Psychological Adaptation and its Relationship to Competitive Aggression and Self-Concept among First Division Football Players

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Abstract

This research problem focused on the growing phenomenon of competitive sports aggression in the local sports environment, especially in the field of football, as the Iraqi football league witnesses on a weekly basis repeated manifestations of violence and aggression on the field or in the stands of the fans. The study's main objective is to find the relationship between competitive aggression and self-concept that stems from studying the hierarchy of scales, starting with the competitive aggression scale, and to find its relationship to the self-concept of players of first-class clubs in the southern region for the year (2022–2023).The dimensions of this problem are many, distributed between the social and cultural dimensions of society, and the mental level of the players, and the cultural sports awareness of the masses, and between the strength of the administrative institutions that manage these tournaments. For the purpose of studying this phenomenon in a precise scientific manner, the researcher decided to study one of the axes that feed this phenomenon, which is adaptation. Psychological and knowledge of the nature of its relationship to the phenomenon of competitive aggression and self-concept, and thus analyzing that relationship to develop appropriate solutions. The study is to develop measures of competitive aggression and self-concept among football players from elite southern clubs, as well as to determine the correlation between the measures and derive the measures' levels and criteria.

Keywords: *competitive aggression, Self-concept*

1-1 Introduction

Some sports historians have noted that hostility and violence have always been connected to sports, whether it be in the context of ancient Greek or Roman competitions or medieval contests. Many significant attempts have been made in the modern era to improve sport, and it is governed by laws, rules, and organizations that aim to keep it as limited as possible. There are many different ways that violence and aggression can appear in sporting events, but research suggests that these behaviors persist in many of them. The competitive sports industry is regarded as one of the most significant areas where the phenomenon of aggression is most evident. Aggression can take many different forms. It might start with jeers and threats and end with physical violence that hurts a rival or opponent, sabotage, or property destruction. Improved psychological adaptability reduces undesirable negative psychological reactions, such as aggressive competition, and eventually improves one's self-perception. Your ability to manage yourself will improve, resulting in greater harmony with the surrounding sports

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environment and improved psychological performance when competing. Therefore, Masen and Kongs believed that the self-concept was the core of psychological adaptation, personal happiness, and effective role performance. Rowley also believed that the self-concept was a crucial psychological component in understanding many behavioral patterns of the individual in both sporting and non-sporting fields. One of the crucial subjects that needs to be taken into account is one's self-concept. As many academics as Al-Desouki and others have noted, it requires a great deal of investigation and analysis in order to determine its constituent parts, the variables that influence it, and how it relates to other variables.

1-2- Problem of the Study

The researcher noticed the growing phenomenon of competitive and sporting aggression in the local sports environment, especially in the field of football in Iraq, as the Iraqi football (1:254) league witnesses on a weekly basis repeated manifestations of violence and aggression inside the field or on the stands of the fans. The dimensions of this problem are many and are distributed between the social and cultural dimensions of society and The mental level of the players and the cultural sports awareness of the fans and the strength of the administrative institutions that manage these tournaments. In order to accurately and scientifically investigate this phenomenon, (2:128) the researcher chose to focus on psychological adaptation, one of its feeding axes. By understanding how psychological adaptation relates to competitive aggression and self-concept, the researcher can analyze this relationship and create relevant solutions. (3:40_41)

1-3- Aims of the Study

1- Constructing and codifying a measure of competitive aggression among first-class football players in the southern governorates
2 - Constructing and codifying a measure of the self-concept of first-class football players in the southern governorates
3 - Identifying the relationship between competitive aggression and self-concept among first-class soccer players in the southern governorates
4 - Extracting the levels and criteria for the standards for the research topic

1-4 Limits of the Research

1-4-1 human Limits: First-division football players in the southern governorates.
1-4-2 The spatial Limits: Sports clubs, arenas and stadiums for the southern region.
1-4-3 Time Limits: For the period from 11/10/2022 until 10/12/2023.

2- Procedures

1-2 Research Design

The researcher used the descriptive approach using survey methods, normative studies, and correlational relationships because of their suitability for building and codifying standards, as it suits the nature of the problem, and since these studies are one of the descriptive research methods through which information and data are collected about a phenomenon with the intention of identifying it and studying it. And determine its current status, as this method studies reality as it is.

-2-2The Research Population and its Sample

The research population was identified as football players for first-division clubs in the southern region, for the year (2022-2023), and they numbered (124) players, distributed among (5) clubs, and the sample was chosen for the research in a deliberate manner. A number of questionnaires were excluded due to failure to answer them, as the percentage of the research sample was (78.61%) of the research community.

Table (1): It shows the Distribution of the Sample Members.

Application sample	Exploratory sample	Construction sample	The total number of the research community	Section	No.
22	10	24	26	Al-Nassyriah club	1
15	-	18	23	Misan club	2
20	-	24	25	Al-Minaa club	3
18	-	20	24	Al-Masafi club	4
20	-	24	26	Al-Bahri club	5
95	10	111	124		total
76.61	8.06	89.51		Percentage	

2-3 Field Research Procedures

2-2-1 Procedures for Constructing and Codifying the Scale of Competitive Aggression and Self-Concept

According to Muhammad Hassan Allawi and Radwan (2000), there are a few fundamental procedures that can be used to build tests or scales and link the scale units in order to measure the general characteristics, traits, or abilities. (4:266)

2-1-2 The Purpose of Building the Scales

The following procedures were followed by the researcher in order to design and construct scales (competitive aggression, Self-concept) among first division clubs players:

- Establish the purpose of the scales.
- The experience approach is based on the experience of experts and specialists, which is achieved by gathering information and views gathered through consensus-building on the topic, scale design, and construction.
- When creating and developing the scales, the researcher employed the self-assessment technique, which means that he relied on the ideas that a person's personality should be expressed via their own experiences rather than how others see it, and that a person's emotional experience should be able to convey his needs.

2-1-3 Determine the Phenomenon to be Studied

Before starting the descriptive study, building, codifying and preparing the study in accordance with the theoretical framework of reference and arriving at a solution to the problem, the phenomenon to be studied must be defined and its concept and boundaries must be completely clear and the phenomenon to be studied (competitive aggression and its relationship to self-concept) among players of first-division football clubs in the southern region The researcher relied on the theoretical framework, which required the researcher to identify the competitive

aggression of players of first-division football clubs and then construct measures that are characterized by accuracy and comprehensiveness in measuring competitive aggression and self-concept among players of first-division football clubs in the southern region.

2-1-4 Determining the Areas of Measurement

For the purpose of determining the areas of measurement ((a measure of competitive aggression and self-concept)) among soccer players, the researcher reviewed various sources, studies, and previous research that dealt with the subject of the research, and personal interviews with some sports psychology specialists. The researcher adopted the theoretical framework and identified the areas of each scale

2-1-5 Determining the Validity of the Scales' Domains

For the purpose of determining the scales' domains, the researcher presented the domains to a group of (11) experts and specialists in the fields of sports psychology, social psychology, and sports management for the purpose of stating their opinion about the validity of the scales (competitive aggression and self-concept) among football players of first-division clubs, and after reviewing the standards, the experts and specialists expressed their opinion about its validity and conformity among the sample members and their levels. The researcher obtained a good agreement rate for the experts' opinions, and Tables (2) and Table (3) show this.

Table (2): Shows Ca^2 Score Calculated for the Experts' Answers on the Competitive Aggression Scale.

No.	Domains	Agree	Disagree	Ca^2	Sig	indication
1	Direct aggression	7	4	0,818	0,366	Insignificant
2	Verbal aggression	10	1	7,36	0,007	moral
3	Symbolic aggression	9	2	4,45	0,035	moral
4	Physical aggression	8	3	2,273	0,132	Insignificant
5	body aggression	11	0	11	0,000	moral
6	Indirect aggression	7	4	0,818	0,366	Insignificant
7	Unclassified aggression	8	3	2,273	0,132	Insignificant

According to the table above, the following fields were accepted after presenting them to the experts and according to Ca^2 test

1- Physical aggression
2- Verbal aggression
3- Symbolic aggression

Table (3): Shows Ca^2 Score Calculated for the Experts' Answers on the Self-Concept Scale.

No.	Domains	Agree	Disagree	Ca^2	Sig	indication
1	Bodily self	11	0	11	0,000	moral
2	Moral self	9	2	4,45	0,035	moral
3	The social self	10	1	7,036	0,007	moral
4	Personal self	11	0	11	0,000	moral
5	The physical self	7	4	0,818	0,366	Insignificant

According to the table above, the following fields were accepted after presenting them to the experts and according to Ca^2 test

1- Bodily self
2- Moral self
3- The social self
4- Personal self

2-1-6 Validity of the Scale from a Linguistic Standpoint

After completing the drafting of the paragraphs in their final form, and after completing the answers of the experts and specialists and making some amendments to them, the researcher presented all the paragraphs of the two scales to an Arabic language specialist in order for them to be linguistically correct and free of spelling errors. All the amendments presented by the linguistic evaluator have been taken into account, and thus the standard has become in a sound linguistic manner free of errors and incorrect linguistic expressions.

2-1-7 The Exploratory Experiment

The exploratory experiment is "practical training for the researcher to identify the negatives and positives that she encounters during the tests in order to address them", (6: 80) after the scale became ready for application, the researcher conducted the exploratory experiment before the final application of the research in an appropriate time, through Applying standards (competitive aggression, self-concept) to a sample of (10) players in Dhi Qar Governorate on (1/24/2023) for the purpose of preparing the reasons for success when applying the standards to the research sample for the purpose of ensuring that the sample understands the paragraphs of the standards and In order to avoid any errors or difficulty when applying it during the main test of the research, the researcher asked the sample to read each paragraph carefully and put a ($\sqrt{}$) mark in front of the paragraph if it is clear and a ($\square$) mark in front of the paragraph if it is not clear.

2-1-8 Applying the Standards Items to the Building Sample is the Fundamental Experiment

Standard forms were given to the sample by the researcher in order to collect data and record it from 2/10/2023 to 3/6/2023. The outcomes of (95) were trusted. Participants were given the questionnaires and given enough time to complete them. After they finished, the scales questionnaires were collected, and the researcher went over each one to make sure all the instructions were followed and every paragraph was completed in order to analyze the paragraphs. One step in this approach is to disclose the paragraph's ability to discriminate. and how well test items' substitutes work.(7:66)

2-1-9 Statistical Analysis of the Standards' Items

Finding the item's weakness and working to reformulate it or eliminate it if it is not valid are the objectives of statistical item analysis, which is defined as "the study that relies on statistical and experimental logical analysis." The researcher has relied on analyzing the paragraphs on the method of the two extreme groups, which is one of the most important analysis processes followed, for the test units in order to know their characteristics and to delete, modify, replace, add, or rearrange these paragraphs so that it is possible to reach a consistent and valid test in terms of length". And the most important analyzing processes followed in any psychological research are:

1-The Two Peripheral Groups (External Consistency)

Table (4): Shows the Discriminatory Ability of the Items of the Adaptation Scale (External Consistency).

Subscale	No.	Upper group		Lower group		T value	Sig	Category power
		Arithmetic mean	standard deviation	Arithmetic mean	standard deviation			
Bodily aggression	1	4.400	0.932	2.900	1.768	4.110	0.000	Featured
	2	4.067	0.828	3.067	1.780	2.790	0.007	Featured
	3	3.800	1.157	2.633	1.712	3.093	0.003	Featured
	4	3.467	1.137	2.400	1.673	2.888	0.005	Featured
	5	3.933	1.230	2.433	1.524	4.195	0.000	Featured
	6	3.767	1.165	2.600	1.499	3.365	0.001	Featured
	7	4.000	0.830	2.733	1.680	3.702	0.000	Featured
	8	4.467	0.776	3.067	1.413	4.758	0.000	Featured
	9	3.867	1.106	2.733	1.363	3.537	0.001	Featured
	10	3.867	1.008	2.233	1.406	5.170	0.000	Featured
	11	3.700	1.088	2.767	1.382	2.907	0.005	Featured
	12	3.767	1.006	2.800	1.375	3.108	0.003	Featured
	13	4.267	0.868	3.167	1.663	3.212	0.002	Featured
	14	4.000	0.983	3.067	1.507	2.841	0.006	Featured
	15	3.700	1.149	2.533	1.737	3.068	0.003	Featured
verbal aggression	1	3.867	1.137	2.800	1.243	3.469	0.001	Featured
	2	3.600	0.855	2.733	1.388	2.912	0.005	Featured
	3	3.933	0.868	2.900	1.447	3.354	0.001	Featured
	4	3.833	1.053	2.100	1.398	5.423	0.000	Featured
	5	3.767	1.073	2.533	1.456	3.736	0.000	Featured
	6	4.433	0.898	3.300	1.317	3.895	0.000	Featured
	7	3.733	1.048	2.633	1.426	3.404	0.001	Featured
	8	4.067	0.944	3.067	1.437	3.186	0.002	Featured
	9	4.067	0.944	3.267	1.143	2.956	0.005	Featured
	10	4.133	0.937	2.767	1.455	4.326	0.000	Featured
	11	3.867	0.973	2.900	1.788	2.601	0.012	Featured
	12	3.833	1.053	2.767	1.501	3.186	0.002	Featured
	13	4.033	0.999	2.867	1.456	3.619	0.001	Featured
	14	3.833	1.147	2.667	1.516	3.361	0.001	Featured
	15	4.033	0.964	2.400	1.248	5.671	0.000	Featured
symbolic aggression	1	3.900	1.155	2.567	1.455	3.931	0.000	Featured
	2	3.733	1.172	2.567	1.569	3.263	0.002	Featured
	3	4.067	1.015	2.867	1.737	3.268	0.002	Featured
	4	3.867	0.860	2.700	1.784	3.226	0.002	Featured
	5	4.200	0.887	2.567	1.695	4.676	0.000	Featured
	6	3.800	1.095	2.733	1.721	2.864	0.006	Featured
	7	4.100	1.062	2.733	1.461	4.145	0.000	Featured
	8	3.700	1.149	2.467	1.432	3.679	0.001	Featured
	9	3.733	1.143	2.900	1.583	2.338	0.023	Featured
	10	3.533	1.358	2.833	1.704	1.760	0.084	Featured
	11	3.533	1.074	2.533	1.525	2.936	0.005	Featured
	12	3.733	1.143	2.300	1.317	4.503	0.000	Featured
	13	3.967	1.066	2.867	1.592	3.145	0.003	Featured
	14	3.900	1.185	2.967	1.245	2.974	0.004	Featured
	15	3.900	1.094	2.933	1.617	2.712	0.009	Featured
	16	3.900	0.995	2.233	1.569	4.914	0.000	Featured
	17	3.733	1.048	2.733	1.596	2.868	0.006	Featured

* The Tabulated T-Value is at a Significance Level of (0.05) and the Degree of Freedom (n+n-2) = (30+30-2) = 58 = 2.002.

Table (5): Shows the Discriminatory Ability of the Items of the Self-Concept Scale (External Consistency).

Subscale	No.	Upper group		Lower group		T value	Sig	Category power
		Arithmetic mean	standard deviation	Arithmetic mean	standard deviation			
Physical self	1	4.400	0.932	2.900	1.845	3.975	0.000	Featured
	2	3.900	0.803	2.900	1.605	3.052	0.003	Featured
	3	3.533	1.167	2.167	1.577	3.815	0.000	Featured
	4	3.733	1.081	2.467	1.655	3.509	0.001	Featured
	5	4.067	0.944	3.033	1.351	3.433	0.001	Featured
	6	4.267	0.980	2.767	1.569	4.441	0.000	Featured
	7	4.333	0.802	2.800	1.648	4.581	0.000	Featured
	8	3.933	1.015	2.733	1.780	3.208	0.002	Featured
	9	3.567	1.073	2.500	1.480	3.197	0.002	Featured
	10	3.733	0.944	2.233	1.501	4.632	0.000	Featured
	11	4.100	0.923	2.533	1.525	4.813	0.000	Featured

| Subscale | No. | Upper group | | Lower group | | T value | Sig | Category power |
		Arithmetic mean	standard deviation	Arithmetic mean	standard deviation			
	12	3.367	0.964	2.433	1.501	2.865	0.006	Featured
	13	4.000	1.259	2.367	1.586	4.417	0.000	Featured
	14	3.500	1.137	2.600	1.522	2.594	0.012	Featured
	1	3.633	1.273	2.200	1.606	3.831	0.000	Featured
	2	3.667	1.184	2.333	1.709	3.513	0.001	Featured
	3	3.900	0.803	2.367	1.520	4.886	0.000	Featured
	4	4.067	0.868	2.967	1.497	3.482	0.001	Featured
	5	3.633	1.033	2.233	1.455	4.297	0.000	Featured
	6	3.900	1.185	2.500	1.570	3.898	0.000	Featured
personal self	7	3.833	1.177	2.533	1.570	3.629	0.001	Featured
	8	4.000	0.830	2.733	1.596	3.856	0.000	Featured
	9	3.800	0.925	2.600	1.653	3.471	0.001	Featured
	10	3.733	0.980	2.300	1.622	4.142	0.000	Featured
	11	4.000	1.174	2.200	1.349	5.511	0.000	Featured
	12	3.867	0.776	2.667	1.768	3.404	0.001	Featured
	13	4.033	1.066	2.633	1.608	3.975	0.000	Featured
	14	4.033	1.217	2.500	1.548	4.265	0.000	Featured
	1	3.967	0.999	2.500	1.656	4.154	0.000	Featured
	2	3.567	1.278	2.267	1.258	3.971	0.000	Featured
	3	4.033	1.033	2.533	1.332	4.873	0.000	Featured
	4	4.000	1.203	2.533	1.432	4.295	0.000	Featured
	5	4.033	0.850	2.433	1.736	4.534	0.000	Featured
	6	3.667	0.994	2.633	1.608	2.994	0.004	Featured
Moral self	7	4.333	0.922	2.633	1.771	4.663	0.000	Featured
	8	4.233	0.774	2.367	1.564	5.858	0.000	Featured
	9	4.200	1.157	2.333	1.605	5.169	0.000	Featured
	10	3.900	1.029	2.167	1.416	5.423	0.000	Featured
	11	3.667	1.124	2.133	1.502	4.475	0.000	Featured
	12	3.700	1.088	2.621	1.568	3.079	0.003	Featured
	13	3.733	1.230	2.600	1.653	3.013	0.004	Featured
	1	3.700	0.988	2.267	1.461	4.452	0.000	Featured
	2	3.933	0.944	2.900	1.668	2.952	0.005	Featured
	3	4.233	0.774	2.767	1.695	4.310	0.000	Featured
	4	3.900	0.923	2.300	1.418	5.180	0.000	Featured
	5	4.000	0.983	2.400	1.673	4.516	0.000	Featured
	6	4.033	0.928	2.667	1.668	3.922	0.000	Featured
Social self	7	4.033	1.098	2.600	1.714	3.857	0.000	Featured
	8	4.267	1.048	2.900	1.373	4.333	0.000	Featured
	9	4.200	1.031	2.767	1.591	4.142	0.000	Featured
	10	4.233	1.006	2.700	1.803	4.067	0.000	Featured
	11	3.700	0.952	2.500	1.503	3.694	0.000	Featured
	12	4.100	1.155	2.533	1.525	4.485	0.000	Featured
	13	3.967	0.928	2.400	1.453	4.978	0.000	Featured

The Tabular T-Value is at a Significance Level of (0.05) and the Degree of Freedom (n+n-2) = (30+30-2) = 58 = 2.002.

2-10 Statistical Methods: I used the Statistical Package for Social Sciences (SPSS)

1- Square test (Ca^2).
2- Arithmetic mean.
3- The hypothetical mean.
4- Standard deviation. 5- Spearman's coefficient.

3-Results Presentation, Analysis, and Discussion

This chapter covers the results of the research after the investigator finished gathering the data from the tests conducted and the analysis. The data were arranged in tables because this is a convenient way to extract scientific evidence and because tables are a suitable explanatory tool for the research

that helps us accomplish our goals. Study in view of the field operations we performed

3-1 Results of the Competitive Aggression Measure for Players in First Division Football Teams are Presented, Analyzed, and Discussed

Table (6): Displays the Statistical Indicators for the Application Sample in the Measure of Competitive Aggression for First-Division Football Club Players.

scale	Application sample	Arithmetic mean	hypothetical mean	standard deviation	Standard error	Torsion coefficient	level
competitive aggression	95	174.135	141	13.196	1.253	-0.111	mid

Table No. (6) contains the competitive aggression scale results for those players (95 players). The table above illustrates that, following statistical analysis of their responses, the arithmetic mean is (174.135) degrees, greater than the hypothetical mean (141). and at a high level, with the standard deviation reaching (13.196) and the standard error reaching (1.253), a tiny value that denotes the sample data' internal consistency. For this reason, the sample's distribution is moderate on the normal distribution curve, as indicated by the skewness factor of (-0.111). The distribution of the sample is normal. The sample is homogeneous whenever the skewness coefficient's value is kept within the range of (+3, -3).(8: 280)

The researcher ascribes this to the fact that football is a contact sport, meaning that players may get injuries or voice concerns to one another. It is also said that referee errors and audience yells play a part in this. The phenomena of aggressive behavior among players is significantly influenced by war, and this is all related to the unique features of the game. Despite the fact that playing football is one of the hobbies that demands or promotes excessive violence, one must consider the rules of the game that prohibit it. Thus, aggressive behavior towards the opposing player is determined by the nature of the type of sporting activity and its laws and rules of the game, which impose punishment on the player who behaves roughly and violently towards his competitors and some of them. These cases include the expulsion of a football player by the referee during the competition or the exclusion of the player as a result of committing personal mistakes.

3-2 Presentation, Analysis and Discussion of the Results of the Self-Concept Scale for Players in First-Class Football Clubs

Table (7): Shows the Statistical Indicators of the Application Sample in Measuring the Self-Concept of Players in First Division Football Clubs.

scale	Application sample	Arithmetic mean	hypothetical mean	standard deviation	Standard error	Torsion coefficient	level
Self-concept	95	202.180	162	15.629	1.483	-0.126	mid

The results of the self-concept scale for players of first-class football clubs (95) players were placed in the table above, and after analyzing their answers and treating them statistically, it was found that the arithmetic mean was (202.180) degrees, which is higher than the hypothetical mean (162) and at a high level, and the standard deviation reached (15.629) The standard error reached (1.483), which is a small value that indicates the internal consistency of the sample results. As for the skewness coefficient, it reached (- 0.126), which indicates the normality of the sample's distribution on the normal distribution curve. Therefore, "the sample

is considered normally distributed, since the more it is confined The value of the coefficient of torsion is between (+3, -3) so that the sample is homogeneous.

According to the researcher, this is because early maturity has a favorable effect on one's self-concept, which in turn increases one's capacity for psychological and social adaption. The degree of education also plays a part in how one views themselves, since it is well known that players with higher levels of education and culture tend to use more complex expressive techniques, natures, and vocabularies. meaningful, and these techniques help them broaden their perspectives, comprehend the world around them, gain self-awareness, and receive the right kind of praise.

As opposed to ignorant players who worsen people's perceptions of themselves, other people, and society while also causing them to become more frustrated and disabled.

4- Conclusions and Recommendations

In light of the research results, the researcher reached several conclusions, and in light of those conclusions, the researcher will make several recommendations:

4-1 Conclusions

1- The appearance of a high, very high, medium, and weak level, acceptable with different frequencies and percentages, but the average level was the one that prevailed in most of the standards used by the researcher.
2- There appeared to be a positive significant correlation between the measure of psychological adaptation and the measure of self-concept, and an inverse relationship between psychological adjustment and competitive aggression.

4-2 Recommendations

1. Focus on providing them with psychological training to assist lower their degree of hostility and competitive behavior
2. Stressing the value and function of the self and self-criticism in order to improve self-concept and lessen the intensity of hostility, particularly in competitive sports.

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