



The role of the psychological preparation in raising the achievement motivation of junior category football players from the standpoint of football coaches - field study in Annaba -

دور التحضير النفسي في الرفع من دافعية الانجاز لدى لاعبي كرة القدم صنف أصاغر
من وجهة نظر مدربي كرة القدم - دراسة ميدانية بولاية عنابة -

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Abstract:

This study aims at knowing the role of the psychological preparation in raising the achievement motivation of junior football players from the point of view of football coaches. To achieve, that, we adopted the descriptive approach. The study community includes football coaches who belong to Annaba's Football League for the football sports season 2021/2022. The sample includes 19 football coaches who are selected purposefully. We adopted the questionnaire as a means of collecting information and data, and it is distributed on the study sample. In order to analyze and interpret the results statistically, we used the Statistical Package for the Social Sciences (IBM SPSS 25). The results of the study show that the psychological preparation plays a role in increasing the achievement motivation for achieving success and avoiding failure for junior football players, therefore, Its absence has a negative impact on the achievement motivation of the players.

Keywords: The psychological preparation; Achievement motivation; Football.

Introduction:

One of the objectives of the sports training is to get the player in the highest possible sports level, so It was necessary to direct the training process to the preparation of the athlete in an integrated manner. As Adema Abbas Alsoltany and Hussein Omar Haruty (2021) see that the science of training in the modern era depends on the scientific foundations that achieve growth of the various elements of the different preparations, whether physical, skill, tactical or psychological, to bring the player to the highest levels of sports in the sport he practices. (Adema Abbas Alsoltany, Hussein Omar Haruty, 2021, p. 135).

The requirements of football have gone beyond technical preparations, physical and tactical training, as the psychological preparation has had an important role in developing the players' performance. It has become a basic requirement no less than physical preparation, and tactical (Sami Faouzi Melaouhia, Abdelli Fateh, 2022, p. 180), Due to the fact that the methods of physical, skill and tactical preparation and Its principles have converged to a large degree in recent years, therefore, the need for more concerns has emerged in the psychological aspect (Mufti Ibrahim Hammad, Osama Kamel Rateb, 1992, p. 64), which is trained by helping the player control his thoughts, focusing attention and controlling emotions, i.e. not being stressed or overly afraid when competing.

(Osama Kamel Rateb, 2001, p. 23).

The player is exposed during the competition to psychological situations besides other situations accompanied by emotion and excitement, therefore, the psychological preparation has become necessary and an urgent process for the player, in order to be able to control his emotions besides control his actions, thus increase his achievement motivation, which works to urge the player to be advanced and distinguished among his peers in the team; as the player's need for achievement and excellence stimulates him and stimulates his potential energy and works to double, as It also direct his efforts and energy towards achieving the desired goal, which is high achievement. (Shaima Ali Khamis, 2008, p. 280).

In this regard Mona Abdel Halim (2009) confirmed that the achievement motivation is the player's willingness to accept or refrain towards a position of sports achievement, especially sports competition situations, and also within the scope of this definition is the player's desire to excel by showing the largest possible amount of activity, effectiveness and perseverance as an expression of the desire to struggle for excellence in sports competition situations. (Mona Abdel Halim, 2009, p. 231).

Accordingly, the researchers wanted to know the role of psychological preparation, which is considered as one of the necessary and inevitable components in the training unit, without which It is impossible to achieve success in sports (Adema Abbas Alsoltany, Hussein Omar Haruty 2021, p. 135) This is in order to raise the achievement motivation of junior football players, from the point of view of the football coaches who belong Annaba Football league for the 2021/2022 sports season.

1. The General Question of the Study:

Does the psychological preparation have a role in raising the achievement motivation among football players of junior category ?

1. 1. Partial Questions of the Study:

Does the psychological preparation have a role in raising the motivation to achieve success among football players of junior category ?

Does the psychological preparation have a role in raising the motivation to avoid failure among football players of junior category ?

Does the absence of the psychological preparation in training programs have a negative impact on the achievement motivation among football players of junior category ?

1. 2. The Study Hypotheses:

1. 2. 1. The General Hypothesis of the Study:

The psychological preparation contributes in raising the achievement motivation among football players of junior category.

1. 2. 2. The Partial Hypotheses of the Study:

The psychological preparation contributes in raising the motivation to achieve success among football players of junior category.

The psychological preparation contributes in raising the motivation to avoid failure among football players of junior category.

The absence of psychological preparation in training programs has a negative impact on the achievement motivation among football players of junior category.

1. 3. The Study Objectives:

This study aims to:

- Recognizing the importance of the psychological preparation in preparing and mobilizing the psychological energy of football players.
- Highlighting the role of the psychological preparation in raising the motivation to achieve success and the motivation to avoid failure among football players.
- Drawing attention to the development of the psychological aspects of the player during training.
- Explaining the importance and the value that the psychological preparation plays in raising the achievement motivation of the players.
- Building programs to develop the psychological and the mental skills of players.

1. 4. Importance of the Study:

The importance of the study is reflected in shedding the light on the role played by the psychological preparation in the sports field, due to the fact that It has become one of the necessary components in the training unit without which, It is impossible to achieve success and excellence in sports, as It contributes to raising and developing the players psychological and mental abilities besides increasing their achievement motivation. The importance of the study, in addition to that, lies in inviting coaches to rely on the psychological programs during training in order to develop the psychological and the mental skills among players, since It is crucial to reach the higher levels.

1. 5. Defining the Concepts and Terminology of the Study:

The Psychological Preparation:

It is an educational process within the scope of the positive practice of the players with the aim of creating and developing motives, trends, self-confidence, cognitive and emotional awareness besides working on the formation, the development of voluntary traits in addition to the educational, the psychological guidance and counseling for the players.

(Hussein Alsayed Abu Abdo, 2001, p. 263).

Achievement Motivation:

It means the athlete's readiness to face situations of sports competition and his trial to excel in the light of a certain level or criterion or levels of excellence by showing a great deal of activity, effectiveness and perseverance as an expression of the desire to struggle for reaching excellence in sports competition situations. (Hamed Suleiman Hamad, 2012, p. 286).

Football:

It is a sport in which two teams compete in a field of land planted on both sides of two goals. The idea in football is to try to deposit the ball into the opponent's goal, using feet and the head often, whereas the use of hands is only allowed for goalkeepers, each team consists of 11 players, a referee is present during official matches in addition to two assistants on the side of the field. (Ali Hassan Abu Jamous, 2012, p. 526).

2. Previous and Similar Studies:

2. 1. Study One:

The psychological energy and Its relationship to the motivation of sports achievement among football players, a field study for the teams of Annaba League, first regional under 19 years old (U19), a study published in The Challenge Journal, University of Larbi Ben M'hidi / Oum El Bouaghi, by researchers Djareche Abd Elmadjid, Benyoub Abdelali, Sehailia Chokri, Volume 14, Issue 02, Pages 87-100, Reference Year 2022, the study was conducted in 2021/2022, Algeria.

This study aimed at revealing the relationship between psychological energy and achievement motivation among football players, as well as highlighting the level of each of the psychological energy and sports achievement motivation in Its two dimensions (the motivation to achieve success and the motivation to avoid failure) among football players. To achieve that, the researchers relied on the descriptive correlative approach on a random sample of 87 players from 4 teams (Najm El Okla, Wifak Tebessa, Najm Besbas, Ittihad Boukhadra) active at the first regional level of League Annaba, where this sample represents 19.04% of the original community. The data were collected using the psychological energy scale consisting of 6 dimensions (excitation control, mental awareness, mental energy concentration, positive self-talk, struggle to reach the optimal level, the level of ambition) whereas the achievement motivation scale consisting of two dimensions (achievement motivation to success and motivation to avoid failure). The results were statistically processed using the Statistical Package for Social Sciences SPSS version 20, where the arithmetic mean, standard deviation, T-test, Pearson correlation coefficient, Cronbach's alpha coefficient and Spearman-Brown coefficient were calculated. The psychological and sports achievement motivation in Its two dimensions (the motivation to achieve success and the motivation to avoid failure) among football players, besides that the study found that the study sample has a high level of psychological energy and a high level of achievement motivation in Its two dimensions.

2. 2. Study Two:

The mental preparation and Its relationship to the motivation of sports achievement in official competitions (a field study of the clubs of the second Algerian Professional League Mobilis), a study published in The Challenge Journal, University of Larbi Ben M'hidi / Oum

El Bouaghi, by researcher Mahdi Azzedine, Volume 14, Issue 01, Pages 126-147, Reference Year 2022, the study was conducted in 2017/2018, Algeria.

This study aimed at highlighting both the importance of mental preparation during the sports competition for football players in Algeria, and the relationship between mental preparation and the motivation for sports achievement in football during competition. The researcher relied on the descriptive approach, as the study community included football club players active in the second Algerian Professional League of Mobilis for the 2017/2018 season, whereas the sample included 54 players with a percentage of 18.75% of the original community distributed at an average of 18 players who participated in the official competitions from the selected third club teams (Amal Bousaada, Ahly Bordj Bou Arreridj, Olympique Medea). These players were chosen in an intentional way. The researcher used two psychological skills scale tests in order to measure some important mental (psychological) aspects of sports performance: the ability to mental image, the ability to focus attention, the ability to relax, the ability to face anxiety, and relied on the achievement motivation scale in order to measure the sports achievement motivation of the players related to the sports competition. The results were statistically processed using the SPSS Statistical Software Package. The arithmetic mean, standard deviation, Pearson correlation coefficient, and credibility (Cronbach's alpha) were calculated. Calculating consistency (Cronbach's α coefficient), this study reached the following results:

- There is a relationship between mental perception and sports achievement motivation among football players.
- There is a relationship between relaxation and sports achievement motivation among football players.
- There is a relationship between self-confidence and motivation for sports achievement among football players.
- There is a relationship between mental preparation and sports achievement motivation among football players.

2. 3. Study Three:

The role of the psychological preparation in developing the trait of achievement motivation among volleyball players in the cubs category, a study published in The Challenge Journal, University of Larbi Ben M'hidi / Oum El Bouaghi, by researchers Sebkhah Mohamed Amine, Hajjar Khirfan Mohamed, Djamel Chenfaoui, Volume 12, Issue 01, Pages 118-131, Reference Year 2020, study conducted in 2017, Algeria.

The study aimed at identifying the role of psychological preparation in developing the trait of achievement motivation among volleyball players in the cubs. The researchers relied on the descriptive survey method. The study population represented volleyball players (cubs' category) and coaches, who are active in Mostaganem and Mascara, whereas the sample included 48 players and 04 volleyball coaches who were chosen randomly. The researchers used the achievement motivation scale in order to measure the achievement motivation of the players. They also relied on the questionnaire as it was directed to the coaches in order to know whether the coaches are doing psychological preparation or not. Thus, the results were processed statistically, where the arithmetic mean was calculated Standard deviation, Frequencies, Percentages. This study reached the following results: Psychological preparation

has a positive role in developing the trait of avoidance of failure motivation and trait of achievement motivation among volleyball players' cubs, i.e., psychological preparation has a positive role in developing the trait of achievement motivation among volleyball players cubs category.

3. The Systematic Procedures:

3. 1. The Exploratory Study:

The exploratory study is the first step that helps the researcher to have an overview of the aspects of the field study of his research.

Our study focused on the role of psychological preparation in raising the achievement motivation of soccer players, a junior category, from the point of view of football coaches.

We conducted the exploratory study before embarking on this study, through conducting the bibliographic study, since accessing the largest possible number of books, research and previous and similar studies leads to giving a comprehensive view of everything related to the subject of the study. This method aims at obtaining as much information as possible, and then we went to some football clubs for training juniors. We had a meeting with some football coaches active in the Football League of Annaba for the 2021/2022 sports season. We found that coaches do not employ psychological programs while training junior football players in order to raise their achievement motivation. It was also found that coaches have knowledge and awareness that developing the psychological aspect of players is important because it has a role in achieving excellence and success in all sports.

Mustafa Hussein Bahi and Sabri Ibrahim Imran (2007) pointed out “the necessity of applying the test in an exploratory study to a sample of the study community to identify the appropriateness of the test in terms of wording and content for application to the research sample, as well as determining the time required for the procedure”.

(Mustafa Hussein Bahi, Sabri Ibrahim Imran, 2007, p. 199).

In order to identify the extent of the clarity of the questionnaire phrases, we distributed It to an exploratory sample from the study community and from outside the study sample. The exploratory sample included 10 football coaches active in the Football League of Annaba for the 2021/2022 sports season.

3. 1. 1. The Objectives of the Exploratory study:

- knowing of the original community targeted by the study.
- Adjusting the sample according to the study variables and the method of selecting them.
- Finding out how to communicate with the sample.
- Setting problematic and research hypotheses.
- Knowing the data collection tool that can be applied to the sample and which would be appropriate for the subject of the study.

3. 2. The Study Methodology:

Curriculum means the method used by the researcher in studying a topic. The scientific research method is defined as “a method of thinking and action that the researcher adopts to organize his ideas, analyze and present them, thus reach reasonable results and facts about the phenomenon under study research.”

(Mohammad Sarhan Ali Almahmoudi, 2019, p. 35).

In our study, we relied on the descriptive approach which is defined as “one of the important approaches in the fields (educational, social and sports). It is concerned with

collecting accurate scientific descriptions of the studied phenomena describing and explaining the current situation, identifying common practices, identifying opinions, beliefs and trends of individuals and groups, in addition to their methods of growth. This approach also aims at studying the relationships that exist between different phenomena.”

(Haidar Abd Alrazzaq Kadim Al Abadi, 2015, p. 76)

Mohammad Sarhan Ali Almahmoudi defines it as “a way of describing the subject to be studied through a correct scientific methodology and depicting the results that are reached on expressive digital forms that can be interpreted.”

(Mohammad Sarhan Ali Almahmoudi, 2019, p. 46).

3. 3. The Study Community:

It is defined as a group of elements that have one or more common properties that distinguish them from other elements on which research or investigation is conducted.

(Maurice Ingres, 2006, p. 298).

The population of our current study consists of active football coaches in the Football League of Annaba for the 2021/2022 sports season.

3. 4. The Study Sample:

It is a part of the population that is selected according to special rules, so that the sample drawn is as representative as possible for the study community.

(Mohammad Abdul-Aal Alnuaimi and others, 2015, p. 78).

Our current study sample consists of a group of football coaches active in the League Football of Annaba for the 2021/2022 sports season. The sample size in our study was estimated at 19 football coaches, the sample was chosen purposefully.

3. 5. The Study Variables:

Determining the study variables is a very important factor to increase the researcher’s ability to control his study, as “all variables, especially dependent and independent variables, are considered basic pillars of scientific research in various topics, disciplines, and in various types of research and its methods in general and experimental designs in particular.”

(Mahmoud Muhammad Al-Jarrah, 2014, p. 64).

3. 5. 1. The Independent Variable:

It is the variable that the researcher assumes to be the cause, or one of the reasons for a certain result, therefore studying it may lead to knowing its effect on another variable.

(Boudaoud Abdelyamine, Atallah Ahmed, 2009, p. 139).

- It represents psychological preparation.

3. 5. 2. The Dependent Variable:

It is the variable that changes as a result of the influence of the independent variable, or it is the variable on which the influence of the independent variable is wanted to be known.

(Boudaoud Abdelyamine, Atallah Ahmed, 2009, p. 141).

- It represents the achievement motivation.

3. 6. The Fields of Study:

- **Time Frame:** The study extended from May 08 to July 31, 2022.

- **Spatial Domain:** The study is conducted in Annaba.

- **Human Field:** active football coaches in the Football League of Annaba for the 2021/2022 sports season.

3. 7. The Study Means:

“It is the means or method by which the researcher can solve his problem, regardless of tools, data, samples, devices”. (Wajeeh Mahjoub, 2005, p. 147).

It is a method used by the researcher to collect the scientific material in order to answer the research questions. (Mahmoud Daoud Al-Rubaie and others, 2018, p. 124).

To achieve the objectives of the study, we relied on the questionnaire, which is defined as “one of the means of collecting information about the research problem. The questionnaire is in the form of selected questions to be answered by the selected samples”. It is also defined as “a set of questions on a topic directed to a number of people to survey their opinions and obtain information that serve the researcher. The questionnaire can be open or closed, or both.” (Wajeeh Mahjoub, 2005, p. 155).

We relied on the closed questionnaire, which is one of the types of questionnaire where “Its questions have specific answers, such as the answer is either yes or no, a little or a lot, as It may be one of the answers in the Likert scale to the degree of approval, therefore, the respondent is asked to choose one of them by placing a certain mark such as (X) or (✓).”

(Mohammad Sarhan Ali Almahmoudi, 2019, p. 126).

We set questions related to the subject of the study in order to know the extent of the interest of the football coaches for the junior category in developing the psychological aspect of the junior’s during their training for the sake of raising their achievement motivation.

3. 7. 1. The Scientific Conditions of the Means (Psychometric Properties):

3. 7. 1. 1. The Validity of the Questionnaire:

Validity means “the validity of the method or tool for measuring what is intended to be measured. In other words, the validity of the research tool in achieving the objectives of the study, thus the high level of confidence in the results reached by the researcher so that It is possible to move from them to generalization.” (Saad Salman Almashhadani, 2019, p. 167).

We distributed the initial questionnaire to 7 professors with expertise and competence in the field of science and techniques of physical and sports activities, in order to judge the questionnaire, we relied on the observations and directions made by the arbitrators, and adjusted some of the phrases, formulated them in an easy and understandable formulation, besides that we deleted some until the questionnaire was prepared in its final form.

3. 7. 1. 2. The Reliability of the Questionnaire:

“The word reliability means stability, and this means that if we repeat the test multiple times on the individual, the results will show some stability, and that is that the test gives the same results if It is used more than once under the same conditions and on the same individuals. Also, reliability may mean objectivity in many cases, because the individual gets the same score, regardless of the difference of the researcher who applies the test or who corrects It”. (Boudaoud Abdelyamine, Atallah Ahmed, 2009, p. 106).

In order to ensure the reliability of the questionnaire, and Its validity to measure what It was designed for. We distributed the questionnaire to a pilot sample of 10 active coaches in the in the Football League of Annaba for the 2021/2022 sports season. Then, we calculated the Cronbach’s alpha coefficient, which amounted to 0.816, that confirms the questionnaire has a high degree of reliability and validity for use with the final sample for the current study.

After the questionnaire was produced in Its final form, we distributed It to the study sample, which includes 19 coaches, in order to answer the closed questionnaire questions

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related to the subject of the study. Then we collected all the answers to the questions directed to the coaches through a questionnaire that contained 21 questions related to three axes. The first axis in which we wanted to know whether the psychological preparation contributes to raising the achievement motivation among football players and the questions related to this axis are (1, 2, 3, 4, 5, 6, 7) (Appendix 01). As for the second axis, we wanted to know whether the psychological preparation contributes to raising the motivation to avoid failure among football players of junior category. The questions related to this axis are (8, 9, 10, 11, 12, 13, 14) (Appendix 01), while the third axis, through which we wanted to find out whether the absence of psychological preparation has a negative impact on the achievement motivation among football players of junior category. The questions related to this axis are (15, 16, 17, 18, 19, 20, 21) (Appendix 01).

3. 8. The Statistical Means:

The main objective of using statistical means is to reach quantitative indicators that help in analysis and interpretation. We have relied on the IBM SPSS 25 Statistical Package for the Social Sciences program in order to calculate:

- Cronbach's alpha.
- Frequencies (repetitions).
- Percentage (%).
- Person's test (K^2).

4. The Analysis and the Discussion of the Results:

4. 1. The Presentation and the Analysis of the Results of the Study:

4. 1. 1. The Presentation and the Analysis of the Results Related to the First Hypothesis:

Axis One: the Psychological Preparation and Achievement Motivation.

The number of the question	The answer	The repetitions	The percentage (%)	K^2 Calculate	K^2 Tabular	Degree of freedom (Df)	Indication level	Indication
1	Yes	16	84.2%	8.895	3.841	1	0.05	Indicated
	No	03	15.8%					
2	Yes	14	73.7%	4.263	3.841	1	0.05	Indicated
	No	05	26.3%					
3	Yes	18	94.7%	15.211	3.841	1	0.05	Indicated
	No	01	05.3%					
4	Yes	15	78.9%	6.368	3.841	1	0.05	Indicated
	No	04	21.1%					
5	Yes	17	89.5%	11.842	3.841	1	0.05	Indicated
	No	02	10.5%					
6	Yes	15	78.9%	6.368	3.841	1	0.05	Indicated
	No	04	21.1%					
7	Yes	18	94.7%	15.211	3.841	1	0.05	Indicated
	No	01	05.3%					

Table No. 1: Shows the Results of the Questionnaire Related to Axis One.

Source: the Author, 2022.

The Analysis:

According to the results shown in Table No. 1 that includes the questions related to the first axis related to the first partial hypothesis that revolves around “The psychological preparation contributes to raising the motivation to achieve success among football players of junior,” we find that:

- According to the results shown in question No. 1, we notice that 16 coaches answered Yes, i.e. 84.2%, while 03 coaches answered No, i.e. 15.8%, and through the statistical treatment by Pearson’s test (K^2), It was found that there is a statistically significant difference at the degree of freedom 1 and the level of freedom. The significance is 0.05, where the calculated K^2 value reached 8.895, which is greater than the scheduled K^2 value, which amounted to 3.841. This indicates that the player’s motivation for success and excellence increases when he exercises to develop psychological and mental skills for additional hours in order to improve and develop his level psychologically.

- According to the results shown in question No. 2, we note that 14 coaches answered Yes, i.e. 73.7%, while 05 coaches answered No, i.e. 26.3%, .Through using the statistical treatment by Pearson’s test (K^2), It was found that there is a statistically significant difference at the degree of freedom 1 and the level of freedom. The significance is 0.05, as the calculated K^2 value was 4.263, which is greater than the scheduled K^2 value that amounted to 3.841. This indicates that the desire and motivation for success and excellence increases in the player who enjoys while training psychologically.

- According to the results shown in question No. 3, we notice that 18 coaches answered Yes, i.e. 94.7%, while 01 coach answered No, i.e. 05.3%. Through using the statistical treatment by Pearson’s (K^2) test, It was found that there is a statistically significant difference at the degree of freedom 1 and the significance level is 0.05, where the calculated K^2 value was 15.211, which is greater than the scheduled K^2 value, that is amounted to 3.841. This indicates when the player is psychologically well prepared, and he is willing to train all year round without interruption in order to succeed and excel in his sport.

- According to the results shown in question No. 4, we notice that 15 coaches answered Yes, i.e. 78.9%, whereas 04 coaches answered No, i.e. 21.1%. Through using the statistical treatment by Pearson’s (K^2) test, It was found that there is a statistically significant difference at the degree of freedom 1 and the significance level of 0.05, where the calculated K^2 value reached 6.368, which is greater than the scheduled K^2 value, is amounted to 3.841. This indicates that the good psychological preparation of the player contributes to winning during the competition, even if he is not well prepared in terms of physically, skillfully and tactically.

- According to the results shown in question No. 5, we note that 17 coaches answered Yes, i.e. 89.5%, while 02 coaches answered No, i.e. 10.5%. Through using the statistical treatment by Pearson’s test (K^2), It was found that there is a statistically significant difference at the degree of freedom 1 and the level of freedom. The significance is 0.05, as the calculated K^2 value was 11.842, which is greater than the scheduled K^2 value, which was 3.841. This indicates that winning matches frequently increases the player's confidence and drive for excellence and success.

- According to the results shown in question No. 6, we notice that 15 coaches answered Yes, i.e. 78.9%, and 04 coaches answered No, i.e. 21.1%, through using the statistical treatment by Pearson’s test (K^2), and It was found that there is a statistically significant difference at the

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degree of freedom 1 and the level of freedom. The significance is 0.05, where the calculated K^2 value was 6.368, which is greater than the scheduled K^2 value, is amounted to 3.841. This indicates that psychological preparation increases the player's desire to be successful in his sport.

- According to the results shown in question No. 7, we notice that 18 coaches answered Yes, i.e. 94.7%, and 01 coach answered No, i.e. 05.3%. Through using the statistical treatment by Pearson's (K^2) test, It was found that there is a statistically significant difference at the degree of freedom 1 and the significance level is 0.05, where the calculated K^2 value reached 15.211, which is greater than the scheduled K^2 value, is amounted to 3.841. This indicates that psychological preparation makes the athlete exert his maximum effort. In order to develop his level in all aspects including physical, skill, tactical and psychological.

4. 1. 2. The Presentation and the Analysis of the Results Related to the Second Hypothesis:

Axis Two: The Psychological Preparation and Motivation to Avoid Failure.

The number of the question	The answer	The repetitions	The percentage (%)	K^2 Calculate	K^2 Tabular	Degree of freedom (Df)	Indication level	Indication
8	Yes	17	89.5%	11.842	3.841	1	0.05	Indicated
	No	02	10.5%					
9	Yes	15	78.9%	6.368	3.841	1	0.05	Indicated
	No	04	21.1%					
10	Yes	14	73.7%	4.263	3.841	1	0.05	Indicated
	No	05	26.3%					
11	Yes	16	84.2%	8.895	3.841	1	0.05	Indicated
	No	03	15.8%					
12	Yes	15	78.9%	6.368	3.841	1	0.05	Indicated
	No	04	21.1%					
13	Yes	17	89.5%	11.842	3.841	1	0.05	Indicated
	No	02	10.5%					
14	Yes	16	84.2%	8.895	3.841	1	0.05	Indicated
	No	03	15.8%					

**Table No. 2: Shows the Results of the Questionnaire Related to Axis Two.
Source: the Author, 2022.**

The Analysis:

According to the results shown in Table No. 2 that includes the questions related to the second axis, the latter is related to the second partial hypothesis that revolves around “The psychological preparation contributes to raising the motivation to avoid failure among football players of junior category,” we show that:

- According to the results shown in question No. 8, we notice that 17 coaches answered Yes, i.e. 89.5%, while 02 coaches answered No, i.e. 10.5%, and through the statistical treatment by Pearson's (K^2) test, It was found that there is a statistically significant difference at the degree of freedom 1 and the level of freedom. The significance is 0.05, as the calculated K^2 value

was 11.842, which is greater than the scheduled K^2 value, which amounted to 3.841. This indicates that psychological preparation contributes to mobilizing the player's psychological energy and makes him think positively about the competition.

- According to the results shown in question No. 9, we notice that 15 coaches answered Yes, i.e. 78.9%, and 04 coaches answered No, i.e. 21.1%, and through the statistical treatment by Pearson's (K^2) test, It was found that there is a statistically significant difference at the degree of freedom 1 and the level of freedom. The significance is 0.05, where the calculated K^2 value was 6.368, which is greater than the scheduled K^2 value, which amounted to 3.841. This indicates that psychological preparation contributes to the player's overcoming fear before participating in the competition.

- According to the results shown in question No. 10, we notice that 14 coaches answered Yes, i.e. 73.7%, while 05 coaches answered No, i.e. 26.3%, and through the statistical treatment by Pearson's (K^2) test, It was found that there is a statistically significant difference at the degree of freedom 1 and the level of freedom. The significance is 0.05, as the calculated K^2 value was 4.263, which is greater than the scheduled K^2 value, which amounted to 3.841. This indicates that the good psychological preparation for the player gives him emotional control in the moments before the competition.

- According to the results shown in question No. 11, we notice that 16 coaches answered Yes, i.e. 84.2%, while 03 coaches answered No, i.e. 15.8%, through using the statistical treatment by Pearson's (K^2) test, It was found that there is a statistically significant difference at the degree of freedom 1 and the level of freedom. The significance is 0.05, as the calculated K^2 value was 8.895, which is greater than the scheduled K^2 value, which amounted to 3.841. This indicates that good psychological preparation develops the player a positive feeling about competition and keeps him away from anxiety and tension.

- According to the results shown in question No. 12, we notice that 15 coaches answered Yes, i.e. 78.9%, while 04 coaches answered No, i.e. 21.1%, through using the statistical treatment by Pearson's (K^2) test, It was found that there is a statistically significant difference at the degree of freedom 1 and the level of freedom. The significance is 0.05, where the calculated K^2 value was 6.368, which is greater than the scheduled K^2 value, which amounted to 3.841. This indicates that when the player is psychologically prepared, he is not affected and does not lose his focus when he commits a performance error during the competition.

- According to the results shown in question No. 13, we note that 17 coaches answered Yes, i.e. 89.5%, while 02 coaches answered no, i.e. 10.5%, through using statistical treatment by Pearson's (K^2) test, It was found that there is a statistically significant difference at the degree of freedom 1 and the level of freedom. The significance is 0.05, where the calculated K^2 value was 11.842, which is greater than the scheduled K^2 value, which amounted to 3.841. This indicates that the player accepts the loss with all sportsmanship when he is psychologically well prepared.

- According to the results shown in question No. 14, we note that 16 coaches answered Yes, i.e. 84.2%, while 03 coaches answered No, i.e. 15.8%, and through the statistical treatment by Pearson's (K^2) test, It was found that there is a statistically significant difference at the degree of freedom 1 and the level of freedom. The significance is 0.05, where the calculated K^2 value was 8.895, which is greater than the scheduled K^2 value, is amounted to 3.841. This indicates

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that psychological preparation has a role in the player forgetting the failure situations and experiences he experienced during training and competition.

4. 1. 3. The Presentation and the Analysis of the Results Related to the Third

Hypothesis:

Axis Three: the Absence of the Psychological Preparation and Achievement Motivation.

The number of the question	The answer	The repetitions	The percentage (%)	K ² Calculate	K ² Tabular	Degree of freedom (Df)	Indication level	Indication
15	Yes	17	89.5%	11.842	3.841	1	0.05	Indicated
	No	02	10.5%					
16	Yes	18	94.7%	15.211	3.841	1	0.05	Indicated
	No	01	05.3%					
17	Yes	17	89.5%	11.842	3.841	1	0.05	Indicated
	No	02	10.5%					
18	Yes	17	89.5%	11.842	3.841	1	0.05	Indicated
	No	02	10.5%					
19	Yes	16	84.2%	8.895	3.841	1	0.05	Indicated
	No	03	15.8%					
20	Yes	17	89.5%	11.842	3.841	1	0.05	Indicated
	No	02	10.5%					
21	Yes	18	94.7%	15.211	3.841	1	0.05	Indicated
	No	01	05.3%					

Table No. 3: Shows the Results of the Questionnaire Related to Axis Three.

Source: the Author, 2022.

The Analysis:

According to the results shown in Table No. 3 that includes the questions related to the axis three, the latter is related to the third partial hypothesis that revolves around “The absence of psychological preparation in training programs has a negative impact on the achievement motivation of football players of junior category” we show that:

- According to the results shown in question No. 15, we note that 17 coaches answered Yes, i.e. 89.5%, while 02 coaches answered No, i.e. 10.5%, and through statistical treatment by Pearson's (K²) test, It was found that there is a statistically significant difference at the degree of freedom 1 and the significance level is 0.05, where the calculated K² value was 11.842, which is greater than the scheduled K² value, which amounted to 3.841. This indicates that the player cannot excel and succeed when he is not psychologically prepared.

- According to the results shown in question No. 16, we note that 18 coaches answered Yes, i.e. 94.7%, while 01 coach answered No, i.e. 05.3%, and through statistical treatment by Pearson's (K²) test, It was found that there is a statistically significant difference at the degree of freedom 1 and the level of freedom. The significance is 0.05, where the calculated K² value was 15.211, which is greater than the scheduled K² value, which amounted to 3.841. This means that the player feels lack of confidence in his abilities, especially when facing a high-level competitor when the player is not psychologically prepared.

- According to the results shown in question No. 17, we note that 17 coaches answered Yes, i.e. 89.5%, and 02 coaches answered No, i.e. 10.5%, and through the statistical treatment by Pearson's (K^2) test, It was found that there is a statistically significant difference at the degree of freedom 1 and the level of freedom. The significance is 0.05, where the calculated K^2 value was 11.842, which is greater than the scheduled K^2 value, which amounted to 3.841. This indicates that the player's achievement motivation decreases when he is not psychologically prepared.

- According to the results shown in question No. 18, we note that 17 coaches answered Yes, i.e. 89.5%, while 02 coaches answered No, i.e. 10.5%, and through the statistical treatment by Pearson's (K^2) test, It was found that there is a statistically significant difference at the degree of freedom 1 and the significance level is 0.05, where the calculated K^2 value amounted to 11.842, which is greater than the scheduled K^2 value, which amounted to 3.841. This indicates that the player's motivation decreases when he cannot control his negative self-thoughts and dialogues besides his emotions during failure and loss in training and competition.

- According to the results shown in question No. 19, we note that 16 coaches answered Yes, i.e. 84.2%, while 03 coaches answered No, i.e. 15.8%, and through the statistical treatment by Pearson's (K^2) test, It was found that there is a statistically significant difference at the degree of freedom 1 and the level of freedom. The significance is 0.05, where the calculated K^2 value was 8.895, which is greater than the scheduled K^2 value, which amounted to 3.841. This indicates that anxiety and stress reduce the player's motivation to achieve and excel.

- According to the results shown in question No. 20, we notice that 17 coaches answered Yes, i.e. 89.5%, while 02 coaches answered No, i.e. 10.5%, and through the statistical treatment by Pearson's (K^2) test, It was found that there is a statistically significant difference at the degree of freedom 1 and the level of freedom. The significance is 0.05, where the calculated K^2 value was 11.842, which is greater than the scheduled K^2 value, which amounted to 3.841. This indicates that when the player is psychologically unprepared when defeating by a large margin in the competition, he loses his focus and attention and gives up easily.

- According to the results shown in question No. 21, we notice that 18 coaches answered Yes, i.e. 94.7%, while 01 coach answered No, i.e. 05.3%, and through statistical treatment by Pearson's (K^2) test, It was found that there is a statistically significant difference at the degree of freedom 1 and the level of freedom. The significance is 0.05, where the calculated K^2 value was 15.211, which is greater than the scheduled K^2 value, which amounted to 3.841. This means that the player's motivation for excellence and success decreases when he cannot imagine neither the skills, nor the conditions in which the competition would take place.

4. 2. 2. The Discussion of the Results of the Hypotheses:

4. 2. 1. The Discussion the Results of the First Hypothesis:

According to the results obtained in Table No.1, It was found that there are statistically significant differences in all questions (1, 2, 3, 4, 5, 6, 7), and this is through statistical treatment by Pearson's (K^2) test at the significance level of 0.05, Where the calculated K^2 values ranged from 4.263 to 15.211, which are values that exceed the scheduled K^2 values, which recorded 3.841. These results indicate that psychological preparation has a positive effect on the motivation of success and excellence among the players. When the player exercises to develop psychological, as well as, mental skills and listens during his training psychologically, the desire and motivation for success and excellence increases for him.

Therefore, when the player is well prepared psychologically, he exerts maximum efforts in order to develop his level in all aspects as psychological, physical, skill and tactical one. He would also have a willingness to train throughout the year without interruption, in order to reach the highest levels in his sport, as most of the coaches stressed that psychological preparation has a role in winning competitions and repeated winning in matches' increases the motivation for success and excellence among football players of junior. As Mohammad Al-Arabi Shamoun and Magda Mohammad Ismail proved that "the characteristics of a player practicing mental training is the strong desire to succeed, as these players find their goals very clear long before they are achieved and their sporting life has a clear direction. In addition to that, they want to reach the maximum of their abilities."

(Mohammad Al-Arabi Shamoun, Magda Mohammad Ismail, 2007, p. 88).

Acheb Lakhdar and Kerarma Ahmed also indicated that "the athlete's enjoyment of the players contributes to increasing the motivation for success among the athlete. Therefore, the increase of the level of their enjoyment of sports practice leads to an increase the level of motivation to achieve success, in addition to that, safety and the psychological comfort of the athlete greatly contribute to the development of the player's level and achieving ideal results."

(Acheb Lakhdar, Kerarma Ahmed, 2021, p. 604).

Adema Abbas Alsolatany and Hussein Omar Haruty, stressed that "sports competitions require the necessity of mobilizing athletes to exert his maximum physical and psychological capabilities try to score the best possible level, which in turn contributes to the development of psychological traits, especially the moral and volitional traits of the athlete." (Adema Abbas Alsolatany, Hussein Omar Haruty, 2021, p. 143).

Accordingly, we conclude that the hypothesis has been confirmed.

4. 2. 2. The Discussion of the Results of the Second Hypothesis:

According to the results obtained in Table No.2, It was found that there are statistically significant differences in all questions (8, 9, 10, 11, 12, 13, 14), Through using the statistical treatment by Pearson's (K^2) test at the significance level of 0.05, Where the calculated K^2 values ranged from 4.263 to 15.211, which are values that exceed the scheduled K^2 values, which recorded 3.841. These results indicate that the psychological preparation has a positive role in raising the motivation to avoid failure among the players, as when the player is well prepared psychologically, he thinks positively about the competition and overcomes fear before participating in it. In addition to that, he would have emotional control in the moments before the competition, i.e. the psychological preparation contributes to mobilizing the psychological energy of the player and develops him a positive feeling about the competition besides keeping him away from anxiety and tension. Therefore, he would not be affected or loses his focus when he commits a mistake in performance during the competition, as he would accept the loss with every sportsmanship, just as the good psychological preparation of the player has a role in forgetting the situations and experiences of failure that he was exposed to during training and competition.

Muhammad Hassan Allawi believes that "the psychological aspect has a great connection with the competition and its results, and the player who accepts criticism from his coach has a high motivation for achievement." (Muhammad Hassan Allawi, 2002, p. 168).

Where Furat Gabar Sadala, Hehval Khurshid Alzahawi explained that “mental training contributes to the player obtaining self-control and focusing attention, as well as emotional control, contributes to increase self-confidence, and focusing on the positive aspects that work on better expectations of performance, besides that it increases the level of self-confidence, motivation and prevents the occurrence of negative perception that leads to damage to performance and increased anxiety as a result of pre-expected failures that reduce the chances of success.”(Furat Gabar Sadala, Hehval Khurshid Alzahawi, 2011, p. 105-106).

Mohamed Elsayed Asker believes “the psychological preparation for competition is a main and an essential thing for every competitive sport.”

(Mohamed Elsayed Asker, 2019, p. 25).

Zahouani Sofiane’s study concluded that “psychological preparation contributes to reducing fear during sports competition, as it is considered as one of the most important elements on which training depends. As It helps the player to reach the best possible achievement. (Zahouani Sofiane, 2021, p. 118).

Accordingly, we conclude that the hypothesis is confirmed.

4. 2. 3. The Discussion of the Results of the Third Hypothesis:

According to the results obtained in Table No.3, It was found that there are statistically significant differences in all questions (15, 16, 17, 18, 19, 20, 21), and this is through statistical treatment by Pearson's (K^2) test at the significance level of 0.05, Where the calculated K^2 values ranged from 8.895 to 15,211, which are values that exceed the scheduled K^2 values, which scored 3.841. These results indicate that the absence of psychological preparation has a negative impact on the motivation to achieve success and the motivation to avoid failure among the players, thus, the desire and motivation for success and excellence decreases. The players would train to win only and not for achieving excellence and reaching higher levels. The player also becomes unable to control the negative thoughts, negative self-dialogues, anxiety and tension. Therefore, during facing a competitor characterized by a high level, the player feels a lack of self-confidence, loses his focus and his mind would be possessed with failure and loss. So the player would easily give up and loses the interest to give his maximum, which affects his athletic performance, besides that the player’s emotion increases when he fails or loses, and he does not accept the loss with all the sportsmanship.

Ghadbane Ahmed Hamza’s study showed that “the reason for the bad and the poor results in most of the competitions is that the team was not prepared psychologically. He also recommended that basketball sports teams should rely on psychological preparation for the players, because It contributes to increasing the players’ concentration and getting rid of psychological pressures and confusing factors that hinder the conduct of training sessions. The presence of a psychologist at the level of basketball sports clubs in the National Section, however, has a role in achieving positive results.” (Ghadbane Ahmed Hamza, 2011, p. 77).

Boumendjel Djamel Eddine confirmed that “the reason for the low achievement motivation of the players is due to the absence of the psychological counseling factor that is carried out through the sports psychologist.” (Boumendjel Djamel Eddine, 2012, p. 46)

The study of Sami Faouzi Mlaouhia and Fateh Abdelli concluded that “psychological preparation has an effective role in the football training process, as well as, achieving positive results in competitions in addition to bringing the players and the goalkeepers to the highest levels.”(Sami Faouzi Mlaouhia, Fateh Abdelli, 2022, p. 194)

According to that, we conclude that the hypothesis is confirmed.

4. 3. The Discussion of the Results of the General Hypothesis:

The general hypothesis of study revolved around that “The psychological preparation contributes to raising the achievement motivation among football players of junior category.”

At the end of doing the statistical treatment of the results of the questionnaire, It has been revealed that following 03 hypotheses have been confirmed. i.e., the hypothesis related to the first axis “The psychological preparation contributes to raising the motivation to avoid failure among football players of junior category.” is confirmed. The hypothesis of the second axis that says, “The psychological preparation contributes to raising the motivation to avoid failure among football players of junior.” is confirmed, and the hypothesis related to third axis that revolves around “The absence of psychological preparation in the training programs has a negative impact on the achievement motivation football players of junior” is confirmed.

So, we conclude that the general hypothesis is confirmed.

In the end, we conclude that the psychological preparation has a role in raising the achievement motivation of football players of junior category, and this is what the studies agreed upon, among which we mention the study of Sebkhah Mohamed Amine and others that “psychological preparation has a positive role in developing the trait of avoiding failure, besides the motivation of achieving success, in other words the psychological preparation has a positive role in developing the trait of achievement motivation among volleyball players in the cubs category.” (Sabkha Mohamed Amine and others, 2020, p. 130).

In addition to that, the study of Boumendjel Djamel Eddine confirmed that “doing the psychological preparation with the psychologist is important in increasing the achievement motivation of the athletes, It increases the mathematical results and the mathematical return.” (Boumendjel Djamel Eddine, 2012, p. 46).

Hypothesis Number	Judgment
1	Confirmed
2	Confirmed
3	Confirmed
The General Hypothesis	Confirmed

Table No. 4: Shows the Judgment about the General Hypothesis in the Light of the Hypotheses.

Source: the Author, 2022.

5. Conclusions and Suggestions:

5. 1. Conclusions:

Through the study that we conducted on active football coaches in the Football League of Annaba for the 2021/2022 sports season, in addition to presenting and analyzing the results using statistical methods, and then discussing them, we conclude that:

- It is necessary to rely on the psychological preparation in training programs, because the development of the psychological aspect of the player is important.
- The psychological preparation plays a role in mobilizing the psychological energy of the player that makes him feel positive.

- The good psychological preparation for the player gives him control and emotional control and keeps him away from anxiety and tension.
- The player cannot reach the higher levels if he is not well prepared psychologically.
- The psychological aspect is an integrated unit with the other physical, skill and tactical aspects. Without which, It is impossible to reach higher levels.
- The psychological preparation contributes to raising the player's motivation to achieve success and the motivation to avoid failure.
- The psychological preparation helps the player accepts failure with sportsmanship, as it helps him forget those experiences and situations related to failure he experienced during training and competition.

5. 2. Suggestions:

After presenting, analyzing and discussing the results besides reaching the most prominent conclusions, It is necessary to formulate a set of suggestions that we hope will be constructive and help workers in the sports field, especially in the field of sports training, as well as raising the level of scientific research, and they can be summarized in the following:

- The need for Algerian football officials and managers to pay attention to the psychological aspect of athletes by setting a horizon for the formation of specialists in psychological preparation.
- The necessity of integrating psychologists into the technical staff of the sports teams.
- Holding training sessions for trainers to raise their training efficiency and provide them with knowledge of modern training and sports psychology.
- The coach must be familiar with sports psychology.
- Academic psychological preparation must be included and made part of the general and integrated preparation and applied strictly in the short and long term.
- It is necessary to monitor the mental disorders of the players before the sports competitions and measure them with the appropriate standards.
- The need to build a psychological preparation program commensurate with the athlete's personal needs.
- The need for trainers to rely on psychological programs during training.
- Conducting other similar studies on the players of other activities to identify the extent of the contribution of psychological preparation to raising the achievement motivation of the players.

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7. Appendices:

Appendix No. 1:

Axis One: the Psychological Preparation and Motivation to Achieve Success.

1. Does the player's motivation for success and excellence increase, when he exercises to develop psychological and mental skills for extra hours, in order to improve and develop his level psychologically ?

Yes No

2. Does the player who enjoys during his training psychologically increase his desire and motivation to succeed and excel ?

Yes No

3. Does the player, when he is well prepared from a psychological point of view, have a willingness to train throughout the year without interruption in order to succeed and excel in his sport ?

Yes No

4. Does the good psychological preparation of the player contribute to winning during the competition, no matter how poorly prepared in terms of physical, skill and tactical ?

Yes No

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5. Does winning frequently in matches increase the player's confidence and motivation for excellence and success ?

Yes No

6. Does the psychological preparation increase the player's desire to be successful in his sport ?

Yes No

7. Does psychological preparation make the athlete do his utmost in order to develop his level in all physical, skill, tactical and psychological aspects ?

Yes No

Axis Two: the Psychological Preparation and Motivation to Avoid Failure.

8. Does psychological preparation contribute to mobilizing the player's psychological energy and making him think positively about the competition ?

Yes No

9. Does psychological preparation contribute to the player's overcoming fear before participating in the competition ?

Yes No

10. Does good psychological preparation for the player give him emotional control in the moments before the competition ?

Yes No

11. Does good psychological preparation develop the player a positive feeling about competition and keep him away from anxiety and tension ?

Yes No

12. Does the player, who is well prepared psychologically, get affected or loses attention while committing a mistake during competition ?

Yes No

13. Does the psychological preparation contribute to the player's acceptance of losing the competition in all sportsmanship?

Yes No

14. Does psychological preparation play a role in the player forgetting the failure situations and experiences he was exposed to during training and competition ?

Yes No

Axis Three: the Absence of the Psychological Preparation and Achievement Motivation.

15. According to your experience, can the player excel and achieve success when he is well prepared in terms of physical, skill and tactics, but he is not prepared psychologically ?

Yes No

16. Does the player feel lack of confidence in his abilities, especially when facing a high-level competitor when he is not prepared psychologically ?

Yes No

17. Does the player's motivation for success and excellence decrease, when he does not practice developing psychological and mental skills, during the sports season ?

Yes No

18. Does the player's motivation decrease, when he cannot control his negative thoughts and self-talk and his emotions, during failure and loss in training and competition?

Yes No

19. In your opinion, does anxiety and stress reduce the player's motivation to achieve and excel ?

Yes No

20. Does the player who is not psychologically prepared ,when losing by a big difference in the competition, lose his focus and attention and give up easily ?

Yes No

21. Does the player's motivation and success decrease when he cannot clearly visualize the performance of the skills he wants to visualize and the conditions that may occur in the competition ?

Yes No