



CONSTRUCTING A PSYCHOLOGICAL EXHAUSTION SCALE FOR IRAQI PREMIER LEAGUE FOOTBALL CLUBS AND ITS RELATIONSHIP TO NEGATIVE EMOTIONAL BEHAVIOR FOR 2024-2025 SPORTS SEASON

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Received: April 17, 2025 **Accepted:** June 25, 2025

ABSTRACT

Background. The Iraqi Premier League has witnessed great interest in the recent period, by the Iraqi Central Football Association in general and sports clubs in particular, by summoning the best players, from various local, Arab and international clubs, despite the high costs spent on professional players, for the purpose of advancing their clubs. **Objectives.** The research aims to build a scale of psychological exhaustion and a scale of negative emotional behavior for some players of Premier League football clubs and to find relationship between them. **Method.** The descriptive approach was used with sample method. The exploratory study was applied to a sample of (21) players and main study was applied to (121). Appropriate statistical treatments were used on (6) sources (anxiety - tension - pessimism - frustration - distraction - psychological pressure), which represent main sources of psychological exhaustion scale after presenting them to the experts, numbering (12) experts. These became main sources of psychological exhaustion scale, which consists of (48) phrases, as they were presented to the experts, with (8) phrases for each source, and two phrases were deleted for each source. Thus, the scale of sources of psychological exhaustion consists of (36) phrases, with (6) phrases for each source, and scale of negative emotional behavior consists of (28) phrases. **Results.** It is noted from results for scale of sources of psychological exhaustion for players of some Premier League football clubs that coefficient reached (0.823), which indicates that phrases are characterized by very good validity and reliability, as phrases of scale reached (36) phrases. It is also coefficient for the scale of negative emotional behavior reached (0.857), which indicates that phrases are characterized by high validity and reliability for scale of negative emotional behavior for players of Premier League football clubs, as phrases of emotional behavior scale reached (28) phrases. **Conclusion.** Players of some clubs Premier League football suffers from sources of psychological exhaustion and these sources can be used to measure psychological exhaustion among players, in addition to their negative emotional behavior.

Keywords; psychological exhaustion, emotional behavior, players, premier league, football.



A. INTRODUCTION

The Iraqi Premier League has witnessed great interest in the recent period, by Iraqi Central Football Association in general and sports clubs in particular, by summoning the best players, from various local, Arab and international clubs, despite the high costs spent on professional players, for the purpose of advancing their clubs, towards local and international participation, and in return achieving moral and material gains, by marketing players to these clubs, as the administrations of these clubs seek to absorb a number of Arab and foreign coaches to supervise the training of their clubs, in a way that increased the players' interest in themselves in making more physical effort and continuous training to advance to provide the best levels to represent the national team, as it is a dream for every player to carry the honor of his country's medal on his shoulder in international forums. (Cansu, Ç., Murat, T., Murat, A., Öznur, A., Fatih, Ç., & Atilla, 2020).

This sporting equation produced competition for the Premier League clubs to win league titles and to maintain its level, as well as the persistent and continuous efforts of other clubs to snatch the league in the upcoming tournaments (Mohammad Ramdani et al., 2023). Football has become the real outlet for Iraqi fans who are eager to watch matches and compete with each other, and their love and passion for supporting their clubs increases. This competition requires exceptional effort and planning to distribute the effort over the entire time of the match, or it may extend to additional times that require maintaining focus and accuracy in skill, handling, and moving the ball from one place to another to change the course of the game and how to apply continuous pressure in order to exhaust teams and players, exploiting some weaknesses in the opposing teams, as fatigue causes negative behaviors as a result of excessive rough play, such as deliberately entering the opponent or not understanding the referees' decisions when showing colored cards or even the instructions of their coaches during the psychological and physical pressure that disappoints the player (Mohammad Ramdani et al., 2023).

Especially if the team is behind with an adverse result, and this behavior is very common in the corridors of players, due to excessive selfishness, and the importance of the research lies in the fact that psychological exhaustion affects the level of performance of players, which results in some behaviors that are far from normal behavior, on the one hand, and on

the other hand, there are many players who we find presenting the best levels with their teams during their matches with teams that are at the bottom of the Premier League, but they lose this level of focus during competitions with other teams or leaders (Shareef, Q.B., 2019). Premier League teams compete, with all their qualifications, in order to obtain the league title, by intensifying the general preparation of the players, and the special preparation, as well as during the race period to strengthen its position in the Premier League, and the focus is on the physical and skill side first and foremost without paying attention to the psychological side and the matter is limited to guidance, motivation and encouragement (Ben Said et al., 2024).

These aspects have become a thing of the past because football has developed greatly in terms of speed in building attacks and accuracy of passes that require high concentration, mental stability and high physical fitness that enables the player to diagnose the areas of weakness and gaps in the ranks of the opposing team by looking at different positions that are not limited to the nearby player only, but looking at all the players and their locations. This is the effort that the football player makes (Sumantri et al., 2023). During league's journey, there are many situations that affect player's level, especially during competition strong teams, as he is exposed to stress and exhaustion or injury, which develops anxiety or fear of not achieving positive results, accompanied by more excitement due to tension as a result of this physical stress causes nervous stress, which is considered one of the most important causes of psychological exhaustion that continues with the player throughout the matches, and may even last for several matches, which negatively affects the simplest situations that the player is exposed to (Nordsborg et al., 2003).

We see lose the ability to concentrate and attack the player who is passing the ball or object to the referee if the referee announces a violation. This is one of the most important problems facing players of the Premier League football clubs, and this is clear from the size of Advertising cards and expulsion cases. Due to the importance of this research, we addressed and studied these two variables, as they have not been highlighted by researchers (McCalman et al., 2022). And also because of the lack of the technical staff and players of the importance of psychological aspects, and the urging of focus and facing anxiety in developing the player's ability to emotional balance and stability in moments that require calm, but rather he must face the teams with confidence and high morale without submitting to

psychological pressures, which he weaves from his imagination, as they affect his physical and skill level, and make him lose control of the match due to his exposure to a stage of psychological exhaustion that develops aggression that continues for a long time in some players of the Premier League in football (Souglis et al., 2023).

The research aims to constructing a psychological exhaustion scale for Iraqi Premier League football players. Determining emotional behavior of players in Premier League football clubs. Identifying the relationship sources of psychological exhaustion and emotional behavior scale of some football league players. The researcher assumes following: (1) There are statistically significant differences in sources of psychological fatigue among Iraqi players of Premier League clubs. (2) There is a statistically significant relationship between emotional behavior of players in Premier League football clubs. (3) There is a relationship among sources of psychological exhaustion scale and emotional behavior scale for players of Premier League football clubs.

The theoretical importance lies in the extent to which it sheds light on sources of psychological fatigue for players Premier League clubs, as they contribute to the loss of the ability to concentrate and the feeling of anxiety about entering the atmosphere of the match and competition, and how to achieve stability and balance among players. It is represented in the extent to which the faults of these sources are diagnosed and the coaches and players are aware of improving their performance level throughout the match and implementing the instructions and plans prepared by the psychological specialist and the coach in carrying out the duties assigned to them and avoiding deliberate friction with the competitor and not submitting to pressures whether from the audience or the referees.

Psychological Exhaustion

Operational definition: "A serious condition that a player is exposed to as a result of several social, emotional, physical situations or psychological pressures that cause him to lose the sense of focus and feel anxious, tense and lack interest, which negatively affects his performance on the field." (Méndez-Dominguez et al., 2022).

1. Anxiety : PRUSAK (2013) defines it as a state of emotional tension that indicates the presence of a psychological and physical danger . It is characterized by fear resulting

from a feeling of insecurity and the expectation of a disaster occurring. Anxiety can escalate to the point of panic (PRUSAK III et al., 2013).

2. Stress was defined by Breaux (2021) invisible phenomenon results in a feeling of threat, disturbance, nervousness and excessive sensitivity, making player unable to adapt to team and reflected in his behaviour towards others (Breaux et al., 2021).
3. Pessimism : Breaux (2021) defines it as “a negative expectation of upcoming events that makes the player expect the worst to happen and anticipate evil, defeat, failure, and disappointment and exclude everything else to a great extent”(Breaux et al., 2021).
4. Frustration: PRUSAK III et al. (2023) defined it as: the emotional state that an individual goes through when he realizes the existence of an obstacle that prevents him from satisfying a motive he has or anticipating such an obstacle in the future, with the accompanying threat and psychological tension (PRUSAK III et al., 2013).
5. Attention Distraction: Hemamy (2021) defines it as “the player’s inability to maintain his attention on a specific stimulus or stimuli for a relatively long period (consistency of attention) and the shifting of attention between several at the same time” (Hemamy et al., 2021).
6. Psychological pressure: Ahmed (2022) defines it as a state of severe psychological tension that creates a state of imbalance and behavioral disturbance in the player (Ahmed et al., 2022).
7. Negative emotional behavior: Fujii (2021) defines a tendency or emotional behavior a player performs before, during, or after a match as a result of frustration or stimuli, with aim of harming others, whether physically or mentally, depending on stimuli (Fujii, 2021).

B. METHOD

Research Fields

1. Human field : Some players from Premier League football clubs for 2024 sports season (Maysan Oil - Al-Qasim - Al-Talaba - Al-Jawiya - Najaf - Karbala - Al-Mina - Basra Oil)
2. Time field : This study was conducted during period from 10/2/2024 to 29/4/2024 .

3. Spatial field: some Premier League football clubs' stadiums.

Data Collection Tools

The researcher designed a scale for sources of psychological exhaustion using scientific methods for sources of psychological exhaustion for some Premier League football club players, with the help of some studies that dealt with measures of some of these sources.

Research Tools

Sources of Psychological Fatigue Scale (Prepared by the researcher), A scale for negative emotional behavior (prepared by the researcher). Because of a lack of a scale to sources of psychological exhaustion, researcher sought to build a scale of psychological exhaustion for some players of Premier League football clubs.

Exploratory and Primary Study

The exploratory study was conducted during period from 2/3/2024 to 2/15/2024 . The aim was to identify questions that may require interpretation by the players and to overcome any difficulties that may arise in their answers to these questions. The primary study was conducted on the research sample to apply the sources of the psychological exhaustion scale and negative emotional behavior scale to some players of Premier League football clubs for 2024 sports season from period 2/22/2024 to 4/27/2024 .

Research Design

The descriptive approach by using the survey method to suit nature of research . The research community includes players from some Premier League football clubs for the 2024 season . The basic research sample was selected using the basic intentional method. The sample size was (120) players from some Premier League clubs for the 2023-2024 sports season , representing the following clubs (Al-Talaba Club, Maysan Oil Club, Al-Najaf Club, Al-Qasim Club, Karbala Club, and Basra Oil Club), as shown in Table No. (1).

Table 1. Numerical description of research sample according to some Premier League clubs

No.	Clubs	Sample		exploratory study		Basic study	
		number	%	number	%	number	%
1	Students	19	14.07	3	15.79	16	84.21
2	Najaf	17	12.59	2	11.76	15	88.24
3	Air	12	8.88	2	16.67	10	83.33
4	Maysan oil	23	17.03	5	21.74	26	78.26

5	Al-Qasim	21	15.55	3	14.29	18	85.71
6	Karbala	16	11.85	2	12.5	14	87.5
7	port	15	11.11	2	13.33	13	86.67
8	Basra oil	18	13.33	2	11.11	16	88.89
the total	8	141	100	21	14.89	120	85.11

It is clear from Table (1) which is related to the numerical description, that the total research sample amounted to (141), divided into (8) eight clubs, where exploratory study was conducted on (21) players with a percentage of (14.89) and basic study was conducted on (120) players with a percentage of (85.11) and highest percentage of participants was from Maysan Oil Club, amounting to (23) players with a percentage of (17.03) followed by Al-Qasim Club with (21) players with a percentage of (15.55) followed by Al-Talaba Club with (19) players with a percentage of (14.07) followed by Basra Oil Club with (18) players with a percentage of (13.33) followed by Al-Najaf Club with (17) players with a percentage of (12.59) followed by Karbala Club with (16) For player, with a percentage of (11.85), followed by Al-Minaa Club with (15) and a percentage of (11.11) , followed finally by Al-Quwa Al-Jawiya Club with (12) for player.

Table 2. Numerical description of research sample according to playing positions and age level

Position	repetition	ratio	age	repetition	ratio	exploratory study		Basic study	
						repetition	ratio	repetition	ratio
goalkeeper	13	9.2	19-25	52	36.9	2	9.5	11	9.2
defense	56	39.8	26-30	86	61.0	9	42.9	47	39.2
middle	47	33.3	Over 31	3	2.1	7	33.3	40	33.3
attacks	25	17.7	0.00	0.00	0.00	3	14.3	22	18.3
Total	141	100	0.00	141	100	21	14.89	120	85.11

We noted from Table (2) description of research sample according to exploratory study and primary study, where research sample included (21) players distributed over exploratory study at a rate of (14.89), and primary study included (120) players at a rate of (85.11) as shown in Table No. (2). Where exploratory study included according to playing positions, goalkeepers at a number of (2) players at a rate of (9.5) and (9) players in defense position at a rate of (42.9) and included (7) players in midfield position at a rate of (33.3) and included (3) players in attack position at a rate of (14.3). It is also noted from Table (2) that age level of participants was (52) for player between (19-25) years, with a percentage of (36.9) , and number of participants was (86) for player between (26-

30), with a percentage of (61.0), and number of participants at age level above (31) years was (3), with a percentage of (2.1).

Sample homogeneity

Research sample homogeneity in variables (Age and player position), arithmetic mean, median, standard deviation and skewness coefficient in Table 3.

Table 3. Statistical description in variables (n=141)

Variables	Statistical implications			
	arithmetic mean	The mediator	standard deviation	Coefficient of skewness
Age level	2,000	1.652	0.520	.179- -
Player position	3,000	2.595	.886	.080

It is clear regarding homogeneity of research sample data in variables (age level and player position), coefficients ranged (0.179- -, .080) indicates that extracted measurements are close to average, as values of skewness coefficient range between ((± 3) and are close to zero, which confirms homogeneity of individuals of total research sample (basic and exploratory) in terms of age level and player position.

Steps to build scale

After reviewing many references and scientific studies related to research topic in field of sports psychology, such as frustration scale - Abdul Abbas Abdul Razzaq Aboud (2016) (17) And psychological stress scale - a study by Ali Hussein Ali (2015) (21) researcher came to conclusion that (6) sources were selected to build the psychological exhaustion scale and presented them to gentlemen arbitrators in field of sports psychology, numbering (12) arbitrators, to determine main sources appropriate for measuring psychological exhaustion of Premier League football players.

Table 4. percentage of agreement of arbitrators

Axis	Agreement rate	
	repetition	percentage
anxiety	12	100
stress	12	100
Pessimism	11	91.67
frustration	10	83.33
distraction	10	83.33
psychological pressure	11	91.67

It is clear which is about frequency and percentage of arbitrators' opinion poll on suitability of sources of psychological exhaustion scale for some players of the Premier

League football clubs, as the percentage of approval ranged between (83.33 %) and (91.67 %), and researcher accepted a percentage of (80%) or more to adopt these sources in measuring the psychological exhaustion variable, and thus scale's axes in their initial form became prepared for application to players of some Premier League football clubs, then researcher chose (8) phrases for each source of psychological exhaustion and presented them to arbitrators and their number on occasion of approval of these phrases as shown in Table 4, and thus scale in its initial form became composed of (48) phrases.

Statistical Processing

The researcher used statistical treatments of central tendency measures (arithmetic mean, standard deviation, skewness coefficient, frequency - percentages), correlation coefficient (Pearson - Spearman) , comparison averages, and Cronbach's coefficient.

C. RESULTS AND DISCUSSION

Results

Validity of external (apparent) and internal consistency of psychological exhaustion scale: (12) experts who specialize in sports psychology and general psychology to determine suitability of phrases as in Table 5.

Table 5. External consistency validity and relative importance of judges for scale of sources of psychological exhaustion and correlation coefficient for each source of scale with statement to which it belongs (n=12) and research community (120)

Axis	No.	suitable		somewhat suitable		Not suitable		relative importance	Correlation coefficient	degree of confidence
		repetition	ratio	repetition	ratio	repetition	ratio			
The first source: anxiety	1	10	83.33	2	11.11	0	0.00	94.44	.575 *	.000
	2	10	83.33	1	5.55	1	2.77	91.66	.498 **	.000
	3	9	75	2	11.11	1	2.77	88.88	.513 **	.000
	4	8	66.67	2	11.11	2	5.55	80.55	.572 **	.000
	5	9	75	1	5.55	2	5.55	86.11	.507 **	.000
	6	8	66.67	3	8.33	1	2.77	86.11	.097	.254
	7	7	58.33	2	11.11	3	8.33	77.78	.000	.000
	8	6	50	1	44	5	13.88	69.44	.000	.000
The second source: tension	1	7	58.33	2	11.11	3	8.33	77.78	.000	.000
	2	10	83.33	1	5.55	1	2.77	91.66	.337 **	.000
	3	7	58.33	3	16.67	2	5.55	80.55	.350 **	.000
	4	6	50	2	11.11	4	13.33	72.22	.000	.000
	5	8	66.67	2	11.11	2	5.55	80.55	.491 **	.000
	6	10	83.33	2	11.11	0	0.00	94.44	.359 **	.000
	7	7	58.33	3	16.67	2	5.55	80.55	.244 **	.004
	8	7	58.33	4	22.22	1	2.77	83.33	.502 **	.000

The third source: Pessimism	1	10	83.33	1	5.55	1	2.77	91.66	.292 **	.000
	2	6	50	1	5.55	5	13.88	69.44	.000	.000
	3	8	66.67	2	11.11	2	5.55	80.55	.407 **	.000
	4	8	66.67	2	11.11	2	5.55	80.55	.268 **	.001
	5	7	58.33	4	22.22	1	2.77	83.33	.846 **	.000
	6	10	83.33	0	0.00	2	5.55	88.88	.484 **	.000
	7	7	58.33	4	22.22	1	2.77	83.33	.352 **	.000
	8	7	58.33	2	11.11	3	8.33	77.78	.000	.000
Fourth source: frustration	1	8	66.67	2	11.11	2	5.55	80.55	.275 **	.001
	2	5	41.67	2	11.11	5	13.88	61.11	.000	.000
	3	7	58.33	4	22.22	1	2.77	83.33	.311 **	.000
	4	8	66.67	2	11.11	2	5.55	80.55	.337 **	.000
	5	7	58.33	4	22.22	1	2.77	83.33	.401 **	.000
	6	10	83.33	1	5.55	1	2.77	91.66	.018 -	.835
	7	7	58.33	4	22.22	1	2.77	83.33	.191 *	.023
	8	7	58.33	2	11.11	3	8.33	77.78	.000	.000
The fifth source: distraction	1	7	58.33	4	22.22	1	2.77	83.33	.371 **	.000
	2	9	75	1	5.55	2	5.55	86.11	.370 **	.000
	3	8	66.67	2	11.11	2	5.55	80.55	.452 **	.000
	4	6	50	5	27.78	1	2.77	80.55	.346 **	.000
	5	7	58.33	2	11.11	3	8.33	77.78	.000	.000
	6	10	83.33	1	5.55	1	2.77	91.66	.456 **	.000
	7	6	50	1	5.55	5	13.88	69.44	.000	.000
	8	9	75	1	5.55	2	5.55	86.11	.383 **	.000
Source 6: Psychological stress	1	10	83.33	1	5.55	1	2.77	91.66	.377 **	.000
	2	9	75	1	5.55	2	5.55	86.11	.792 **	.000
	3	8	66.67	2	11.11	2	5.55	80.55	.221 **	.008
	4	7	58.33	4	22.22	1	2.77	83.33	.349 **	.000
	5	10	83.33	1	5.55	1	2.77	91.66	.784 **	.000
	6	9	75	1	5.55	2	5.55	86.11	.420 **	.000
	7	5	41.67	2	11.11	5	13.88	61.11	.000	.000
	8	7	58.33	2	11.11	3	8.33	77.78	.000	.000

It is clear which is about experts' opinion poll on suitability of phrases to scale of sources of psychological exhaustion for some Premier League football clubs, that experts' approval rate ranged between (80.55 % to 94.44 %), and researcher accepted an approval rate of 80 % or more to accept phrase. Therefore, researcher confirmed that phrases agree with dimensions by a percentage greater than 80 %, and thus the scale contains (6) sources as shown in Table No. (5). It is also noted from table above that correlation coefficient recorded highest consistency in phrase No. (5) from third source, pessimism , at a rate of (.864 **) and source to which phrase belongs, and recorded least significant consistency in phrase No. (6) from fourth source, frustration. source to which the phrase belongs is (-0.018).

Table 6. External consistency validity and relative importance of judges for scale of sources of psychological exhaustion and correlation coefficient for each source of scale with statement to which it belongs (n=12) and research community (141).

No.	suitable		somewhat suitable		Not suitable		relative importance	Correlation coefficient	degree of confidence
	repetition	ratio	repetition	ratio	repetition	ratio			
1	8	66.67	3	8.33	1	2.77	86.11	.328 *	.000
2	10	83.33	1	5.55	1	2.77	91.66	.417 **	.000
3	8	66.67	2	11.11	2	5.55	80.55	.323 **	.000
4	9	75	1	5.55	2	5.55	86.11	.374 **	.000
5	10	83.33	1	5.55	1	2.77	91.66	.317 **	.000
6	7	58.33	4	22.22	1	2.77	83.33	.245 **	..003
7	10	83.33	0	0.00	2	5.55	88.88	.178 *	..035
8	7	58.33	4	22.22	1	2.77	83.33	.356 **	..000
9	10	83.33	2	11.11	0	0.00	94.44	.368 **	..000
10	10	83.33	1	5.55	1	2.77	91.66	.396 **	.000
11	9	75	2	11.11	1	2.77	88.88	.350 **	.000
12	8	66.67	2	11.11	2	5.55	80.55	.272 **	..001
13	9	75	1	5.55	2	5.55	86.11	.404 **	.000
14	10	83.33	0	0.00	2	5.55	88.88	.544 **	.000
15	10	83.33	1	5.55	1	2.77	91.66	.390 **	.000
16	10	83.33	0	0.00	2	5.55	88.88	.269 **	.000
17	8	66.67	2	11.11	2	5.55	80.55	.385 **	.000
18	7	58.33	4	22.22	1	2.77	83.33	.278 **	..001
19	9	75	1	5.55	2	5.55	86.11	.421 **	.000
20	10	83.33	0	0.00	2	5.55	88.88	.268 **	.001
21	8	66.67	3	8.33	1	2.77	86.11	.291 **	.000
22	7	58.33	4	22.22	1	2.77	83.33	.341 **	.000
23	7	58.33	3	16.67	2	5.55	80.55	.282 **	.001
24	10	83.33	0	0.00	2	5.55	88.88	.310 **	..000
25	8	66.67	2	11.11	2	5.55	80.55	.275 **	.001
26	7	58.33	3	16.67	2	5.55	80.55	.367 **	..000
27	9	75	1	5.55	2	5.55	86.11	.275 **	.001
28	7	58.33	4	22.22	1	2.77	83.33	.270 **	.001

Table No. (6) shows validity of external consistency and relative importance of arbitrators for negative emotional behavior scale and correlation coefficient for each statement and dimension to which it belongs. Arbitrators (12) and study sample (141). It is clear from above table, which is related to experts' opinion poll on suitability of statements for negative emotional behavior scale, that experts' approval rate ranged between (80.55 % to 91.66 %), and researcher accepted an approval rate of (80 %) or more to accept statement. Therefore, researcher confirmed that all of them agree with dimensions at a rate of (80 %) . Thus, scale contains (28) statements, as shown in above table (6). It is also noted that correlation coefficient recorded highest consistency in statement No. (14) at a rate of (544 **). It is noted that correlation coefficient recorded least consistency in statement No. (7) at a rate of (0.178 *).

Scale Stability

The researcher confirmed stability of the psychological exhaustion sources scale and negative emotional behavior scale for players of Premier League football clubs, as shown in table 7.

Table 7. Stability of psychological fatigue scale and negative emotional behavior scale in Premier League football club players

Sources	phrases	Cronbach's alpha
psychological exhaustion	36	.823
negative emotional behavior	28	.857

It is noted from Table No. (7) regarding Cronbach’s alpha coefficient for scale of sources of psychological exhaustion for players of some Premier League football clubs that Cronbach’s alpha coefficient reached (0.823), which indicates that phrases are characterized by very good validity and reliability, as phrases of scale reached (36) phrases. It is also noted from table above that Cronbach’s alpha coefficient for scale of negative emotional behavior reached (0.857), which indicates that phrases are characterized by high validity and reliability for scale of negative emotional behavior for players of Premier League football clubs, as phrases of emotional behavior scale reached (28) phrases.

Discussion

The researcher discusses the results he reached through statistical treatments and the data extracted from those treatments. From Table No. (5) , it is noted that there is a consistency relationship between the questions posed and the source to which the phrase belongs, as the highest consistency for the first source (anxiety) was in phrase No. (1) at a rate of (0.575 *) and the lowest consistency was in phrase No. (6) at a rate of (0.97). PRUSAK (2013) confirms that anxiety is one of the important emotions, and it is viewed as one of the most important psychological phenomena that affect the performance of athletes. This effect may be positive, pushing them to exert more effort, or negative, hindering performance (PRUSAK III et al., 2013).

Borges (2022) indicates that an increase in anxiety beyond the required level leads to confusion and hindrance in athletic performance, and a decrease in its level below the required level leads to indifference in facing the situation. In both cases: the increase or decrease in anxiety below the required level is a negative element in the competitive athletic situation. However, if its amount is appropriate to the type of threat that the athlete faces or expects, as well as the method of overcoming it, then this is appropriate for issuing the required behavior and nothing else, and the player can face the threatening situation, and here anxiety is a positive element (Borges et al., 2022). This study agrees with the study of Umamaheswari (2024) The state of anxiety may be weak, making the player feel weak, unfocused, feeble and indifferent, and as a result, his excitement for the situation is very weak due to weak physical and psychological effort, measuring Sports Competition Anxiety among Football Players (Umamaheswari, 2024).

The researcher confirms that psychological anxiety is considered one of the important psychological phenomena that haunt most football players at various levels and local and international participations. It depends primarily on the nature of the player and his sporting culture in facing anxiety, represented by self-denial and calm in difficult and critical situations, as it is the identity through which he can adapt to the atmosphere of matches, as well as the high skill and self-confidence possesses to face challenges. Sometimes the player is highly excited by a certain situation that may require him to react as a result of this excitement, which is negatively reflected on his performance, as he responds to a high emotional state that may cause him a problem that is difficult to solve (Swanik et al., 2002). The state of anxiety may be weak, making the player feel weak, unfocused, feeble and indifferent, and as a result, his excitement for the situation is very weak due to weak physical and psychological effort. We often find some players losing the ball easily or not handing it over correctly, so the response to the stimulus must be appropriate and compatible with each match (Alexandre et al., 2012), It is noted from Table No. (5) that there is a consistency relationship between the questions posed and the source to which the phrase belongs, as the highest consistency for the second source (tension) was in phrase No. (8) at a rate of (502 **). The lowest consistency was in phrase No. (7) at a rate of (244 **).

Mohammad (2023) confirm that psychological stress is among the most important problems that players suffer from and has negative effects on them, including loss of focus

and self-confidence, lack of control over emotions, and poor decision-making. It turns into an internal conflict that puts the player in psychological crises and lack of faith in his abilities and capabilities, which leads him to many injuries and internal problems that become a barrier and obstacle to achieving success and athletic achievement. Therefore, the development of the physical and tactical aspects is not sufficient to complete the training process, but attention must also be paid to the psychological and mental or intellectual aspect of preparing athletes (Mohammad Ramdani et al., 2023).

Ayuso (2021) states that psychological stress refers to a state of change in the psychological state of balance that arises from aspects of the job that are perceived as threatening to the player or the self. Psychological stress is diagnosed based on physiological responses to environmental stimuli so that it can be evaluated as threatening to the individual's self (Ayuso-Moreno et al., 2021). This study agrees with the study of Miguel (2021) This appears clearly due to the high excitement of these situations and his lack of harmony with the requirements of the situation and the lack of understanding of the mental perceptions of these situations as a result of incorrect expectations building a Scale of Psychological Stress among Advanced Players in Team Games" (Miguel et al., 2021).

The researcher believes that psychological stress affects the player's ability to play the match, as he loses the ability to concentrate as a result of the state of emotions he was exposed to before or during the match by the opposing player, the referee, the pressure of the audience, or the team members. This appears clearly due to the high excitement of these situations and his lack of harmony with the requirements of the situation and the lack of understanding of the mental perceptions of these situations as a result of incorrect expectations, which produces wrong responses that contribute to losing balance to reach a state of complete collapse, which requires him to raise his hands, asking the coach to replace him due to his inability to complete the match, or his claim of injury as a result of a previous stumble he was exposed to, so his level is below the required level due to the stress that overcame him. It is noted from Table No. (5) that there is a consistency relationship between the questions posed and the source to which the phrase belongs, as the highest consistency for the third source (pessimism) was in phrase No. (5) at a rate of (.846 **) and the lowest consistency was in phrase No. (4) at a rate of (.268 **).

Rum (2021) considers the concept of pessimism to be a relatively modern psychological concept that has entered the framework of intensive research in the field of health psychology and other psychological specializations. Today, it is viewed as one of the important personality variables that enjoys relative stability (Rum et al., 2021). Ahmed (2022) confirms that pessimism occurs when an individual focuses attention and limits his interest to the negative possibilities of upcoming events, and imagines the negative side of the upcoming situation or situations. Pessimism or negative expectations of events may also move individuals' motives, goals, and efforts to prevent their occurrence, and this causes preparation and readiness to confront the expected bad events (Ahmed et al., 2022).

The researcher believes that pessimism constitutes a major obstacle for players of some Premier League football clubs, as it primarily affects their health functions as a result of environmental, inherited, or social factors. It affects concentration and makes most of the expectations of what is to come negative, which will consequently affect their performance level, resulting in negative effects accompanied by an increase in tension and anxiety, through which quick and wrong decisions are made and a decrease in the level of performance and motivation, as negative experiences play a role in the occurrence of pessimism as a result of some similar situations that happened to the player, such as a head injury while jumping with the goalkeeper, or being exposed to missing a penalty kick or being sent off as a result of objecting to the referee's decision. Therefore, coaches are instructed to emphasize psychological training by giving guidance lectures and using relaxation techniques such as deep breathing and focusing on positives and previous successes. It is noted from Table No. (5) that there is a consistency relationship between the questions posed and the source to which the phrase belongs, as the highest consistency for the fourth source (frustration) was in phrase No. (5) at a rate of (.401 **) and the lowest consistency was in phrase No. (6) at a rate of (.018- -).

Shareef (2025) confirms that players are exposed to many frustrating situations, as the response to frustrating situations varies from player to player due to individual differences between them. Some players can tolerate a high degree of frustration, while others cannot tolerate the slightest degree of frustration. It exists in different degrees. There is simple frustration, which is represented by the obstruction of a temporary need, and there is difficult frustration, which is represented by the obstruction of achieving a specific goal in

life after working to achieve it for a long period of the player's life (Shareef, 2025). Septiana (2022) states that the happiest people, those who are most compatible in their work and with their families, and even the well-off may feel many frustrations, as the disappointments that a person is exposed to, as well as the internal and external conflicts, the continuous daily pressures, and the requirements of life expose a person to frustration, as frustration represents a psychological motive or activity in the person that insists on seeking satisfaction and increasing the desire for ambition, whether this motive is innate or acquired from the environment in which the player lives, consciously or unconsciously. The internal balance of the individual must meet this motive, which the player is trying to satisfy, and when the player is unable to satisfy the motive directly, this leads to frustration (Septiana & Supriadi, 2022).

The researcher believes that psychological frustration among football players occurs as a result of not satisfying the needs that arise in him as a result of his aspirations to reach his goals as quickly as possible, as his motives exceed the level of challenges, which causes him an emotional state that constitutes an obstacle for him towards achieving those requirements or satisfying those needs, so he is shocked by reality after he realizes that those obstacles or barriers require a long time of training, practice and experience, as his expectations were not in line with those variables, which causes him failure that may continue for a long period that may keep him away from practicing football, so he becomes disappointed as a result of this failure, which generates a feeling of frustration in him. Or it may happen as a result of some negative situations that arise between him and the team members or between colleagues as a result of previous or new situations that exceed his ability to bear those situations because they constitute an obstacle that is not in harmony with his basic requirements and needs, so he becomes frustrated. This is what Ramadhan pointed out in his definition of frustration. (Ramadhan et al., 2023). It is noted from Table No. (5) that there is a consistency relationship between the questions posed and the source to which the phrase belongs, as the highest consistency for the fifth source (distraction) was in phrase No. (3) at a rate of (.452 **) and the lowest consistency was in phrase No. (4) at a rate of (.346 **).

Hemamy (2021) confirms that distraction negatively affects athletic performance and that many athletes attribute the decline in their performance level in competition to their

loss of focus. Focus and attention have been used synonymously in the field of sports, but in reality there is a difference between them. Focus is a type of narrowing and fixing attention on a specific stimulus. Focusing on a specific stimulus is a form of automatic attention that reflects the player's ability to direct attention and the degree of its intensity. When fatigue occurs, focus decreases and may disappear in the case of stress (Hemamy et al., 2021).

Ahmed (2022) explains that the player is exposed to distraction as a result of his inability to maintain his attention on a specific stimulus or stimuli for a relatively long period (consistency of attention) and the shifting of attention between multiple stimuli at the same time. Examples of the player's susceptibility to distraction (i.e. the ease of distraction) are the basketball player during the free throw, who finds himself distracted between the basketball hoop, the scoreboard, and the shouts of the spectators, for example, and as is the case when the player becomes anxious and finds his mind distracted between many stimuli (Ahmed et al., 2022). The researcher believes that distraction of focus causes loss of the ability to pay attention and is susceptible to emotions and disturbances because they are linked to situations and the factors that come between them, so a different response appears that is not consistent with the situation and the goal to be achieved, so a group of errors and tactics that the player performs against his opponent appear. These may be physical aggressive responses that leave an aggressive effect based on revenge and excessive cruelty. These responses may be motor as a result of multiple attention and its departure from the original point that is intended to be focused on due to the abundance of stimuli that suggest a change in the intended behavior, such as an incorrect handling or missing an opportunity to achieve a goal while executing a penalty kick due to the loss of focus on a specific point, which causes distraction of attention as a result of making the wrong decision, affected by several factors, including physical stress or the abundance of cheers from the audience or due to a feeling of anxiety.

It is noted from Table No. (5) that there is a consistency relationship between the questions posed and the source to which the phrase belongs, as the highest consistency for the sixth source (psychological pressure) was in phrase No. (5) at a rate of (.792 **) and the lowest consistency was in phrase No. (3) at a rate of (.221 **). Liao (2021) indicates that the term psychological pressure refers to the presence of external factors that cause the player to feel extremely tense, and when the intensity of these pressures increases, the

player may lose his ability to balance and adapt and change his behavioral pattern and personality, or a state of extreme psychological tension occurs due to external factors that put pressure on the player and create a state of imbalance and disturbance in his behavior, and that pressures in general are the result of technological progress that leads to the creation of new trends that constitute a burden on the capabilities of society (Liao et al., 2021). Breaux (2021) confirms that psychological pressure has become a part of our daily lives in this era due to the complexity of the nature of life and its ramifications and the monitoring of numerous goals to try to reach them, as there are no limits to the player's ambitions, especially for football players, as a result of the expansion of football championships and the expansion of their temptations, and the expansion of the fan base that all players seek to satisfy. There is no doubt that all of the above constitutes responsibilities that players try to implement to reach the goals set for the team, and the more these responsibilities increase, the more the playing efforts exerted increase with them, which exposes him to more psychological pressures, and some emotions that may ultimately affect the performance of the player and his team within their competitive entitlements in a negative way (Breux et al., 2021).

The researcher believes that psychological pressure is one of the dangerous situations that a player goes through during training and competitions, which requires attention from specialists because it negatively affects their performance level due to the importance of the tournament in which the players participate. The responsibilities placed on the players are great because they require great effort, and this effort requires early psychological preparation for the players, as they are like the rest of the individuals who are exposed to different situations. There are many pressures that the player faces, some of which are related to the social situation, some of which are related to the opposing team, or through team members, or from the audience, or from the referees. All of these variables cause a state of unwelcome emotions if they strike the player or a group of players, causing a state of tension that leads to the player being exhausted and suffering from psychological fatigue.

Thus, the researcher has verified the validity of the first hypothesis, which states:

"There are statistically significant differences in the sources of psychological exhaustion and the questions asked between each source to which the phrase belongs for some players of Premier League football clubs." From Table No. (6) that the correlation coefficient

recorded the highest consistency in Statement No. (14) at a rate of (544 **). It is noted that the correlation coefficient recorded the lowest consistency in Statement No. (7) at a rate of (0.178 *). de Azevedo (2023) states that the dynamics of the players' psychological state during the match are linked to the subjective and objective performance conditions, which result in different behavioral responses in playing situations, resulting in reactions, actions, and emotional responses ranging from simple to high, which pose difficulties in front of the progress of the performance level, and thus lead them to what is known as psychological collapse. As is known, during the match, psychological collapse can lead to a decrease in the players' degree of self-control, and under the pressure of this state, many mistakes are committed and the law is violated by players by following illegal methods such as deliberate roughness, and aggressive behaviors appear that necessarily lead to injuries (de Azevedo Sodr  Silva et al., 2023).

Amig  (2023) states that the state of excitement in which a player is when facing a competitive situation that arouses fear, anxiety, sadness or anger depends on the intensity of the player's awareness and his influence on the type and strength of the competitive situation that aroused the emotion. Despite the subjectivity of the emotion, we can deduce it through the effects that accompany it, through some of the body movements through which the player expresses the negative emotional state such as fear and anxiety. These responses may be fast or slow, and there are some indicators that we can deduce from some of the expressive movements that occur in the physiological functions of the body, such as high blood pressure, increased heart rate, increased cardiac secretion, sweating, etc. These physiological changes accompanying the emotion affect the player's mental performance, especially performance that requires a great deal of awareness, memory and thinking, until this physiological state hinders the player's ability to perform motor performance that requires concentration, accuracy and action (Amig  & Rosso, 2023).

Salimi (2023) confirms that during the competition, the football player is exposed to psychological conditions and situations accompanied by excitement and agitation. Therefore, psychological preparation and readiness have become a necessary and urgent process for the player in order to be able to control his emotions and regulate his actions (Salimi et al., 2023). The researcher believes that the axis of negative emotional behavior represents the most dangerous characteristic or trait that a player must have during the

match, as it destroys the player's efforts to the point of causing undesirable consequences as a result of negative responses to the type of visible and tangible stimulus from the opposing team, or through what the player imagines, feels, and reflects on the field to any situation he is exposed to, from reactions that are opposite to some simple and high responses to a weakness in the level of physical effort among the players, or a number of goals being scored, or the actions of some players and their departure from the rules and behavior of the game, which causes cases of expulsion of more than one player and the team reaching a state of psychological rebellion, despair, and surrender. Mental responses to the type of stimulus may be greater than the situation, which generates negative arousal or incorrect understanding and comprehension as a result of fatigue and physical and central nervous system stress. The player's heart rate increases, and consequently, violent and hateful actions and behaviors may occur, which may lead to quarrels between players or the use of some unpleasant words that may cause the circle of disagreement to expand between them.

This is common in football, especially in the Iraqi league, which has recently become characterized by physical and verbal violence due to the speed of negative responses to influential situations and the lack of commitment to the rules. The psychological tension arising in players is caused by continuous fatigue as a result of fear or anxiety of failure or loss while facing the opposing team, which causes a malfunction in the work of the organic systems such as increased sweating, increased heart rate, and a malfunction in the work of the player's nervous systems, causing him to lose focus due to the expansion of stimuli and the failure to determine and narrow the circle of focus on the type of stimulus appropriate for the purpose of the required response as a result of the lack of balance and focus on his responses to this stimulus, which are wrong and reflected negatively on the player .

Through what was presented in detail, we have become aware of the importance of the impact of the emotional behavior of some players in the Iraqi Premier League. Based on what was presented, it is clear that the second hypothesis has been achieved :

"Determining the emotional behavior of players in some Premier League football clubs"

Table No. (8) Correlation coefficient between sources of psychological exhaustion and the emotional behavior scale for some players of Premier League football clubs n=141

Sources	Correlation coefficient	degree of confidence
anxiety	.352 **	.000
stress	.193 **	.029

Negative emotional behavior	Pessimism	.186 *	.013
	frustration	.227 *	.010
	distraction	.174 *	.049
	psychological pressure	.380 **	.000

It is noted from Table (8) that there is a correlation between the scale of sources of psychological exhaustion and the scale of emotional behavior for some players of the Premier League football clubs, where the highest correlation between the source of psychological pressure and the scale of negative emotional behavior was (.380 **) and the lowest correlation was between the source of distraction and emotional behavior at (.174 *) and there is a correlation coefficient between the other sources and negative emotional behavior for some players of the Premier League football clubs.

Rüppell (2024) confirms that there are other factors that have a prominent role in the emergence of emotional and aggressive behavior among players. Anxiety, according to the opinion of many researchers , is a warning or a signal to mobilize all of the player's psychological and physical powers to try to defend and preserve oneself. If its intensity increases, it may lead to a loss of psychological balance, which weakens one's self-control and ability to restore one's capabilities by using many different behavioral methods (Rüppell & Hilfert-Rüppell, 2024). Fujii (2021) states that psychological stress refers to a state of change in the psychological state of balance that arises from aspects of the job that are perceived as threatening to the player or the self. Psychological stress is diagnosed based on physiological responses to environmental stimuli so that it can be evaluated as threatening to the individual's self. (Fujii, 2021)

Rum (2021) considers the concept of pessimism to be a relatively modern psychological concept that has entered the framework of intensive research in the field of health psychology and other psychological specializations. Today, it is viewed as one of the important personality variables that enjoys relative stability (Rum et al., 2021). de Oliveira (2024) points out that players, like the rest of the individuals in society, are exposed to many of the increasing pressures of life and the successive developments of the era in all fields, leading to the emergence of many social, cultural and economic conflicts and challenges that have contributed to a large extent to the spread of a group of psychological disorders. In addition to what the player is exposed to in terms of disappointment that he is exposed to as

a result of these internal and external conflicts and the continuous pressures and requirements of daily life, we are exposed to a state of frustration (de Oliveira et al., 2024).

Edwards (2023) confirms that distraction negatively affects athletic performance and that many athletes attribute the decline in their performance level in competition to their loss of focus. Focus and attention have been used synonymously in the field of sports, but in reality there is a difference between them. Focus is a type of narrowing and fixing attention on a specific stimulus. Focusing on a specific stimulus is a form of automatic attention that reflects the player's ability to direct attention and the degree of its intensity. When fatigue occurs, focus decreases and may disappear in the case of stress (Edwards et al., 2023). Storm (2021) point to this, and given that the psychological pressures of the player appear during the competition, they affect competitive behavior, and this behavior differs according to these pressures and is determined according to the competition situation, as the player's performance method and way appears, so that he exerts his best effort in terms of physical, skill and psychological capabilities, as competitive behavior appears during the attack, defense and midfield, in the individual attempts that the player makes without any reliance on his teammates, despite the possibility of cooperation with them. (Storm et al., 2021)

D. CONCLUSION

Some Premier League football players suffer from a level of psychological exhaustion that is reflected in negative emotional behavior and unsportsmanlike conduct. Some Premier League football players feel anxious and frustrated, which leads to distraction and loss of focus during competition. Premier League football players suffer from tension and pessimism, which causes psychological pressure, which is partially or completely reflected in the player's withdrawal or leaving football. Most coaches focus on the physical aspect at the expense of the psychological aspect. The lack of harmony between some players and other members of the same team contributes to loss of balance and distraction during training and during the match. Players were exposed to many cards (warnings) as a result of deliberately entering the field and clashing with referees and members of the opposing team. Recommendations: (1) Adopting the studied sources in the research to study and identify the sources of psychological fatigue among players of some of the Iraqi Premier League football clubs. (2) Emphasizing the development of players' mental abilities to relax themselves to

reduce some behaviors that arise due to physical effort or psychological pressure generated by the conditions of the match or the audience. (3) Preparing guidance programs to enhance the sources of psychological fatigue and emphasize improving the level of concentration and attention, reducing the severity of tension and frustration, and preventing overloading players.

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