

## ANXIETY AND ITS RELATIONSHIP TO INJURY REHABILITATION PROGRAMS FOR FIRST-CLASS FOOTBALL PLAYERS

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### ABSTRACT

Football is an attractive, exciting and at the same time risky sport, mixed with tension and physical struggle. According to another account, all who play this sport are at great risk of injury and with the knowledge of the potential risks to their health, due to the innumerable attractions of football, which are similar to those of another sport. The subject of anxiety occupies a major position in psychology in general and sports psychology in particular because of its clear and direct effects on the disruption of psychological functions, physical functions, or both. The study aimed to identify anxiety and its relationship to injury rehabilitation programs for first-class football players. And identifying the degree of anxiety and its relationship in rehabilitation programs for those injured in football. The importance of this research lies in taking into account the anxiety factor, which is an important and effective factor in rehabilitating football injuries.

The sample was selected from the original community, which consisted of (60) players from the injured first-class teams, and the sample became (42) players, constituting a percentage of (82.65%) of the original community. The injured players who were included in the exploratory experiment and the players who were not banned, amounting to a number, were excluded. (18) players were randomly selected from the original community, constituting (18.35%).

### 1 INTRODUCTION

#### 1-1 Introduction and the importance of the research:

Football is an attractive, exciting and at the same time risky sport, mixed with tension and physical struggle. According to another account, all who play this sport are at great risk of injury and with the knowledge of the potential risks to their health, due to the innumerable attractions of football, which are similar to those of another sport. And they cannot be found, they practice this sport. When playing sports, the body is very vulnerable to injury, and in almost any sport, you must be prepared for its potential risks. If more than five injuries occur per 1,000 hours of sport, the sport is considered high-risk. team sports; They have a higher risk. For example, it is known that basketball is an injury-prone sport. (fellner, 2019)

The subject of anxiety occupies a major position in psychology in general and sports psychology in particular because of its clear and direct effects on the disruption of psychological functions, physical functions, or both. (علاوي، 1998)

We find a number of expressions that roughly describe this feeling, such as fear, fear, lack of reassurance..., and other common expressions such as: nervousness, jitteriness, lack of patience, tension, and preoccupation We can say that the state of anxiety is a healthy and positive state because it pushes a person towards action to ward off possible or likely mistakes that a person is exposed to in his struggle with...

life. "Anxiety is a positive motivation that helps in self-preservation and success in life. (مالح، 2012)

The importance of this research lies in taking into account the anxiety factor, which is an important and effective factor in rehabilitating football injuries.

## **2-1 Research problem:**

The life of any player is not devoid of anxiety as long as there is ambition and high hopes that need to be achieved. Sports injury anxiety after exposure to sports injuries is one of the factors that negatively affect sports performance and leads to the player's hesitation in performing for fear of being injured again. Sports competition situations, especially football, are full of risks, injuries, and many problems that cause anxiety. Therefore, we, as researchers, must pay attention to guidance and guidance programs for players, given their exposure to many psychological pressures associated with anxiety and their exposure to injuries that prevent them from competing for short or long periods. Therefore, the two researchers studied anxiety and its relationship to the rehabilitation of football injuries.

### **1-3 Research objectives:**

1. Identifying anxiety and its relationship to injury rehabilitation programs for first-class football players.
2. Identifying the degree of anxiety and its relationship to rehabilitation programs for those injured in football.

### **1-4 Research hypotheses:**

1. There is a high degree of anxiety among first-class players regarding the rehabilitation of football injuries.
2. There is a significant, statistically significant correlation between anxiety and its relationship to football rehabilitation programs for first-class players.

### **1-5 Research areas:**

1. Human field: Iraqi first-class players.
2. Temporal scope: the period from 9/5/2023 to 1/20/2024.
3. Spatial field: playgrounds and rehabilitation halls for the injured.

**2- Theoretical and similar studies:****2-1 Theoretical studies:****2-1-1 Sports injuries:**

There is no doubt that the athlete is vulnerable to various injuries due to the availability of elements of competition, activity, and the use of equipment and tools. A sports injury is a negative effect on the progress of the athletic level and is a harmful change in one or more types of different tissues of the body, accompanied by stages of a psychophysiological and chemical reaction as a result of internal or external forces. Therefore, we must Do not neglect an important element, which is injury prevention, which means providing security and safety for players while practicing sporting activity. (عطية، 2013) Sports medicine and player rehabilitation programs are considered essential elements in every game because of the risks that accompany it. Sports injuries may occur at any moment, ranging from mild to moderate to major to the extent that they may prevent the player from playing the game. Here comes the role of sports rehabilitation, which falls within the types of physical therapy to treat everyone who is exposed to an injury, pain, or disease in the musculoskeletal system. It maintains the player's physical fitness and health in general, and also helps in recovering from the injury and reducing pain in a thoughtful manner depending on the type and location of the injury. He returns to his highest functional levels.(المزرعي، 2023)

**2-1-2Sports psychology:**

It is known as the science that studies human behaviour and experience under the influence of the practice of physical education and sports and attempts to evaluate it to benefit from it in his life skills.

**Mental health:** One of the most important goals of sports psychology is that it is concerned with mental health and physical health at the same time. An anxious and hesitant athlete cannot achieve any important sporting achievement if he has trained or received training concepts and theories, and the role of this science in getting rid of some of these clearly appears here. Mental illnesses through the optimal use of mental health theories. (ياسين، 2008)

**2-1-3 Anxiety:**

Anxiety is one of the important emotions that an individual can experience or find conditions for due to the circumstances in which he lives. Anxiety differs from counselling in that it includes, in addition to the degree of activation, an unpleasant situation. Therefore, the term anxiety was used to describe a compound consisting of the intensity and direction of the emotion. Anxiety is negative because it describes unpleasant subjective feelings. pleasant. Ordinary anxiety can also be described as an unpleasant state of psychological tension that is usually accompanied by physical changes due to the expectation of a threatening event or situation, ranging from the duration and severity of the anxiety. It may occur gradually over a period of a night or hours. It may occur suddenly without warning. It may end within a few minutes or hours, and it may continue. Several days. Anxiety is defined as a feeling characterized by feelings of anticipation of danger and leads to tension and psychological pressure, in addition to the effects of the parasympathetic nervous system. Anxiety may be close to fear in its intensity, and thus it may be due to excessive emotion, quarrels, arguments, or physical withdrawal.(ثيو انويا، 2002)

#### 2-1-4 Types of anxiety:

Objective anxiety: Its external source actually exists, and it is called realistic anxiety or correct or normal anxiety. This occurs in situations of expectation or fear of losing something, such as anxiety related to success in a new job, an exam, or health.

Neurotic anxiety: It is a type of psychological illness, with an internal origin that cannot be avoided or avoided. Its causes are subconscious, its motives are repressed and unknown, and it is the product of the existing conflict between the repressed motives in the “id” and the forces of repression in the “ego.” Neurotic anxiety is known as Psychosomatic discomfort characterized by widespread fear and a feeling of insecurity.(2013، الحشوش)

#### 2-1-5 Anxiety levels:

It is not strange to say that anxiety is associated with life. Wherever there is life, there is anxiety. The type of anxiety varies from one stage of life to another, as well as the level of anxiety and its effect. Although there is no separation between the different degrees of anxiety, the level of anxiety can be generally divided into three levels: Low level, medium level and high level.(2000، الطالب)

#### 2-1-6 Football:

Football is considered the most popular game throughout the world. It has the largest number of followers and the largest number of players who play it. According to reports by the International Football Association, the number of players playing this game at the end of the twentieth century was about 250 million and more than 1.3 billion followers and spectators. Football is considered a sport accessible to everyone, as it can be practiced. In various places, such as gyms, official stadiums, or even streets, parks, or many other places. (Bernard JoyEric WeilJack Rollin, 2019)

Benefits of Football There are many benefits resulting from playing football, and the following shows the most important of these benefits: (soccer - health benefits, 2019)

1. It improves the efficiency of the respiratory system and maintains cardiovascular health.
2. It increases a person's physical endurance and gives him more flexibility.
3. It is considered a type of sport that is beneficial to health in general, because it contains different types of movement, such as walking, jogging, or jogging.
4. The game of football increases its players' ability to discipline and persevere.
5. Enhances teamwork, coordination and communication skills.
6. Increases concentration and thinking skills to get out of emergency situations.
7. It provides the opportunity to meet new people and engage in group activity with friends, in addition to being considered an international sport.
8. It increases a person's self-confidence and self-esteem.
9. It reduces anxiety in people.
10. It increases the physical strength of the body and develops muscles.
11. It reduces the percentage of fat accumulated in the player's body.

## 2-2 Similar studies:

Young (2018) studied in a paper entitled The Impact of Psychological Factors on Sports Injuries.

A review of the study showed that of the many psychological characteristics investigated in relation to sports injuries, only competitive anxiety was found to be associated with the occurrence of injuries. There is no typical profile for an "injury-prone" athlete. However, several studies have shown a certain predisposition to risk (lack of caution, adventurous spirit) on the part of injured athletes. In this review, current knowledge about the relationship between psychological factors and sports injuries is presented and a stress theory model is developed. The results showed that competitive anxiety factors affect sports injuries.

## 3- Research methodology and field procedures:

**3-1 Research methodology:** The descriptive method was used with its survey study to suit the nature of this research.

**3-2 Research population and sample:** The sample was chosen from the original population consisting of (60) players from the injured first-class teams. The sample became (42) players, making up a percentage of (82.65%) of the original population. The injured players who were included in the exploratory experiment were excluded. The 18 players who were not banned were randomly selected from the original community, where they constitute 18.35%.

## 3-3 Search tools:

- References and scientific sources from libraries and the Internet.
- Soft pen.
- Photography camera.
- spss program.
- Psychological Anxiety Scale Questionnaire (PSPQ).

In this research, the following questionnaires were used to collect data.

In order to identify those injured who wish to participate in the research and fill out the questionnaire, coordination will be made with the first-class football teams so that the researcher will be present at the training place to provide the questionnaire to the injured athletes at a specific time. After making initial arrangements and obtaining permission from the required teams, the researcher will return to the soccer team's training location and administer the questionnaire to the athletes to assess the athletes' attitude toward the use of the Psychological Anxiety Scale during rehabilitation. A full explanation of the research objectives and each questionnaire question, while asking them to answer all questions carefully.

The research instrument is the Standardized Psychological Questionnaire (PSPQ) performed by Arvinen Baru et al. (2007) conducted in England. The content validity of this questionnaire was confirmed by Rahnama et al. (2009) The first part of this questionnaire contains personal information. The second part consists of 20 questions (14 closed questions and 6 open questions). The first question of the questionnaire asks athletes to identify their mental states

when facing injury. The next two questions were questions asking athletes to list four characteristics or behaviours that they believed injured athletes must have (Question 2) or not have (Question 3) in order to successfully overcome an injury. . Questions 4, 5, 6, 7, 8, 9, 10 and 11 relate to athletes' access to sports psychologists and their referral structures, all of which have yes or no answers. Question 9 contains a list of 13 psychological techniques and skills that have been shown to play a role in the recovery of injured athletes. The athletes are then asked to determine the extent to which they use these techniques and skills in their rehabilitation programs. Question (13) asks athletes to indicate their level of belief that the injury affects them psychologically. Question (14) contains a list of 14 psychological techniques and skills asking athletes to identify their need to learn these techniques and skills. Questions (15, 16, 17, 18, and 19) ask about the importance of psychological treatment for injured athletes from the point of view of the athletes themselves, and Question 20 asks about the athletes' view of the importance of training in the field of psychology.

**Validity and reliability of the questionnaire:** The validity and reliability of this questionnaire was confirmed in the research of Kian Taş et al. (2019). Therefore, this measure meets the scientific foundations (honesty, consistency, and objectivity).

### 3-4 Exploratory experience:

The researchers used the exploratory experiment for the purpose of identifying the most important obstacles that they might encounter during tests of the scale and for the purpose of soundness of the basic research procedures. Accordingly, the researchers distributed the questionnaires for the scale to (12) players for the purpose of overcoming the difficulties in the basic experiment.

### 3-5 Statistical methods:

The researcher used the statistical package program (SPSS) to calculate the following.

- 1.Arithmetic mean.
- 2.standard deviation.
- 3.Sipperman correlation coefficient for ranks.

### 4- Presentation and discussion of the results:

Table (1) shows the individual characteristics of the analysed samples.

**Table No. (1)**

standard deviation	Arithmetic mean	the number	Variables
0,8	15,30	60	height
2,4	165,6	60	the age
3,8	67	60	the weight

As shown in Table No. (1), the arithmetic mean for height is (15.30), the arithmetic mean for age is (165.6), and the arithmetic mean for weight is (67), and with a standard deviation ranging from (0.8 to 3.8), this leads to There are significant differences.

- Table No. (2) shows the descriptive indicators of the research variables.

**Table No. (2)**

Level of importance	Test ratio	standard deviation	Arithmetic mean	Variables
0,001	0,5	0,34	1,80	Control fear
0,001	0,5	0,90	3,15	Self confidence
0,003	0,5	1,3	1,90	Reaction to anxiety
0,001	0,5	0,40	2,42	Focus on intellectual exercises
0,003	0,5	0,7	3,01	Activation

According to the results of Table 2 and the number of observations reported, it is concluded that among the effective psychological components, only three components - reaction to stress, fear control and concentration - have an unfavourable position compared to the other components. This problem was observed based on the average scores and proportions observed in the groups investigated. As can be seen from the table, there is a high priority between the components of anxiety and their relationship in the rehabilitation of injured athletes. Therefore, the highest average rating is associated with the component "self-confidence," and the components "control of fear," "focus on intellectual exercises," "activation," and "reaction to anxiety" come in the next ranks. Focus and fear control factors were also given last priority. Since the significance level of the Friedman test is less than 0.05, it can be said that there is a significant priority between the items of the self-confidence component. Therefore, the highest average rank relates to Item 1, and Items 2, 3, 4, and 5 are ranked second, third, fourth, and fifth.

## 5 - Conclusions and recommendations:

### 5-1 Conclusions.

Through this study we reached the following results:

1. The study showed that degrees of psychological anxiety appeared at high and moderate levels, which are levels that confirm the psychological pressure experienced by injured players, especially during the rehabilitation period.
2. One of the most severe emotions that an injured football player experiences during the rehabilitation period is psychological anxiety.
3. The effect of anxiety on players with varying degrees of anxiety, which leads to an impact on skill performance in football.
4. The psychological state and fear of injury have a major impact on the level of performance of the injured player, and the fear of another injury preventing him from competing.

### 5-2 Recommendations:

1. Paying attention to psychological preparation programs and taking care of them is necessary because of their impact on injured players.

2. Focus on rehabilitation programs that serve the psychological preparation of football players.
3. Use all means that contribute to the well-being of the injured during the preparation and rehabilitation period.
4. Seeking the help of a psychologist to diagnose psychological conditions and how to get rid of them is very necessary, especially during the rehabilitation period.
5. Emphasis on providing all necessary requirements that contribute significantly to getting rid of anxiety and anxiety during the rehabilitation period.

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