Building a self-extroversion scale for football coaches from the players' point of view

Hayder Hussein Mohammed, Dr. Haider Kadhim Abd Ulzahra, Dr. Muthana Layth Hatem

Faculty of physical education and sports sciences, University of Misan, Iraq
Email: admin@uomisan.eda.iq

Abstract

The trait of self-extroversion is important in dealing with players through the degree of persuasion and acceptance and works to raise the psychological state of the players. The importance of the research lies in shedding light on the trait of self-extroversion because of its importance for coaches and players to raise the psychological state during competition by the coach. The research problem was identified through a question posed by the researchers to find out the level of self-extroversion among the trainers. The research also aims to build a measure of self-extroversion for football coaches from the players' point of view. The descriptive approach was used in the survey method. Where the research sample consisted of the first and excellent clubs of the southern region, which numbered (288) players and a percentage of (89.44%). The researchers also took the scientific steps required to obtain a scale in its final form, using the appropriate statistical means to achieve the objectives of the research. The results resulted in obtaining a scale of self-extroversion, which consists of eight areas, and the scale consists of (74) items. The research also concluded that there is a desire among players and coaches for the importance of submitting to some lectures and psychological counseling by people specialized in this field athlete.

Introduction and importance of research

The trait of self-extroversion is important in cooperation with the players by the coach, through the degree of persuasion and acceptance, which in turn contributes to raising the psychological state of the players, which also contributes to accepting orders and instructions before and after the match in order to be able to achieve the desired goal. The importance of the research is the characteristic of extrusive self-expression because of its role and importance for coaches and players. It aims to raise the level of performance with skill and tactics, especially in periods of competition, by blaming the Meta and the duties entrusted to it by the well-trained, as well as reading the psychological state.

Research problem

Through the researcher's experience, we note that they are the players and football is not h. Zhao said the personal trainer has a big role in executing wave orders because I don't show them.. He found that there are some dilemmas between switching and executing the commands, and I found that some people accept it with Fatah. Mind through the coach's style and others complain of the implementation of basic training

commands. Here the researcher directs the personal study, not all advantages are active, and the study of the self-extroversion characteristic of coaches

Because of its role in the implementation of the plans and duties assigned by the coach.

Research Objectives

Building and applying the self-extroversion scale for football coaches from the players' point of view for the first and excellent leagues in the southern region.

Research Hypotheses:

There are significant differences between the arithmetic mean and the hypothetical mean of the subjective extraversion scale and its dimensions.

- Research Areas
- The human field: the players of the first and excellent clubs in the southern football region.
- Temporary Field: 10/11/2020 _ 20/5/2021
- The spatial scale of the stadiums of the southern region clubs in the governorate (Maysan, Basra, Nasiriyah, Kut)

Research Methodology and Field Procedures

Research Methodology

The researcher used the descriptive survey method in a manner appropriate to the nature of the research

Research community

The researcher deliberately chose the research community represented by the first and excellent league in the southern football region. The number of (322) players was determined, and the sample was also deliberately determined, and (288) players made up (89.44%) of the research community to ignore the players' responses to the self-extroversion scale. Coach evaluation.

Wael's tools for collecting information used in the research

- Survey Questionnaire (open restricted)
- The International Electronic Information Network (Internet).
- Similar studies and research.
- Arab and foreign sources.
- One (1) laptop (hp.pavilion dv6).
- Stopwatch type (lwc SCHAFFHAUSEN) No. (1).

Procedures specific to the field of research

Procedures for building a self-extroversion scale for first-class and excellent club coaches from the viewpoint of football players in the southern region:

To obtain the self-extroversion scale for coaches from the players' point of view, there are certain steps that the researcher must follow, which were identified (Allawi and Radwan, 2000), as they indicate that there are a set of basic steps. That can be followed when constructing a test or scale and how to relate the units of the scale to measure general aspects of a skill, trait, trait or ability) [1] as the researchers worked on the steps according to the sequence.

Defining the idea of scale

The idea of scale to determine the first steps of the building by researcher Wen, which is "the most important steps, and the first because it allows the scale of the current design and access to the entrances and the main ideas that will be built on it in its design" ([2]).

Determine the objective of the scale

"This step plays the role of a guide who appoints the scale designer during the following steps to prepare a scale that meets the desired purpose. This step aims to identify the service that needs to be provided or the goal to be achieved from behind the ladder" ([3]).

Defining the theoretical framework for measurement

To study any concept or feature it must be based on a reference basis or a theoretical study that supports it, as it helps the researcher to identify the sub-dimensions and the implications of these dimensions. Where the researchers will rely on previous literature and studies in preparing the self-extroversion scale for first-class and distinguished football club coaches.

Determination of scale areas

In order to identify the areas of self-extroversion, researcher Wen Wa briefed him on research, studies and scientific sources, as well as the theoretical definitions of the parameters of the self identified by researcher Wen (13) in the field of measuring his initial image with a definition. For each domain (attention, self-confidence, intelligence, willpower, planning, verbal expression, optimism, emotional response, mental domain of perception, communication, impulsivity, taking the gourd, personality and social) for the purpose of ascertaining the correctness of the promised areas and their definitions to form a group of experts and specialists in The field of sports psychology to express their opinion on the validity of the components and their definitions. Relying on the square law (Ka2) and comparing the score in each domain with the significance level (0.05), and after implementing the previous step, the scale domains consisted of eight domains, namely (self-confidence, willpower). , planning, mental and cognitive domain, optimism, verbal expression, impulsivity, decision making, social personality) as well as domain (self-confidence with willpower) were combined according to expert opinion. The domain name becomes trust and willpower.

Aaadad paragraphs measure

Through the researcher's review of a group of sources in the field of football and sports psychology, it was reached to formulate the paragraphs of the scale to (80) paragraphs.

Determine the method of drafting the paragraphs of the scale and founded

The researchers adopted the Likert method in the process of drafting paragraphs, which is one of the well-known methods in the field of building standards

Validity of paragraphs

The researcher developed a measure of self-extroversion for football coaches from the players' point of view, using the scale in its initial form, which contains (80) items. They are distributed over the eight scale areas, and are closed by five substitutions rated (always, often, sometimes, rarely, never) in negative and positive directions distributed over each dimension (10) paragraphs. To avoid the typical answer, preliminary

paragraphs presented their pictures to experts and specialists in the fields of football, sports psychology, measurement and evaluation, to express their opinions and suggestions, and a number of (23) experts. After taking their opinions, a percentage of (75%) was adopted. [4]) and more as a criterion for keeping the paragraph, and this is what (Bloom and others) mentioned that this percentage is acceptable to keep. The work was settled on (74) paragraphs, including (39) positive paragraphs and (35) negative paragraphs, which obtained the approval of the experts.

Debug key

Number of paragraphs of the initial scale after the paragraph of paragraph validity (74) paragraphs, in front of each paragraph five alternatives to the answer (always, often, sometimes, rarely, never) and the score is given for positive paragraphs as follows (5) -4-3-2-1) Negative (1-2-3-4-5) and therefore the highest score that can be obtained is (370) and the lowest score is (74).

Exploratory experience

Researcher Wen conducted an exploratory experiment on the sample designated for this purpose, where the number of members of the exploratory experiment reached (15) players and a percentage (4.65%) of the original research community sample, which included players' clubs (Maysan Maimon oil). from the sample was chosen randomly. That was on Friday (15/1/2021) until (17/1/2021), and the researcher conducted a survey experiment with the aim of:

1. Make sure the scale instructions are clear.
2. The percentage of clarity of the players' paragraphs and the degree of their response to it.
3. Diagnose the obstacles and defects that the researcher may face.
4. Calculating the approximate time to answer the scale, as it was found that the total time required to answer is (35) minutes.

Procedures to Create a Self-Extending Scale

The researcher applied Wen Scale's research to a structural sample of 142 players and a percentage (44.09%) of the research sample included (6) first-class and excellent clubs for the southern region, on Monday, a brief summary. (18/1/2021) until (21/2). / 2021).

Statistical Analysis of the Research Scale

The validity of the scientific basis that requires its availability in the standards and this electronic study, the researchers used the following types:

– The validity of the content from the experts' point of view and the percentage of their approval:
– Sincerity of construction
– Research Groups in Alternator Scale

To achieve this, the researchers adopted the method of the two extreme groups in calculating the discriminatory ability of the paragraphs. To achieve this, the data withdrawn from the questionnaire for the construction sample must be unloaded, which is (142) forms for the scale.

Then the researcher proceeded with the following steps in order to obtain the discriminatory ability of the items of the scale:

1. Arrange the scores in descending order from the highest score to the lowest score.

2. Obtaining data on a number of forms (27%) according to the following law (sample x 27/100), and the number is (38) forms from the top and a similar percentage from the bottom to represent those forms. Whoever obtained the highest and lowest score, and the number of forms for both parties reached (76) forms.

3. Applying the (T.test) test on the independent samples to identify the significance of the differences between the group of individuals with the highest scores and the group of individuals with the lowest scores for each item.

4. Looking at the level of significance (0.05), it was found that all items were significant. Thus, the scale remained the same, consisting of 74 items.

Stability Scale Research

Split into two halves

To achieve this, the researchers relied on the data of a sample of (142) players in the statistical analysis of subjective extraversion using the half-segmentation method, where the Pearson correlation coefficient was used between the two halves of the scale.

Final form of the search scale

After the previous procedures mentioned by researcher Wen, the size of the self-extroversion of the coaches of the Southern League, the first class and the Premier Football Club after the construction process consisted of (74) paragraphs distributed over eight regions, and thus the grand total. The score ranged between (370-74), average scorer (222)

Statistical means

Researcher Wen conducted a statistical package (SPSS.V.16) to extract the laws.

The third chapter: Presentation, analysis and discussion of the results.

Presentation, analysis and discussion of the results

Presentation, analysis and discussion of the results of the self-extroversion scale

Table (1)Displays the default mean, arithmetic mean, standard deviation, value (Hinted T), and value (sigself-extroversion scale).

Sig	calculated(t)	standard deviation	Arithmetic mean	hypothetical mean	The number of paragraphs of the field
0.00	15,556	20,553	250,484	222	74

Table No. (1) shows that the number of paragraphs of the (self-extroversion) scale amounted to (74) items, and a hypothetical average (222), where the arithmetic mean of the value for the research sample was (250.484) items. A standard deviation of (20,553) and a calculated (t) value of (15,556) and at the significance level (0.00) which is less than the significance level (0.05) and this indicates that there are statistically significant differences between the two methods and in favor of the arithmetic mean of the sample search. Which means that the research sample of coaches has the characteristic of self-extroversion,

and the researcher reinforces this for the rapprochement between coaches and players, as football is a team game that helps practitioners and their workers in increasing the chances of getting to know them. New people, transforming an introvert into a social person, enhancing cooperative activity, and imparting team spirit to reach the goal of winning the match, only through social communication between members of one team and highlighting the greater role of the coach in the organization. These electronic relationships and strengthening the role of the positive and eliminating the negative phenomena that were found in his thinking are open and discuss the reality yes to achieve the required honesty, and this is what (Asad Sharif Amerat 2014) (5).

Conclusions and Recommendations

1. Conclusions: The study sample of trainers enjoyed an acceptable level of self-extroversion and emotional intelligence.
2. Not to seek the assistance of the preparer or psychological counselor within the training staff in all concerned clubs despite the urgent need for these cadres.
3. Recommendations: Subjecting coaches and players to psychological tests from time to time during training periods.
4. Emphasis in the transitional periods on the entertainment programs and the organization of their events to get rid of the psychological burden as a result of entering the competitions.
5. Coaches pay special courses and workshops aimed at defining the role of sports psychology and considering it as part of an integrated training process.

Complement (1)

The self-extending scale model appears at the end

Start	Scarcely	Sometimes	frequently	Always	vertebrae	No
					He has the confidence to take things simple and uncomplicated	1
					When someone insults him, he tries to ignore it	2
					He determines the team's lineup himself	3
					He absolutely trusts the players	4
					His behavior is not affected by external situations	5
					He loses control of the match when he hears the shouts of the crowd	6
					He has anxiety and tension at the start of every match	7
					Enjoys planning ahead in preparing training units	8
					Makes alternate plans for each match	9
					His plans are characterized by	10

					flexibility of application	
					He gets frustrated when faced by a strong team	11
					It has the possibility to take the decision of the technical without reference to the administration	12
					Decision making is part of his job	13
					He has a strong personality when thinking about making a decision	14

References

1. Muhammad Hassan Allawi and Muhammad Nasr al-Din Radwan: Measurement in Physical Education and Sports Psychology, Cairo, Dar al-Fikr al-Arabi, 2000.

2. Mohsen Lutfi Ahmed: Personality Measurement, Cairo, the Egyptian International for Printing and Publishing, 2006, p. 114.

3. Ali Hussein Hashem Al-Zamili: Building and Coding Psychological Scales, Iraq, Baghdad, House of Books and Documents, 2017.

4. Benjamin Bloom et al.; evaluating the specialized and formative learning of the student (translation) Muhammad Amin Al-Mufti and others. Cairo, McGrawhill House, 1983.

5. Emirate of Asaad Sharif: Personal Psychology, Dar Al-Safa Publishing and Distribution, Amman, Jordan, 2014.

6. Muhammad Hassan Allawi and Muhammad Nasr al-Din Radwan: Measurement in Physical Education and Sports Psychology, Cairo, Dar al-Fikr al-Arabi, 2000, p. 319.

7. Mohsen Lutfi Ahmed: Personality Measurement, Cairo, Egyptian International for Printing and Publishing, 2006, p. 114.

8. Ali Hussein Hashem Al-Zamili: Building and Codifying Psychological Scales, Iraq, Baghdad, Libraries and Archives, 2017, p. 49

9. Benjamin Bloom et al. evaluating the specialized and formative learning of the student (translation) Muhammad Amin Al-Mufti and others. Cairo, McGrawhill House 1983 p. 294. 295

10. Asaad Sharif to the Emirate: Personal Psychology, Dar Al-Safa Publishing and Distribution, Amman, Jordan, 2014, p. 17