

A survey study of psychological Stress among sports coaches in various sports

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Abstract

The aim of the research is to identify the causes of stress for different sports coaches according to the dimensions of the scale used by researchers, which are the causes and factors associated with players or the sports team, causes or factors related to the characteristics of the sports coach and his personality, causes related to the senior management of players or the team, causes or factors related to the media, and finally reasons or Factors related to the fans, the researchers used the descriptive approach and were chosen from (30) different game coaches, and through the results it appeared that the most important causes of psychological stress for the coaches are reasons related to the top management of players or the team, and came in the Zantian level in terms of importance, reasons related to players or The sports team, either in the third rank of the causes of psychological pressure for the coaches represented by the reasons related to the senior management of the players or the team, and the reasons related to the media came fourth, and the weakest reasons were represented by the fans.

Keywords: *Stress, coaches, media, administration.*

I. Introduction

The task of sports training is one of the tasks that needs a good, stable and very strong personality and with one decision that the coach does not often retract in order to continue with success in the sports field as well as to overcome the pressures that the coach is exposed to meet. As the nature of work in the sports field requires the individual to acclimate to the conditions that occur in the field of work and this depends on what characterizes the individual from a sports personality that qualifies him to lead the team and face the changes and difficult conditions that need in sports work, as the nature of sports work needs speed in Taking decisions, especially during competitions, in addition to the role of expertise in the field of sports, therefore, the accumulation of pressures faced by the coach in sports.

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Life is full of material and psychological pressures, and everyone faces these problems in a manner and means that are different from others. These methods and means largely determine the human ability to harmony and harmony with life. Sports clubs teams in general have been exposed to problems and pressures on the one hand and the coach on the other hand, and its significance has emerged as it is shrinking The levels and accordingly, the research problem lies in the vacuum that the departments have in the information about the pressures that coaches are exposed to for various sports and that filling this vacuum leads to the possibility of dealing with these different pressures that coaches are exposed to and that can lead to the withdrawal of the partial or total coach from Training.

It is noticed in the sports field that there are many stressful stimuli that the coach encounters due to the diversity of demands that he must fulfill, such as high achievement, the acquisition of motor skills, planning capabilities, physical and psychological preparation for sports competition, emotional control, awareness and remembering responsibilities incumbent upon and good interaction with others and related All of it is fear, failure, or defeat, anxiety, tension, and arousal that are linked to competition and other factors that contribute to raising the level of pressure of the coach. (Al-Alwani, 2009, page 22)

The pressure in the sports field means those pressures related to the intertwined and complex relations between the player and both the sports coach and the sports administrator and the masses of spectators in sports competitions, especially fanatics and sports media and others who have a relationship with the sports environment and what may be related to the quality of this relationship from criticism or dictatorship or inadequate appreciation Or motivation or encouragement to demand the achievement of a level of overly ambitions.

Sports teams often fall under the pressure of psychological

pressure, especially during the competition period, and this may be due to many reasons, including (instantaneous) or accumulated as a result of previous experiences of other championships in which these participated and contributed to increasing the size of the effects of these pressures on the psychological side of the team members, which in turn leads to a decrease Performance level in sports competitions. The psychological pressure varies according to the method that the trainer relies on in the psychological and group preparation of the team and the extent of his personal experience in this field, as well as on the cognitive, cognitive and evaluation capabilities in diagnosing deficiencies and identifying potential conditions and contributing to the process of psychological stress. The trainer has an additional responsibility in choosing the most appropriate methods for dealing with stress, especially when planning training

The aim of the research is to identify the causes of stress for different sports coaches according to the dimensions of the scale used by researchers, which are the causes and

factors associated with players or the sports team, causes or factors related to the characteristics of the sports coach and his personality, causes related to the senior management of players or the team, causes or factors related to the media, and finally reasons or Factors related to fans.

Several studies have dealt with the topic of psychological stress in sports, including a study (Scott & Fletcher, 2010) in which the researchers emphasized that sports coaches work in a complex and constantly changing environment that imposes a lot of pressure on them. This study focuses on the environmental pressures faced by the trainers, their evaluation and responses, and the effect of that on a personal level and on their job performance. Among the most important conclusions that came out of this study are health costs and stress.

The potential psychological stress of sports coaches, the rate of rapid change in contemporary sports, and the dynamic nature of stress have made coaches in an ongoing state of psychological pressure that officials must monitor and address.

(Brajendra & Rajesh, 2018) study attempted to shed light on the strategies of sports coaches in managing psychological pressures in sports competitions, and indicated that psychological pressures are affected by the nature of the pressures, their number, and their persistence, as well as weaknesses of upbringing and inheritance, and have proven that psychological and social interventions and treatments are very beneficial for the treatment of associated disorders. With psychological stress, this study also highlighted some of the specific stress management strategies that athletic coaches must employ to help with excellent performance in sports competition. As for a study (Johar, Sofian, & Abu Samah, 2012), the researchers used that the use of low-intensity aerobic dance exercises had a great effect on reducing the psychological stress aspects in the research sample.

A study (Segato, Brandt, Liz, & Vasconcellos, 2010) indicated that psychological pressures for sail athletes and researchers found that the best way to get rid of psychological pressures is to use dimensional strategies and relieve physical pressure through listening to appropriate music, rest and sleep as well as talking to friends and family .

As for a study (Balbim, Andrade, & Vieira, 2012) indicated that athletes with low levels of social cohesion are negatively affected by psychological stress factors, and the study indicated that social cohesion is one of the very important factors in psychological pressure, especially in important competitions.

As for the study (Matar and Mohammed, 2010) which examined the psychological stress of

trainers of sports activities in Iraqi universities, it confirmed that the psychological pressures of coaches are generated as a result of the negligence of officials in sports for the role of the coach as well as the neglect

Meeting his basic needs that qualify him for success, and finally placing greater blame on him in case of failures or in case of poor results.

II. Method and tools:

The researchers used the descriptive approach and were chosen from the trainers of the various games from the University of Baghdad College of Physical Education and Sports Science and the National Center for Sports Talent Care in the Ministry of Youth and Sports, and trainers in the Central Football Association number (30) trainer (15) at the University of Baghdad College of Physical Education and Science Sports, (10) the National Center for Sports Talent, and (5) in the Central Football Association.

The study tool included (a list of causes of psychological stress for sports coaches prepared by (Allawi, 1998) which included (29) paragraphs, and it should be noted that the scale used by the researcher is composed of five dimensions that are the highest degree in each dimension 30 degrees which represents The higher the percentage of pressure, the lower the score, the more evidence of the increased pressure in that dimension.

The scale questionnaires were distributed to the research sample by direct distribution and direct answer. After collecting the forms, they were collected in the final data collection form for the purpose of conducting statistical operations, and then the SPSS statistical bag was used to extract the statistical variables that were included on the mean and standard deviation.

Research Results

Table **(1)**

Arithmetic mean and standard deviation for trainers stress scale results

The dimension		Arithmetic mean	standard deviation
First	Reasons related to players or the sports team	22.3	4.576
Second	Reasons related to the characteristics of the sports coach and his personality	21.8	3.736
Third	Reasons related to senior management of players or the team	22.5	5.250
Fourth	Reasons related to the media	21.5	4.523
Fifth	Reasons related to fans	18.2	3.938

III. Discuss the results:

By analyzing the results of Table (1), we find that the first and third dimensions were the first reasons for increasing pressure on the coaches, as the first dimension represents: reasons and factors related to players or the sports team: This dimension includes reasons related to the weak relationship between players and the coach and their lack of appreciation for the effort made or Acknowledgment of its primary role in developing their athletic levels, or the frequent presence of conflicts and problems between players and its inability to face them, as well as a major problem represented by the difficulty of being able to achieve successes with the players or trying to congregate in the face of the coach, because the pressure imposed by the players and trying to drop their failure to succeed on the coach It is a clear example, and rather, it is one of the most important factors that constitute the increased possibility for coaches to be subjected to pressure leading to an imbalance between the need for success and the behavior of players and the attempt to drop the failure towards the coach, (Ratib, 2000, page 169) .

Here, the coach must pay attention to this situation by educating the players by attributing the results to their real causes, as well as improving the relationship between the coach and the players and transforming the relationship from a tense relationship to a relationship of a calm and purposeful nature, that this improvement from It would relieve the psychological pressure on the coach, and transfer it from the negative side to the positive side, and certainly the good relationship and mutual respect between the players and the coach returns the positive feedback on the performance and the results and in turn relieves the psychological pressure.

The third dimension came second, which represents reasons related to the senior management of players or the team, such as the board of directors of the club, the sports union, or the high administrative committee supervising the players or the sports team that the coach is subject to, which is related to the administration's lack of conviction of the coach's competence and its refusal to respond to the necessary requirements and the coach's sense. By not adequately appreciating him or his attempt to limit his powers, or the instructor's sense that he is threatened with dispensing with him / on the other hand, departments often ask the coach for greater results than the advantages granted to him, since most Iraqi sports departments do not achieve the coach 25%. One of the requirements for success is that the large number and diversity of teams sees (Muhammad, 2005, page 111) pressures as a condition that results when external demands exceed the available capabilities of the coach from the capabilities, and on the other hand, the weakness in club departments and sports institutions represents a painful or repulsive emotional state that the coach is trying to avoid it, and it affects his performance negatively through muscle tension in excess of the limit. It also works to narrow the focus of the coach's attention and increase his actions, which causes pressure psychologically for the coach.

On the other hand, he sees (Al-Antaki, 2009, page 58) sometimes we find that some sports leaders refer the reasons for their failure to achieve some goals to some external causes or factors, while they may attribute victory and success to them. Regardless of the reasons that lead to success or failure, for there is a part of the responsibility that falls on the athletic leader, and he must bear this responsibility with a great deal of courage. Resulted in such situations, and afford.

And trying to confront the causes that led to such cases, and taking responsibility requires the willpower of the athletic leader and the courage to confront the resulting errors and trying to make an effort to correct these errors.

And came in the third and fourth the second and fourth dimensions respectively, as it represents the second dimension: reasons or factors related to the characteristics of the sports coach and his personality, which are the reasons and factors in which the coach feels in his own decision of insecurity or stability in his work and his increased sensitivity to what he faces from criticism or his inability. To achieve more victories or motivate the players or a smile with some specific personal qualities such as introvert, dictatorial or nervous, or the coach's suffering from some problems that he could not solve, and all of that for many reasons, including that the difficult circumstances that Iraq is going through had a very negative impact on the personality of the coach. These conditions are among the prominent factors in increasing the pressure on the trainer, as the lack of training courses and the

relative weakness of the coaches compared to the global trainers are other reasons that constitute an additional burden on the coaches.

The researchers agree (Abdel Zahra and Hassan, 2015) on the need to enhance the positive factors of the personality of coaches in general, as it helps coaches to produce positive behaviors with players or entities associated with their work, whether they are in the training or competition stage, which directly affects the athletic achievement.

It is known that people who do not have a high degree of flexibility in choosing alternatives to follow will find it difficult to search for a problem even if they have a high degree of academic education, and since most coaches of sports teams, especially university, and some teams of clubs poor materially and non-masses resort to Coaches are incomplete in all respects, whether on the level of self-development or on the personal level (Musleh, 2015, page 11).

As for the fourth dimension: causes or factors related to the media, which are the causes and factors associated with the various print, visual and audio media and the coach's belief that they direct harsh criticism and try to exaggerate his mistakes and motivate him or try to ignore him, and from this logic many coaches see that the Sports journalism is an important factor to the extreme, given the extent of its impact on the sports community with its various components, such as referees, players, coaches, administrators, and audiences. Through it, the education and awareness process in all aspects related to various joints of sports is carried out, and therefore the media has a large and effective role in increasing and alleviating pressure Psychological training for coaches, as it is a double-edged sword. Media can affect negatively or positively, so it can be a destructive cause, which is known as destructive media, or it may be a positive reason to relieve psychological pressure when it is constructive media. (Busaq, 2008, page 78).

As for the lowest percentage of psychological pressure on the coach, it is represented by the fifth dimension, and this dimension represents causes or factors related to the fans. They are the reasons and factors that relate to the fans or fanatical fans of the coach's specialized sports and what might happen to some of them from hostile chants or physical or verbal assault on the coach or chants of changing it or a coup against their team and encouraging the competing team or competing players, that the audience of sports, especially games Other than football, it is almost non-existent, since most matches and leagues end with the fans not feeling it, and according to Maronite definition of psychological pressure as the life situations to which an individual is subjected and that affect his psychological and physical

life. And since the audience in these games is no longer known, it is only natural that this dimension be the least effective in increasing the pressure on the coach.

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