

The effect of a psychological program on the level of narcissistic personality disorder among combat sports wrestlers

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Abstract (not more than 10 Lines) :

The research aims to identify the level of superior narcissistic personality disorder among combat sports wrestlers, and to reveal the effectiveness of the psychological program in reducing the symptoms of narcissistic superior personality disorder. Algiers, the capital, and they were chosen deliberately, as the number of respondents was (24) wrestlers, and to collect field data, the questionnaire tool was used.

The researchers concluded that there is a very high level in the level of the superior narcissistic personality among the combat sports wrestlers in relation to the pre-metering, there is a high level in the level of the superior narcissistic personality among the combat sports wrestlers in relation to the post-metering, there are statistically significant differences between the pre and post tests of the research group with the effect of the psychological program companion in the superior narcissistic personality among the wrestlers in combat sports, in favor of the telemetry, with an improvement rate of 05.8%.

Keywords: Psychological programme, narcissistic personality disorder, martial arts wrestlers.

Article info

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In the current era, combat sports have become a civilized phenomenon because of their defensive skills, self-education, sense of self-completeness and ability to act quickly, in a timely manner. The society's view of this sport as a combat sport is dangerous to good education, but in fact it is discipline, patience and self-control. Practicing it leaves its impact on some (Gunduz and Zarrouga. 2020. p 112) aspects of the human personality that are the product of physical, mental, emotional and environmental components, and it has a constant interaction that affects behavior and also greatly determines the player's idea of himself. There is no doubt that the player's inability affects his practice of some activities, which affects his growth and integration into society. Therefore, individuals' responses to society and their perception of players may affect their personality and social adaptation, to the extent that society accepts players' inability is the players' acceptance of themselves (Boudaoud. 2010. pp 143 - 144).

- Despite this, Al-Sufi (2010) points out that the psychological aspect and its impact on the performance of athletes and the results of the teams did not receive attention from the researchers, as the progress of the teams at the physical, skill and linear levels in turn led to highlighting the impact and importance of the psychological aspect on the level of performance. It is noticeable that the mathematically developed countries have developed psychological preparation along with other aspects of general preparation, and began to pay attention to it, study it and develop its programs within the annual training plan, which significantly helped in improving the level of performance and its progress (Al-Sufi . 2010. p 165).

- The need to pay more attention to the study of psychological factors associated with sports preparation from the perspective of the impact of these psychological factors on sports performance on the one hand, and how sports practice affects psychological aspects on the other hand, the basic requirements for each sporting event are numerous, and the need for these requirements to be more clear to players at the highest levels increases. In addition, these requirements vary in their degree of importance from one event to another (Abd ellah. 2011. p 04), and the personality traits appropriate to the type of sporting event are among these basic requirements, which can not be overlooked, whether the sporting event is different, individual or combatant.

Narcissism is an important and inherent aspect of human personality, and it also has effects on individual behavior. Narcissism levels vary, and not all are satisfactory levels. On the contrary, some narcissism is necessary to perform tasks well (Al-Sharqawi . 2021. p 146).

While the high level of narcissism leads to some psychological disorders, mental disorders include several types, some of which fall within the major disorders associated with personality dysfunction in its entirety, and some of which fall under the minor disorders that affect the integrity of personality in part and nevertheless remain adapted to reality. Wherever the general symptoms and indicators of major disorders appear acute and extreme, in minor disorders they are less severe and severe (Al-hafzi, 2021, p. 07).

Narcissistic Personality Disorder is one of the most prominent and important types of troubled personalities. This personality is characterized by a sense of greatness and sensitivity to the evaluations and criticism of others. These troubled people are characterized by their self-aggrandizement, achievements and intelligence, and they expect others to notice them with special attention without caring. The sense of value often alternates with the sense of worthlessness, and their self-esteem is highly fragile (Al-Mojda, 2014, pp. 3 - 4).

Thus, the narcissistic character of combat sports wrestlers has positive benefits. The researchers emphasize that the levels of narcissism must remain within the limits of both, not increase and take

another course to become a disorder in the personality of the individual, as the narcissistic personality is defined as a comprehensive model of self-aggrandizement and focus on it in the sense that it is an exaggeration of self-love and its achievements, as it is a permanent and continuous pattern of self-aggrandizing behaviors that negatively affect many different areas of life, including the sports field and it..... It was necessary to provide a psychological program that accompanied the physical and skill training of these wrestlers by designing an accompanying psychological program to alleviate those symptoms of narcissistic personality disorders before they penetrated and settled into their depths and became under their control.

From the above, it is clear that there are milestones that revolve around proposing an accompanying psychological program to avoid the emergence of narcissistic personality disorders in combat sports wrestlers.

1.1 -Research Problem:

Field sports psychology is one of the most important information that has entered the field of sports activity, which contributes greatly to the development and development of the player's abilities. There is a great share of sports psychology for the player's access to the highest sports ranks by studying the sports personality and knowing the best ways to make this or that player at his best, as practicing sports training does not only mean the development of physical qualities and the formation of motor abilities, but also means improving psychological qualities and refining the strength of trainees psychologically (Al-Zamili, 2020, p. 05).

Narcissistic personality disorder is one of the most prominent and important types of troubled personalities. This personality is characterized by a sense of greatness and sensitivity to the evaluations and criticism of others. These troubled people are characterized by amplifying their self, achievements, and intelligence. They expect others to notice them with special attention without accomplishing what is required. The sense of value often alternates with the sense of worthlessness, and their self-esteem is highly fragile (Al-muajada, 2014, pp. 04 - 05).

A study found that (Ters, 2018) the psychological needs of narcissistic personality disorder are reflected in the need for social acceptance, and that the psychological needs of narcissistic personality disorder are reflected in the need for social affiliation, which is the result obtained by the two cases after the application of the scale. (Bosnie & Ben Jadidi, 2015) A study adds that the level of narcissism among the sample members was: the low narcissism rate was estimated at 2637%, and the percentage of normal consensual narcissism was 59.4%, while the level of high narcissism was estimated at 13.9%. There are no statistically significant differences in the level of narcissism in its dimensions (exhibitionism, superiority, power, exploitation) between the students of the second year of secondary school in the city of Biskra due to the gender variable (males and females).

Attention to the personality of the athlete and his mental abilities through tests developed to determine them and study the nature of the work he does gives a good context in the process of psychological preparation, and combat mathematics is one of the mathematics that gave birth to many heroes who possess the characteristics of challenge, superiority and a spirit of competition that creates strong will, hence the problematic and importance of research in considering the nature of the relationship between the narcissistic personality of the athlete through the selected determinants that they form and the psychological program accompanying him during the training process, so that we can predict the laws and laws that control the increase or decrease of narcissistic personality disorders in him, from the above, we have the right to ask the following question: Are there statistically significant differences between the pre

and post-tests of the research group by the impact of the accompanying psychological program on the superior narcissistic personality of combat sports wrestlers and in favor of post measurement?

1.2 Research Hypothesis

There are statistically significant differences between the pre- and post-tests of the research group with the effect of the accompanying psychological program on the superior narcissistic personality of combat sports wrestlers attributed to the benefit of post-testing.

1.3 Research objectives:

- Recognize the level of superior narcissistic personality disorder in combat sports wrestlers.
- Build an accompanying psychological program to avoid the emergence of narcissistic personality disorder.
- Revealing the effectiveness of the accompanying psychological program that focuses on many aspects in reducing the symptoms of superior narcissistic personality disorder.

1.4 Concepts and terminology:

- Narcissistic personality disorder :

G. Alport defines it as: That dynamic organization that can be within the individual and that regulates all psychological and physical devices that dictate to the individual his own character in compatibility with his environment (Bin Hamid & Ben Hamid, 2014, p. 181).

The narcissistic personality is procedurally superior: It is the score obtained by the examiner as a result of his answer to the items prepared to measure narcissism. The total score on this scale ranges between (18) maximum score and (09) minimum score.

- The accompanying psychological program:

Psychology is the science that studies 'behavior' 'and' 'experience' '. "Conduct" means all acts, words or apparent movements of a person. By this we mean all kinds of human activities that another individual can observe or record. As for experience, it means the psychological phenomenon that becomes as facts and events in the inner life of the individual, and it belongs to his own world, and only its owner realizes it, such as thoughts, emotions, memories, and others. Psychology currently encompasses many theoretical and applied fields or branches (Al-Hadi, Raeashi, & Majili, 2020, p. 185).

The researchers define it procedurally as a planned program organized in the light of scientific foundations consisting of a set of planned constructive experiences designed in a coherent and organized manner. These experiences include many diverse activities and methods in order to achieve specific goals in the past.

- Combat sports:

There is no doubt that martial arts have spread in most countries because of their importance and each country has its own fighting style, and there are organized ways and international championships in which each country participates and there are a lot of literature in this regard, some of which are excellent and effective (Sahsahi, 2014, p. 65).

The two researchers defined combat sports procedurally: It is a set of defensive and offensive combat techniques that differ from one combat activity to another, as our study included the sport of karate, judo, and wrestling.

1.5 Previous Studies:

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There are many previous studies that dealt with the impact of a psychological program on the level of superior narcissistic personality disorders in combat sports wrestlers and dealt with it from different angles, and this study will review a number of studies that have been benefited from with reference to its most prominent features

These studies have been classified according to the main variables of the study and according to being Arab studies into two categories: axis (1) dealing with psychological sports programs, and axis (2) dealing with narcissistic personality disorders.

- Presentation of previous and similar studies related to the axis of the psychological program.

1- A study (Saghiri & Tayyub, 2020) entitled: The importance of short-term mental preparation and its role in improving the results of sports performance among football players.

The study aims to reveal the role of short-term mental preparation in improving performance results during sports competitions among football players. The descriptive approach was used due to its suitability for the nature of the study. The study sample consisted of the second regional coaches represented by (08) coaches. The researcher used a questionnaire to answer research questions and try to achieve his hypotheses and goals. The most important results indicated that coaches focus on the mental aspect in the training units because of its great importance in raising the level of performance and abilities of players and contributes to raising and developing the self-confidence of the player, and helps players to reach the best possible achievement and also helps to overcome difficult circumstances of competition such as not rushing and maintaining nerves in the event of defeat. In the event of victory, he has an effective role in giving the player the typical physical qualities. This is done by developing a mental aspect that is closely related to psychological, physical, artistic and linear aspects.

2- A study (Ghadban, 2011) entitled: The Role of Psychological Preparation in Reducing Mental Disorders in Basketball.

The study aims to find out the reality of Algerian basketball, which is one of its problems due to the lack of interest in it by coaches and sports tyres and their lack of use of scientific methods and methods in its application by providing advice, guidance and guidance to players during the competition in addition to the need to study the importance of psychological preparation to raise the level of sports results. The descriptive approach was used to study this phenomenon. The sample of the study included the players and coaches of the teams of Hajwat Union and Asttali Club of the first degree, the number of players 30 and coaches 5. To collect the data, the questionnaire tool was used, and through the results of the study, it was found that the psychological preparation of the players is not subject to established scientific methods due to the lack of training and awareness of the coaches, which makes the players psychologically incompetent before and during the competition. It was also found that the absence of psychologists within the team affects the return and performance of the team.

- Presentation of previous and similar studies related to the narcissistic personality variable:

1-A study (Ters, 2018) entitled: Psychological Needs in Narcissistic Personality Disorder.

The study aims to reveal the nature of psychological needs in narcissistic personality disorder, and the clinical approach was used, using the interview and clinical observation, and the test of the diagnosis of the disorder (DSM IV) and the measure of affiliation and social acceptance. This study included two cases of a female gender, the first case is 32 years old, and the second case is 28 years old. Both cases are narcissistic and the psychological needs of narcissistic personality disorder were reached, which is manifested in the need for social acceptance, and that the psychological needs of narcissistic personality disorder are manifested in the need for social affiliation, which is the result obtained by both cases after the application of the scale.

2- A study (Al-Shadfan, 2011) entitled: Narcissism and its relationship to aggressive behavior among students of the tenth grade in government schools affiliated with the Directorate of Education – South of Hebron.

This study aimed to reveal the relationship between narcissism and aggressive behavior and to identify the degree of their prevalence and manifestations and the role of sex, place of residence, and the level of education of parents, in influencing narcissism and aggressive behavior among tenth grade students in government schools affiliated with the Directorate of Education – South Hebron. To achieve the objectives of the study, the researcher used two tools: the narcissism scale, and the aggressive behavior scale. The study was conducted on a sample of (192) male and female students, including (93) male and (99) female students. The results of the study showed: that the prevalence of narcissism is high among students of the tenth grade in the public schools of the Directorate of Education – South Khalil, and there are no statistically significant differences between the means of the degree of narcissism due to the variable of gender, housing, father's education, and mother's education, and that the degree of prevalence of aggressive behavior is medium, and there are no statistically significant differences between the means of the degree of aggressive behavior due to the gender variable, the father's education, and the existence of a positive correlation between narcissism and aggressive behavior.

1. Research Methodology and Procedures in the Field:

2.1 Research Methodology:

The two researchers relied on the experimental approach with experimental design in one experimental group with pre and post measurement.

2.2 The research sample and its selection method:

The two researchers selected a sample of combat sports wrestlers at the National Sports High School in Algiers, and they were deliberately selected due to the requirements of this study, as the number of the sample was (24) combat sports wrestlers.

The homogeneity of the members of the experimental research sample was taken into account in the psychological test "superior narcissistic personality disorder" and the definitional variables, as the two researchers calculated the moderation of the distribution, and the following two tables illustrate this.

Table 1: Moderate Distribution of Experimental Sample in Psychological Testing (Dimensions of Narcissistic Personality Disorder).

Narcissistic personality	Arithmetic Mean	Standard Deviation	Modulus of torsion	Kurtosis coefficient
Superior	04.44	0.190	1.049	1.646

It is clear from Table No. (01) that the value of the torsion and kurtosis coefficients of the research sample in the psychological test (the superior narcissistic personality) amounted to (1.049 / 1.646), that is, it was limited to ($3\pm$), which indicates the moderation of the distribution of the members of the experimental research sample in the pre-measurement of the psychological test.

Table 2: shows the equivalence of the experimental research sample in the definitional variables.

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Variables	Sample individuals number	Arithmetic Mean	Standard Deviation	Modulus of torsion	Kurtosis coefficient
Age (years)		19.71	2.385	069	.742
Length (cm)	24	173.53	4.196	.031	909
Weight (in KG)		78.56	3.591	069	1,117
Training Age (Year)		4.34	1.095	.505	-391

The above table shows the statistical results and the torsion factor of the research sample, in the tariff variables, where the values of the torsion coefficient in these variables range between (0.069-/0.505) and therefore these values fall between (3- / 3+) and from it that the members of the basic study sample follow the moderate distribution in the tariff variables, and the values of kurtosis (1.117-/0.391-) show that the basic study sample has mixed values.

2.3 Research Limits:

– Spatial domain:

The current study was limited to a place in the National Sports High School in Algiers.

Time Domain).

Work on this study was from the year 2022 to the middle of 2023, where the time field included both theoretical study and applied study.

2.1 Tools for collecting data:

psychological testing :

The nature of this research requires the preparation of a set of questionnaires to collect various information that can be used. The researcher prepared the following forms:

- A questionnaire that includes in its content a set of questionnaire forms presented to the professors and professors to take their views on the most appropriate forms that honestly, consistently and objectively measure the dependent variable to be measured, which is the dimensions of narcissistic personality disorder.

- The DSM IV questionnaire is directed to members of the study population to determine the levels of narcissism and thus the sample members are identified.

- A questionnaire addressed to the members of the basic study sample after the superior narcissistic personality to measure the level of personality disorder in the members of the sample and the reflection of the application of a proposed accompanying tafsir program at these levels based on a pre and post measurement.

Survey description:

The narcissism level questionnaire was prepared by the two enumerators according to the following procedures:

– The purpose of the questionnaire statements:

It is a measurement of the level of superior narcissism in the individual with the aim of identifying narcissism as a characteristic of the personality, that is, normal narcissism. Narcissism is not intended as a

personality disorder. It is non-diagnostic. In its final form, the questionnaire consists of (45) statements divided into five dimensions:

(The display narcissistic personality, the egotistical narcissistic personality, the superior narcissistic personality, the authoritarian narcissistic personality, the exploitative narcissistic personality).

– Identify the statements of the questionnaire:

In preparing the questionnaire, the two researchers relied on a number of foreign and Arabic narcissism measures to determine the dimensions of the scale (Raskin & Terry, 1988) (Al-Nabahin, 2017).

- Superior narcissistic personality: It means the individual's sense of entitlement to be successful and advanced, exaggerates talking about his successes in front of others and sees himself superior to others in his achievements.

– Correction of the questionnaire:

Each dimension contains nine phrases and arranged these phrases on a regular basis, and determined the pattern of response through what the respondent answers by placing an (X) mark on one of the options: (Applies to "a very large degree, a large degree, a small degree, a very small degree), and all paragraphs were formulated in a positive direction, and the response ladder was distributed to (5) alternatives, and the two researchers in this study placed five (5) levels of narcissistic personality disorders according to the relative importance index, which are:

Overall orientation:

Table 3: The estimated balance (relative importance index scores) of the questionnaire..

Scores	Limits of the relative importance index	Overall orientation
Applies to me very little	$00 \leq RII \leq 0.20$	Too low
Applies to me a little bit	$0.21 \leq RII \leq 0.40$	Too low
Applies to me moderately	$0.41 \leq RII \leq 0.60$	Intermediary
Greatly applicable to me	$0.61 \leq RII \leq 0.80$	High
Applies to me to a very large degree	$0.81 \leq RII \leq 1$	Very high

2.2 Consistency of the Narcissistic Personality Superiority Disorder Symptom Questionnaire:

The reliability of the NPD symptom questionnaire was verified by the Cronbach alpha coefficient as it was found that the value of the Cronbach alpha coefficient for all paragraphs of the scale (0.92), meaning that the stability coefficient is high and statistically significant.

2.3 Content of the Psychological Program:

The program includes (24) sessions to alleviate narcissistic personality disorder and avoid the appearance of its symptoms in the future in a sample of combat sports wrestlers of (16-23) years, males and females with an educational and university level, with two sessions per week. The time of each session is (40-60) minutes, depending on the topic of the session, and the prelude to training on understanding and performing the role, and also according to the acceptance of the sample members

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throughout the session, as they showed at the beginning of the sessions the inability to continue to perform, which is needed by the psycho-dramatic performance of spontaneity and communication. The program was implemented in group sessions divided into:

- Introductory sessions: The sessions are from (1 - 3).
- Program sessions: These are the sessions from (4 - 21).
- Program review and termination sessions: These are the sessions from (22-24).

2.4 Statistical methods:

After unpacking the data, they were converted from raw scores to standard scores using a set of statistical equations that we will present in the following: the arithmetic mean and standard deviation, the torsion and kurtosis coefficient, the correlation coefficient, the Cronbach alpha coefficient, the relative importance coefficient, the test (V) for two interrelated and independent samples, and the test (Q) for a difference between more than two averages.

These results were processed by the Statistical Program (SPSS) for analysis and processing in order to discuss the hypothesis in light of the research objectives.

2. Presenting and discussing the results of the hypothesis:

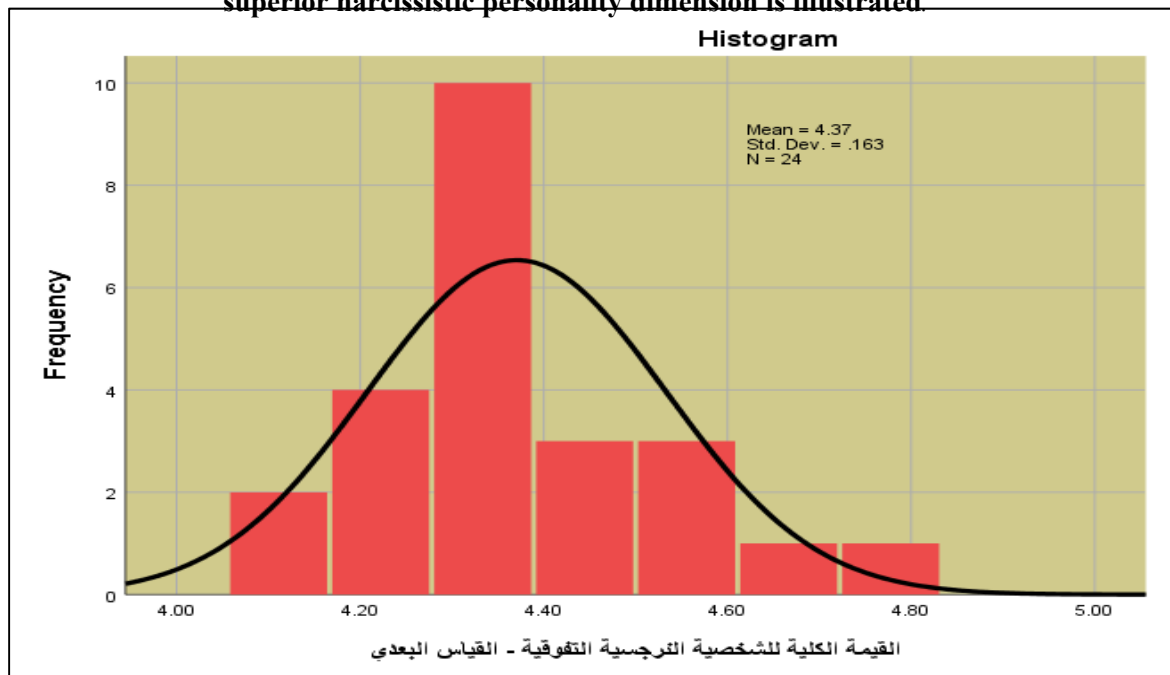
3.1 Presentation of arithmetic means, standard deviations and indicators of relative importance of the responses of the experimental research group in the pre-measurement of the dimension of the superior narcissistic personality:

Table 4: Arithmetic averages, standard deviations, and indicators of relative importance of the research group's empirical responses in the pre-measurement of narcissistic superiority personality statements.

S.N	Statistical methods used: Superior Narcissistic Personality Phrases	Arithmetic Mean	Standard Deviation	Relative importance	Overall orientation
1	I am a successful person in my sport.	04.12	0.679	0.82	Very high
2	I like to be first in everything.	04.04	.624	0.81	Very high
3	I can't afford failure and defeat in every area.	04.08	0.653	0.81	Very high
4	Days will prove that I am a special, great, successful person.	04.16	564.	0.83	Very high
5	I am disturbed by the superiority of others in sports competition.	04.12	0.536	0.82	Very high
6	I feel like a genius more than the rest.	04.04	.624	0.81	Very high
7	People can learn many things from me.	04.00	0.589	0.80	Very High
8	I have abilities that are beyond the capabilities of others.	12	0.612	0.82	Very high
9	I always strive to be different from others.	04.08	0.583	0.81	Very high
Total Value of Superior Narcissistic Personality Dimension		04.08	0.190	0.81	high

Through the results of the above table, we find the arithmetic averages, standard deviations and indicators of relative importance of the responses of the experimental research group in the pre-measurement of the superior narcissistic personality dimension, where the arithmetic averages varied between (04.04 – 04.16) and standard deviations between (0.536 – 0.679), in the first order of statement No. 31, which states that "days will prove that I am a distinguished, great, successful person" with an arithmetic mean of (04.16) and a standard deviation of (0.564) with a value of the relative importance index (0.83) in a very high general direction. In the second order were statements No. 28, No. 32 and No. 35, which states that "I am a successful person in My sport " and" I am disturbed by the superiority of others in sports competition " and" I have abilities that exceed those of others' 'with an arithmetic mean (04.12) and a standard deviation (0.536 – 0.679) with a value of the relative importance index (0.82) in a very high general direction, while the statements No. 30 and No. 36 indicating' 'I do not tolerate failure and defeat in all fields' 'and' 'I always strive to be distinguished from others' 'in the third rank with an arithmetic mean (04.08) and a standard deviation (0.583 – 0.653) with a value of the relative importance index (0.81) in a very high general direction, when the total value of the dimension of the superior narcissistic personality reached the arithmetic mean (04.08) and the standard deviation (0.190) in the relative importance index (0.81) in a general direction is very high, and therefore there is a very high level of superior narcissistic personality among combat sports wrestlers in relation to the tribal measurement, and the following figure shows this.

Figure 1: The distribution of arithmetic mean values in the upstream measurement of the total value of the superior narcissistic personality dimension is illustrated



3.2 Presentation of arithmetic averages, standard deviations and indicators of relative importance of the experimental research group responses in the meta-measurement of the dimension of supremacist narcissistic personality:

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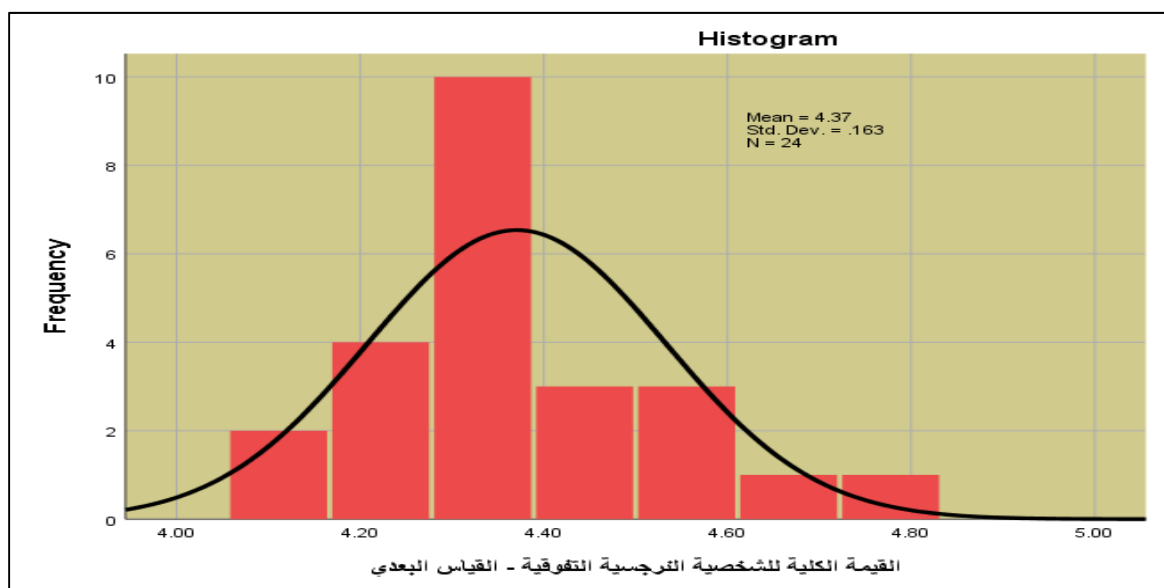
Table 5: Arithmetic averages, standard deviations, and indicators of relative importance of the experimental research group responses in the meta-measurement of narcissistic superiority personality statements.

S.N	Statistical methods used: Superior Narcissistic Personality Phrases	Arithmetic Mean	Standard Deviation	Relative importance	Improvement	Overall orientation
1	I am a successful person in my sport.	04.29	.624	0.85	.4	Very high
2	I like to be first in everything.	04.25	0.531	0.85	04	Very high
3	I can't afford failure and defeat in every area.	04.41	0.503	0.88	.6	Very high
4	Days will prove that I am a special, great, successful person.	04.37	0.494	0.87	04	Very high
5	I am disturbed by the superiority of others in sports competition.	04.41	0.583	0.88	8%	Very high
6	I feel like a genius more than the rest.	04.33	481	0.86	8%	Very high
7	People can learn many things from me.	04.50	510	0.90	10	Very high
8	I have abilities that are beyond the capabilities of others.	04.37	0.494	0.87	05	Very high
9	I always strive to be different from others.	04.37	0.575	0.87	8%	Very high
Total Value of Superior Narcissistic Personality Dimension		04.37	0.162	0.87	8%	High

Through the results of the above table, we find the arithmetic means, standard deviations and indicators of relative importance of the responses of the experimental research group in the post-measurement of the dimension of the superior narcissistic personality, where the arithmetic means varied between (04.25 – 04.50) and standard deviations between (0.481 – 0.624) in the first order of statement No. 34, which states that "people can learn many things from me" with an arithmetic mean of (04.50) and a standard deviation of (0.510) with a value of the relative importance index (0.90) in a very high general direction with an improvement rate for the proposed psychological program estimated at (10.0%), and in the second order were statements No. 30 and No. 33, which state that "I do not tolerate failure and defeat in all fields" and "I am disturbed by the superiority of others in sports competition" with an average calculation of (04.41) and a standard deviation of (0.503) with a value of the relative importance index (0.88) in a very high general direction with an improvement rate of (05.8% - 06.6%). The third ranking was for phrases No. 31, No. 35 and No. 36, which state that "days will prove that I am a special, great, successful person" and "I have abilities that exceed those of others" and "I always strive to be distinguished from others" with an average calculation of (04.37) with a standard deviation of (0.494) and an indicator Relative importance (0.87) As for the percentage of improvement, it reached (04.2% - 05.8%), while the

total dimensional value of the dimension of the superior narcissistic personality reached the arithmetic mean (04.37) and the standard deviation (0.162) with the relative importance index (0.87) in a very high general direction with an improvement rate of (05.8%), and therefore there is a high level of the level of superior narcissistic personality among combat sports wrestlers for the dimensional measurement, and the following figure shows this.

Figure 2: The distribution of arithmetic mean values in the meta-measurement of the total value of the superior narcissistic personality dimension is illustrated.



3.3 Show the mean difference between pre and post measurement of the experimental research group responses on the dimension of superior narcissistic personality:

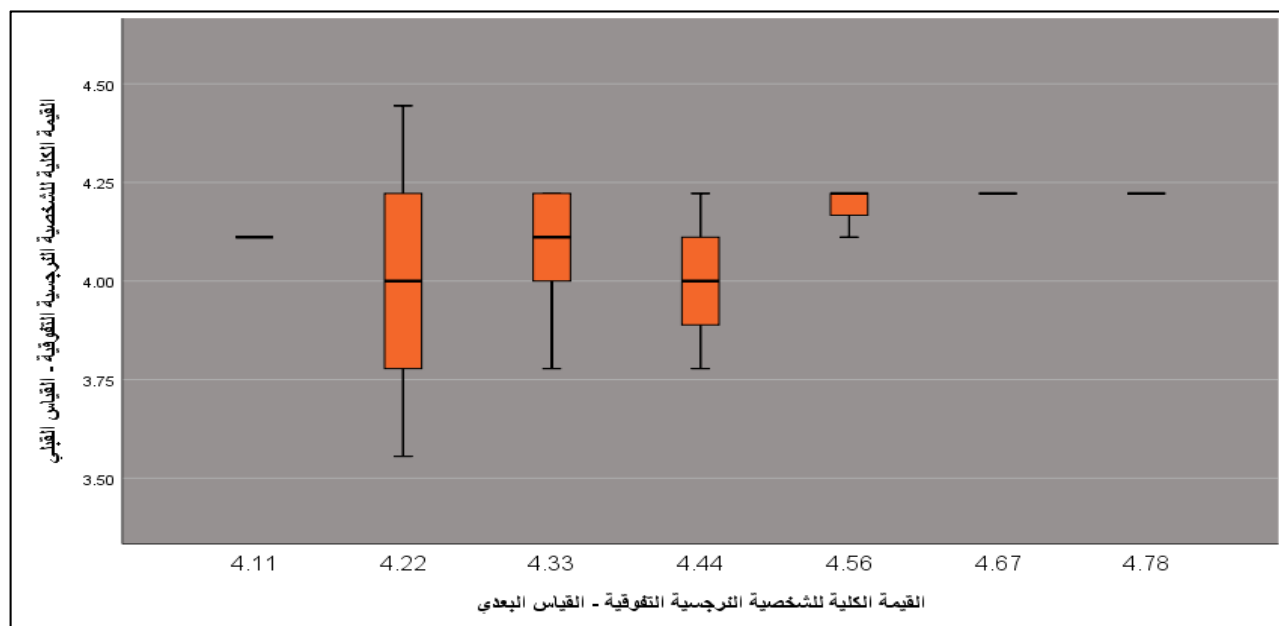
Table 6: Mean difference between upstream and downstream measurement of experimental research group responses on the superior narcissistic personality dimension.

Statistical methods	Arithmetic Mean	Standard Deviation	A calculated	Degree of	The value of the	Significance level	Result
Pre-test	04.08	0.190	06.29	23	0.00	0.05	statistical significance
post-test	04.37	0.162					

Through the above table, which shows the differences in averages between the pre measurement and the post measurement in the responses of combat sports wrestlers to the dimension of the narcissistic ego personality, where the arithmetic mean in the pre measurement was (04.71) with a standard deviation of (0.259), when the arithmetic mean in the post measurement was (03.74) and the standard deviation was (0.254), so the value of two related samples reached (06.29) at the level of significance 0.05, which is greater than the value of the differences (0.00). Thus, there are statistically significant differences between the pre and post-tests of the research group on the effect of the psychological program on the superior narcissistic personality of combat sports wrestlers and in favor of post-testing.

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Figure 3: Mean difference between upstream and downstream measurement of experimental research group responses on the superior narcissistic personality dimension.



3.4 Discussion of hypothesis findings:

The question suggested by the two researchers was: Are there statistically significant differences between the pre and post-tests of the research group with the effect of the accompanying psychological program on the superior narcissistic personality of combat sports wrestlers and in favor of post measurement? Accordingly, after conducting statistical analyses and reaching some of the results that were presented in tables No. (04 – 05 – 06) and graphically (01 – 02 – 03) and in writing, it was concluded that: There are statistically significant differences between the pre and post-tests of the research group with the impact of the accompanying psychological program on the superior narcissistic personality of combat sports wrestlers and in favor of post measurement, and therefore the hypothesis was achieved.

In this regard, he points out (Al-Dalis, 2021) that the myth illustrates the basic idea of self-harming narcissism and sometimes self-harming self-love. But it is not limited to a personality type that appears in advice articles. In fact, it is a set of traits classified and researched by psychologists. The scientific definition of narcissism is a self-image that is grandiose, exaggerated, and to different degrees. Narcissists believe that they are better-looking, smarter, and more important than others and that they deserve special treatment. Psychologists classify narcissism as a personal trait into two categories: luxurious narcissism and fragile narcissism. There is also a narcissistic disorder in personality. At its most, this behavior is classified as a psychological disorder called narcissistic psychological disorder. It is possible that they are only interested in themselves, but this can be a natural stage of development. In the fifth edition of the book of the American Psychological Association and in the Diagnostic and Statistical Manual, several traits associated with psychiatric narcissistic disorder are given, including a proud view of oneself, problems with empathy, a sense of entitlement, and the need for admiration and attention. What makes these traits a real personality disorder is that they control people's lives and cause important problems.

He believes (Hadfield, 2014) If you grew up and there is a member of your family who always expects the worst, and believes that life is bleak and contains a lot of obstacles in your way, it will be difficult to

be bleak and contain a lot of obstacles in your way, it will be difficult for you to adopt the natural positive attitude that any child enjoys. If we add to this a cause such as illness, accident, absence or neglect of a parent, maintaining balance becomes very difficult. No one can do anything about the family or the circumstances in which they were born, nor can you choose the upbringing you received, this is the past and no one can change what was lost. But you can do something mature, you can decide that whatever life experiences you have had so far, you will use them to make the future better for you, and for those around you (Hadfield, 2014).

This is why (Allawi and Darwish, 1998) emphasizes the need for psychological preparation for athletes, as sports psychology tries to understand the behavior and experience of the individual under the influence of motor activity and measure this behavior and experience as much as possible and an attempt to benefit from the knowledge and information gained from the applied scientific aspect. Sports psychology searches for psychological topics related to sports activity in its various fields and levels, and also looks at the psychological characteristics of the personality that form the basis of sports activity with the aim of developing this human activity and trying to find scientific solutions to its various applied problems (Allawi & Darwish, 1998, p. 15).

This was confirmed by the study of (Ben Nejme, 2019), which aims to know the impact of a counseling program during physical and sports education classes in raising the degree of self-confidence, where the effectiveness of the counseling program was reached in raising the degree of self-confidence of a sample of intermediate stage students, and the effectiveness of the counseling program in raising the degree of classroom social interaction in the study sample.

The study of (Ra 'ak, Al-Mahi, and Hamida, 2018), which aimed to know the impact of psychological preparation in the sports field on the performance of handball players during the competition stage before and during matches, as well as to know the extent of the impact of psychological preparation on the development of personal behavior of players during the competition period, as one of the findings is that public pressure has a negative impact on their sports performance, and they also lack focus inside the hall, which negatively reflects on the results of the team, in addition to which they are affected by the criticism of the masses, especially if they are negative criticisms. In order for players to avoid this negative impact, the results show us that they take lessons and classes in psychological preparation, which they consider the best solution for such stressful cases.

A study adds (Azizi & Nafaa, 2018) that the psychological counseling program led to the alleviation of competition anxiety among the experimental sample members, and this was reflected in improving the level of performance of players during competitions.

3. Conclusions:

- There is a very high level in the level of superior narcissistic personality among combat sports wrestlers in relation to the tribal measurement.
- There is a high level in the level of superior narcissistic personality of combat sports wrestlers in terms of post measurement.
- There are statistically significant differences between the pre and post-tests of the research group on the impact of the accompanying psychological program on the superior narcissistic personality of combat sports wrestlers and in favor of post measurement with an improvement rate of 05.8%.

4. Suggestions:

In light of the objectives and results of the study, the researchers recommended the following recommendations:

- Paying attention to the psychological qualities associated with combat sports wrestling and trying to develop them through various psychological preparation methods.
- The need for combat sports trainers to benefit from the results of the current study in the psychological preparation of players in Algeria.
- Interest in holding educational seminars on the impact of narcissism on the performance of the sports team.
- Conducting studies in the field of psychological sports to design a psychological scale that measures the narcissistic personality of athletes.

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