

## THE PSYCHOLOGY OF MANAGING TRAINING UNITS FROM THE POINT OF VIEW OF PREMIER LEAGUE SOCCER PLAYERS

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### ABSTRACT

Sport has become a manifestation of civilization and one of the measures that show the extent of progress of nations and their civilized advancement as a result of the scientific progress that has taken place and the interaction of physical education sciences with other scientific and human sciences that have affected and contributed effectively to the development and advancing progress in sports levels for sports activities in general and for the game of football in particular. Hence the importance of the research lies in the fact that the player's access to the higher levels is determined by several factors, the most important of which is the efficient sports coach, as access to the higher levels is directly related to the extent of the coach's ability to manage the training process, which is in two directions, namely, the educational direction and the psychological direction, and this requires efforts from the trainer Great and distinguished administrative ability in the aspects related to physical, skill, tactical and psychological preparation. In addition to this, he is aware of the complex emotional network that exists between him and the team and among the members of the team. As for the goals, they are setting standard levels, building and applying a measure of the psychology of managing training units from the point of view of club players in The Premier League in football and identifying the levels of the measure of the psychology of managing the training units from the point of view of the players of the Premier League football clubs. As for the research sample, players were selected from Football Premier League clubs.

The most important conclusions reached it is the existence of a clear discrepancy in the application of the psychological measure of managing training units from the point of view of the players of Premier League football clubs and the presence of statistically significant differences in the measure of the psychology of managing training units from the point of view of players of Premier League football clubs. The most important recommendations are the adoption of a measure of the psychology of managing training units from the point of view of the players of the Premier League football clubs and the need for clear knowledge from the coaches of the importance of the psychology of managing training units in managing the training process and sports clubs.

**Keywords:** psychology, management, training units.

### INTRODUCTION

Witness age Present many from developments accelerating, and changes successive a result Cognitive explosion, and a revolution the information communications, which make Sports clubs You face many from challenges and difficulties in How to keep up and method Adaptation with her. which is what duty on Sports clubs finding modalities Creative and renunciation Methods and procedures traditional way Find coaches and save means Occasion that help on

innovation modalities New which Sort it out progress Scientific and evolution technical that from most important what distinguish it his ability high on Leadership Sports clubs in Facing challenges and developments modern from during the influence in manners players and developing their capabilities creative p n road to open the field for them And encourage them on Confrontation Problems and difficulties that confront them.

Sport has become a manifestation of civilization and one of the measures that show the progress of nations and their civilizational rise as a result of the scientific progress that has taken place and the interaction of physical education sciences with other scientific and human sciences that have affected and contributed effectively to the development and advancing the progress in sports levels for sports activities in general and for the game of football. Especially, which is the first popular game in the world, which captures hearts due to the fun it provides and the rapid turnaround in the wheel of the modern development of life sciences in general, and of physical education sciences in particular and the breadth of new horizons that do not Its limits that appeared for those sports sciences, especially the science of sports training, imposed the adoption of modern scientific methods in solving problems that impede progress in sports in general and football in particular.

Hence the importance of the research lies in the fact that the player's access to the higher levels is determined by several factors, the most important of which is the efficient sports coach, as access to the upper levels is directly related to the extent of the coach's ability to manage the training process, which is in two directions, namely the educational direction and the psychological direction, and this requires the coach to make great efforts and ability Distinguished administrators in aspects related to physical, skill, tactical and psychological numbers .

#### **Research problem:**

The problem of the research lies in the weakness and fluctuation of the performance and the athletic level in the sports clubs, and the researcher believes that the reason for the weakness and decline is the failure to use appropriate administrative psychology during training and competitions with the players. The researcher finds that the solution to the problem of Low achievement and its decline is the correct use of appropriate administrative psychology in the training units, which has a positive impact on achieving a high level, and what reinforces the problem of the research is that previous studies, to the knowledge of the researcher, did not deal with such a study.

#### **The research aims: The research aims to :**

- 1- Establishing standard levels and building and applying a measure of the psychology of managing training units from the viewpoint of Premier League soccer players.
- 2- Identifying the levels of the psychology of managing the training units from the point of view of the Premier League soccer players

**Search hypothesis.**

**Research areas:** Research areas included the following:

human domain : represented by my players, Football Premier League clubs, for the season 2022-2023.

**spatial domain :**

Premier League football stadiums for the season 20 22 - 20 23.

**temporal domain :**

For the period from 15/11/2022 to 10/3/2023.

**Research methodology and field procedures:**

**Research Methodology :**

In the field of scientific research, the selection of the research methodology to solve the problem depends on the nature of the problem. Therefore, the descriptive approach was adopted using the survey method to suit the nature of the study.

Therefore, the research sample was chosen by the (intentional) method from the total community, and they are players and clubs in the Premier League in football for the sports season 20-22-2023. ( 370 ) players were subjected to the experiment, (7) players were expelled for not completing their answers, and ( 10 ) players were subjected to the exploratory experiment. As a result, the sample was divided into two parts, the first for the procedures for designing and building the scale, and the second to apply the scale, as follows:

First: the scale-building sample: it included some Premier League football clubs, numbered ( 200 ) players from the research community.

Second: the scale application sample: included ( 170 ) players.

Presentation of the items of the scale to the arbitrators:

After preparing the scale in its initial form, which contained ( 25 ) items, the **researcher did the following:**

First: The scale was presented to a group of arbitrators with expertise and specialization in the field of mathematical, administrative and psychological sciences. This is to identify the validity of the scale paragraphs and the extent to which they are appropriate in measuring what was set to measure them, as well as evaluating and modifying the paragraphs and judging them in terms of wording and accuracy in content. After the arbitrators expressed their opinions and observations about the items on the scale, the researcher reached the following:

The researcher analyzed the results of the questionnaire, using the percentage as a criterion for accepting or excluding the items of the scale, as the items agreed upon were accepted by (75%) or more. from the arbitrators that it is valid and suitable for the scale, and (Bloom) indicates that "the researcher must obtain approval of (75%) or more of the opinions of the arbitrators in this type of honesty" (Benjamin & Other, 1083)and the researcher obtained the percentage of agreement, The researcher also used (chi-square), as it showed that the rate of (75%) or more is acceptable when the paragraph gets it, knowing that the chi-square value calculated at a probability level (0.05) and a degree of freedom (1) is equal to (4.26), which is greater than Its tabular value is (3.84), which indicates the significance of this ratio, which



represents (15) experts out of (20) experts. Some paragraphs have been merged because they are similar in meaning, as well as some paragraphs about which the arbitrators made their observations were rephrased. Based on the foregoing, (5) paragraphs out of (25) were excluded.

schedule ( 1) Shows the percentage and Chi score calculated for the experts' answers on each item of the scale

T	percentage	Ca2	T	percentage	Kai degree	T	percentage	Ca2
1	%80	7,2	13	%85	9,8	25	%85	9,8
2	%80	7,2	14	%80	7,2	26	*%65	*1,8
3	%85	9,8	15	%95	16,2	27	%100	20
4	%80	7,2	16	*%65	*1,8	28	%85	9,8
5	%85	9,8	17	%85	9,8	29	*%65	*1,8
6	%85	9,8	18	%100	20	30	%100	20
7	%95	16,2	19	%100	20	31	%85	9,8
8	*%65	*1,8	20	%95	16,2	32	*%70	*3,2
9	%100	20	21	%90	12,8	33	%95	16,2
10	*%70	*3,2	22	%85	9,8	34	%85	9,8
11	%100	20	23	%85	9,8	35	%100	20
12	%95	16,2	24	%100	20	36	%90	12,8

**Correction of scale paragraphs:**

Correcting the paragraphs of the scale means obtaining the total score for the individual, which is calculated by adding the scores obtained by the respondent on the scale of assessment, and since the paragraphs have been formulated in a positive direction, weight has been given to the paragraphs as in the table below.

schedule ( 2)

Shows the method of correcting the paragraphs of the scale

Paragraph direction	always	mostly	sometimes	Scarcely	never
positive	5	4	3	2	1

And when each paragraph is placed according to Table (2), the predetermined weight is collected for all the paragraphs, and the result is the degree that reflects the psychology of managing the training units.

**Exploratory experience:**

The exploratory experiment was conducted on a sample consisting of (10) Players representing Naft Maysan Sports Club On ( 25/11/20 22 \_\_\_\_\_ )

**The main experience:**

The purpose of conducting this experiment is to apply the measure of the psychology of managing training units from the point of view of the players of the Premier League football clubs in its final form on 1/12/2022, to analyze the paragraphs statistically and know the discriminating power of the paragraphs of the scale and identifying the distinctive and non-distinguishing paragraphs, and to achieve this follow The researcher takes the following steps

**Statistical means:**

The researcher used the spss statistical bag:

- 1- Percentage .
- 2Arithmetic mean.
- 3- T-test.
- 4- Pearson's simple correlation equation.
- 5- Cyberman Brown equation.
- 6- Torsion modulus.
- 7- Chi-square.

Table No. (3)

The arithmetic mean and standard deviation of the psychology measure of managing training units from the point of view of Premier League soccer players

the scale	Arithmetic mean	standard deviation
Psychology of managing training units	75.19	8.59

**Discuss the Results :**

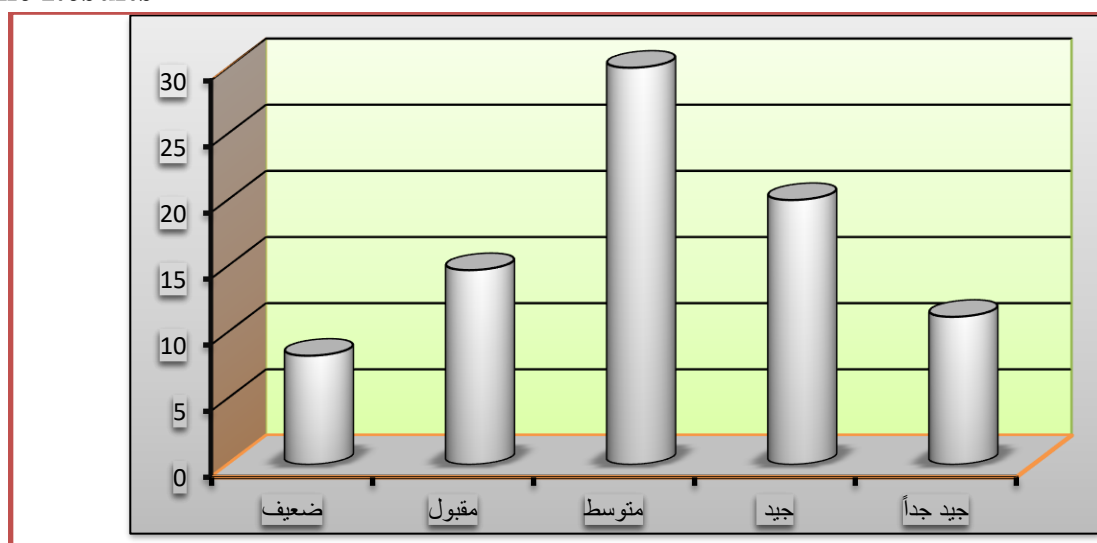


Figure ( 1 ) shows the distribution of the application sample for the measure of the psychology of managing training units from the point of view of Premier League soccer players.

table ( 4 ) Shows the raw scores, levels, numbers, and percentages of the psychology of managing training units from the point of view of Premier League soccer players.

levels	raw degree	the number	percentage
very good	84-100	19	%11.17
good	68-83	34	%20
middle	52-67	78	%45.88
acceptable	36 -51	25	%14.7
weak	20-35	14	%8.23

It can be seen in Table ( 4 ), which represents the levels of the strategic intelligence scale for the management of sports club coaches from one point of view. The players of the Premier League clubs looked at football, and the sample was distributed on several levels, as it became clear that the players who reached a very good level numbered ( 19 ) players, i.e. ( 11.17 %), and the level was good ( 34 ) players, i.e. (percentage). 20 %, and the level is medium ( 78 ) players, i.e. ( 45.88 %), the level is acceptable ( 25 ) players, i.e. ( 14.7 %), and the level is weak ( 14 ) players, i.e. ( 8.23 ) and the figure ( 1 ) That explains.

Through the results mentioned above, we find that the trainers who have obtained a very good level and good level are characterized by physical fitness and good health and maintain a high spirit of work and cohesion in nervous situations, especially in our current era, and they also have experience and high scientific or practical knowledge in their field of specialization to play a role The transfer of this knowledge, experience and skills to the players, and correct training based on experience and know-how reduces mistakes, and here (Mufti Ibrahim) indicates that "the completion of sports training operations and their success depends mainly on the availability of specific characteristics, attributes, capabilities, knowledge and skills of the coach and through these skills, The trainer can deal with each individual and develops his personality through good physical qualifications in addition to the psychological characteristics required by the event. (Hammad, 1998)

This is confirmed by Mahmoud Eid al-Musallam, "Leadership is a style based on the ability of the leader to create an atmosphere of friendliness, acceptance, and motivation among the subordinates in the organization towards the profession in the organization in which they work, commitment to its organizational goals, and striving to develop it through a common belief and complete conviction in the interest of work. (Al-Saliby, 2007)

Either coaches who have obtained a level (intermediate), because of That coaches do They use communication skills with players and fluency in expression because of its importance in training, as language plays an important role as a main means of communication and is intended to express opinions and ideas very clearly without complicating any situation or hesitation in what he says so that his personality does not shake in front of others.

And (Ammar Abdel-Rahman) points out, "The coach's psychology plays a big role during the training process The training process that is reflected on the trainees in particular, and for this reason the coach must have the highest levels of psychological discipline in the most difficult



and accurate cases and counteract the emotion with calmness, fanaticism and stubbornness with patience and anger with politeness. It leads to feelings of enmity and hatred.” (Qaba, 1999)

Bashir Al - Alaq also points out that “the leader has many roles, the most important of which is that he becomes a compass for guidance for the future through his thinking , and the leader has many other roles that are less than the role of the strategic thinker, even if they are complementary to him . in word and deed (Al-Alaq, 2010)

and who between the reasons responsible \_ \_ on loss expertise Coach is drop his capabilities mental creativity. Both Halim Muniri and Issam Badawi point out, " The leader is the thinking mind, the guide, and the beating heart that drives vitality in the arteries and components of the organization by directing the efforts of others, influencing their behaviour, and coordinating the use of the energy of available resources. The personality of the leader and his style in managing the organization and the treatment of his subordinates. The leadership behaviour of the leader plays an influential role in the performance of his subordinates. (Badawi, 1991)

As Zaki Muhammad points out, " The coach may easily fall prey to materialism, as working with a certain financial salary through his engagement in the training profession to increase and improve his income may be one of the main reasons for the coach to make many concessions, such as (some interference in setting up the program for the team or the lineup of players). Or he is meeting with the players ... etc. All of these things will put the coach in a bad position and show him complete negativity in front of the players as well as the club's management. (Hassan, 1997)

Presentation and discussion of the results of the psychology of managing training units from the point of view of Premier League club players for the football season 2022-2023:

table (5)

**It shows the results of variance analysis and the value of (q) calculated for the psychology of managing training units from the point of view of football club players according to the classification variable.**

sources of contrast	sum of squares	degrees of freedom	mean of squares	F calculated	p tabular	The result
between groups	882.32	2	382	13,131	3.84	moral
within groups	979.94	167	29.1			
total	2083.31	169				

By presenting Table ( 5 ), we find that there are significant differences in the psychology of managing training units from the point of view of Premier League soccer players.

The researcher believes that the reason for the existence of a difference in the level of the excellent class coaches in the measure of the psychology of managing the training units from the point of view of the players of the excellent football clubs is because the coach advances in his experience in the training process and supervises the training of many teams of different levels, and this is an important factor. In giving him experience and the ability to qualify him to manage the training unit in a better way, through which he shows good psychological dealing with the players during the training unit and knowing how to lay the foundations that enable him to identify the psychological problems of the players and then find appropriate solutions to

overcome these problems by paying special attention to the psychological aspect. Being one of the most important pillars on which the correct preparation of the athlete depends, so the more the coach progresses in his training experience, the more aware he is of the psychological impact of good dealing with his players, and this is reflected in the performance of the players during the training unit, which serves the process of preparing the player and the team.

Some experts mention that most of the champions at the international level are very close in terms of physical, skill and tactical level. As a result, there is an important factor that determines the outcome of their struggle during sports competitions to win and record numbers, which is the (psychological factor) that plays an important role and victory is based on it. and excel.” (Allawi & Muhammad Nasr al-Din Radwan, 2002)

### CONCLUSIONS AND RECOMMENDATIONS

Conclusions: The researcher concluded the following:

- 1-There is a clear discrepancy in the application of the measure of the psychology of managing training units from the point of view of the players of Premier League football clubs.
- 2-There are statistically significant differences in the measure of the psychology of managing training units from the point of view of Premier League soccer players .
- 3-There is the ability of coaches to deal with the problems that their teams are exposed to and thus take appropriate decisions.
- 4- The results of the study showed that the coach has a major role in guiding the players with the technical and educational directions he dictates to them during the training process and competitions .

### RECOMMENDATIONS

In light of the results of the study, the researcher recommends the following:

- 1- Adopting a measure of the psychology of managing training units from the point of view of Premier League soccer players.
- 2- The necessity of clear knowledge from the trainers of the importance of the psychology of managing the training units In managing the training process and sports clubs.
- 1-Emphasis on football coaches relying on appropriate administrative psychology when developing training programs so that they can develop the appropriate training load for the training units.
- 5-Holding courses for trainers and benefiting from them in the process of developing them in the administrative and technical aspects.

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**In the name of God, the most gracious, the most merciful**

M / questionnaire form

good greeting

The researcher intends to conduct his study tagged ( the psychology of managing training units from the Point of View of Premier League soccer players.(

Since you are concerned with this study, please read the paragraphs of the scale accurately and objectively and mark ( √ ) either the statement that you feel agrees with or disagrees with.

Thank you for your cooperation in the service of scientific research.

Here is an illustrative example:

T	paragraphs	always	mostly	sometimes	Scarcely	never
1	The coach constantly monitors the behaviour of .the players	√				

**note:**

**no, There is a right or wrong answer. Your answer is always based on how you feel.**

**The information you provide is for scientific research purposes only.**

**Researcher /**

T	paragraphs	always	mostly	sometimes	Scarcely	never
1	The coach makes us feel the importance of every player					
2	.Criticism is given only when necessary					
3	constantly monitors the behaviour of the n players					
4	The coach comments on the .performance, not the players					
5	The coach's interest in the individuality .of my performance gives me confidence					

6	My coach evaluates my mistakes as an essential part of the training to benefit .me					
7	He cares more about a good .performance than a bad performance					
8	The coach reviews each player's level .before practice					
9	The coach puts in exercises that suit the .capabilities of the players					
10	My coach pays attention to the process .of socializing with the players					
11	.I feel the coach's interest in psychology					
12	The coach motivates me during the .training unit					
13	The coach creates aids and motivation .for training					
14	The coach encourages me to practice through his instructions on how to .perform					
15	I feel my coach is a good example for .others					
16	,The instructor's instructions are concise .clear, and uncomplicated					
17	I feel that my coach is fair to all the .players					
18	The coach notes that the players .perform according to their abilities					
19	The coach uses feedback in his .comments on performance					
20	tone of voice and his words are trainer's appropriate when giving guidance					