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The contribution of The Mindfulness and its relationship to risk-taking behavior in predicting sports injury among junior footballers in the Kingdom of Saudi Arabia

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Abstract:
The study aimed to identify the level of mental alertness and risk-taking behavior among soccer players, and to identify the relationship between mental alertness and risk-taking behavior, and to identify the differences in mental alertness and risk-taking behavior in the light of the following demographic variables (training age, degree of injury severity, number of injury times, centers playing), and knowing the extent of the contribution of mental alertness and its relationship to risky behavior to predict sports injury in football youths, and the study used the descriptive approach, and the study population consisted of junior high-class clubs, and the sample included (300) youths, who were chosen in a simple random way, and the study was used in The tools are a measure of mental alertness (Johnson, et al, 2016), a measure of risk-taking behavior (Abdel-Fattah, Mahmoud, 2019), and a form for the player's primary data. There is an inverse (negative) statistically significant correlation between the total degree of mental alertness and risk-taking behavior and its dimensions. Mental alertness and risk-taking behavior according to the following variables (training age - playing position), and there are statistically significant differences in mental alertness according to the number of sports injuries in the past and current season and the severity of the injury in favor of the players whose number of injuries is from (1-3), and whose severity Their injury is light, and there are statistically significant differences in the risk-taking behavior according to the number of injury times for the two seasons and the severity of the injury in favor of the players whose number of times of injury is from (1-3) times and whose severity of injury is light, and since the higher the degrees of mental alertness among soccer players, this leads to The decrease in risk-taking behavior among young people, which is reflected in the reduction of sports injuries, so mental alertness predicted the risk-taking behavior, which was reflected in the decrease in the rate of sports injuries.

Keywords: Mindfulness - risk-taking behavior - sports injury - junior footballers

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Introduction

The current era is witnessing a clear increase in the spread of various daily distractions resulting from scientific and technological progress in various aspects of life, which in turn affects the individual and his ability to pay attention and remain alert. This is what prompted researchers in the field of psychology to search for factors and variables that help the individual to remain alert and focused on what is going on around him, and one of these concepts is mental alertness. (Al Raja, 2021).

During the past twenty years, interest in mental alertness has appeared in all aspects of life, and it has occupied a place in psychology and has been recorded as a psychological concept that researchers have addressed in studies related to many meditative practices to reduce disturbed behaviors. Great progress has also been achieved in the field of research and studies related to the brain, with increased interest by researchers and scientists in mental alertness. Considering that it includes many competencies or abilities that can be learned, many researchers and scientists have emerged who have taken upon themselves the task of formulating and crystallizing the various concepts of mental alertness, and at the same time they have realized the role that genetics plays in developing mental alertness. The state of attention and awareness of an individual. (Mokhtar, 2019).

Mindfulness is classified as one of the modern concepts associated with positive psychology, and its spread has been observed over the past years. Due to its importance in an individual's life in all aspects of life in general, it has occupied a great place in various fields. At the sports level, many researches have been conducted due to its importance, and it has received the attention of researchers in the field of sports psychology. There are many definitions of mental alertness according to researchers, trends, and theories. Some of them see it as a psychological concept, others see it as a trait, and others see it as a skill. (Mohamed, 2020).

(Kiken & Shock, 2011) believe that mental alertness allows the individual to evaluate his current situation more objectively, away from negative biases, so that the individual becomes less dependent on preconceived ideas and beliefs. Mindfulness also works at the same time to control attention and reduce rumination. It protects the individual from negative experiences and reduces hasty responses to situational stimuli.

Acting without awareness and alertness, the individual often loses the information necessary to deal with the situations he faces, which leads to a lack of flexibility in cognitive processing and thus he is not open to new experiences. This is what mindfulness achieves, making the individual alert and aware of his or her thoughts and feelings. (Rania, 2018).

Mindfulness makes the individual accept his current situation, even if he is exposed to emotional pressure or psychological pain. He is able to confront the situation rather than avoid it. This acceptance helps the individual protect himself from excessive anxiety and be alert to the physiological states that accompany emotions. (Hyena, Talab, 2013).

Kohkamp (2015) explained that mindfulness practices enhance and increase an individual's ability to pay attention, thus facilitating and increasing the state of flow. Those with the characteristics and characteristics of high mental alertness are better and more capable of self-organization and behavior regulation, and they show better and optimal performance. Self-regulation of attention, as a component of mindfulness, is an important component of an individual's mental capacity that increases their experience of flow.

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One of the first theories that explained mental alertness was Langer's theory (1989), which stated that it is cognitive knowledge concerned with self-awareness and mental openness in more than one aspect. She considered it one of the most important elements of an individual's mental health, especially in increasing the ability to find innovative solutions, and identified four components for it: including searching for new things, communication, offering new things, and then flexibility. (Ismail, 2017).

Mukhtar (2019) also points out the importance of studying the mental alertness of athletes in achieving ideal performance, and because every sporting activity has an optimal degree of experience in maintaining a state of mental alertness, which varies depending on the nature of the sporting activity, so the level of mental alertness of the athlete and each sporting activity must be known. Separately. Its importance is also evident in the necessity of identifying mentally untrained players for the possibility of preparing mental training programs to improve the mental state to achieve a state of mental alertness, regardless of the circumstances and situations during sports performance.

Therefore, it has received the attention of many researchers in the field of sports psychology, and evidence indicates its effectiveness in improving cognitive performance and emotional awareness. (Higgins, Eden, and Moed, 2016), as young football players are exposed to psychological pressures in training and competitions, which leads to the emergence of many negative effects of these pressures on the youngster, which may put him in a state of confusion and confusion. It reduces his ability to think and understand what is going on around him correctly. He loses the ability to concentrate. The challenges and difficulties faced by young football players cause them to engage in so-called risk-taking behavior (Sapat, 2001).

Researchers have confirmed that risk-taking behavior, which mainly arises from inaccurate risk perception, is an important factor, and psychological research has also found that there are cognitive interactions between emotions and risk perception. (Texier et al., 2014).

Bandura (1997) suggested that athletes who view a situation as risky have lower self-efficacy, a greater expectation of failure, and thus a greater likelihood of injury. Conversely, athletes with high self-efficacy are more likely to attempt difficult skill risks and take calculated risks, as opposed to reckless risks, so athletes with high self-efficacy should be more likely to engage in risk-taking in sports. Bandura expanded this hypothesis to indicate Some individuals may overestimate their abilities or view themselves as better than they are. In fact, overestimating ability may lead to feelings of invulnerability and a decision to engage in more risky and potentially harmful behaviors. For example, young soccer players who overestimate their abilities and inaccurately view playing soccer as a low-risk activity may engage in risky behaviors. On the pitch, such as late tackles and aggressive play, which could put them at risk of injury.

In the sports field, they rely on the fact that there are some young people who are more inclined to take risks while competing with their colleagues and competing in their teams, and this may lead to a large percentage of the possibility of becoming famous. Some believe that these players are characterized by boldness and courage, and therefore they have a wrong belief in the sports field. Boldness and courage are clearly different from the indefinite variety, because the player who is characterized by the indefinite variety in behavior is addressed as being characterized by preparation, aptitude or sports knowledge, the basic skill that must be acquired, so those players who are characterized by a tendency towards variety or trying to acquire it how to reduce or

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Avoid the dangerous situation of Taylor's farmers by increasing their information and knowledge about such trends in sports specialization that are seen as discrimination. (Allawi, 1998).

Bargman (1993) also pointed out that some studies found a link between sports fame and some brands among players, which is represented by a lack of emotional control, self-control, self-confidence, effectiveness, self-efficacy, and other elements. . There are also some studies related to the sports month and everything that violates control, anxiety, and harmful advice from others. Because both (Sehultz, D. Sehultz, s. 1990) that there is a type of personality, it is more ready than others to fall into the call, as its individuals have a fairly fixed psychological and physiological talent, and they are largely responsible for them in the request.

Hajjaj (2010) confirmed that his high level of multimedia vocabulary is highly appreciated by football players, and has a significant impact on the player's self-confidence. However, if its level is exaggeratedly high, it leads to involvement or targeting of sports fame and its frequent repetition as a result of the attempt. The type of player who achieves the highest level of performance often exceeds their abilities and physical fitness.

The light and the above and the abundance of what the foot is exposed to from your watch. (Said 1999), (Koh, D. 1997), (Young & 2005). The topic has attracted the attention of researchers trying to determine the extent of interest in racism and its relationship to its behavior in predicting sports injury. Therefore, the company conducted careful research into the internal view that might contribute to a sports month, as the researcher prepared to study many accuracy and behavior and the extent of the possibility of listening to this view in its emerging sports sciences from football in the Kingdom of Saudi Arabia, and solved the problem in the following question:

How accurate is mental awareness and its relationship to multiple behaviors in predicting sports in

the importance of studying:

The importance of the study lies in the following points:

First: the final importance:

.1It is one of the recent studies related to biological diversity and multiple behaviors to predict sports injuries.

.2The study may be too late in reducing the sporting aspirations of young football players in the Kingdom of Saudi Arabia.

.3Enriching the Arabic library, as the diversities of the current study exceed modern concepts in sports psychology.

Second: Practical importance:

.1This study was improved by adding mental training programs to monitor foot affairs.

.2The results of this study may be useful in predicting injuries in football sports affairs in the Kingdom of Saudi Arabia.

.3It may help us through the conditions of criteria in the psychological and mental choice of our football affairs.

research aims:

1. Identifying the level of mental alertness among emerging football players in the Kingdom of Saudi Arabia.
2. Identify the level of risk-taking behavior among emerging football players in the Kingdom of Saudi Arabia.

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3. Identify the relationship between mental alertness and risk-taking behavior among young football players in the Kingdom of Saudi Arabia.
4. Identifying the differences in mental alertness among football juniors in light of the following demographic variables (age of training - degree of injury severity - number of times injured - playing positions).
5. Identify the differences in risk-taking behavior among emerging football players in light of the following demographic variables (age of training - degree of injury severity - number of times injury - playing positions).
6. Knowing the extent to which mental alertness and its relationship to risk-taking behavior contribute to predicting sports injuries among emerging football players in the Kingdom of Saudi Arabia.

Questions:

.1What is the level of mental alertness among emerging football players in the Kingdom of Saudi Arabia?

.2What is the level of risk-taking behavior among football youth in the Kingdom of Saudi Arabia?

.3Is there a statistically significant relationship between mental alertness and risk-taking behavior among emerging football players in the Kingdom of Saudi Arabia?

.4Are there differences in mental alertness among football juniors in light of the following demographic variables (age of training - degree of severity of injury - number of times injury - playing positions)?

.5Are there differences in risk-taking behavior among football juniors in light of the following demographic variables (age of training - degree of injury severity - number of times injury - playing positions)?

.6To what extent does mental alertness and its relationship to risk-taking behavior contribute to predicting sports injuries among emerging football players in the Kingdom of Saudi Arabia?

Search terms:

Mental alertness:

It is “a state in which an individual is alert and aware of what is happening in the present moment and fosters interest and awareness of ongoing experience or reality” (Brown & Ryan, 2003).

Risk behavior:

It is “the possibility of bad consequences, loss, misfortune, the possibility of physical harm, loss, risk, and seizing opportunities as a result of choosing or performing a particular action” (Barkley, 1980).

Sports injury:

Al-Shatnawi (2016) defined it as “the exposure of various body tissues to external or internal influences during training or competition, which leads to anatomical and physiological changes at the site of injury, which disrupts the work or function of those tissues temporarily or permanently”.

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Previous studies:

Arabic Studies:

-Navigation Study (2021) The study aimed to reveal the relationship between future orientation, mental alertness, emotional intelligence, and locus of control among secondary school students, and the possibility of predicting future orientation as a dependent variable through the independent variables: mental alertness. Emotional intelligence and locus of control. The study used the descriptive approach, and the sample consisted of (314) male and female students. The study tools included the future orientation scale, the mental alertness scale prepared by the researcher, the emotional intelligence scale prepared by: (Othman, Rizk, 2001), and the control orientation scale prepared by: (Othman, Rizk, 2001). Suarez Alvarez et al., 2016) Translated by the researcher. The most important results were the presence of a positive, statistically significant correlation between the dimensions of orientation toward the future and the dimensions of: mental alertness, emotional intelligence, and the internal control perspective, while the correlation was negative between the dimensions of orientation. Towards the future. The future and orientation towards the future. External control. The results also indicated that the dimensions of orientation toward the future can be predicted through the independent variables of the research.

-Moawad study (2021) The study aimed to reveal the differences between low and high mental alertness in psychological flow and risk-taking behavior among students of the College of Education, and to determine the nature of the relationship between alertness, psychological flow, and psychological volatility. Psychological activity among them. Risk-taking behaviour. The descriptive approach was used on a sample of (450) male and female students. A student in the fourth year at the Faculty of Education, Mansoura University, including (228) male and (222) female students, through the application of three measures prepared by the researcher, which are the use of the t-test, two-way analysis of variance, and the Pearson correlation coefficient. The results showed that there are fundamental differences between high and low alertness. Mental alertness in psychological flow is in favor of high alertness, that is, mental alertness increases the level of flow among students, and there is a negative correlation between mental alertness and risk-taking behavior, meaning that a high level of mental alertness among students reduces their risks - risk-taking behavior and a low level of mental alertness. . Increases risk-taking behaviour.

–Moses Study (2021). The study aimed to identify the relationship between self-esteem and risk-taking behavior in sports injuries among youth through the degree of self-esteem and risk-taking behavior among youth according to the degree of injury and gender, and the relationship between self-esteem and risk-taking behavior among youth. Self-esteem and risk-taking behaviors among young people. Self-esteem and risk-taking behavior according to the degree of injury and gender, and the researcher used the descriptive approach to suit it. Due to the nature of the study questions, the sample was selected randomly and randomly and amounted to (260) junior sports players. The study tools used a risky behavior scale prepared by the researcher, a self-esteem scale, and a sports injury registration form. The results showed an increase in risk-taking behavior and self-esteem scores among young people. Of both genders, those with the highest degree of infection (third degree) were distinguished by high self-esteem and risk-taking behavior, and a statistically significant negative correlation was found between the axis (negative self-esteem - positive self-esteem in other individuals) and risk-taking. - Risk-taking behaviors in

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girls with second-degree injuries. There is a statistically significant positive correlation between the total score of self-esteem and risk-taking behavior among boys with second-degree injuries, and there is also a statistically significant positive correlation between the two axes. (Positive self-esteem - positive for others) among girls with third grade, and there is a statistically significant negative correlation between the axis (negative self-esteem - negative for others) and risk-taking behavior. In children whose infection is second degree. There is a positive, statistically significant correlation between the axis (positive self-esteem - positive towards others) and risk-taking behavior among boys with third-degree injury.

-Study by Ashour (2021). The study aimed to examine the relationships between mental alertness variables, academic self-efficacy, and professional future anxiety, and to determine the predictive power of both mental alertness and academic self-efficacy with professional future anxiety. The study also aimed to identify the level of mental alertness and academic self-efficacy. And professional future anxiety among graduate students in Palestinian universities, as well as revealing the effect of the interaction of gender, university, and college variables on the variables: mental alertness, academic self-efficacy, and professional future anxiety. The study used the descriptive, correlational approach, and the study sample consisted of (414) male and female students. The mental alertness scale of Baer and colleagues (Baer et al, 2006) was also used. The results of the study showed that the level of mental alertness was moderate, that the level of academic self-efficacy was high, and that the level of anxiety about the professional future was moderate, in addition to the existence of a direct, statistically significant relationship. relationship. There is a statistically significant relationship at the level of (0.01) between mental alertness and academic self-efficacy among students, and there is a statistically significant inverse relationship at the level of (0.01) between mental alertness and academic self-efficacy among first-year students. One hand, worrying about the future. Students' professionalism and mental alertness contribute to predicting future professional anxiety.

-Study by Al-Azmi (2020) The research aims to know the relationship between mental alertness and emotional regulation among players of first-class clubs in the State of Kuwait. The research community included players from first-class clubs in the State of Kuwait, and the research sample was selected from players from first-class clubs in the State of Kuwait, numbering (120) players. The researcher used the descriptive method as a research tool in accordance with the nature of the research. The measurement tools were the mental alertness and emotional regulation questionnaire. One of the most important results of the research is the high level of mental alertness among first-class players, and the existence of a statistically significant correlation between mental alertness and emotional regulation strategies among players. First Division players.

-Hassan’s study (2020) aimed to know the factorial structure of the risk behavior and decision-making scale for divers, and to identify the correlation between risk-taking behavior and its dimensions, and decision-making and its dimensions for divers, and to identify the correlation between risk-taking behavior and its dimensions, and decision-making and its dimensions for divers, and the possibility of predicting risk-taking behavior. And its dimensions in terms of decision-making and its dimensions among divers, and identifying the impact of the relationship between risk-taking behavior and decision-making. As for divers, the researcher used the descriptive approach, and the research sample included (38) divers from the College of Physical Education.

Al-Najjar's study (2020) The current study aimed to identify the level of both coping strategies and mental alertness and reveal the relationship between them, and the relative contribution of each of them in predicting the attitude towards life among people with motor disabilities. The study sample consisted of (430) people with motor disabilities, and the researcher used the descriptive, predictive, correlational approach. The most important results were the existence of a positive, statistically significant relationship between the degree of total mental alertness in all its dimensions on the one hand, and the total degree of orientation toward life, and that this orientation toward life can be predicted in light of the coping strategies and mental alertness of people with motor disabilities.

-Marsa Al-Shenwani's study (2019). The study aimed to build a measure of the mental alertness of athletes and determine the differences in the mental alertness of athletes depending on (nature of sporting activities - category or level - gender). The study used the descriptive approach, and the study population included players from first-class clubs. High school and middle school students in some individual and team sports activities. The sample was selected by a stratified random method and consisted of (246) players whose ages ranged between (13-20) years. The results led to the construction of a measure of mental alertness, and the presence of statistically significant differences in mental alertness among athletes depending on the nature of sporting activities in favor of individuality. There are also statistically significant differences in mental alertness. Among athletes by level, in favor of higher levels. There are also statistically significant differences in mental alertness among athletes by gender, in favor of female athletes.

-Bdeir study (2019). The current study aimed to identify the relationship between the level of mental alertness and the level of concentration of attention among referees of the Palestinian Football Association in Palestine, as well as to identify the differences in the level of the relationship between mental alertness and concentration of attention. attention. Depending on the variables of specialization in arbitration, arbitrators' classification, and experience. In the arbitration, the researcher used the descriptive survey method in accordance with the nature of the study questions. The study was conducted on a stratified random sample of (90) referees accredited to the Palestinian Football Association in Palestine. The researcher also used the questionnaire as a tool to collect information and data. Data were analyzed using the package software. Statistics for the social sciences. The results showed that the level of mental alertness among Palestinian Football Association referees was high. The results of the study also showed that the level of concentration of attention among Palestinian Football Association referees was high, and that the relationship between the level of mental alertness and the level of concentration of attention was positive. The results showed that there were statistically significant differences in the level of mental alertness and the level of concentration of attention among the referees due to the variable of the referees' classification and their experience in arbitration, while there were no differences due to the variable of specialization in arbitration. He controls. The researcher recommends the need to pay attention to arbitrators and hold training courses related to the psychological aspect on an ongoing basis, in addition to paying attention to financial incentives and rewards. The necessity of applying professionalism to referees to develop their level.

Abdel Fattah's study (2019) aimed to identify the components of the global structure of the risky behavior scale. The researcher used the descriptive approach, and the research sample was selected by a deliberate random method. Their number reached (250) male and female players who participated in group and individual sports activities, including (skydiving - weightlifting).

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(Cycling-diving) The results resulted in the acceptance of four factors (risk adoption, risk tolerance, risk acceptance, and risk motivation) sufficient to explain the correlational matrix. The percentage of correlational variance of the matrix was (63%), which is higher than the average and confirms that we are facing factors with a degree of importance.

Jamal's study (2018) aimed to determine the relationship between psychological stress and sports injuries in school sports activities among middle and high school students (14-18 years old). The researcher used the descriptive approach, and the sample number was (200) male and female students who were chosen intentionally. Using a psychological stress scale for emerging athletes. The most important results were the presence of a statistically significant correlation between psychological stress and sports injuries in school sports activities, and the presence of statistically significant differences between males and females in bruises, fractures, ruptures, and dislocations in favor of males, and in favor of females in sprain injuries.

-Chloe's study (2017) aimed to know the relationship between situational awareness and risky academic behavior, the level of decision-making, and the cognitive style (flexibility/rigidity) of student teachers, and to know the differences between male and female teachers in the variables of the study, and to know the relative contribution of situational awareness through behavior. . Academic risk tolerance, level of decision making, and cognitive style. The study used the descriptive approach on a sample of 300 male and female students from the colleges of education at Shaqra University, using the Situational Awareness and Risky Behavior Scale prepared by the researcher 2016, the Abdoun Decision Making Scale 2002, and the Mason Scale 2011. Size. Cognitive style scale. The results showed that there is an inverse relationship between situational awareness and academic risk-taking behavior, and the existence of a positive correlation between situational awareness and flexible cognitive style, and student teachers with a rigid cognitive style in academic risk-taking behavior, in favor of those with a rigid cognitive style, and the presence of differences between student teachers with a cognitive style. . Flexible teachers and students with a strict cognitive style. At the level of decision making, and for the benefit of those with a flexible cognitive style, and finally, situational awareness can be predicted in light of the variables of the study.

-Abdel Aziz and Ashraf (2017) study on building a risky behavior scale for athletes with the aim of determining the components of the global structure of the risky behavior scale. The researchers used the descriptive approach, and the research sample included (280) male and female skydivers. (100) male and female skydivers were randomly selected. - Calculating scientific standards to codify the proposed scale to become (180) male and female players as a basic application sample. The results resulted in constructing a scale consisting of (31) one-dimensional statements. The scale gives three scores (1, 2, 3) on a three-point rating scale, and the total score means the sum of the scale scores. Which expresses the risk-taking behavior of athletes, and the total scores for the statements are limited to (31-93) scores (minimum - maximum). A high score on the scale indicates that the individual has high-risk behavior, while a low score indicates that the individual has high-risk behavior. Little.

-Study by Ibrahim Al-Husseini (2013) The study aimed to test the relationship between risk-taking behavior and impulsivity among adolescents in secondary schools in different educational environments (such as general, technical, and religious education). The study also examined gender, type of education, and the relationship between them in both risk-taking and impulsive behavior. The sample included 225 male and female secondary school students. The risk

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behavior scale and the tower building task scale were used. The results showed that there is a positive relationship between risk-taking behavior and impulsivity and that impulsivity is a good indicator. With risk-taking behavior, males were more likely to have risk-taking behavior, while females were more likely to be impulsive. Risk-taking behavior differed depending on the type of education, as general education students were more inclined to take risks, and technical education students were more inclined to be impulsive. S

Foreign studies:

The study conducted by Mohebi et al. (2022) aimed to examine whether a Mindfulness, Acceptance, and Commitment (MAC) program could increase self-compassion and motivation among elite female athletes compared to an active control condition. To this end, a randomized trial was conducted among adult female players. . The sample included (40) female players who were randomly selected. The Mindfulness, Acceptance, and Commitment program was applied to the experimental group and consisted of (7) sessions, each lasting (60) minutes, for a period of (7) weeks, during which participants completed a series of self-evaluation questionnaires on mindfulness and commitment. sympathy. With self and motivation during and after the end of the program, the results showed an improvement in the dimensions of self-compassion and motivation over time, and it was greater in the experimental group compared to the control group, which indicates that the intervention leads to awareness, acceptance, and commitment to improving cognitive and emotional learning processes and motivation.

A study by Saul et al. (2021) study aimed to examine whether mindfulness reduces recovery time from injury. The descriptive approach was used, and the sample included (207) football players, and the (Johnson et al, 2016) scale was used in the tools.) for the Mindfulness Questionnaire and Injury Inventory, and a series of moderated regression analyzes that examined whether mindfulness interacts with age or injury severity in explaining length of recovery from injury. The main findings suggest that mindfulness is not related to the duration of recovery. In contrast, age and injury severity were associated with length of injury recovery, which was longer even for older players with more severe injuries. The present findings constitute a novelty in the study of soccer injuries and open new lines of research to determine whether mindfulness interventions are likely to contribute to shortening the duration of objective rehabilitation for a more sustainable approach to sports injuries.

-Emery et al.'s (2020) study aimed to determine the relationship between mental alertness and impulsivity in college student athletes in terms of the history of development of sports injuries. The study used the descriptive approach, as the study included 181 players (56 female players and 125 male players). Demographic information was collected for the athletes, and the impulsivity scale and mental alertness scale were used. The results concluded that athletes with a history of sports injuries to others had higher scores on the impulsivity scale. While there are no statistically significant differences in mental alertness depending on the history of infection with others. It was noted that athletes who suffered a severe injury had lower average scores in general impulsivity compared to athletes who suffered a moderate injury, while there was no significant difference in mental alertness scores depending on the severity of the injury. The most prominent results include the positive relationship between motor impulsivity and injury recurrence, and the negative relationship between mental alertness and impulsivity. With all its sub-dimensions.

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-Study by Naderi Ain Allah et al. (2020) The study aimed to determine the effectiveness of a mindfulness-based program and its relationship to attention, anxiety, and perceived stress in reducing sports injury rates among male soccer players. players. The experimental method was used, and the sample included (168) players who were selected intentionally. The training program was applied to the experimental group, using a scale of mental alertness, anxiety, and stress, and an injury inventory form. The results showed that there is a positive relationship between mindfulness and attention, meaning that increasing mindfulness increases attention, and an inverse relationship with anxiety and perceived stress, meaning that increasing mindfulness reduces anxiety and stress, which was associated with lower levels of stress. Sports injuries.

-Hosseinian, Nouripour (2019) The study aims to explore the effectiveness of mindfulness-based intervention on risky behaviors and distress tolerance among adolescents in a juvenile correction and rehabilitation center. The study used the quasi-experimental method, and the sample consisted of (30) people who were randomly selected. Using the Adolescent Risk Scale, the Distress Tolerance Scale, and the Connor Davidson Resilience Scale, results revealed that a mindfulness-based intervention program for adolescents has a significant effect in reducing risky behavior, resilience, and tolerance of distress.

The study conducted by Soleimani et al. (2018) aimed to find out the psychological factors that increase sports injury and psychological intervention programs that reduce sports injury through a systematic review of previous studies and concluded that the following psychological factors (personal (such as excessive anxiety and negative pressure) increase sports injury rates in players, It has also been shown that the following psychological intervention programs (mindfulness, visualization, positive self-talk, and relaxation) reduce infection rates.

-Study by Jecock et al. (2017), this study aimed to examine the effectiveness of a mindfulness-based intervention among athletes. In a randomized controlled trial including 22 trial participants and 24 control participants, the effectiveness of Mindfulness-Based Berlin Athletes Training (BATL) was tested and compared to a classical sports psychological intervention. Results of analysis of variance with repeated measures indicate that the intervention group significantly improved trait mindfulness compared to the control group. It can be concluded that BATL is an effective strategy to increase mental alertness in athletes. However, more studies are needed to evaluate the effectiveness of this intervention in improving performance and to be able to study the mechanisms of its effect.

-Study by Bajaj and Panda (2015). The study aimed to identify the relationship between mental alertness and life satisfaction among samples of adolescents and young people. It also aimed to identify the possibility of mental alertness contributing to predicting life satisfaction. The study used the descriptive approach, and the study sample consisted of (327) university students from India, whose ages ranged between (18-23). The mental alertness scale prepared by Brown and Ryan 2003, and the life satisfaction scale were applied to them. Scale developed by Diener & Emmons 1985. Results indicated that the resilience variable is a partially mediating variable in the relationship between mindfulness and life satisfaction. Mental alertness also contributed to predicting life satisfaction among sample members.

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-Kasper Study (2011) The main purpose of this study is to identify psychological factors that predict increased susceptibility to injury among professional football players in Denmark. Based on the stress injury model prepared by Anderson and Williams (1998), which assumes that low coping resources, high competitive trait anxiety, and a history of previous injuries will be positively associated with increased injury risk and severity, the study used a descriptive approach and included a sample of 87 soccer players. Foot. foot and were asked to report a history of previous injuries in the past 12 months. Furthermore, two questionnaires were used; Competitive Trait Anxiety Test and Athletic Adaptive Skills Inventory. The injuries were recorded prospectively over a period of approximately 3 months by the team's medical staff. The study results clearly indicated that previous injury history and coping with challenge were the most important predictors of injury that coaches should take into consideration. and medical teams to limit exposure to infection.

-Study by Christ and Keegan (2010) The study aimed to study the relationship between mental toughness and the tendency toward risk-taking behavior among a sample of male and female university student-athletes. The descriptive approach was used, and the sample was (105) (69 males - 36 females), with an average age of (22). 2), and a standard deviation of (7.67). The mental toughness scale and the risk attitude questionnaire were used. The results showed a positive, statistically significant correlation between mental toughness and the tendency toward risk. The challenge component was the most predictive of the tendency toward physical risks, while the personal confidence component was the most predictive of the tendency toward psychological risks. Mental toughness was stronger among males than males. In females, there is also a tendency toward physical and psychological risk.

-Ivarsson's study (2008). The main goal of this study is to obtain psychological indicators that can predict sports injuries in football players. The descriptive approach was used, and the study sample included (152) football players, and criteria were relied upon. They were as follows (life stress, physical anxiety trait, confidence, adaptation) with the injury inventory form. The results showed that there are four predictive indicators of

sports injuries: life stress, physical anxiety, lack of confidence, and negative adaptation.

Kontos (2004) study: The study aimed to determine the predictive validity of perceived risk, risk-taking, ability estimation, excess effectiveness, and previous injuries to actual injuries among adolescents in sports, and to study gender differences. The study used a descriptive approach, and the sample consisted of (260) divided into (148 football players and 112 women) between the ages of 11 and 14 years in a study of the probability of injury for a period of 3 months. Tools included measures of self-perceived risk, capacity rating, and prior injury inventory. The results concluded that low levels of perceived risk and estimated ability significantly increased the risk of injury. Male players reported higher levels of perceived risk than female players, while there were no gender differences in levels of ability estimation. A positive relationship was found between incidence and both ability underestimation and overestimation. Estimation of ability was also positively associated. Across risk taking, the most notable findings are that perceived risk and estimates of ability are psychological factors that increase sports injuries among youth.

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Comment on previous studies and their benefits:

From the previous presentation of previous studies, the following can be concluded:

 Regarding the variable of mental alertness: a study (Sol, et al., 2021), (Tingaz, et al., 2020), (Nader, Ainola, et al., 2020), (Jikauk, et al., 2017).), and (Ivarsson et al., 2015) examined this variable through its reflection on sports injury rates, and they all agreed to varying degrees on the effectiveness of mental alertness in reducing injury rates in players, while the study (Navigation, 2021), (Ashour, 2021), Bajaj and Panda, 2015, and Al-Najjar, 2020, mental alertness and its relationship to satisfaction and orientation towards life and the future, and they all agreed on its existence. There is a significant relationship, whether directly or indirectly, and the study (Moawad, 2021) and (Hosseinian, Nouripour, 2019) addressed mental alertness and its relationship to risk-taking behavior, and it was agreed that there is a negative relationship. A high level of mental alertness reduces risk-taking behaviour. A study (Al-Azmi, 2020) addressed the relationship between mental alertness and emotional regulation among players and indicated the existence of a statistically significant correlation. In a study (Al-Morsi, 2019), a measure of mental alertness was built, and it was identified that there were differences depending on (the nature of the activity, level, and gender). It was found that there were statistically significant differences in mental alertness depending on (the nature of the activity, level, and gender). On the nature of the activity in favor of individualism, there were differences in favor of higher levels, and there were also statistically significant differences depending on (nature of activity, level, gender). There were differences in favor of female athletes, as a study conducted by (Badir, 2019) addressed the relationship between mental alertness and focus of attention, and the relationship was statistically significant and positive, and a study conducted by (Mohebi et al., 2022). He noted that mindfulness-based intervention improves self-compassion and motivation. Therefore, the majority of studies agreed, to varying degrees, on the positive role of mental alertness with all previous variables.

 Regarding the risk-taking behavior variable: The study (Moussi, 2021), (Kontos, 2013), and (Husseinin, Nouripour) addressed the relationship between risk-taking behavior and sports injuries and agreed on the existence of a direct relationship, a statistically significant relationship. As for the study of (Abdel Fattah, (2019), (Abdel Aziz, Ashraf, 2017), (Hassan, Ali, 2020), it determined the factorial structure of the risky behavior scale, and Abdel Fattah's study concluded that the risky behavior scale consists of the same four dimensions. With (13) statements, while the study of (Abdel Fattah Al-Aziz, Ashraf) reached a one-dimensional measure of risk behavior with (31) statements, while the study of (Hassan, Ali) with two facts - the dimensional dimension of measuring risk behavior consists of (25) statements. The study (Ibrahim, Al-Hussein, 2013) indicated that impulsivity in adolescents is a good indicator of risk-taking behavior.

 Regarding the variable of sports injury: The study of (Hajaj, 2010), (Jamal, 2018), (Soleimani, et al., 2018), and (Casper, 2011) indicated psychological factors (excessive anxiety, negative pressures, overestimation). of ability). that predict sports injury, and psychological interventions (mindfulness, positive talk, and relaxation) that reduce sports injury.

 Previous studies in terms of methodology:

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All previous studies used the descriptive approach except for the study of (Mohebi, et al., 2022), (Naderi, Ain Allah, et al., 2020), (Hosseinian, Nouripour, 2019), (Jikauk, et al., 2020). 2017), and (Ivarsson, et al, 2015) and they used the experimental approach to include training programs. The researcher benefited from previous studies in his understanding of the depth of the study problem, formulating questions, determining the method, selecting the study sample, as well as determining the appropriate tools. The researcher also benefited from previous studies in the theoretical framework and discussion of the results.

Search procedures:

Study Approach:

The researchers used the descriptive, correlational approach, which means the type of research methods through which it is possible to find out whether there is a relationship between two or more variables, and then know the degree of that relationship.

Second: The research community:

The research community consists of players from the U-17 Premier League clubs in the Kingdom of Saudi Arabia, numbering (18) clubs.

Third: Research sample:

The research sample was selected by a simple random method from the clubs in each region according to geographical distribution: (the central region, the western region, the eastern region, the southern region, and the northern region). Their number reached (12) clubs, and the sample number reached (300) young people.

The most important characteristics of the study sample members are:

1-Training age (the period since joining the first club)

(TABLE 1)

IT SHOWS THE DISTRIBUTION OF STUDY INDIVIDUALS ACCORDING TO TRAINING AGE (THE PERIOD SINCE THEY JOINED THE FIRST CLUB)

Training age (the period since joining the first club)	repetition	percentage
From 1 to 3 years	86	28.7
From 4 to 6 years	108	36.0
From 7 to 93 years	38	12.7
years and more 10	68	22.7
the total	300	%100

The previous table (1) shows the characteristics of the sample of study individuals according to the variable of training age (the period since they joined the first club). It was found

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that (36.0%) of the total study individuals were of training age (from 4 to 6 years), while it was found that (28.7%) of the total study individuals were of training age (1 to 3 years)) while it was found that (22.7% of the total study population was of training age (10 years and above), while it was found that (12.7%) of the total study population was of training age (10 years and above). Or more).) of the total study population, their training age (from 7 to 9 years).

2- Playing centers

(TABLE 2

IT SHOWS THE DISTRIBUTION OF STUDY INDIVIDUALS ACCORDING TO PLAYING CENTERS

Play centers	repetition	percentage
Defender	117	39.0
middle	130	43.3
attacker	53	17.7
the total	300	%100

The previous table No. (2) shows the characteristics of the study sample members according to the playing centers variable. It was found that (43.3%) of the total study individuals were placed in the middle of the field, while it was found that (39.0%) of the total study individuals were placed in the field. In defense, while it was found that (17.7%) of the total study population were on the field in attack.

3- Number of injuries last season

(TABLE 3)

IT SHOWS THE DISTRIBUTION OF THE STUDY POPULATION ACCORDING TO THE NUMBER OF TIMES THEY WERE INJURED IN THE LAST SEASON

Number of injuries last season	repetition	percentage
From 1 to 3 years	205	68.3
From 4 to 6 years	65	21.7
From 7 to 93 years	25	8.3
years and more 10	5	1.7
the total	300	%100

The previous table (3) shows the characteristics of the sample of study individuals according to the variable of the number of times they were injured last season. It was found that (68.3%) of the total study population were injured in the last season (1 to 3 times), while it was found that (21.7% of the total study population was injured) in the last season (4 to 6 times), while it was found that (8.3%) Of the total study population, the number of times they were

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injured last season was (7 to 9 times), while it was found that (1.7%) of the total study population, the number of times they were injured last season was (10 times or more), which is the lowest category. between study categories.

4- Number of injuries in the current season

(4) TABLE
IT SHOWS THE DISTRIBUTION OF THE STUDY POPULATION ACCORDING TO THE NUMBER OF INFECTIONS IN THE CURRENT SEASON

Number of injuries in the current season	repetition	percentage
From 1 to 3 years	211	70.3
From 4 to 6 years	71	23.7
From 7 to 93 years	14	4.7
years and more 10	4	1.3
the total	300	%100

The previous table (4) shows the characteristics of the sample of study individuals according to the variable of the number of times they were injured in the current season. It was found that (70.3%) of the total study individuals were injured the number of times they were injured in the current season is (1 to 3 times), while it was found that (23.7% of the total study individuals were injured a number of times) The number of times they were injured in the current season is (4 to 6 times).), while it was found that (4.7%) of the total study population had the number of times they were injured in the current season (7 to 9 times), while it was found that (1.3%) of the total study population had the number of times they were injured in the current season (10 times or more). They are the lowest category among the study categories.

5-The degree of seriousness of the injury

TABLE(5)
IT SHOWS THE DISTRIBUTION OF STUDY INDIVIDUALS ACCORDING TO THE SEVERITY OF THE INFECTION

Degree of injury severity	repetition	percentage
1 to 3 days	180	60.0
4 to 20 days	100	33.3
More than 21 days	20	6.7
The total	300	%100

The previous table No. (5) shows the characteristics of the sample of study individuals according to the variable of the degree of injury severity. It was found that (60%) of the total study population was (1 to 3 days), while it was found that (33.3%) of the total study population was (4 to 20 days), while it was found that (6.7% of the total study population had an infection severity score of (21 days or more).

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Study tools:

To achieve the objectives of the study, the researcher applied the following two measures**:**

The first scale: mental alertness scale**:**

This scale was prepared by (Johnson, Burke, Brinkman, and Wade, 2016) entitled**:**

Comprehensive Inventory of Mindfulness Experiences – Adolescents (CHIME-A)

-Psychometric properties of the scale**:**

To verify the psychometric properties (validity and reliability) of the mental alertness scale in the current study, the following was done**:**

Validity of the mental alertness scale:

The researchers estimated the validity of the mental alertness scale in their current study using the internal consistency validity or internal construct validity of the scale:

A- Calculating the values of the correlation coefficients between the score of each statement of the mental alertness scale and the total score of the dimension to which it belongs. The results were as shown in the following table:

Table No**(7) .**

Evaluating the correlational coefficients between the score of each statement of the mental alertness scale and the total score of the dimension to which the statement belongs

The first dimension		The second dimension		third dimension		The fourth dimension	
Awareness of inner experience		Awareness of external experience		Act consciously		Irrational acceptance and direction	
Text number	Correlation coefficient	Text number	Correlation coefficient	Text number	Correlation coefficient	Text number	Correlation coefficient
1	**0.510	2	**0.593	3	**0.495	4	**0.475
9	**0.629	10	**0.496	11	**0.570	12	**0.423
17	**0.519	8	**0.577	19	**0.609	20	**0.566
25	**0.675	26	**0.673	27	**0.560	28	**0.468
35	**0.559			34	**0.507	35	**0.456
The fifth dimension		Sixth dimension		The seventh dimension		The eighth dimension	
Loss of concentration and lack of interaction		Openness to experiences		Relativity of ideas		Conscious understanding (insight)	
Text number	Correlation coefficient	Text number	Correlation coefficient	Text number	Correlation coefficient	Text number	Correlation coefficient
5	**0.535	6	**0.692	7	**0.554	8	**0.483
13	**0.579	14	**0.527	15	**0.600	16	**0.474

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The first dimension		The second dimension		third dimension		The fourth dimension	
Awareness of inner experience		Awareness of external experience		Act consciously		Irrational acceptance and direction	
21	**0.509	22	**0.600	23	**0.511	24	**0.520
29	**0.477	30	**0.424	31	**0.586	32	**0.608
36	**0.464					37	**0.550

**Significant at a significance level of 0.01 or less

It is clear from the previous table (7) that all correlation coefficients between the score of each statement of the mental alertness scale and the total score of the dimension to which the statement belongs are all statistically significant at the significance level (0.01).) where the correlation coefficients ranged between (0.423) and (0.675). ; This reflects a high degree of construct validity for the dimensions of the mental alertness scale, and this result indicates the possibility of using the mental alertness scale in the current study and its validity for field application.

B- Calculate the correlation coefficients between the total scores of each of the main dimensions and the total scores of the mental alertness scale, as shown in Table No**(8) .**

Table No(8) .

Correlation coefficients of the scores of each dimension with the total score of the mental alertness scale

Dimensions	Correlation coefficient with the total score of the mental alertness scale
Awareness of inner experience	**0.667
Awareness of external experience	**0.595
Act consciously	**0.551
Irrational acceptance and direction	**0.650
Loss of concentration and lack of interaction	**0.538
Openness to experiences	**0.543
Relativity of ideas	**0.684
Conscious understanding (insight)	**0.558

** Significant at a significance level of 0.01 or less.

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It is clear from the previous table No. (8) that the values of the correlation coefficients between the score of each dimension of the mental alertness scale and the total score of the scale range between (0.538) and (0.684), and all of them were positive and statistically significant at the significance level (0.01); This reflects a high degree of construct validity for the dimensions of the mental alertness scale, and this result indicates the possibility of using the mental alertness scale in the current study and its validity for field application.

2- The stability of the mental alertness scale

To verify the stability of the mental alertness scale, it was calculated using the Cronbach alpha method and the split-half method. Below are the statistical results that indicate this:

Table No(9)

Reliability coefficients were evaluated using the split-half method for the mental alertness scale

Alpha Crew Napash Method	Half split	
	Values of correlation coefficients	
0.787	First half stability coefficient	0.732
	Second half stability coefficient	0.697
	Spearman-Brown	0.747

It was shown from the results shown in Table No. (9) above that through the split-half method, the reliability coefficient for the first half of the scale was (0.732), and the value of the reliability coefficient for half of the scale was (0.732). The second half of the scale was (0.697), and the Spearman-Brown equation was used to obtain the corrected value of the reliability coefficient. After correction, the reliability coefficient reached (0.747), and all of them are high reliability coefficients. This indicates that the mental alertness scale has a high degree of reliability, and therefore it can be relied upon in the field application of the study, and that the value of the reliability coefficient using the Cronbach Alpha method for the mental alertness scale reached (0.787). This indicates that the mental alertness scale has a high degree of stability and can therefore be relied upon in the field application of the study.

The second scale: Risk-taking behavior scale among young people, prepared by (Abdel Fattah, Mahmoud. 2019).

A- Psychometric properties of the scale:

To verify the psychometric properties (validity and reliability) of the risky behavior scale in the current study, the following was done:

1- Validity of the risk behavior scale:

The researchers estimated the validity of the risky behavior scale in their current study using the internal consistency validity or internal construct validity of the scale:

A- Calculating the values of the correlation coefficients between the score of each statement of the risk behavior scale and the total score of the dimension to which it belongs. The results were

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as shown in the following table:

Table No(11)
Evaluating the correlation coefficients between the score of each statement from the risk behavior scale and the total score of the dimension to which the statement belongs

The first dimension		The second dimension		third dimension		The fourth dimension	
Embrace risks		Risk potential		Acceptance of risks		Risk motives	
phrase number	Correlation coefficient	Text number	Correlation coefficient	Text number	Correlation coefficient	Text number	Correlation coefficient
1	**0.513	2	**0.544	3	**0.573	4	**0.711
5	**0.401	6	**0.512	7	**0.609	8	**0.567
9	**0.525	10	**0.496	11	**0.630	13	**0.651
12	**0.467						

**Significant at a significance level of 0.01 or less

It is clear from the previous table (11) that all correlation coefficients between the score of each statement of the risk behavior scale and the total score of the dimension to which the statement belongs are all statistically significant at the significance level (0.01). The correlation coefficients ranged between (0.401) and (0.711). ; This reflects a high degree of construct validity for the dimensions of the risk behavior scale, and this result indicates the possibility of using the risk behavior scale in the current study and its validity for field application.

B- Calculate the correlation coefficients between the total scores for each of the main dimensions and the total score for the risky behavior scale, as shown in Table No**(12) .**

Table No(12)
Correlation coefficients of the scores of each dimension with the total score of the risky behavior scale

Dimensions	Correlation coefficient with the total score of the risk behavior scale
Embrace risks	**0.678
Risk potential	**0.636
Acceptance of risks	**0.668
Risk motives	**0.652

** Significant at the significance level of 0.01 or less.

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It is clear from the previous table No. (12) that the values of the correlation coefficients between the score of each dimension of the risk behavior scale and the total score of the scale range between (0.636) and (0.678), and all of them were positive and statistically significant at the significance level (0.01); This reflects a high degree of construct validity for the dimensions of the risk behavior scale, and this result indicates the possibility of using the risk behavior scale in the current study and its validity for field application.

2–The stability of the risk behavior scale

To verify the stability of the risk behavior scale, it was calculated using the Cronbach alpha method and the split-half method, and the following are the statistical results indicating this:

Table No(13)
Evaluating reliability coefficients using the split-half method for the risk behavior scale

Cronbach's alpha method	Split half	
	Values of correlation coefficients	
0.767	First half stability coefficient	0.719
	Second half stability coefficient	0.734
	Spearman Brown	0.750

It is clear from the results shown in Table No. (13) above that through the split-half method, the reliability coefficient for the first half of the scale reached (0.719), and the value of the reliability coefficient for the half scale reached (0.719). The second half of the scale was (0.734), and the Spearman-Brown equation was used to obtain the corrected value of the reliability coefficient. After correction, the reliability coefficient reached (0.750), and all of them are high reliability coefficients. This indicates that the risk behavior scale has a high degree of reliability, and therefore can be relied upon in the field application of the study, and that the value of the reliability coefficient using the Cronbach Alpha method for the risk behavior scale reached (0.767). . . ; This indicates that the risk behavior scale has a high degree of stability, and therefore can be relied upon in the field application of the study.

The third tool: the player's raw data

It includes the player's demographic variables, which are (name, club, training age, playing position, number of times injured in the last season, number of times injured in the current season, degree of injury severity)

The seriousness of the injury was indicated through the following division:

1-Healing time is one to three days (minor injury)

2-Healing period from 4 days to 20 days (moderate injury)

3-Healing time is 21 days or more (severe infection). (Osama, Riyad, 1999), (Qasim, Abdel Fattah, 2015).

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- Presentation and discussion of the study results:

Analyze and discuss the results related to the first question, which states the following:

- What is the level of mental alertness among emerging football players in the Kingdom of Saudi Arabia?

To answer this question, the arithmetic means, standard deviations, relative weights, and "t" value for each dimension of the mental alertness scale and the total score for the mental alertness scale were calculated, as shown in the following table:

Table No(14)

Arithmetic means, standard deviations, relative weights, and "t" value for each dimension of the mental alertness scale, and the total score of the mental alertness scale and its ranking.

m	Dimensions of the mental alertness scale	Number of phrases	Total points for the dimension	Default arithmetic mean	mean	std	Relative *weight	t	Sig	Ranking
1	Awareness of inner experience	5	25	15	16.05	3.72	64.20	4.88	0.01	4
2	Awareness of external experience	4	20	12	12.79	3.22	63.95	4.23	0.01	6
3	Act consciously	5	25	15	14.85	3.06	59.4	0.83	0.41	8
4	Irrational acceptance and direction	5	25	15	16.02	2.75	64.08	6.43	0.01	5
5	Loss of concentration and lack of interaction	5	25	15	16.57	3.18	66.28	8.54	0.01	2
6	Openness to experiences	4	20	12	14.14	2.93	70.7	12.65	0.01	1
7	Relativity of ideas	4	20	12	13.23	2.71	66.15	7.84	0.01	3
8	Conscious understanding (insight)	5	25	15	15.05	3.17	60.20	0.29	0.77	7
The total score of the mental alertness scale		37	185	111	118.70	14.80	64.20	9.0	0.01	

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*The relative weight is calculated by dividing the arithmetic mean for each dimension by the total score for the dimension and then multiplying the result by 100

It is clear from Table No. (14) that there are statistically significant differences at the level of (0.01) or less between the true averages of the total score of the mental alertness scale in its dimensions (awareness of internal experience, awareness of external factors). Factors). Experience, acceptance, irrational orientation, loss of concentration, lack of interaction, and openness to experiences). (Relativity of ideas) on the one hand, and hypothetical averages on the other hand. These differences were in favor of the real averages of the study sample in these dimensions, which were higher than the hypothetical averages. What shows a high level of mental alertness in its dimensions (awareness of internal experience, awareness of external experience, lack of acceptance and irrational orientation, loss of concentration and lack of interaction, openness to experiences, relativity of ideas) among the research sample of emerging football players in the Kingdom of Saudi Arabia.

While it was found that there are no statistically significant differences at the level of (0.05) or less between the real averages of the dimensions of mental alertness (conscious action, conscious understanding (insight)) on the one hand, and the hypothetical averages of the dimensions of mental alertness (conscious action, conscious understanding (insight)) on the one hand. On the one hand, and the hypothetical averages of the dimensions of mental alertness (conscious action, conscious understanding (insight)) on the one hand. On the one hand, and the hypothetical averages at the dimensional level (conscious action, conscious understanding (insight)) on the one hand. On the other hand, this indicates that the level of (conscious action, conscious understanding (insight) is present to a moderate degree in the research sample of emerging football players in the Kingdom of Saudi Arabia).

It is clear from the results presented in the previous table that the average score for the level of mental alertness is equal to (118.70 out of 185) with a relative weight of (64.20%). Since according to the previously mentioned standard, if the percentage of mental alertness reaches from 60% to 80%, this percentage is considered high. . . Therefore, the level of mental alertness among the research sample of emerging football players in the Kingdom of Saudi Arabia is high. Since the mental alertness scale contains eight dimensions, it was noted that the dimension of openness to experiences came in first place with a mean equal to (14.14 out of 20) and a relative weight of (70.07%), followed in second place by loss of concentration and lack of interaction with a mean equal to (16.75 out of 25) with a relative weight of (66.28%), followed in third place by the relative dimension of ideas with an arithmetic average equal to (66.28%). . (13.23 out of 20) with a relative weight of (66.15%), followed in fourth place after awareness of the inner experience with an arithmetic mean equal to (16.05 out of 25) and a relative weight of (64.20%).) followed in fifth place after acceptance and irrational guidance with a mean of (16.02 out of 25) and a relative weight of (64.08%), followed in sixth place after awareness of external experience with a relative weight of (64.08%). With an arithmetic mean (12.79 out of 20) and a relative weight (63.95%). It is followed in seventh place after conscious understanding (insight) with an average equal to (15.05 out of 25) and with a relative weight of (60.20%), followed in last place and in eighth place after the dimension. Conscious action with a mean (14.85 out of 25) and relative weight (59.4%). It is clear from the above that the level of mental alertness among the

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study sample was high, and the researchers attribute this to the habits that the players grew up with since childhood, which increased their mental alertness, and this was confirmed by the study (Park et al., 2014) and Mahmoud's study (2017).

These results agreed with the results of the study of Ahlam Abdullah (2012), Al-Shalawi (2018), the study of Moawad (2021), the study of Badir (2019), the study of (Birbe and Langer, 2005), and the study of (Cole, et al., 2015), all of which revealed A high degree of mental alertness. The results differed with the study of Rawhiya Hamad (2016) and the study of (Al-Walidi, 2017), which showed that the level of mental alertness was average, the study of Al-Marsa (2019), and the study of Al-Sayed (2018), which indicated a low level of mental alertness among emerging players.

Analyze and discuss the results related to the second question, which states the following:
- What is the level of risk-taking behavior among emerging football players in the Kingdom of Saudi Arabia?

To answer this question, the arithmetic means, standard deviations, relative weights, and "t" value for each dimension of the Risky Behavior Scale and the total score for the Risky Behavior Scale were calculated, as shown in the following table:

Table No(15)

Arithmetic means, standard deviations, relative weights, and "t" value for each dimension of the Risk Behavior Scale, and the total score of the Risk Behavior Scale, as well as their ranking.

Ranking	Sig	t	Relative *weight	std	mean	Default arithmetic mean	Total points for the dimension	Number of phrases	Dimensions of risk behavior scale	م
1	0.01	-41.66	47.42	0.96	5.69	8	12	4	Embrace risks	1
2	0.01	-37.56	46.33	0.85	4.17	6	9	3	Risk potential	2
3	0.01	-42.16	43.44	0.86	3.91	6	9	3	Acceptance of risks	3
4	0.01	-42.44	42.78	0.88	3.85	6	9	3	Risk motives	4
0.01		-	45.15	2.3	17.61	26	39	13	Total risky	

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Ranking	Sig	t	Relative *weight	std	mean	Default arithmetic mean	Total points for the dimension	Number of phrases	Dimensions of risk behavior scale	م
		62.19		4					behavior scale scores	

*The relative weight is calculated by dividing the arithmetic mean for each dimension by the total score for the dimension and then multiplying the result by 100

It is clear from Table No. (15) that there are statistically significant differences at the level of (0.01) or less between the real averages of the total scores of the risk behavior scale and its dimensions (risk adoption, risk tolerance, risk acceptance, risk motives) on the one hand and the hypothetical averages on the other hand, and these were The differences are in favor of the hypothetical averages that were higher than the real averages of the study sample in these dimensions; This demonstrates the low level of risk-taking behavior in its dimensions (risk adoption, risk tolerance, risk acceptance, risk motives) among the research sample of football juniors in the Kingdom of Saudi Arabia.

It is clear from the results shown in the previous table that the average score for the level of risky behavior is (17.61 out of 39), with a relative weight of (45.15%). According to the previously mentioned criterion, if the level of risky behavior reaches 40% to 60%, this is considered a moderate level. Therefore, the level of risk-taking behavior among the research sample of emerging football players in the Kingdom of Saudi Arabia is average. Since the risk behavior scale contains four dimensions, it was noted that the risk adoption dimension came in first place with an arithmetic mean equal to (5.69 out of 12) and a relative weight of (47.42%), followed in second place after risk taking. After tolerance, the arithmetic mean equals (4.17 out of 9).) and relative weight. Relative (46.33%), followed in third place after the probability of danger with a mean equal to (3.91 out of 9) and with a relative weight of (43.44%), followed in fourth place after the probability of danger with a mean equal to (3.85 out of 9) and with a relative weight (42.78%.(

It is clear from the above that the level of the degree of risk-taking behavior was average among the study sample, and the results agreed with the study of Masoud (2021) and the study of Hosseinian Nouripour (2019), which showed that the level of the degree of risk-taking behavior was moderate.

While the results differed with the study of Al-Qatrawi (2012), the study of Delsad, Ahmed, and others (2014), and the study of Ali Ajiloun (2017), as their results showed that the degree of risk-taking and receptive behavior was high.

Analyze and discuss the results related to the third question, which states the following:

-Is there a statistically significant relationship between mental alertness and risk-taking behavior among emerging football players in the Kingdom of Saudi Arabia?

To answer this question and determine the relationship between mental alertness and risk-taking behavior among young football players in the Kingdom of Saudi Arabia, Pearson correlation coefficients were used to test the relationship, and the results were as shown in the following

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table:

Table (16)
Pearson correlation coefficients were shown to test the relationship between mental alertness and risk-taking behavior among emerging football players in the Kingdom of Saudi Arabia

Dimensions of mental alertness	Dimensions of risk behavior				Risk-taking behavior as a whole
	Embrace risks	Risk potential	Acceptance of risks	Risk motives	
Awareness of inner experience	**0.411-	**0.349-	**0.507-	**0.401-	**0.633-
Awareness of external experience	**0.408-	**0.432-	**0.305-	**0.401-	**0.587-
Act consciously	**0.311-	**0.412-	**0.372-	**0.319-	**0.533-
Irrational acceptance and direction	**0.372-	**0.364-	**0.394-	**0.359-	**0.565-
Loss of concentration and lack of interaction	**0.427-	**0.329-	**0.259-	**0.330-	**0.482-
Openness to experiences	**0.345-	**0.277-	**0.283-	**0.358-	**0.481-
Relativity of ideas	**0.342-	**0.408-	**0.518-	**0.435-	**0.642-
Conscious understanding (insight)	**0.405-	**0.340-	**0.360-	**0.362-	**0.558-
The mind as a whole	**0.635-	**0.588-	**0.627-	**0.620-	**0.938-

It is clear from Table No. (16) that:

–The relationship between mental alertness as a whole and risk-taking behavior (risk adoption, risk tolerance, risk acceptance, risk motives) among young football players in the Kingdom of Saudi Arabia**.**

-There is a statistically significant inverse (negative) correlation at the level of (0.05) between the total score of mental alertness and the total score of risk-taking behavior among emerging football players in the Kingdom of Saudi Arabia, where the correlation coefficient reached (-0.938). - It was found that there is a statistically significant (negative) inverse relationship between the total degree of mental alertness and the dimensions of risk-taking behavior (risk adoption, risk tolerance, risk acceptance, risk motives) among young football players in the Kingdom of Saudi Arabia, where the relationship values reached (-0.635). , -0.588, -0.627, -

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0.620) respectively, and this indicates that the higher the mental alertness scores among junior football players in the Kingdom of Saudi Arabia, the more this leads to a decrease in risk-taking behavior and its dimensions (risk adoption, risk tolerance, risk acceptance, risk motives).) among them. Youth football in the Kingdom of Saudi Arabia.

B- The relationship of awareness to internal experience within the dimensions of mental alertness and risk-taking behavior (risk adoption, risk tolerance, risk acceptance, risk motives) among young football players in the Kingdom of Saudi Arabia

-There is a statistically significant inverse relationship (negative) at the level (0.05) between the dimension of awareness of internal experience within the dimensions of mental alertness and the total degree of risk-taking behavior among young football players in the Kingdom of Saudi Arabia. . Arabic, where the correlation coefficient reached.(0.633-)

- It was found that there is an inverse (negative) relationship with statistical significance between the dimension of awareness of internal experience within the dimensions of mental alertness and the dimensions of risk-taking behavior (risk adoption, risk tolerance, risk acceptance, risk motives).). Among budding football players in the Kingdom of Saudi Arabia, the relationship values reached (-0.635, -0.588, -0.627, -0.620), respectively. This indicates that increased awareness of the internal experience among football youth in the Kingdom of Saudi Arabia led to a decrease in risk-taking behavior and its dimensions (risk adoption, risk tolerance, risk acceptance). Risk-taking motivations among young soccer players. Players in Saudi Arabia.

C- The relationship of awareness to external experience within the dimensions of mental alertness and risk-taking behavior (risk-taking, risk-taking) among young football players in the Kingdom of Saudi Arabia

-There is a statistically significant inverse relationship (negative) at the level (0.05) between the dimension of awareness of external experience within the dimensions of mental alertness and the total degree of risk-taking behavior among young football players in the Kingdom of Saudi Arabia. . Arabic, where the correlation coefficient reached**.(0.587-)**

- It was found that there is a statistically significant inverse (negative) relationship between the dimension of awareness of external experience within the dimensions of mental alertness and the dimensions of risk-taking behavior (risk adoption, risk tolerance, risk acceptance, risk motivation). . Among budding football players in the Kingdom of Saudi Arabia, the relationship values reached (-0.408, -0.432, -0.305, -0.401), respectively. This indicates that increased awareness of external experience among young football players in the Kingdom of Saudi Arabia led to a decrease in risk-taking behavior and its dimensions (risk adoption, risk tolerance, risk acceptance). Risk-taking motivations among emerging soccer players. in KSA**.**

D- The relationship of conscious behavior within the dimensions of mental alertness and risk-taking behavior (risk-taking, risk-taking) among young football players in the Kingdom of Saudi Arabia

-There is a statistically significant inverse (negative) correlation at the level of (0.05) between the dimension of conscious behavior within the dimensions of mental alertness and the total degree of risk-taking behavior among young football players in the Kingdom of Saudi Arabia, where the correlation coefficient reached**.(0.533-)**

- It was found that there is an inverse (negative) relationship with statistical significance between the dimension of conscious action within the dimensions of mental alertness and the dimensions of risk-taking behavior (risk adoption, risk tolerance, risk acceptance, risk motives).

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Among emerging football players in the Kingdom of Saudi Arabia, where the relationship values reached (-0.311, -0.412, -0.372, -0.319) respectively, and this indicates that the most conscious behavior among young football players in the Kingdom of Saudi Arabia, which leads to Decrease in risk-taking behavior and its dimensions (risk adoption, risk tolerance, risk acceptance, risk motives among football youth in the Kingdom of Saudi Arabia)**.**

E- The relationship between irrational acceptance and orientation within the dimensions of mindfulness and risk-taking behavior (risk-taking, risk-taking) among young football players in the Kingdom of Saudi Arabia

-There is a statistically significant inverse (negative) correlation at the level (0.05) between the dimension of acceptance and irrational guidance within the dimensions of mental alertness and the total degree of risk-taking behavior among young football players in the Kingdom of Saudi Arabia. . Arabic, where the correlation coefficient reached**.(0.565-)**

- It was found that there is a statistically significant inverse (negative) relationship between the dimension of acceptance and irrational orientation within the dimensions of mental alertness and the dimensions of risk-taking behavior (risk adoption, risk tolerance, risk acceptance, risk tolerance). Risks). Motivation) among budding football players in the Kingdom of Saudi Arabia, where the relationship values reached (-0.372, -0.364, -0.394, -0.359), respectively. This indicates that the greater the acceptance and irrational guidance among budding football players in the Kingdom of Saudi Arabia. Saudi Arabia, Saudi Arabia This leads to a decrease in risk-taking behavior and its dimensions (risk adoption, risk tolerance, risk acceptance, risk motivation) among emerging football players in the Kingdom of Saudi Arabia**.**

F- The relationship between loss of concentration and lack of interaction within the dimensions of mental alertness and risk-taking behavior (risk-taking, risk-taking) among young football players in the Kingdom of Saudi Arabia

-There is a statistically significant (negative) inverse relationship at the level (0.05) between the dimension of loss of concentration and lack of interaction within the dimensions of mental alertness and the total degree of risk-taking behavior among young football players in the middle stage. Intermediate stage. The Kingdom of Saudi Arabia, where the correlation coefficient reached**.(0.482-)**

- It was found that there is a statistically significant inverse relationship (negative) between the dimension of loss of concentration and lack of interaction within the dimensions of mental alertness and the dimensions of risk-taking behavior (adopting risks, taking risks, accepting risks). , risk motivation) among young football players in the Kingdom of Saudi Arabia, where the relationship values reached (-0.427, -0.329, -0.259, -0.330) respectively, and this indicates that the greater the loss of concentration and lack of interaction among young football players in... The Kingdom of Saudi Arabia leads to a decrease in risk-taking behavior and its dimensions (risk adoption, risk tolerance, risk acceptance, risk-taking motives among emerging football players in the Kingdom of Saudi Arabia).

G- The relationship of openness to experiences within the dimensions of mental alertness and risk-taking behavior (risk-taking, risk-taking) among young football players in the Kingdom of Saudi Arabia

-There is a statistically significant inverse (negative) correlation at the level of (0.05) between the dimension of openness to experiences within the dimensions of mental alertness and the total degree of risk-taking behavior among young football players in the Kingdom of Saudi Arabia. .

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The correlation coefficient was**.(0.481-)**

- It was found that there is an inverse (negative) relationship with statistical significance between the dimension of openness to experiences within the dimensions of mental alertness and the dimensions of risk-taking behavior (adopting risks, taking risks, accepting risks, taking risks).). Motivation) among emerging football players in the Kingdom of Saudi Arabia, where the relationship values reached (-0.345, -0.277, -0.283, -0.358), respectively. This indicates that the greater the openness to experiences among young football players in the Kingdom of Saudi Arabia, this led to a decrease in risk-taking behavior and its dimensions (risk adoption, risk tolerance, risk acceptance) and risk-taking motivations among young football players. in KSA. Kingdom of Saudi Arabia**.**

H- The relative relationship of thoughts within the dimensions of mental alertness and risk-taking behavior (risk adoption, risk tolerance) among young football players in the Kingdom of Saudi Arabia

-There is a statistically significant inverse (negative) correlation at the level of (0.05) between the dimension of relativity of thoughts within the dimensions of mental alertness and the total degree of risk-taking behavior among young football players in the Kingdom of Saudi Arabia. . The correlation coefficient was**.(0.642-)**

- It was found that there is an inverse (negative) relationship with statistical significance between the dimension of relativity of thoughts within the dimensions of mental alertness and the dimensions of risk-taking behavior (risk adoption, risk tolerance, risk acceptance, risk motivation). Among the study sample. Youth football in the Kingdom of Saudi Arabia, where the relationship values reached (-0.342, -0.408, -0.518, -0.435), respectively. This indicates that the more relative ideas among young football players in the Kingdom of Saudi Arabia, this led to a decrease in risk-taking behavior and its dimensions (risk adoption, risk tolerance, risk acceptance, risk-taking motives among young football players in the Kingdom of Saudi Arabia). kingdom). Kingdom of Saudi Arabia**.**

I- The relationship of conscious understanding (insight) within the dimensions of mental alertness and risk-taking behavior (taking risks, taking risks) among young football players in the Kingdom of Saudi Arabia

-There is a statistically significant (negative) inverse correlation at the level of (0.05) between the dimension of conscious understanding (insight) within the dimensions of mental alertness and the total degree of risk-taking behavior among junior football players in the Kingdom. The Kingdom of Saudi Arabia, where the correlation coefficient reached**.(0.558-)**

-It was found that there is a statistically significant inverse (negative) relationship between the dimension of conscious understanding (insight) within the dimensions of mental alertness and the dimensions of risk-taking behavior (risk adoption, risk tolerance, risk acceptance, risk motivation).) among junior football players in the Kingdom of Saudi Arabia, where the relationship values reached (-0.405, -0.340, -0.360, -0.362) respectively, and this indicates that the greater the conscious understanding (insight) among junior football players in the Kingdom of Saudi Arabia, This leads to a decrease in risk behavior and its dimensions (risk adoption, risk tolerance, risk acceptance, risk motivation) among emerging football players in the Kingdom of Saudi Arabia**.**

These results agreed with Moawad's study (2021), and this can be interpreted in light of what (Marrison & Jha, 2015. Bercovitz, et al, 2017) pointed out about the connection of mental

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alertness to self-regulation of behavior, as it directs the player's attention to the current moment and what Roles and goals are associated with him, and his behavior is directed towards focusing and eliminating distractions, allowing information to be integrated and updated, which is reflected in expanding the player's scope of vision**.**

Analyze and discuss the results related to the fourth question, which states the following:

Are there differences in mental alertness among football juniors in light of the following demographic variables (training age - playing positions - number of times injured in the last season - number of times injured in the current season - degree of injury severity)?

Before answering this question, it is necessary to check how evenly the data is distributed. Because most laboratory tests require that the distribution of data be normal, a normal distribution test (Kolmogorov-Smirnov test) was performed to determine whether the mental alertness scale data followed a normal distribution or not, and the results were as in the table. the next:

Table No(17)
Normal distribution test (Kolmogorov-Smirnov test) related to the data of the mental alertness scale and its dimensions

Dimensions of the mental alertness scale	Kolmogorov-Smirnov test		
	statistics	df	Sig.
Awareness of inner experience	0.11	300	0.01
Awareness of external experience	0.11	300	0.01
Act consciously	0.10	300	0.01
Irrational acceptance and direction	0.12	300	0.01
Loss of concentration and lack of interaction	0.12	300	0.01
Openness to experiences	0.09	300	0.01
Relativity of ideas	0.11	300	0.01
Conscious understanding (insight)	0.09	300	0.01
The total score of the mental alertness scale	0.14	300	0.01

The previous table No. (17) shows the results of the Kolmogorov-Smirnov test, where the significance level values were less than 0.05 (sig. < 0.05), and this indicates that the data is related to the mental intelligence data. The alertness scale and its dimensions do not follow a normal distribution. Therefore, the results showed that the appropriate tests for conducting the statistical difference test are non-parametric tests according to the condition of normal distribution. Therefore, statistically significant differences were identified in the level of mental alertness among the players under study according to (training age - playing positions - number of times injured in the last season - number of times injured in the current season - degree of injury). Injury severity), the Kruskal-Wallis test was used. Wallis) because the condition of moderation is not met, and the following tables explain this:

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First: Differences according to training age

Table(18)

Results of the Kruskal-Wallis test to determine statistically significant differences in the level of mental alertness among the players under study according to training age.

Dimensions of the mental alertness scale	Training age	n	Average rank	The value of the square of Ka^2	Sig.
Awareness of inner experience	From 1 to 3 years	86	140.78	3.75	0.29
	From 4 to 6 years	108	162.52		
	From 7 to 9 years	38	140.03		
	More than 10 years	68	149.56		
Awareness of external experience	From 1 to 3 years	86	122.22	20.11	0.01
	From 4 to 6 years	108	171.96		
	From 7 to 9 years	38	128.61		
	More than 10 years	68	164.41		
Act consciously	From 1 to 3 years	86	133.43	32.81	0.01
	From 4 to 6 years	108	181.39		
	From 7 to 9 years	38	95.50		
	More than 10 years	68	163.76		
Irrational acceptance and direction	From 1 to 3 years	86	143.06	11.13	0.01
	From 4 to 6 years	108	161.43		
	From 7 to 9 years	38	115.82		
	More than 10 years	68	167.88		
Loss of concentration and lack of interaction	From 1 to 3 years	86	134.59	7.28	0.06
	From 4 to 6 years	108	146.48		
	From 7 to 9 years	38	167.71		
	More than 10 years	68	167.38		
Openness to experiences	From 1 to 3 years	86	155.92	1.0	0.80
	From 4 to 6 years	108	144.20		
	From 7 to 9 years	38	150.76		
	More than 10 years	68	153.50		
Relativity of ideas	From 1 to 3 years	86	153.08	3.96	0.27
	From 4 to 6 years	108	158.09		
	From 7 to 9 years	38	126.24		
	More than 10 years	68	148.74		
Conscious understanding (insight)	From 1 to 3 years	86	147.31	1.47	0.69
	From 4 to 6 years	108	153.44		
	From 7 to 9 years	38	137.66		
	More than 10 years	68	157.03		
The total score of the mental alertness scale	From 1 to 3 years	86	135.50	14.85	0.01
	From 4 to 6 years	108	166.57		
	From 7 to 9 years	38	113.82		
	More than 10 years	68	164.44		

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The results of the study, as shown in the previous table, showed that the value of Ka2 reached (14.85), and that the significance level for the mental alertness scale reached (0.01), which is less than (0.05), and therefore it is statistically significant at the significance level ($\alpha<0.05$), and therefore There are statistically significant differences. Regarding the level of mental alertness according to the training age, it was shown through the averages of the ranks that these differences are in favor of the study members of the players whose training ages range (from 4 to 6 years, 10 years and above).

Regarding the dimensions of mental alertness, it was found that there were statistically significant differences in the average scores of the dimensions of mental alertness (awareness of external experience, conscious action, acceptance and irrational direction) according to training. Age, where the significance levels reached (0.01), which is less than the significance level (0.05). It is statistically significant at the level of significance (0.05), and therefore there are statistically significant differences between the members of the study sample of emerging football players in the level of the dimensions of mental alertness (awareness of external experience, conscious behavior, and irrational behavior). It was shown through the average ranks that these differences were in favor of the study players whose training ages were (from 4 to 6 years, 10 years and above).

It was found that there were no statistically significant differences in the average scores of the dimensions of mental alertness (awareness of internal experience, loss of concentration and lack of interaction, openness to experiences, relativity of ideas, conscious understanding (insight)) according to the age of training, where the significance levels reached (0.29, 0.06). , 0.80, 0.27, 0.69) respectively, which is greater than the significance level (0.05), and is not statistically significant at the significance level (0.05), and therefore there are no statistically significant differences between the study individuals. A sample of players at the level of the dimensions of mental alertness (awareness of internal experience, loss of concentration and lack of interaction, openness to experiences, relativity of thoughts, conscious understanding (insight) according to the training age of the players).

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Second: Differences according to playing positions

Table(19)

Results of the Kruskal-Wallis test to identify statistically significant differences in the level of mental alertness among the players under study according to different playing positions.

Dimensions of the mental alertness scale	Play centers	n	Average rank	K^2	Sig
Awareness of inner experience	Defender	117	147.90	0.25	0.88
	middle	130	153.28		
	attacker	53	149.41		
Awareness of external experience	Defender	117	159.69	2.93	0.23
	middle	130	148.17		
	attacker	53	135.93		
Act consciously	Defender	117	149.04	0.29	0.86
	middle	130	149.45		
	attacker	53	156.31		
Irrational acceptance and direction	Defender	117	150.59	0.20	0.90
	middle	130	148.62		
	attacker	53	154.92		
Loss of concentration and lack of interaction	Defender	117	146.91	0.34	0.84
	middle	130	153.23		
	attacker	53	151.73		
Openness to experiences	Defender	117	145.38	1.07	0.58
	middle	130	151.21		
	attacker	53	160.07		
Relativity of ideas	Defender	117	143.39	1.44	0.49
	middle	130	156.54		
	attacker	53	151.39		
Conscious understanding (insight)	Defender	117	142.70	1.86	0.39
	middle	130	157.70		
	attacker	53	150.07		
The total score of the mental alertness scale	Defender	117	147.54	0.28	0.87
	middle	130	153.38		
	attacker	53	149.97		

The results of the study, as shown in the previous table, showed that the value of Ka2 reached (0.28), and that the significance level for the mental alertness scale reached (0.87), which is greater than (0.05), and therefore it is not statistically significant at the significance level ($\alpha<0.05$), and therefore There are no differences. There is a statistical significance in the level of mental alertness depending on the playing situations.

Regarding the dimensions of mental alertness, it was found that there were no statistically significant differences in the average scores of the dimensions of mental alertness (awareness of

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the internal experience, awareness of the external experience, acting consciously, and receiving and irrational direction). Loss of focus, lack of interaction, openness to experiences, relativity of ideas, and conscious understanding (insight) according to gaming centers, where significance levels reached (0.88, 0.23, 0.86, 0.90, 0.84, 0.58, 0.49, 0.39). respectively, which is greater than the level of significance (0.05), and is not statistically significant at the level of significance (0.05), and therefore there are no statistically significant differences between the members of the study sample of players on the level of dimensions of mental alertness (awareness of internal experience, loss of concentration, Lack of interaction, openness to experiences, relativity of ideas, and conscious understanding (insight)) according to the playing positions of the players.

Third: Differences according to the number of injuries last season

Table(20)

Results of the Kruskal-Wallis test to determine statistically significant differences in the level of mental alertness among the players under study depending on the number of times they were injured last season.

Dimensions of the mental alertness scale	Number of injuries last season	n	Average rank	The value of the square of Ka^2	Sig.
Awareness of inner experience	From 1 to 3 years	205	157.60	23.60	0.01
	From 4 to 6 years	65	159.08		
	From 7 to 9 years	25	96.50		
	More than 10 years	5	17.90		
Awareness of external experience	From 1 to 3 years	205	159.52	22.18	0.01
	From 4 to 6 years	65	150.92		
	From 7 to 9 years	25	102.42		
	More than 10 years	5	15.70		
Act consciously	From 1 to 3 years	205	159.80	19.59	0.01
	From 4 to 6 years	65	145.18		
	From 7 to 9 years	25	115.74		
	More than 10 years	5	12.10		
Irrational acceptance and direction	From 1 to 3 years	205	160.31	33.83	0.01
	From 4 to 6 years	65	159.16		
	From 7 to 9 years	25	70.74		
	More than 10 years	5	34.50		
Loss of concentration and lack of interaction	From 1 to 3 years	205	163.96	30.68	0.01
	From 4 to 6 years	65	144.64		
	From 7 to 9 years	25	69.78		
	More than 10 years	5	78.50		
Openness to experiences	From 1 to 3 years	205	166.07	31.49	0.01
	From 4 to 6 years	65	136.27		
	From 7 to 9 years	25	75.02		

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	More than 10 years	5	74.50		
Relativity of ideas	From 1 to 3 years	205	172.00	48.53	0.01
	From 4 to 6 years	65	120.81		
	From 7 to 9 years	25	72.70		
	More than 10 years	5	44.10		
Conscious understanding (insight)	From 1 to 3 years	205	166.00	33.73	0.01
	From 4 to 6 years	65	137.79		
	From 7 to 9 years	25	78.86		
	More than 10 years	5	38.30		
The total score of the mental alertness scale	From 1 to 3 years	205	170.33	55.75	0.01
	From 4 to 6 years	65	135.19		
	From 7 to 9 years	25	55.74		
	More than 10 years	5	10.10		

The results of the study, as shown in the previous table, showed that the value of Ka2 reached (55.75), and that the levels of importance for the mental alertness scale and its dimensions (awareness of internal experience, awareness of external experience, acting) were conscious, lack of acceptance and irrational orientation, loss of focus and lack of interaction, openness to... Experiences, relativity of thoughts, conscious understanding (insight) reached (0.01), which is less than (0.05), and therefore they are statistically significant at the significance level ($\alpha<0.05$). Therefore, there are statistically significant differences in the level of mental alertness and its dimensions depending on the number of times The incidence of injury in the last season, and it was shown through the averages of the ranks that these differences were in favor of the study members who were players who were injured in the number of times of injury in the last season (from 1 to 3 times), which indicates that the study members are players who were injured in the season. the past. season. The number of times he was injured last season (from 1 to 3 times). The scale of mental alertness and its dimensions (awareness of internal experience, awareness of external experience, acting consciously, irrational reception and direction, loss of focus and lack of interaction, openness to experiences, relativity of thoughts, understanding awareness (insight)) were determined to be higher than the study participants who obtained Number of hits. Last season (4 to 6 times, 7 to 9 times, 10 or more times).

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Fourth: Differences according to the number of injuries in the current season

Table(21)

Results of the Kruskal-Wallis test to determine statistically significant differences in the level of mental alertness among the players under study depending on the number of times they were injured in the current season.

Dimensions of the mental alertness scale	Number of injuries last season	n	Average rank	The value of the square of Ka^2	Sig.
Awareness of inner experience	From 1 to 3 years	211	164.12	25.17	0.01
	From 4 to 6 years	71	130.81		
	From 7 to 9 years	14	67.00		
	More than 10 years	4	74.00		
Awareness of external experience	From 1 to 3 years	211	158.23	13.29	0.01
	From 4 to 6 years	71	144.60		
	From 7 to 9 years	14	89.29		
	More than 10 years	4	61.75		
Act consciously	From 1 to 3 years	211	157.62	12.38	0.01
	From 4 to 6 years	71	145.80		
	From 7 to 9 years	14	93.29		
	More than 10 years	4	58.50		
Irrational acceptance and direction	From 1 to 3 years	211	169.19	42.17	0.01
	From 4 to 6 years	71	118.77		
	From 7 to 9 years	14	68.29		
	More than 10 years	4	15.50		
Loss of concentration and lack of interaction	From 1 to 3 years	211	166.48	29.51	0.01
	From 4 to 6 years	71	120.80		
	From 7 to 9 years	14	95.43		
	More than 10 years	4	27.50		
Openness to experiences	From 1 to 3 years	211	167.51	35.99	0.01
	From 4 to 6 years	71	122.30		
	From 7 to 9 years	14	75.07		
	More than 10 years	4	17.75		
Relativity of ideas	From 1 to 3 years	211	167.17	36.58	0.01
	From 4 to 6 years	71	124.88		
	From 7 to 9 years	14	65.64		
	More than 10 years	4	22.75		
Conscious understanding (insight)	From 1 to 3 years	211	160.80	23.24	0.01
	From 4 to 6 years	71	142.39		
	From 7 to 9 years	14	70.00		
	More than 10 years	4	33.00		

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The total score of the mental alertness scale	From 1 to 3 years	211	169.95	47.68	0.01
	From 4 to 6 years	71	119.77		
	From 7 to 9 years	14	53.36		
	More than 10 years	4	9.75		

The results of the study, as shown in the previous table, showed that the value of Ka2 reached (47.68), and that the levels of importance for the mental alertness scale and its dimensions (awareness of internal experience, awareness of external experience, acting) were conscious, acceptance and irrational direction, loss of focus and lack of interaction, and openness to experiences. The relativity of thoughts and conscious understanding (insight) reached (0.01), which is less than (0.05), and therefore it is statistically significant. Significance level ($\alpha<0.05$), and therefore there are statistically significant differences in the level of mental alertness and its dimensions depending on the number of times the injury occurs, and in the current season it was shown through the averages that these differences are in favor of the study individuals, who are the players who were injured in the current season (from 1 to 3 times), which indicates that the study subjects are players who were injured in the current season (from 1 to 3 times). A measure of mental alertness and its dimensions (awareness of internal experience, awareness of external experience, acting consciously, irrational reception and direction, loss of focus and lack of interaction, openness to experiences, relativity of ideas, conscious understanding (insight)) were determined, and the study determined that it was higher than the study members of the players. Who were infected and the number of times they were infected. In the current season (4 to 6 times, 7 to 9 times, 10 times or more).

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Fifth: Differences according to the severity of the injury

Table(22)
Results of the Kruskal-Wallis test to determine statistically significant differences in the level of mental alertness among the players under study depending on the severity of the injury.

Dimensions of the mental alertness scale	Number of injuries last season	n	Average rank	Ka^2	Sig.
Awareness of inner experience	1 to 3 days	180	160.34	22.57	0.01
	4 to 20 days	100	150.16		
	More than 21 days	20	63.65		
Awareness of external experience	1 to 3 days	180	166.71	29.95	0.01
	4 to 20 days	100	139.41		
	More than 21 days	20	60.05		
Act consciously	1 to 3 days	180	157.43	14.46	0.01
	4 to 20 days	100	152.07		
	More than 21 days	20	80.30		
Irrational acceptance and direction	1 to 3 days	180	169.90	28.28	0.01
	4 to 20 days	100	129.60		
	More than 21 days	20	80.40		
Loss of concentration and lack of interaction	1 to 3 days	180	177.54	47.72	0.01
	4 to 20 days	100	116.49		
	More than 21 days	20	77.15		
Openness to experiences	1 to 3 days	180	179.39	56.00	0.01
	4 to 20 days	100	115.42		
	More than 21 days	20	65.90		
Relativity of ideas	1 to 3 days	180	173.59	43.09	0.01
	4 to 20 days	100	127.38		
	More than 21 days	20	58.25		
Conscious understanding (insight)	1 to 3 days	180	171.04	30.29	0.01
	4 to 20 days	100	127.40		
	More than 21 days	20	81.15		
The total score of the mental alertness scale	1 to 3 days	180	183.92	81.48	0.01
	4 to 20 days	100	113.88		
	More than 21 days	20	32.80		

The results of the study, as shown in the previous table, showed that the value of Ka2 reached (81.48), and that the levels of importance for the scale of mental alertness and its dimensions (awareness of internal experience, awareness of external experience, acting) were conscious, acceptance and irrational direction, loss of focus and lack of interaction, and openness to experiences. The relativity of thoughts and conscious understanding (insight) reached (0.01), which is less than (0.05), and therefore it is statistically significant, at a level of significance ($\alpha<0.05$), and therefore there are statistically significant differences in the level of mental

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alertness and its dimensions depending on the severity Incidence, and it appears through the averages of the ranks that these differences are in favor of the study. The members of the study are the players whose severity of injury or duration of their injury is (from 1 to 3 days), and this indicates that the members of the study are the players whose severity of injury or duration of their injury is (from 1 to 3 days). Measuring mental alertness and its dimensions (awareness), in terms of internal experience, awareness of external experience, acting consciously, irrational reception and direction, loss of focus and lack of interaction, openness to experiences, relativity of ideas, and conscious understanding (insight), they obtained higher scores than players. In studying the severity of their injury or the duration of their injury (4 to 20). day, 21 days or more.(

The association of mental alertness with a decrease in infection rates based on (the number of infection cases in the past and current season) can be explained by the fact that practicing mental alertness leads to functional changes in the various attention systems in the brain. (Fox et al., 2006). The results of this study and the known neural correlates of mindfulness are consistent with the stress model, which proposed that stress responses take the form of cognitive disturbances (e.g., distraction and interoception), sensory changes (e.g., narrowing of peripheral vision), and sensory changes (e.g., narrowing of peripheral vision). peripheral). Physiological reactions (increased stress). muscles) leading to sports injury. (Williams and Anderson, 1998.(

The results of differences in mental alertness according to (the number of sports injuries in the past and current season) are consistent with studies (Ivarson, et al, 2015), (Sole, et al, 2021), (Tingaz, et al., 2020), and (Nader). (Ain Allah, et al., 2020) and (Jikauk, et al., 2017), which indicated low infection rates in the study samples.

While the results of differences in mental alertness varied depending on the severity of the injury, the study (Tingaz, et al, 2020) concluded that there are no differences in mental alertness according to the severity of the injury.

Analyze and discuss the results related to the fifth question, which states the following:
-Are there differences in risk-taking behavior among football juniors in light of the following demographic variables (training age - playing positions - number of times injured in the last season - number of times injured in the current season - degree of injury severity)?
Before answering this question, it is necessary to check how evenly the data is distributed. Because most laboratory tests require that the distribution of data be normal, a normal distribution test (Kolmogorov-Smirnov test) was performed to determine whether the data for the risk behavior scale followed a normal distribution or not, and the results were as in the table. the next:

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Table No(23)
Normal distribution test (Kolmogorov-Smirnov test) related to the risk behavior scale data and its dimensions

Dimensions of risk behavior scale	Kolmogorov-Smirnov		
	Statistics	df	Sig.
Embrace risks	0.24	300	0.01
Risk potential	0.26	300	0.01
Acceptance of risks	0.25	300	0.01
Risk motives	0.25	300	0.01
Total risky behavior scale scores	0.20	300	0.01

The previous table No. (23) shows the results of the Kolmogorov-Smirnov test, where the significance level values were less than 0.05 (sig. < 0.05). This indicates that the data relates to the data of the risk behavior scale and its dimensions do not follow a normal distribution. Accordingly, the results showed that The appropriate tests for performing a statistical difference test are non-parametric tests, depending on the condition of the normal distribution. Therefore, statistically significant differences were identified in the level of risk-taking behavior among the players under study according to (training age - playing positions - number of times of injury in the last season - number of times of injury in the current season - degree of injury). due to the severity of the injury). The Kruskal-Wallis test was used. Wallis) because the condition of moderation is not met, and the following tables explain this:

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First: Differences according to training age

Table(24)

Results of the Kruskal-Wallis test to determine the presence of statistically significant differences in the level of risk-taking behavior among the players under study according to training age.

Dimensions of risk behavior scale	Training age	n	Average rank	Ka^2	Sig.
Embrace risks	From 1 to 3 years	86	159.97	8.21	0.04
	From 4 to 6 years	108	151.48		
	From 7 to 9 years	38	167.13		
	More than 10 years	68	127.68		
Risk potential	From 1 to 3 years	86	167.78	32.97	0.01
	From 4 to 6 years	108	117.89		
	From 7 to 9 years	38	192.34		
	More than 10 years	68	157.06		
Acceptance of risks	From 1 to 3 years	86	155.69	2.70	0.44
	From 4 to 6 years	108	146.00		
	From 7 to 9 years	38	136.03		
	More than 10 years	68	159.18		
Risk motives	From 1 to 3 years	86	149.94	4.97	0.17
	From 4 to 6 years	108	152.17		
	From 7 to 9 years	38	172.55		
	More than 10 years	68	136.24		
Total risky behavior scale scores	From 1 to 3 years	86	164.08	13.44	0.01
	From 4 to 6 years	108	132.11		
	From 7 to 9 years	38	183.66		
	More than 10 years	68	144.00		

The results of the study, as shown in the previous table, showed that the value of Ka2 reached (13.44), and that the significance level for the risky behavior scale reached (0.01), which is less than (0.05), and therefore statistically significant at the significance level ($\alpha<0.05$), and therefore there are differences. Statistically significant. With regard to the level of risk-taking behavior according to the age of training, it was shown through the average ranks that these differences are in favor of the study members, the players whose training ages range (from 7 to 9 years), which indicates that the study members are the players whose training ages range (from 7 to 9 years). Years).) and have higher interpersonal risk behaviors compared to players at other training ages.

Regarding the dimensions of risk-taking behavior, it was found that there were statistically significant differences in the average scores of the dimensions of risk-taking behavior (risk tolerance, risk tolerance) according to the age of training, as the significance levels reached (0.04, 0.01). Respectively, it is less than the level of significance (0.05). . It is statistically significant at the significance level (0.05), and it is shown through the average ranks that these differences are in favor of the study members of players whose training ages range

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(from 7 to 9 years), which indicates that the study members are players whose training ages range (from 7 to 9 years old) had a higher level in the dimensions of risky behavior (risk adoption, risk tolerance) compared to the study members of players of other training ages.

It was found that there were no statistically significant differences in the average scores of the dimensions of risky behavior (risk acceptance, risk motivation) according to the age of training, as the significance levels reached (0.44, 0.17) respectively, which are greater. . The significance level reached (0.05), which is not statistically significant. At the significance level (0.05), there are no statistically significant differences between the study sample of players in the level of the dimensions of risky behavior (risk acceptance, risk motivation) depending on the training age of the players.

Second: Differences according to playing positions

Table(25)

Results of the Kruskal-Wallis test to identify the presence of statistically significant differences in the level of risk-taking behavior among the players under study according to playing positions.

Dimensions of risk behavior scale	Play centers	n	Average rank	K^2	Sig
Embrace risks	Defender	117	156.28	1.71	0.43
	middle	130	150.07		
	attacker	53	138.80		
Risk potential	Defender	117	144.88	2.97	0.23
	middle	130	148.74		
	attacker	53	167.22		
Acceptance of risks	Defender	117	155.15	0.94	0.62
	middle	130	149.63		
	attacker	53	142.37		
Risk motives	Defender	117	152.06	1.48	0.48
	middle	130	154.03		
	attacker	53	138.39		
Total risky behavior scale scores	Defender	117	152.88	0.36	0.83
	middle	130	150.82		
	attacker	53	144.44		

The results of the study, as shown in the previous table, showed that the value of Ka2 reached (0.36), and that the significance level for the risky behavior scale reached (0.83), which is greater than (0.05), and therefore it is not statistically significant at the significance level ($\alpha<0.05$). Hence there are no differences. There is statistical significance in the level of risk-taking behavior according to playing positions.

Regarding the dimensions of risk behavior, it was found that there are no statistically significant differences in the average scores of the dimensions of risk behavior (risk adoption, risk tolerance, risk acceptance, risk motivation) according to different playing centers, and the average scores of the risk behavior dimensions. The significance levels reached (0.43, 0.23, 0.62, 0.48). Respectively, it is greater than the significance level (0.05), and is not statistically

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significant at the significance level (0.05), and therefore there are no statistically significant differences between the players in the study sample at the significance level (0.05). Dimensions of risk behavior (risk adoption, risk tolerance, risk acceptance, risk motivation) according to players' playing positions.

Third: Differences according to the number of injuries last season

Table(26)

Results of the Kruskal-Wallis test to identify statistically significant differences in the level of risk-taking behavior among the players under study depending on the number of times they were injured last season.

Dimensions of risk behavior scale	Number of injuries last season	n	Average rank	K^2	Sig
Embrace risks	From 1 to 3 years	205	135.64	31.94	0.01
	From 4 to 6 years	65	167.21		
	From 7 to 9 years	25	205.06		
	More than 10 years	5	269.90		
Risk potential	From 1 to 3 years	205	139.01	28.86	0.01
	From 4 to 6 years	65	155.82		
	From 7 to 9 years	25	205.90		
	More than 10 years	5	275.50		
Acceptance of risks	From 1 to 3 years	205	135.64	37.30	0.01
	From 4 to 6 years	65	161.05		
	From 7 to 9 years	25	223.66		
	More than 10 years	5	256.70		
Risk motives	From 1 to 3 years	205	139.65	34.14	0.01
	From 4 to 6 years	65	148.55		
	From 7 to 9 years	25	218.70		
	More than 10 years	5	279.70		
Total risky behavior scale scores	From 1 to 3 years	205	130.50	56.69	0.01
	From 4 to 6 years	65	167.58		
	From 7 to 9 years	25	242.06		
	More than 10 years	5	290.90		

The results of the study, as shown in the previous table, showed that the value of K2 reached (56.69), and that the significance levels of the risky behavior scale and its dimensions (risk adoption, risk tolerance, risk acceptance, risk motivation) reached (0.01), which is less than (0.05), and therefore it is Moral. Statistically at the significance level ($\alpha<0.05$), and therefore there are statistically significant differences in the level of risk-taking behavior depending on the number of times of injury last season. It was found through the averages of the ranks that these differences are in favor of the study players who were injured the number of times they were injured last season (10). times and more), which indicates that the players in the study who were injured several times last season (10 times or more) have a higher level of risk behavior and its dimensions (risk adoption, risk tolerance, risk acceptance, risk motives) than the players in the

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study who were injured a number of times. Last season (1 to 3 times, 4 to 6 times, 7 to 9 times.

Fourth: Differences according to the number of injuries in the current season

Table(27)

Results of the Kruskal-Wallis test to identify statistically significant differences in the level of risk-taking behavior among the players under study depending on the number of times they were injured in the current season.

Dimensions of risk behavior scale	Number of injuries last season	n	Average rank	K^2	Sig
Embrace risks	From 1 to 3 years	211	138.65	20.13	0.01
	From 4 to 6 years	71	170.06		
	From 7 to 9 years	14	202.14		
	More than 10 years	4	247.50		
Risk potential	From 1 to 3 years	211	139.92	23.57	0.01
	From 4 to 6 years	71	162.33		
	From 7 to 9 years	14	215.93		
	More than 10 years	4	269.50		
Acceptance of risks	From 1 to 3 years	211	137.97	30.38	0.01
	From 4 to 6 years	71	165.43		
	From 7 to 9 years	14	226.36		
	More than 10 years	4	281.00		
Risk motives	From 1 to 3 years	211	138.38	40.83	0.01
	From 4 to 6 years	71	157.70		
	From 7 to 9 years	14	260.64		
	More than 10 years	4	276.50		
Total risky behavior scale scores	From 1 to 3 years	211	133.61	43.51	0.01
	From 4 to 6 years	71	173.15		
	From 7 to 9 years	14	250.36		
	More than 10 years	4	290.00		

The results of the study, as shown in the previous table, showed that the value of K2 reached (43.51), and that the significance levels of the risky behavior scale and its dimensions (risk adoption, risk tolerance, risk acceptance, risk motivation) reached (0.01), which is less than (0.05), and therefore it is significant. Statistically at the significance level ($\alpha<0.05$), and therefore there are statistically significant differences in the level of risk-taking behavior depending on the number of times of injury in the current season. It was shown through the averages of the ranks that these differences are in favor of the study players, whose number of times they were injured in the current season for the players was (10). times and more), which indicates that the study players who were injured a number of times in the current season (10 or more times) have a higher level of risk-taking behavior and its dimensions (risk adoption, risk tolerance, risk acceptance, risk motives) than the study members who were injured a number of times Injury to players during the current season (1 to 3 times, 4 to 6 times, 7 to 9 times.(

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Fifth: Differences according to the degree of severity of the injury

Table(28)

Results of the Kruskal-Wallis test to determine the presence of statistically significant differences in the level of risk-taking behavior among the players under study depending on the degree of injury severity

Dimensions of risk behavior scale	Degree of injury severity	n	Average rank	K^2	Sig.
Embrace risks	1 to 3 days	180	135.38	19.29	0.01
	4 to 20 days	100	166.94		
	More than 21 days	20	204.40		
Risk potential	1 to 3 days	180	122.64	59.40	0.01
	4 to 20 days	100	185.34		
	More than 21 days	20	227.05		
Acceptance of risks	1 to 3 days	180	133.16	28.15	0.01
	4 to 20 days	100	167.58		
	More than 21 days	20	221.15		
Risk motives	1 to 3 days	180	141.44	39.15	0.01
	4 to 20 days	100	144.94		
	More than 21 days	20	259.85		
Total risky behavior scale scores	1 to 3 days	180	120.26	74.20	0.01
	4 to 20 days	100	181.48		
	More than 21 days	20	267.75		

The results of the study, as shown in the previous table, showed that the value of K2 reached (74.20), and that the significance levels of the risk behavior scale and its dimensions (risk adoption, risk tolerance, risk acceptance, risk motives) reached (0.01), which is less than (0.05), and therefore it is significant. . . Statistically at the significance level ($\alpha<0.05$), and therefore there are statistically significant differences in the level of risk-taking behavior depending on the degree of severity of the injury (duration). It was evident from the classification averages that these differences were in favor of the study players who were exposed to severe injuries or whose duration of injury was (21 days or more). Which indicates that the players in the study who were exposed to severe injuries or whose injury duration was (21 days or more) had a higher level of risk-taking behavior and its dimensions (risk adoption, risk tolerance, risk acceptance, risk motives). Of the players in the study whose injuries were severe. Or the duration of their injury. (4 to 20 days, 1 to 3 days).

Analyze and discuss the results related to the sixth question: which states the following:

–To what extent does mental alertness contribute to predicting risk-taking behaviors among young football players in the Kingdom of Saudi Arabia?

To answer this question and identify the extent to which mental alertness contributes to predicting risk-taking behaviors among young football players in the Kingdom of Saudi Arabia, a regression analysis method was used, and the following tables illustrate this:

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Table No(29)
Shows the results of regression analysis of variance

variance	Sum of squares	df	mean squares	f	Sig.
Regression	1444.61	8	180.58	281.70	0.01
Residual	186.54	291	0.64		
the total	1631.15	299			
Multiple correlation coefficient (R)(0.94-) = Coefficient of determination(0.89) = ((R^2))					

It is clear from Table:(29)

1-It was found that sports risk-taking behavior among young football players in the Kingdom of Saudi Arabia can be predicted through their scores on the mental alertness scale, as the F value reached (281.70) at a significance level of (0.01), which is considered a large value. This means that the dimensions of the mental alertness scale can be relied upon together in predicting sports risk-taking behavior among the research sample of football juniors in the Kingdom of Saudi Arabia.

2- It is clear from this table that the value of the multiple correlation coefficient (R) reached (-0.94), meaning that all dimensions of the mental alertness scale combined are inversely and strongly related to risk-taking behavior among the research sample of football juniors in the Kingdom of Saudi Arabia, which means that this The result is that mental alertness works to reduce risk-taking behaviors among the research sample of emerging football players in the Kingdom of Saudi Arabia.

3-Through the value of the coefficient of determination ( ) it was shown that the independent variable (mental alertness scale) has the ability to predict the value of the dependent variable (dangerous behavior among the research sample of football juniors in the Kingdom of Saudi Arabia). Arabic). Arab). Arabic) where the value of ( ) is (0.86) and this indicates the degrees (the dimensions of the mental alertness scale explain and contribute about 86%) to the changes or variance in behavior among the research sample of football juniors in the Kingdom. Kingdom of Saudi Arabia. Determine the coefficients of the variables that entered the regression equation to predict the value of the dependent variable (risk behavior among the research sample of emerging football players in the Kingdom of Saudi Arabia); To find out which of these independent variables has the greatest impact on the dependent variable, this is done through the following table of coefficients:

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Table No(30)
Coefficients of the independent variables included in the regression equation

Independent variables	Regression coefficient	Sd.Er	Beta coefficient (b)	value (t)	Sig
constant (regression equation)	35.03	0.39		90.49	0.01
Awareness of inner experience	0.15-	0.02	0.25-	10.17-	0.01
Awareness of external experience	0.17-	0.02	0.23-	10.27-	0.01
Act consciously	0.15-	0.02	0.20-	8.51-	0.01
Irrational acceptance and direction	0.10-	0.02	0.11-	4.79-	0.01
Loss of concentration and lack of interaction	0.15-	0.02	0.20-	8.34-	0.01
Openness to experiences	0.13-	0.02	0.17-	6.72-	0.01
Relativity of ideas	0.14-	0.02	0.17-	6.15-	0.01
Conscious understanding (insight)	0.18-	0.02	0.26-	10.79-	0.01

It is clear from the statistical results presented in the previous table and from the follow-up of the beta coefficients and the t-test that the constant is statistically significant, and from here it is clear that the mental alertness measure had a significant contribution in predicting risk-taking behavior among the research sample of junior football players in the Kingdom of Saudi Arabia, as is evident from the table. Previously, the dimension of conscious understanding (insight) was statistically significant, and had the greatest impact in the multiple regression model, as the value of the beta coefficient for the dimension of conscious understanding (insight) reached (0.26) at a significance level of (0.01), followed by the dimension of awareness of inner experience, as It was statistically significant, and the value of the beta coefficient for the dimension of awareness of internal experience was (0.25) with a significance level of (0.01), followed by the dimension of awareness of external experience as it was statistically significant, and the value of the beta coefficient for the dimension of awareness of external experience was (0.23) with a significance level of (0.01). It is followed by the dimension of awareness of external experience, after acting consciously, because it is statistically significant. The value of the beta coefficient for the dimension of conscious action was (0.20) with a level of significance (0.01), followed by the dimension of loss of concentration and lack of interaction, where it was statistically significant. The value of the beta coefficient for the dimension of loss of concentration and lack of interaction was The interaction (0.20) had a significance level of (0.01), followed by the dimension of openness to experiences, which was statistically significant. The value of the beta coefficient for the dimension of openness to experiences was (0.17) with a level of significance (0.01), followed by the dimension of relativity of ideas with statistical significance. The value of the beta coefficient for the dimension of relativity of ideas was (0.17) with a level of significance (0.01), followed by the dimension of acceptance and irrational tendency, as It was statistically

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significant, and the value of the beta coefficient for the dimension of acceptance and irrational tendency (0.11) was a significance level.(0.01)

The results of this study indicated that mental alertness reduces risk-taking behaviors among players and thus reduces sports injuries. To compare this result, the researcher did not find previous studies that dealt with the previous variables together to show the position of his current study among them, whether they were in agreement or conflict.

This result can be linked to an indirect relationship, as risk-taking behavior is linked to sports injuries, as indicated by it. (Reynolds et al., 2013). There is a positive relationship between impulsivity and risk-taking behavior, and it is a good indicator of risk-taking behavior, as indicated by (Ibrahim, Al-Husseini, 2013) in his study, and mental alertness has a negative effect and an inverse relationship with impulsivity, as indicated by (Tangaz et al. in his study). There is a negative relationship with risk-taking behavior, as Moawad (2021) indicated in his study.

-Conclusions:

Through the study's objectives, questions, procedures, results and discussions, the following conclusions were reached:

1- The level of mental alertness among emerging football players in the Kingdom of Saudi Arabia was high.

2-Low level of risk-taking behavior among emerging football players in the Kingdom of Saudi Arabia.

3-There is a statistically significant negative correlation between the scores of emerging football players in the Kingdom of Saudi Arabia on the total score of the mental alertness scale and the total score of the risk behavior scale. The higher the mental alertness scale in young people, the lower the level of risk-taking behavior.

4-There are no differences in mental alertness and risk-taking behavior according to (playing position).

5-There are statistically significant differences in mental alertness and risk-taking behavior according to (training age - number of times injured in the last season - number of times injured in the current - degree of injury severity), as it was found that young people have high levels of mental alertness in favor of training age from (4-6). (10 years and older) The number of times they were injured was (1-3) times in the last and current season, and the degree of severity of the injury was slight. Young people have high levels of risk-taking behaviors. The number of times they were injured (10 times or more) in the past and current season, and the degree of severity of their injuries was high. The training age was (7-9) years.

- Recommendations:

1. Clubs should be drawn to the importance of mental alertness and its positive role in reducing the level of risk-taking behaviors that reduce sports injuries.
2. Design training programs that include theoretical applications of mental alertness to contribute to reducing the degree of risk-taking behavior among players.
3. Conduct similar studies on mental alertness and risk-taking behavior, taking into account differences in the previous variables according to the geographical distribution of regions.

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