



CONSTRUCTING A NEGATIVE EMOTIONAL BEHAVIOR SCALE AMONG IRAQI PREMIER LEAGUE FOOTBALL PLAYERS FOR 2023-2024 SPORTS SEASON

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Keywords: Negative Emotional Behavior, Iraqi Premier League, Football Clubs.	ABSTRACT		
	<i>The research aims to build a scale of negative emotional behavior for some players in the Iraqi Premier League football using the descriptive approach. The exploratory study was conducted on a sample of (22) players, and the main study was conducted on a sample of (98) players who represented their clubs in competitions. The researcher used appropriate statistics suitable for the nature of the research, and (5) axes were identified (loss of concentration - physical stress - negative emotional arousal - severe anxiety - psychological tension) as they are the basic pillars of the negative emotional behavior variable. The researcher concluded that there is a relationship between the axes of negative emotional behavior and the questions posed for each axis and the dimension to which the phrase belongs. We recommend applying these axes to know the negative emotional behavior of the Premier League players, as well as studying other axes that may cause this negative behavior towards the players, while emphasizing the role of the psychological specialist supervisor in limiting this phenomenon that has begun to expand in the Premier League football.</i>		
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INTRODUCTION

Football has captured people's attention because it encompasses a multitude of skills that attract and delight viewers, reflecting the enthusiasm players exert to achieve advanced positions for their teams during the various rounds they play in the league championship and to maintain their positive results. This superiority has contributed to the significant development of this game, especially after the introduction of modern technology to monitor the smallest details that players face during matches and the resulting behaviors that begin from the moment the player enters the match and continue even after the match ends, as they are an inner feeling that is in harmony and at odds with the nature of the challenges. These behaviors may be negative to the extent that they make the player dull and unable to complete the matches, or they may be positive, keeping him at his peak, balanced, and able to play matches in harmony with the other players.

The Iraqi league, like other Arab and international leagues, exposes players to many pressures, whether administrative, related to contracts, player transfers, income levels, technical, related to the coach, the nature of training, and the intensity of training loads, or social, related to team

members and even the opposing team, as a result of contact with the player on or off the ball, as a result of entering the ball in an aggressive manner, which causes many negative situations due to unwanted responses that deserve punishment from the referees. This may contribute to the players' annoyance towards engaging in more of these unjustified behaviors, such as assaulting the opposing player or overstepping the referees.

These behaviors have expanded as a result of the players' inability to focus on the ball or the opposing player in order to intercept the ball. This behavior contributes to shifting the entire team and losing the balance of the team members due to repeated penalties that may cause errors close to the playing areas that pose a danger that could score a goal if invested appropriately. In addition, this negative behavior has been addressed by international football law with various penalties, including expelling the player and punishing him with a ban for many matches, in addition to financial fines as a deterrent method to prevent such behavior from being repeated in the future. Follow-up to the Iraqi league Excellent finds that this behavior is widespread among players.

2013) explains that the player experiences physiological changes and psychosomatic diseases as a result of the continuous accumulation of intense emotions such as high blood pressure, atherosclerosis, and heart disease, which makes him inclined towards this aggressive behavior, hiding behind it as an attempt to escape as a result of the inability to confront those fears, pressures, or emotions (167:10). Football players are exposed during the Iraqi Premier League competitions to many situations, some of which are expressed with joy and happiness, and others with sadness and anger, depending on the situation, and this differs from one player to another.

There are some players who are convinced to practice such behavior because it gives them a justification for that, in order to expel the opposing player for the purpose of provoking him, such as spitting on him, or uttering obscene words far from the spirit of sports competition, or deliberately hitting the player, preventing him from playing football. Such behaviors arise among players due to lack of experience and excessive selfishness, in addition to the nature of the player, the extent of his sports culture, the lack of his physical level, and the lack of his concentration throughout the matches, so he resorts to such behaviors, such as questioning the referee's decisions while punishing him for his negative behavior.

The importance of the research lies in shedding light on the most prominent psychological variables that accompany players and cause them a state of decline in their skill level and compensate for it with negative behavior, in a hidden way in order to obtain refereeing errors that contribute to In punishing the opposing player without justification, knowing that these phenomena have become very clear in the Iraqi Premier League, as they have caused many conflicts that contribute to inciting riots that may lead to the technical staff and fans entering the field and the occurrence of undesirable consequences.

Osama Kamel Rateb (2000) states that the sporting activities that characterize the game are classified as having a degree of aggression within the limits of its own laws and rules. Among these activities that encourage aggression are football and basketball (212:3). The current research aims to develop a scale for negative emotional behavior for some Iraqi Premier League football players, and to find the relationship between the axes of negative emotional behavior and the questions posed for each dimension of the scale.

RESEARCH METHODOLOGY

The researcher used the descriptive approach (survey method) to suit the nature of the research. It includes some players of the Iraqi Premier League football clubs. The sample was selected randomly, as the total sample size reached (120) participants in the Iraqi Premier League football competitions for the 2021-2022 sports season , as shown in Table No. (1).

Table 1. Shows the sample distribution.

Clubs	Sample		exploratory study		Basic study	
	number	Centennial	number	percentage	number	percentage
Najaf	21	17.5	4	18.18	17	17.35
Diwaniyah	22	18.33	4	18.18	18	18.37
Students	19	15.84	4	18.18	15	15.30
Maysan	23	19.16	4	18.18	19	19.39
South	18	15	4	18.18	14	14.29
The middle	17	14.17	2	9.1	15	15.30
the total	120	100	22	100	98	100

It is noted from Table (1) which is concerned with the numerical description of the research sample that the total research sample amounted to (120) players divided among (6) clubs, and the exploratory study was conducted on (22) players at a rate of (18.33 Players and the basic study on (98) with a percentage of (71.67) where the highest percentage of participants was from Maysan Oil Club with a percentage of (19.16) and the lowest percentage of participants was from Al-Wasat Oil Club with a percentage of (14.17) .

Sample selection conditions

- 1- To be registered in the Iraqi Premier League for football.
- 2 - His chronological age shall not be less than (18) years.

Sample homogeneity

To ensure homogeneity in the primary variables (age level and player position), the skewness coefficient was calculated as shown in Table No. (2).

Table 2. Shows homogeneity of the research sample.

Variables	Statistical implications of the description			
	arithmetic mean	The mediator	standard deviation	Coefficient of skewness
Age level	1.3	0.95	0.49	1.2
Player position	1.9	1.97	0.75	0.16

It is noted from Table No. (2) regarding the homogeneity of the research sample data in the primary variables (age level and player position) that the skewness coefficient ranges between (0.16 -1.2), which indicates that the extracted measurements are close to the norm, as the values of the normative skewness coefficient range between (± 3) and are very close to zero, which confirms the homogeneity of the individuals of the total research sample (basic and exploratory) in the age level and playing position.

Steps to build the scale

reviewed some scientific references and previous studies related to the research topic in the field of sports psychology, such as the scale of attitude towards the competitor (Muhammad Hassan Alawi) (2013) (10) and Wadad Youssef Muhammad (2011) (12). The researcher arrived at the selection of (5) axes to present to the experts in general psychology, health, psychology, and sports psychology, numbering (15) experts, to determine the axes of negative emotional behavior of the Iraqi Premier League football players.

Table 3. percentage of agreement of the arbitrators on the axes of constructing the negative emotions behavior scale. n=15

Axis	Agreement rate	
	repetition	approval rate
loss of concentration	13	86.7 %
exhaustion (physical stress)	12	80 %
emotional arousal	14	93.3 %
psychological stress	12	80 %
Insolvent anxiety	12	80 %

It is noted from Table (3) regarding the frequency and percentage of the experts' opinion on the suitability of the dimensions of the negative emotional behavior scale, which ranged between (80 % to 93.33 %), and the researcher accepted a percentage of (80 %) or more to adopt these dimensions to measure negative emotional behavior, and thus the scale became composed of (5) axes that were all agreed upon, and thus the researcher will formulate (8) phrases for each axis or dimension of the scale.

External and internal consistency validity Negative Emotions Behavior Scale

The researcher presented the scale to the (15) arbitrators who are specialists in educational and psychological sciences, sports psychology and mental health to determine the suitability of the phrases as shown in the table below (4) for a sample of (120) n=15, research community n=120.

Table 4. Consistency validity

Axis	N o.	suitable		somewhat suitable		Not suitable		relative importance	Correlation coefficient	degree of confidence
		repetition	100%	repetition	100 %	repetition	100 %			
Loss of concentration	1	10	66.66	4	26.67	1	6.67	86.66	-.227- *	.013
	2	11	73.33	1	6.67	3	20	84.44	.456**	.000
	3	13	86.67	2	13.33	0	0.00	95.55	.394**	.000
	4	10	66.67	3	20	2	13.33	91.11	.243**	.007
	5	11	73.33	2	13.33	2	13.33	91.11	.341**	.000
	6	12	80	1	6.67	2	13.33	91.11	.672**	.000
	7	9	60	4	26.67	2	13.33	82.22	.537**	.000
	8	11	73.33	1	6.67	3	20	84.44	.573**	.000
physical stress	9	11	73.33	2	13.33	2	13.33	82.22	.251**	0.06
	10	9	60	4	24.67	2	13.33	82.22	.311**	0.01
	11	10	66.67	1	6.67	4	26.67	82.22	.325**	.000

	12	13	86.67	1	6.67	1	6.67	95.55	.573**	.000
	13	10	66.67	1	6.67	4	26.67	82.22	.266**	.003
	14	12	80	1	6.67	2	13.33	91.11	.488**	.000
	15	10	66.67	2	13.33	3	20	86.67	.614**	.000
	16	11	73.33	0	0.0	4	26.67	82.22	.249**	.006
emotional arousal	17	9	60	4	26.67	2	13.33	82.22	.459**	0.00
	18	10	66.67	3	20	2	13.33	91.11	.531**	0.00
	19	11	73.33	0	0.00	4	26.67	82.22	.450**	0.00
	20	12	80	0	0.00	3	20	86.66	.354**	0.00
	21	11	73.33	1	6.67	3	20	84.44	.533**	0.00
	22	10	66.67	2	13.33	3	20	82.22	.382**	0.00
	23	9	60	4	26.67	2	13.33	82.22	.314**	0.00
	24	10	66.67	3	20	2	13.33	84.44	.227*	.013
psychological stress	25	12	80	0	0.00	3	20	86.66	.368**	0.00
	26	9	60	5	33.33	1	6.67	84.44	.600**	0.00
	27	11	73.33	4	26.67	0	0.00	91.11	.533**	0.00
	28	13	86.67	0	0.00	2	13.33	91.11	.256**	0.05
	29	9	60	4	26.67	2	13.33	82.22	.541**	0.00
	30	10	66.66	1	6.67	4	26.67	80	.401**	0.00
	31	9	60	4	26.67	2	13.33	82.22	.109	.237
	32	11	73.34	2	13.33	2	13.33	86.66	.479**	.000
Insolvent anxiety	33	11	73.34	2	13.33	2	13.33	86.66	.283**	0.02
	34	10	66.66	1	6.67	4	26.67	80	.291**	0.01
	35	10	66.67	3	20	2	13.33	84.44	.542**	0.00
	36	11	73.33	0	0.00	4	26.67	82.22	.557**	0.00
	37	10	66.66	4	26.67	1	6.67	86.66	.485**	0.00
	38	9	60	4	26.67	2	13.33	82.22	.372**	0.00
	39	12	80	1	6.67	2	13.33	88.88	.359**	0.00

	40	11	73.34	2	13.3 3	2	13.3 3	86.66	.345**	0.00
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It is noted from Table (4), which includes the experts' opinion on the appropriate duration of the dimensions of negative emotional behavior for some Premier League players, that the relative importance ranged between (80 % to 95.55 %), and the researcher accepted an approval rate of (80 %) or more to accept the statement. Therefore, the researcher confirmed that the statements agree with the dimensions by a percentage of (80 %) or more, and thus the scale contains (5) dimensions, as shown in Table No. (4). It is noted from the table above that the correlation coefficient recorded the highest consistency in statement No. (6) with a percentage of (0.672**), and the lowest consistency in statement No. (1) with a percentage of (-0.227- *).

Scale stability

The researcher used the Cronbach's alpha scale to measure negative emotional behavior, as shown in Table No. (5).

Table 5. Shows the reliability of the scale.

Axes	Phrases	Crowbach's alpha
5	40	.866

It is noted from the table above that the negative emotional behavior scale reached (0.866), which indicates that the phrases are characterized by high validity and reliability, as the number of phrases for this scale reached (40) phrases.

RESULTS

Displaying the results of the average acceptance according to the five-point Likert scale

Table 6. shows the acceptance of averages according to the five-point Likert scale.

Period	Sample orientation
1.79 -1	Strongly disagree
2.59 -1.80	Disagree
3.39 -2.60	neutral
3.19 -3.40	OK
5 - 4.20	Strongly agree

It is clear from the table above that the average value according to the five-point Likert scale ranged between (5 - 4.20) and represents the highest percentage of the strongly agree category, and the lowest percentage was strongly disagree, reaching (1.79-1). Through this, the study will be discussed according to these averages.

Presenting sample answer averages

Table 7. shows the average answers of the research sample according to the five-point Likert scale.

Dimension	Sample orientation	Percentage	standard deviation	mean	Sample size	Strongly disagree	Disagree	neutral	OK	Strongly agree	Phrases number
loss of concentration	Disagree	41.67	0.81	2.45	120	12	50	45	11	2	1
	Disagree	47.5	0.83	2.46	120	10	57	41	8	4	2
	neutral	31.67	1.10	2.95	120	9	33	38	31	9	3
	neutral	47.5	.78	2.50	120	11	40	57	8	4	4

	OK	35.83	.95	3.28	120	4	23	40	43	10	5
	OK	31.67	1.29	3.20	120	15	26	21	38	20	6
	OK	39.17	1.06	3.22	120	10	21	34	47	8	7
	OK	35.83	1.17	3.76	120	9	10	22	43	36	8
Average year for the axis	neutral	38.86	0.99	2.98	120	80	260	298	229	93	0.0
physical stress	OK	49.2	.81	3.61	120	5	8	36	59	12	9
	OK	50.8	.80	3.56	120	2	6	38	61	13	10
	neutral	45	.90	2.80	120	14	29	54	20	3	11
	OK	45.8	.78	3.20	120	4	7	14	55	40	12
	neutral	43.3	1.02	3.96	120	5	19	52	40	4	13
	OK	45.8	.78	3.20	120	6	7	15	55	37	14
	Strongly agree	51.67	1.02	3.96	120	4	5	17	32	62	15
	Muhaid	41.67	1.03	4.16	120	13	33	50	19	5	16
Average year for physical stress axis	OK	46.66	0.89	3.56	120	53	104	276	341	174	0.0
emotional arousal	Disagree	30	3.27	2.76	120	14	36	29	25	16	17
	neutral	25	1.36	3.04	120	23	27	30	19	21	18
	neutral	26.67	1.14	4.10	120	13	21	29	25	32	19
	OK	30.83	1.13	3.73	120	7	20	31	37	25	20
	OK	47.5	1.12	3.85	120	5	8	11	39	57	21
	OK	50.83	.87	3.43	120	5	16	6	32	61	22
	Disagree	38.33	1.37	3.51	120	20	46	11	24	19	23
	Strongly agree	49.17	1.40	2.93	120	12	13	10	26	59	24
Average year for the emotional arousal axis	Strongly agree	37.29	1.45	3.41	120	99	187	157	202	290	0.0
psychological stress	OK	26.67	1.28	3.33	120	13	24	25	32	26	25
	Disagree	30.83	1.38	2.93	120	19	37	19	24	21	26
	OK	25	1.42	3.05	120	30	15	17	41	17	27
	OK	46.67	1.00	4.11	120	3	7	11	56	43	28
	Strongly disagree	30	1.49	2.80	120	36	22	18	24	20	29
	Disagree	28.33	1.26	3.00	120	14	34	26	30	16	30
	Strongly agree	30	.81	4.28	120	5	7	15	36	57	31
	neutral	30.83	1.08	3.50	120	6	16	38	37	23	32
Average year for psychological stress axis	OK	31.04	1.22	2.98	120	126	163	159	280	223	0.0
Insolvent anxiety	OK	47.5	0.76	3.57	120	4	2	49	57	8	33
	Disagree	35.83	1.28	3.86	120	14	43	27	16	20	34
	neutral	30	1.40	3.04	120	18	24	36	15	27	35
	Strongly agree	51.67	1.15	4.11	120	7	6	19	26	62	36
	OK	33.33	1.14	3.73	120	7	12	26	40	35	37
	Strongly agree	38.33	1.13	3.90	120	5	12	23	34	46	38

	OK	44.16	.87	3.44	120	3	18	35	53	11	39
	Strongly agree	33.33	1.37	3.52	120	12	26	12	30	40	40
Average year for the axis of distressed anxiety	OK	39.27	1.14	3.64	120	70	143	227	271	249	0.0

Table No. (7) represents the averages of the research sample's answers to the axes of the negative emotional behavior scale for some Iraqi Premier League football players.

Discussion

The researcher discusses the results he reached through statistical treatments and data extracted from the statistical program (IPM spss), where the researcher noticed according to Table No. (4) the existence of a consistency relationship between the questions and the axis (loss of focus), as the highest consistency was in statement No. (6) at a rate of (**.614 ****) and the lowest consistency was in statement No. (8) at a rate of (**.296 ****).

Mohammed Hassan Alawi (2013) points out that there are some team games, including football, that require high concentration and attention due to the many stimuli resulting from watching competitors and their movements, as well as watching his teammates by making some movements that show his location through the movement of the hand or the playing tool, unlike some players who are characterized by narrow concentration, they show the ability to get tired and not quickly react to external situations, and fast and successive playing situations, which causes distraction and loss of concentration and attention as a result of being exposed to any external stimulus such as the shouts of the crowd or anxiety, which causes incorrect responses to this stimulus. (307:305:10).

The researcher believes that the loss of concentration that football players are exposed to as a result of incorrect responses to multiple stimuli due to muscle tension or fatigue makes them lose the ability to pay attention and are vulnerable to negative emotions and disturbances through which they try to hide what they did in this negative behavior towards the opposing player, and not feel guilty and negligent, but rather ignore what they did as if they did not commit anything , because they are accustomed to repeating these behaviors in multiple situations and different matches and did not find deterrent decisions for them so that they do not deliberately commit these behaviors, so the player must relax in stressful matches and focus on duties.

Assigned to him by the technical staff in order to maintain his balance and maintain the effort he exerts to achieve stability on the field with the rest of his colleagues. This study is consistent with the study by Wedad Youssef Mohamed (2011) entitled "A comparative study of aggressive behavior in some team games (12)."

Looking at Table No. (4), it is noted that there is a consistency relationship between the questions posed and the axis (physical effort), as the highest consistency was in statement No. (10) at a rate of (**.557****), and the lowest consistency was in statement No. ((16) at a rate of (**.249****).

Abu Al-Ala Ahmed Abdel Fattah and Ibrahim Shaalan (1999) state that a football player must possess a high level of physical and motor abilities in order to be able to perform the basic skills of the game, as the football player is exposed to various physical efforts during the course of the match, and as a result of these efforts, signs of fatigue appear, and this is reflected in his physical, skill, tactical and psychological level. It is necessary to stand on this variation in the size

and level of performance and effort and to know the functional changes that accompany it within the body, in addition to the necessity of identifying the effect of this variation on the level of performance, as physical effort affects the internal systems of the football player during training and matches, and as a result, many internal changes occur in the functions of these systems, such as the circulatory, respiratory and nervous systems, as fatigue and physical stress are a state of physiological decline that leads to the inability to perform the required motor duties, which causes a decrease in the level of his performance. (242:2)

The researcher believes that the physical effort that football players face during the preparation period and competitions creates many unsatisfactory responses within the same team, causing a kind of dissonance and lack of convergence, which negatively affects the players' performance during competition. Football requires a great ability to understand and comprehend the advice and guidance provided by the technical staff and cohesion in the different playing areas to fill the gaps. This requires the cooperation of all players and not leaving competitors without coverage, as it makes some players bear additional effort from fatigue as a result of repeated attacks on them and thus lose control over keeping up with the match, as fatigue causes an increase in errors due to the loss of the ability to coordinate due to the loss of energy reserves and a decrease in the amount of oxygen and loss of concentration. This causes a state of anger, tension and discomfort that generates in some players behaviors that are outside the spirit of sportsmanship, such as hitting and entering the opponent forcefully, and thus reflects on the performance of the player and the entire team. The result is indisputable, causing the player to be punished by expulsion, which makes the team suffer from a numerical shortage that negatively affects the superiority of the other team. Therefore, it requires players to fully prepare for matches and maintain their physical fitness and listen to The instructions provided by the technical staff and avoiding anything that would accompany any negative behavior such as objecting to the referee's decisions or shouting about the players' pain, etc. This study is consistent with the study by Zain Al-Abidin Ibn Hani entitled "Aggressive Behavior among Team Sports Players in Jordan and Its Relationship to Their Personality Traits" (5).

It is also noted from Table No. (4) that there is a consistency relationship between the questions posed and the axis of (emotional arousal), as the highest consistency was recorded in statement No. (24) at a rate of (.625**), and the lowest consistency was recorded from the same axis in statement No. (23) at a rate of (.314 **). 2002) states that emotions are common in the field of sports, specifically during competitions, as competitive situations in important matches reflect the players' reactions accompanied by different psychological emotions and pressures. As a result of the situation that occurs during the competition, responses such as joy and happiness appear when winning, and responses dominated by sadness and depression appear when failing. (19:7)

Imad Samir Mahmoud Al-Hakim (2014) also points out that excessive emotional arousal faces players from the beginning, which is called the initial fever, as a result of the increase in arousal processes (physiological activation) in the various brain centers, and at the same time a decline in the inhibition processes that work to nullify some nervous arousal due to its association with some unpleasant psychological and emotional symptoms (63:8).

The researcher believes that football players are often exposed to these emotions during their journey in the Premier League, from different positive and negative emotions. What we would like to address are the negative emotions and the responses that accompany them at the time when caution and care are required during these situations, especially stressful situations. He may be exposed to fear, anxiety and frustration during the competition due to the difficulty of the matches, which negatively affects their performance and causes him to lose the ability to concentrate due to the double physical effort, which makes him lose the ability to perceive these

situations. His responses are quick due to the changes that occur to the player as a result of anger and anxiety, which leads to a clash and the expansion of that situation and leads to the intervention of the rest of the players and the audience as a result of not realizing the nature of the situation, which generates hatred and violence. These phenomena have begun to spread due to the inability of players to adapt to the atmosphere of the match as a result of what

The player is exposed to harassment from opposing players as well as the audience, and even the referee's adverse decisions contribute to unwanted responses. (6). It is also noted from Table No. (4) that there is a consistency relationship between the questions posed and the axis of (psychological stress), as the highest consistency was in statement No. (26) at a rate of (.600 **) and the lowest consistency was in statement No. (28) at a rate of (.256 **).

Thamer Mahmoud Dhnoon and Sultan (2010) confirm that psychological stress is considered among the most important problems and obstacles that players suffer from and has negative effects on them, including loss of focus and self-confidence, lack of control over emotions, as well as poor decision-making, which turns into an internal conflict, the player enters into psychological crises and lack of faith in his ability and potential, which leads to many injuries and internal problems to become a barrier and obstacle to achieving success and athletic achievement. Therefore, the staff was given responsibility for developing the physical and tactical aspects, not at a sufficient level during the training process if it is not accompanied by attention to the psychological, mental and intellectual aspects (86:4).

The researcher believes that psychological stress is considered a common problem in football circles, as it negatively affects performance and the results of teams in the Premier League, as a result of their exposure to fear, anxiety and failure in facing opposing teams. The most prominent signs appear on the players' faces, such as sweating, instability and nail biting with his teeth, accompanied by an increased heart rate, making the player unable to complete matches, and making him feel a loss of focus and his mind preoccupied with other matters, making responses incomprehensible and unclear, as the circle of focus is narrowed due to the loss of balance. This requires the technical staff to provide the necessary capabilities, readiness and organization of plans to prepare the players to control themselves for any situation that the players accept, which may negatively affect the team, while requiring them to adhere to the duties shown by the technical staff in order to improve the psychological aspect and make them think about the nature of the match more than the result to absorb the momentum and high charge. This study agrees with the study of Hoda Jalal Muhammad Al-Bayati (2004) entitled "Constructing and Standardizing a Scale of Psychological Stress among Advanced Players in Team Games", University of Babylon, College of Physical Education (11).

It is also noted from Table No. (4) concerning the axis of difficult anxiety that the highest consistency was in statement No. (37) with a percentage of (.627 **) and the lowest consistency between the dimension and the questions posed was in statement No. (35) with a percentage of (.243 **) . .

Ahmed Amin Fawzy (2006) points out that an increase in anxiety beyond the required level leads to confusion and hindrance in athletic performance, and a decrease in its level below the required level leads to indifference in facing situations. In both cases, an increase or decrease in anxiety below the required level is a negative element in the competitive athletic situation. However, if its amount is appropriate to the type of threat that is facing or expected, as well as the method of overcoming it, then this is appropriate for issuing the required behavior and nothing else, and the player can face the threatening situation (284:1).

Muhammad Hassan Alawi (2013) explains that anxiety is an emotion composed of internal tension, a feeling of fear, and an expectation of danger. It is an unpleasant emotional confusion that the individual perceives as something arising from within him. Anxiety occurs when

the player feels weak or unable to face tasks and responsibilities that he feels are beyond his abilities and capacity. It has multiple symptoms, including (tension, irritation, instability, nervousness, weak ability to concentrate and pay attention, rapid pulse, and excessive sweating. (167:10)

The researcher believes that anxiety accompanies players in many situations, whether in public life or in the sports field, and it varies according to the nature of the situation facing him, so the player's ability intervenes. There are those who have the ability and capacity to face anxiety without being exposed to any negative responses as a result of self-confidence, maintaining their level of physical fitness and focusing on the atmosphere of the matches. Others, we find, are quick to anger and tense in the simplest situations due to their inability to curb the anger and nervousness that overwhelm them, especially when exposed to unpleasant situations that arise due to genetic factors or due to the personality type they live and try to reach, but they quickly become frustrated, fail or not get what they want, so they imagine that this rejection is a type of hatred, which causes them to lose self-confidence. Anxiety is considered one of the most dangerous conditions that accompany the player, especially when he is exposed to a certain situation. He quickly reacts in the opposite direction to the opposing player as a result of the inability to concentrate due to the weakness of the skill and physical side, accompanied by wrong responses due to fatigue and exhaustion. Therefore, the responsibility of coaches falls on the psychological aspects during the preparation period and preparing players to participate in competitions. This study agrees with the study of Mishok Ahmed, entitled "The causes of the emergence of anxiety among football players during sports competitions." Through what was presented, it became clear that the first hypothesis was achieved, which stated: " There is a statistically significant relationship between the axes of the scale of negative emotional behavior for some players in the Iraqi Premier League in football " (9).

Looking at Table No. (5) regarding the reliability of the negative emotions behavior scale, we find that the Cronbach's coefficient recorded a percentage of (0.866), which indicates the validity and reliability of the scale and that its phrases are objective. The scale's axes amounted to (5) axes and (8) phrases, and thus the scale became composed of (40).

As noted from Table (7) regarding the average responses of the research sample to the phrases of the axis (loss of concentration), it is relatively moderate acceptance, as the averages ranged between (2.45 - 3.76) and the arithmetic mean of the axis as a whole was (2.98), with a standard deviation of (0.99), and the sample's tendency towards neutral with an answer of (298). As noted from the table above regarding the second axis (physical stress), the phrases of the axis represent relatively high acceptance, as the averages ranged between (3.20-4.16) and the arithmetic mean of the axis as a whole was recorded at about (3.56) with a standard deviation of (0.89) and the sample's tendency towards agreeing with an answer of (341). The value of the averages of the third axis (emotional arousal) was recorded between the averages of (2.93-4.28), as the arithmetic mean of the axis as a whole was recorded at (3.41), with a standard deviation of (1.45), as the axis phrases constitute a relatively high acceptance, and the sample's tendency towards agreeing with a value of (290). It is also noted from the table above that the averages of the fourth axis (psychological stress) were limited between the averages with a value of (2.80-4.28), and the arithmetic mean of the axis as a whole was (2.98) with a standard deviation of (1.22), and the axis phrases constitute a relatively high acceptance, and the sample's tendency towards agreeing with a value of (280).), and looking at the fifth axis, it is noted that the value of the averages for the axis was (3.44-4.11), and the arithmetic mean for the axis as a whole was (3.64) with a standard deviation of (1.14), and the sample's tendency towards agreeing with a value of (271), as the axis phrases formed a relatively high acceptance. Through what was presented, the achievement of the second hypothesis " finding the relationship between the axes of negative emotional behavior and the questions posed for each dimension of the scale " is evident from the

existence of a relationship between the phrases and the axis to which the phrase belongs according to the sample's average answers according to the five-point Likert scale.

CONCLUSIONS

- 1- Premier League football players suffer from a loss of concentration, as the arithmetic mean for each axis is about (2.98) with a standard deviation of (0.99) and the sample tends towards neutral.
- 2 - The low level of physical effort of the players of the Premier League football clubs through the players' answers, as the total average value of the axis reached about (3.56) with a standard deviation of (0.89) and the sample trend agreed with an answer of (341), which shows without a doubt that physical stress, fatigue and exhaustion are among the most important characteristics that accompany the Premier League football players.
- 3- Premier League football players are affected by the various stimuli they encounter during the league and the negative responses that result from these situations, which are reflected on the team and the level of performance as a result of loss of focus, fatigue, and the inability to adapt to stressful situations.
- 4- Some Premier League players are characterized by psychological tension when facing opposing teams for fear of failure or loss. They hide this fear or anxiety through negative behaviors that occur on the field and are reflected in the nature of dealing with the audience, referees, or opposing players.
- 5- Some Premier League players suffer from match fever, which occurs at the beginning of the match, which negatively affects their performance, for fear of losing or not achieving victory.
- 6- The players frequently raise objections to the refereeing team as a justification for their negative behaviour and lack of conviction in all refereeing decisions.
- 7- Some players in Premier League clubs are excessively selfish, do not adhere to the technical staff's instructions, and have a lot of possession of the ball. As soon as he loses it, he throws himself to the ground demanding a foul in his favor, which causes anger and a lot of loud shouting.

RECOMMENDATIONS

- 1- Paying attention to the psychological aspects of the players through psychological and skill preparation, as this ensures the players' stability on the field.
- 2- Do not respond to abuse with abuse, because it reflects hatred among players and exposes them to serious injuries.
- 3- Providing a psychological specialist to achieve psychological balance, especially if the team experiences some imbalance in the level of performance, and emphasizing commitment to all the advice and guidance provided by the coach.
- 4- Holding training camps with strong teams enables the technical staff to address many of the negatives that players are exposed to while playing with these teams and prevent them from being repeated in league competitions.
- 5- Providing Arab and foreign libraries with the importance of this scale, as it addresses the negative emotional behavior of Premier League players, due to the scarcity of this type of scale.
- 6- We emphasize the need to address other aspects that contribute to this negative behavior in order to address it and prepare the player's psychological, physical, and mental aspects to focus attention on the match, regardless of the result.

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