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Competitive orientation and its relationship to psychological pressures of the players of the University of Kufa volleyball team

التوجه التنافسي وعلاقته بالضغوط النفسية لدى لاعبي فريق جامعة الكوفة بالكرة الطائرة

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Abstract:

must confront these situations and use his accumulated experiences to control them. Because of the significance of this idea, it is necessary to measure it and determine the degree to which these pressures relate to an athlete's orientation during sports competition. As a result, the research problem is revealed by responding to the following query:

Does the competitive nature of the University of Kufa volleyball team's players correlate with psychological pressures? determining the connection between the University of Kufa volleyball team's players' competitive mindset and psychological stresses. "The study of correlational relationships includes case studies, comparative studies, and correlational studies." Twelve of the fourteen players were chosen by the researchers, while those that took part in the exploratory experiment were not included in the sample. The following conclusions were drawn from the researchers' statistical analyses and findings: Because of their experience, the players in the study opted for the confrontation and challenge method to deal with the pressures they

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encounter while competing; as a result, the findings indicated a strong correlation between psychological pressures and competitive orientation. Based on the researchers' findings, it is advised that coaches pay close attention to the psychological well-being of their players by selecting the best strategy for dealing with pressures, such as the confrontation and challenge method, from among the strategies employed during the competition and training period.

Keywords: Competitive orientation, psychological stress, volleyball.

ملخص:

نظراً لأهمية هذه الفكرة فإنه من الضروري قياسها وتحديد مدى ارتباط هذه الضغوط بتوجه الرياضي أثناء المنافسة الرياضية، ونتيجة لذلك تتكشف مشكلة البحث من خلال الإجابة على التساؤل التالي: هل ترتبط الطبيعة التنافسية للاعب فريق جامعة الكوفة للكرة الطائرة بالضغوط النفسية؟ تحديد العلاقة بين العقلية التنافسية للاعب فريق جامعة الكوفة للكرة الطائرة والضغوط النفسية. "تتضمن دراسة العلاقات الارتباطية دراسات حالة ودراسات مقارنة ودراسات ارتباطية". وقد اختار الباحثون اثني عشر لاعباً من أصل أربعة عشر لاعباً، في حين لم يتم تضمين أولئك الذين شاركوا في التجربة الاستكشافية في العينة. وقد توصلت الدراسة إلى النتائج التالية من خلال التحليلات الإحصائية التي أجراها الباحثون: لقد اختار اللاعبون في الدراسة، بحكم خبرتهم، أسلوب المواجهة والتحدّي للتعامل مع الضغوط التي يتعرضون لها أثناء المنافسة، ونتيجة لذلك أشارت النتائج إلى وجود ارتباط قوي بين الضغوط النفسية والتوجه التنافسي. وبناءً على النتائج التي توصل إليها الباحثون، يُنصح المدربون بالاهتمام بالسلامة النفسية للاعبين من خلال اختيار أفضل استراتيجية للتعامل مع الضغوط النفسية، مثل أسلوب المواجهة والتحدّي، من بين الاستراتيجيات المستخدمة أثناء المنافسة وفترة التدريب.

كلمات مفتاحية: التوجه التنافسي، الضغوط النفسية، الكرة الطائرة

. INTRODUCTION

The growth of tournaments and their temptations, the expansion of fan bases that players aim to appease, and the involvement of all teams with the same goal of winning tournaments that evoke various feelings in him are just a few of the many obligations placed on volleyball players. The player has obligations that he makes every effort to fulfill in order to accomplish his objectives, and as those obligations grow, His increased efforts expose him to psychological stresses and emotions that could impair his and his



team's performance inside the competitive entitlements, which would be detrimental to the team. Volleyball players behave differently due to the stress they face from the competition's conditions as well as the match's sensitivity and significance. "As a result, the player's motives throughout training are different in kind and intensity. The level of preparedness for competition and the presence of the contestant, officials, Athletes are motivated to perform well by spectators and other aspects of the competitive environment. As the player's performance method and manner appear by giving it his all physically, that he experiences during the competition impact his competitive orientation, which varies depending on these pressures and the competition situation. skill and mental capacity, that allows the athlete's level to be measured during training and then assessed based on the level he and his teammates displayed during competitions, taking into account the competitors' level. By way of the aforementioned, The concept of psychological pressures plays a significant role in an athlete's performance through his exposure to stressful situations during training and competition. He must confront these situations and use his accumulated experiences to control them. Because of the significance of this concept, it is necessary to measure it and determine the degree to which these pressures relate to an athlete's orientation during sports competition.

1-2. Research Problem:

They try to boost the player's excitement because of the numerous pressures they face in sports competitions, as well as the numerous negative emotions and circumstances they encounter. This, in turn, influences their competitive behavior in an effort to win or avoid losing. "The results that are achieved or expected to be achieved through competition are linked to positive pressures and emotions such as feelings of pride, pride and happiness or

negative emotions such as feelings of sadness, distress and shame, and the repetition of cases of victory or defeat or their expectation results in a behavioral and logical approach, which is the competitive orientation." Therefore, addressing the following query reveals the research problem: Does the University of Kufa volleyball team's competitive orientation and psychological stresses have a relationship?

1.3 Research Objectives:

- 1- determining the competitive nature and psychological strains experienced by the University of Kufa volleyball team's players.
2. Determining the connection between the University of Kufa volleyball team's players' competitive orientation and psychological stresses.

1.4 Research Hypotheses:

Among the University of Kufa volleyball team's players, psychological pressures and competitive orientation are statistically significantly correlated.

1.5 Study limits: The University of Kufa volleyball team's players served as the human limit, the university's sports hall served as the spatial limit, and the time frame was set for Wednesday, November 1, 2023, through Sunday, March 3, 2024.

Chapter Two

2. Study Methodology:

2.1 Study Methodology:

Due to the interrelationship approach's applicability and study methodology, the researchers employed the descriptive method. demonstrate that "The study of correlational relationships includes



case studies, comparative studies, and correlational studies."

2.2 Study community and sample:

The University of Kufa volleyball team's fourteen players from the 2023–2024 season were the researchers' definition of the research community. Twelve of the fourteen players were chosen by the researchers, while those that took part in the exploratory experiment were not included in the sample.

2.3 Methods and tools: The researchers used the following:

1. Arabic references and sources.
2. Observation.
3. The research included a psychological stress questionnaire created by Muayad Abdul Razzaq Hasso. The Appendix (1)
3. The research included a competitive orientation questionnaire created by Muhammad Hassan Alawi. Appendix (2)
- 2-4. Scales used:

2-4-1 Psychological stress scale:-

The Dr. Mu'ayad Abdul Razzaq Hasso/University of Mosul/2008 psychological stress scale was employed. The final version of the psychological stress scale has forty-six paragraphs spread over five categories: I face it to a very great extent, I face it to a large extent, I face it to a medium amount, I face it to a small extent, and I face it to a very small extent are the five points in the corrective scale. There is a progressive weight (5-1) assigned to the alternatives.

The examinee may receive a maximum score of 230 points on the scale, with 46 points being the lowest possible result. In order to show the level of consistency of the examinee's responses on the scale, five paragraphs were included that are not related to

determining the scale score. They include The five paragraphs (25, 33, 37, 41, and 44) that make up the scale are merely used to indicate the level of consistency of the examinees' responses, as indicated in Table (1), and are not taken into account while calculating the scale.

Table (1)

Duplicate paragraphs and their sequence in the scale

t	Real paragraphs	sequence in scale	duplicate sequence
1	I suffer from mental fatigue before competitions	6	37
2	I feel that I am not physically prepared to face the opponent	12	25
3	I stay away from the players as much as possible	23	33
4	I am bothered by the authoritarian management style	34	41
5	My friends blame me for my mistakes in competitions	10	44

The following is how the score is determined:

1. Determine the exact difference between the player's initial weight for the paragraph and his subsequent weight when it was repeated. Each player receives a score on the scale that reflects the absence of harmony in his responses after these discrepancies are taken out for each of the five paragraphs and then summed

together.

2-4-2 Competitive Orientation Scale:

The two images (A) and (B) in the list each contain twenty sentences, half of which are positive in the competitive orientation direction and the other half of which are negative in the opposite direction. On a five-point rating system (always, often, sometimes, rarely, never), the athlete answers the list's phrases by placing (Ö) before the phrase and beneath the case that best describes him based on his attitude toward sports competition and his actions prior to, during, or following the competition. Depending on the intended objectives, either picture (A) or picture (B) can be applied alone, or both photographs can be put together. Note: The scale's Picture (B) was utilized.

To be more precise: The affirmative assertions for image (B) have the following numbers: 10/13/14/18/19 1/2/4/7/8/10 The negative statements for image (B) have the following numbers: 9/11/12/15/16/17/20 3/5/6 The following corrections are made to the positive statements: Constantly five points, sometimes four, occasionally three, infrequently two, and never one. The following are the negative statements: Constantly one point, frequently two, occasionally three, never four, and never five The player's points are totaled across all statements, and the more closely the total points approach the maximum of (100), the more competitive the player is.

2-5. Exploratory Experiment:

In order to extract stability, the researcher ran an exploratory experiment on a sample of two volleyball players from the University of Kufa on December 25, 2023. This experiment was carried out with the following goals in mind:

- 1- To determine the challenges and issues the researcher would encounter.
2. To guarantee the assistant work team's effectiveness.
3. To determine whether the research's scales are valid.
4. The degree to which the sample comprehends the paragraphs and vocabulary of the scale.
5. To ascertain how long the questionnaire took.

2-6. Scientific Transactions:

2-6-1. Validity of the Scales: As this kind of validity is known as apparent validity, the researchers showed the two scales to a group of experts and specialists to demonstrate their suitability for use on the sample. The experts agreed on the validity of the two scales for use on the sample at a 100% rate.

2-6-2. Stability of the scales: period between the two tests must not be less than a week." This was done in order to ensure the stability of the two scales. The researchers used the same exploratory experiment sample and administered tests to the same group 21 days after the initial administration of the test. The simple correlation coefficient (Pearson) between the results of the first test and the second test scores for the two scales was then determined by the researchers. The stability coefficients for the two scales



were determined to be (0.91) and (0.83), respectively, and after this process, the two scales were prepared for use.

2-7 Final application of the scales:

The last experiment was carried out on January 25, 2024, at precisely ten a.m., at the sports hall, where the team practices and plays, following the validation of the validity and stability of the two scales. Following score collection and data unpacking, the sample members' raw scores were acquired, and the required statistical procedures were then performed to provide the desired outcomes.

2-8 Statistical methods:

The results were analyzed using the SPSS-version 12 system.

Chapter Three

3. Presentation and Discussion of Results:

3-1. Presentation of the results of the calculated:

correlation coefficient values, competitive orientation's statistical significance, and how it relates to psychological stresses among University of Kufa volleyball players.

Table (2)

The connection between psychological pressures and competitive behavior among University of Kufa volleyball players

T	Variable s	Sam ple num ber	Arith metic mean	Stand ard devia tion	Calcul ated value of (r)	Proba bility Sig	Signifi cance
1	competit ive behavior	12	42.26 25	4.049 52	- 0.221(*)	0.049	moral
2	Psychol ogical pressure s	12	118.05 00	14.13 041			

3-2 Discussion of the results:

According to the study, participants' competitive attitude rises as psychological pressure decreases. They attribute this relationship to the fact that the study sample was not subjected to psychological pressure because they come from teams with a lot of experience, high levels of competition, talented players, and capable coaches who have led and participated in these teams before. As a result of their experience, these coaches decided to use conflict and challenge to help their players deal with the stresses they encounter when competing.

According to Thamer, coaches frequently use the strategy of confrontation and challenge for opposing teams as a fundamental way to cope with pressures because they think that the key to getting



the best outcomes that align with sports' social objectives is facing psychological pressure, resisting it, challenging it, and overcoming it by increasing adaptability. Seyle's perspective holds that an individual can either accept or reject a given amount of pressure from his surroundings, which will ultimately lead to ongoing and advantageous adaptation on the part of the individual to enable him to cope with psychological pressure, as well as helping him determine his goals in light of his personal and environmental capabilities and choose the appropriate ways to achieve those goals," the researchers say, as evidenced by the players' results and competitive behavior. This implies that while the competition outcomes contain the experience of success, triumph, or gain for certain competitors, they also contain the feeling of failure, particularly for the athlete who does not meet his competition goal.

Chapter four

4- Conclusions and Recommendations:

4-1 Conclusions:

1. Because of their experience, the players in the study opted for the confrontation and challenge method to deal with the pressures they encounter while competing; consequently, the findings demonstrated a strong correlation between psychological pressures and competitive orientation.
2. My competitive attitude is positively impacted by the player's ability to transform negative thoughts into positive ones, which is a result of his positive psychological condition.

4-2 Recommendations:

1. The coach must pay attention to the players' psychological well-being by selecting the best strategy to deal with psychological pressures, such as the confrontation and challenge method, from among the strategies employed to deal with pressures during the competition and training period under investigation.
2. Performing additional research to determine how psychological pressures relate to other factors including motivation, self-confidence, and positive and negative thinking
3. Performing comparable research on other athletic events.



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