



Review Article

Psychological Fitness and Its Relationship to Perceptions of Success among Football Players

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DOI: <https://zenodo.org/records/10640997>

Abstract	Manuscript Information
<p>Psychology is one of the important sciences as it is concerned with researching life topics, including those related to sporting activity in its various fields and levels. It also researches the psychological characteristics and characteristics of the personality that form the intrinsic basis for sporting activity with the aim of developing this type of activity. Psychological fitness plays an important role and has a direct impact on the level of athletes. The research aims to identify the relationship between psychological fitness and perceptions of success among football players. The sample of (20) football players for Al Saddah Sports Club was randomly selected, and the psychological fitness scale and the perceptions of success scale were used, as they are modern standards. Through the results obtained by the researcher from the study sample, he effectively concluded the two scales of psychological fitness and perceptions of success among football players. With players enjoying good perceptions of success and distinct levels of psychological fitness, with a strong and direct relationship between psychological fitness and perceptions of success.</p>	<ul style="list-style-type: none"> ▪ ISSN No: 2583-7397 ▪ Received: 02-12-2023 ▪ Accepted: 19-12-2023 ▪ Published: 09-02-2024 ▪ IJCRM:3(1);2024:106-110 ▪ ©2024, All Rights Reserved ▪ Plagiarism Checked: Yes ▪ Peer Review Process: Yes <p>How to Cite this Manuscript</p> <p>Dr. Zaid Hassoun Nasser. Psychological fitness and its relationship to perceptions of success among football players. International Journal of Contemporary Research in Multidisciplinary. 2024; 3(1):106-110.</p>

Keyword: Psychological, fitness and football, Players, physical education.

1. Introduction

Modern scientific development approaches all areas and fields of life, as scientific applications have begun to take a wide space to create a developed and renewed world, investing in all scientific methods and means in all areas of life, including the field of physical education, as one of the most important fields of humanity, in order to reach advanced scientific achievement and create a generation armed with science and knowledge. It serves the nation in the future. Therefore, many scholars in the field of physical education have studied the elements that have an effective role in the educational process. One of its main tasks is to enable the learner to obtain appropriate responses and appropriate attitudes and achieve educational goals. Psychology is one of the important sciences as it is concerned with

researching life topics, including those related to sporting activity in its various fields and levels. It also studies the psychological characteristics and characteristics of the personality that form the intrinsic basis of sporting activity with the aim of developing this type of activity. Psychological fitness plays an important role and has a direct impact on the level of athletes. Psychological fitness is an indicator of the individual's mental health, as it is the main support for the athlete, and awareness in the sporting field is very important because the athlete's awareness is one of the skills that leads to precise learning, and perceptions of success are among the topics that have been raised in many books and various scientific sources, including psychology books. ^[1]

The athlete, as the principle of success is very important, which increases the positive development of the athlete, through which numerous positive sporting experiences and opportunities for more successes are built. Hence the importance of research into knowing the levels of psychological fitness and their relationship to perceptions of success for football players.

Research problem

The problem of the research was to study two important variables in the psychological aspect. The researcher believes that the levels of psychological fitness differ from one athlete to another, as there are those who have low psychological fitness in passing their difficult sports tasks, and we find others who have psychological fitness and whose sports tasks are easy. This is on the one hand, and on the other hand, he believes that Expectations of easy success for an athlete are one of the reasons for unexpected defeat because of a lack of correct perception of the opponent. Therefore, success is high and the effort expended is low because it is affected by psychological fitness. Therefore, the researcher decided to investigate the application of the two measures of psychological fitness and perceptions of success to football players. The problem of the current research lies in answering the following questions;

- Knowing the psychological fitness levels of football players
- What is the relationship between psychological fitness and perceptions of success for football players?

2. Research objectives

1. Identifying the level of psychological fitness among football players.
2. Identify the reality of perceptions of success among football players.
3. Identify the relationship between psychological fitness and perceptions of success among football players.

Research hypotheses

There is a significant relationship between psychological fitness and perceptions of success among football players.

Research field

Human field: Football players for Al Saddah Sports Club.

Time range: 9/15/2020 to 12/15/2020.

Spatial field: Al Saddah Sports Club Stadium.

3. Research Methodology

Choosing the appropriate approach to solve a problem or achieve a goal is one of the most important steps that results in the success of the research. On this basis, the researcher used the descriptive method using the survey method and correlational relationships, due to its suitability and the nature of the current study.

The research community and its sample

The research population included football players for Al-Sadda Club, and since the sample is "part of all or some of all"^[2]. The

sample of (20) football players for Al Saddah Sports Club was randomly selected.

Research tools and devices used

1. The interview.
2. The questionnaire.
3. Arab and foreign sources.
4. Electronic stopwatch.
5. Pentium
6. Electronic calculator.
7. Manual calculator.
8. Data dump forms.
9. Electronic information network.

Field research procedures

1. Procedures for preparing measures of psychological fitness and perceptions of success

After reviewing the standards prepared in this field, the researcher decided to use the psychological fitness scale^[3] and the perceptions of success scale.^[4] As they are modern standards.

2. Determine the validity of the scale items

For the purpose of determining the validity of the items of the psychological fitness and perceptions of success scales, the researcher presented the initial version of the psychological fitness and perceptions of success scale in the form of a closed questionnaire to a group of experts and specialists, and after transcribing all the data obtained from the questionnaires, it was treated statistically by means of a (K-squared2) test and comparing its calculated value with its corresponding tabulation at a degree of freedom of (1) and a significance level of (0.05) of (3.84), and from that it was found that all items of the psychological fitness scale obtained complete agreement in their validity in measuring psychological fitness, since the calculated value of (Chi square) greater than the corresponding tabular value, while all paragraphs were accepted except paragraph (9) because it did not obtain a percentage of agreement between the experts' opinions.

3. Preparing instructions for answering the scale

The instructions for answering the scale are considered a guide for the subject or respondent. In preparing the instructions, the researcher was careful to take into account the following:

It should be clear, easy to understand, and appropriate to the level of the research sample. While concealing the purpose of the scale in order to obtain honest and non-fake data. Clarifying to the respondent that there is no right or wrong answer, but rather points of view.^[5]

4. Exploratory experience

The purpose of the exploratory experiment is to identify the clarity of the instructions for the psychological fitness and perceptions of success questionnaire in its initial form. It is recommended that before printing the scale and producing it in its final form, it is recommended to conduct a pilot experiment

for the scale. The researcher has verified the clarity of the instructions for the psychological fitness and perceptions of success scales, and the items are to know the time it takes to answer questions. The scale was implemented by applying the psychological fitness and perceptions of success scales, as (90%) of the sample completed the answer to all items of the scale.

5. Scale correction

The psychological fitness scale has its items formulated with five different answer alternatives and is corrected according to these alternatives, which are (to a very great degree, to a great extent, to a moderate degree, to a little degree, to a very little degree) according to the wording of the question, and weights were given that ranged between (1, 2, 3, 4.5) According to the sequence of answers for the items, the degree of psychological fitness among the subjects was calculated by answering all of the scale’s (30) items. Thus, the total score on the two scales ranges from (150)

Table 2: Shows the weights of the alternatives for the items of the psychological fitness and perceptions of success scales

Answer alternatives	To a very great extent	To a great extent	To a moderate degree	To a small degree	To a very small degree
The weight	5	4	3	2	1

6. Psychometric properties of the two measures of psychological fitness and perceptions of success

Honesty and reliability are among the most important characteristics, although honesty is more important than reliability because a valid measure is stable, while a fixed measure may not be honest. Reliability cannot be dispensed with, because it gives another indicator of the accuracy of the measure. Therefore, the efforts of those interested in psychological measurement have recently turned to increase the accuracy of psychological measures to determine some standard psychometric characteristics of the measures and their items that could be indicators of their accuracy in measuring what they were designed to measure and to carry out the measurement process with the least possible error.⁶

First, Validity of the scale: The researcher used two types of validity to ensure the validity of the self-management scale, which are:

Content validity: The researcher verified the content validity by presenting the self-management scale to a group of experts and specialists in the field of educational psychology and sports psychology to determine the validity of the domains and items of the scale.

Second, Stability of the scale: The researcher verified the reliability of the psychological fitness and perceptions of success scales by re-applying the scale. It was found that the reliability value was high, reaching (0.85) for the psychological fitness scale and (0.87) for the perceptions of success scale.

Main experience

The psychological fitness and perceptions scales were applied after their scientific foundations were verified on a sample of (20) Al-Sadda Sports Club football players.

degrees, which is the highest score, and (30) degrees, which is the lowest score.

Table 1: Shows the levels and raw score of the psychological fitness scale

Levels	Raw grade
Very good	150-126
Good	125-102
Middle	101-78
Acceptable	77-54
Weak	53-30

As for the “Perceptions of Success” scale, the items were answered with five different alternatives, as in the table below. Weights were given that ranged between (5-1) according to the sequence of the answer. To know the nature of the sample’s answer on the scale, the correction key prepared for this purpose was used, as shown in the table (1).

4. Results and Discussion

Show the results of the psychological fitness scale

To achieve the first goal, the players’ results were collected on the psychological fitness scale, and the results were analyzed according to the table below.

Table 3: Shows the raw scores, levels, number and percentage of psychological fitness

Levels	Raw grade	Number	Percentage
Very good	126-150	0	0
Good	102-125	5	25%
Middle	78-101	11	55%
Acceptable	54-77	4	20%
Weak	30-53	0	0

It is clear from the table above that the sample was distributed among only three levels out of five levels, where five players were distributed at the good level at a rate of 25%, while eleven players were at the average level at a rate of 55%, while the remaining four players were at the acceptable level at a rate of 20%. Through this, the researcher sees that players, in general, invest in psychological fitness in a positive way to achieve the best achievements during sports competitions, and this amounts to reducing tension and emotion and increasing interaction and harmony, as well as self-confidence and the will to achieve victory in the match, and this is what was confirmed.^[7]

Display the results of the Perceptions of Success Scale

In order to achieve the objectives of the research, the scale prepared for this was applied to the intended sample of (20) players. When the player obtains above or equal to the hypothetical mean of 44 degrees, this indicates that they have a state of realizing success. As a result of implementing, collecting and analyzing data, it turns out to us that the mean

of the sample has It reached 54,350, which indicates that the players describe this characteristic, and Table 2 shows that.

Table 4: Shows the mean, standard deviation, and hypothetical mean for the Perceptions of Success scale

Sample	Sample number	Mean	STDEV	Hypothetical Mean	df	T value	Significance level	Indication
Players	20	54.350	3.842	39	19	17.865	0.000	Sig.

It is clear to us from Table (4) that the T-value reached 17.865 and that the level of significance of this value is smaller than 0.05, which indicates that there are significant and statistically significant differences between the mean and the hypothetical mean. The researcher attributes the reason for this to the fact that the reason players have a measure of perceptions of success represents a true reflection of their abilities and abilities, which makes them more realistic and more able to bear responsibility, in addition to their ability to self-control and the ability to

interact with others and respect them, which generates psychological health in them, which serves as a guide towards perceptions of success.^[8]

Presenting the results of the correlation coefficient between the two measures of psychological fitness and perceptions of success

To achieve this goal, the simple correlation coefficient (Pearson) was used as follows:

Table 5: Shows the value of the correlation coefficient between the two measures of psychological fitness and perceptions of success

Groups	Mean	STDEV	Correlation coefficient value	Significance level	Indication
Psychological fitness	90.050	14.805	0.80	0.000	Sig.
Perceptions of success	54.350	3.842			

Table (5) shows that the simple correlation coefficient (Pearson) between the two measures of psychological fitness and perceptions of success reached (0.80) with a significance level of (.000), which indicates a significant correlation coefficient, that is, the existence of a direct relationship. The researcher attributes the emergence of this relationship to the fact that the members of the research sample possess a high degree of psychological fitness, which has an effective role in players gaining high experience in their perception of success, and this relationship leads and contributes greatly to improving their performance. In addition, success in performance is closely linked to the psychological factor among players, which is the main catalyst for the success process.⁹

5. Conclusions

1. The effectiveness of two measures of psychological fitness and perceptions of success among football players.
2. Players have good perceptions of success and excellent levels of psychological fitness.
3. There is a strong and direct relationship between psychological fitness and perceptions of success.

6. Recommendations

1. Adopting measures of psychological fitness and perceptions of success in measurement and evaluation when conducting similar research.
2. Emphasizing the use of scientific methods in the psychological preparation of players in order to enhance their psychological fitness and perceptions of success.
3. Conduct other studies on psychological fitness and perceptions of success among club and sports team players.

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