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Psychological toughness and its relationship with aggressive behavior among Al-Gharraf football club players

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Abstract

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Keywords

Sports Injuries, Muscle Tears, Kinesio Tapes, Rehabilitation, Arena and Field.

- To identify psychological resilience and aggression among Al-Gharraf Football Club players.

- To identify the relationship between psychological resilience and aggression among Babylon Football Club players.

The researcher used a descriptive approach using a survey and correlational study. The research community was defined as (24) Al-Gharraf Football Club players. A sample of (15) players was randomly selected from these players. The researcher then selected and applied measures of psychological resilience and aggressive behavior to the research sample. The results were extracted and appropriate statistical treatments were used to arrive at the results. The results were then presented, analyzed, and discussed. The researcher reached the following important conclusions:

- Most Al-Gharraf Football Club players have an average level of psychological resilience.

- The results of the study showed a statistically significant inverse relationship between psychological resilience and the level of aggressive behavior among Al-Gharraf Club players, whereby the higher the level of psychological resilience, the lower the level of aggression.

Based on the research findings, the researcher makes the following key recommendations:

- Promote a culture of fair play by rewarding positive sports behavior and punishing aggressive behavior.

- Involve a sports psychologist within the technical staff to monitor players' emotional well-being and intervene when necessary.

Introduction to the Research:

1-1 Introduction and Importance :

Sports psychology contributes with its data to the formation of the main base of the training process, without it it is difficult to achieve high achievement, as good performance alone is not enough to achieve victory, but there are other factors that control obtaining high achievement in the match, including the audience, the surrounding conditions, the level of competition, in addition to motivation and motivation to win, and these are all things called psychological factors. Psychological toughness is one of the modern psychological concepts that has received increasing attention in the fields of sports psychology, psychological counseling, and human development, because of its prominent role in enabling the individual to face various pressures and challenges with stability and balance. Psychological toughness refers to those personality traits that help the individual to adapt positively to difficult situations, through the belief in the ability to control events, and the feeling of Commitment and challenging difficulties instead of avoiding them Psychological toughness is one of the important psychological factors that help athletes cope with the pressures of training and competition. On the other hand, aggressive behavior is a common phenomenon in competitive sports, and may affect performance and sportsmanship. This study aims to identify the relationship between psychological toughness and levels of aggression in football players at Al-Gharraf Club. In the field of sports, the importance of psychological toughness is highlighted as a decisive factor in excellence in performance excellence and overcoming failures and failures, as it contributes to building a sports personality capable of psychological endurance and continuing to compete in a positive spirit. On the other hand, aggressive behavior is one of the common psychological and behavioral phenomena in the field of sports, especially in football, where some forms of aggression appear as a result of stress, frustration, or a sense of injustice during play. The manifestations of this behavior may vary between mathematically acceptable aggression (such as physical contact allowed under the laws) and unlawful aggression (such as hurtful words or behavior revenge).

Based on this, this research seeks to study the relationship between psychological toughness and aggressive behavior in football players, in order to find out whether psychological toughness contributes to reducing negative aggressive behavior, or if there is a different kind of correlation between them, the importance of this research is manifested in the fact that the researcher tries to identify psychological toughness and aggression in football players and the relationship between them as one of the most important aspects whose integration in the player leads to achieving victories.

In addition, the study of this comparison in the game of football gives a clear perception of the psychological aspects and behavior of the players, because the game of football is the most powerful in terms of its popularity, its impact, and the pleasure and suspense it gives to its followers, as well as the reduction of negative aggressive behaviors that may affect the team.

1-2 Research Problem :

Psychological toughness is one of the psychological traits that contribute to enhancing the player's ability to adapt to various pressures during training or competition, as it represents a protective shield that helps him control his emotions and make his decisions in a balanced manner, and on the other hand, aggressive behavior is one of the common behavioral phenomena in the game of football, which may appear as a result of stress, pressure, or lack of self-control.

Despite the increasing interest in psychological performance factors in professional sports, it is observed that aggressive behaviors appear among some players during matches and training, which negatively affects the performance, discipline, and image of the club. On the other hand, psychological toughness is an important factor in the player's ability to face pressure and control emotional responses, and with the lack of local studies that examine the relationship between these two variables among Iraqi club players, there is a need to study the relationship between psychological toughness and levels of aggression among Al-Gharraf Club players. Recently, it has been observed that some manifestations of aggressive behavior among football players are widespread, which may negatively affect their individual and collective performance, expose them to penalties or expulsion, and harm the team's image in general, and from this point of view, there is a need to study the relationship between psychological toughness and aggressive behavior among Al-Gharraf Club players, to find out whether there is a correlation between low psychological toughness and high level of aggressive behavior among players.

Therefore, the research problem is the following question:

""What is the relationship between psychological toughness and aggressive behavior among Al-Gharraf football club players ""

"What is the reality of the nature of the relationship between psychological toughness and aggressive behavior among the players of Al-Gharraf Football Club""

1-3 Research Objectives :

- Identifying the psychological toughness and aggressive behavior of Al-Gharraf football club players.

- Identify the relationship between psychological toughness and aggressive behavior among football players.

Determining the nature of the relationship between psychological toughness and aggression

1-4 Hypothesis of the Research :

- We assume that there is a correlation between psychological toughness and aggressive behavior among the players of Al-Gharraf Football Club in Dhi Qar Governorate.

1-1 Research Areas :

1.5.1 Human Field: Al-Gharraf Football Club Players in Dhi Qar Governorate .

1-5-2 Time Domain -: 2024-2025

1-5-3 Spatial Domain: Al-Gharraf Football Club Stadium .

1.6 Terminology:

1-6-1 Psychological Toughness :

Psychological toughness is **a set of personality traits that help an individual perceive stressful situations as challenges that can be faced, enable them to stick to goals, feel in control of events, and be able to turn stressors into opportunities for growth and development.** It typically consists of three main dimensions: **commitment , control and challenge** ¹

2.6.1 Aggressive Behavior :

Aggressive behavior is directed behavior that aims to inflict physical or psychological harm on others, or to destroy property, whether this behavior is verbal or physical, direct or indirect, and appears as a result of internal motivations or responses to external stimuli in the sports field, aggression may manifest itself in forms such as violent physical contact, the use of abusive words, or behaviors contrary to the spirit of play.²

2 Research Methodology and Field Procedures:

2-2 Research Methodology :

¹ Kobasa, S. C. (1979). *Stressful life events, personality, and health: An inquiry into hardiness* *Journal of Personality and Social Psychology*, 37(1), 1–11s

² Al-Aqbi, Abdullah Mohammed: **Aggressive Behavior in the Sports Field**. Journal of Physical Education and Sport Sciences, Helwan University, Cairo, 2006.

The researcher used the descriptive method to suit the nature of the research problem, and the descriptive method is one of the most important methods used in scientific research, and it is used to study phenomena as they are in reality with the aim of accurately describing them, analyzing them, and interpreting them, without interfering in changing or manipulating them.³ This approach is based on collecting data and information related to the phenomenon, then organizing and analyzing it to draw conclusions.

2-2 The research population and its sample :

The research population was identified with (24) players of Al-Gharraf Football Club, and a sample of (15) players was randomly selected and the researcher also selected (8) players for the reconnaissance experiment, and Table (1) shows this.

Table (1)
Shows the research population and the study sample

Percentage	Number of Individuals of the Main Experiment	Percentage	Number of Participants
65.21%	15	34.78%	8

2.3 Devices, tools and means used in research

1.2.3 Devices and tools used in the research :

One of the important things that the researcher must follow to complete and solve his problem are the research tools, which are "the basic means by which the researcher can collect data and solve his problem to achieve the goals of the research, whatever those tools are, such as data, samples, and devices."⁴

- Stopwatch number. (1)
- Portable Calculator Type (HP) Number (1) .
- Stationery (Papers, Pens)

Wajih Mahjoub et al.: Methods of Measuring Scientific Research and its Methods in Physical Education, Ministry³ of Higher Education, University of Baghdad, 1988, p. 156.

⁽¹⁾ Wajih Mahjoub: Methods and Methods of Practical Research, Iraq, University of Mosul, University Press, 1985, p. 17.

3.3.2 Means of gathering information:

The researcher used multiple methods to collect the required data in his research, which are:

- Arab and foreign sources and references to determine the most important areas of the Psychological Toughness Scale and its most important paragraphs.
- Forms distributed to experts and specialists to identify the most important areas and paragraphs proposed to measure psychological toughness
- A form for data dumping.
- Personal interviews.

2.4 Field Research Procedures:

2.4.1 Procedures for Selecting Psychological Toughness and Aggressive Behavior Scales:

The researcher used the psychological toughness scale prepared by Mohsen Mohamed Hassan (2014) ⁽⁵⁾, which consists of (26) paragraphs (see Appendix (2), and the answer to the paragraphs was with three alternatives, namely (always, sometimes, never) and the weights of the answer (3-2-1) for the positive paragraphs and (1-2-3) for the paragraphs. negativity.

As for the scale of aggression, the scale prepared by Muhammad Hassan Allawi (1998) ⁶ was selected, and the scale contained (20) paragraphs, the dimensions of the answer are (strongly agree, agree, disagree, strongly disagree) the weights of the answer (4-3-2-1) for the positive paragraphs and (1-2-3-4) for the negative paragraphs.

In order to apply the two scales, the researcher presented the two scales to a group of experts and specialists (see Appendix 1) in the field of sports psychology and testing and measurement in the field of sports, for the purpose of evaluating and judging them in terms of their validity in what was set for them, and after reviewing the paragraphs of the scale and the specialists, they expressed their observations, after which the researcher extracted the value of (K2). calculated for the agreement of experts and specialists and accepting the nomination of paragraphs

⁽¹⁾ Mohsen Mohammad Hassan: The Perceived Mental Image of the Coach's Leadership Style and its Relationship with Psychological Toughness and Achievement Motivation among Iraqi Elite Football League Players, Ph.D. Thesis, Faculty of Physical Education and Sport Sciences, University of Babylon, 2014.

⁽²⁾ Muhammad Hassan Allawi : Encyclopedia of Psychological Tests for Athletes , Cairo, Al-Kitab Center, 1998.

whose calculated value of (K^2) is greater than its tabular value of (3.84) as shown in Tables (2).

Table (2)

Shows the number of those who agreed, the calculated values of (K^2) and the significance of the paragraphs of the psychological toughness and aggressive behavior scales.

Significance	The calculated value of (K^2)	Number of disagreeing experts	Number of Experts Approved	Scale
Moral	5	zero	5	Psychological toughness (all paragraphs)
Moral	5	zero	5	Aggression (all paragraphs)

After the validity of the paragraphs and the test were approved by the experts, The researcher T For instructions for answering the paragraphs of the two scales, see Appendix (4) The correct answer is by setting instructions that facilitate the correct answer, where simplicity in words and clarity of meanings have been emphasized, and accuracy and honesty in the answer have been emphasized, and the real purpose of the scale has been hidden.

2.4.2 The exploratory experiment of the psychological toughness and aggression scales:

After setting the instructions for the two scales, the researcher conducted the survey experiment on Thursday , 15/3/2023 to reveal the following:

- To make sure the instructions and paragraphs of the two metrics are clear to the players.
- Recognize the time it takes to answer the two scales.
- Identify the conditions of application of the two standards and the accompanying difficulties.
- Ensure that the two measures are clear for the sample.

The exploratory experiment was applied to (8) players from Al-Gharraf Football Club , and the experiment revealed the following:

- The instructions were clear by the sample members.
- The paragraphs were clear and not ambiguous.
- Both scales were appropriate for the sample.
- The time taken to apply was between (10-12) minutes.
- The answer alternatives were appropriate for the level of the sample members.
- The stability coefficient has been extracted and thus the two measures are ready to be applied

2.4.3 Main Experience: Psychological Toughness and Aggression Scales:

The researcher applied the psychological toughness and aggression scales to the individuals of the sample of (15) players representing Al-Gharraf football club players on 15/4/2023, and the main purpose of the basic experiment is to apply the paragraphs of the two scales to the research sample.

2-4-4 The scientific foundations of the psychological hardness scales and Aggression : Honesty and consistency are among the most important psychometric characteristics that must be present in the psychological scale, regardless of the purpose for which it is used, and therefore these characteristics must be verified in order to ensure the quality and validity of the scale used in measurement and evaluation..

A- Truthfulness of the two scales: Honesty is one of the basic characteristics of psychological scales, as it refers to their ability to measure what has been described, as honesty is related to the goal on which the scale is based ⁷.

The researcher verified the validity of the two scales through the effect of the validity of the content or content, which is often done by logical judgment on the existence of the attribute, attribute or ability in question to verify whether the proposed measurement method actually measures it or not.

B. Stability of the two scales:

The stability coefficient of the test was found by testing and retesting the scale and testing on the survey sample, and after unloading the data, the value of (t) was extracted, from which the researcher concluded that the psychological hardness scale has a high degree of stability, if the value of (t) is (0.87), while the aggression scale has a high degree of stability as well, if the value of (t) , (0.89) .

2-5 Statistical Methods :

Waheeb Majeed Al-Kubaisi: Psychological Measurement between Theory and Practice, 1st Edition, Beirut, ⁷

United Worlds, 2010, p. 33.

The researcher used the statistical portfolio of the social sciences to extract the following methods:

- 1- Arithmetic mean.
- 2- Standard deviation.
- 3- Simple correlation coefficient (Pearson).

Presentation and Analysis of Results

3. Presentation, analysis and discussion of the results:

This chapter includes the presentation and analysis of the researcher's findings by analyzing the responses of the sample members on the research tool according to the objectives contained in it, as follows:

3-1 Identifying psychological toughness and assertive behavior and the relationship between them:

With regard to the first objective of the research, which is to identify psychological toughness and assertive behavior and to know the relationship between them among the players of Al-Gharraf Football Club, the total score of each player was calculated, and in order to know the nature of the reality of the psychological toughness of the whole sample, the arithmetic mean of the sample was calculated and it appeared that it is equal to (52.35) and with a standard deviation of (3.51), all of which are higher than the theoretical mean of the scale, which is (52) degrees . As shown in Table (3).

In order to know the nature of the reality of aggression for the whole sample, the arithmetic mean of the sample was calculated and it appeared that it is equal to (56.90) and with a standard deviation of (5.40), all of which are higher than the theoretical mean of the scale which is (50) degrees.

Table (3)

Sample Results in Psychological Toughness and Aggression Scale

Significance	T value Schedule	Calculated T Value	Standard Deviation	Arithmetic average	audition
Moral		0.87	3.51	52.35	Psychological toughness

			5.40	56.90	Aggression
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It appears from Table (3) that the calculated value of (t) is higher than the value of (t) at the level of significance (0.05) and the degree of freedom (14), and this means that the players have psychological toughness and aggression, and this can be explained by considering the psychological variables and their importance and impact on the effectiveness of public life, which is therefore reflected on the results of the player and his behavior or performance, as the player needs psychological toughness, because psychological toughness means control. with the internal and external emotions that they are exposed to in learning various skills and situations, especially in strong competitions, so if the player has a set of psychological variables, including psychological toughness, because they are "one of the important and basic factors of personality in improving psychological performance, mental and physical health, as well as maintaining healthy behaviors"

In addition, it acts as a barrier between the player and the physical injury associated with competition, and the player with a solid personality deals seriously and effectively with the pressures he faces in competition, and he tends to be optimistic and deal directly with the sources of pressure, so he can turn stressful situations into less threatening situations, and therefore he is less susceptible to the negative effects associated with the pressures of lessons or public life ⁸

It is clear that Al-Gharraf players have a high level of commitment and control, which reflects their psychological readiness to adhere to training plans and implement instructions accurately, in addition to their ability to control their emotions during stressful situations. However, the challenge came at the intermediate level, which may indicate that players need more training to accept difficult situations as opportunities to develop and not just as a source of pressure.

The results also showed that the overall aggressive behavior is at the average level, which is expected in a football game characterized by physical contact and fierce competition, but the rise in anger and emotion is an indicator that requires training and psychological intervention to teach players emotion control strategies.

Abdel Rahman, Khaled Abdullah. (2020). Psychological Toughness as a Mediating Variable in the Relationship ⁸ between Psychological Stress and Aggressive Behavior. Journal of King Saud University – Educational Sciences, 32(1), 89-110

The inverse relationship found by the research is consistent with what has been reported in previous studies, where research (such as the Kobasa study, 1982 and Jones, 2002) has indicated that individuals with high psychological toughness are less likely to exhibit aggressive behaviors, thanks to their ability to control emotions and adopt positive coping strategies. This reinforces the importance of psychological toughness as a tool for reducing aggressive behavior in competitive situations.⁹

Conclusions and Recommendations

4-1 Conclusions

In the light of the findings of the research, the following conclusions can be formulated:

- Most of the players of Al-Gharraf Football Club are those who have a moderate level of psychological toughness.
- The results of the study showed that there is **a statistically significant inverse relationship** between psychological toughness and the level of aggressive behavior among Al-Gharraf Club players, where the higher the level of psychological toughness, the lower the level of aggression.
- The results showed that factors such as age, field status, and number of years of experience affect the level of both psychological toughness and aggression.

4.2 Recommendations :

Based on the findings of the research, the researcher recommended the following:

- Coaches use the psychological toughness and aggression scales to know the attitudes of the players and what is the level of their psychological variables in order to consider how to give directions and instructions to the players
- Include psychological training programs in the team's annual preparation plan, focusing on the development of psychological resilience and emotional control skills.

Jones, G., Hanton, S., & Connaughton, D. (2002). What is this thing called mental toughness? An investigation of ⁹ elite sport performers. *Journal of Applied Sport Psychology*, 14(3), 205–218.

- Organize workshops for players on stress management strategies and how to turn them into positive performance motivation.
- Promote a culture of fair play by rewarding positive sporting behaviors and punishing aggressive behaviors.
- Involving the sports psychologist in the technical staff to follow up on the emotional aspects of the players and intervene when needed

Arab and Foreign Sources

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Appendix (1)

**Names of experts and specialists whose opinions and suggestions were taken
In determining the validity of the Psychological Toughness and Aggressive
Behavior Scale**

Workplace	Jurisdiction	Name	Scientific Title	t
Dhi Qar University Faculty of Physical Education and Sport Sciences	psychology Sports	Mohsen Ali Moussa	a . D	1
Dhi Qar University Faculty of Physical Education and Sport Sciences	psychology Sports	Abd El , Abbas Abd El , Razzaq	a . D	2
Dhi Qar University Faculty of Physical Education and Sport Sciences	psychology Sports	Bassem Shaheed	a . D	3
Dhi Qar University Faculty of Physical Education and Sport Sciences	psychology Sports	Suhair Rahman	a.M. D	4
Dhi Qar University Faculty of Physical Education and Sport Sciences	psychology Sports	Saif Hadi	a.M. D	5

Appendix (2)

**Psychological Toughness and Aggressive Behavior Scale Distributed to the
Research Sample**

Dear player

Greetings :

The researcher puts in your hands a set of paragraphs that express your reactions to a number of situations, asking you to read each paragraph accurately and answer it by putting (√) under one of the three options in front of each paragraph, which she thinks applies to you, especially since the answer will be confidential and no one will see

it, and it will only be used for the purposes of scientific research ... There is no need to mention the name .

**With many thanks and appreciation
to the researcher**

Hawra Muhammad Ali

At all	Sometimes	All the time	Paragraphs	t
			I disclose my inner needs and desires towards the coach .	1
			I avoid discussions within the team .	2
			I want my teammates to be happy with me or make good impressions .	3
			I alert my teammate to his mistake .	4
			I am working to alleviate the suffering of my fellow players .	5
			I am afraid of heated discussions with my fellow players .	6
			I like to diversify my skills during competition .	7
			I believe that every teammate takes as much as he or she works hard .	8
			I am afraid of making decisions that affect my personality on the field and the lack of ability to bear the consequences .	9
			My response is usually decisive with my fellow players on the field .	10
			I can change the attitudes of my fellow players towards what I believe to be true or believe in	11
			I insist on the decisions I make in competition .	12
			I advise my hesitant fellow players to be bold in their lives .	13
			I know that if I keep putting one foot in front of the other, I will progress in achieving my goal in the competition .	14
			I have the ability to complete the tasks assigned to me by the coach .	15
			I criticize fellow players when required .	16
			I keep talking about the team even though there are people who are against my talk .	17
			I care about the change in my sports lifestyle in order to achieve success.	18

			I think all the things that happen in my sporting life are my planning.	19
			Problems within the team mobilize my strength and ability to challenge.	20
			I feel anxious and afraid of changes within the team.	21
			Chance and luck play a big role in my sports life.	22
			When I succeed in solving a problem with my fellow players, I move on to solve another problem.	23
			I think that silence in matters that do not concern me is golden.	24
			I have the ability to control everything in my sporting life.	25
			I have the ability to solve my problems with my teammates and coaches because I trust myself.	26

I strongly disagree	I don't agree	Agree	I strongly agree	Paragraph	t
				I seem to compete hard when I'm defeated.	1
				I try to stay away from the opponent who plays rough and violent	2
				Some of my colleagues describe me as a player who is not afraid of physical contact with opponents	3
				Defense is the best way to attack	4
				Avoid challenging violent opponents in gameplay	5
				I don't give up easily when the situation gets worse while playing	6
				I tend to challenge competitors who are at a high level	7
				I am afraid of the opponent, who is predominantly rough in the game	8
				When things go wrong in the game, I don't fight as hard as I can.	9
				Even when I am defeated by a wide margin, I do not give up easily	10
				Some of my colleagues describe me as a pacifist player	11

				I am not afraid of violent and rough play	12
				I try to avoid contact with the opponent because I am afraid of injury	13
				Offense is the best way to defend	14
				Some of my classmates describe me as being manly	15
				I am very sad when my opponent is injured as a result of my contact with him	16
				I don't prefer to participate in a competition against competitors with a high degree of violent physical contact	17
				I like offensive play more than defensive play	18
				In sports competition, I struggle as hard as I can, even if I'm defeated.	19
				A lot of my colleagues describe me as fair play	20