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Psychological adaptation and its Relationship to Competitive Aggression and Self-Concept among First Division Football Players in the Southern Region

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Abstract

The main objective of the study is to determine the relationship between psychological adaptation and competitive aggression that results from the analysis of the hierarchical sequence of the standards. This relationship is found by starting with the scale of psychological adaptation and determining its relationship with the competitive aggression. The Iraqi football league regularly observes violent and aggressive incidents on the field or in the stands involving fans, so the research problem centered on the increasing phenomenon of competitive sports aggression in the local sports environment, particularly in the football field for the first-division players in the southern region of the year (2022–2023). This issue has numerous facets, ranging from the social and cultural aspects of society to the players' mental state, the general public's awareness of culture, and the resilience of the organizations in charge of organizing these competitions. The researcher chose to investigate adaptation, one of the axis that drives this process, in order to accurately explore it scientifically. Psychological understanding and how it relates to the competitive aggression issue, and examining that connection to create suitable remedies. In addition, the study attempts to establish benchmarks for competitive aggression and psychological adjustment for football players from first division southern clubs, as well as to determine how these benchmarks relate to one another then extract the levels and standards for the measurements.

Keywords: *psychological adaptation, competitive aggression*

1.1 Introduction

Logical advancement is the essential connection on which logical examination connected with the games field has depended. Notwithstanding the variety of techniques and different preparation strategies, we are as yet looking for the littlest subtleties that assist us with propelling the player and accomplish accomplishments, as the games field in our reality has happened to a simply logical nature that relies upon studies. Examination and interest in the convergence between various sciences and proposed hypotheses to arrive at the improvement of sports levels and accomplishments. Sports brain research is one of the significant fields in sports movement and has an essential and significant job in tending to a large number of the issues that discourage competitors and accomplishing the ideal level for them in all games since a science investigates the player's self to know

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his mysteries, and this adds to building the player's character in a coordinated way so he is more ready. What's more, planning to manage the conditions confronting them. Brain research is one of the sciences that thinks often about the brain research of competitors during preparing and rivalry and looks to give the proper mental environment to them in different preparation and serious conditions. Mentors and experts generally endeavor to look for ideal mental wellbeing for competitors on the grounds that mental arrangement in the preparation cycle has become comparable to planning. Physical and expertise, on the off chance that not better than it, as well as being a significant component of athletic accomplishment in many games and games. Mental transformation is one of the main ideas of brain science interconnected with the climate, as it is a cycle through which the competitor or individual looks to fulfill his needs and needs and answer the requests of the general climate and the progressions that happen in it. From this point of view, mental transformation incorporates endeavoring to accomplish close to home harmony between the player or individual and the climate encompassing him, as it is the nonstop cycle through which he changes his way of behaving or mental design to make a positive connection among himself and himself from one viewpoint and among himself and the climate then again. While discussing mental variation in the games field, it requires the combination of various physical, expertise, social, profound, and conduct capacities, as the reconciliation of these capacities for the player expands the chance of getting abilities, creating inspiration, and shaping a positive personality to depict him as a predominant player. The players' progress from the preparation stage to another stage, or from a neighborhood competition to a global competition, is more significant, joined by strain and tension because of the adjustment of the brandishing and social climate that encompasses the players, as the example of connection with the new climate and their degree of athletic and social readiness might change, and it has a significant effect. In group games, particularly football, among the most conspicuous of these impacts is the peculiarity of serious hostility, which changes rivalry from a genuine contest inside the laws of the game into activities outside the constraints of the law of the game, and afterward an expansion in brutality with the rival or even with the fans. A few students of history in the field of sports have brought up Since the presence of sports, hostility and viciousness have been related with it, whether in the rounds of the old Greeks, Romans, or middle age matches. In the cutting edge period, numerous serious endeavors have been made to refine sports, and it has its own regulations, guidelines, guidelines, and foundations that endeavor to restrict to the most extreme degree the appearances of animosity and savagery in sports. Sports rivalries Be that as it may, proof shows the continuation of hostility and savagery in countless games contests, and the cutthroat games field is viewed as quite possibly of the main field where the peculiarity of animosity shows up clear. There are numerous appearances of animosity that start with mocking and dangers and end with actual maltreatment that prompts injury to the contender or adversary. Or then again defacement and obliteration of property. Better mental transformation prompts a decline in unfortunate negative mental reactions, including serious hostility, which leads, subsequently, to a superior idea of oneself and a superior condition of mindfulness, in this way accomplishing better concordance with the encompassing games climate, which guarantees support in contests with better mental execution. The specialist accepts that the significance of the examination originates from concentrating on the ordered progression of measures, beginning with the mental change measure, and finding its relationship to cutthroat hostility among players of five star football clubs.

1-2 Problem of the Study

The researcher saw the developing peculiarity of serious and wearing hostility in the nearby games climate, particularly in the field of football in Iraq, as the Iraqi football association observers consistently rehashed appearances of viciousness and animosity inside the field or on the stands of the fans, and the elements of this issue are many, dispersed between the social and social components of society and The psychological level of the players and the social games familiarity with the majority and the strength of the authoritative foundations that deal with these competitions. To concentrate on this peculiarity in an exact logical way, the scientist chose to concentrate on one of the tomahawks that feed this peculiarity, which is mental transformation and knowing the idea of its relationship to the peculiarity of cutthroat hostility and subsequently examining that relationship. To foster suitable arrangements.

1-3 Aims of the Study

- 1- Building and codifying a measure of psychological adaptation among first-division football players in the southern governorates
- 2- Building and codifying a measure of competitive aggression among first-division football players in the southern governorates
- 3- Identifying the relationship between psychological adaptation and competitive aggression among first-division football players in the southern governorates.
- 4- Extracting levels and standards for the criteria of 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 Time Limits: For the period from 11/10/2022 until 10/12/2023.

1-4-3 The Spatial Limits: Sports clubs, arenas and stadiums for the region and the south.

2- Procedures

2-1 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. (1:201)

2-2 The 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	

2-2 Field Research Procedures

2-1-1 Procedures for Constructing and Codifying the Scale of Psychological Adaptation and Competitive Aggression

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. (2: 366)

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, psychological adaptation) 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 (psychological conditioning and its relationship to competitive aggression and 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 psychological adaptation 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 psychological conditioning, 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 (psychological conditioning, competitive aggression).) 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 Ca² Score Calculated for the Experts' Answers on the Psychological Adjustment Scale.

No.	Domains	Agree	Disagree	Ca ²	Sig	indication
1	Sociocultural adaptation	11	0	11	0,000	moral
2	Ecological adaptation	7	4	0,818	0,366	insignificant
3	Emotional conditioning	10	1	7,36	0,007	Moral
4	Cognitive conditioning	9	2	4,45	0,035	Moral
5	Personal adaptation	8	3	2,273	0,132	insignificant
6	Biological adaptation	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 Ca² test

- 1- Socio-cultural adaptation
- 2- Emotional conditioning
- 3- Cognitive adaptation

Table (3): Shows the Chi-Score Calculated for 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	somatic 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 Ca² test

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

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. (3: ___)

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”, (4: 156) 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 (psychological adaptation, 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 (√) mark in front of the paragraph if it is clear and a (□) 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. (5:74)

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, (6:55) 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, :(7: 43) 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			
Sociocultural adaptation	1	4.100	1.125	3.067	N	2.688	0.009	Featured
	2	3.867	0.819	2.733	1.701	3.288	0.002	Featured
	3	3.700	1.119	2.767	1.716	2.496	0.015	Featured
	4	3.967	1.066	3.267	1.172	2.419	0.019	Featured
	5	4.000	1.050	3.167	1.177	2.893	0.005	Featured
	6	3.967	0.964	2.733	1.660	3.520	0.001	Featured
	7	4.367	0.718	3.467	1.502	2.960	0.004	Featured
	8	4.067	1.015	2.767	1.547	3.849	0.000	Featured
	9	3.867	0.973	2.800	1.448	3.349	0.001	Featured
	10	4.067	0.868	2.767	1.478	4.153	0.000	Featured
	11	4.133	0.900	3.467	1.008	2.703	0.009	Featured
	12	3.667	0.922	2.967	1.098	2.674	0.010	Featured
	13	4.133	1.137	2.967	1.159	3.936	0.000	Featured
	14	3.400	0.932	1.667	1.398	5.651	0.000	Featured
	15	3.667	0.994	2.733	1.760	2.529	0.014	Featured
	16	3.700	1.149	2.467	1.332	3.840	0.000	Featured
	17	4.000	0.788	3.100	0.995	3.885	0.000	Featured
Cognitive adaptation	1	3.867	1.042	2.600	1.673	3.520	0.001	Featured
	2	3.900	1.125	2.733	1.484	3.431	0.001	Featured
	3	3.767	1.006	2.767	1.569	2.939	0.005	Featured
	4	4.167	1.020	3.267	1.081	3.317	0.002	Featured
	5	4.000	0.947	3.100	1.296	3.071	0.003	Featured
	6	4.000	0.910	2.867	1.456	3.616	0.001	Featured
	7	4.033	0.964	3.100	1.155	3.397	0.001	Featured
	8	3.867	1.074	2.600	1.499	3.761	0.000	Featured
	9	3.833	0.747	2.567	1.569	3.993	0.000	Featured
	10	3.700	1.119	2.733	1.596	2.717	0.009	Featured
	11	4.033	1.189	2.733	1.311	4.023	0.000	Featured
	12	3.967	1.098	2.667	1.688	3.535	0.001	Featured
	13	3.500	1.075	2.433	1.569	3.072	0.003	Featured
	14	4.033	1.129	3.133	1.042	3.209	0.002	Featured
	15	4.033	0.850	3.433	0.858	2.720	0.009	Featured
Emotional conditioning	1	3.967	0.809	2.633	1.732	3.821	0.000	Featured
	2	3.733	1.048	2.367	1.564	3.975	0.000	Featured
	3	4.200	0.887	2.933	1.818	3.430	0.001	Featured
	4	3.667	1.124	2.200	1.215	4.853	0.000	Featured
	5	4.067	1.143	2.633	1.450	4.253	0.000	Featured
	6	3.600	0.932	2.800	1.540	2.434	0.018	Featured
	7	3.867	1.008	2.600	1.545	3.761	0.000	Featured
	8	3.267	1.230	1.833	1.440	4.145	0.000	Featured
	9	3.367	0.999	2.533	1.525	2.503	0.015	Featured
	10	3.667	1.061	2.300	1.535	4.012	0.000	Featured
	11	3.567	1.104	2.600	1.714	2.597	0.012	Featured
	12	3.833	0.950	2.600	1.567	3.687	0.001	Featured
	13	3.700	0.952	2.067	1.285	5.594	0.000	Featured
	14	3.967	0.890	2.333	1.668	4.732	0.000	Featured
	15	3.533	1.008	1.867	1.408	5.272	0.000	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 Competitive Aggression Scale (External Consistency)

Subscale	No.	Upper group		Lower group		T value	Sig	Category power
		Arithmetic mean	standard deviation	Arithmetic mean	standard deviation			
Physical 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 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.

2-1-10 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 Psychological Adjustment 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 Psychological Adaptation for First-Division Football Club Players.

scale	Application sample	Arithmetic mean	hypothetical mean	standard deviation	Standard error	Torsion coefficient	level
Psychological adjustment	95	172.225	141	12.724	1.208	-0.013	mid

Table No. (1) contains the psychological adjustment scale results for those players (95 players). The table above illustrates that, following statistical analysis of their responses, the arithmetic mean is (172.225) degrees, greater than the hypothetical mean (141). and at a high level, with the standard deviation reaching 12.724 and the standard error reaching 1.208, 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 -0.013. 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).

Most of the results were limited to the average level, because the psychological adaptation in sports clubs differs from one club to another, "and these differences reach a degree of precision and ambiguity that is difficult to describe. Therefore, each club has its own climate, which makes it an institution with its own unique character."(8:20 -24)

The researcher believes that the nature of psychological adjustment has an impact on the relationship between the coach and the player. When the club coach is characterized by authoritarianism, and establishes social distances and barriers between himself and the players, the players, in turn, establish social distances between them and tend towards authoritarianism in their dealings, so they view themselves as mere objects that they push as they please.

It is comparable to how the coach treats them in the direction they desire. When a club coach is a democratic and cooperative trendsetter, he manages the team in tandem with his players, taking the time to hear their thoughts and suggestions and putting them into practice. Therefore, if there is a culture of sportsmanship present, it extends to the relationships between coaches and players as well as between players and other club members. from the players' familiarity and cooperation with the coach, which has a beneficial impact on the players'

acceptance of, affection for, and interest in the club. He gains the capacity to handle a great deal of club-related duty, as well as the stresses and challenges they face in practice or during a game, and to handle them with a sense of sportsmanship while continuing. They will eventually have a high psychological adaptation as a result of this good trend, their athletic spirit, their social relationships, and their sense of familiarity and love. The significant variations in training environments between the clubs, the coaches' styles, and the players' individual characteristics all contribute to the development of modest rates of psychological adaptation. As well as differences in training times and locations, and many other circumstances.

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

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

The competitive aggression scale results for players in first division football clubs ($n = 95$) are displayed in the above table. The data was subjected to statistical analysis and the arithmetic mean (174.135) degrees was found to be higher than the hypothetical mean (141) and at a high level, with a standard deviation of (13.196). The sample results showed an internal consistency of 1.253, which is a minor value, in terms of standard error. The skewness factor was found to be (-0.111), indicating moderation.

"The sample is considered normally distributed, as long as the value of the skewness coefficient is limited to (+3, -3), the sample is homogeneous," states the normal distribution curve distribution of the data. (9: 178)

4-1 Conclusions

- 1- There appeared to be a positive significant correlation between the psychological adaptation scale and the self-concept scale, and an inverse relationship between psychological adaptation and competitive aggression.
- 2-The ability to direct goals and priorities and focus on achieving them contributes to giving the individual the ability to psychologically adapt.

4-2 Recommendations

1. A focus on the identification of players who have inadequate psychological and social adaptability and the use of guidance programs through the use of psychological tests and standards.
2. The necessity of considering the significance of personal development due to its influence on athletes' psychological adaptation.

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