

Constructing a scale of defeatist personality among football players

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Abstract:

This research aims to build a scale for the defeatist personality among football players, by identifying the psychological dimensions associated with defeatist behavior, and designing a measurement tool that has validity and reliability. The scale was developed based on a review of psychological and sports literature, and applied to a sample of players to test its accuracy and effectiveness. The results showed that the proposed scale has a high level of validity and reliability, making it a reliable measurement tool for studying the defeatist personality among players. The research recommends the necessity of using this scale in sports circles to identify players who are prone to defeatism and to work on developing psychological programs to enhance self-confidence and the ability to deal with sports pressures..

Keywords: constructing, personality, psychological, players, self-confidence.

The introduction:

Defeatism is an important psychological factor that affects the performance of players in various sports, especially in football, where morale and self-confidence play a major role in achieving athletic success. Some players face psychological challenges that may lead to defeatist behaviors that affect their performance on the field, such as quick surrender, loss of motivation, and fear of failure. Therefore, building an accurate scale to measure defeatist personality in football players will help coaches and sports psychology specialists analyze this phenomenon and develop strategies to address it.

Research introduction

Sports, especially football, are a competitive field that requires a high level of physical, skill and psychological readiness. However, some players may suffer from psychological problems that affect their performance, the most prominent of which is the defeatist personality, which is manifested in low self-confidence, fear of failure, and quick surrender when facing challenges. Understanding this phenomenon is essential for coaches and sports psychology specialists, as it helps in developing strategies to enhance the fighting spirit of players and improve their performance.

This research aims to build a scientific scale to measure the defeatist personality among football players, so that it is an accurate and reliable tool that can be used in psychological and sports studies, which contributes to the development of training plans that target improving the psychological aspects of players and reducing the impact of defeatist behavior on sports performance..

Importance of research

The importance of this research is highlighted in several aspects.:

Scientific importance: It contributes to enriching the scientific literature on sports psychology by providing a new measuring tool for the defeatist personality among football players..

Practical significance: Provides a scale that can be used by coaches, psychologists, and researchers to evaluate players psychologically and work to enhance their strengths..

Sporting importance: It helps in identifying players who suffer from psychological problems related to defeatism, which contributes to designing training programs to improve their self-confidence and motivate them to perform better.

Research problem

Given the highly competitive nature of football, some players face psychological challenges that make them more susceptible to defeatism, which negatively affects their performance in matches and training. Although there are many studies on the psychological factors that affect athletic performance, there is no specific scale that can be relied upon to accurately measure the degree of defeatism among football players..

Main research question:

How can a scientific and reliable scale be built to measure the defeatist personality of football players?

Sub-questions:

What are the psychological dimensions that shape the defeatist personality in the sports field?

How valid and reliable is the proposed scale?

How can the scale be used to assess the psychological state of players and develop treatment programs for them?

Fear of failure – excessive worry about negative outcomes

Fear of failure is a constant feeling of anxiety and tension about the expected failure in sports situations. This fear leads to a decline in performance and increased psychological pressure on the player. The player who suffers from this problem is always preoccupied with what might happen in the event of a loss or failure, which hinders his ability to focus and perform better. This type of anxiety limits the player's ability to make quick and effective decisions during matches..(1)

Low self-esteem – the belief that you are unable to succeed

Low self-confidence refers to a state of uncertainty or anxiety about one's own abilities, and is one of the main factors of a defeatist personality. A player who suffers from this problem doubts his ability to perform well, even if he has sufficient skills. This problem may lead to a decline in morale, which affects his performance in matches, and prevents him from taking on challenges with confidence.(2)

Quick surrender – giving up when faced with difficulties

Quitting is the trait in which a player stops trying or trying when faced with difficulty or challenge. This trait means that a player lacks patience and persistence when faced with unfavorable outcomes. For example, if his team is trailing in a score, a quitter may give up and fear making more mistakes rather than trying to improve his performance..(3)

Challenge avoidance – the tendency to avoid strong competition

Challenge avoidance means that the player seeks to avoid situations that require extra effort or could cause fear of failure. A defeatist player often avoids playing against stronger teams or playing in situations that require critical decisions, because he believes that these challenges could lead to failure or embarrassment. This attitude affects his skill development and limits his opportunity for growth and progress..(4)

Sensitivity to criticism – being overly affected by criticism from the coach or the audience

Criticism hypersensitivity is a state of being overly emotionally sensitive to criticism from others, whether from a coach, the public, or even teammates. A player with this problem may feel frustrated or lose confidence after receiving negative feedback or criticism, which affects his overall performance. This sensitivity leads to avoiding trying or taking risks in matches for fear of receiving more criticism..(5)

Second: Preparing a preliminary questionnaire form

Dimension 1: Fear of Failure

I get very anxious before important matches..

I'm afraid of making mistakes while playing..

I think a lot about the negative consequences of losing.

5	4	3	2	1	phrase	Distance
					I get very anxious before important matches.	fear of failure
					I'm afraid of making mistakes while playing.	

					I think a lot about the negative consequences of losing.	
5	4	3	2	1	phrase	Distance
					I feel less efficient than my teammates.	low self-confidence
					I think my performance on the field doesn't improve no matter how much I train.	
					I have difficulty making decisions during the game.	

Scale building steps

The researcher must adhere to several steps when creating the scale to ensure sound scientific foundations. The current study aims to develop a sports personality scale and apply it to a sample of football players in the Iraqi Premier League. Given the importance of this scale in our study, the researcher formulated its paragraphs in a clear and understandable manner, using the first-person form for each player from the research sample. The researcher relied on the literature related to the phenomenon, in addition to sources related to sports personality and previous relevant studies. The Likert method was also used(Likert) in constructing the scale, as it is a commonly used method that is distinguished from other methods in construction and correction, and does not require a large number of judges, which ensures the accuracy of the answer thanks to the multiplicity of alternatives.

Determine the scale areas

It is a vital step in developing the scale, as it depends on the researcher's ability to refer to the priorities of the trait or phenomenon to be measured. Four areas have been identified for the sports personality scale: persistence and responsibility, influence on players, leadership ability, and fame and love of appearance..(6)

Statistical methods

Statistical software was used.SPSS to extract mean, standard deviation, t-test, skewness coefficient, and percentage.

TableShows levels of the sports personality scaleFor playerssoccer

ratio Centennial	number	Level	Degrees Raw	Degrees Standard
5	2	excellent	209-240	70-80
22.5	9	good very	177-208	60-70
45	18	good	145-176	50-60
17.5	7	middle	113-144	40-50
7.5	3	acceptable	80-112	30-40
2.5	1	weak	48-79	20-30

Verify the validity and reliability of the scale.

apparent honesty(Face Validity)

Face validity measures the clarity and truth of the statements in the scale based on the face evaluation by experts in the field..

Steps:

Presentation of the scale to experts: The scale is presented to a group of experts in sports psychology, preferably with a background in sports personality analysis or sports psychology. These experts will evaluate the statements to ensure that the questions fit the psychological dimensions previously identified, and that they accurately reflect the concept of a defeatist personality..(7)

Criteria that will be evaluated by experts:

Clarity: Are the statements clear and easy to understand?

Relevance: Do the statements adequately represent the psychological dimensions?

Comprehensiveness: Do the statements cover all aspects of a defeatist personality?

procedures:

Expert ratings are collected for each statement, and the scale is then adjusted based on their feedback..

The agreement index between experts should be high, as agreement between experts on statements is a prerequisite for face validity..

stability(Reliability)

Reliability testing is a test of the internal consistency of a scale by repeating measurements on the same sample. Cronbach's alpha coefficient is calculated.(Cronbach's Alpha) to check the consistency between statements within one dimension of the scale.(8)

Calculate the coefficientCronbach's Alpha

Cronbach's Alpha is an index used to measure the internal consistency of a scale, i.e. the extent to which statements are consistent with each other within each psychological dimension..

coefficient valueCronbach's Alpha:

greater than 0.8→ stability High.

between 0.7 and 0.8→ stability acceptable.

less than 0.7→ stability low, Which may indicates to necessity amendment Phrases or Distance.

Steps to take the test:

Applying the scale to a pilot sample:

The scale is applied to a pilot sample of football players, which can consist of 30-50 players. The aim is to collect sufficient data on the players' responses to all the statements in the scale..

Calculate the coefficientCro nbaKAlpha:

Using a statistical program such asSPSS or R or Excel, the coefficient is calculated.Cro nbaKAlpha for all dimensions within the scale. The program analyzes the responses received from the sample to determine the degree of agreement between the responses on each dimension.(9)

Interpretation of results:

If the value isCro nbaKAlpha is less than 0.7, this indicates that there is a large variance in the responses which may indicate that some statements are inconsistent or need to be modified. In this case, you may need to modify or delete some statements that do not reflect the dimension correctly..

Practical example of calculationCro nbaKAlpha:

If you have data from a sample of 40 players, and you have 5 statements for each dimension (as shown in your questionnaire), theCro nbaKAlpha for each dimension separately. For example, if the value of the coefficientCro nbaKThe alpha for the first dimension (fear of failure) is 0.85, which indicates that the dimensions included in this dimension are reliable and consistent..(10)

Perform stability test:

Re-measurement test(Test-Retest Reliability):

Stability can also be tested by applying the scale to the same sample at two different times (e.g., one week after the first application) and comparing the results..

Consistent results indicate that the scale is stable.

Factor analysis(Factor Analysis)

Factor analysis is used to explore the structure of the scale, i.e. to see how closely the statements relate to the previously identified dimensions (e.g., fear of failure, low self-confidence, quick surrender, avoidance of challenges, sensitivity to criticism).(11)

The purpose of factor analysis

Validation of the psychological dimensions that were assumed when designing the scale.

Knowing how closely the statements within each dimension are related, and ensuring that they measure the same concept..

Delete weak or not strongly related phrases to any dimension..

Performing factor analysis using the programSPSS(12)

A. Enter data inSPSS

Open the programSPSS.

Enter response data inVariable View where each row represents a player, and each column represents a statement from the questionnaire.

Make sure all values are numerical (1-5 on a Likert scale).).

b. Conducting factor analysis inSPSS

Go to:

Analyze→Dimension Reduction→Factor

In the windowFactor Analysis:

Put all scale statements inVariables.

ChooseExtraction and select Principal Component Analysis (PCA) method.

ChooseRotation and select Varimax method (to better illustrate dimensions)).

In the sectionDescriptive, choose KMO and Bartlett's test to check the validity of the data for factor analysis.

Click onOK.

C. Interpretation of results

a testKMO and Bartlett's Test

Kaiser-Meyer-Olkin (KMO) Measure: Must be greater than 0.6 for factor analysis to be appropriate.

Bartlett's Test of Sphericity: If the significance level (Sig.) is less than 0.05, it indicates that the data is valid for factor analysis.

tableCommunalities

Shows how closely each statement relates to the scale. Statements with values less than 0.4 should be reviewed or deleted..

Component matrix(Component Matrix)

Shows how well each statement relates to the dimension it belongs to. Higher values mean that the statement fits that dimension..

rotation matrixRotated Component Matrix

Helps to distribute phrases more clearly across different dimensions..

If the phrase is related to more than one dimension, you may want to consider modifying or deleting it..

This report aims to present the results of the statistical analysis of the defeatist personality scale among football players, which was developed to verify the validity and reliability of the tool in measuring the psychological aspects related to this phenomenon. Validity and reliability analysis was used, in addition to factor analysis to determine the extent of the association of statements with each other and classify them within the appropriate dimensions.(13)

Results of validity and reliability analysis

A. Apparent honesty

The scale was presented to a group of experts in sports psychology, where the clarity of the statements and their connection to the concept of the defeatist personality were verified. Based on their comments, some statements were modified to ensure the accuracy of the wording and their consistency with the content of the scale.(14)

b. Construct validity (factor analysis)

Exploratory factor analysis was used.(Exploratory Factor Analysis - EFA) to check the number of underlying dimensions in the scale and how closely the statements relate to them.

a testKMO and Bartlett's Test

The value reachedKaiser-Meyer-Olkin (KMO) = 0.82, indicating that the data are well suited for factor analysis.

It was the resultBartlett's Test of Sphericity is statistically significant (Sig. < 0.001), confirming that the data are suitable for factor analysis.(15)

Extracting basic factors

Using the principal components analysis method (Principal Component Analysis (PCA) with Varimax rotation, the results showed that the scale consists of 5 main dimensions, which are:

Percentage of variance explained (%)	Number of phrases	Psychological dimension	The number
22.5	5	fear of failure	1
18.3	5	low self-confidence	2
16.7	4	Quick surrender	3
14.2	4	Avoid challenges	4
12.9	4	sensitivity to criticism	5
84.6%	22 phrases	-	Total

◆ Note: The total explained variance of 84.6% indicates that the scale explains most of the variance in the data, enhancing its construct validity.

Rotation matrix(Rotated Component Matrix)

- All phrases recorded factor loading values.(Factor Loading) is higher than 0.60 on its specified dimensions, indicating a strong association between the statements and their dimensions.

- No key phrases have been removed, but they have been modified.**3 phrases**To clarify the meaning and reduce overlap between dimensions.(16)

stability analysis(Reliability Analysis)

Calculate the coefficientCro nbaKalpha(Cronbach's Alpha)

The internal consistency coefficient was calculated usingCro nbaKAlpha for each dimension separately, and the results were as follows:

Cro nbaKalpha	Psychological dimension	The number
0.88	fear of failure	1
0.85	low self-confidence	2
0.83	Quick surrender	3
0.80	Avoid challenges	4
0.79	sensitivity to criticism	5
0.91	-	Total

◆ Note: All valuesCro nbaKAlpha is greater than 0.7, indicating that the scale has a high degree of reliability..

Re-measurement test(Test-Retest Reliability)

The scale was re-administered two weeks later to a sample of 30 players to calculate the correlation coefficient between the results in the two rounds..

The Pearson correlation coefficient value was (Pearson Correlation) between the two rounds was 0.87 (p < 0.001), indicating high temporal stability of the scale.

Adoption and field application of the scale

After completing the construction of the defeatist personality scale among football players and verifying the validity and reliability of the scale through factor analysis and Cronbach's alpha test, the scale becomes ready for field application. This section aims to explain how to implement the field study, determine the target sample, the method of collecting and analyzing data, as well as how to use the results of the scale in psychological and sports studies..(17)

Determine the target sample

A. Target group

The scale targets football players at various competitive levels, including::

- Professional players in major clubs.
- Youth team players and sports academies.
- Amateur players in local and university tournaments.

b. Sample size

- The sample size is determined based on the number of variables in the scale. It is preferable that the sample be larger than 5 times the number of statements to ensure the accuracy of the results..
- Since the scale consists of**22 phrases**Sample size is preferred.**110 players at least, preferably200 players or more**For more accurate results.

C. Sample selection criteria

- The player must be registered in an official club or competitive league..
- To have played football for at least one year..
- To be a regular participant in matches and training..(18)

Measurement implementation procedures

A. Preparation stage

- Communication with sports clubs**To obtain official approvals to apply the measure to players.
- Explain the research objectives**For trainers and officials to ensure their cooperation.
- Prepare electronic and paper copy**From the questionnaire to suit all players.

B. Field application stage

- Distribute the scale to players in a comfortable environment, such as meeting rooms or training rooms..

2. Give players clear instructions on how to answer, emphasizing that there are no right or wrong answers..
3. **Guarantee confidentiality of answers**, so that players do not feel afraid of affecting their rating in the team..
4. Record all answers in an electronic database for easier later analysis..

Post-application data analysis

After collecting the data, it is analyzed using appropriate statistical methods to understand the nature of the defeatist personality in the players. The main steps include::

A. Descriptive distribution(Descriptive Statistics)

It is calculated:

- The arithmetic mean of each dimension to see how widespread it is among players..
- Standard deviation to determine the variance of answers.
- Percentage analysis to understand the prevalence of defeatist traits.(19)

b. Comparisons between groups

- Use test(**t-test**)To compare the differences between professional and amateur players.
- Using one-way analysis of variance(**ANOVA**)To study the effect of age, years of experience, position on the field, etc. on the defeatist personality.

C. Correlation analysis

- Examining the relationship between defeatist personality and athletic performance using Pearson's correlation coefficient(**Pearson Correlation**).
- Knowing the extent to which self-confidence and psychological resilience affect the level of defeatism

Use of scale results in psychological and sports studies

A. At the players level

- Identify players with high self-defeating traits and provide them with psychological support programs..
- Develop psychological training plans to help players increase self-confidence and overcome fear of failure..(20)

B. At the trainers level

- Helping coaches understand players' psychology and develop training plans that suit their psychological state.
- Using the scale as a tool to assess the psychological improvement of players after mental training.

C. At the level of clubs and sports federations

- Providing sports psychological counseling programs to reduce negative phenomena in sports teams.
- Use of the scale as part of the selection and evaluation processes for national teams and major clubs..

Final recommendations

✦ It is recommended to apply the scale periodically to monitor changes in the defeatist personality of players.

✦ Psychological support programmes should be combined with physical and artistic training to enhance resistance to psychological stress.

✦ The study could be expanded to include other sports to determine the prevalence of defeatist personality in different sports fields.

Conclusion

Building a defeatist personality scale for football players is an important step in studying the psychological factors that affect athletes' performance, as psychological traits contribute significantly to achieving success or failure in the sports field. Through this study, a scientific scale was developed based on specific psychological dimensions, including fear of failure, low self-confidence, quick surrender, avoidance of challenges, and sensitivity to criticism, which allows for the possibility of accurately evaluating players and providing therapeutic strategies to enhance their mental abilities..

Statistical analysis of the scale through factor analysis and reliability and validity testing has proven to be a reliable and usable tool in sports and psychological studies, opening the way for coaches and administrators

to apply it in psychological evaluation processes, with the aim of improving sports performance and reducing the negative effects of psychological factors on players..

Hence, the study recommends the necessity of integrating psychological training with physical and technical training, as building a strong athletic personality capable of facing challenges is an essential part of success in sports competitions. The scope of the research can also be expanded to include other sports, or even study the effect of psychological rehabilitation programs on reducing defeatist behavior and enhancing the fighting spirit of players..

In conclusion, it can be said that psychological treatment for sports defeatism is not just a luxury, but rather a necessity to ensure the development of athletes who have mental strength, the ability to overcome failures, and achieve the highest levels of performance on football fields.

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