

## Psychological narcissism and its contribution to the feeling of psychological loneliness among young basketball players

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### Abstract

This study aimed to determine the degree of psychological narcissism and the experience of psychological loneliness among young basketball players. It also sought to establish the relationship, contribution, and impact of psychological narcissism on the experience of psychological loneliness among young basketball players. The researcher hypothesizes that psychological narcissism and psychological loneliness among players have a moral correlation. The study focused on youth basketball and utilized a descriptive approach modeled on co-relational relationships. The community consisted of basketball players from Baghdad youth clubs who were training to participate in the local sports season (2023/234). The Sulaikh Club, Housing, and Industries naturally distributed the remaining 72 players among themselves. We intentionally selected Electricity, Air Force, and Civil Defense players using a thorough enumeration approach, ensuring 100% participation. They were considered a single sample, with 35 players selected for the construction sample, accounting for 48.611%, and 5 players selected for other purposes. Intentional gamers from this group made up 6.944% of the exploratory sample and 44.4444% of the remaining 32 individuals in the main research sample. We constructed specialized scales, such as paper and pen scales, to measure two phenomena within the target sample. We developed these scales by following field methodological steps and applying statistical treatments to the building sample. We obtained the results by conducting a survey and scanning the main sample. We then analyzed the results using the SPSS system. The findings indicate that young players exhibit a significant degree of psychological narcissism in the training and competitive setting, as well as a reduced sense of psychological unity in their basketball performances. The manifestation of these psychological phenomena in a partnership has a detrimental impact on the character of their group game. The suggestions were to focus on preventing and reducing psychological narcissism among basketball players. They should strive to enhance their self-confidence and assume responsibility for confronting the various situations in which they encounter psychological stress. This will help to establish a sense of psychological unity, which in turn positively impacts the outcomes of their competitions in this collaborative game that demands cooperation among the players.

**Keywords:** psychological narcissism, feeling of psychological loneliness, young players in basketball.

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## Introduction

"The young man experiences emotional contradiction, indicating that this type of contradiction can lead to conflict and may worsen as his dreams and aspirations for the future grow. To deal with his conflicts and manage his struggles, he must control his emotions. Al-Mu'mini, 2010, pp. 296. "Conflicts within the self, desires, and unconscious impulses are equally concerned with the reality of the person surrounding them, especially the social, cultural, and historical aspects." Al-Jabr (2022, p. 477) "While external events may not directly harm an individual, their impact and response to them can give the impression of harm." Al-Khateeb, 2014, page 393. "It is essential to avoid several frustrating factors, including fear of failure, lack of support from the coach or management, or losing the joy of playing, as these can weaken the player's determination to continue training with the same intensity and enthusiasm." Yassin (2009, p. 105). Emotions and sentiments undoubtedly play a vital role in shaping human cognition and conduct, as well as determining an individual's relationship with the outside world. The psychological history, both ancient and modern, is rich in issues that demonstrate a reciprocal relationship between an individual's emotions and psychological makeup (or personality). (Wardeell and Royce) presented a series of experiments that confirmed the extent to which an individual's emotional system influences their personality. Morocco, 2008, p. 4. Young players' emotions are characterized by intensity, fluctuation, contradiction, and an inability to manage and express them. These feelings are very similar to those of a youngster; however, the difference is in the sort of stimulus. A young teenager may feel upset as a result of criticism, denial of particular privileges, or intervention in their personal affairs. (Easa et al., 2022) Although some signs of maladjustment may emerge, teenagers' emotional conduct improves year after year. As individuals approach adulthood, we notice that their emotional development tends to stabilize." Al-Dasouqi, 2003, pages 165–167. Furthermore, the player's ideas about their ability to exercise self-control influence their level of emotional control and endurance. The more individuals attempt to effectively manage these circumstances and difficulties, the more the physiological and emotional environment influences them. The player's assessment of their own efficacy in controlling their emotions and the resulting behaviors determines their ability to self-regulate. (Masri 2012, p. 20) "On the other hand, a setting that does not provide emotional stability to players causes anxiety, rage, frustration, and stress. This sensation may lead to a loss of self-confidence in social contacts with peers. As a result, individuals may vent these emotional charges by acting aggressively toward others; many psychological pressures stem from threats and punishment, mockery and neglect, and the hostile behaviors they encounter in their training contexts." Hyman and Zelikoff (2009), p. 52. Environmental influences and psychological characteristics acquired by young players, as well as the emotions they meet when integrating into the training and competition environment, shape a wide range of negative and positive behaviors. Psychological reactions to the sports environment, including resilience and its impact on mental health, influence players' behavior. The definition of narcissistic personality is "a personality trait characterized by an excessive sense of self-importance, a constant need for admiration, and a lack of empathy for others." American Psychological Association, 2023. □ "Individuals who suffer from narcissism are typically known for exaggerating their achievements and skills, believing that they deserve special treatment, and may exhibit exploitative behavior in their personal and professional relationships." Adair and Moore, 2019, p. 208

Narcissistic Personality Disorder (NPD) is a psychological illness marked by a pervasive pattern of grandiosity (in fantasy or action), a desire for praise, and a lack of empathy. Individuals with Narcissistic Personality Disorder (NPD) have a strong sense of entitlement, high sensitivity to criticism, and an insatiable desire for attention and praise. According to the American Psychological Association's Dictionary of Psychology, narcissism is the propensity to exaggerate oneself and believe that one is exceptional and unique, deserving of special treatment, which is frequently accompanied with manipulating others to attain personal objectives. Sigmund Freud's Psychoanalytic Theory argued that narcissism is a normal stage of child development in which the youngster becomes self-centered. According to Freud, (Farhan et al., 2016) pathological narcissism emerges when a person stays overly self-centered even after going through this developmental stage. (Mikhail, 2022, page 179) The following primary representations of psychological narcissism exist: (American Psychological Association, 2023) Feeling of grandeur: Narcissistic people have an overblown sense of their own worth. They believe they are superior to others and should receive preferential treatment. They might boast about their accomplishments and abilities, regardless of their exaggeration or impracticality. The unwavering craving for admiration: Narcissists are constantly seeking the approval and admiration of others, and this desire for adulation can be a powerful motivator behind their daily actions. They are uncomfortable if they do not get attention and recognition. Lack of empathy: Narcissists are known to lack empathy for the feelings and needs of others, and they may struggle to understand or appreciate other people's emotional experiences. (Mahmood & Kadhim, 2023) Exploitative behavior in relationships: Narcissists utilize psychological strategies to dominate or manipulate people in order to achieve their own personal goals. Narcissists are very sensitive to criticism, despite their outward appearances of confidence. Their reactions to criticism can be harsh and exaggerated, and they frequently struggle to take unfavorable comments. Narcissistic Personality and Healthy Narcissism: It is critical to distinguish between natural (or healthy) narcissism and pathological narcissism. Healthy narcissism is characterized by adequate levels of self-esteem and ambition, both of which are required for the development of a strong identity and self-confidence. (Mousa & Kadhim, 2023) Pathological narcissism, on the other hand, can jeopardize personal and professional relationships and cause psychological and societal issues. According to research, narcissism has a genetic component, and the family environment—raising children in a culture of excessive praise or neglect—can contribute to the development of narcissistic tendencies. Furthermore, personal successes and failures might impact the development of narcissism. Narcissism has several varieties, including grandiose narcissism and vulnerable narcissism. (Kahala, 2017, page 55) The definition of psychological loneliness is "a person's sense of isolation and disconnection from others, even in their physical presence." A lack of strong social connections or dissatisfaction with current relationships could trigger this emotion. (Taha, 2020, page 14). Psychological isolation is defined as "a state of feeling disconnected and separated from society, or the inability to engage in deep and effective communication with others." "This feeling can be temporary or chronic, and its impact varies from person to person." Rigby and Cunningham (2002, p. 6). The following factors contribute to psychological loneliness: According to Hawkley and Cacioppo (2010), personal issues can include shyness, social anxiety, poor communication skills, and unrealistic relationship expectations. Moving to a new location, losing a contract with the team, and retiring from training are all examples of environmental considerations. Social considerations include living in a community that has experienced

familial or societal disintegration. Psychological factors include sadness and anxiety disorders.

Through the academic activity of the researcher in sports psychology related to basketball, scientific realities mandate that researchers cannot forecast psychological phenomena unless they experience objective measurement that reflects the amount of the assessed phenomenon numerically. The study's difficulty highlights the issue of isolation and narcissism among teenage basketball players. After speaking with certain athletes in direct individual interviews, she realized that their exceptional training and enormous physical build push them toward narcissism. In contrast, others' reactions in the training and competitive environment place psychological demands on them, resulting in isolation, since they believe solitude and distancing assist them in avoiding difficulties with their surroundings. Because psychological narcissism and psychological loneliness are such important phenomena, (Kadhim, 2023) the researcher's attempt to address the following issues is significant. How much psychological narcissism and psychological loneliness do young basketball players experience? Is adolescent basketball players' psychological narcissism linked to a sense of psychological loneliness? The study's goal is to determine the level of psychological narcissism and the feeling of psychological loneliness among young basketball players, as well as to understand the relationship, contribution, and impact of psychological narcissism on psychological loneliness among young basketball players. The researcher hypothesizes that there is a substantial link between psychological narcissism and the reduction, (Salih et al., 2024) contribution, and impact of psychological loneliness among young basketball players.

## Method and procedures

The unique nature of the research problem led to the adoption of a correlational approach from the descriptive method. We categorize correlational studies as "the type of research through which it is possible to discover whether there is a relationship between two or more variables and then to determine the strength and direction of this relationship." (Abu Awad 2015, p. 112) Basketball players from Baghdad's young clubs represented the community's boundaries as they resumed their training for the local sports season (2023/234). There are 72 players in all, spread among the clubs (Sulaikh, Al-Iskan, Al-Sanayeat Al-Kahrabaa, Al-Quwa Al-Jawiya, and Al-Difa Al-Madani). These players constitute the research community. We purposefully selected all of them using a rigorous sampling procedure, ensuring a 100% rate. They were considered as a single total sample, with 35 players selected for the construction sample (48.611%) and 5 players for the exploratory sample (6.944%). We purposefully selected the remaining 32 players for the primary research sample, representing 44.4444% of the community. Because there weren't any specific tools available to measure both of the things being studied among young basketball players, the researcher made two paper-and-pencil scales based on sports psychology criteria for measuring and evaluating things. They used field procedures with sequential methodological steps and separate statistical treatments. The

researcher developed 22 items for the psychological narcissism scale and 20 items for the psychological loneliness scale, adhering to the guidelines for formulating item statements and the theoretical reference framework for each psychological phenomenon's specificity in sports psychology. These items featured three options: "always applies to me", "sometimes applies to me", and "never applies to me", with a score system ranging from 3 to 1. The test progresses as the player's level increases in each of the two categories. Measures, it suggests a greater degree of the unfavorable occurrence prevalent in them. A survey questionnaire containing both measures was produced and distributed to 11 specialists in sports psychology, testing, measurement, and basketball. They unanimously (100%) agreed to keep all of the items as is. Thus, the researcher confirmed both the face and logical validity using Bloom's threshold for accepting validity at an 80% or higher rate. She tested both metrics with a pilot sample of 5 players. To identify the expected obstacles later on, and to ensure the clarity of the phrases in the paragraphs and their alternatives, as well as the instructions for the scales for the sample, the average response time for each scale was calculated, which was (6) minutes for the psychological narcissism scale and (5) minutes for the psychological loneliness scale. Then, the two versions of the scales were applied to a sample of 35 players to verify the discriminatory ability of each of their items through smooth field procedures, along with statistical treatments for each scale completely separate from one another, by adopting the method of the two extreme groups, determining a percentage of (27%) for each group, which amounted to (9.45) for each group, rounded to (10) to adopt this number in both of these groups,, as shown in the results of tables (1) and (2)

Table (1) shows the results of the discriminative ability of the items of the psychological narcissism scale for basketball players

The paragraph	The group	number	The arithmetic mean	Standard deviation	(t)	(Sig)	The statistical difference	Discrimination
	The Supreme	10	2.3	0.483	2.777	0.012	D	Distinctive
	The globe	10	1.7	0.483				
	The Supreme	10	2.2	0.422	6.6	0.000	D	Distinctive
	The globe.	10	1.1	0.316				
	The Supreme	10	2.4	0.516	5.692	0.000	D	Distinctive



	The globe.	10	1.2	0.422				
	The Supreme	10	2.6	0.516	5.196	0.000	D	Distinctive
	The globe.	10	1.4	0.516				
	The Supreme	10	2.5	0.527	5.308	0.000	D	Distinctive
	The globe	10	1.3	0.483				
	The Supreme	10	2.7	0.483	8.764	0.000	D	Distinctive
	The globe.	10	1.1	0.316				
	The Supreme	10	2.1	0.316	5.4	0.000	D	Distinctive
	The globe.	10	1.2	0.422				
	The Supreme	10	2.3	0.483	2.466	0.024	D	Distinctive
	The globe.	10	1.8	0.422				
	The Supreme	10	2.5	0.527	5.308	0.000	D	Distinctive
	The globe.	10	1.3	0.483				
	The Supreme	10	2.8	0.422	6.641	0.000	D	Distinctive
	The globe	10	1.4	0.516				
	The Supreme	10	2.4	0.516	3.857	0.001	D	Distinctive
	The globe.	10	1.5	0.527				
	The Supreme	10	2.9	0.316	6.789	0.000	D	Distinctive

	The globe	10	1.6	0.516				
	The Supreme	10	2.6	0.516	6.641	0.000	D	Distinctive
	The globe.	10	1.2	0.422				
	The Supreme	10	2.7	0.483	6.481	0.000	D	Distinctive
	The globe	10	1.3	0.483				
	The Supreme	10	2.8	0.422	6.091	0.000	D	Distinctive
	The globe.	10	1.5	0.527				
	The Supreme	10	2.3	0.483	4.025	0.001	D	Distinctive
	The globe.	10	1.4	0.516				
	The Supreme	10	2.9	0.316	7.203	0.000	D	Distinctive
	The globe.	10	1.5	0.527				
	The Supreme	10	2.5	0.527	7.203	0.000	D	Distinctive
	The globe.	10	1.1	0.316				

Paragraph	group	NUMBER	The arithmetic mean	Standard deviation	(t)	(Sig)	The statistical difference	Discrimination
	The Supreme	10	2.1	0.316	5.4	0.000	D	Distinctive
	The globe	10	1.2	0.422				

	The Supreme	10	2.6	0.516	5.814	0.000	D	Distinctive
	The globe.	10	1.3	0.483				
	The Supreme	10	2.7	0.483	4.919	0.000	D	Distinctive
	The globe.	10	1.6	0.516				
	The Supreme	10	2.4	0.516	4.33	0.000	D	Distinctive
	The globe.	10	1.4	0.516				

The paragraph is significant if the degree of (Sig) is greater than (0.05) at the significance level and degree of freedom. (18)

Table (2) shows the results of the discriminative ability of the items in the psychological loneliness scale for basketball players.

Paragraph	Group	number	The arithmetic mean	Standard deviation	(t)	(Sig)	The statistical distinction	Discrimination
	The Supreme	10	2.4	0.516	3.464	0.003	D	Distinctive
	The globe.	10	1.6	0.516				
	The Supreme	10	2.3	0.483	8.51	0.000	D	Distinctive
	The globe.	10	1	0.000				
	The Supreme	10	2.5	0.527	7.203	0.000	D	Distinctive
	The globe.	10	1.1	0.316				
	The Supreme	10	2.7	0.483	6.481	0.000	D	Distinctive
	The globe.	10	1.3	0.483				



	The Supreme	10	2.6	0.516	6.641	0.000	D	Distinctive
	The globe.	10	1.2	0.422				
	The Supreme	10	2.8	0.422	13.5	0.000	D	Distinctive
	The globe.	10	10	0.000				
	The Supreme	10	2.2	0.422	6.6	0.000	D	Distinctive
	The globe.	10	1.1	0.316				
	The Supreme	10	2.4	0.516	3.464	0.000	D	Distinctive
	The globe.	10	1.6	0.516				
	The Supreme	10	2.6	0.516	6.641	0.000	D	Distinctive
	The globe.	10	1.2	0.422				
	The Supreme	10	2.9	0.316	8.764	0.000	D	Distinctive
	The globe.	10	1.3	0.483				
	The Supreme	10	2.5	0.527	4.714	0.000	D	Distinctive
	The globe.	10	1.4	0.516				
	The Supreme	10	2.7	0.483	5.308	0.000	D	Distinctive
	The globe.	10	1.5	0.527				
	The Supreme	10	2.7	0.483	8.764	0.000	D	Distinctive
	The globe.	10	1.1	0.316				

	العليا	10	2.8	0.422	8.485	0.000	D	Distinctive
	The globe.	10	1.2	0.422				
	The Supreme	10	2.9	0.316	7.833	0.000	D	Distinctive
	The globe.	10	1.4	0.516				
	The Supreme	10	2.4	0.516	4.919	0.000	D	Distinctive
	The globe.	10	1.3	0.483				
	The Supreme	10	2.3	0.483	4.025	0.000	D	Distinctive
	The globe.	10	1.4	0.516				
	The Supreme	10	2.7	0.483	7.398	0.000	D	Distinctive
	The globe.	10	1.2	0.422				
	The Supreme	10	2.8	0.422	6.091	0.000	D	Distinctive
	The globe.	10	1.5	0.527				
	The Supreme	10	2.5	0.527	4.714	0.000	D	Distinctive
	The globe.	10	1.4	0.516				

The paragraph is significant if the degree of (Sig) > (0.05) at the significance level (0.05) and the degree of freedom. (18)

Tables 3 and 4 show the Pearson correlation coefficients (r) between the score of each item and the overall score of the scale to which it belongs. These values were found by using statistical methods on the scores of the same 35 basketball players.

Table 3 presents the internal consistency of the link between the items and the overall score of the psychological narcissism scale, specifically for basketball players.

	Evaluate the correlation between the paragraph and the overall score of the scale	(Sig)		Evaluate the correlation between the paragraph and the overall score of the scale	(Sig)
	0.879*	0.000		0.789*	0.000
	0.797*	0.000		0.681*	0.000
	0.771*	0.000		0.875*	0.000
	0.575*	0.000		0.818*	0.000
	0.719*	0.000		0.822*	0.000
	0.953*	0.000		0.916*	0.000
	0.856*	0.000		0.907*	0.000
	0.841*	0.000		0.881*	0.000
	0.738*	0.000		0.817*	0.000
	0.824*	0.000		0.692*	0.000
	0.958*	0.000		0.833*	0.000

If the degree of (Sig) is greater than 0.05 at the degree of freedom (33) and the level of significance, then the paragraph remains consistent. (0.05)

If the degree of (Sig) is greater than 0.05 at the degree of freedom (33) and the level of significance, then the paragraph remains consistent. (0.05)

	Assess the correlation between the paragraph and the scale's overall score	(Sig)		Assess the correlation between the paragraph and the scale's overall score	(Sig)
	0.932*	0.000		0.753*	0.000
	0.691*	0.000		0.809*	0.000
	0.799*	0.000		0.883*	0.000
	0.599*	0.000		0.875*	0.000
	0.884*	0.000		0.801*	0.000
	0.742*	0.000		0.752*	0.000
	0.911*	0.000		0.823*	0.000
	0.782*	0.000		0.792*	0.000
	0.914*	0.000		0.904*	0.000
	0.794*	0.000		0.936*	0.000

Assess the correlation between the paragraph and the scale's overall score

For statistical verification of dependability, I used the scores of both measures on a sample of 35 players. I calculated the Cornbrash's alpha coefficient, which yielded a value of 0.889 for the psychological narcissism scale specifically designed for basketball players. The psychological unity scale for basketball players yielded a coefficient of 0.898, with 35 degrees of freedom and a significance level of 0.05. Furthermore, statistical verification confirmed that both measures were appropriate for these players, who showed a normal distribution, as shown in Table 5

**Table (5) displays the final statistical landmarks and normal distribution values for the two measures**

The name of the scale	Number of paragraphs	The total score	The arithmetic mean	Standard deviation	The twist
The psychological narcissism of basketball players	22	66	45.71	5.003	-0.636
The feeling of psychological loneliness among basketball players	20	40	48.29	4.17	-0.955

Table (5) displays the final statistical landmarks and normal distribution values for the two measures.

Following this procedure, the researcher completed the construction of the two scales to their final forms (Appendices 1 and 2). The total score for the psychological narcissism scale for basketball players ranges from 22 to 66, with a hypothetical mean of 44, and the total score for the psychological loneliness scale for basketball players ranges from 20 to 60, with a hypothetical mean of 40. After developing both paper and pencil measures in sports psychology, the researcher conducted a survey with a sample of 32 players from various Baghdad clubs. This entailed conducting the major poll on them through direct measurement, both collectively and individually, when they were present during training sessions at these clubs' headquarters. The administrative body and coaches worked together to aid the researcher in achieving her mission. The headquarters of the five clubs under scrutiny hosted this survey. We collected the paper forms for the measures from each responding player after they had finished their responses. We processed the data in the following steps:

The first stage involved calculating the weight score of each paragraph for the specified option using the triple correction key for both the psychological narcissism scale and the psychological loneliness scale for basketball players.

Step 2: We collected the weighted item scores to determine the player's overall score for each metric. In preparation for statistical analysis.

Step three is to tabulate the data for each metric separately on customized paper form.

"We can rely on measurement to make judgments about individuals' current situations and groups' future potential in various areas of human behavior." Al-Shujairi and Al-Zuhairi, 2022, p. 30. After completing the field survey procedures, we processed the results using the Statistical Package for the Social Sciences (SPSS) to automate data analysis. We calculated percentage values, mean, standard deviation, independent samples t-test, simple Pearson correlation coefficient, Cronbach's alpha, Pearson skewers coefficient, one-sample t-test, and simple linear regression coefficient.

**The results:**

Table (6) shows the results of comparing the mean with the hypothetical mean for each measure

The scale.	Number of paragraphs.	The total score.	The hypothetical medium	The arithmetic mean	Standard deviation	Average The difference between the two mediums	(t)	(Sig)	The indication
Psychological narcissism	22	66	44	46.22	4.278	2.219	2.934	0.006	D
The feeling of psychological loneliness	20	60	40	48.5	3.583	38.5	13.419	0.000	D

The difference is significant if (Sig) > (0.05) at a degree of freedom (n-1) = (31) and a significance level of (0.05), with the unit of measurement being (degree)

Table (7) displays the correlation coefficients for the two measurements, simple linear regression, contribution ratio, and standard error.

The influencer	The affected on	Simple correlation. ((R	Linear regression coefficient (2(R Coefficient ) of determination (	Contrib ution rate	Standard error of estimation
Psychologic al narcissism	The feeling of psychological loneliness.	0.87	0.77	0.76	1.7

32 = N

Table (8) shows the results of the F-test for examining the quality of the linear regression model fitting for the scores of the two measures.

The influencer	The affected on	The contrast	Sum of squares	Degr ees of freed .om	Mean squares	(F)	(Sig)	The indication
Psycholog ical narcissism	The feeling of psychologi cal .loneliness	The decline	307.164	1	307.164	101.446	0.000	D
		Mistake s	90.836	30	3.028			

The value of (F) is a function if the significance level (Sig) is greater than (0.05) at the level of significance. (0.05)

Table (9) shows the results of the estimated values for the intercept and slope (effect) of the scores of the two measures.

The affected on	Variables	Beta β	Standard error	(t)	(Sig)	The moral
The feeling of psychol ogical loneline ss	The fixed limit	14.496	3.39	4.276	0.000	Spirit ual
	Psychologic al narcissism	0.736	0.073	10.072	0.000	Spirit ual

The value of (t) is considered significant if the degree of (Sig) > (0.05) at the level of (significance. (0.05)



## Discussion

"We can rely on measurement to make judgments about individuals' current situations and groups' future potential in various areas of human behavior." Al-Shujairi and Al-Zuhairi, 2022, p. 30. After completing the field survey procedures, we processed the results using the Statistical Package for the Social Sciences (SPSS) to automate data analysis. We calculated the percentage values, mean, standard deviation, (Abdulhussein et al., 2024) independent samples t-test, simple Pearson correlation coefficient, Cronbach's alpha, Pearson skewers coefficient, one-sample t-test, and simple linear regression coefficient (psychological narcissism promotes a sense of psychological loneliness. The researcher explains this finding by pointing out that basketball players' extreme confidence, sense of superiority, and sentiments of grandeur contribute to this level of psychological narcissism. (Kadhim, 2024b) This, in turn, adversely affects their feeling of psychological isolation, as not only does the player's environment shape them, but the player also shapes the environment, leading to responses directed towards the player. When narcissism manifests itself, people tend to insult or reject the player, (Kadhim, 2024a) either overtly or covertly, making the player feel socially unacceptable (these two events could jeopardize his athletic career, or they could worsen other psychological reactions, resulting in further psychological disorders that would be difficult to manage with psychological guidance programs based on sports psychology concepts. As a result, this finding is consistent with scientific evidence that the influence and impact of behaviors must occur in a healthy psychological environment that promotes the players' personal characteristics. Although self-confidence can be beneficial, it's crucial to control its excessive levels to prevent psychological narcissism, which can negatively impact the player's personality and lead to feelings of social rejection and isolation.(Salman et al., 2022)

Psychological loneliness is a frequent problem that many people face, but it can be addressed by raising awareness, increasing social skills, and obtaining appropriate treatment. Understanding its roots and effects allows us to build effective techniques for dealing with it and living a healthier, more balanced social and psychological existence. Psychological narcissism is regarded as one of the most prominent causes of psychological loneliness, owing to the disruptions it generates in social relationships. (Fichter & Kaplan, 2011, p. 22). "Players who experience a sense of psychological loneliness tend to be less emotional and less responsive to the needs and feelings of others." Lakshmi (2017, p. 227)

Coping and adapting to stress entail the individual's behavioral and cognitive efforts when dealing with the stressful event. Certain mental, emotional, biological, and demographic qualities influence how people interact with stressors. Mous and Chefer, 2013, page 172. "Social environment plays a prominent role in satisfying individuals' needs and motivates them to learn behaviors that provide reinforcement or help them avoid punishment within the social context in which they interact. "Abu Riyash, 2007, page 31. "Psychological isolation can lead to a range of negative effects on mental and physical health, increasing the risks of depression and anxiety,

deteriorating overall health, increasing the likelihood of chronic illnesses, reducing sleep quality, and heightening feelings of stress".(Nashwan, 2024)

Coping and adapting to stress entails the individual's behavioral and cognitive efforts made while dealing with a stressful event. Certain mental, emotional, biological, and demographic characteristics influence how people react to stressors. Mous and Chefer (2013, p. 172).

"Social environment plays a prominent role in satisfying individuals' needs and motivates them to learn behaviors that provide reinforcement or help them avoid punishment within the social context in which they interact. "Abu Riyash. 2007, p. 31.

"Psychological isolation can lead to a range of negative impacts on mental and physical health, increasing the risks of depression and anxiety, weakening general health, boosting the likelihood of chronic illnesses, decreasing sleep quality, and heightening feelings of stress.

Furthermore, "the ability to effectively assess emotions during events requires staying on top of reactions to various circumstances, problems, and others. On the other side, strong self-awareness necessitates a readiness to tolerate the reflection of negative feelings." (Al-Khalidi, 2014, page 34) It is worth emphasizing that "if a player lacks information demonstrating their progress in task performance and self-efficacy assessment, the effort expended to reach the goal will be insufficient. Players, on the other hand, (Nashwan & Allawi, 2021) are willing to work hard to achieve a goal if they receive suitable rewards and have a high sense of their own ability to execute a task." (Brofen, 2010, page 213) "The player's favorable mental state makes him more capable of turning negative ideas into positive ones.

"It is also said that 'one of the finest and simplest methods to create confidence is for the athlete to focus on the perfection of their performance, because ideas, feelings, and behaviors all impact one another. The more confident the performance, the more confidence-filled feelings and thoughts grow. This process becomes even more important when the athlete begins to lose confidence and their competition notices it, necessitating confidence reinforcement through performance. Spring 2009, p. 625.

Further, "taking on unusual and unimportant tasks that involve a degree of difficulty and responsibility in social situations, among others, which carry a certain level of risk, is something only those with self-confidence would dare to do." (Quality, 2007, page 21)

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## Conclusions and Recommendations

1. Young basketball players exhibit significant levels of narcissism during training and competition.
2. Young basketball players have higher psychological isolation during training and contests.
3. Rising degrees of psychological narcissism lead to increased loneliness among young basketball players, severely impacting team play.
4. Addressing and mitigating psychological narcissism among basketball players, as well as enhancing their self-confidence and sense of responsibility, is crucial. Psychological pressures can lead to feelings of isolation, negatively impacting their performance in a team sport that requires cooperation.

Appendix (1) illustrates a picture of the psychological narcissism scale for basketball players.

T	.The phrase	It always applies .to me	It sometimes applies to .me	It never applies .to me
1	I love to be the center of attention in the team.			
2	I believe that I deserve to be the team leader more than any other player.			
3	I prefer working alone to working in a team			
4	I believe that I am one of the best players on my team			
5	I enjoy it when people acknowledge my achievements off the field			
6	I believe I deserve more appreciation from the coach and the audience			
7	I believe that I deserve special treatment compared to my colleagues.			
8	I believe the team would be in a better position if everyone followed my guidance.			
9	I enjoy talking about my achievements with others.			
10	I place my personal needs above the needs of the team.			
11	I blame others for the mistakes in the match.			
12	I feel jealous when my colleagues achieve great accomplishments.			
13	I find it difficult to accept criticism from the coach or my teammates.			
14	I believe that the criticisms directed at me are unjustified or exaggerated.			
15	I find it difficult to celebrate the success of others if I am not a part of it.			
16	I feel relieved when I see my name in the news or media.			
17	I believe that mistakes can significantly affect my personal image.			
18	I believe that my personal success is the most important thing in the end.			
19	I feel that my experiences are greater than those of the coach.			
20	I see that others need a long time to reach my achievements.			
21	I find that my status is higher than that of the other players.			
22	I love continuous appearances in the media.			

Appendix (2) illustrates the image of the psychological loneliness scale for basketball players

T	The phrase	It always applies to me	It sometimes applies to me	It never applies to me
1	I feel like I'm isolated from my teammates			
2	I feel like I don't belong to the group			
3	I feel like I don't have anyone to support me in the team			
4	I feel that my opinions and thoughts are not being heard in the team			
5	I believe that others ignore me in group decisions			
6	I find it difficult to make friends within the team			
7	I feel like I can't build strong relationships with my colleagues			
8	I feel like I can't build strong relationships with my colleagues			
9	I believe that my feelings and thoughts are often misunderstood			
10	I often find myself alone during practices or matches			
11	I feel like I'm excluded from the important conversations and discussions in the team			
12	I feel like I don't have an important role in the team			
13	I believe that my presence in the team does not have a significant impact			
14	I feel anxious when interacting with my colleagues			
15	I feel uncomfortable in social situations with the team			
16	I feel frustrated when I try to communicate with my colleagues and receive no response			
17	I feel that my relationship with my colleagues is superficial and does not go beyond the boundaries of the training environment			
18	I find it difficult to understand other people's problems			
19	I feel at ease when I am away from large gatherings			
20	I feel like I'm not being invited to participate in the matches			

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