



## **Psychological Endurance and its relation with skill performance of some players in excellent soccer clubs**

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### **Abstract**

The researchers touched on the importance of psychological endurance among football players and its effective impact in raising the level of players' abilities and preparations to reach the athlete and the team to a high level of sporting achievement within league competitions. The aim of the research is to reveal the psychological endurance of players of some Iraqi Premier League football clubs, and its relationship to skill performance. Because psychological endurance is one of the most important psychological factors and certainly plays an important and fundamental role in preparing players and has a significant impact on the skill performance of football players, the researchers assume the existence of a significant correlation. Statistical significance between psychological endurance and skill performance among Premier League football players. The researchers used the descriptive approach in the form of correlational relationships because it is compatible with the nature of the research. The research community was identified with the Premier League football clubs in Iraq, which numbered (20) sports teams. The research sample was With teams of (7) clubs from Baghdad Governorate, divided into (15) players from each team, with a number of (105) players, and a percentage of (21%) from the research community who participate in the Iraqi Premier Football League for the season. (2024 - 2025), and they represent the research sample who were chosen deliberately. The researchers used a special means of measuring psychological endurance and a method of analyzing skill performance to reach the results of the research. The researchers concluded through the results of the research that Premier League players possess psychological endurance as for skill performance. It was also high among the research sample, and the results of this research clearly showed that there is a positive relationship between psychological endurance and

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skill performance among Premier League soccer players, and one of the most important recommendations of the researchers is Sports teams should be prepared psychologically at a high level during the preparation periods and expose the players to high-level matches with great psychological pressure, which helps to raise the state of psychological endurance and benefit from the players who have previously participated in the leagues. The researchers also recommend the necessity of using a research scale and also revealing the level of skill performance. As an effective means for the coach to identify the players' psychological endurance and skill performance, and to conduct further studies on the aspect of psychological endurance and link it to the physical and tactical aspects of the players.

**Keywords:** Psychological endurance, skill performance, football.

### **Introduction:**

Physical education and all sports sciences are among the most important means that reflect the development and progress of nations athletically and give their modern cultural concept as a result of the great progress in the scientific field, as there is development in many areas of life, including the sports field and in many sports, and among these games that have developed Much is the game of football, as the level of the player, whether technical, physical, skillful or psychological, depends on the intersection of several sciences, including sports psychology, which has a direct impact on the level of the player, especially in sports competitions. Football in Iraq requires serious scientific work and more. Striving for development, and avoiding any obstacles that cause delay in this modern scientific progress, which may therefore negatively affect and prevent the progress of the game in the country. (Al-Azawi & Kathom, 2012) Therefore, it is necessary to make a great effort in the development process, which has become the preoccupation of the minds of all coaches, players and specialists in the game of football. This is certainly done through discovering the dilemmas that most sports teams always face and their causes, and thus working to address them to develop the positive state required to achieve achievement. (Mousa, A. M., & Kadhim, M. J. 2024). This occurs through interaction with other sciences, which effectively contribute to raising this level, and since sports psychology is one of the modern sports sciences that has a direct role and influence in achieving this sporting achievement, sports psychology contributes to raising the level of performance in sports. All of them and at all levels and ages through the availability of psychological endurance among athletes, which works to provide more high-level performance despite the presence of psychological pressures during competitions, and in continuation of the work of the researchers who previously touched in their research on many areas of sports psychology, the two researchers carried out the work This research aims to develop appropriate explanations for many of the questions that occur in the game of football, trying to identify those main obstacles that hinder the continuity of achieving the best possible sporting achievement, and trying to overcome these obstacles and work directly to find the best solutions that suit them, and among the most important topics that are important and widely discussed. In the field of sports psychology, which has a major role in its direct impact on sports performance is psychological endurance, which is one of the necessary psychological characteristics that must be paid attention to because it represents the situation that the player

lives in and faces. It has the pressures of sports competition, which work to support the exertion of more technical and physical efforts. Its increase or decrease may consequently affect the results of the team as a whole, considering that attention to psychological endurance is a basic pillar for the player, as psychological endurance is “the individual’s ability to tolerate differences in ideas and beliefs.” and behavior among people” (Baha Matta, 2003), (Jasim, H. T., & Ali, A. L. 2023) ) and (Jasim, H. T., Abed, S. R., & Ibrahim, S. S. 2023)) This is mentioned (Al-Azzawi, 2004: 2). (Jasim, H. T., Hussein, A. H., & Ibrahim, S. S. 2021.) Psychological endurance is a... “The athlete’s ability to control himself in the face of training and competition events and to deal with them in a way that keeps the athlete away from the possibility of developing psychosomatic diseases caused by these conditions.” As well as his description (Bahaa Matta, 2003). (Jasim, H. T., & Ali, A. L. 2023)) “It is the athlete’s ability to bear pain, difficulties, and pressures without bad adaptive consequences. That is, it is a mental readiness to confront beliefs and ideas, including habits, that may differ or may contradict the person’s beliefs.” He also mentions (Ahmed Oraibi Odeh, 2007: 386) and (Khudhair, M. O., Abed, S. R., & Jasim, H. T. 2023).) Quoting (Rodrik) that it is the psychological activity that is directed to controlling the actions, thoughts and emotions of the individual for the purpose of reaching the desired goals while overcoming the various difficulties that the individual faces on the way to reaching the goal. Therefore, we sometimes find that the football player tries during the match to adapt his energies and psychological abilities and to bear all the pressures and variables of the matches. (Jasim, H. T. 2024)) and (Khudhair, M. O., Jasim, H. T., & Hani, A. T. 2022)) This is generated through some traits, including the psychological endurance that he possesses, and therefore the extent to which he possesses this trait will affect his performance during matches, and all of this contributes to recording good positive results for the team, and in order to benefit greatly from this important psychological aspect, we must know the type of relationship between the two variables. They are psychological endurance and the player’s skill performance, and this is what will be achieved through research.

The problem of this research is revealed by the fact that the player experiences many psychological influences during the time of competition and that these psychological influences may affect the level of performance of this player, and that the process of preparing the player psychologically is one of the necessary tasks carried out by the team coach and the psychological preparer of the sports team because of its importance. A distinctive role in influencing the rest of the other aspects of preparation. Therefore, the nature of the player’s good psychological preparation and high level of psychological endurance to face situations that may hinder any skill performance, and may negatively affect the outcome of matches. Through the observation of the researchers, they found this. It is clear to most football players when they may be affected by negative situations during the match. The impact of the result of the match, the decisions of the referees, the passage of match time, and the decline of the physical aspect may lead the players to lose their nerves. (Shnawa, L. T. F., & Jasim, L. D. H. T. 2024)) This may be due to lack of experience and poor psychological preparation in the process of controlling arousal that may occur during many sudden match situations, such as fatigue or unsportsmanlike behavior on the part of competing teams during matches.

The goal of the research: Through this research, the researchers seek to provide an accurate and appropriate scientific method to measure the level of psychological endurance

of football players in the Premier League for the season (2024 - 2025). Through this, the level of skill performance and psychological endurance they have will be accurately identified, as well as the nature of the relationship. Between the two variables of the research, which are the psychological endurance of the football player and their skill performance, and through this research we can confront all the negative situations that always occur during matches, from weakness in psychological endurance, and seek to guide the player to control any difficult circumstance he may face and benefit from it. Effects to raise the skill state in a positive way. The researchers also hypothesize the existence of a statistically significant relationship between psychological endurance and skill performance among Premier League football players for the season (2024-2025).

**Method and tools:**

The nature of this study necessitated the researchers to use the descriptive approach in a specific way, which is the correlational method, which aims to “collect data directly to try to choose hypotheses or answer questions related to the current situation of the individuals in the research sample” (Mohamed Hassan Allawi and Osama Ratib, 1999). The research community included Premier League football teams for the season (2024-2025), numbering (20) sports teams, while the research sample consisted of club teams. Baghdad, which numbered (7) clubs, with a percentage of (35%) of the community, with (15) players participating in these teams in league matches, with a percentage of (21%) of the population of this research, as in Table (1).

**table (1)**  
**It shows the sports teams and the number of players within the research sample**

Sample number	Sports teams	T
15	Amanat Baghdad Club	1.
15	Al Hussein Sports Club	2.
15	Industry Sports Club	3.
15	Communications Sports Club	4.
15	Al-Kadhimiya Sports Club	5.
15	Electrical Industries Club	6.
15	Al-Masafi Club	7.
<b>105</b>	<b>the total</b>	

Determine the method of measuring skill performance One of the objectives of this study is to measure the level of skill performance of football players. After the researchers reviewed some sources as well as references and many studies in this field, and after inquiring with those with experience in the field of testing, measurement and football, the researchers concluded that one of the best The methods that help determine the level of skill performance of players during the match is to present the performance to sports analysts and academic experts who specialize in testing and measurement in the field of football.



The matches of the sports teams of the research sample were recorded on a CD and asked to Gentlemen, analysts and experts, watch and evaluate the skill performance of the players according to a form developed for this purpose of evaluation, which consists of five skills. After watching the match, the expert (evaluator) is asked to give each player a rating from (1-5) in front of each skill, knowing that these Ratings correspond to the following levels: Rating (1) corresponds to the level of weak, Rating (2) corresponds to the level below average, Rating (3) corresponds to the level of average, Rating (4) corresponds to the level above average, Rating (5) The corresponding level is very good, and thus the hypothetical mean for the skill performance measurement form is (15) points.

**Search scale:** The researchers reviewed many scientific sources and relied on the psychological endurance scale of the researcher (Haider Naji Habash, 2010), which consists of (16) situations that the player must answer. Each situation contains three verbal situations, as (the first situation) measures endurance to a high degree. (The second position) is moderate endurance, and (the third position) is low endurance, to which grades were given (1, 2, 3). The scale was presented in this form to a large group of experts and also specialists in The field of sports psychology, as well as testing and measurement, who expressed their opinion on the suitability of this scale with the conduct and purpose of this research, with some simple modifications in the wording of some statements, and the scale appeared in its final form as in Appendix (1), and that calculating the total score for this scale is any scale. Psychological endurance, which we mentioned consists of (16) situations, so the hypothetical mean of the scale will be (32) degrees, the highest score of the scale will be (48), and the lowest score of the scale will be (16) degrees.

**Validity of the scale:** Honesty is one of the most important scientific conditions for a good test, as a valid test can be described as “the test measures mainly what it was designed to measure and does not measure anything else.”(Mustafa Bahi, 1990)The two researchers verified the validity of this scale by finding its apparent validity. This comes by presenting the scale’s phrases to a group represented by experts and also specialists in the field of sports psychology and in the field of testing and measurement in football, as was mentioned previously.

**Scale stability:** He rose The researchers used Cronbach's alpha equation to extract the reliability coefficient, which reached the reliability value of the psychological endurance scale (80.7). This indicator is considered good and acceptable and indicates the stability of this scale.

**Exploratory experience:** The exploratory experiment was conducted in order to prepare directly for the main application of the scale on 11/2/2024 on the sample designated for the exploratory experiment, which numbered (5) players, noting that the exploratory sample has the same specifications as the main sample, in that they are players in Premier League football clubs and were excluded. The two researchers are the main experimenters.

**Main experience:** Filming of the matches of the teams that are part of the research sample for the Premier League for the season (2024 - 2025) was conducted during the holding of the league matches and for the period from (11/5/2024) until (12/25/2024), and the scale forms were distributed to each player from The sports teams that are part of the research sample of (105) players participated in these matches, and after marking the scale by the players, all forms for the scale were collected and then collected. Forms for evaluating skill

performance, transcribing these forms and processing them statistically using the system (SPSS) To get search results.

**Results:**

After the data was collected by filling out the questionnaires and working on processing them statistically, it was necessary to identify the value of psychological endurance among the research sample. Therefore, the researchers were asked to extract the value of (t) between the arithmetic mean and the hypothetical mean in the sample, which is as shown in Table (2).

**table (2)**  
**It shows the relationship between the arithmetic mean and the hypothesized mean for the psychological tolerance variable**

<b>Arithmetic average</b>	<b>Standard deviation</b>	<b>Hypothetical mean</b>	<b>value t</b>	<b>Error level</b>	<b>Connotation</b>
35.41	1.50	32	9.662	0.018	spiritual

In order to achieve the goal of the research in arriving at knowledge of the psychological endurance of the research sample, the researchers used the t-test for one sample, as the results of the research showed in Table No. (2) that the average psychological endurance score among the players of Premier League football clubs is equal to (35.41), and then compare it. The hypothesized average of the scale is (32) points, this indicates that the research sample has psychological tolerance.

**Table (3)**  
**It shows the level of skill performance of the players of the Baghdad teams in the Premier League**

<b>Connotation</b>	<b>Error level</b>	<b>value t</b>	<b>Hypothetical mean</b>	<b>Standard deviation</b>	<b>Arithmetic average</b>
spiritual	0.023	16.793	15	1.20	17.98

To reach the research goal of knowing the level of skill performance among Baghdad team players For the Iraqi Premier League in football, the researchers used the t-test for one sample, and the results showed that the research sample possessed skill performance, as the arithmetic mean of the research sample in the skill performance variable reached (17.98), which is a higher value than the value of the hypothesized average of (15) degrees, which gives An indication that the research sample possesses skill performance.

**table (4)**

**It shows the correlation coefficient and the calculated T-value for the significance of the correlation, the tabulation, and the level of significance**

Connotation	Correlation coefficient	Standard deviations	Arithmetic circles	Variables	T
spiritual	0,408	1.50	35.41	Psychological endurance	1
		1.20	17.98	Skill performance	2

Discuss the results It is clear to us from Table No. (2) that the value of the arithmetic mean that was calculated was a value higher than the hypothetical mean for the sample, and this is what we indicated as indicating their possession of psychological endurance, but the researchers believe that this degree is close to the degree of the hypothetical mean, and the researchers attribute the reason This is due to the lack of external and internal participation, which creates a kind of adaptation among the players, which increases their psychological endurance factor by adapting to the conditions of the match, and here also comes the role of the coach in directing the player not to become nervous. And be patient when exposed to sudden situations during the match, especially the influence of the crowd, which tries to arouse the rest of the teams in order to reduce their psychological tolerance and thus cause the competing teams to lose and the host team to win, and this is a valuable indication. (T) The calculated value was at a degree of freedom (104) and a significance level (0.05). This indicates the presence of significant differences. As for skill performance, Table (3) showed its value among the sample and the relationship between the arithmetic and hypothetical mean and its calculated (T) value, which was shown. The arithmetic mean is greater than the hypothesized mean, which gives us an explanation that the research sample possesses skill performance that helps them provide good levels during league matches, and this is what gives us an explanation for the skill level. The goodness provided by the players from the research sample, and this will certainly help their sports teams achieve positive results during the league competitions and maintain their presence in the advanced positions in the club rankings table and will also greatly help them to compete for the league title.

The relationship between psychological endurance and skill performance among the sample of this research: This comes through the researchers finding the correlation coefficient (Pearson) between the two variables of this research, as shown in Table (4), and it becomes clear to us from this table that the relationship is positive between psychological endurance and skill performance, and the researchers attribute the reason for this to many factors, including The sample is characterized by psychological endurance, which gives a good ability to exert more efforts and focus and provide high and appropriate performance for the course of the matches despite the presence of some influential pressures. This may result from the research sample having sports experience and good control of abilities. There is also a major role for advice and focused motivation that the coach provides directly to the player, as well as the availability of good and appropriate surrounding conditions, which



certainly have a major role in increasing skill performance during league matches, and this is confirmed by “The successful coach is the one who is skilled in organizing energies.” The players’ physical and also psychological skills and the method and method of controlling and controlling the feelings and thoughts of his players during competition, and this is what makes performance develop in the right direction” (Osama Kamel Rateb, 1995), and this also comes through guidance and high control of anger. (Kazim et al., 2019) Nervousness and control of negative thoughts, as well as trying to benefit from some of the available advice in order to withstand any sudden situation that players may be exposed to before and during matches. (Mousa & Kadhim, 2023) This leads to greater control over any psychological stress related to before, during, and after sports competitions, as thinking about situations that provoke... Stress before it occurs affects the athlete’s personal functions, including the skill functions that the athlete greatly needs during sports competitions, and this is what Amer Al-Khikani mentions: 2008, 62) “When the intensity of stress increases, it increases the psychological pressure on the player, changes his behavior pattern, and creates a state of imbalance. This leads to the player’s level fluctuating towards the worse in terms of skill and the appearance of signs of anger and muscle tension, which affects skill performance.” Therefore, it is necessary The players should be exposed to high-level psychological and skill preparation and strengthen them through conducting matches, including high-level trial matches, and actual contact with high-level situations. This raises the level of psychological endurance, which helps in reducing the level of stress, which depends on the level of stress. Sports activity. (Easa et al., 2022)

Through this, the hypothesis of the research is achieved that there is a relationship between psychological endurance and the skill performance of football players. The researchers explain the existence of this positive relationship as possible because psychological endurance is high, and this helps in raising the level of skill performance as well and positively affects the player’s skill performance, and this confirms it. (Osama Kamel Rateb: 2000, 397) It is mentioned that sports performance may change during the match and with different timings, the performance may be better during a certain period. By comparing it to other periods in the match, the player can provide a good performance when there is psychological preparation to provide a good performance, and this comes through psychological preparation at a high level, whether by the coach or through the psychological preparation during training periods, so one of the conclusions of the research is that the players of some league clubs have Excellent football has high psychological endurance and high skill performance as well. There is also a positive relationship between psychological endurance and skill performance among the sample of this research, who are players of some Premier League football clubs. (Kadhim, 2023) Among the recommendations of the research, the researchers recommend that teams be prepared. Sports at a high level during the preparation periods and exposing the teams to matches at a high level, which helps raise their state of psychological endurance to face stress and also deal with the referees’ decisions appropriately, and this is what helps them provide the best possible skill performance despite the presence of some stimuli and pressures, and benefit from new and previous participations in the leagues. For players in order to improve the level of endurance among themselves and their colleagues. The researchers also recommend using the research scale and also revealing the level of skill performance as an effective means for the coach to identify the players’ psychological endurance and skill performance and work to raise this.



Levels, and also conduct more studies on the aspect of psychological endurance and link it to the physical and tactical aspects of players.

**attached (1)**  
**Psychological endurance scale**

T	phrase
1	<b>If your family rejects your choice of the type of sport that you like and want to practice, then you:</b> Think about the reasons for their rejection Calmly convince them of your choice Show your anger towards them
2	<b>If you and a group of your friends decided to play an entertaining game and you were very excited about it, but the date of the game was postponed, then you:</b> Accept the situation calmly You feel upset Revolt against them
3	<b>If you are watching an important match and suddenly your TV stops turning on due to a malfunction, you:</b> Trying to practice a hobby You feel bored She is in a lot of pain and upset
4	<b>When you are hungry and know that the end of training will be late, you:</b> She endures hunger until the training is over You feel uncomfortable and appear upset You get upset and blame others for the delay
5	<b>If you want to contact someone and the coach prevents you, you:</b> She calmly faces his ban and tries to find out the reason She gets emotional without showing it to him You protest and refuse to stop him
6	<b>If you need to buy sportswear for an important match, but financial circumstances do not allow for this, then you:</b> Wait until your financial circumstances improve You feel pain She gets nervous and excited
7	<b>When you encounter controlling situations and are unable to solve them, you:</b> You keep thinking until you reach a solution It evades the solution and the arbitration situation She asks the trainer about her solution
8	<b>If you have an exam the next day and when you wanted to review your notebooks and discovered that a member of your family tampered with them, then you:</b> You try to deal with the issue calmly Get upset about the situation

	She becomes angry and angry
9	<b>If you are busy developing a plan for the match assigned to it by the coach and someone intervenes In your work, you are:</b> You continue your work quietly and do not care about him She feels uncomfortable with his interference She revolts and prevents him from interfering
10	<b>If you are going to an important match and a speeding car gets water on your clothes, you:</b> You try to handle the situation calmly You grumble to yourself You say harsh words
11	<b>If you are training for an important and urgent match and there is noise nearby, you:</b> You keep training and don't care You continue even though you feel uncomfortable She gets angry and leaves training
12	<b>If you expect a reward for your superior athletic performance and you do not get it for some reason, then you:</b> Try to get it without getting emotional after that She gets upset and tries to find another way to get it She suffers and complains
13	<b>If you are on a date with a friend to exercise and he is late, you:</b> Look at him for as long as possible She gets upset and tries to wait for him for a few minutes She gets nervous and agitated and does not wait for him at all
14	<b>If you lose a dear teammate, you:</b> You feel sad and accept the reality You suffer a lot with yourself Passivity and lunch
15	<b>If you are attacked during a game by the opposing team, you:</b> Try to face the situation calmly You feel afraid You are disturbed and panicked
16	<b>If you feel severe pain in your abdomen early in the match, you:</b> Trying to bear the pain until the end of the match You are disturbed and seek help from others Ask to be taken to the hospital

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