

## Some basic psychological traits for amateur Algerian Football players

بعض السمات النفسية الأساسية لدى لاعبي كرة القدم الجزائريين الهواة

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### ABSTRACT :

*This study aimed to identify the most important psychological characteristics that must be available to amateur Football players in the middle category, especially those that are focused on in the process of psychological sports preparation to enhance the sports personality and its effectiveness in achieving directed goals in the field of Football, where the researcher relied on the descriptive approach. The questionnaire forms were distributed to amateur football players, and the study sample consisted of 70 seventy athletes, most of whom are amateur football clubs in the state of Djelfa, who are active at the local municipal level.*

*One of the most important results of the study is that the basic psychological traits classified by the researcher (the trait of self-confidence - the trait of focusing attention), which the coaches focus on developing in the personality of the players and urging them to acquire them in order to achieve mental toughness and psychological balance, which results in better performance in training and competition.*

**Keywords:** Psychological traits, psycho-preparation, Sports, Football.

ملخص :

هدفت هذه الدراسة إلى التعرف على أهم الخصائص النفسية التي يجب توافرها لدى لاعبي كرة القدم الهواة صنف أواسط، خاصة تلك التي يتم التركيز عليها في عملية التحضير النفسي الرياضي لتعزيز الشخصية الرياضية وفعاليتها في تحقيق الأهداف الموجهة في مجال كرة القدم حيث اعتمد الباحث على المنهج الوصفي. وتم توزيع استمارات الاستبيان على لاعبي كرة القدم، وتكونت عينة الدراسة من 70 سبعون رياضياً، معظمهم من أندية كرة القدم للهواة بولاية الجلفة، وينشطون على مستوى البلدي المحلي.

ومن أهم نتائج الدراسة أن السمات النفسية الأساسية التي صنفتها الباحثة (سمة الثقة بالنفس - سمة تركيز الانتباه) لها دور كبير في تكوين الشخصية الرياضية، حيث يهتم وأغلب المدربين على تطويرها وحث اللاعبين على اكتسابها من أجل تحقيق الصلابة الذهنية والتوازن النفسي مما يؤدي إلى أداء أفضل في التدريب والمنافسة.

الكلمات المفتاحية: السمات النفسية، التحضير النفسي، رياضة، كرة القدم.

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### **1- Introduction:**

Football occupies a unique position in Algerian societies, not only because it is one of the most popular sports in the whole world, but the passion for playing football has historical dimensions full of memories that had a great impact on the hearts of Algerians, which contributed to the formation of a large fan base compared to other sports.

In order to ensure the continuity of its sporting status, it was necessary to find ways that would contribute to upgrading it to the best possible levels, by creating new scientific research in the field of sports sciences, which contributed to the development of physical, tactical and skill preparations.

Which aims to develop offensive and defensive playing methods, physical and psychological skills, such as forming, developing and maintaining sports personality traits for as long as possible.

We mention that it is the psychological characteristics that determine the style of the sports personality of each player, and it is what makes them somewhat unique. The sports personality characteristics of each athlete determine his distinctive personality from his fellow athletes.

As for the number of human traits, it is still unclear and not agreed upon by researchers. Some researchers consider that personalities consist of very small traits, but others consider personality to be a combination of very broad traits. (Ratib, 2000)

The importance of sports psychological preparation is evident in his interest in both mental and physical health. An athlete who faces psychological problems such as anxiety, fear, loss of motivation and other psychological determinants, we notice fluctuations in his athletic performance, and no two differ that coping with various sports situations is an urgent necessity.

To ensure the achievement of psychological goals without problems and to maintain and develop the maximum form of the athletes, as " Ghaidi " indicated that psychological preparation and psychological preparation are important in the march of any team before and during the competition,

In order to reach the players to the highest level of physical fitness, and in order to ensure the best sports results. (Ghaidi, 2021, p. 75)

There is no doubt that psychological sports preparation is the process of scientific application of specific and limited methods and methods directed towards artistic formation (Allawi, 2002, p. 26)

It is a unit of direct or indirect methods that can improve the psychological abilities of athletes.

Thus, the psychological characteristics in general and the basic ones in particular represent an important element in the psychological preparation of the athlete, especially in the part related to supporting the motor efficiency through the development of the different personal qualities of football players, which is considered one of the most important requirements for perfect performance and ensuring its effectiveness.

Based on what has been previously discussed, the following **general question can be formulated:**

What are the most important personality traits of Algerian football players?

**This includes partial questions as follows:**

**A.** Is self-confidence one of the most important sports personality traits of Algerian Football players?

**B.** Is attention focus one of the most important sporting personality traits of Algerian Football players?

Study hypotheses:

**General hypothesis:**

There are many psychological traits that must be present in the personality of Algerian Football players.

**Partial hypotheses:**

**A.** The self-confidence trait is considered one of the most important personal characteristics of the Algerian football players.

**B.** Attention focus is one of the most important sports personality traits of Algerian Football players.

**Research objectives and importance:**

1 . The study helps to know the basic psychological characteristics of the Algerian Football players.

2 . The psychological traits (the trait of self-confidence - the trait of focusing attention) contribute to the development of the mental and psychological capabilities and the stabilization of the athletic personality of football players.

3 . The psychological traits (the trait of self-confidence - the trait of focusing attention) help the athlete reach the highest individual and collective levels, reduce the anxiety of competition and reduce his pressure.

**Reasons for choosing the topic:**

The main motivation for us to conduct this study is that there is very little serious research on this topic, especially with regard to the many and many basic psychological traits that must be available in the personality of football players. And through our research in previous, similar and related studies and topics, we found that most of the sports interests in football are based on physical, skillful and tactical preparation, while we note that there is a lack of standing on the psychological side because of its great importance in success.

Through the benefits of developing and educating athletes in acquiring the basic psychological components and formulas in their personalities, which would increase the effectiveness of the level of performance in training and competition.

**2- Define concepts and terms:**

We have mentioned many terms in this research paper that need clarification so that the picture is clearer and easy to understand without problem or ambiguity.

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### **2-1- Psychological traits:**

The trait is the basic element in building personality for Catel, and for him the trait is a "mental structure" or an inference that you make from the observed behavior to explain the order or consistency of this behavior, just as the trait is a general central nervous psychological system specific to the individual

It works to make multiple stimuli equal in function, and it also works to issue and direct equal forms of adaptive and expressive behavior.

Or it is any characteristic on the basis of which we can differentiate between one individual and (Allawi, Introduction to sports psychology, 1998, p. 105).

Allawi also dealt with personality as the dynamic organization within the individual of the psycho-physical systems that decide the unique character of the person in behavior and thinking. (Allawi, Introduction to sports psychology, 1998, p. 80)

The importance of the psychological characteristics of the athletes lies in the fact that it is one of the important requirements to reach the players to the high levels. Most of the players at the advanced level are very similar in the physical, skillful and tactical aspects, but there is an important factor that determines their struggle and their efficiency during sports competitions in order to achieve and win, which is the psychological factor. (Allawi, Introduction to sports psychology, 1998, p. 135)

In the same context, Ratib believes that athletic excellence depends on the extent to which the player benefits from his personal characteristics in a way that is no less important than benefiting from his physical capabilities. Personal characteristics help players mobilize their physical capabilities and energies to achieve the best possible level of performance.

It can be developed through training according to special curricula for that purpose, which is training in psychological cases. (Ratib, 2000, p. 40)

Among the most important features that the researcher sees available in the elite athlete is the feature of self-confidence and the feature of focusing attention, and this is what was relied upon in our current study.

### **2-2- The trait of self-confidence:**

It is the player's belief in his ability and confidence in his talents, and accepts the challenges that test his steadfastness, which is his knowledge of his strengths and weaknesses and using them all to reach the best results, and it means that there is a readiness to face any obstacles within the limits of the player's capabilities.

And the person who gets a high degree in the trait of self-confidence is very sure of himself and his abilities and confident in his capabilities regarding how to deal with things and he can deal well with unexpected situations as well as he can have the ability to make a firm decision.

We find that he does not show anxiety or tension towards the level of his game, as he is characterized by persistence, stability, and non-hesitation. Likewise, the person who scores a high degree in this feature is characterized by the ability to express his thoughts and opinions

boldly, whether to the coach or to his fellow players. (Allawi, Encyclopedia of psychological tests for athletes, 1998, p. 18)

### **2-3- Focused Attention Trait:**

It is an existing and intrinsic condition that all athletes recognize as a prerequisite for good athletic performance. The athlete who has a deep focus is able to harmonize physically, emotionally and mentally, and focus these factors so that all things are within reach for the purpose of athletic achievement. (Allawi, Sports psychology growth and motivation in physical education, 1975, p. 39)

Shimon defined it as the ability to fix attention on a chosen stimulus for a period of time (Chamoun, 1996, p. 4)

### **2-4- Football:**

It is a collective sport that is practiced by all people. The idea of football is above all a collective sport that all segments of society adapt to. Before it became organized, it was practiced randomly everywhere and today it is practiced in specific places.

Green stadiums with specific standards and standards. It is played between two teams, each consisting of eleven players, using a ball on a green field with international standards. (Chamoun, Sports psychology, 1999, p. 25)

## **4- Previous and similar studies:**

### **4-1- First subtitle:**

The first study: Muhammad Wedak's study, the personal characteristics of the sports coach and their relationship to team cohesion, scientific article, 2008-2009. (Wedak, 2009)

The study aimed to identify the phenomenon of cohesion within the team with the detection of the main factors affecting the cohesion of the sports team, with a search for the relationship between the personal characteristics of the sports coach and the cohesion of the team.

\_ The researcher in this study followed the descriptive approach and used each of the scale of the personal characteristics of the sports coach and the scale of the cohesion of the sports team of Muhammad Hassan Allawi 1994. The sample was based on 180 players (12 players from each team) representing 15 clubs from the first and second national football division.

The results of the study were as follows:

\_ The personal characteristics of the sports coach affect the cohesion of the team he supervises.

\_ affect attributes; Responsibility, leadership, ability to make decisions, self-esteem, emotional harmony, sociability and self-confidence greatly affect the cohesion of the sports team.

\_ The leadership style followed by the sports coach clearly affects the cohesion of the team.

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### **4-2- Second subtitle:**

The second study: Dadi Abdel Aziz's study, personality traits and their relationship to the ability to perform skillfully in team sports, a master's thesis, Daly Ibrahim University, Algeria, 1996. (Abdulaziz, 1996)

Objectives of the study:

Identifying students' personality levels and their relationship to skillful performance in team sports.

\_ The extent to which different personality traits affect the acquisition and learning of sports skills for team sports

\_ Recognizing the personal characteristics of each type of team sports.

The most important search results:

\_ There is a relationship between personality traits and the ability to perform skill in team sports.

\_ There are significant differences in skill performance between those with high personal scores and those with low scores in favor of the latter category

\_ The difference in the relationship between personality traits and skillful performance according to the type of sport

\_ There is a correlation between the function of bin Sama (nervousness, aggressiveness, depression, excitability, control and desistance) and the general skillful performance in team sports.

Study methods and methodology

### **5- The survey study:**

\_ The followed approach

\_ the society

\_ the sample

\_ fields of study

The stability and validity of the questionnaire

Data collection tools

The used statistical methods

### **5-1 Exploratory study :**

#### **5-1-1- survey tools:**

- It consists of a questionnaire about the psychological characteristics (the trait of self-confidence - the trait of focusing attention) of the middle-class amateur football players, which must be available in the personality of the athletes.

#### **5-1-2 The result of the survey:**

Knowing the size of the original community and its advantages and characteristics.

\_ Ensure the validity of the research tool, by exposing the following aspects:

Clarity of the items and their suitability to the sample level and characteristics

Ensure the psychometric characteristics of the questionnaire used (validity and reliability).

Ensure clarity of instructions.

- Knowing in advance the conditions for conducting the basic field study, and thus avoiding the difficulties and obstacles that would face us.

That is why we visited our research sample, as this was done after the license to facilitate the task was withdrawn from the institute's management, to visit our research community represented in:

Football players, amateurs, middle class, active in the local clubs of the municipality of Djelfa.

### **5-2 Approach:**

Given the nature of the subject of our study (some of the basic psychological characteristics of the Algerian amateur Football players), it was found appropriate to use the descriptive approach in order to be in line with the objectives of the study.

### **5-3. Study population:**

The research community included a group of (200) Football players in the state of Djelfa.

### **5-4- Study sample:**

The research sample is considered the basis of the work in the research, and it is "a group of individuals upon which the researcher builds his work, and it is taken from the original community and is truly representative" (Muhammad, 1995, p. 68)

The research sample was randomly selected for Football players, and they were (70) seventy.

### **5-5- Research areas:**

a/. spatial domain:

The study was conducted on football players from amateur clubs in the state of Djelfa, middle class.

B/. temporal domain:

The research topic was chosen in the month of January 2023, and the research sample was selected in the same month and year by developing and answering an electronic questionnaire.

c/. human domain:

It consists of amateur football players belonging to the amateur football of the state of Djelfa. Their number consists of: 70 football players.

### **5-6- Data collection tools:**

A questionnaire about achievement motivation that includes two dimensions:

1- The first dimension: the characteristic of self-confidence, from question 01 to question 11

2- The second dimension: the feature of focusing attention, from question 12 to question 22

Based on 3 alternatives:

- never.
- sometimes.
- always.

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### 6- The stability and validity of the questionnaire:

#### 6-1- The stability of the questionnaire:

**Table No. (01) shows Cronbach's alpha coefficient for measuring the stability of the study tool**

stability of the study tool	number of phrases	Cronbach's stability coefficient $\alpha$
	22	0.853

It is clear from the above table that the coefficient of general reliability of the study amounted to (0.853), for a total of 22 items of the questionnaire, and this indicates that the questionnaire has a high degree of reliability that can be relied upon in the field application of the study according to the "Nanley" scale, which was based on (0.70),

as a minimum stability. (Nunnally, 1994)

#### 6-2- Validity of the questionnaire:

**Table No. (02): It shows the correlation coefficients between the axes and the total score of the questionnaire**

axis vertebrae	correlation coefficient	Significance value
The trait of self-confidence	0.86	0.000
Attention focus trait	0.87	0.000

From the results of the previous table, we find that all Pearson correlation coefficients between the two axes and the total score of the questionnaire are statistically significant at a significant level (0.05), where the minimum correlation coefficient was the self-confidence feature (0.86),

The upper limit of the correlation coefficient for the trait of attention focus was (0.87).

Accordingly, all axes are internally consistent with the questionnaire as a whole, which proves the validity of the internal consistency of the questionnaire.

#### 6-3- Objectivity:

One of the most important characteristics of a good test is that it is objective in order to measure the phenomenon that it was originally designed to measure. Objectivity is freedom from bias or fanaticism and not introducing personal factors to the tester such as his opinions, personal inclinations, and even his bias or intolerance. Objectivity means describing the capabilities of the individual as they really exist, not as we want them to be.

#### 6-4- The statistical methods used:

Percentages.

- Enough squared.

Alpha Cronbach.

- Pearson correlation coefficient.

Presentation, analysis and discussion of the results of the study:

The conclusion of the first hypothesis.

The conclusion of the second hypothesis.



- \_ General conclusion.
  - \_ suggestions.
  - \_ Conclusion.
- Sources and references.

**Table No. (03): Shows the results of the (Chi squared) test for the trait of attention focus.**

Statistical significance	Moral significance	significance level $\alpha$	degree of freedom df	chi squared	percentage	Repetition	
significant	0.000	0.05	2	33.44	1.42%	1	low
					35.73%	25	middle
					62.85%	44	high
					100	70	the total

**Discussing the first partial hypothesis:**

The hypothesis states that "self-confidence is one of the most important sporting personality traits of Algerian Football players," and through the results obtained in Table No. (03), we find that the value of (CHI SQUARED), which is estimated at: (33.44), The value of the significance, which was estimated at: (0.000) at the level of significance (0.05), and the degree of freedom (02), and by comparing the significance with the level of significance, we find that:

$sig < \alpha$ , the significance is less than the level of significance, and therefore the first hypothesis (the trait of self-confidence), is statistically significant.

This indicates that the trait of self-confidence is considered one of the most important personality traits of the Algerian football players, where this dimension (the trait of self-confidence) is very important for football players, as it plays an important role in the process of improving the effectiveness of sports performance. before initiating the training and competition process.

Through the results reached, we conclude that: "The trait of self-confidence is considered one of the most important characteristics of the sporting personality of the Algerian football players", and this is at the level of significance (0.05), and therefore the first hypothesis is verified.

**Table No. (04): Shows the results of the (Chi squared) test for the trait of attention focus.**

Statistical significance	Moral significance	significance level $\alpha$	degree of freedom df	chi squared	percentage	Repetition	
significant	0.000	0.05	2	34.41	1.42%	1	low
					42.86%	30	middle
					55.72%	39	high
					100	70	the total

**Discussing the second partial hypothesis:**

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The hypothesis stated that "the trait of attention focus is considered one of the most important characteristics of the sporting personality of the Algerian football players." And through the results obtained in Table No. (03), we find that the value of (CHI SQUARED), which is estimated at: (34.41). , and the value of the significance, which was estimated at: (0.000) at the level of significance (0.05), and the degree of freedom (02), and by comparing the significance with the level of significance, we find that:

$\text{sig} < \alpha$ , the significant significance is less than the level of significance, so the first hypothesis (attention focus trait), is statistically significant.

This indicates that the feature of attention focus is considered one of the most important characteristics of the sports personality of the Algerian Football players., Where this dimension (the feature of attention focus) is very important for Football players, as it plays an important role in providing the best performance in training and competition. .

Through the results reached, we conclude that: The feature of focusing attention is considered one of the most important personality traits of the Algerian Football players." This is at the level of significance (0.05), and therefore the second hypothesis is fulfilled.

General conclusion:

Through the obtained results, and the resulting conclusions by showing that there are many psychological traits among middle-class amateur Football players, by applying the study tool (questionnaire: the trait of self-confidence - the trait of focusing attention),

As (the trait of self-confidence - the trait of focusing attention) is one of the main personal characteristics in the effective psychological sports preparation of football players.

This indicates that there are many traits that coaches are keen to inculcate in the personalities of their players, as the dimension of (the trait of self-confidence) is very important for football players in training sessions or competition by stimulating positive thinking and achieving a state of constant arousal. Hence, we conclude that, "The self-confidence trait is considered one of the most important sporting personality traits of Algerian Football players", and this is at the significance level (0.05), and therefore the first hypothesis is verified.

Through the current study, we find that the level of football players in (attention-focusing trait) is average, and by a large percentage is high, according to the opinion of the sample members, and therefore it can be said that the attention-focusing trait is considered one of the most important sporting personality traits of Algerian football players,

This is due to the accumulation of focused mental energy towards a specific idea and the mastery of the technical aspects of the parts of the motor skill, and this is what led to the realization of the hypothesis represented in the skill of "the feature of focusing attention."

In light of the results reached, it becomes clear to us that: The feature of focusing attention is considered one of the most important personality traits of the Algerian Football players, at the level of significance (0.05), and therefore the second hypothesis is verified.

Finally, the general hypothesis stated that "there are many psychological characteristics that must be present in the personality of Algerian Football players."

And through the results reached, we conclude that: Despite the multiplicity of psychological characteristics that must be available in the personality of Football players, the self-confidence feature and the attention focus feature should not be dispensed with in the training process, and this is at the level of significance (0.05), and therefore the general hypothesis is fulfilled.

### **7- Conclusion:**

At the conclusion of this study, the aim of which was to try to find out the most important psychological features that must be available in the personality of Football players, and in order to answer the general question raised, we had to address the conceptual framework of the sports personality traits.

Here we can answer the question posed in this study, that is, there are many psychological traits, so that the first hypothesis, i.e. (the trait of self-confidence), clearly shows us that most football players had a high level,

Thus, it can be said that the self-confidence feature is one of the most important sports personality traits for football players, and from it the hypothesis is verified.

As for the second hypothesis, i.e. (feature of concentration of attention), it was also achieved because football players consider football a sport based on the elements of attention focus, which leads to better performance and success in tactics, which results in winning matches.

They do not have a problem in acquiring or developing it, but rather it is an urgent necessity to achieve optimal performance and excellence, and therefore the feature of focusing attention is considered one of the most important characteristics of the sports personality of football players, according to the opinion of the sample on which the study was conducted.

Through the results and statistical data of the members of our study community, the self-confidence feature and the attention focus feature are among the most important requirements for the formation of an effective sports personality, according to the opinion of our study sample, and from it the general hypothesis is achieved.

Through the results previously obtained, and the results of the conclusions that (the feature of self-confidence - the feature of focusing attention) cannot be dispensed with in order to develop Algerian sports in various fields.

Therefore, all coaches and athletes must note the importance of the psychological aspect of sports in the process of optimally forming the personality of football players, which is no less important than developing the physical, skillful, mental and tactical aspects in training and competition.

### **7-1- Suggestions:**

Personal qualities are considered one of the most important basic factors in sports, which must be considered and not to neglect the extent of their impact on all individual athletes and sports coaches.

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Also, coaches in sports clubs must understand the meaning and nature of sporting personal characteristics and qualities, especially the basic ones for football players, as they are closely related to outstanding and effective performance within the green rectangle in order to achieve results.

The importance of forming a sports personality comes in many aspects, including:

1. Improving physical performance: the basic characteristics of Football players reduce anxiety, and help increase determination and determination to win.

2. Controlling psychological stresses: by reducing stress resulting from training and competitive performance.

3. Maintaining psychological and physical competence: It is one of the most important requirements that aim to maintain the highest physical levels

by ensuring the development of athletic personality traits.

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