

## *The role of psychological counseling sports in the various stages of preparation for competition in improving the psychological skills of football players*

*Igranaissi youcef\**

*Institute of physical education and sports; university of Algiers3*

*Igranaissi.youcef@univ-alger3.dz*

*Bentoumi nacer*

*Institute of physical education and sports; university of Algiers3*

*Bentouminacer2002@yahoo.fr*

### *Abstract :*

*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.*

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\* Corresponding author

## **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 counseling 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• psychological Guidance of sports:**

2.1. The concept of psychological guidance: Meaning that can benefit advice, guidance and guidance in both its language and its various uses; in Arabic, the word "guidance" is guided: I mean, he is Rashid, and he is rational and guided in the meaning of his goals, guided by the meaning of guidance and seeking guidance (Ocean, p. 336).

"Psychological guidance is a process in which the mentor encourages motivation and ability to do nothing for himself and the mentor psychology is not a service that the mentor works and that he provides to the mentor (Hamdi Abdullah, 2013, p. 74)," Hamdi says.

The guide: The specialization of psychological and social guidance is a main demand at this time because of the different social, economic and cultural changes that the Arab societies are experiencing, as they led to some psychological and social problems. This calls for a specialized person to help individuals who face such problems in dealing with their problems and exceeding them with the knowledge, experience, skills and personal characteristics that qualify them to play this role, and the guide is the scientifically qualified person to offer specialized assistance to individuals and groups who face psychological and social problems (Hamdi Abdullah Abd Al-Azim). 2013

The patient says (Abd Al-Fattah Uthman, 1988) that Al-Muhsid is a human person who possesses all common features of the human being and at the same time has its own individual characteristics, and the guide does not represent a special category, a particular pattern or a distinguished class that can be defined for it. It is an ordinary person with a role and social position, and has personal, social, mental and psychological characteristics such as other people, it may be a pattern in the regions of the powerful and ordinary, and it may be a pattern in the non-strong and non-ordinary region, and whatever this pattern may be, there is a state of non-concomitry with its circumstances. A situation of contradiction between him and his or her two monopolists, or between him and his internal nature, which results in a sense of impotence and weakness, which leads to the request for assistance. It also stresses that a strong guiding principle is the person capable of adapting to the outside world around it in a manner that ensures that he is happy and able to face the realities of life. An inequitable guide is one who cannot adapt to the outside world around it in a way that ensures happiness, making it an unfit to face the realities of life.

1.2. • Psychological guidance: He says (Mohammad Ikhs, 2002, p. 45) that psychological and sports guidance is to provide services that aim at helping the player understand himself and his problems. To invest his own potential in the capabilities, skills, preparation, trends and potential of his environment, setting goals that are compatible with his capabilities and the potential of his environment, on the other hand, as a result of his understanding of himself and his environment, and choosing the methods achieved wisely and rationally, to maximize the growth and integration of personality, and to describe (Hamid Zahran, 1997) Psychological counseling is a constructive process that aims to help the individual understand himself, study his personality, know his experiences, identify his problems, develop his capabilities and solve his problems in the light of his knowledge, desire, education and training in order to reach his or her goals and achieve psychological

health, harmony, personal, educational, professional, marriage and family. But psychological guidance is very different as it deals with players or athletes in training classes in sports teams, ordinary people with high motives for achieving sports achievements, not psychological problems that need treatment, and psychological guidance is characterized by its clear goals of developing performance. He does not deal with the sick cases and does not use medicines and drugs in preparing the player for competitions, and in psychological guidance the player plays a positive role in identifying his problems and trying to find solutions to them.

## **2.2. Sports Competition:**

2.1.types of Sports competitions: Mathematical competition in terms of purpose: Mathematical competition can be divided according to its objective, into the following types:

1.1) preliminary competition: This type of competition is an experimental type used by the coach to familiarize the player or player with the initial form of the competition, and to fulfill certain skill or planning duties, as well as a means of integrated preparation (Emad Eddin Abou Zaid, 2005, p. 367).

1-2) Main Competition: The main objective of participating in the main competition is to achieve the best possible level of performance by the player or players, and this is achieved by the maximum subordination of all players' physical, professional, plan and psychological abilities.

2. Sports competition in terms of employment: Sports competition is divided into categories of jobs it practices:

2-1) Preparatory Competition: Its function is to help prepare a techno-technology plan to compete and prepare athletes for the confrontation ahead or ahead of them.

2.2. Controlled competition: This type of competition allows for monitoring of athletes' abilities to focus on their preparatory situation, and the role of surveillance competitions can be taken by formal competition as well as organized competition.

2-3) Official Competition (Main): According to formal competition, the official competition is to be a chance to win or the honorable Nile, and competitions are an irreplaceable element of athlete formation, which is why specialists have reached a final stage of their preparations, and they are contenders and many fundamental principles must be respected at the competition stage.

## **2.3. Competition Dimensions:**

Competition moves the player's or team's motives to the maximum level to win or

achieve the best sporting result, and some dimensions of competition are worth mentioning here:

3.1) Competition as a situation: Competition is always a multidimensional situation in which opportunities for performance and excellence gather at a particular time, and as a combination of obstacles and difficulties, such progress and excellence may be encountered, any competition must achieve and discover positive elements that are effective and representative of success and excellence (Ahmad Amin Fawzi, 2003, p. 215).

3.2) Information: Information is important and influential in all the processes of preparation, participation and selection of competitions, and is necessary throughout the training, information is intended to all the images, forms and knowledge that can be identified about the reality of the work itself, and knowledge and information have a key and important role to play in making appropriate decisions for different situations.

**Table (01): 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

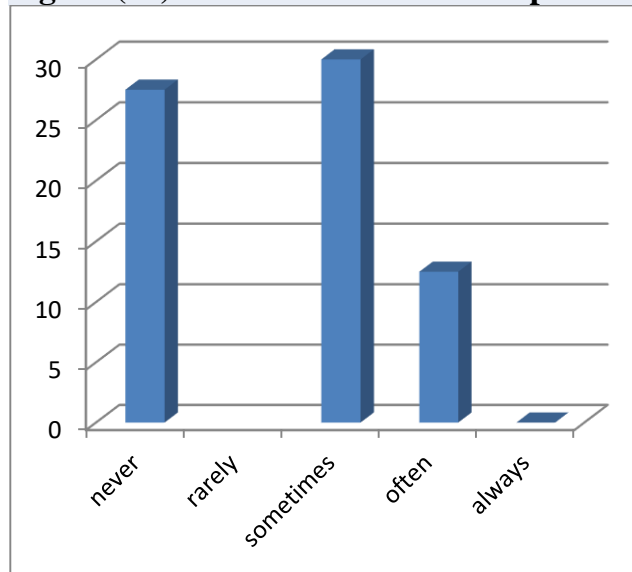
**Source: Ph.D. thèses. Author: Igranaissi Youcef. Year: 2019. Page: 153.**

View and analyze Results: Through Table 1, we note that the mean 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 said 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. thèses. Author: Igranaissi Youcef. Year: 2019. Page: 153.**

**Table (02): Represents concentration ability, maintaining concentration until the end of competition.**

Statistical significance	Calculated value of "t"	The degree of moral probability SIG	Axles Variables
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. thèses. Author: Igranaissi Youcef. Year: 2019. Page: 165.**

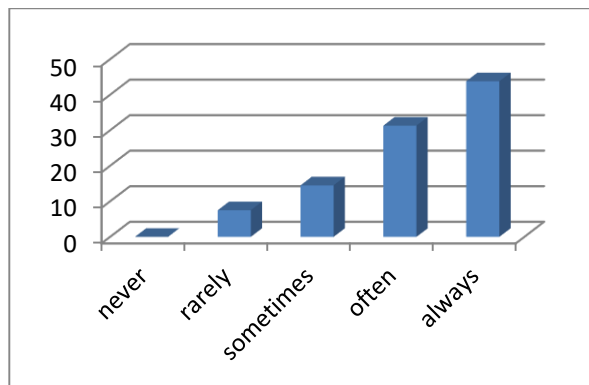
View and analyze Results: Through Table 2, we note that the mean ratio (4.11) while the standard deviation is (0.955) at the association score of 0.000 and at the significance level of 0.01, so it can be said that there is a cordial relationship between the focus of players with a stage during the competition. 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. thèses. Author: Igranaissi Youcef. Year: 2019. Page: 165.**

**Table (03): The use of relaxation is at the times necessary, especially after competition.**

Statistical significance	Calculated value of "t"	The degree of moral probability SIG	Axles Variables
sign Statistical	25.84	0.00	Stage after competition.
sign Statistical	25.84	0.00	Relaxation skill.
Level of relaxation after competition 85%		0.01	Sample size 80

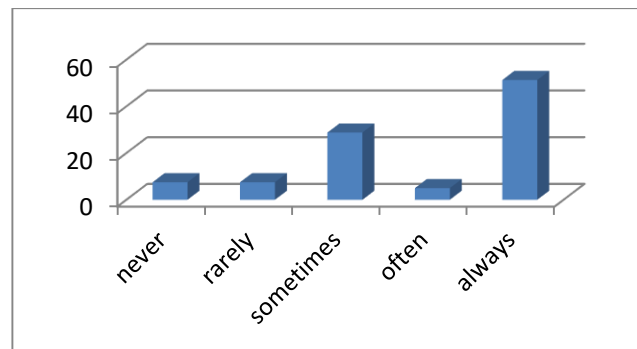
**Source: Ph.D. thèses. Author: Igranaissi Youcef. Year: 2019. Page: 176.**

View and analyze Results: The results shown in Table 03 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. thèses. Author: Igranaissi Youcef. Year: 2019. Page: 176.**

#### **4. 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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