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

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ABSTRACT

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. Players of the Iraqi National Teams Associations for Advanced Players for the year 2024/2025 numbering (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.

As a result of the lack of research on the term psychological support for coaches in general and its lack in the category of disabled athletes in particular, who need it more than any other category, since the coach is responsible for determining the psychological state of the players and the revolt of diversification in the team system, and the relationship of this support in raising the positions of internal and external control of the player, it was necessary to address this type of research, and according to the researcher's point of view, the researcher is a teacher in the field of sports and has experience in the field of attribution Therefore, the researcher considers the lack of such research to be a problem in itself that can be solved by studying such relationships and identifying the nature of relationships

through which sports performance can be improved, mental health can be enhanced, anxiety and depression can be reduced and depression and adapt to the physical challenges they face, whether in training or competitions, and thus reflect on their personal life within the community, in addition to providing some solutions and alternatives through which we seek to improve and raise performance on the one hand, and enhance mental health and increase confidence On the other hand, the self.

1-3 Research Objectives:

1- Building psychological support standards and the location of control among the players of the national team federations of the Iraqi Paralympic Committee for applicants.

2- Identify the level of psychological support and the location of control among the players of the national team federations of the Iraqi Paralympic Committee for applicants.

3- Finding the relationship between psychological support and the position of control among the players of the national team federations of the Iraqi Paralympic Committee for applicants.

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-    **1-4 Research Areas:**

1-4-1 Human Field: Players of the Iraqi Paralympic Committee's National Team Federations for Applicants / for the Year 2024/2025

1.4.2 Spatial Field: Stadiums and halls of the Iraqi Paralympic Committee.

1-4-3 Temporal Domain: From 1/10/2024 to 2/3/2025.

1.5 Defining the Terms:

1.5.1 Psychological support: " **Support is the** support provided to individuals to help them cope with the psychological and emotional challenges they face in their daily lives, and support can come from multiple sources such as friends, family, psychological counselors, and mental health professionals" (Hobfoll: 2011, 116-122).

1.5.2 Location of control: "It is a psychological concept that refers to the personal perception of what is considered to be the main cause of life events" (Rotter: 1966, 1-28).

3- Research methodology and field procedures

3-1 Research Methodology: The researcher used the descriptive method with the survey method and correlational relationships to suit the nature of the current study.

3-2 The research population and its sample:

The research population was determined, the players of the national teams federations of the Iraqi Paralympic Committee for applicants for the year 2024/2025, which are (209) players distributed over (19) games, then they were divided into the sample of the exploratory experiment with (9) players, the construction sample with (120) players, and the application sample with (80) players from all federations, and with 100% from all federations, and the percentage of the research sample as a whole reached (100%) from the original population, and the sample was divided as shown in Table (1):

Table (1) Shows the distribution of sample members

Sample Application	Sample Exploratory Experiment	Sample Construction	Percentage	Total number of research population	National Team Federations of the Iraqi Paralympic Committee for Applicants	t
7	1	10	8.61%	18	**Paralympic Athletics Games**	1
4	1	9	6.70%	14	**Paralympic weightlifting**	2
5	1	8	5.74%	12	**Paralympic Volleyball**	3

3	--	5	3.83	8	**Paralympic Tennis**	**4**
5	--	7	5.74	12	**Paralympic Basketball**	**5**
10	1	17	13.4	28	**Deaf Games**	**6**
5	1	6	6.70	14	**Paralympic Table Tennis**	**7**
5	--	5	4.8	10	**Paralympic Shooting**	**8**
3	--	6	4.31	9	**Paralympic fencing**	**9**
3	1	4	3.83	8	**Paralympic swimming**	**10**
5	--	5	4.8	10	**Paralympic Goal Ball**	**11**
4	1	7	5.74	12	**Paralympic Judo**	**12**
3	1	7	5.26	11	**Paralympic Boccia**	**13**
4	--	5	4.31	9	**Paralympic bow and arrow**	**14**
3	--	5	3.83	8	**Paralympic Taekwondo**	**15**
3	--	5	3.83	8	**Paralympic Badminton**	**16**
3	--	3	2.9	6	**Paralympic Cycling**	**17**
3	--	3	2.9	6	**Paralympic rowing**	**18**
2	1	3	2.9	6	**Football for the blind**	**19**
80	9	120	--	209	**Total**	
38.28 %	4,30%	57.42 %	100%	100%	**Percentage**	

3.3 Tools and devices   and means used   in the research:

- Sources - Questionnaire - Interview - Measurement and Testing - Data Collection Forms

3.3.1 Tools and devices used in the research:

 - The assistant team Annex 2 - Computer - Manual cartoon scientific calculator.

 - Papers - Pens - Statistical Bag (SPSS)

3.4 Field Research Procedures

3.4.1 Procedures for building and codifying psychological support scales and the location of seizure.

3.4.1.1 Purpose of the Construction of the Study Scales:

The researcher had to identify the psychological support and the location of the control, and then build measures that are accurate and comprehensive in measurement among the players of the national teams of the Iraqi Paralympic Committee.

3.4.1.2 Identify the phenomenon to be studied

Before embarking on a descriptive study, building and codifying in accordance with the theoretical framework of reference and reaching a solution to the problem, the phenomenon to be studied should be determined, and its concept and limits should be quite clear.

3-4-1-3 Identifying the Areas of the Psychological Support Scale

For the purpose of determining the areas of the scale, the researcher reviewed various sources, studies, and previous researches in various specializations that dealt with the research topic, and thus the dimensions or areas were identified as follows: (emotional support, economic support, and cognitive support).

3.4.1.4 Determining the style and foundations of the formulation of the paragraphs:
After reviewing some relevant sources and studies and conducting personal interviews with a group of experts and specialists, the researcher relied on important foundations in the formulation of the paragraphs of the scale so that the paragraph has one meaning, and that the phrase measures the scope of the study, moving away from the method of negation, writing in an easy and clear language, and characterized by flexibility and clarity.

(60) items have been formulated in the Psychological Support Scale, distributed in three areas as follows:

1- Emotional Support (20) Paragraphs.
2- Economic support (20) paragraphs.
3- Cognitive support (20) paragraphs.
- 3.4.1.5 Measurement of the location of the control:

("   "Highly

"   "Slightly   " "Disagreed).

3.4.1.6 Presentation of the preliminary version of the study criteria

The preliminary version of the study scales was presented to a group of (11) experts in the field of sports psychology (Appendix 4) to verify the validity of the paragraphs and their observations on the paragraphs of the scale, and the answers were analyzed using (K2) for one sample and each paragraph was considered valid when (K2) calculated as a function of (0.05).

3.4.1.7 Exploratory experiment

After the two study scales were ready to be applied to the sample of the exploratory experiment, which consists of (9) players from various national team federations, the scale was applied on Monday, 28/10/2024, for the purpose of ensuring the clarity and understanding of the paragraphs and the method of their formulation and revealing the unclear paragraphs, and it was found that the paragraphs of the two scales were clear, and the response time for the psychological support scale was from (15-18) D and the control site scale from (13-15) D.

3.4.1.8 Main experiment of applying the paragraphs of the scales to the construction sample

The application was conducted on the construction sample of (120) players on Thursday (7/11/2024 to Monday 11/11/2024), after which the forms of the two scales were collected electronically after completing the answers to them and in time.

3.4.1.9 Statistical analysis of the paragraphs of the measures:

Statistical analysis is a necessary step in the construction of personal and other scales, because the logical analysis of the paragraphs may sometimes reveal their validity

or truthfulness accurately, while the statistical analysis of the scores reveals the accuracy of the paragraphs in measuring what they were designed for (Able:1972, p41).

3.4.1.10 The discriminating power of the paragraphs of the study scales:

Distinguishing power refers to the extent to which the paragraphs are able to distinguish between those with higher levels and those with lower levels of players in relation to the field measured by the paragraphs, and thus the researcher has formed two upper and lower groups for each scale, and for the purpose of calculating the discriminatory coefficient of each of the items of the scale, which is (60) items for the first scale and (45) items for the second scale, the researcher used the T-test using the statistical package for social sciences.SPSS) The T value was considered a statistically significant indicator for distinguishing the paragraphs, and thus the number of paragraphs became (49) paragraphs for the first scale and (42) paragraphs for the second scale.

1. The discriminating ability of the psychological support scale ranged from (1,200) to (5,000).

2. The discriminating power of the control site scale ranged from (1,194) to (4.888).

- 3.4.1.11 Internal consistency coefficient:

This index for the research scales was extracted using the significance of the correlation coefficient (Pearson) between the score of each item and the total score of the research scales and between the score of each field with the total score of the psychological support scale because the control scale was devoid of domains, and all the results of the correlation coefficient were significant after being processed by the statistical package for social sciences (SPSS).

3-5 Scientific Foundations of Research Scales:

3.5.1 Honesty:

Honesty is one of the characteristics that should be taken into account in testing and building standards, as the honest scale is the measure whose paragraphs "measure the quality to be measured and does not measure any other trait, whether the respondent

individual applies to him or not" (Muhammad Hassan Allawi and Muhammad Nasr Al-Din: 2002, p. 255) and there are types of honesty, so the researcher extracted the honesty of the content and the honesty of the construction.

3.5.1.1 Authenticity of the Content or Content:

The authenticity of the content or content is one of the types of honesty through which the contents of the scale form are clarified through the paragraphs of presenting these paragraphs to experts and specialists, and this type of honesty has been achieved by presenting the scales to experts and specialists.

3.5.1.2 Validity of the construction:

This type of honesty was calculated through the following:

1- The Style of the Two Extremist Groups:

The discriminating power of the paragraphs was extracted through which the paragraphs capable of distinguishing between individuals with high and low scores were identified.

2- The relationship between the score of each item and the overall score of the scale (internal consistency):

The researcher used the internal consistency coefficient in analyzing the paragraphs of the two scales, i.e. calculating the validity of the paragraphs of the two scales using the internal test by finding the correlation relationship between the score of each item and the total score of the field to which it belongs, as well as the total score of the scale, and this type of honesty was achieved through the use of the simple correlation law (Pearson).

3.5.1.3 Consistency of the two search criteria:

Consistency is defined as "the accuracy in estimating the real score of the individual on the paragraph he is measuring or the extent of consistency in the individual's relationship if he takes the same scale several times in the same circumstances" (Ahmed Odeh and

Fathi Malkawi: 1993, p. 194), and the researcher has used two methods to calculate the stability of the scale and the resolution, which are:

I/Half-Segment

The researcher adopted the forms of the construction experiment sample of (120) electronic forms, and the researcher divided the paragraphs of the two scales into odd and even paragraphs, and the correlation coefficient (Pearson) between the scores of the two groups was calculated by means of the statistical package SPSS, and to find a full degree of stability, the researcher used the (Spearman) equation, where the degree of stability was reached and the degrees of stability were high, as shown in tables (2 and 3)

Table (2) shows the coefficient of correlation and stability of the psychological support scale

Spearman Brown	pierson	Cronbach for the second half	Cronbach for the first half
0,922	0,861	0,917	0,926

Table (3) shows the correlation and stability coefficient of the tuning scale

Spearman Brown	pierson	Cronbach for the second half	Cronbach for the first half
0,912	0,836	0,923	0,921

Second: The alpha-cronbach equation:

It is one of the most common and more suitable scales for scales with a gradient scale, as this method depends on the extent to which the paragraphs are related to each other within the scale, and the correlation of each item with the scale as a whole, and to calculate the stability of the scale, the researcher used the statistical package (SPSS) as in Table (4).

Table (4).

Fakronbach	Scale
0.926	Psychological Support Scale

0.941	Adjustment location scale

3.5.1.4 Objectivity:

When choosing the best alternatives in any test, it is called (objective selection) because the panel of judges use the correction key to fully agree on the results, so the coefficient of agreement of the arbitrators ** came to be (0.89) for the psychological support scale and (0.84) for the control site scale, which indicates that the two scales have a high and acceptable objective coefficient.

3.6 Main Experience:

After completing the procedures of constructing the two scales, the researcher applied the psychological support scale, which has (49) paragraphs, and the control site scale, which has (42) paragraphs, to the main sample of (80) players, for the period from 20/1/2025 to 30/1/2025, after which the forms were collected to be ready for statistical analysis.

3-7 Statistical Methods:

The researcher used the Social Sciences Statistical Package (SPSS) to process the data

4. Presenting the results analyzing and discussing them : -

After completing the procedures of the two research scales, namely (the psychological support scale and the control site scale) and after completing the final application of the two research sample scales, the data were analyzed, as follows:

4-1 Presenting and discussing the results of the psychological support scales and the location of control .

4.1.1 Presenting, analyzing, and discussing the results of psychological support for the research sample.

-    In order to achieve the second objective of the research in identifying the level of psychological support and the position of control among the players of the national

team federations of the Iraqi Paralympic Committee for applicants, the researcher applied the psychological support scale to the basic sample of (80) players, where the arithmetic averages   the standard deviations of the players' responses on the scale were calculated, and then the significance of the differences between arithmetic averages and the hypothetical medians of the scale, as shown in Table (5).

Table (5)
Shows the arithmetic medians, standard deviations , and hypothetical mean of the psychological support scale

Level	on	The hypothetical medium	Value (t)	Sample	Going to	Scale
High	27,82	147	94,862	80	177,06	Psychological support

Through the results of Table (5), the results show that   arithmetic mean of the scores of the sample in the psychological support variable was (177.06) with a standard deviation of (27.82), while the hypothetical mean was (147) and at a high level.

4.1.1.1 Present, analyze and discuss the results and levels of the Psychological Support Scale.

Table (6)
Shows the standard levels of the Psychological Support Scale

Percentage	Number	Raw Grade	Standard Grade	Levels
15%	12	245 - 206	80 – 68	**very high**
53,75%	43	205 – 167	68 – 56	**High**
15%	12	166 – 128	56 – 44	**medium**
11,25%	9	127 – 89	44 – 32	**low**
5%	4	88 – 49	32 – 20	**Very low**

Table (6) shows that the research sample reached a high and very high level in the psychological support scale, which is the majority by (53.75%), which is a positive result and is calculated for the coach, as it was found that the players receive high psychological

support from the coaches because of its importance in dealing with life changes, whether this support is social emotional that appreciates the individual and encourages him to resist pressures and works to maintain the overall unity of physical, psychological and mental health to reach the enhancement and support of the player's sense of humor and give him psychological comfort Reassurance and thus a feeling of happiness, especially our players with disabilities and the blind, so they need psychological support, which is no less important than providing them with health care, as they suffer from great psychological pressures and challenges such as discrimination and social isolation, so the support and support of the coach forms the basis of their strength, raises their morale, and encourages them to communicate with others and thus achieve results, or economically to fight the requirements of life, or knowledge related to training, plans, and others.

Therefore, support has a return on the player's behaviors to establish relationships with the coach and the players to each other, and these relationships are based on mutual appreciation, respect, and acceptance of others with all their negatives and positives, and these relationships are manifested through the periodic meetings that the coach holds with the players (Shaaban Jaballah: 1993, p. 236).

4.1.2 Presenting, analyzing and discussing the results of the control site scale (internal and external) of the research sample.

Table (7)

Shows the arithmetic media, standard deviations, and hypothetical mean of the control site scale

Level	on	The hypothetical medium	Value (t)	Sample	Going to	Scale
High	23,56	126	89,414	80	165,63	**Location**

Through the results of Table (7), the results showed that the mean of the sample scores in the control site scale was (165.63) with a standard deviation of (23.56) while the hypothetical mean was (126) and at a high level.

4.1.2.1 Presentation, analysis and discussion of the results and levels of the control site scale.

Table (8)
Shows the standard levels of the control location meter

Percentage	Number	Raw Grade	Standard Grade	Levels
18,75%	15	210 - 177	80 – 68	very high
50%	40	176 – 143	68 – 56	High
17,5%	14	142 – 110	56 – 44	medium
11,25%	9	109 – 76	44 – 32	low
2,5%	2	75 – 42	32 – 20	Very low

Table (8) shows that the research sample reached a very high and high level in the scale of the control site, and they are the majority by (50%) of the total research sample, and the reason from the researcher's point of view is due to the psychological reconciliation of the players internally and externally and the extent of interest in them by the coaches from all aspects, whether emotional, social or cognitive, and thus this led to the improvement of mental health and the increase of self−confidence, especially recently there has been a great interest from all aspects in addition to the support of the coach As a result of the many championships, travel, and achieving advanced positions, all of this served as an incentive for the players to change their behavior, psychology and thinking for the better, thus reflected positively on the position of control, whether internal or external, and (Al−Munizal, Abdullah and Suad Al−Abdalat: 1995, p. 3507) explained that the position of control is one of the personality variables that has an impact on the type of thinking of the individual, who considers himself responsible for what happens to him, as he is affected by all behaviors around him, whether it is as psychological support or any type of Support.

4.1.2.2 Present, analyze and discuss the results of the correlation coefficient for the psychological support and control site scales.

Table (9)

Shows the medians, deviations and correlation coefficients of the psychological support scales and the location of the control

Sig	Correlation coefficient	Standard deviation	Arithmetic mean	Scale
0.000	0.862	27,82	177.06	Psychological support
		23,56	165.63	Location

It is clear from Table (9) that the arithmetic mean of the psychological support scale is (177.06) and a standard deviation (27.82), and the arithmetic mean of the control site scale is (165.63) and a standard deviation (23.56), the correlation coefficient is (0.862) and a significance level (0.000), and this indicates that there are significant differences between the psychological support and the control site.

Through the results obtained by the researcher, she confirmed that there is a high direct correlation between the psychological support scale and the control site scale, and the researcher attributes this to the importance of psychological support for the coach and its effective role in influencing the control position, whether internal or external, as it complements each other, and the researcher believes that the better the relationship between the players and the coach, the more it will positively affect their control positions, because the support is considered as an incentive for the player to overcome difficulties and overcome himself despite The psychological and spiritual conditions that this group suffers from as a result of disability, so the results were positive and distinctive, and psychological support is embodied through a set of behaviors and steps that the coach performs during the process of influencing and supervising the players and

the sports team, whether it is during the training process or during competitions, or even in the social life of the players, which plays a great role in increasing the sports output, changing behaviors, and establishing social relations between the players and the coach based on appreciation, respect and love, even if we drop it. This study on the sports field finds that the less the value and size of the support provided by the coach, the more it affects the psychological state of the players and thus affects their control center, and this is confirmed by (Shaaban Jarallah: 1993, p. 236), in addition to many studies that indicate the importance of psychological support for the coach on the player's psychology, and the most important studies are the study (Berg and Mack: (1989, 161) If it is concluded that the better the relationship between the coach and the players, the more it will be reflected in their sporting results and their personal performance.

5. **Conclusions and Recommendations:**

5-1Conclusions:

In light of the results of the research, the researcher reached the following conclusions:

1- The sample achieved   high level in both the psychological support and control center measures of the players of the national teams of the Iraqi Paralympic Committee.

 There is a significant correlation between the psychological support scales and the control center of the players of the national teams of the Iraqi Paralympic Committee.

5.2 **Recommendations:**

1- It is important to know the real levels in the psychological support and control center scales to facilitate the interaction and awareness processes of the players.

2- It is necessary to take care of the psychological aspect of the player like the cognitive and physical aspects

3– Clarifying and spreading awareness of the importance of support and its various aspects for the player from a health and psychological point of view.

4– Making comparisons in many psychological variables , especially support.

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The Psychological Support Scale in its final form

Dear Student… We put in your hands the Psychological Support Scale, which consists of (49) phrases, please read the answer instructions below and stick to them, taking into account not mentioning the name.

- **Please check only one of the five alternatives in front of each phrase by ticking (√) inside the box.**
- **If you can't understand a phrase, don't hesitate to ask or inquire.**
- **The answer should be on the question paper and not leave any of the paragraphs unanswered.**
- **Not to use the colleague when answering.**
- **Do not hesitate to answer because it is for scientific research purposes only.**
  - **The time allotted for the answer is (15-18) minutes.**

Strongly disagree	Disagree	neutral	I agree	I strongly agree	Ferry	
					I feel good and relieved because of the attention I receive	1
					Coaches always listen to my concerns and problems	2
					I have brotherly relations and friendship with coaches	3
					I always feel the confidence of my coaches in all situations	4
					The lack of attention and neglect by the coaches worries me	5
					There is mutual trust between players and coaches	6
					The coach meets me with a smile and satisfaction in all situations	7
					The coach relieves the stress and anxiety I have during the match	8
					The lack of trust between the player and the coach increases my anxiety in the match	9
					Every coach is keen to provide advice and feedback to the players to avoid mistakes during tournaments	10
					The trainer is keen to involve me in thinking to solve all the technical and planning problems that I am exposed to	11

					Sometimes coaches and colleagues abandon me when I need them	12
					In general I am satisfied with the support and care provided to me	13
					The coaches always give me words of compliment that inspire optimism about my sporting future	14
					The trainer always provides me with all the services available to facilitate the training process	15
					A lot the coach relieves me of the worries and pains that affect me	16
					Most of the coaches are remote and not supported psychologically and on the field	17
					I receive constant encouragement from the coaches	18
					The closest people to me are my colleagues and coaches	19
					I always complain about my worries and fears during the tournament to the coach	20
					Enjoy training with the team in the presence of the coach	21
					The presence of the coach on the field increases my confidence and reassurance	22
					My life is trivial in the absence of training and championships	23
					Supporting the coach increases my determination and determination	24
					The coaches appreciate all the pressures and problems I have been exposed to	25
					The coach understands my goals and ambition to improve training to win the championship	26
					I feel like the coaches and the players are my second family	27
					The coach does not make me feel my disability and my training ability	28

					Supporting coaches in matches increases my strength and love for life	29
					I always receive emotional support and appreciation from the coach	30
					There is mutual respect between players and coaches	31
					The coach often tries to help me if I am under any pressure	32
					The coach's distance from me in the tournament causes me stress and fear	33
					Whenever I need financially, I find my coaches the first to support me	34
					The coaches treated all the players of the team well and brotherly.	35
					The coach doesn't feel guilty if I fail at something.	36
					If I make a mistake during the game, the coach doesn't let me feel it.	37
					My coach doesn't blame me, but my teammates when he made a mistake.	38
					I receive an apology from the coach, whether directly or indirectly, in case I make a mistake against me.	39
					The level of support for me by my coach was assessed as high	40
					I feel good about my coach's support for me in many situations	41
					We discuss with the coaches in case there are mistakes in the game	42
					I get bored of going to a workout every day	43
					I prefer having the coach near me during training	44
					The lack of attention from the coach makes me feel frustrated	45

					I feel my presence while the coach supports me	46
					I am happy that the coach is on the field during training	47
					Being with the team and the coach makes me feel at ease.	48
					I feel that my trainers are honest and honest women	49

Measurement of the control site (internal – external) in its final form

Dear Student… We put in your hands the Location Meter of the Setting, which consists of (42) phrases, please read the answer instructions below and stick to them, taking into account that the name is not mentioned.

− Please check only one of the five alternatives in front of each phrase by ticking (√) inside the box.

− If you can't understand a phrase, don't hesitate to ask or inquire.

− The answer should be on the question paper and not leave any of the paragraphs unanswered.

− Not to use the colleague when answering.

− Do not hesitate to answer because it is for scientific research purposes only.

− The time allotted for the answer is (13−15) minutes.

I completely refuse	Refuse	Neutral	I agree	Totally OK	Ferry	
					What I have reached today is due to the effort I made yesterday	1
					Luck and fate determine my win or loss in races	2
					All the expectations of my family and friends for my result in the match really happen	3
					When I neglect to think about the game, I can achieve satisfactory results.	4
					I don't try to try again when I lose the race	5
					Thinking and anticipating the result of the match is useless	6
					I'd rather be serious and persistent during the game than be intimidated	7
					My luck is the reason I won most of the matches	8
					Luck plays a prominent role in the outcome of the match, whether negative or positive	9
					My misfortune often worries me	10
					All the problems and reversals that I have been exposed to are caused by bad luck	11
					I can change the outcome of the match just by working harder.	12
					Winning the game depends on effort and luck has nothing to do with it	13
					Thoughtful and continuous training is the only guarantee for the athlete's future	14
					My loss in the match is due to the mistakes I made	15
					I can recognize the feelings of those around me with ease and ease	16
					I can't stop anyone from taking my part in the game.	17
					My sporting future I can't control.	18
					Controlling the result of the match is difficult and does not suit my abilities	19

					My eagerness to win comes from myself and not from others	20
					The events of the competition during the match determine my final result	21
					My ignorance of some laws while playing exposes me to embarrassment	22
					The problems I face during the race I can't avoid	23
					Winning the friendliness of the coach depends on my feelings and not my dealings with him	24
					I can control the outcome of the match	25
					It's hard to predict the events of the match	26
					I can change the coach's point of view on a lot of issues	27
					My problems during the race are due to my poor position management	28
					Helping others enables me to achieve every achievement	29
					I act and do what I want and convince not with what others want	30
					Some circumstances determine my abilities in the game	31
					I like to avoid a lot of problems and details during the competition	32
					Most of the mistakes I make are the result of my weak abilities and abilities	33
					It's hard to control what happened and what will happen in the match	34
					Some mistakes can be reduced and controlled during competition	35
					My experience in competitions will determine the outcome of the match	36
					I strive to earn the love and respect of my colleagues	37
					The course of the match determines my relationship with my teammates	38
					It is the experiences of others that determine my future steps	39
					I can take advantage of my mistakes so that I don't repeat them in the future	40
					Best Recognize and Benefit from Perspectives	41

					I often discuss with the coach about a lot of important things	42