxiety is inhibited, it sows confusion and fear in the player's psyche, which negatively reflects on sports performance during competition, that's why we addressed this study, which aimed to show the reflection of anxiety on sports performance during sports competition and what are the possible solutions to identify its sources and treatment, and as well as highlighting the importance of psychological preparation in reducing anxiety during the competition To achieve the objectives of the study, we used a descriptive approach, as the research sample consisted of four teams active in the second professional association of Algerian football, so we tested a sample of 88 players on whom the study was conducted, the questionnaire was used as tools to collect information and favorable ratios and a sufficient test squared as statistical means, the study resulted that the importance of competition the athlete during the competition.

**Keywords:** Anxiety, Sports Performance, Football.

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### **1. -1the introductory aspect of studying:**

Football is the first popular game in the world in terms of the number of practitioners and viewers, and it has not matched in popularity in terms of the number of practitioners and viewers, and it has not matched in popularity, fame and pleasure of any other game, it is still the number one game all over the world and for all ages and for both sexes to be the game of millions of men and women, and its adoration is for everyone when they have different ways, and football is characterized by its competitive nature, where sports competition is an important and necessary factor in order to determine the winner or his ranking, and to adapt to the reality of competition, targeted measures must be intervened to address psychological stressors the big ones that players are exposed to during Therefore, attention has become paid to the measures by which the players ' psychological condition and the severity of their anxiety are measured in special situations, such as the situation of sports competition, for example, and anxiety in the field of football is one of the major psychological problems facing players from an intellectual and psychological disorder that leads to incompatibility, concentration and control, as well as nervous excitability, which leads to dysfunction and deterioration in sports performance.

Also, the sports competition situations are full of many problems causing concern, so we, as researchers and thinkers, had to pay attention to the guidance and guidance programs for players and coaches due to their exposure to many psychological stresses associated with anxiety and their exposure to high arousal situations associated with competition, which may lead in severe cases to their withdrawal and exit from competition, and this is what prompted us to ask the following questions:

-1does the importance of the game play a role in the anxiety of players during sports competition, which reflects on their performance

- 2does psychological preparation play a role in reducing anxiety among players during the competition, which affects their performance

.1.2study hypotheses:

-1the importance of the game has a role in the anxiety of the players during the competition, which is reflected on their performance.

-2psychological preparation contributes to reducing the anxiety of players during sports competition, which is reflected on their performance.

.1.3objectives of the study:

-1highlighting the importance of psychological preparation and its role in reducing anxiety during sports competition

-2find out the impact of competition anxiety on sports performance and what are the possible solutions to find out its causes and how to deal with it.

.1.4importance of the study:



Knowing the factors leading to the state of anxiety of players during sports competition, which facilitates the taking of preventive and therapeutic measures of those concerned whether anxiety is considered a motivating factor or inhibiting and hindering sports performance.

.1.5 areas of study:

Time zone: from January to October 2020.

Spatial field: teams of the second professional league (moloudiyet Al-Alama, Union of Blida, dad Boufarik, Union of Biskra)

.1.6 terms of study:

**\*Anxiety:**

-Term: it is a widespread fear and a feeling of insecurity and the expectation of a disaster or it can multiply to the point of panic. (Osama Kamel Rahab, 1997 p. 15)

-Procedural: it is a psychological condition characterized by fear, confusion, annoyance and panic as a result of the occurrence of a danger.

**\*Anxiety in the field of sports** : it is one of the important emotions and considering it on the basis that it is one of the most important psychological phenomena that affect the performance of athletes, and this effect may be positive, pushing them to exert more effort, or negatively impeding their performance. (Frederick Maatouk, P. 40)

**\*Performance:**

Terminologically: it is the efficiency of the worker for his work and his behavior in it and the extent of his competence in carrying out his workloads and taking responsibility in a specific period of time. (Abdelaziz Zouzou, Shaker Yacoub 2012 p. 57)

Procedurally: the extent to which the individual is competent to carry out his work (duties and responsibilities).

**\*Sports performance:** it is a reflection of the abilities and motives of each individual for the best possible behavior as a result of mutual influences between the internal force and is often performed individually, and it is an activity or behavior that leads to a result as it is the measure by which the results of education are measured and is the means to express the education process behaviorally. (Glorious flight, 1983, p. 214)

**\*Football:** it is a game that requires the development of the physical, skill and psychological qualities of the players, so that the player can withstand for a long time and adapt to all the variables in the game for a long time, without decreasing his efficiency, so the football player must rely on all his physical, skill and psychological abilities so that he can achieve success and win matches. (Frederick Matouk P. 15)



**-7 - 1previous studies:**

\*The first study: Khairy Mahmoud Al-Sabah 2007 entitled "anxiety and its relationship to the level of performance of individual sports among students of the Faculty of physical education and sports sciences at the Hashemite University" the study aimed to identify anxiety and its relationship to the level of performance of students of individual games at the Faculty of physical education and sports sciences at the Hashemite University, the researcher used the descriptive method in the survey method, and the sample of the study and others, and the results far from moral in the sport of athletics.(Ramzi rasmi Jaber, 2008, p. 92)

The second study: the study of Abdul Rahman Masa'ed Al-Zahrani 1423h entitled "The impact of anxiety and confidence on the concentration of attention and reaction speed of Saudi volleyball referees"

The study aimed to identify the impact of anxiety(physical, cognitive) and confidence on the concentration of attention and the speed of voluntary reaction among the Saudi volleyball referees, the research sample consisted of 51 referees, the state of anxiety (physical, cognitive) and self-confidence was measured-list of sports competition anxiety- The analysis of the data resulted in a statistically significant inverse relationship between the state of physical anxiety and the state of cognitive anxiety and between the concentration of attention in the study sample and the presence of a statistically significant direct relationship between the state of self –confidence and the concentration of attention in the study sample. the results also resulted in the absence of a statistically significant relationship between the state of physical anxiety and the state of cognitive anxiety and the state of self-confidence in the study sample. the results also resulted in the absence of a statistically significant relationship between the state of physical anxiety and the state of cognitive anxiety and the state of self-confidence in the study sample and between the speed of the voluntary reaction of the study sample, the results also cleared up the presence of statistically significant differences Among the judges of the first, second and third degree and the new judges, in favor of the judges of the first, second, third degree in the variable of self-confidence status, as well as the variable concentration of attention, and the presence of statistically significant differences between the judges of the second and third degree in favor of the judges of the second, third degree in the variable speed of reaction test.(Ramzi rasmi Jaber, 2008, p. 93)

The third study: sharafouh Suleiman " the impact of sports competition anxiety on the motivation of achievement among football players –Cubs(14-17 years old) the study was conducted on the teams of the state of Bouira for the football season 2014-2015, the study aimed to find out the causes of anxiety and what kind of impact it has on the motivation of sports achievement among football players and to find out the causes and factors leading to the state of anxiety and how to treat it,



the sample of the study consisted of 65 players representing the teams that participated in the championship of the honorable section of the sports season 2014-2015, they are Olympic city of Bouira, Al-jabahiyya Al - Qadiriyya.

The study resulted in the appearance of a negative impact on the achievement motivation of football players, due to the importance of competition or its nature, referee decisions and poor refereeing clearly affect the achievement motivation of players, the ineffectiveness of psychological preparation reflects on the achievement motivation negatively during sports competition. (Sharafouh Suleiman, 2014-2017)

The study was conducted on 110 athletes from University Games, and the researchers used the scale of the state of competition anxiety, the group environment questionnaire for Caron and others, and the results indicated a decrease in the state of anxiety for the group with low cohesion as a result of the decrease in the value of the teammate and a decrease in the degree of sense of responsibility, in addition to the presence of various cases accompanying the state of competition anxiety, including the importance of the event, the period of competition, previous success and failure experiences.(Ramzi Ramsi Jaber, 2008, 95)

The fifth study: Official symbolic Samer" study of the reality of sports competition anxiety trait among middle-distance runners in Palestine" for the year 2008, the study aimed to identify the reality of the sports competition trait of middle-distance runners in Palestine, and to achieve this, the study was conducted on a sample of 32 players using the satisfied competition anxiety test designed by "rains Martins" and reproduced in Arabic by Mohammed Hassan Allawi 1998, the results showed that the reality of sports competition anxiety trait among middle-distance players in Palestine was very little in the research sample where the percentage of favorable response to them was 44.7%, and the researcher has recommended the need to pay attention to psychological preparation and the use of modern methods in Overcoming increased anxiety is like relaxation training and mental relaxation, which serve to isolate the player and focus on relaxation.

The sixth study: Amira Abda's study" anxiety of sports competition in the basketball game among students of high school teams " a field study of the high school championship in Jordan for the year 2011, the study aimed to investigate changes in the level and trend of competition anxiety as the date of the final match of the teams in the championship approached, the study was conducted on 88 basketball players( 41 males, 47 females) competed in the final qualifiers of the high school championship in Jordan, the results of statistical analysis showed a rise in the level of anxiety trend (not statistically indicated) as the final match approached, as indicated by the results of to the absence of significant differences in the direction of the level of concern of the state of competition while noted The results show that there are statistically significant differences in the level of



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competition anxiety among females, indicating that the most experienced are the ones with the lowest level of high competition anxiety.(Princess forever, 2011)

### **-2theoretical aspect**

.1.1 anxiety in the sports field:

:2.1.1 the concept of anxiety in the sports field:

Anxiety is a state of severe vague fear that a person possesses and causes him a lot of distress, distress and pain, and it is also considered one of the general emotions on the basis that it is one of the most important psychological phenomena that affect the performance of athletes.(Jesmon Farid, translated by Mohammed Osman Al-free, p. 13)

The effect of anxiety may be positive, pushing them to exert more effort, and in cases this effect is negative, confuses the athlete and hinders his performance.

.2.1.2 the impact of anxiety in the sports field:

Sports achievements do not depend on the development of physical structure and skill, but are also influenced by psychological factors such as motivation, thinking, anxiety....Etc. (Nizar al-Majid, Kamil Taha al-Weiss, 1980 p. 14)

### **There are two types of anxiety:**

-When anxiety is facilitated, it plays the role of motivator and helper for the athlete to perform properly and excellently by knowing and realizing the source of anxiety and thus preparing himself.

-When anxiety is inhibiting and hindering performance and negatively affects the athlete's psyche.

.2.1.3 sources of concern associated with sports competition:

Most athletes agree that they feel different degrees of anxiety that usually affect their performance level, and while some of them can control and control the degree of anxiety, others fail to achieve this and then performance is negatively affected, especially during the competition.(Osama Kamil salary 2000, 175)

Researchers classify sources of anxiety into four factors:

-Fear of failure

-Fear of inadequacy: then the athlete realizes that there is a lack of physical or mental preparation in the face of competition, which leads to dissatisfaction with himself.

-Fear of losing control: it is the loss of control over the events that characterize the competition or competition in which the athlete participates and that things are going according to external control.

-Physical and physiological symptoms of sports competition: sports competition is characterized by a kind of psychological stress, and it causes an increase in physiological activation in the athlete, so some physical symptoms appear as a result, including stomach upset and the need to urinate, increased sweat in the body, and increased heartbeat.



The physiological symptoms of anxiety can be interpreted as positive for the state of emotional arousal, they can also be negative symptoms that lead to a further high degree of anxiety.

### 2.2 anxiety and athletic performance:

Some researchers have been interested in studying the relationships between the level of anxiety and competitive athletic performance, and the results of their research have resulted in the fact that there is no specific level of anxiety that helps to show the best athletic performance, a certain level of anxiety may lead to the dimensions of the athlete to achieve his goals, while the same level of anxiety who describe anxiety as a characteristic feature of their personality 'Their performance is better when they are in this state before competing, while their performance weakens when they are not in this state, as anxiety for this athlete is considered part of his lifestyle and a pattern of behavior that depends on him, and removing him from the state of anxiety affects a decrease in his performance level.(Roman Akhdar, Ben Aliya mossafi, 2012, p. 29)

From the above, we conclude "that the appropriate level of anxiety that helps an athlete to provide the best performance is a level specific to each athlete, and hence the importance of the presence of a sports psychologist, who determines the appropriate level of anxiety for each athlete that helps him to produce the best motor performance during the games.(Ahmed Amin Fawzi, P. 252)

## **3-The applied aspect:**

### 3.1. curriculum of study:

Due to the nature of our subject, we relied on the descriptive method to conduct our field research, which is defined in physical and sports education as a method of analysis and interpretation in an organized scientific manner in order to reach specific purposes for a social situation or problem to determine the purpose, define the problem, analyze it, determine the scope and scope of the survey, examine all the documents used in it, interpret the results to reach conclusions and use them for certain purposes.

3.2. study sample: the sample is part of the study community from which the field data are collected and is considered part of the whole in the sense that a group of community members is taken to be representative of the research community (Rashid zawatni, 2007, p.334).

In order to reach more accurate, objective and reality-matching results, we selected our research sample in a random way, that is, we did not allocate the sample with any characteristics and features, but it was allocated to elite football players, specifically the players active in the second professional league for the 2016-2017 football season and the random sample is the simplest method of selecting samples, representing the original community of a study in the clubs of



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the first professional league of Algerian Football of 18 teams, we took a percentage of 20%, i.e. four teams buvarik, Biskra Union)

Of these teams, 88 players were selected for the senior class.

3.3. means of information collection:

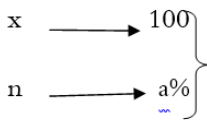
\* Questionnaire: we have used the questionnaire as a tool in this study, because it is the most appropriate means of the descriptive method, and it is a tool for obtaining facts, data and information, and among the advantages of this method is that it contributes to obtaining data from samples in the least time and effort.

In our research, 88 questionnaire forms were distributed, of which we retrieved 80 forms.

\*Questionnaire arbitration: the questionnaire was presented to a group of arbitrators, professors in the field of physical education and sports, specializing in football, coaches in the same specialty, as well as professors in the specialty of psychology, where some phrases were deleted and some were modified until we finally settled on a questionnaire appropriate to the environment on which the study was conducted

3.4. statistical tools used:

\*Percentage: it is calculated as follows:



$$a\% = \frac{n \times 100}{x}$$

We can convert the numerical data in the squares of the tables into percentages by dividing the many data by their totals multiplied by a hundred.

\* Using the law  $\chi^2$ : K Squared

The law of  $\chi^2$  is used in a special kind in testing the significance of the differences between the frequency obtained by the researcher,

$$\chi^2 = \sum_{i=0}^n \frac{(O_i - e_i)^2}{e_i} \quad \text{:and his law is as follows}$$

$\chi^2 = \chi^2_{(Ka)}$ : K Squared .

*O<sub>i</sub>: observed duplicates.*

*e<sub>i</sub>: theoretical iterations.*

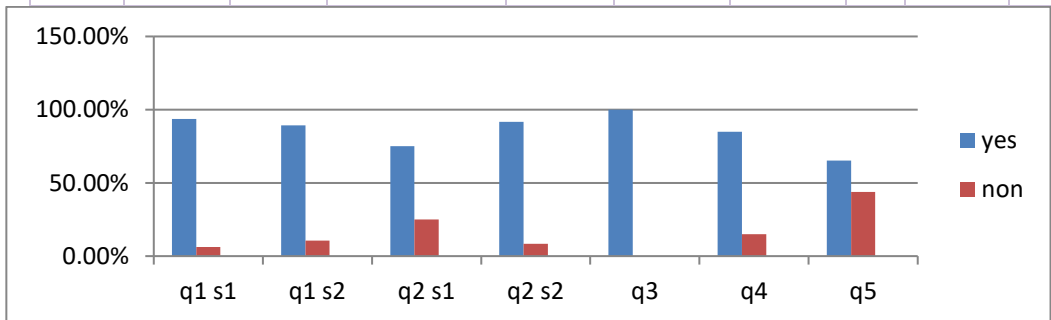
\* Discussion and analysis of results:

Discussion of the results of hypothesis No. 1: the importance of the game has a role in the anxiety of players during the competition, which is reflected on their performance.



**Table No. 1: shows the values of K Squared and the ratios of the fit to the questionnaire questions of the first hypothesis.**

The result	Level	Degree	KA2	KA2	Percentage ratio	Percentage ratio		Iterations	Q
	Semantics	Freedom	Schedulereferences	Calculated	non	yes	non	yes	
Meaning	0.05	1	3.84	61.62	%6.25	%93.75	5	75	Q1 S1
Meaning	0.05	1	3.84	46.4	%10.66	%89.33	8	67	Q2 س2
Meaning	0.05	1	3.84	20	%25	%75	20	60	Q2
Meaning	0.05	1	3.84	41.66	%8.33	%91.66	5	55	Q2 S2
Meaning	0.05	1	3.84	80	%00	%100	0	80	Q3
Meaning	0.05	1	3.84	93.2	%15	%85	12	68	Q4
Without meaning	0.05	1	3.84	0.24	%43.75	%65.25	33	45	Q5



### **Graphical columns of percentages for the questionnaire questions of hypothesis No. 01**

**Presentation and analysis of results:** by presenting the results of the first hypothesis, we conclude that most of the players are in decline and lose their concentration under the pressure of competition, its nature and importance, and from it we find that the importance of the game has a great reflection on the performance of the players, and most of them reflect on the importance of the game negatively, as the majority of them agree with feeling high degrees of anxiety reflected on the level of their performance negatively, while some can control and control anxiety and this contributes to identifying its sources and causes and this reflects positively on performance.

As Osama Kamel Rateb sees, " there are athletes who control and control anxiety, and some others fail to achieve this, and then performance is negatively affected, especially during the competition.(Osama Kamel salary, 200, P. 75)



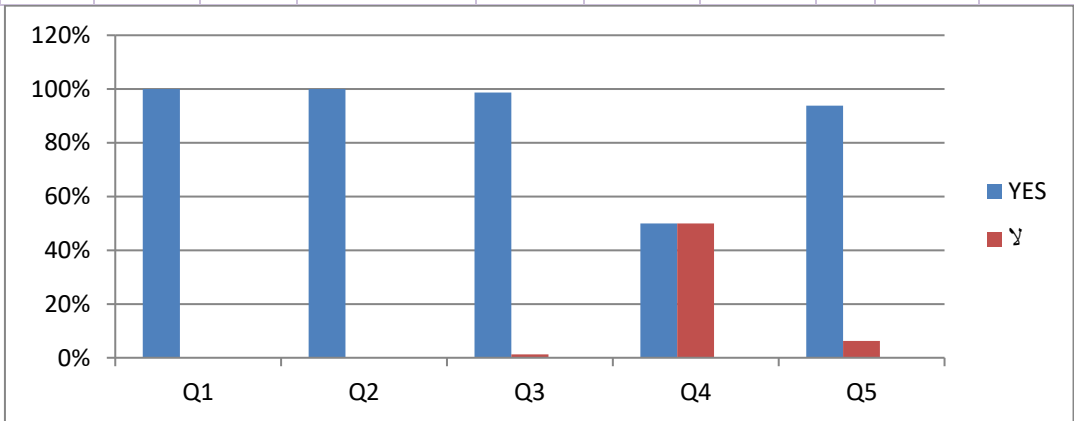
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From it we conclude that the first hypothesis (was fulfilled) and with a percentage of more than 70%

**Discussion of the results of hypothesis No. 2:** psychological preparation contributes to reducing the severity of anxiety in players during sports competition, which is reflected on their performance.

**Table No. 2: has a sufficient value of the squared and the ratios .corresponding to the questionnaire questions of the second hypothesis**

The result	Level	Degree	KA2	KA2	Percentage ratio	Percentage ratio		Iterations	Q
	Semantics	Freedom	Schedulereferences	Calculated	non	yes	non	yes	
Meaning	0.05	1	3.84	80	%00	%100	00	80	<b>Q1</b>
Meaning	0.05	1	3.84	80	%00	%100	00	80	<b>Q2</b>
Meaning	0.05	1	3.84	67.04	%1.25	%98.75	1	79	<b>Q3</b>
Without meaning	0.05	1	3.84	00	%50	%50	40	40	<b>Q4</b>
Meaning	0.05	1	3.84	61.24	%6.25	%93.75	5	75	<b>Q5</b>



**Graphical columns of percentages of questions for the questionnaire for hypothesis No. 02**

**View and analyze results:** By presenting the results of the second hypothesis, most of the players have a bad performance due to the lack of psychological preparation within the elite football teams of Algerian Football, the neglect of the psychological aspect in the process of sports training reflects negatively on performance and contributes to the emergence of negative emotions such as anxiety, which generates fear, confusion, loss of control and inability to control the conditions of the game, and the coaches within the teams do not focus on the aspects of training and slow down the psychological side, and most of the players



suffer from the lack of continuity of psychological preparation throughout the phases of competition, from which we conclude that psychological preparation for competition is a major and fundamental thing for every competitive sport, and the trainer uses this preparation Through the results recorded in the table above, we conclude that psychological preparation plays a role in controlling anxiety during the competition, which reflects positively on the sports performance of the players, and this indicates that the second hypothesis was achieved with a percentage of more than 75%

**\* General conclusion:**

Through the results obtained and the questionnaire questions addressed to the players, we concluded that the importance of competition has a negative reflection on the performance of elite football players, and most players make mistakes and are in a state of anxiety and loss of concentration under the pressure and importance of competition, from which we find that the importance of the game plays a major role in increasing anxiety, and this is reflected either negatively or positively on performance. in our study, the results indicate that this reflection was negative, and this indicates that the first hypothesis has been achieved by more than 70%.

The psychological preparation provided by the teams is not enough and does not meet the purpose, and most of the players think that psychological preparation has a positive reflection on the performance and the big problem suffered by elite football teams in Algeria is the lack of psychological preparation process and the lack of continuity, so the Algerian Football teams must pay attention to psychological preparation as well as Physical, Planning and skill preparation.

**\* Conclusion:**

Through this study, we conclude that anxiety is one of the most intense emotions that a football player can experience during the competition, which leaves a significant reflection on the player's psyche and performance, and through the results we concluded that anxiety is reflected on the level of performance of football players, which means that it is not the only factor that reflects on the performance of players, but there are sources that contribute to reducing it during the competition, including good psychological preparation throughout the tournament, as well as the importance of the game among the reasons leading to increased anxiety, and through what has been discussed and analyzed from the questionnaire questions, we conclude that the research hypotheses it's come true.

**\* Suggestions:**

- Attention to psychological preparation within elite football teams.



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- Develop an organized program for psychological preparation so that this program is organized and planned outlining all categories.
- Creating a competitive atmosphere during training at the same pace as the official competition.
- The coach and the team staff must prepare the players from all aspects of sports training .

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