

Repercussions of psychological preparation on footballers' psychological hardness- Field study of the 1200 city's Batna Club - SENIORS -

RAHMOUNI Amel, BENAKKI Amira, MILI Faiza

Algiers university 3 rahmouni.amel@univ-alger3.dz

Algiers university 3 benaki.amira@univ-alger3.dz

Algiers university 3 mili.faiza@univ-alger3.dz

Received: 27/07 /2024 *Accepted:* 17/11 /2025 *Published:* 30/05 /2025

Abstract:

this study was about the implications of psychological preparation on psychological hardness of the football players of the 1200city's senior club in Batna and the search sample included 20 players of season (2023/2022).

The importance of this study is to highlight the role played by psychological preparation in promoting various variables and psychological features, especially the psychological hardness with which we devoted this study some suggestions have been drawn up:

The psychological preparation programs should be based on scientific foundations to raise the level of athletic performance and attention to the base composition of coaches as well as the psychologist in the field of sports.

KEY WORDS: psychological preparation, psychological hardness, football

الملخص:

هدفت الدراسة إلى معرفة انعكاسات التحضير النفسي على الصلابة النفسية لدى لاعبي كرة القدم لنادي '1200 مسكن باتنة أكابر، للموسم الرياضي (2022/2023) و تكمن أهمية الدراسة في إبراز الدور الذي يلعبه التحضير النفسي في تعزيز مختلف المتغيرات و السمات النفسية و بالأخص الصلابة النفسية التي خصصنا بها هذه الدراسة وقد تم وضع عدد من الاقتراحات: كضرورة إعداد برامج التحضير النفسي المبنية على الأسس العلمية للرفع من مستوى الأداء الرياضي و الاهتمام بالتكوين القاعدي للمدربين وكذا الأخصائي النفسي في المجال الرياضي

الكلمات المفتاحية: التحضير النفسي , الصلابة النفسية , كرة القدم

**Repercussions of psychological preparation on footballers'
psychological hardness
- Field study of the 1200 city's Batna Club - SENIORS –**

1-Introduction:

The process of psycho-sports preparation can never be ignored. Many psychological tests have been put in place in order to be able to improve the indicators of good performance and achieve the noble goals of being the best factor for psychologically good condition arising from participation in sports practice. The psychological preparation is mainly directed to athletes practising competitive sport because the physically and tactically prepared athlete to improve performance without psychological readiness is considered a biomechanical machine that is poor in precision due to the impact of stress and anxiety factors on high-level athletes and thus the impact on psychological aspects of behaviourism. (Dr. Jamal Abbas , 2009). Football is one of the most important sports in which research and studies are conducted in this aspect so that it is based on the study and analysis of various behaviours based on psychological factors and their relationship to athletic performance and the same positive aspects of the personality associated with mental health that indicate the existence of psychological variables such as psychological toughness which is an important concept in the life of the individual and represents psychological immunity that helps him to cope with stress events and protect him from psychological and behavioural disorders. The developed countries have shown great interest in this area. They have created special institutes dedicated to solving these problems. They organize courses and laboratory and field studies for new coaches and physical and sports education teachers (Iyad Abdul Karim , 2015).

Problematic:

Football is one of the most popular sports in the world that has undergone many developments in terms of its laws. Its various methods and methods of preparation and football are among the sports that require not only preparation and physical and technical training. Psychological preparation plays an important role in the development of the psychological processes of players. This has become a basic

requirement of no less physical preparation, skill and planning. "j.Riouxet" noted that psychological adjustment comes through the formation and proof sports qualities. (Riouxet Thil IBID 1983)

We must recognize the importance of the psychological preparation of the players, which has an impact on all levels. If the parties that do it differ, whether the team coach or psychologist. This is confirmed by Ahmed Amin Fawzi, "the psychological preparation develop players motivation , their mental skills and emotional attributes to bear the physical and psychological burdens of training and adapt to competitive conditions in order to achieve the best possible level of athletic achievement." (Amin Ahmad Fawzi , 2003).

The concept of psychological preparation includes many variables and characteristics such as psychological hardness or resilience when pressures and which Lang considers a personal trait so that each individual shows some levels of hardness and the height or decrease of this depends on the situation and the time the individual goes through. (Abbas Medhat , 2010) While "KOBASA" emphasized that toughness is useful to resist stress and psychological exhaustion as it modifies an individual's perception of events and makes them less effective and increases an individual's ability to cope with different pressures (ibid)

Through various studies on psychological preparation and toughness, we ask our general research about the repercussions of psychological preparation on the psychological hardness in sports and football.

This has been drafted as follows:

Does psychological preparation have repercussions on footballers' psychological hardness?

Partial Questions:

- What level of psychological preparation do footballers have?
- What is the level of psychological hardness of footballers?

General hypothese:

Psychological preparation has repercussions on footballers' psychological hardness.

**Repercussions of psychological preparation on footballers'
psychological hardness
- Field study of the 1200 city's Batna Club - SENIORS –**

Partial hypotheses:

- The psychological preparation is high for footballers.
- Psychological hardness is high for footballers.

. Similar studies

First study:

The psychological preparation of the footballer and its implications for the competition of Hamza Talash and Tarifa Salim 2007-2008 was aimed at highlighting the role of psycho-sporting preparation in football competitions and does it actually help to improve the athletic performance during the competition either the technique used is the scientific means by which we can collect data using the criteria of a questionnaire directed at footballers (60 players) divided into three teams of the national elite and found that most players feel nervous and worried during the competition about the lack of competence in sports psychology in most coaches and how they focus on the physical and tactical side and give the psychological side little importance.

Second study:

Psychological hardness and methods of coping with psychological stress in a sample of high school students excelling and ordinary 2012 by Khalid bin Mohammed bin Abdullah Al Abdali. The aim was to learn about the level of psychological hardness and its relationship with methods of coping with stress. The results showed that the level of psychological hardness of higher students is higher than normal because they used positive coping methods.

Third study:

Sports competition anxiety and its relationship with the psychological hardness of volleyball players rated Akaber for Abdel Nour 2022. This study aimed to find out the relationship between sports competition anxiety and psychological hardness among volleyball

players. The results resulted in an adverse correlation between competition anxiety and hardness.

Comment on previous studies:

From previous studies, it has been shown that there are many recent studies dealing with study variables, including what is applied to school students, and what is applied to sports teams. Some of them have used small samples and other large samples. The subject of our study is similar to previous studies in some of the variables currently under study, as well as the use of theoretical aspects, their results and interpretation of the results.

2- General objective of the study:

- Recognize the level of psychological preparation of footballers.
- Know the importance of psychological preparation in sporting returns.
- Highlight the role that psychological preparation plays in promoting the psychological variables and features of players.
- Knowledge of the reflection of psychological preparation on players' psychological hardness.

3- Procedural definition of the concepts mentioned in the research:

- The first concept: psychological preparation:

An educational process under the scope of positive practice with the aim of creating and developing motivations, trends, self-confidence, cognitive and emotional perception and achieving the formation and development of administrative features as well as guidance and educational guidance. Carroll sees it as a wide range of procedures using psychological preparation techniques, but it does not stop and the goal is to raise psychological capacity in the athlete. (Carole 1998) And Mohamed Hassan Allawi adds that he will need the scientific application of certain and limited methods and curricula geared towards psychological formation (Mohamed Hassan Allawi , 1985).

The second concept : psychological hardness:

Repercussions of psychological preparation on footballers' psychological hardness

- Field study of the 1200 city's Batna Club - SENIORS –

A trait of personality that helps an individual to cope well with stressors and to maintain proper physical and psychological health. An individual with psychological toughness can employ effective strategies to cope with stressful situations, is characterized by emotional calm and self-confidence. "KOBASA" was the first to lay the foundation for psychological hardness (Kobasa 1979).

The third concept: Football:

It is a game between two teams, each consisting of eleven players who use a ball over a rectangular pitch at the end of each end of the goal. Each team tries to get the ball in the goalkeeper's goal for a point (goal) to outscore the rival in the points (bin Hassan al-Salman sheriff 1998).

4- The methodological procedures used in the study:

4-1 Method and tools :

The analytical descriptive method was adopted due to its relevance to the current study process, which is based on the collection, compilation, interpretation and analysis of data in order to measure and identify the impact and impact of factors on the events of the phenomenon in question in order to draw conclusions and know how to control these factors and also predict the behaviour of the phenomenon in question in the future (Abdelkader Mujid Rijid Radwan, 1995).

Research Community:

The study community identifies all the terms of the phenomenon studied by the research. A researcher who prepares his research into a phenomenon or problem identifies the audience of the society's research according to the topic, phenomenon or problem of his choice. (With 2005) (Saadoun Shoaib 2022) , The research community of this study is the football clubs of Batna Sports Season (2022-2023) .

Sample Search:

A specimen selected in the intentional manner, consisting of the amateur sports club 1200 dwellings, included 20 footballers of the

senior class for the sporting season (2022-2023) active in the honorary section.

The scientific foundation of tool:

Survey:

It was a meeting of the coach and asked some questions about our topic to see how much he knew about the importance of psychological preparation and whether he received a composition and how and when he prepared psychologically for the purpose of clarifying the concepts related to the study. It was unfortunate that he did not make the composition of psychological preparation even though he was aware of its importance and the process of psychological preparation was less important than physical preparation and tactical research the coach induces them prior to the game or when he was exposed to modern training.

Questionnaire:

To find solutions of research problematic and to verify the validity of the hypothesis of this research we need to follow the most effective methods. The questionnaire has been used and its elements have been identified in line with the subject matter, its problem and its imposition. The questionnaire consists of 16 questions distributed on the first two axes, on the level of psychological preparation and the second, on the level of psychological toughness of footballers.

Scale Scientific Transactions:

The degree of the tool's authenticity used is calculated in order to ensure that the questionnaire measures what it is designed to measure and we have obtained the degree of honesty of the questionnaire. After ascertaining the apparent authenticity and internal consistency of the study tool, we have ascertained that the questionnaire is based on the most important and famous stability measurement tests, the Alpha Kronbakh coefficient.

variable	First axis	Second axis	Total questionnaire
The value of Cronbach's alpha reliability coefficient	0.951	0.981	0.979

**Repercussions of psychological preparation on footballers'
psychological hardness
- Field study of the 1200 city's Batna Club - SENIORS –**

Our reading of the table above shows that the total Alpha Krbnbakh coefficient value of the study tool is 0.993, which is higher and greater than the statistically approved ratio (0.6) by 2006 Sekaran indicates how much this questionnaire is stable.

Statistical methods used:

The Percentage Law to analyze results in all questions after calculating their respective repetitions. After applying the familiar method of calculating percentages, the result was as follows:

$$\text{percentage} = \frac{\text{repetition X 100}}{\text{total sample}}$$

- The k^2 quadrant test allows us to compare the various results obtained through the questionnaire as follows:

$$K^2 = \frac{\sum (FO -)^2}{Fe}$$

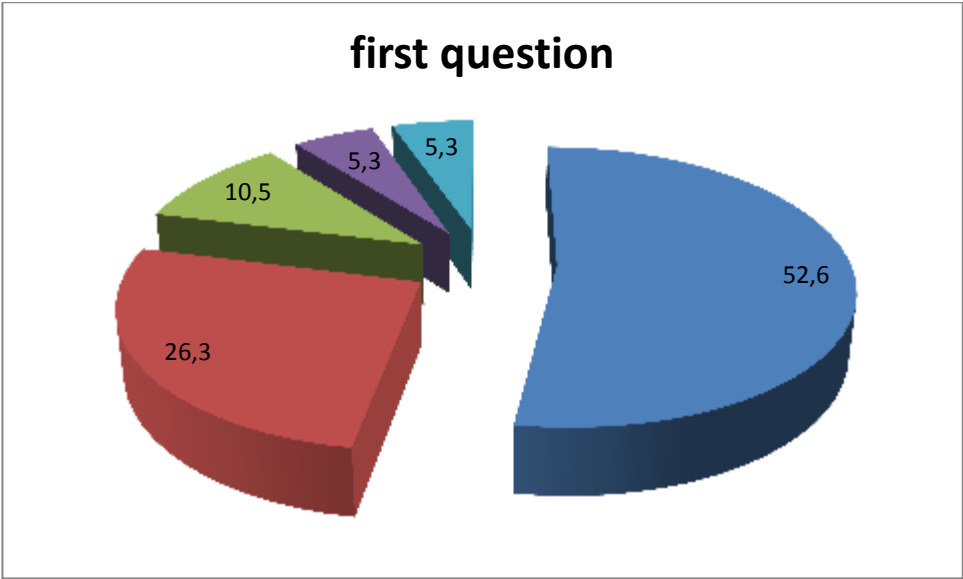
4-2- Presentation and Analysis of Results:

1. First hypothesis: First axis: Level of psychological preparation of the team

Question 1: Does the club give importance to psychological preparation?

answers	repeats	percentage	k ² calculated	k ² scheduling	Indicative level	Degree of freedom	Statistical connotation
always	10	52,6%	15,45	9,4877	0,05	4	Statistically significant
often	5	26,3%					
sometimes	2	10,5%					
rarely	1	5,3%					
never	1	5,3%					
total	19	100%					

Table (2) shows the percentage of the club's interest in psychological preparation



**Repercussions of psychological preparation on footballers'
psychological hardness
- Field study of the 1200 city's Batna Club - SENIORS –**

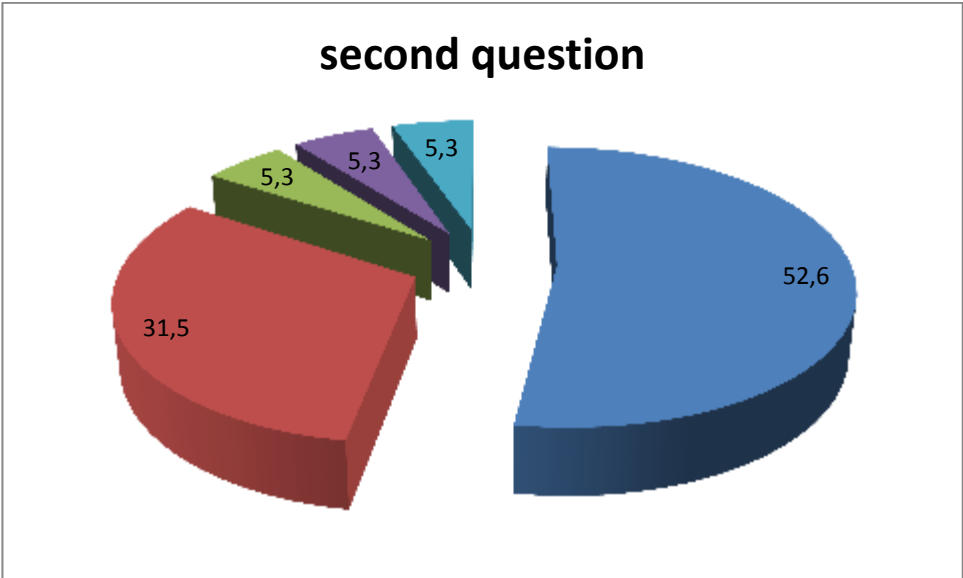
**Proportional Circle (1) shows the proportion of the club's interest
in psychological preparation**

From the table above, the relative circle shows that more than 50% of the players replied that the club was actually interested in psychological preparation. The rest of the players differed their views of the club's interest in the psychological aspect. Since the calculated value of K^2 was 15.45 was greater than the scheduled value of 9.48 at the indicative level of 0.05 and freedom degree is 4, so there is a fundamental difference in the number of repetitions of players' answers. There is a statistical significance to the test of K^2 , that is to say, that the club is important for psychological preparation as other aspects of preparation, whether physical or tactical, and that is what the manager confirmed in the interview.

Question 2: Is the club interested in using some psychological skills (such as relaxation and mental perception)?

answers	repeats	percentage	k ² calculated	k ² scheduling	Indicative level	Degree of freedom	Statistical connotation
always	10	52,6%	17,56	9,4877	0,05	4	Statistically significant
often	6	31,5%					
sometimes	1	5,3%					
rarely	1	5,3%					
never	1	5,3%					
total	19	100%					

Table (3) shows some psychological skills (such as relaxation and mental perception)



Proportional Circle (2) indicate

Repercussions of psychological preparation on footballers' psychological hardness
- Field study of the 1200 city's Batna Club - SENIORS –

Using of certain psychological skills

From the table above, the relative circle shows that most players have confirmed that they use some psychological skills. (such as relaxation and intellectual perception) The rest of the players differed their views on this. Since the calculated value of k^2 17,56 was greater than the scheduled value of 9,48 at the indicative level of 0,05 freedom degree is 4, so there is a fundamental difference in the number of repeats of players' answers. and a statistical connotation to test K^2 that is the club uses some psychological skills with players.

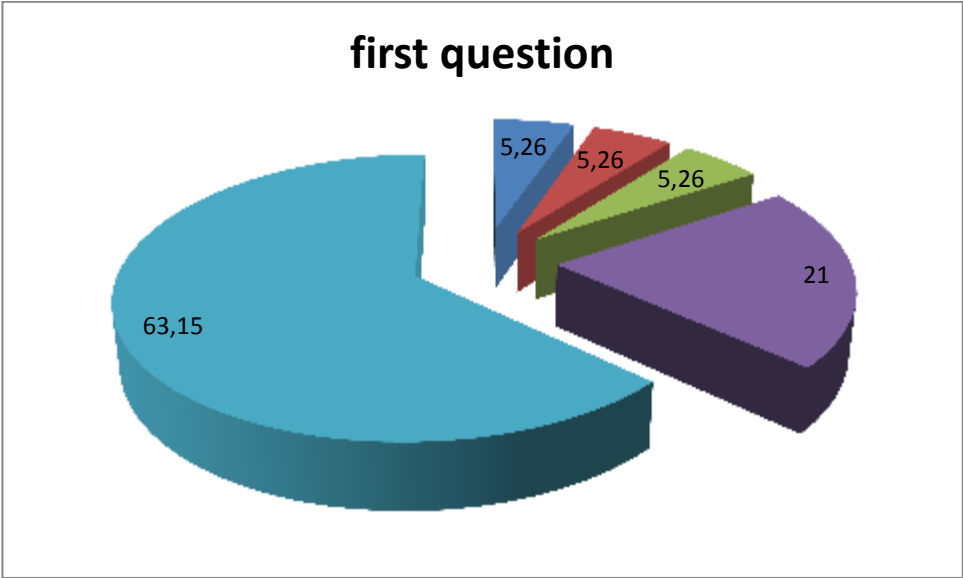
2. Second hypothesis: second axis: level of psychological hardness:

Question 1: Are you the kind of person who gives up on defeat by a huge margin?

answers	repeats	percentage	k^2 calculated	k^2 scheduling	Indicative level	Degree of freedom	Statistical connotation
always	1	5,3%	24,10	9,4877	0,05	4	Statistically significant
often	1	5,3%					
sometimes	1	5,3%					
rarely	4	21%					
never	12	63,15%					
total	19	100%					

Table (4) shows whether or not

players of the type give up on defeat by a large margin



Relative Circle (3) shows are the players of the kind that give up upon defeat by a large margin or not

From the table above and the relative circle shows that 63.15% of the players replied that they did not give up at the time of defeat by a large margin and completed the match with the same will as 15.78% of the players showed that they were the type that surrendered at the time of defeat and since the calculated value of k^2 24.10 was greater than the scheduled value of the 9.48 at the indicator level of 0.05 and freedom degree is 4 and from here we see that there are statistically significant differences for the test of k^2 , that is the players are handed out of the type.

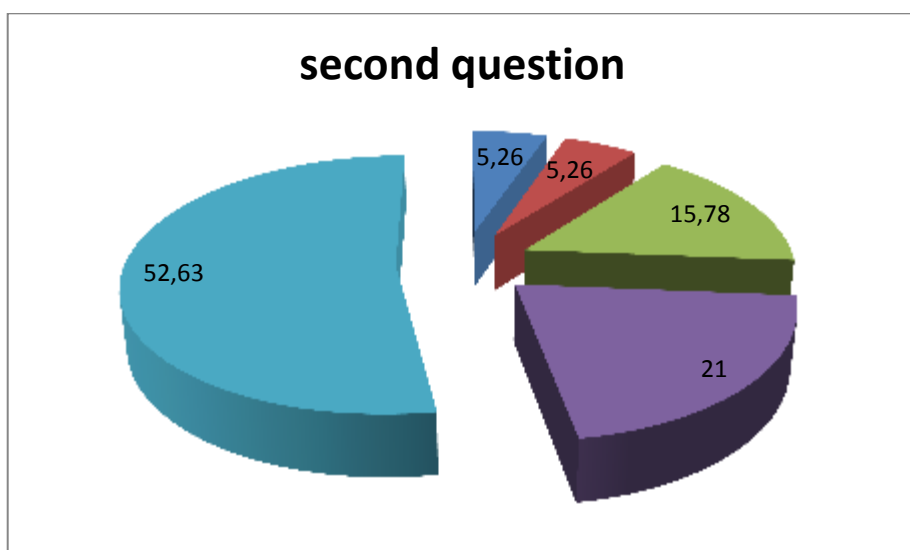
Question 2: Are you afraid to play in front of a large public ?

answers	repeats	percentage	k^2 calculated	k^2 scheduling	Indicator level	Degree of freedom	Statistical connotation
always	1	5,3%					
often	1	5,3%					

Repercussions of psychological preparation on footballers' psychological hardness
- Field study of the 1200 city's Batna Club - SENIORS –

someti mes	3	15,78 %	14,40	9,4877	0,05	4	Statisti cally signific ant
rarely	4	21%					
never	10	52,63 %					
total	19	100%					

Table (5) shows players feel afraid in front of a large public or not



Relative Circle (4) Shows players feel scared in front of large public or not

From the table above, the relative circle shows that 52.63% of the players answered that they did not feel afraid to play in front of a large public , while 10.52% of players confirmed that they were the type of player who was afraid to play in front of the public, since the calculated value of K^2 14.40 was greater than the scheduled value of the 9.48 at the indicative level of 0,05 and freedom degree is 4 and

from here we see that there are statistically significant differences to the test of K^2 .

4-3 Discussion and interpretation of the results:

After the data collection and analysis, the results resulted in the realization of the proposed hypotheses. This was demonstrated by the results obtained through the interview with the coach and the questionnaire directed at the players. It revealed the importance of psycho-sports preparation, just like the role it plays in the development of personal features such as psychological toughness, reducing the impress of crowd pressure and thus raising the level of players' athletic performance. The results were as follows:

From meeting the trainer of '1200 city's team' in Batna, they were found to be preparing psychologically in certain situations and not programmed in the annual training calendar.

The questionnaire form shows that players acknowledged that there was psychological preparation during the exercise in a spontaneous manner. We conclude that the team does not rely on psychological preparation as an essential element of training and is a complement to the elements of sports training. This is also confirmed by Khalof Mohammed (2016) In his study, he said that "coaches do not care about psychological preparation by applying it in the annual program by preparing psychological players only before the competition and that they do psychological preparation as each match is approaching only" While players have a level of psychological toughness to 63, 15% of players do not give up at the time of defeat and 52.63% are not afraid to play in front of a large audience. This indicates the efficacy of the psychological preparation performed by the coach and if it is limited to some skills without programming an annual program of psychological preparation. Therefore, soccer sports teams must take into account psychological preparation because of supporting the kinds of preparations through the concentration of AS. (2013) that psychological toughness is the ability to cope with the pressures of life positively and to face challenges and achieve achievement at the highest level, as Mohamed Abdel Hafeez pointed out that international athletes converge skillfully, physically and psychologically and determine the result (Mohamed Abdul Hafeez Ekhlas 2002) , (Rassoul Noraldin 2017) .

**Repercussions of psychological preparation on footballers'
psychological hardness
- Field study of the 1200 city's Batna Club - SENIORS –**

Recommendations:

- The must of prepare psychological preparation programs based on scientific foundations to raise the level of athletic performance.
- Coaches take into account individual differences between players during the psychological preparation process
- Players' consensus that psychological preparation affects their psychology and performance
- Subjecting players to psychological review by professionals just like physical and physiological review
- Attention to the base composition of coaches as well as the psychologist in the field of sports.

Conclusion:

In this study, we have learned about the repercussions of sports psychological preparation in the 1200 city's club of the Association of Batna Football Senior. The study highlights the importance of the psychological aspect and the psycho-mathematical preparation that is often neglected by coaches and trainers and has a very significant role to play in achieving positive results for teams and raising the performance of players.

Through the applied study and the analysis of the results of the questionnaire, the results of the findings confirm the realization of partial hypotheses and thus the general hypothesis, because psychological preparation is a reflection on the various psychological characteristics of the players, in particular the psychological toughness with which we allocated this study despite the adoption of simple methods of psychological preparation and the relatively positive results achieved, but the adoption of psychological preparation strategies remains more than necessary to reach the highest possible level of performance and result.

Finally, we recommend the need to integrate a competent sports psychological record in this area due to the extensive composition it receives in its field, as opposed to the instructor who takes only generic and the trainers make intense associations and formations in the field of psycho-sports preparation.

5. Reference List:

• **Books:**

1. Ahmad Fawzi Amin (2003) *"Principles of Sports Psychology"* Dar Al-Thakr Arab Cairo Egypt.
2. Hassan Mr. Abu Eida (2001) *"Modern Trends in Football Planning and Training Library and Technical Radiation Press"* Egypt.
3. Dr. Jamal Abbas (2009) *"Journal of Humanities"* March.
4. Abbas Medhat (2010) *"Psychological Toughness as a Predictor of Lowering Psychological Stress and Aggressive Behaviour in Middle School Teachers"* College of Education Magazine.
5. Abd-el-Kader Mujeed Radwan, (2005) *"seven lectures on the scientific foundations of scientific research writing"*, University Publications Office Abdel Karim Bouhafs. *"Statistics applied in social and human sciences"* Algeria.
6. Imad Mohamed Khimer (1997) *"Psychological Hardness and Social Support Intermediate Variables in the Relationship between Life Stresses and Symptoms of Depression in Young University Egyptian Journal of Psychological Studies"* Cairo Egypt.
7. Magdi Mahmoud Fahim (2007) *"Building a Scale of Psychological Hardness for Sports Education Teachers"* Journal of Psychological and Educational Research.

**Repercussions of psychological preparation on footballers'
psychological hardness
- Field study of the 1200 city's Batna Club - SENIORS –**

8. Mohamed Hassan Allawi (1992) *“Psychology Training Sports Competitions”* Cairo.
9. Mohamed Hassan Allawi (1985) *“Sports Psychology Knowledge House”* Egypt.

• Articles

1. Dr. Mukhtar Yassin (2021) *“The reality of using physical measurements in the selection process of basketball players for the age group under 13 years Scientific Journal of Physical Education and Sports”* vol. 20 Issue 1
2. Rassul Nur-Eddine and bin Aki Mohammed Akle (2017) *“How the sports psychologist's insinuation reflects on the sporting return of footballers Scientific Journal of Physical and Sports Education”* vol. 16 No. 2
3. Saadoun Shoaib and bin Aki Mohammed Akle (2022) *“Mental Training Relationship with Psychological Endurance of Footballers Scientific Journal of Physical Education and Sports”* vol. 21 No. 2
4. Hamza Anger (2011), *“The Role of Psychological Preparation in Reducing Psychiatric Disorders in Basketball, Challenge Magazine”*, Issue 3

• Foreign References

J.Riouxet et Thil, 1983 « *compétition sportive et psychologie* », paris charon sport