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Relationship Between Lack of Motivation for Sports Performance and Exposure to Sports Injuries Among Young Soccer Players in Algeria

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Keywords

Motivation for Sports Performance; sports injuries; Class of soccer players (u19).

Abstract

A sports injury is an obsession for every player and has a negative impact on their psyche and, therefore, the fear of an injury and its severity reduces the player's performance, and therefore a lot of attention should be paid to attention to the medical aspect, especially to rehabilitation, which must be in accordance with the type of injury.

The current study aimed to identify the relationship between poor motivation for sports performance and exposure to sports injuries among young soccer players in Algeria.

The study sample consisted of 30 players from the under-19 category who were randomly chosen from clubs in the city of Bou Saada.

With a descriptive approach, we used the Achievement Motivation Scale and a special form to control the nature and number of injuries sustained by players.

The results indicated that there is a strong correlation between injury recurrence and lack of motivation for sports performance among young soccer players. In addition, there is a correlation between the degree of sensation of physical pain derived from a sports injury and the lack of motivation for sports performance among young soccer players.

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العلاقة بين قلة الدافعية للأداء الرياضي والتعرض للإصابات الرياضية لدى لاعبي كرة القدم الشباب في الجزائر

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دافعية الاداء الرياضي؛ الإصابات الرياضية؛ فئة لاعبي كرة القدم(u19)

الملخص

تعتبر الإصابة الرياضية هاجساً لدى كل لاعب ولها تأثير سلبي على نفسيته، ولذلك فإن الخوف من الإصابة وخطورتها يقلل من أداء اللاعب، ولذلك يجب الاهتمام كثيراً بالجانب الطبي، وخاصة التأهيل الذي يجب أن يكون متناسباً مع نوع الإصابة.

هدفت الدراسة الحالية إلى التعرف على العلاقة بين ضعف الدافعية للأداء الرياضي والتعرض للإصابات الرياضية لدى لاعبي كرة القدم الشباب في الجزائر.

تكونت عينة الدراسة من 30 لاعبا من فئة أقل من 19 سنة تم اختيارهم عشوائيا من أندية مدينة بوسعادة.

وبالمنهج الوصفي تم استخدام مقياس الدافعية للإنجاز ونموذج خاص للتحكم في طبيعة وعدد الإصابات التي يتعرض لها اللاعبون.

أشارت النتائج إلى وجود علاقة ارتباط قوية بين تكرار الإصابة وقلة الدافع للأداء الرياضي لدى لاعبي كرة القدم الشباب.

بالإضافة إلى ذلك هناك علاقة ارتباطيه بين درجة الإحساس بالألم الجسدي الناتج عن الإصابة الرياضية وقلة الدافع للأداء الرياضي لدى لاعبي كرة القدم الشباب.

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1- Introduction:

Sport has enjoyed a prestigious and high position in the contemporary world due to its multiplicity of benefits, since the practice of sport has many benefits, including health, psychological, social, educational and economic benefits, whether for those who practice sport for pleasure or professionalism.

However, the practice of sports is not exempt from sports injuries, which are one of the most serious obstacles that athletes face, since they can cause them to move away from the stadiums when they are at the peak of their sports performance.

A sports injury is an obsession for every player and has a negative impact on their psyche and, therefore, the fear of an injury and its severity reduces the player's performance, and therefore a lot of attention should be paid to attention to the medical aspect, especially to rehabilitation, which must be in accordance with the type of injury. (Benamor, Khodja, Djuadi & 2020).

Therefore, preserving them from injuries is one of the inevitable necessities, and this injury is one of the main problems facing the process of progressing sports levels and moving them from one level to another, as the lack of interest of a large group of players and coaches in the causes of injuries and how to avoid their occurrence prompts players - sometimes Many - to making mistakes that lead to the occurrence of injury, including poor organization in carrying the training or a lack of preparation of the internal and external body systems and the unwillingness of the skeletal system to accept the effort that falls on the shoulders of the athlete, "and this indicates a defect in the implementation of the training vocabulary Such as insufficient warm-up of its kind and the specific vocabulary of each game from the tactical and skill points of the main causes of injuries. (Sami'a Khalil Muhammad 2002).

Injuries are not limited to the higher levels, but are represented at all levels, and the injury may occur in the exercise or in the match and even in the practice of light recreational activity, "since most of the sports injuries that the player is exposed to in the first degree are due to the invalidity of the sports facilities, in addition to the short warm-up period performance errors and psychological state. (Sabih Mahdi, Trish Hamza, 2012) and considering that soccer is one of the team games that is characterized by diversity and multiplicity in its kinetic behavior, due to the presence of a player, an opponent, a tool and intensive training sessions in a continuous and uninterrupted interaction in game cases, and this leads to friction between the players and a great physical effort, which can cause injuries.

We found that achievement motivation is one of the most important issues that the coach and the psychologist must address in order to know the athlete's motives for practicing. soccer so you can use it in Develop their performance for the better, as

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performance is not fruitful unless it satisfies the athlete's motives, as it sometimes happens that an athlete suffers a sports injury that forces him to stop performing for a certain period of time in order to treat and after that period the athlete returns with all his physical abilities that qualify him to perform Physical activities, from all of this we reached to ask the following question: Is there a relationship between poor sports achievement motivation and exposure to sports injuries among U19 football players?

2- Research methodology

2.1.HYPOTHESES

General hypothesis. There is a correlation between weak motivation for sports performance and exposure to sports injuries among football players under 19 years of age

2.2. PARTIAL HYPOTHESES

- There a correlation between the Repetition of injury and the motivation of sports achievement among U19 football players.

- There a correlation between the degree of feeling of sports injury and the lack of motivation for sports achievement among U19 football players.

2.3.Study terms

Sports injuries. Language: The word "injury" is derived from the Latin word "injury", meaning "damage" or "disability".

Conventional definition: It is the one that affects the members or the body of athletes during exercises or matches, which leads to the temporary disruption of the organs from performing their normal function. (Bassam Haroun, 65: 1995).

A sports injury is the result of a sudden external influence that exceeds or exceeds the endurance capacity, whether at the level of healthy organs or injured organs as a result of previous mild injuries that cause severe injury that causes a functional cessation. (Abu Al-Ala Ahmed, 22: 2001). Procedural definition. It is a harmful change that occurs as a result of an unexpected event that occurred during the exercise of the sporting activity that results in physiological anatomical damage to the practitioner, and also leads to pain associated with the exerciser of the sporting activity: Motivation. Idiomatic definition. Atkinson defined motivation as: an individual's willingness to make an effort or strive to achieve or satisfy a particular goal, but in the case of this willingness or tendency to enter into actual or explicit realization, it means motivation as an active process. (Abdul Latif Muhammad Khalifa: 67). Procedural definition. They are all internal or external stimuli that lead an individual to perform or perform a behavior.

Motivation for athletic Performance: McClelland defines it as the desire to perform well and succeed in a competitive position according to certain standards of

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superiority, and it is a willingness in the personality that consists of a network of relatively stable thoughts and feelings acquired during early childhood.

Young's definition: He defines it as overcoming obstacles and barriers, as well as strength and struggle to do some difficult things as quickly and as possible. (Merzaqa Jamal, 2000: 189).

soccer: It is a team sport played between two teams, each of which consists of eleven players with a ball.

On a rectangular field with two goals on either side of it, the goal of the game is to score goals by kicking the ball. Inside the goal. (Rumi, 1986, p. 5).

2.4. FIELD STUDY PROCEDURES

The exploratory study : In order to understand the subject in all its aspects, a questionnaire was used, which is a main tool for collecting total data on limited facts and a relatively large number of people. (Talaat Ibrahim, 1995 :185).

We used the electronic questionnaire directed to the players in order to obtain the largest number of information, as most of the answers revolved around the variables of the injury, namely: (type of injury, degree of injury sensation, and frequency of injury) and for this reason the electronic questionnaire was used only as a tool to know or diagnose sports injuries in the research sample

The method used in the study*: The method is the way that leads to the desired goal or is the invisible thread that builds the research from its beginning to its end in order to reach the results. (Al-Sammak, 1980: 42).*

In our research, we touched on following the correct and correct method in order to obtain the answers that serve our research and give us a set of sound information and facts.

In order to reveal and diagnose the aspects of this phenomenon that are linked between the research variables,

has been used the use of the "descriptive approach", which aims to collect data to try to choose hypotheses or answer questions related to the current or current status of the research sample members.

Study population*: When the researcher begins to carry out his research, the researcher faces the problem of defining the scope of the work, that is, the selection of the research community, and on this basis, our research community consists of 383 youth football players from the Bousaada clubs.*

The study sample*: The sample was chosen randomly and includes 30 players who were exposed to sports injuries, whether inside or outside the sports community, because our study revolves around the relationship between weak sports achievement motivation and exposure to sports injuries among players. Regardless of the medium in which the*

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injury occurred, the Bousaada clubs are divided into four teams: (A.F.B club, M.B.S club, M.F.B club, S.C.B Club).

3-Results and discussion

Table N°1

The percentage and value of (K²) for the frequency of sports injuries in the research sample.

Type of injury	*Recurring injury*	*Percentage*	*K²*	*DF*	*Sig*
Bruising	18	60.00%	38.61	16	0.001
Sprained	05	16.66%			
Torn	03	10.00%			
Dislocation	02	6.67%			
Fractions	02	6.67%			
N	30				

Table 1 shows the frequency of sports injuries in the research sample, as it appeared to us that the most important frequency of sports injuries is (bruising), with a percentage of (60.00%), while (sprains) obtained a percentage of (16.66%).

With regard to (torn), its percentage was (10.00%), while (dislocation) it amounted to (06.67%), while (fractures) it reached (06.67%). Less than (0.05), which means that there are significant differences in the frequency of sports injuries in the research sample.

Table N°2

The percentage and value of (K²) for the degree of sensation of pain insports injuries in the research sample.

Degree of pain	*The degree of painsensation*	*Percentage*	*K²*	*DF*	*Sig*
Light	01	3.34%	37.55	16	0.002
Medium	05	16.66%			
Severe	24	80.00%			

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Table 2 shows the degree of pain sensation among the research sample, as it appeared to us that one of the most important degrees of pain sensation is (severe), with a percentage of (%80.00), while (medium) obtained a percentage of (%16.66).

With regard to (light), its percentage was (%03.00), and the calculated k^2 value amounted to (37.55), while the significance amounted to (0.002), which is less than (0.05), and this means that there are significant differences in the degree of pain sensation among the research sample.

Table N°3

The value of the Pearson correlation coefficient for the variables of motivation to achieve success and avoid failure and the recurrence of sports injury.

Variables	*The calculated R values*	*The tabular R value*	*Sig*
Recurring injury / **Motivation to achieve success**	0.711	0.416	0.000
Recurring injury / **Motivation to avoid failure**	0.738	0.416	0.000
R tab = 0.416 degree of freedom = number of sample members 30 -1 = 29 at the level of significance 0.01			

The table3, we find that, in total, we find that the value of the Pearson correlation coefficient calculated between the players' answers variable on the total statements of the achievement motivation scale and the answers variable of the expressions of recurrence of injury was (0.711) and greater than the value of the tabular correlation coefficient (0.416) at the significance level 0.01 and the degree of freedom 29 as well The value of the sig level of significance is 0.000 less than the significance level of 0.01.

That is, there is a significant relationship between the recurrence of a sports injury and the motivation to achieve success, and this is reflected in the achievement of negative results in the field of competition from the athlete.

Therefore, the hypothesis that states that there is a correlation between the recurrence of sports injury and the motivation to achieve success has been achieved for U19 football players. at the significance level of 0.01.

In total, we find that the value of the Pearson correlation coefficient calculated between the players' answers variable on the total statements of the avoidance motivation scale and the response variable of the frequency of injury statements was

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(0.738) and greater than the value of the tabular correlation coefficient (0.416) at the significance level 0.01 and the degree of freedom 29, as well as the value of The sig level is equal to 0.000.Less than the 0.01 significance level, meaning that there is a significant relationship between the repetition of the sports injury and the motivation to avoid failure, and this is reflected in achieving negative results in the field of competition from the athlete.

Thus, the hypothesis that states that there is a correlation between the frequency of the occurrence of sports injury and the motivation to avoid failure among U19 football players at the significance level of 0.01 has been achieved.

Table N°4

The Pearson correlation coefficient for the variables of motivation to achieve success and avoid failure and the degree of pain sensation.

Variables	*The calculated R values*	*The tabular R value*	*Sig*
The degree of pain sensation	0.887	0.416	0.000
Motivation to achievesuccess			
The degree of pain sensation	0.855	0.416	0.000
Motivation to avoid failure	0.887	0.416	0.000
R tab = 0.416 degree of freedom = number of sample members 30 -1 = 29 at the level of significance 0.01			

The table4, we find that in total, we find that the value of the Pearson correlation coefficient calculated between the players' answers variable on the total statements of the success achievement motivation scale and the responses variable of the degree of pain sensation statements amounted to: (0.887) and is greater than the value of the tabular correlation coefficient (0.416) at the significance level of 0.01 The degree of freedom 29, as well as the value of the level of morale sig equal to 0.000 less than the level of significance 0.01, that is, there is a significant relationship between the degree of pain sensation and the motivation to achieve success, and this is reflected in the achievement of negative results in the field of sports competition and therefore the Hypothesis come true was fulfilled, which states that there is a correlational relationship Between the degree of pain sensation and the motivation to achieve success for U19 football players at the significance level of 0.01.

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In total, we find that the value of the Pearson correlation coefficient calculated between the players' answers variable on the total statements of the failure avoidance motivation scale and the responses variable of the degree of pain sensation statements amounted to: (0.855) and is greater than the value of the tabular correlation coefficient (0.416) at the significance level of 0.01 The degree of freedom is 29, as well as the value of the significance level sig equal to 000.0 less than the significance level 0.01.

That is, there is a significant relationship between the degree of pain sensation and the motivation to avoid failure, and this is reflected in achieving negative results in the field of sports competition. Therefore, the hypothesis that states that there is a correlation between the degree of pain sensation and the motivation to avoid failure has been achieved for U19 football players at the level of Significance 0.01.

The results indicated that there is a strong correlation between injury recurrence and lack of motivation for sports performance among young soccer players.

In addition, there is a correlation between the degree of sensation of physical pain derived from a sports injury and the lack of motivation for sports performance among young soccer players.

To verify the hypothesis, the Pearson Correlation coefficient was used to indicate the presence of an association between the frequency of injury and achievement motivation.

The Correlation Pearson test was used to estimate the relationship between the two variables.

The significance level 0.01.

Discussing the first hypothesis: Through the foregoing presentation of the results and their analysis, the results of the relationship between the Repetition of sports injury and the dimensions of sports achievement motivation were as follows: (0.416), and therefore it can be said that there is a correlation between the frequency of injury and the motivation of sports achievement among football players.

That is, neglecting a vital and important aspect of the player (warming up), whether before training or sports competition, is borne by the player and the coach for not paying attention to this aspect. "So one of the most important reasons for injuries to players is the insufficient warm-up, as the muscle is not ready to bear the effort that is commensurate with its preparation. (Sami'a Khalil Muhammad, 1990, p. 59).

As for the physical fitness of the players, it was one of the important reasons for the occurrence of injury, and (Riyad and Al-Najmi) stresses that physical fitness is: "One of the most important factors that prevent injury, as strong muscles protect the joints of the body that pass over them, and elastic ligaments give the natural opportunity for joint movement in its full range without obstacles. ". (Riyad and Najmi, 1990, p. 14).

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As we find that most of the players are motivated to achieve high success, which is the internal motivation that makes football players accept to perform their roles and push them to try to achieve excellence and win matches, which may expose them to many injuries inside the stadiums and before the sports competition.

As the injury to stadiums in general arises from errors either in the places where sports activities are practiced, or because of the tools used, the clothes worn by the player, the physical and psychological condition, or a mistake in training or application." (Riyad and Al-Najmi, 1999, p. 14).

As for the motivation to avoid failure in some players is high, which is a psychological formation related to the fear of the consequences of the results of failure in performance, which makes football players strive to avoid and avoid failure and loss due to the increase in their physical abilities and their emotions that they try to get rid of during the competition, which exposes them more to injuries.

The result of this study is consistent with the findings of the study of "Sami'a Khalil Muhammad", which aimed to identify the types and causes of injuries and to establish preventive foundations, and one of the most important results of its results is the high rates of injuries to the lower extremities, especially the knee and ankle joints, and accordingly it can be said that the insufficient warm-up and vocabulary for football From a technical and skill point of view, which were the main causes of injuries,which led to their negative impact on reducing the motivation to achieve success and the motivation to avoid failure.

Discussing the second hypothesis: Through the foregoing, the results of the degree of feeling pain in sports injury with dimensions of sports achievement motivation were as follows: Saying that there is a correlation between the degree of feeling the pain of injury and the motivation of sports achievement among football players, and this was confirmed by Samaa Khalil Muhammad, as it is one of the injuries that often occur as a result of external shocks or external violence, such as hitting a solid object or the body of a player, and it often occurs in football. (Sami'a Khalil Muhammad, 1990, p. 172).

Muscle bruises (bruises) are one of the most important types of bruises and the most painful because of their frequent spread, and they are direct injuries and often affect the lower extremity. (Kabaa, 1999, p. 110).

Traumatic injuries bruising for 20% of sports injuries and constitute 75% of injuries caused by football. (Journal of Sports Medicine Sciences, 2009, pg. 6).

As for the sprain, it is one of the injuries that affect the ligaments of the joint and occurs as a result of using the force incorrectly, as: "The sprain of the ankle joint is one of the many and common injuries among the public, especially athletes, and it occurs as a result of the foot being exposed to an internal coup with plantar flexion during exercise or Even walking on uneven ground. (Al-Rudaini Hussein, 2013, p. 6).

Accordingly, it can be said that the degree of feeling the pain of injury affects the motivation to achieve success and the motivation to avoid failure, and the reason is due

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to the weak warm-up of each activity and the inaccuracy in technical and skill performance.

4.Conclusions:

Through the above presentation, analysis and interpretation of the results, we concluded that:

Repetition of sports injuries negatively affect the motivation of sports achievement among players.

The degree of sensation of physical pain resulting from sports injuries reduces the motivation for sports achievement.

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