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Psychological support for coaches and its relationship to the locus of control among players on the Iraqi National Teams

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ABSTRACT

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Keywords:

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The objectives of the research included constructing scales of psychological support and locus of control among players of the Iraqi National Teams Associations for Advanced Players, identifying the level of psychological support and locus of control among players of the Iraqi National Teams Associations for Advanced Players, and finding the relationship between psychological support and locus of control among players of the Iraqi National Teams Associations for Advanced Players of the Iraqi National Teams Associations for Advanced Players for the year 2024/2025. A sample of (209) players, distributed across (19) games, were then divided into a pilot sample of (9) players, a construction sample of (120) players, and an application sample of (80) players from all associations, with a percentage of 100%. The researcher reached a set of conclusions, the most important of which was that the sample achieved a high level in both the psychological support and locus of control scales among players of the Iraqi National Teams Associations for Advanced Players. There is a high correlation with significant moral significance between the psychological support and locus of control scales among players of the Iraqi National Teams Associations. To the Iraqi Bar Association.

1. Introducing the Research

1-1 Introduction and Importance of the Research

Psychological support is one of the positive concepts that refers to the support provided to individuals to help them deal with psychological and emotional challenges, and that this type of support can come from several sources such as friends, family, counselors, coaches, mental health specialists, etc., and that the main goal of psychological support is to promote psychological well-being in all aspects of life and support them in facing the pressures and challenges they may face, especially in the sports aspect as one of the main pillars of life nowadays. Psychological is an essential part of the comprehensive care for individuals and plays an important role in improving the quality of psychological life, especially that the targeted athletes are people with disabilities regardless of the type of disability that is motor, visual, auditory or mental, as these competitions aim to provide an opportunity for athletes with disabilities to highlight their sports skills and enhance awareness and appreciation of sports potential, so the role of the sports coach is essential and decisive in achieving sports success and personal growth for this category of athletes through emotional support. Listening to their problems and providing advice that may help the disabled athlete deal with the stress and anxiety caused by competitions and training, and thus build confidence by encouraging and praising achievements that enhance their self-confidence and help develop a strong sense of competence and the ability to achieve goals, so the role of the coach is not limited to physical performance only but also enhances the psychological and emotional well-being of athletes.

The location of control is a psychological concept that refers to how individuals perceive the causes of events and the consequences that happen to them in their lives, and that the position of control for athletes, whether they are healthy or disabled, is a concept that greatly affects their performance and their interaction with sports challenges, as athletes who possess internal control tend to take responsibility for their performance, work to improve it, have self-confidence and believe in their ability to succeed and learn from mistakes, while athletes who possess external control may face more difficulty in dealing with failures or challenges.

The interest in studying the sport of the disabled is of great importance, whether at the level of the athletes themselves or at the level of society as a whole by promoting physical and mental health and increasing their self-confidence, or through social integration to provide opportunities for them to interact and form new friendships that help enhance their belonging to society and reduce isolation, and these are the responsibilities of everyone as they are part of society.

Hence, the importance of the research lies in two aspects: (the first) is the aspect of scientific research in identifying the level of psychological support for coaches and whether there is a relationship between the psychological support of coaches and the position of control among the players of the national teams of the National Paralympic Committee, and what is the nature of the relationship between psychological support and the position of control among the players of the national teams of the National Paralympic Committee, and the second aspect is a human aspect that seeks to enhance the mental health of disabled players by caring for them and supporting scientific research for this segment and the recommendations that will be made. The researcher emphasizes them in this research in light of the results.

1-2 Research Problem:

Psychological support is one of the important variables that help build a strong support network, reduce feelings of isolation, provide the necessary strategies to deal with challenges more effectively, enhance self-confidence, and motivate positive performance.