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Dimensions of competition anxiety based on motivation and its relationship to the motivation of sports achievement for Baghdad club youth players in the Iraqi Stars Football League

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Abstract

The study aims at identifying some dimensions of competition anxiety and sports achievement motivation among young players of some Baghdad Premier League football clubs, and to identify simple correlation coefficients between the implication of sports competition anxiety and sports achievement motivation. The research sample consists of players from some Baghdad Premier League clubs, which numbered (192) players. The Data was collected using a measure of sports competition anxiety and sports achievement motivation. Many conclusions were reached, including that there is great harmony between the implication of sports competition anxiety and the motivation to achieve success for football players. Harmony was found between the dimensions of sports competition anxiety and the motivation to avoid failure. In the research sample, there are direct effects of physical anxiety with the two implications of motivation for athletic to success, and the motivation to avoid failure. The direct effects of self-confidence in the two dimensions of motivation for athletic achievement were positive with the motivation for achieving success.

Keywords: Competition anxiety, athletic achievement motivation, football players.

أبعاد قلق المنافسة وعلاقته بدافعية الإنجاز الرياضي للاعبين شباب اندية بغداد في دوري نجوم العراق لكرة القدم

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المخلص

هدف البحث الى التعرف على بعض ابعاد قلق المنافسة ودافعية الإنجاز الرياضي لدى لاعبي شباب بعض اندية بغداد الدرجة الممتازة لكرة القدم، والتعرف على معاملات الارتباط البسيط بين ابعاد قلق المنافسة الرياضية مع دافعية الانجاز الرياضي، تكونت عينة البحث من لاعبي بعض اندية بغداد الدرجة الممتازة والبالغ عددهم (192) لاعب، وقد تم جمع البيانات باستخدام مقياس قلق المنافسة الرياضية ودافعية الانجاز الرياضي، وتم التوصل الى العديد من الاستنتاجات ومنها هناك تناغم

كبير وارتباط واضح بين ابعاد قلق المنافسة الرياضية ودافع انجاز النجاح للاعبين كرة القدم، كما وجد ارتباط بين ابعاد قلق المنافسة الرياضية ودافع تجنب الفشل لدى عينة البحث هناك تأثيرات مباشرة للقلق البدني مع بعدي دافعية الانجاز الرياضي مع دافعية انجاز النجاح، وايضاً دافع تجنب الفشل كانت طردية، التأثيرات المباشرة للثقة بالنفس في بعدي دافعية الانجاز الرياضي كانت طردية مع دافع انجاز النجاح.

الكلمات المفتاحية: قلق المنافسة، دافعية الانجاز الرياضي، لاعبي كرة القدم.

1- The introduction and importance of the research:

It is not a secret to everyone that today the world has become constant and continuous developing in all areas of life, including the sports field, there is an overlapping connections between the sports field and other areas of life, also the sports field stands out among these fields as it has become one of the important pillars in all aspects of society, including physical, social, health and psychology as well, (Khudhair, M. O., Jasim, H. T., & Hani, A. T. 2022). There are many phenomena, also modern ones, that can be studied to add development to them, and the most important one is competition anxiety, which leads to psychological problems to which athletes are exposed, including states of psychological tension, fear, and anxiety (Fadel, G. A., & Kadem, M. J. 2021) and (Fakehy, M., & Alfifi, H. 2023). Participation in competitions and competitive matches of a sporting nature and the associated subjective experiences of an emotional nature are also among the important factors that work to stimulate the practice of sporting activities, which help in advancing the sport level and developing it, as it is the direct reason for the individual's persistence in practicing training. The athlete must make every effort to appear fit and achieve the best possible results, in addition to raising the level of emotional experiences directly related to competitions (Kadhim, M. J. 2012) and (Khudhair, M. O., Abed, S. R., & Jasim, H. T. 2023).

Today, success or failure is considered one of the most important motivations that play an important role at this stage (Allawi, 1979) and (Jasim, H. T., & Ali, A. L. 2023) Achievement motivation is also one of the main variables that determine the amount of performance an individual performs (Jasim, H. T., Hussein, A. H., & Ibrahim, S. S. 2021) and (Sarhan, A. 2024) It is assumed that when an individual begins to engage in any activity, he may aim to reach a level or degree of achievement, but when the feeling of achievement is absent and goals are not achieved, it can lead to the development of negative feelings such as frustration and also withdrawal (Jassim, H. T., Abed, S. R., & Ibrahim, S. S. 2023) and (Al-Ghamdi, T. S., & Haggag, M. Y. 2024).

Hence the importance of the research, which is concerned with analyzing and interpreting the relationship between the dimensions of sports competition anxiety

and the variable of sports achievement motivation among the research sample, who are young players from some Baghdad clubs in the Iraqi Stars Football League, as a study that contributes to identifying some of the main psychological aspects of the personality of football players. (Abed, I. S., Khlaif, I. K., & Salman, S. M. 2022), Which, if taken care of and developed towards positive aspects, will help to reach the advanced level in the players' physical, skill and tactical performance during sports competitions (Salih, N. 2023).

1-2 Research problem:

Athletes in general and football players in particular are exposed before participating in sports competitions to many psychological phenomena, including sports competition anxiety (Jasim, H. T., & Ali, A. L. 2023), which may be associated with some unpleasant negative aspects that often lead to a decline in the level of players (Issa, F. A. W., Mohaif, S. M., & Kadhim, M. J. 2024). This is what shows us the problem of the research, which the researcher noticed through his follow-up of the psychological states that players go through before entering sports competition. This problem is a phenomenon that may lead to many negative effects on players when entering a competitive atmosphere, and this is what Ibrahim emphasized. (2008, 89) (Al Gheithi, R., Al Droushi, A. R., & Gafaar, A. 2024). However, high anxiety may sometimes lead to a bad psychological effect on the player instead of being a factor in his compatibility.

1-3 Research objectives:

- Identifying the implications of sports competition anxiety and achievement motivation for young Baghdad club players in the Iraqi Stars Football League.
- Identifying the relationship between the implications of sports competition anxiety and achievement motivation for young players of Baghdad clubs in the Iraqi Stars Football League.

1-4 areas of research:

- The human field: Youth players from Baghdad clubs in the Iraqi Stars Football League.
- Time frame: period from 11/10/2023 to 1/5/2024.
- Spatial domain: The headquarters of the Baghdad clubs participating in the Iraqi Stars Football League for the 2023-2024 football season.

2. Research methodology and field procedures:

2-1 Research methodology:

The instrumental research method is a tool through which the researcher can find solutions to address the research problem. Therefore, the researcher used the

descriptive method in the manner of correlational relationships to suit the nature and problem of the research.

2-2 The research community and its sample:

The research population consisted of youth players from Iraq Stars League football clubs for the season (2023 - 2024), who numbered (469) players. The research sample consisted of (192) players, who were youth players from Baghdad clubs for the Iraq Stars Football League, to whom the scale was applied. Thus, the research sample represented (40.93%) of the original research community, and 10 players were used as an exploratory experiment sample, as shown in Table (1).

table (1) Shows the details of the research sample.

Percentage	number	the details	T
5.20 %	10	Sample exploratory experiment	1
94.79 %	182	Sample application of the scale	2
192 players		the total	

2-3 Means, devices and tools used:

- Arabic and foreign sources.
- Personal interviews.
- Sports Competition Anxiety Scale Questionnaire.
- Sports achievement motivation scale questionnaire.
- Assistant work team.
- Personal computer (laptop) type (HP).
- Field visits to collect information.
- International Information Network (Internet).
- Casio electronic calculator.
- Dry pens.
- A stopwatch to know the answer time to the scale statements.

2-4 Standards used in the research:

2 - 4 - 1 Sports Competition Anxiety Scale:

After reviewing many studies and standards, the researcher took the opinion of the experts and conducted scientific foundations so that the researcher could apply the Competition Anxiety Scale to the research sample. The researcher used the Competitor Anxiety scale designed by Martens, Burton, and Feeley. (Bump) and (Smith 1990) prepared in Arabic by "Muhammad Hassan Allawi" and as shown in Appendix No. 1. This list included (3) dimensions that are related to competition anxiety, which are as follows (cognitive anxiety, physical anxiety, self-confidence). The list contained: (27) statements with (9) statements for each of these dimensions. The answer to the scale statements with four alternatives was

(almost never, sometimes, often, almost always), as all the scale statements were in the positive direction, except for statement number (14) in After physical anxiety, there was a (negative) phrase, and the phrases in the positive direction were corrected as follows:

Almost never = 1 degree

Sometimes = 2 degrees

Mostly = 3 degrees

Almost always = 4 degrees

As for the negative statements, they are in the opposite direction, and thus the highest score for the scale was (108) degrees, the lowest score was (27) degrees, and the degree of neutrality was (67.5). The highest score for each dimension of the scale was (36) degrees, and the lowest score for the dimension itself was (9) degrees, while the degree of neutrality is (22.5) degrees.

2-4-2 Sports achievement motivation scale:

After taking the opinion of the experts, the researcher used the scale for sports achievement motivation shown in Appendix No. (2), which was based on the scientist (Joe, not in 1982) and which originally consisted of (40) statements. Muhammad Hassan Allawi defined this scale, shortened it, and made some modifications to it. Then the scale became in its final form, which consists of 20 statements. This scale measures two dimensions (the success motivation dimension, the motivation to avoid failure dimension) and 10 statements for each field, as there were (6) negative statements and (14) positive statements, and the answer to the statements was The scale consists of five alternatives (to a very great extent, to a great extent, to a moderate degree, to a small degree, to a very little degree). The scale was corrected by using five alternatives to the phrases, respectively (1, 2, 3, 4, 5) for positive phrases, and the alternatives (5,4,3,2,1) for negative expressions, as the highest score for the scale is (100) degrees, while the lowest score is (20) degrees.

2 - 4 - 3 Scientific foundations:

2 - 4 - 3 - 1 Apparent honesty:

The researcher took the necessary steps to reach the validity of the scale, as the researcher relied on apparent validity as a type of scientifically approved validity. The apparent validity is “the initial examination of what is included in the scale and is done by some arbitrators to evaluate it and also determine its suitability to the objectives of the research and its problem” (Al-Fayyad, 1986). The researcher

presented the scale to (11) experts in the field of sports psychology, the field of testing and measurement, and the field of football, to reach the apparent validity of the phrases of the scale (sporting competition anxiety) and the scale (athletic achievement motivation). It was found that all experts agreed on the phrases of the two scales. With modifications to some phrases to suit the research sample.

2 - 4 - 3 - 2 Stability of the scale:

The researcher relied on calculating reliability using the Cronbach's alpha reliability equation for the total score of the scale. The Cronbach's alpha reliability coefficient for the total score of the (athletic competition anxiety) scale was 0.79, while the reliability coefficient for the (athletic achievement motivation) scale was 0.82. This indicates that the two scales have a good and acceptable degree of reliability. Reliability and it is possible to apply them to the research sample.

2-5 Field research procedures:

2 - 5 - 1 The exploratory experiment:

The researcher conducted the exploratory experiment to identify the obstacles that the researcher may face during the main experiment and avoid them while applying the scale to a sample of applying the scale. The exploratory experiment was implemented on 11/27/2023 on a sample of (10) players from the original community and they were excluded from the field. The process of applying standards.

2 - 5 - 2 The main experiment:

The researcher, with the help of his assistant work team, distributed the forms for the (Sports Competition Anxiety) scale and the (Sports Achievement Motivation) scale forms to the members of the research sample, which numbered (182) players, from 12/5/2023 until 12/25/2023 and after that. The questionnaires were collected and emptied to extract the research results.

2-6 Statistical methods:

The statistical package (SPSS) was used to extract the search results.

3- Results:

3-1 Presentation and discussion of the results of applying the scales of competition anxiety and sports achievement motivation:

Through the results reached by the researcher, which were processed statistically to reach the research objectives, we can review these results through Table No. (2).

Table No. (2) It shows the arithmetic means and standard deviations for the dimensions of sports competition anxiety, sports achievement motivation, and the value of the hypothesized mean among members of the research sample.

Statistical features			Search variables		T
Hypothetical mean	Standard deviation	Arithmetic mean			
22.5	3.71	23.64	Cognitive anxiety	Sports competition anxiety	1
	3.60	16.81	Physical anxiety		
	3.88	24.71	Self-confidence		
30	4.88	35.60	Motivation to achieve success	Sports achievement motivation	2
	5.13	31.81	Motivation to avoid failure		

Table No. (3) It shows the inter-relations between the dimensions of sports competition anxiety and the dimensions of sports achievement motivation.

Motivation to avoid failure	Motivation to achieve success	Self-confidence	Physical anxiety	Cognitive anxiety	Variables	T
				1	Cognitive anxiety	.1
			1	0.38	Physical anxiety	.2
		1	0.22	0.27	Self-confidence	.3
	1	0.81	0.27	0.39	Motivation to achieve success	.4
1	0.38	0.22	0.36	0.33	Motivation to avoid failure	.5

Table No. (4) Path analysis shows the dimensions of sports competition anxiety and its impact on the motivation for success.

The value of the connection with the motivation to achieve success	Self-confidence	Physical anxiety	Cognitive anxiety	Variables	T
0.244	0.186	0.042	0.189	Cognitive anxiety	1
0.188	0.288	0.039	0.030	Physical anxiety	2
0.786	0.432	0.024	0.011	Self-confidence	3

Table No. (5) Path analysis shows the dimensions of sports competition anxiety and its impact on the motivation to avoid failure

Value association with failure avoidance motivation	Self-confidence	Physical anxiety	Cognitive anxiety	Variables	T
0.088	0.096	0.088	0.223	Cognitive anxiety	1
0.162	0.198	0.176	0.212	Physical anxiety	2
0.411	0.064	0.014	0.124	Self-confidence	3

3-2 Discussing the results of applying the two dimensions of competition anxiety and sports achievement motivation:

By observing Table No. (2) and by comparing the arithmetic means for cognitive anxiety, physical anxiety, and self-confidence with the hypothesized means, we

note that the research sample suffers from cognitive anxiety, and this is evident from the arithmetic mean of (23.64) being higher than the hypothesized mean of (22.5). As for physical anxiety, the research sample does not suffer from it because the arithmetic means of (16.81) is less than the hypothesized mean of (22.5), while the research sample has self-confidence, and this is shown by the arithmetic mean of (24.71) being higher than the hypothesized mean is (22.5). As for the variables of the motivation to achieve success, when comparing the arithmetic mean of (35.60) with the hypothesized mean of (30), it becomes clear that the arithmetic mean is higher than the hypothesized mean regarding the achievement motivation dimension. This certainly indicates that the research sample is motivated. Good towards achieving success. As for avoiding failure, the arithmetic mean is (31.81), which is higher than the hypothetical mean of (30). This indicates that there is a moderate percentage of avoiding failure among the study sample.

By observing Table No. (3), we notice the process of correlations in the matrix indicating that there is an integration between the direct effects of these variables, which helps us to identify the nature of the correlational relationships between them, there is a clear link between the dimensions of sports competition anxiety and the motivation to achieve success for football players. A link was also found between the dimensions of sports competition anxiety and the motivation to avoid failure in the research sample. When observing Tables (4) and (5), there are direct effects of cognitive anxiety with motivation. Achieving success and the motivation to avoid failure. There is also a direct effect of physical anxiety and self-confidence on the motivation to achieve success and avoid failure. The reality indicates that there are direct and significant influences between the research variables. The researcher attributes this to the fact that athletes who possess self-confidence will certainly have a great motivation to achieve. Consequently, a great effort will be made to achieve high and distinguished levels, and the athlete will also enjoy high concentration and calmness appropriate to the sporting situation, thus overcoming all the pressures that may be placed on him because of training and competition, and this is what (Wooholk) emphasizes, quoting (Qatami, 398) "that every behavior has a motive." Motivation comes because of the confidence present in the athlete, and the motivation's control over thinking puts the athlete in an unbalanced psychological state. The achievement motivation is closely linked to self-confidence, as the individual's behavior and performance of any demand comes through the presence of confidence in the athlete, since motivation is his behavioral guide. Which stems from his great desire for that behavior (Dagher and Saleh, 335) (Taha, R. A., & Khalif, E. K. 2022) This is what affects the level of psychological endurance of the athlete, as (Nasima, 2024: 64) states that "coaches must pay attention to many psychological aspects, including predicting the level of

psychological endurance and studying its negative and positive aspects because of their impact on the individual's personality," and it also gives the player High psychological energy helps him in his athletic performance, as psychological energy may be achieved through control and control of thoughts and emotions, and achieving psychological energy, for example, can be achieved by controlling some thoughts and emotions and by paying attention to organizing each of them (Hussein and Abdel Qader, 122). (Khudair, G. K., Ahmed, F., & Curby, D. G. 2024).

(Badr, 2024: 35) states, "Man is naturally impulsive and has a desire to achieve excitement that generates within him the desire to achieve achievement," but it becomes clear to everyone that cognitive anxiety can affect an athlete's thinking and focus during performance. (Khanavdal, S. A., & Hamy, A. Q. M. 2023) Positive thoughts lead to providing high and distinct concentration, and the opposite is also true, since good focus leads to providing positive thoughts that improve performance, and thus directly avoid failure. This confirms the relationship between cognitive anxiety and the motivation to avoid failure, as mentioned (Allawi, 82) (Al-Hadabi, B., & Gaafar, A. M. 2023) The higher the motivation for athletic achievement among players, the lower the motivation to avoid failure, and this is due to the ability of players to motivate themselves and achieve greater success than success in a specific time, which helps with more continuity in achieving goals.

4 – Conclusions and recommendations:

4-1 The Conclusion:

- The study sample suffers from cognitive anxiety.
- The study sample does not suffer from physical anxiety.
- The study sample has self-confidence.
- There are direct effects of cognitive anxiety on the motivation to achieve success and the motivation to avoid failure.
- There is a direct effect of physical anxiety to achieve success and avoid failure.
- There is a direct effect of self-confidence on the motivation to achieve success and avoid failure.

4-2 Recommendations:

- It is necessary to raise the level of knowledge of football players in terms of technical and tactical conditions, how to maintain the physical aspects, and continuous awareness of the latest amendments to the laws of the game.
- Paying more attention to the physical aspect and maintaining it throughout the sports season, as well as paying attention to the health condition of the players to avoid sports injuries.

- Paying attention to psychological guidance for athletes to raise their self-confidence and motivate them to achieve sporting achievement.
- Support and positive enhancement of self-confidence and physical condition that directly affect the motivation to achieve success and avoid failure.

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Appendix (1) Competition anxiety scale

Almost always	mostly	sometimes	Almost never	Phrases	T
				I'm busy with the next match	1.
				I feel nervous during the match	2.
				I feel calm during competition	3.
				I feel unsure of myself	4.
				I feel disturbed sometimes	5.
				Feel comfortable under any pressure	6.
				My mind is preoccupied with my lack of proficiency in the match commensurate with my level	7.
				I feel like my body is tense	8.
				I feel very confident in myself	9.
				My mind is busy in terms of losing (not winning) the match	10.
				I feel tension in my stomach	11.
				I feel at ease during competitions	12.
				I am afraid of poor performance due to nervous pressure before the match	13.
				I feel relaxed in my body	14.
				I am confident in my ability to face the challenge in the match	15.
				I am afraid that I will perform poorly in the match	16.
				My heart beats fast most of the match	17.
				I have confidence that I will do well in the match	18.
				My mind is busy in terms of achieving my goal in the match	19.
				I feel cramps or cramps in my stomach	20.
				I feel at peace of mind when under pressure	21.
				My mind is preoccupied with my coach's dissatisfaction with my performance in the match	22.
				I felt sweat in my hands before the start of the match	23.
				I feel confident because I prepared myself	24.

				mentally that I will excel in the match	
				My mind is busy in terms of not being able to focus on the match	25.
				I feel like my body is tight	26.
				I have confidence that I will overcome the pressure of the match	27.

Appendix (2) Sports achievement motivation scale

To a very small degree	To a small degree	To a moderate degree	To a great extent	To a very great extent	Phrases	T
					I have a hard time trying to sleep after losing a match	1.
					I like the player who trains for extra hours to improve his level	2.
					When I make a mistake during a match, I need some time to forget this mistake	3.
					Discrimination is not one of my primary goals	4.
					I often feel afraid right before I enter a competition	5.
					Enjoy doing any task that other players see as a difficult task	6.
					I am always afraid of losing in competition	7.
					Luck leads to victory to a greater extent than effort	8.
					When I lose in competition, it bothers me for days	9.
					I am willing to train throughout the year without interruption in order to succeed in my sport	10.
					I have no difficulty sleeping the night I compete	11.
					Winning a competition gives me a great degree of satisfaction	12.
					I feel nervous before a sports competition	13.
					I prefer to take a break from training in the period after completing the official competition	14.
					When I make a mistake in my performance, it	15.

					exhausts me throughout the competition	
					I have a very high desire to be successful in my sport	16.
					Before participating in the competition, I do not get busy thinking about what might happen in the competition or its results	17.
					I try my best to be the best player	18.
					I can be calm in the moments immediately before a competition	19.
					My goal is to be outstanding in my sport	20.