

PSYCHOLOGICAL RESILIENCE AND ITS RELATIONSHIP TO SOCCER SCORING ACCURACY

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ABSTRACT

The preparing the players well from the psychological point of view in addition to the physical will make the player able to face the various challenges and different circumstances of the player and achieve the highest sports levels, and here is the value of article. in studying the relationship between psychological flexibility and scoring accuracy in soccer. As for the research objectives Identify the psychological resilience of soccer players and identifying the relationship between psychological resilience and soccer scoring accuracy. The research community is represented by the players of the University of Babylon soccer team, who are (25) players. (20) players were selected from the research community to represent the research sample, as homogenization was carried out for the sample members according to the research controls. After conducting the tests concerned with the research, the data was collected and processed statistically, and then the results were extracted on the basis of which the conclusions were built, the most important of which is there was no clear relationship between Psychological resilience and accuracy in the current study, as the research sample was represented by the soccer team at the university, which is considered an advanced category.

KEYWORDS: *Psychological, Resilience and Accuracy.*

INTRODUCTION

The sciences of physical education today are racing towards achieving the best achievement, through the overlapping of disciplines among themselves in order to reach the scientific facts related to the characteristics of man and the environment that surrounds him. Psychology is one of the prominent basic sciences to control human behavior and understand how it coexists with different environments, especially the sports field.

The word resilience is intended to return or rebound and return again, in the sense of returning to the natural state and recovering easily from the obstacles facing the individual and the group, a behavior that includes (fun, joy, hope, possession of faith, support for social relations. The concept of resilience came into existence when he tried A group of scientists and Researchers explain the benefits positive behavior of the individual while he is exposed to difficult situations and understand the process of explaining his unexpected performance.¹ The interest remained focused on studying the psychological resilience of individuals until the emergence of Positive Psychology Focus Survey and development of personal strengths, capabilities and positive traits.

Psychological resilience is similar to some other concepts, and this similarity is either in the effect and results on individuals or in the reasons leading to the occurrence of the phenomenon, or in some characteristics that the individuals who fall under the category of this concept are similar to, perhaps the most prominent of which are: psychological toughness, psychological immunity, Ego flexibility, ego strength, positive thinking, positive compatibility, emotional calmness, emotional balance, and the ability to adapt.²

The nature of soccer or what is distinguished by its skills and competition is characterized by great pressures on the players, as during the change in the circumstances of the game, tension may arise between the players, especially if there is no harmony between them, or if their training doses are not well regular. The ability of players to face various pressures and changes differs from one person to another, as one player differs from another in the way of facing the challenges and difficulties that occur during training and matches. Good is an appropriate response, so when the player is psychologically inflexible, he does not accept the directions that arise during the various challenges, whether he is in training or competition.³

Through the foregoing, we find that preparing the players well from the psychological point of view in addition to the physical will make the player able to face the various challenges and different circumstances of the player and achieve the highest sports levels, and here lies the importance of research in studying the relationship between psychological flexibility and scoring accuracy in soccer.

RESEARCH OBJECTIVES

1. Identify the psychological resilience of soccer players.
2. Identifying the relationship between psychological resilience and soccer scoring accuracy.

RESEARCH HYPOTHESES

- There is a statistically significant relationship between psychological resilience and soccer scoring accuracy.

RESEARCH METHODOLOGY

The researcher used the descriptive approach in the way of correlational relations due to its suitability to the nature of the research procedures.

RESEARCH COMMUNITY AND SAMPLE

The research community is represented by the players of the University of Babylon soccer team, who are (25) players. (20) players were selected from the research community to represent the research sample, as homogenization was carried out for the sample members according to the research controls and as shown in the table (1).

Table 1. Show homogeneity of the research sample

		Age	Height	Weight
N	Valid	20	20	20
	Missing	0	0	0
Mean		20.35	173.8	73.55
Median		20	174.5	75
Mode		19	176	77
Std. Deviation		1.137	4.37	4.56
Skewness		0.17	0.66	0.674

MEASUREMENTS AND TESTS USED IN THE RESEARCH

1. **Measure of psychological resilience:**⁴ A psychological resilience scale consisting of (100) items was adopted, corresponding to three answers for each item (always take 3 marks), (sometimes take 2 marks) and (rarely takes 1 mark).
2. Soccer scoring accuracy test, Scoring towards a goal divided into squares:
 - a. Test purpose: measure target accuracy.
 - b. Supplied with tools:(bar that designates the area of scoring, a legal soccer goal and three soccer balls).
 - c. Performance methods: (2) balls are positioned on the penalty line, which is 18 yards from the goal line, and the distance between the ball and the other (1) is And another (2) yard, the player is awarded the points listed in the test, according to their importance and difficulty. One after another, assuming the test is initiated from the running position.
 - d. Scoring method: Count the number of shots that hit the targets set by both teams, so the scores each of the five balls is determined as follows:
 - i. Field 5 is 5 degrees.
 - ii. Field 4 is 4 degrees.
 - iii. Field 3 is 3 degrees.
 - iv. Field 2 is 2 degrees.
 - v. Field 1 is 1 degree.
 - vi. When the ball goes out of bounds it is 0 degrees.

Pilot study

The researchers conducted an pilot study with a sample of gamers from the United States University of Babylon team, consisting of 3 players from outside the research sample, and aimed the following:

1. Recognize the time taken for the test.
2. Checking the validity of the tests and tools used in the article.
3. Identifying the time of the tests and the ability of the assisting work team to apply the tests to the research sample.

RESULTS AND DISCUSSIONS

- View and analyze the results of physical flexibility and scoring accuracy in soccer

Table 2. Show results of the descriptive analysis of physical flexibility and scoring accuracy in soccer

Variables	Mean	Std. Deviation	N
Scoring accuracy	19.45	1.234	20
Psychological resilience measure	99.7	5.841	20

Table 3. Show persen test results between physical flexibility and scoring accuracy in soccer

Correlation		Psychological resilience measure
Scoring accuracy	Pearson Correlation	0.12
	Sig.	0.609
	N	20

Through the results presented in the two tables (2 and 3), we find that the relationship between psychological resilience and scoring accuracy is very weak, and this is an indication that skill has an effective role in achieving better results than the overlap of psychological variables. In the field of psychology, ⁵resilience or psychological resilience is a term used to describe: the ability to adapt or agree with and / or confront or confront pressures, calamities, or life's hardships. This term is also used to refer to all immune components against the negative effects of bad events in the future.⁶

Therefore, we find that the term psychological resilience may work with young soccer who have little experience and a relatively short training life.⁷

Psychological resilience as a feature is associated with positive feelings that promote health for individuals, as it helps to adapt quickly and efficiently, and individuals who have high resilience have a greater understanding of the positive

feelings that can be presented in times of stress, in addition to that, resilience in individuals carries a recovery of blood vessels And the heart is fast compared to less flexible individuals.⁸

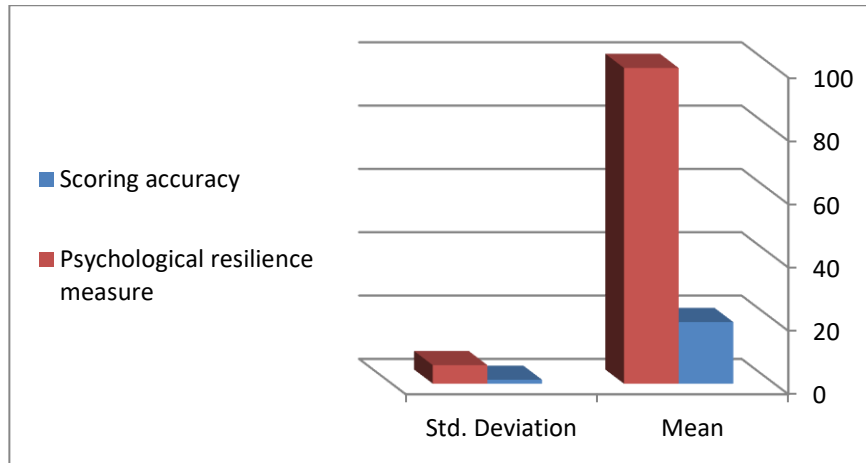


Figure 1. Show results of the descriptive analysis of physical flexibility and scoring accuracy in soccer

The significance of psychological resilience is apparent, as it facilitates the adjustment of individuals to different situational situations and maintains a harmonious equilibrium between the various areas of their lives, this will lead to committed behavior and values. Flexibility is essential to the social health of an individual and their ability to recover from stressful situations.⁹ Self-control, self-mastery, or the capacity to alter cognitive and behavioral inclinations is a component of psychological resilience, individuals with the greatest levels of control have a greater capacity for social interaction. As such, they have a greater degree of flexibility, this is most evident in their curiosity and tenacity.¹⁰

CONCLUSIONS

Psychological resilience has a clear and effective effect on the players in the initial training phase, especially the juniors, as this category of players does not have sufficient experience to coexist with the sports community easily, as they lack experience and the ability to act in different situations, so there was no clear relationship between Psychological resilience and accuracy in the current study, as the research sample was represented by the soccer team at the university, which is considered an advanced category.

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