

Trait anxiety and its relationship to scoring accuracy in five-a-side football among students of the College of Physical Education and Sports Sciences, University of Maysan

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Abstract

The research study aimed to identify the relationship between trait anxiety and scoring accuracy in futsal among students of the College of Physical Education and Sports Sciences, University of Maysan. The researcher assumed the existence of a statistically significant relationship between trait anxiety and scoring accuracy in futsal. The researcher used the descriptive approach using the survey method as it is the best and easiest method in achieving the research objectives, as survey studies focus on the present and study the situation in greater depth, while providing the researcher with detailed and analytical information called the study of the current situation. The research sample included (26) students out of (30) students after excluding (4) students for lack of cooperation, where the sample percentage was (40)% of the total original community. The research results showed the emergence of a statistically significant correlation between trait anxiety and scoring accuracy in futsal.

Keywords: Football, Physical Education, University of Maysan, trait anxiety.

1- Definition of the research

Physical education is currently considered part of general education and its development has been based on psychology, sociology, medicine, chemistry, statistics, training science, kinesiology and other modern physical education sciences until it has become vital to peoples and is considered part of their ethics and plays an important role in developing society. Scientists have agreed that psychological preparation plays an important and effective role in various sports activities in addition to physical, skill and linear preparation. Trait anxiety is a general lack of feeling among individuals when responding to situations of psychological pressure. It differs from current anxiety in that it is more permanent, as it is a personality trait and the current degree of anxiety in the individual represents a characteristic of him regardless of the condition in which he is known, as the individual is characterized by a higher degree of anxiety than his colleagues or before or after the exam. Thus, for the individual who is characterized by a low degree of anxiety, he is characterized by this characteristic regardless of the temporary circumstances he is going through. The development that has occurred in recent years in the field of futsal, the high density of results, the closeness of technical, physical and linear performance, and the players' enjoyment of the current skill have made it difficult to predict the team's results. The importance of the research lies in the fact that scoring in futsal plays an important role in the results of matches by raising the team's balance to the largest possible number of goals during the match to achieve victory, given that most futsal players suffer from anxiety while performing the scoring skill. The researcher studied the anxiety trait and its relationship to the accuracy of scoring in futsal to find out the negative impact of anxiety on futsal players during scoring. Therefore, those in charge of training must pay attention to this aspect because of its direct importance on performance and thus on athletic achievement⁽¹⁾.

1-2 Research Problem

It has been noted that playing futsal during the game depends on local foundations, as some players suffer from difficulty in scoring due to the importance of the match, weak numbers, or psychological and physical emotions and anxiety that affects the players on the field, so the researcher decided to study this problem and know the extent of the impact of anxiety on students while performing the scoring skill in futsal.

1-3 Research Objective

To identify the common relationship between trait anxiety and scoring accuracy in futsal among students of the College of Education and Sports Sciences, University of Maysan.

1-4 Research Hypotheses

- The researcher assumed the existence of a statistically significant relationship between trait anxiety and scoring in futsal among students of the College of Physical Education and Sports Sciences.

1-5 Research areas

1-5-1 Human field: Fourth-year students in the College of Physical Education and Sports Sciences, University of Maysan, for the academic year (2023-2024).

1-5-2 Temporal field: For the period from 12/20/2023 to 3/31/2024

1-5-3 Spatial field: College of Physical Education and Sports Sciences Stadium, University of Maysan.

2-1 Future Studies

2-1-1 Results

Yes, as long as athletes are looking for different degrees of anxiety, let them think at a distant level, while each of them can control anxiety and some fail to achieve that, anxiety is a complex emotion of anxiety and fear in anticipation of danger and danger is an unpleasant emotional good and the individual has everything that comes from within him and anxiety occurs when the player feels weak and unable to face tasks and responsibilities, he feels that he is able to do so or his ability and has multiple symptoms including interest and contribution and dissatisfaction and his distinction and weakness in his ability to focus and pay attention and rapid pulse and excessive sweating. Jung agreed that anxiety is a reaction that a person makes when his mind is invaded by unreasonable forces and choices issued by the collective feeling, but since Jung believes that man has been in the organization since its founding on the foundations of a simple organization, the fear of controlling the collective feeling from the standpoint that he considers his life to have a purpose and therefore to the responses of anxiety, no individual's life is free of anxiety as there are great ambitions and hopes that must be achieved and anxiety has several symptoms and the illusion of chronic distraction and loss of appetite and psychological disorder as Mufti Ibrahim knows in the field of sports 1996 As an unpleasant psychological state and we continue to record the sudden in different teams and races with different physical and physiological symptoms. Happiness is one of the most guiding feelings that are abundant in sports and contribute directly to the result of the match or festival. It is known as a distinct feeling of sensitivity to danger that leads to its intensity and psychological pressure to excite the sympathetic nervous system. Severe anxiety may be fearful in its intensity and thus may return to nervous excitement quarreling enough. Anxiety may be chronic, temporary or transient, as fear returns to determine in a vague or ambiguous state⁽²⁾.

2-1-2 Sources of Anxiety

Many researchers have been interested in knowing the factors that cause anxiety in athletes, and the results showed that there are four sources that cause anxiety.

- Fear of failure: Research results indicate that fear of failure is the most important reason that makes athletes feel stressed and anxious, and direct fear comes as a result of fear of losing the match or losing some points during the competition or poor performance during the match, and this becomes clear when athletes are dominated by some negative thoughts such as:

1- That this match is of great importance in proving oneself.

2- What do others say when I lose the match.

3- I don't want to disappoint my parents and coaches.

4- It is difficult for me to meet my friends at the club if I lose this match.

5- I have already lost this match, so everyone thinks I have failed.

- Fear of inadequacy: This source of anxiety is explained when the athlete feels a certain lack of readiness, whether in the physical or mental aspect, i.e. the mental aspect in facing the competitor or competition, and this source of anxiety focuses on the athlete's feeling of a certain deficiency or mistake that leads to dissatisfaction with himself.

1- Inability to concentrate.

2- Inability to prepare psychologically.

3- Unwillingness to perform.

4- Loss of physical efficiency.

5- Not getting enough rest⁽³⁾.

2-1-3 Types of Anxiety

To reach a broader understanding of the subject of anxiety, psychologists have divided anxiety into several types, and some of them have divided it into two sections according to its duration, which are:

1- Situational anxiety: This is what players feel at a certain moment when interacting with a specific sports situation that represents a type of tension and temporary instability that occurs as a result of ambiguous and temporary circumstances that indicate a feeling of anxiety, so we expect the level of sports anxiety to rise immediately before the match and the student's anxiety to rise before the exam begins, as it is temporary anxiety that disappears when the cause disappears.

2- Trait anxiety: This is a general lack of feeling among individuals during responses to psychological situations, and it differs from state anxiety in that it is more permanent, as it is a personality trait, as the high degree of anxiety in an individual represents a characteristic of him regardless of the situation he is going through, as the individual is characterized by a low degree of anxiety. It is characterized by this trait or characteristic regardless of the temporary circumstances it goes through, and some have divided it into three types according to the sources of anxiety, relying on the theses of psychology known as Freud, which are as follows:

1- Local anxiety: It is a known external reaction, meaning that anxiety lies in the external world and is a specific anxiety, for example, the player's anxiety before competition.

2- Neurotic anxiety: It is a vague, incomprehensible fear that the individual cannot feel or know its causes, and it is a reaction to an internal instinctive danger.

3- Moral anxiety: It is a type of anxiety caused by a person's conscience as a result of his feeling of guilt or feeling ashamed of a specific act or behavior that intersects with the conscience, so he lives in a state of conflict with himself, such as betraying the homeland or betraying the team⁽⁴⁾.

2-1-4 Levels of Anxiety

1- Low anxiety level: At the low level, the individual is generally similar to a high degree of anxiety and sensitivity to external events, and the individual is fully prepared to face danger.

2- Medium anxiety level: At the medium level of anxiety, the individual becomes less able to control his behavior and needs great effort to maintain appropriate behavior that matches the nature of the situation.

3- High anxiety level: At the high level of anxiety, it negatively affects the organization of the individual's behavior and the behavior is inappropriate with different situations and is accompanied by difficulty in concentration and attention and rapid arousal⁽⁵⁾.

2-1- 5 Futsal Some may think that this game is new and that its idea actually started in Uruguay Monte Nuevo in (1930 AD) when Juan Carlos Sorial designed a five-player futsal team for youth competitions to be played on indoor and outdoor courts the size of a basketball without using walls. There is another opinion that attributes the history of the game to Brazil, where it organized its first championship in Brazil in (1955 AD). During the same period, Uruguay regretted its futsal championship. The word futsal is an internationally used term for the game derived from the Spanish, Portuguese, Russian and French languages. The game has gained great popularity in South American countries, especially Brazil, as it is the main attraction for this game with its rapid spread in the countries of the world in cities, villages, schools and among children, youth and women. It is played under the auspices of the International Federation of Football and has begun to spread to all continents of Asia, especially Iran, Japan and South Korea. This was followed by Brazil winning six times and the first futsal championship was held in (1982) and the Iraqi Football Association held a five-a-side football match and the game's activity began with the holding of the first refereeing course in Iraq at the College of Physical Education for Girls for the period (5-9/10/1999) with the participation of (28) referees. In order to expand the game, the committee held a number of friendly matches and local championships in preparation for participating in the third Asian Championship in Iran in (2001) and the fourth championship (2002) in Indonesia and the Kurdistan Region. The game spread due to the availability of large spaces for five-a-side football and various halls and the interest of the sub-committees for five-a-side football in holding many championships annually⁽⁶⁾.

2-1-6 What is scoring in five a side football? Scoring is one of the basic skills in futsal and through it the results of the match can be determined, as the team that scores the most goals in the opponent's goal is the winner of the match. The skill of scoring is loved by the player and the viewer and their enthusiasm increases

when the ball hits the goal, which makes each player exert maximum effort to reach the scoring position to achieve victory for his team. The distinguished player is the one who is good at kicking the ball with the feet and head. Scoring is the result of the efforts made by the player in particular and the team in general if he continues in the right way. The skill of scoring is of the first degree of importance for what it represents in scoring, provided that the angle of scoring is from medium positions in the space, then different angles and others. Players must know that the team that scores a number of goals is the winning team and the result of the match depends on scoring. Scoring is the last step in the game. By generalizing the results of matches, whether from fixed or moving balls, scoring can be divided into three types:

- 1- Close scoring inside the penalty area.
- 2- Scoring from medium distances outside the penalty area.
- 3- Scoring from long distances⁽⁷⁾.

2-1-7 Types of scoring

- 1- Scoring with both feet: A good striker is one who can score with both feet effectively and with influence, and a player who uses one foot to score loses valuable opportunities to hit the opponent's goal.
- 2- Scoring with the head: The purpose of hitting the ball with the head is (to score, pass it to a teammate, block a dangerous ball)⁽⁸⁾.

3- Research Methodology and Field Procedures

3-1 Research Methodology

The researcher used the descriptive method using the field survey method, considering it the best and easiest method to achieve the objectives of this research, as survey studies focus on the present and study the situation in greater depth, while providing the researcher with detailed and analytical information called the study of the current situation.

3-2 Research Sample

The sample is an important necessity in scientific research, so the researcher chose the sample randomly, and it was formed from fourth-year students in the College of Physical Education and Sports Sciences, University of Maysan, for the academic year (2023-2024), and their number is (26) students out of (30) students after the researcher excluded (4) students for not cooperating, as the sample percentage reached (40)% of the total original community.

3-3 Research tools and data collection methods

3-3-1 Research tools: The researcher used the following tools

- 1- Five-a-side football field.
- 2- Two footballs.
- 3- Whistle.
- 4- Measuring tape.
- 5- Chalk.

3-3-2 Information collection methods

- 1- Arabic sources.
- 2- Tests and measurements used in the research.
- 3- Trait anxiety measurement form for athletes⁽⁹⁾.

3-4 Exploratory experiment

In order for the researcher to be able to obtain the wanted and correct results and for the purpose of following the correct scientific context, it was found necessary to conduct an exploratory experiment on (4) students from the fourth stage in the College of Physical Education and Sports Sciences, University of Maysan, on (12/6/2023) from outside the main research sample. The purpose of the test was

- To identify the obstacles that the researcher may face while conducting the main experiment.
- To identify the reality of the work in which the main experiment is conducted.
- To know the efficiency of the assistant staff.
- To know the extent to which the sample numbers comprehend the test paragraphs.
- To take into account the time is needed to implement the test.

3-5 Scientific foundations of the test

3-5-1 Test validity

The validity of the test depends on the extent to which the test measures the skill or trait to be measured. The test is considered valid when it measures what it deems appropriate to measure. To determine the validity of the test, the researcher distributed a questionnaire to a group of experts and specialists who confirmed the validity of the optional test in the research.

3-5-2 Test reliability

The validity of the test means the degree of accuracy, mastery and reliability with which the test measures the apparent meaning for which it was designed. To determine the reliability of the test, the researcher applied the test to a sample of 6 students from outside the research sample, then repeated the test after 7 days on the same sample, then found the simple correlation coefficient Pearson test⁽¹⁰⁾.

Table No. 1 shows the table for the foot aiming test on overlapping rectangles.

Test	stability factor	Objectivity factor
Foot-to-Foot Shooting Test on Overlapping Rectangles	0,83%	%0,95

Pearson correlation factor value (75)% with a threshold score of (5) and a significance level of (0.05)

3-5-4 Test objectivity

It is the degree you get from a set of results using the same set and method of applying the test but by changing the examiners. The test stability is affected by objectivity. To identify the objectivity of the test, the researcher placed judges during the application of the test during the exploratory experiment, then he found the simple correlation factor for the judges' degrees, which indicates the homogeneity of the sample⁽¹¹⁾.

Table No. 2 shows the arithmetic mean, standard deviation, median and skewness factor

	Arithmetic mean	Standard deviation	The mediator	Factor of skewness
Age	90,85	11,45	65	2,15
Weight	60,96	10,84	61	0,011
Height	157,41	10,27	64	1,82

Sample homogeneity table with degree of freedom (24) and significance level (5%)

3-6 Tests and measurements used in the research

3-6-1 Shooting accuracy test

Shooting test (shooting) with the foot on overlapping rectangles

- Test purpose: measuring shooting accuracy.
- Necessary tools: Three soccer balls, a wall in front of a paved area, drawing three overlapping rectangles on the wall with their dimensions.
- Performance specifications: The examiner stands behind a line and then shoots the three balls at the rectangles trying to hit the small rectangle, and the examiner has the right to use either foot.

3-6-2 Measuring trait anxiety in athletes

- Test name: Measuring trait anxiety in athletes.
- Test purpose: To identify the level of anxiety in athletes.
- Method of performance: There is a model for the trait anxiety scale in athletes and it is given to players and it contains 20 questions to measure trait anxiety. The player fills out the model honestly, knowledgeably and calmly. There are five answers for each question, which are (always, often, rarely, sometimes, never). The examiner chooses one answer for each question by placing a mark (✓) in the box he chooses. Thus, he answers all the questions in the model. The results are recorded and calculated using the scale correction key by placing its correction key on a sheet of paper. There is a tie in the phrases of the trait anxiety scale as there is a phrase divided in reverse. The reversed phrases in the tests are (2-5-6-8-11-13-17-18-19-20). Thus, the scores can be collected either by manual calculation or by any means the researcher deems appropriate. The anxiety scores

consist of 20 low anxiety scores, 40 medium anxiety scores, and 80 high anxiety scores. This form was presented to a number of experts to divide it according to the Iraqi environment⁽¹²⁾.

3-7 Main Experiment

The main experiment was conducted from (12/26/2023) to (12/29/2023) on the research sample represented by fourth-year students in the College of Physical Education and Sports Sciences, University of Maysan. 26 students were randomly selected and 4 were excluded for lack of cooperation.

3-8 Statistical Methods

1- Arithmetic mean.

2- Standard deviation.

3- Pearson correlation coefficient.

4-1 Presentation of the results of the relationship between trait anxiety and scoring in five-a-side football

Table No. 3

shows the arithmetic means and standard deviations of the research variables and the values of the Pearson correlation factor

Variables	Arithmetic mean	Standard deviation	Value, (r) calculated	Table value	Statistical significance
Trait Anxiety	50,46	17,70	0,480	0,381	moral
Scoring	6,93	3,26			

The calculated r value at the significance level (0.05) and the degree of freedom (5) equals (0.381). From Table No.(1), we note that trait anxiety achieved an arithmetic mean (50.46) and a standard deviation (71.71), and the free throw in the research sample recorded an arithmetic mean (6.93) and a standard deviation (3.26) for the purpose of identifying the relationship between scoring accuracy in futsal, which amounted to (0.480), which is higher than its tabular value at the significance level (0.05) and the degree of freedom(5), which equals (0.381), indicating the significance of the relationship between trait anxiety and scoring accuracy in futsal. From here, the researcher sees that the important relationship whose results appeared above is that anxiety helps to perform well and continuously with better play and show his best abilities. There are some athletes who find in anxiety what helps them to perform their best abilities⁽¹³⁾.

5- Conclusions and Recommendations

5-1 Conclusions

- The emergence of different results for the effect of trait anxiety on players in scoring performance in futsal.
- The emergence of a significant correlation between trait anxiety and scoring in futsal.

5-2 Recommendations

- Increasing the number of training hours for the skill of scoring in futsal.
- The necessity of conducting physical and skill tests to provide the training process for the skill of scoring in futsal.
- The necessity of emphasizing the skill performance that increases the accuracy of players' performance and instills in them the correct idea.
- Coaches should assign players before entering the competition in order to raise the psychological and moral state of the players.
- Conducting similar research to identify the extent of benefiting from facilitated anxiety in other sports events.

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