

Bulding a measure of the psychological pressures of football coaches in light of the new social	العنوان:
المجلة الأوربية لتكنولوجيا علوم الرياضة - الأكاديمية الدولية لتكنولوجيا الرياضة بدبي - الإمارات	المصدر:
Abu Rayya, Mohamed Abd Alsalam	المؤلف الرئيسي:
س2, ع2	المجلد/العدد:
نعم	محكمة:
2013	التاريخ الميلادي:
127 - 134	الصفحات:
622146	رقم MD:
بحوث ومقالات	نوع المحتوى:
EduSearch	قواعد المعلومات:
الضغوط النفسية ، القياس النفسي ، مدربو كرة القدم ، كرة القدم	مواضيع:
<a href="http://search.mandumah.com/Record/622146">http://search.mandumah.com/Record/622146</a>	رابط:

# **Building A Measure of the Psychological Pressures of Football**

## **Coaches in Light of the New Social**

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### **Abstract**

The research aims to build a measure of the psychological pressures of football coaches league Egyptian public in light of the new social, and use researcher method survey of descriptive method for appropriateness nature of the research, and was research sample (26) coach of the football coaches for some clubs the Egyptian Premier League, and the researcher used a form of pressure psychological football coaches for Premier League clubs league Egyptian public, was reached by the results of this study to build a measure of the psychological pressures of football coaches league Egyptian public, and recommended the researcher developed a measure of psychological pressure to trainers rest individual games, and compared psychological pressure located on the coaches mass ganus and individual gamed..

### **Key words**

psychological measure - football coaches - new social

### **Introduction**

Play evaluation and measurement big role and effective in reaching resolve many of the problems that we face in the sports field in general and in the field of psychology private Perhaps the rhythm of life rapidly puts rights in many situations may cause him some stress which affect professional performance or relationships with others and physical activity in general and Activity football in particular surpassed many of the psychological pressure that rests on the shoulders of works considering that football is most popular sport, which became associated with many aspects of economic, political, social and other various aspects so it became works is almost always subject to many psychological pressure. That coaches differ in their

tendency or inclination towards influencing the pressures to which they are exposed due to individual differences in evaluate them for positions that cause these pressures, which lies on them [1]. It is noteworthy that psychological stress affect the behavior of the coach feels tired physically and mentally whenever he went to the club for training [2].

Given the importance of psychological pressures on the shoulders of coaches sports activities have focused on several studies to identify the sources of these pressures, for example, each of the study [3-4-5-6-7].

This is what Social and the accompanying change in the composition of society with a clear and significant impact on the performance of workers in the field of sports in general and football especially resulting in powerful and influential pressure on workers in the field of football. As the stress a significant impact on the performance of the football coaches, whether from increased physical and psychological burden which evolves to become a burden mentally and emotionally affecting landing on the level of achievement of the coach. Due to the impact of the performance of football coaches pressures psychological located on their shoulders with a note differences that pressure and quantity were the researcher studying precedent to identify construction factorial to psychological pressures of football coaches have reached researcher on the impact of the presence of four major dimensions represent more dimensional psychological pressure on coach foot a (psychological stress associated with competitions and results, psychological stress associated support and reinforcement, psychological stress associated with Power Load training for competition, psychological stress is linked with the masses) this and due to the importance of identifying the degree of stress for football coaches and their impact on the performance of the coach saw the researcher do a measure of this pressure Psychological using the previous four dimensions major scale building and through a set of statements which express sources of stress for football coaches.

**Aim:**

Building a measure of psychological pressure for football coaches Egyptian league in the light of social developments.

## **Hypotheses:**

- Learned factors can be represented through phrases express sources of stress for football coaches.

## **Materials And Methods:**

### **Approach:**

### **Methodology used:**

Researcher use the survey method of descriptive method for appropriateness nature of the research.

**Sample:** The sample search (26) coach of football coaches for some Premier League clubs place.

### **Data collection tools:**

- √ Use of research results that have been reached in the previous study psychological stress for football coaches beat the Egyptian public.
- √ Building a measure of psychological pressure in light of the results of a previous study by researcher which appeared four key dimensions:
  - √ Psychological pressure associated with competitions and results.
  - √ Psychological pressure associated with the masses.
  - √ Psychological pressure associated with the support and reinforcement.
  - √ Power Load psychological stress associated with training during the competition.

### **Transactions scientific a scale:**

#### **1- Validity measure:**

The researcher used the internal consistency of the scale and dimensions words where the measure was applied to a sample of 26 representing some of the coaches coach Egyptian league year. This was done by creating correlation coefficients between the degree of each statement and overall dimension to which it belongs phrase inside the meter under Search, And were excluded dimension and phrases that have not achieved the level of significance of the scale.

#### **Table 1:**

**Validity internal consistency coefficients between the degree of each dimension And overall the rest of the dimensions of the scale under consideration**

	<b>Dimensions</b>	<b>Value (T)</b>
<b>1</b>	Psychological stress associated with competitions and results	0.730

	<b>Dimensions</b>	<b>Value (T)</b>
<b>2</b>	Psychological stress associated with the support and reinforcement	0.779 *
<b>3</b>	Psychological stress associated with Load training and competition	0.650 *
<b>4</b>	Psychological pressures associated with the masses	0.640 *

Table 1 that the correlation coefficients between the total score of each and overall the rest of the dimensions of the scale under consideration statistical significance at the level of significance 0.5

**Reliability of the scale under consideration:**

Been found Reliability dimensions the scale under consideration using alpha Cronbakh to find reliability coefficient kidney category the scale under discussion), and it became clear that the phrases four dimensions statistically significant at the abstract level 0.5 with the exception of the phrase number 4, 18, 20 of the phrases first dimension.

**Table 2:**

**The arithmetic mean and the standard deviation and the percentage and the significance of the differences and order of the first dimension statements In light of the relative weight of the sample responses (n= 26)**

Serial phrase	Mean	SD±	Agree		Some Extent		Non agree		Value Ca2	Relative importance	Relative weight	Ar
			Re	Ratio%	Re	Ratio%	Re	Ratio%				
<b>1</b>	2.73	0.452	19	73.07	7	26.92	0	-	5.53	91.02	71	1
<b>2</b>	1.76	0.764	5	19.23	10	38.46	11	42.30	2.38	58.97	46	17
<b>3</b>	2.46	0.859	18	47.92	2	76.92	6	23.07	16.00	82.05	64	9
<b>4</b>	2.11	0.908	12	46.15	5	19.23	9	34.61	2.84	70.51	55	14
<b>5</b>	2.57	0.702	18	69.23	5	19.23	3	11.53	15.30	85.89	67	4
<b>6</b>	1.73	0.724	4	15.38	11	42.30	11	42.30	3.76	57.69	45	18
<b>7</b>	1.76	0.651	3	11.53	14	53.84	9	34.61	7.00	58.97	46	17 bis
<b>8</b>	1.50	0.509	0	-	13	50.00	13	50.00	55	50.00	39	20
<b>9</b>	2.34	0.689	12	46.15	11	42.30	3	11.53	5.61	78.20	61	11
<b>10</b>	2.07	0.744	8	30.76	12	46.15	6	23.07	2.15	69.23	54	15
<b>11</b>	2.46	0.706	15	57.69	8	30.76	3	11.53	8.38	82.05	64	9 bis
<b>12</b>	2.73	0.452	19	73.07	7	26.92	-	-	5.53	91.02	71	1 bis
<b>13</b>	2.46	0.508	12	46.15	14	53.84	-	-	0.154	82.05	64	8 bis
<b>14</b>	2.57	0.702	18	69.23	5	19.23	3	11.53	15.30	85.89	67	4 bis
<b>15</b>	2.69	0.470	18	69.23	8	30.76	-	-	3.84	89.74	70	3
<b>16</b>	2.30	0.837	14	53.84	6	23.07	6	23.07	4.92	76.92	60	12
<b>17</b>	1.92	0.560	3	11.53	18	69.23	5	19.23	15.30	64.10	50	16

Serial phrase	Mean	SD±	Agree		Some Extent		Non agree		Value Ca2	Relative importance	Relative weight	Ar
			Re	Ratio%	Re	Ratio%	Re	Ratio%				
18	1.42	0.757	4	15.38	3	11.53	19	73.07	18.53	47.43	37	21
19	2.26	0.874	14	53.84	5	19.23	7	26.92	5.15	75.64	59	13
20	1.80	0.895	8	30.76	5	19.23	13	50.00	3.76	60.25	47	17
21	2.53	0.508	14	53.84	12	46.15	-	-	0.15	84.61	66	6
22	1.57	0.808	5	19.23	5	19.23	16	61.53	9.30	52.56	41	19
23	2.50	0.707	16	61.53	7	26.92	3	11.53	10.21	83.33	65	7
24	2.50	0.707	16	23.07	7	26.92	3	11.53	10.23	83.33	65	7 bis

\*Re=Repetition, Ar=Arrangement

Table 2 significant differences between the responses of a sample Search (agree / To some extent / not agree) is related in the first dimension terms, And describes the results of the table that the relative weight of words this dimension may ranged between 71 - 37 and phrase No. 1 was ranked first on this dimension, reaching relative importance her 91.02, while phrase 18 less phrases response the sample reaching the relative importance of each of them 47, 73.

### Table 3:

**The arithmetic mean and the standard deviation and the percentage and the significance of the differences and order of the second dimension statements in light of the relative weight of the sample responses (n = 26)**

Serial phrase	Mean	SD±	Agree		Some Extent		Non agree		Value Ca2	Relative importance	Relative weight	Ar
			Re	Ratio%	Re	Ratio%	Re	Ratio%				
1	2.57	0.503	15	57.69	11	42.30	-	-	0.615	85.89	67	5
2	2.50	0.509	13	20.00	13	50.00	-	-	0.00	83.33	65	6
3	2.61	0.469	16	37.86	10	38.46	-	-	1.385	87.17	68	3 bis
4	2.65	0.485	17	65.38	9	34.61	-	-	2.462	88.46	69	2
5	2.50	0.509	13	50.00	13	50.00	-	-	0.00	83.33	65	7 bis
6	1.69	0.617	2	7.69	14	53.84	10	38.46	8.615	56.41	44	9
7	2.61	0.496	16	61.53	10	38.46	-	-	1.385	87.17	68	3
8	2.76	0.429	20	76.92	6	23.07	-	-	7.538	92.30	72	1
9	2.11	0.711	8	30.76	13	0.50	5	19.23	3.769	70.51	55	8

\*Re= Repetition, Ar= Arrangement

Table 3 significant differences between the responses of a sample Search (agree t To some extent / not agree) is related to the second dimension terms. And describes the results of the table that the relative weight of words this dimension may

ranged between 72 - 44 and phrase No. 8 was ranked first on this dimension, reaching relative importance her 92.30, while phrase 6 less phrases response the sample reaching the relative importance of each of them 56.41.

**Table 4:**

**The arithmetic mean and the standard deviation and the percentage and the significance of the differences and order of the third dimension statements In light of the relative weight of the sample responses (n= 260)**

Serial phrase	Mean	SD±	Agree		Some Extent		Non agree		Value Ca2	Relative importance	Relative weight	Ar
			Re	Ratio%	Re	Ratio%	Re	Ratio%				
1	2.73	0.452	19	73.07	7	26.92	-	-	5.53	91.02	71	1
2	2.34	0.845	15	57.69	5	19.23	6	23.07	7.00	78.02	61	9
3	2.69	0.470	18	69.23	8	30.76	-	-	3.84	89.74	70	2
4	2.69	0.470	18	69.23	8	30.76	.	-	3.84	89.74	70	2 bis
5	2.61	0.496	16	61.53	10	38.46	-	-	1.38	78.17	68	9 bis
6	2.61	0.496	16	61.53	10	38.46	-	-	1.38	78.17	68	9 bis
7	2.53	0.508	14	53.84	12	46.15	-	-	0.154	84.64	66	5 bis
8	2.53	0.646	16	61.53	8	30.76	2	7.69	11.38	84.61	66	5 bis
9	2.65	0.485	17	56.38	9	34.61	-	-	2.46	88.46	69	4
10	1.53	0.508	14	-	12	53.84	-	46.15	0.154	84.61	66	5
11	2.26	0.666	10	38.46	13	50.00	3	11.53	6.07	75.64	59	12
12	2.42	0.702	14	53.84	9	43.61	3	11.53	7.00	80.76	63	8
13	2.15	0.833	11	42.30	8	30.76	7	26.92	1.00	71.79	56	13

Table 4 significant differences between the responses of a sample Search (agree / To some extent /not agree) is related terms, the third dimension. And describes the results of the table that the relative weight of words this dimension may ranged between 71-56 and phrase No. 1 was ranked first on this dimension, reaching relative importance her 91.02 while the phrase 13 less phrases response the sample reaching the relative importance of each of them 71.79.

**Table 5:**

**The arithmetic mean and the standard deviation and the percentage and the significance of the differences and order of the fourth dimension statements In light of the relative weight of the sample responses (n = 26)**

Serial phrase	Mean	SD±	Agree		Some Extent		Non agree		Value Ca2	Relative importance	Relative weight	Ar
			Re	Ratio%	Re	Ratio%	Re	Ratio%				
1	2.69	0.470	18	69.23	8	30.76	-	-	3.84	89.74	70	4

Serial phrase	Mean	SD±	Agree		Some Extent		Non agree		Value Ca2	Relative importance	Relative weight	Ar
			Re	Ratio%	Re	Ratio%	Re	Ratio%				
2	2.80	0.401	21	80.76	5	19.23	-	-	9.84	93.56	73	1 his
3	2.65	0.485	17	65.38	9	34.61	-	-	2.46	88.46	69	5
4	2.80	0.401	21	80.76	5	19.23	-	-	9.84	93.59	73	1
5	2.46	0.706	15	57.69	8	30.76	3	11.53	8.38	82.05	64	7
6	2.42	0.702	14	53.84	9	34.61	3	11.53	7.00	80.76	63	11
7	2.46	0.706	15	57.69	8	30.76	3	11.53	8.38	82.05	64	7 bis
8	1.61	0.697	3	11.53	10	38.46	13	50.00	6.07	53.84	42	15
9	2.53	0.706	17	65.38	6	23.07	3	11.53	12.53	84.61	66	10
10	2.46	0.811	17	65.38	4	15.38	5	19.23	12.07	82.05	64	7 bis
11	2.07	0.744	8	30.76	12	46.15	6	23.07	2.15	69.23	54	12
12	2.61	0.496	16	61.53	10	38.46	-	-	1.38	87.17	86	6
13	2.80	0.401	21	80.76	5	19.23	-	-	9.84	93.59	73	1 bis
14	1.88	0.908	9	38.76	5	19.23	12	46.15	2.84	62.82	49	13
15	1.73	0.827	6	23.07	7	26.23	13	50.00	3.30	57.69	45	14
16	1.57	0.808	5	19.23	5	19.23	16	61.53	9.30	52.56	41	16

Table 5 significant differences between the responses of a sample Search (agree / To some extent / not agree) is related terms, the fourth dimension. And describes the results of the table that the relative weight of words this dimension may ranged between 73 - 41 and phrase number 4 was ranked first on this dimension, reaching relative importance her 93.59 while the phrase 16 less phrases response the sample reaching the relative importance of each of them 52.56.

#### **The final image of the a scale:**

The results of the previous steps for extracting number 62 is enjoying truthfulness, fortitude and fall under four main dimensions distributed as follows:

√ The first dimension: psychological stress associated with competitions and results 24.

√ Second dimension: psychological stress associated with the support and reinforcement 9 phrases.

√ The third dimension: Power Load psychological stress associated with training 13.

√ The fourth dimension: psychological stress associated with the masses 16 .Attachment 3.

And can represent these dimensions and axes belong to the final image to a scale stress the football coaches so these results can be calculated using the total score for each axis and the total score for the a scale of all alone.

### **Conclusion**

The Researcher Concludes the Following:

√ That stress plays a major role and an important role in the performance of football coaches both on and off the pitch.

√ A a scale of psychological pressure for football coaches beat the Egyptian public.

### **Recommendation: The researcher recommends the following:**

√ A a scale of psychological pressure to individual instructors for the rest of the games.

√ Compared to psychological pressures in intramural sports trainers and individual games.

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