

Levels of competition anxiety among elite national chess players

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Abstract:

This study aimed to identify the levels of competition anxiety in its three dimensions (the state of apathy - the starting fever - the state of readiness for struggle) among the national elite chess players. To achieve this, the researcher used the descriptive approach on a sample consisting of 10 players from the national chess elite, who were selected in an intentional manner. Data were collected through a questionnaire to sample the anxiety trait, and the researcher used the SPSS22 statistical package program to analyze the results.

The study found that elite national chess players had a low degree of competition anxiety.

key words :

Anxiety – The Chess.

المخلص:

هدفت هذه الدراسة إلى التعرف على مستويات قلق المنافسة لدى لاعبي النخبة الوطنية للشطرنج، ولتحقيق ذلك استخدم الباحث المنهج الوصفي على عينة مكونة من 10 لاعبين من النخبة الوطنية وتم اختيارهم بطريقة قصدية. وتم جمع البيانات عن طريق استبانة لأخذ عينة من سمة القلق واستخدم الباحث برنامج الحزم الإحصائية SPSS22 لتحليل النتائج.

توصلت الدراسة إلى أن لاعبي النخبة الوطنية للشطرنج يتمتعون بدرجة منخفضة من قلق المنافسة.

الكلمات المفتاحية : القلق – لعبة الشطرنج

1. Introduction and Problem Study:

(Shadi Muhammad Al-Hinnawi, 2004) believes that a people's civilization and progress is measured by the extent to which a society uses the human wealth inherent in its individuals and directs their energy in a way that contributes to the progress of humanity. Sports are one of the most important means of progress for nations and a true mirror of the level of their civilization and renaissance.

Osama Kamel Rateb 2000 points out that anxiety is one of the important emotions, and is seen on the basis that it is one of the most important psychological phenomena that affects the performance of athletes, and this effect may be positive, prompting them to exert more effort, or negative, hindering performance.

The fear of failure is also the most important reason that makes athletes feel nervous, and direct fear comes as a result of the fear of failure in sports competition. Ahmed Amin Fawzi (2006) points out that increasing anxiety beyond the required amount leads to confusion and obstruction of sports performance, and that A decrease in its level below the required amount leads to indifference in facing the situation, and in both cases: An increase in anxiety below the required amount is a negative element in the competitive sports situation, either if its amount is appropriate to the type of threat that the athlete faces or expects, as well as the method of overcoming it. This is appropriate for issuing the desired behavior and no other, and with it the player can confront the threatening situation, and here anxiety is a positive element.

In order to develop a player in the game of chess in order to gain advantage on the competition board, he must deal with unfamiliar playing styles. He must rely on the strategy drawn up by him, which aims to immediately compete in a good planning manner to determine the locations that will reveal the weak points in his competitor's homeland and good possession of the weak squares or pawns that will strengthen his comprehensive strategy. This is one of the best methods that you can develop to support the player in order to acquire this. The mentality is one in which he is constantly looking for victory; It must be an attitude that fuels the player in order to set goals and realize them during competition. (Logan Donovan, 2015, page 37)

Besides its educational and strategic values, chess was said to provide moral and psychological guidance that was highly valued in the eighteenth century. It was celebrated as an educational tool that

would help players gain complete control over the mind and intelligence (Florian Vauleon, 2008, page44)

The game of chess is roughly divided into three stages: opening - middle of play - end of play. The opening is from the first 10 to 15 moves. During this stage, both players take out their pawns and position themselves in the middle of the board and try to control the areas of strength on the chessboard. During the second stage of the game, both players try to develop a long-term strategy in which they direct their pieces to attack, counterattack, and defend. If both players survive each other's strategies, the game moves to the endgame, where it is sometimes difficult to move from fair play to endgame because most competitions end in the middle of play (Yasser Seirawan, 1960, page 26).

From the above, the following question comes to us:

- Is there a low level of competition anxiety among national elite chess players?

1.2 Study Questions:

- Is there a low level of apathy among elite national chess players?
- Is there a low level of starting fever among national elite chess players?
- Is there a low level of readiness to struggle among national elite chess players?

1.3 Study hypotheses:

- There is a low level of apathy among elite national chess players.
- There is a low level of starting fever among the national elite chess players.
- There is a low level of readiness to struggle among the national elite chess players.

1.4 Importance of Study:

Theoretical importance:

The importance of the study lies in knowing the effect of competition anxiety on performance in order to raise the level of competition performance among national elite chess players.

Enriching the theoretical aspect of studies and research related to cases of sports competition anxiety.

Practical importance:

The research provides a measure to identify the level of sports competition anxiety.

1.5 Objectives of the study:

- Knowing the level of competition anxiety among national elite chess players.
- Contributing to developing the level of anxiety control among national elite chess players.
- Identifying the extent to which anxiety affects mental games (chess) among elite national chess players.

1.6 Terms and concepts:

Anxiety:

In terms: an emotion characterized by fear and apprehension about anticipated things that involve a real or unknown threat. It is sometimes acceptable to worry in order to actively stimulate and confront the danger, but in many situations that cause anxiety the danger is not real, but rather imaginary and of unknown origin (Abdel Sattar Ibrahim, 2002). Page 9)

Procedurally: It means procedurally the score obtained by the national elite chess players.

The Chess:

In terms: a mental, cultural and civilizational game that develops mental abilities and trains patience, perseverance and good planning. A chess match is a competition between two players, one of whom plays with the white pieces and the other plays with the black pieces. Each team consists of 16 pieces, each of which has its own shape and way of moving on the board. 17. (UAE Federation, 2000, p. 02)

Procedurally: It is a mental game par excellence that depends on the total mental skills acquired by the national elite chess players.

1.7 Previous studies:

A study by **Shaishi Khairuddin, Haimoud Ahmed, and Qaryoun Khaled**, a scientific article in the Journal of Psychological

and Educational Research entitled Study of the Level of Sports Competition Anxiety for Players of Elite Algerian Football Clubs. This study aimed to identify the level of sports competition anxiety among football players active in the Algerian national championship. A sample consisting of 75 players belonging to four clubs concluded that the sample members had a high degree of cognitive anxiety and physical anxiety and an unexpectedly high degree of self-confidence.

Bornan Sharif Mustafa studied a scientific article in the scientific journal of the Institute of Physical Education and Sports, entitled Sports competition anxiety and its relationship to the motivation for sports achievement among team sports players in Algeria.

Wali **Abdel Nour's** study is a scientific article in Al-Manzumah Sports magazine, under the title Sports Competition Anxiety and its relationship to psychological toughness among senior volleyball players. The study aimed to find out the relationship between sports competition anxiety and psychological toughness among senior volleyball players. The study sample included several players active in the second national division championship. The descriptive approach was used in the relational style. The researcher came to provide some Suggestions and recommendations, such as paying attention to the psychological aspect of players and working to improve their level of psychological toughness because of its positive impact in resisting anxiety resulting from training and competition.

Ahmed Reda Hamroush studied a scientific article in the Sports Creativity Magazine entitled "Assessing competition anxiety among Al Amal national team swimmers", where the sample members were selected through a quota sample, and it was concluded that:

- There is a high relationship between the state of cognitive anxiety and performance in short distances
- There is a low relationship between the state of self-confidence and performance in short distances

There is a low relationship between cognitive anxiety and long-distance performance

- There is a high relationship between the state of self-confidence and performance over long distances - Applied cognitive background.

Study by **Qaqa'i Nasr al-Din, Bin Sheikh Youssef, Karboush Ramadan**. A scientific article in the Journal of the Academy for Social and Human Studies under the title The Effect of Competition Anxiety on Patterns of Self-Esteem among National Cross-Country Championship Runners Who Are and Are Not Involved in Sports Clubs. The study aimed to test the differences in the level of competition anxiety between athletes living in the countryside and those living in the city. The results of the study showed that there are statistically significant differences between rural residents and city residents in the level of competition anxiety in relation to the first hypothesis. There are no statistically significant differences between the types of self-esteem.

A study by **Azizi Ibrahim, Nafi Sufyan**, a scientific article entitled The Importance of Proposing a Psychological Counseling Program to Alleviate Sports Competition Anxiety among Football Players Class (18-20), which aimed at the impact of the extent of a proposed psychological counseling program, and the study was conducted in the municipality of Khamis Miliana and Al-Attaf. A sample consisting of 15 players was selected for the guidance program and 15 control samples. The most prominent results are that the guidance program reduces competition anxiety among members of the experimental sample.

2.Applied aspect:

2.1 Survey:

The researcher collected a sample of measurement according to the capabilities available to the national chess elite, taking into account training and competition times.

2.2 Sample Study:

The study sample included 12 national elite chess players who were selected intentionally.

2.3 Data collection tools:

Trait anxiety scale:

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It is a questionnaire used as a main tool in collecting crisis data for the subject of the study, as it consists of (20) statements whose instructions are for the subject to describe what he feels in general.

Correction method: The value of test scores ranges from (20) as a minimum to (80) as a maximum on the scale.

The scale consists of four alternatives: never, sometimes, often, and always.

The rating scale for each scale item ranges from one to four degrees if the item is in the direction of the characteristic.

Table (01): represents anxiety levels

Test grades	Anxiety levels
20	The subject does not suffer from anxiety
40-20	It is considered mild anxiety
60-41	It is considered severe anxiety
80-61	It is considered severe anxiety

Source: Prepared by the researcher

Property direction:4,3,2,1.

Reverse the direction of the property: 1,2,3,4. (Bandura Abdel Malik, 2021, page 14)

2.4 Stability and sincerity of test:

Validity and reliability of the anxiety scale:

The validity of the anxiety scale was verified using internal consistency validity, which calculates a correlation coefficient between the scores of each axis of the scale and the total score of the scale by using the statistical program SPSS22.

Table No. (02): represents the correlation coefficients between the scores of each axis and the total score of the anxiety scale.

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	Correlation coefficient	Indicative value
The first axis	0.97	0.01
The second axis	0.93	0.009
The third axis	0.87	0.02

Source: Prepared by the researcher

From Table No. (02): We find that the correlation coefficient for the first axis is 0.97, and the significance value for the first axis is 0.01. We find that the correlation coefficient for the second axis is 0.93, the significance value for the axis is 0.009, the correlation coefficient for the third axis is 0.87, and the moral significance value for the axis is 0.02, and by comparing the significance value Significance With the level of significance, we find that the axis coefficients are statistically significant, and thus the anxiety scale is internally consistent.

Reliability: To measure the stability of the anxiety scale, the researcher used Cronbach's alpha coefficient.

Table (03): represents the Cronbach's alpha coefficient to measure the reliability of the decision-making scale.

	Number of axes	Cronbach's alpha coefficient
Anxiety scale	03	0.95

Source: Prepared by the researcher

From Table No. (03): we find that the reliability coefficient of the anxiety scale is high, reaching 0.95 for the total items, and therefore it can be relied upon for application in this study.

2.5 Statistical methods used:

Descriptive statistics:

SMA.

standard deviation.

Note: Statistical processing was done using SPSS22.

3. Presentation discussion and interpretation of results:

3.1 Presentation, analysis and discussion of the first hypothesis:

Hypothesis: There is a low level of apathy among elite national chess players.

Purpose: To determine whether there is a low level of apathy among elite national chess players.

Table 04: Descriptive statistics for the anxiety scale regarding the state of apathy among national elite chess players.

	mean	Low	Max	SD	mean scale	sd
apathy	21.06	18	23	1.38	3	0.19

Source: Prepared by the researcher

Analysis of the results of the first hypothesis:

We note from the table that the arithmetic mean for this dimension is 21.06, with a standard deviation of 1.38 degrees, which is a high degree. We also notice that the sample members recorded a minimum score of 18, which is higher than the arithmetic mean of the scale, and a maximum score of 23, which expresses their negative impact on the state of indifference.

Through statistical treatment, we notice that the state of indifference showed high and close scores, and this indicates that the

national elite chess players have a weak response to the state of indifference.

3.2 Presentation and analysis of the second hypothesis:

Hypothesis: There is a low level of starting fever among national elite chess players.

Purpose: To determine whether there is a low level of starting fever among national elite chess players.

Table 05: Descriptive statistics for the anxiety scale for starting fever among national elite chess players.

	mean	Low	Max	SD	mean scale	sd
starting fever	21.86	14	26	3.15	3.12	0.45

Source: Prepared by the researcher

Analysis of the results of the second hypothesis:

We notice from the table that the arithmetic mean for this dimension is 21.86, with a standard deviation of 3.15 degrees, which is a high degree. We also notice that the sample members recorded a minimum score of 14, which is higher than the arithmetic mean of the scale, and a maximum score of 26, which expresses their negative impact on the onset of fever.

Through statistical treatment, we notice that the starting fever showed high and close scores, and this indicates that the national chess elite players have a weak response to the starting fever.

3.3 Presentation and analysis of the third hypothesis:

Hypothesis: There is a low level of readiness to struggle among elite national chess players.

Purpose: To determine whether there is a low level of readiness to struggle among national elite chess players.

Table 06: Descriptive statistics for the anxiety scale for the state of readiness to struggle among national elite chess players.

	mean	Low	Max	SD	mean scale	sd
readiness to struggle	22.13	19	25	1.84	3.16	0.26

Source: Prepared by the researcher

Analysis of the results of the third hypothesis:

We notice from the table that the arithmetic mean for this dimension is 22.13, with a standard deviation of 1.84 degrees, which is a high degree. We also notice that the sample members recorded a minimum score of 19, which is higher than the arithmetic mean of the scale, and a maximum score of 25, which expresses their negative influence towards the state of readiness for struggle. .

Through statistical treatment, we note that the starting fever showed high and close scores, and this indicates that the national chess elite players have a weak response to the state of readiness for struggle.

3.4 Discussing the results of the general hypothesis:

Through statistical treatment of the results of the partial hypotheses and through Tables No. (4), (5) and (6), it was shown that the national elite chess players have a high level of control over competition anxiety, through a weak response to the dimensions of the study, which were represented by a state of indifference and The starting fever and the state of readiness for struggle are due to the integration of the aspects of training among the national chess elite players, including technical preparation, psychological preparation, and mental preparation through mental training programs, which would help control the state of anxiety among the national chess elite players. We find that a study Dear Ibrahim and Nafi Sufyan, the guidance program reduces competition anxiety among members of the experimental sample, at the expense of the control sample.

4. Conclusion:

- Those in charge of the sports field must apply various mental programs to prepare athletes in order to reach the highest levels.
- It is necessary to include skills, exercises and strategies that contribute to mental training programs in order to develop skills in controlling competition anxiety.
- Competition anxiety negatively affects the performance of players and their sports career. Therefore, we advise all those in charge of various sports fields to contact psychologists in order to evaluate and evaluate the trait of anxiety.

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