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# Psychological pressures and their relationship to the competitive orientation of football players in the Iraqi Premier League for the 2018-2019 season

<sup>1</sup>Dr. Ahmad Thare Hani, <sup>2</sup>Ali Saad Abdulhameed, <sup>3</sup>Amwag Mohammed Ali Qasim<sup>3</sup>

## **Abstract**

*The psychological state of the athlete affects a great extent on the level of performance negatively or positively, especially that all teams share the same ambition in the competition and get championships, which provokes them different emotions, and the higher the degree of competition the psychological pressures increase their different dimensions and forms and affected The motivation of achievement in the players, therefore must be identified the sources of these pressures in the players and try to work to face them and attention to the guidance and psychological guidance of the players to alleviate these psychological pressures, as football players in the Iraqi premier league are subjected to multiple psychological pressures resulting from the performance matches and intense competition within the green rectangle.*

*So the player needs to be prepared psychologically which leads to increased readiness and readiness for the next response and self-confidence and focus on positive aspects that help to achieve the best achievement, the importance of research lies in highlighting the pressures The psychological orientation and the extent of the relationship between them in the Iraqi Premier League football players, and the problem is purely that the players of the university team are exposed to a range of pressures, especially when it requires them to exert a lot of physical, mental and psychological effort and requires them at the same time Competition and achieving the best achievement, the study aims to identify the level of psychological pressures, competitive orientation and relationship between them for football players in the Iraqi Premier League for the 2018-2019 season.*

**Keywords:** Psychological pressures, competitive orientation and Premier League.

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## **Introduction**

The harmonious and integrated preparation for the advancement and advancement of the level of the athlete to keep pace with the development of the game must be consistent with the specificity of the game and in particular the physical, skill, plans, moral and psychological side which is the cornerstone of the athletic integrated scientific achievement, and the psychological state of the player is an important characteristic that has taken great care by specialists In this field, as it greatly affects the level of performance in a negative or positive way, especially since all teams share the same ambition in obtaining championships and competition, which provokes different emotions, and that football players have a lot of responsibilities as a result of the broadening and satisfying public base, as well as the championships that players seek to win, and they are subjected to multiple psychological pressures that vary in intensity and correlation according to the changes that occur and the circumstances surrounding the player.<sup>1</sup>

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<sup>1</sup> University of Baghdad/ College of Physical Education and Sports Science/Iraq. [Ahmed.Hani@cope.uobaghdad.edu.iq](mailto:Ahmed.Hani@cope.uobaghdad.edu.iq)

<sup>2</sup>University of Baghdad/ College of Physical Education and Sports Science/Iraq. [Ali.Abd@cope.uobaghdad.edu.iq](mailto:Ali.Abd@cope.uobaghdad.edu.iq)

<sup>3</sup>University of Baghdad/ College of Physical Education and Sports Science/Iraq. [amwag.mohammed.ali@gmail.com](mailto:amwag.mohammed.ali@gmail.com)

The football player needs to continuously monitor his psychological state in order to help that in the evaluation process. In addition, he is exposed to various psychological, social and academic pressures, especially as the premier League player requires him to exert a lot of physical, mental and psychological effort as a result of the length of the league period, competition between teams and highlighting From the media, this may increase the sources of pressure among the players, and that this affects the athletic achievement because the human being is an integrated and interdependent unit, and therefore their competitive sporting direction is affected and their ability to achieve the best achievement and win in advanced positions, and the importance of these two variables and arrange close the level of performance of the player must therefore be studied and identify them accurately, the problem lies in the search influenced by the level of orientation due to the competitive players affected by psychological pressure and causes a statement.<sup>2</sup>

The higher the degree of competition, the more psychological pressure increases with its different dimensions and forms such as the audience, relationship with the coach, arbitration, problems Personal and family, stadium injuries, media, administrative problems, failure in athletic performance, and others This has led to a decrease in the motivation for achievement among players, therefore it is necessary to identify the sources of pressure among the players and try to work to face them and treat Here, through research, study, and attention to psychological guidance and guidance for players to alleviate these psychological pressures, football players are subjected to multiple psychological pressures resulting from the performance of matches and intense competition within the green rectangle, so the player needs to be prepared psychologically, which increases the state of readiness and preparedness for the next response and confidence With self and focus on the positive aspects that help in achieving the best achievement, through the foregoing the importance of research lies in shedding light on psychological pressures and competitive direction and the extent of the relationship between them among the football players in the Iraqi Premier League for the season 201 8 - 2019.<sup>3</sup>

#### **Research objectives**

1. Learn about the level of psychological pressure and competitive orientation of the Premier League football players for the 2018-2019 season.
2. Learn about the relationship of psychological pressure with the competitive direction of the Premier League football players for the 2018-2019 season.

#### **Research methodology and field procedures**

##### **Research methodology**

The researchers used the descriptive method in my survey method and the correlation relationships to suit the nature of the research problem.

##### **Community and sample research**

The research community included the Iraqi Premier League players for the 2018-2019 season, who numbered (473) players from (20) clubs and the sample research was determined in the deliberate manner of each team (10) players to be the total number of the sample (200) players, to represent the sample of the research and this number constitutes (42.28%) from the community of origin.

##### **Devices, tools used and means of gathering information**

- References and scientific sources.
- The Internet.
- Sewan Type (1) stopwatch.
- A Chinese-made personal computer (laptop).
- Psychometric pressure gauge.
- Competitive thrust scale.

##### **Field research procedures**

##### **Psychometric pressure gauge**

This scale consists of four axes (psychological skills, family pressure, play environment, hostile reaction) and each axis contains ten paragraphs, and it is a triple scale (yes, to some extent, both) and the total score expressive of psychological stresses are:

- (50) degrees or less.
- (60-69) degrees average.
- (70-79) degrees are great.
- (80) degrees and above is very large.

##### **Competitive orientation measure<sup>4</sup>**

The competitive orientation scale was designed by Mohammed Hassan Allawi to measure the competitive orientation of the athlete in that it is one of the important dimensions of the trends of the goal of sports achievement.

The list consists of two images (A) and (B) each image (20) half of which is positive in the direction of competitive orientation and the other half negative in the opposite direction of competitive orientation, and the athlete responds to the terms of the list on a five-step scale (always, often, sometimes, rarely, never) and so Placing (Ö) in front of the ferry and below the situation that applies to him according to the orientation towards sports competition and his conduct before, during or after the sports competition. Image (A) or image (B) can be applied on its own, and images (A, B) can be applied together according to the intended objectives observed (image B was used only from the scale).

**Correction**

- The positive phrases for image (B) are: 1/2/4/7/8/10/13/14/18/19
- The negative phrase numbers for image (B) are: 3/5/6/9/11/12/15/16/17/20

**Positive statements are corrected as follows:**

- (Always 5 degrees), (often 4 degrees), (sometimes 3 degrees), (rarely 2 degrees), (never 1 degree one).  
 Negative phrases are as follows:
- (Always one degree), (often two degrees), (sometimes 3 degrees), (rarely 4 degrees), (never 5 degrees).

The player's scores are collected in all phrases and the closer the total score approaches the maximum score of (100), the more distinguished the player will be in the competitive direction.

**Pilot study:** The researchers conducted the pilot study on Thursday on (11/2/2019) to know the ease of the answer and the clarity of the paragraphs for the players and the time taken to answer each scale.

**Scientific Foundations Experience:** After identifying the difficulties and procedures required from the exploratory experiment, the researchers conducted an experiment on (50) players on 17/2/2019 for the purpose of extracting the scientific foundations of the two scales used in the research.

**1. Validity:**

Validity: Validity is one of the conditions and scientific qualities of a good test, as it means "the degree to which the test measures the thing to be measured" (). Validity has been verified by finding Validity of the content by presenting the two scales to a group of experts and specialists in sports psychology and football The footage and found that the paragraphs of the two scales are at a high level of Validity after analyzing the opinions of experts through the (Chi-square).<sup>5</sup>

The researchers applied the two scales to the sample of the scientific foundations, and before that the researchers extracted some descriptive statistics as shown in Table (1). The distinction ability was extracted by the peripheral comparison method. After arranging the responses in descending order, (27%) of the scores were taken from the top and (27%) of the scores from the bottom, meaning (14) players for each group, then applying the (t) test to two independent samples. All paragraphs of the two measures were distinct and Tables (1) and (2) show that, and the internal consistency of the two paragraphs of the two measures was achieved by extracting the paragraph correlation with the overall degree of the scale using the simple correlation coefficient (Pearson), and all the values of correlation coefficients were significant as shown in the two tables (3) and (4).

**Table 1:** Shows the discriminatory ability to measure stress

Paragraph number	Lower group		Upper group		(t) Value	Significant value*	Result
	Mean	SD	Mean	SD			
1	2.6000	0.50262	3.0000	0.00000	3.559	0.002	Sig.
2	2.1000	0.44721	3.0000	0.00000	9.000	0.000	Sig.
3	2.5500	0.51042	3.0000	0.00000	3.943	0.001	Sig.
4	2.0500	0.51042	3.0000	0.00000	8.324	0.000	Sig.
5	1.9500	0.22361	3.0000	0.00000	21.000	0.000	Sig.
6	2.1500	0.48936	3.0000	0.00000	7.768	0.000	Sig.
7	2.1000	0.55251	3.0000	0.00000	7.285	0.000	Sig.
8	1.9500	0.22361	3.0000	0.00000	21.000	0.000	Sig.
9	2.2500	0.55012	3.0000	0.00000	6.097	0.000	Sig.
10	2.2000	0.52315	3.0000	0.00000	6.839	0.000	Sig.

11	2.3500	0.48936	3.0000	0.00000	5.940	0.000	Sig.
12	2.1500	0.48936	3.0000	0.00000	7.768	0.000	Sig.
13	2.2500	0.55012	3.0000	0.00000	6.097	0.000	Sig.
14	2.2000	0.61559	3.0000	0.00000	5.812	0.000	Sig.
15	2.4500	0.51042	3.0000	0.00000	4.819	0.000	Sig.
16	2.3500	0.48936	3.0000	0.00000	5.940	0.000	Sig.
17	2.3500	0.48936	3.0000	0.00000	5.940	0.000	Sig.
18	2.2500	0.55012	3.0000	0.00000	6.097	0.000	Sig.
19	1.9500	0.22361	3.0000	0.00000	21.000	0.000	Sig.
20	2.3500	0.48936	3.0000	0.00000	5.940	0.000	Sig.
21	2.0000	0.45883	3.0000	0.00000	9.747	0.000	Sig.
22	2.4500	0.51042	3.0000	0.00000	4.819	0.000	Sig.
23	2.4500	0.51042	3.0000	0.00000	4.819	0.000	Sig.
24	2.0500	0.22361	3.0000	0.00000	19.000	0.000	Sig.
25	2.4500	0.51042	3.0000	0.00000	4.819	0.000	Sig.
26	2.5000	0.51299	3.0000	0.00000	4.359	0.000	Sig.
27	2.0000	0.32444	3.0000	0.00000	13.784	0.000	Sig.
28	2.3500	0.48936	3.0000	0.00000	5.940	0.000	Sig.
29	2.4000	0.50262	3.0000	0.00000	5.339	0.000	Sig.
30	2.4000	0.50262	3.0000	0.00000	5.339	0.000	Sig.
31	2.5000	0.51299	3.0000	0.00000	4.359	0.000	Sig.
32	2.4000	0.50262	3.0000	0.00000	5.339	0.000	Sig.
33	2.3000	0.47016	3.0000	0.00000	6.658	0.000	Sig.
34	2.4500	0.51042	3.0000	0.00000	4.819	0.000	Sig.
35	2.3500	0.48936	3.0000	0.00000	5.940	0.000	Sig.
36	2.1000	0.44721	3.0000	0.00000	9.000	0.000	Sig.
37	2.1500	0.48936	3.0000	0.00000	7.768	0.000	Sig.
38	2.4500	0.51042	3.0000	0.00000	4.819	0.000	Sig.
39	2.2000	0.41039	3.0000	0.00000	8.718	0.000	Sig.
40	2.1000	0.30779	3.0000	0.00000	13.077	0.000	Sig.

\*The value of the significance is significant if it is <0.05 and degrees of freedom (26).

**Table 2:** Shows the discriminatory power of the competitive orientation scale

Paragraph number	Lower group		Upper group		(t) Value	Significant value*	Result
	Mean	SD	Mean	SD			
1	3.3000	0.92338	5.0000	0.00000	8.233	0.000	Sig.
2	4.4500	0.60481	5.0000	0.00000	4.067	0.001	Sig.
3	3.7000	0.73270	5.0000	0.00000	7.935	0.000	Sig.
4	4.5000	0.51299	5.0000	0.00000	4.359	0.000	Sig.
5	4.1500	0.36635	5.0000	0.00000	10.376	0.000	Sig.
6	3.9500	0.39403	5.0000	0.00000	11.917	0.000	Sig.
7	3.8500	0.48936	5.0000	0.00000	10.510	0.000	Sig.
8	3.9500	0.51042	5.0000	0.00000	9.200	0.000	Sig.
9	4.0000	0.64889	5.0000	0.00000	6.892	0.000	Sig.
10	3.7500	0.63867	5.0000	0.00000	8.753	0.000	Sig.
11	4.1000	0.78807	5.0000	0.00000	5.107	0.000	Sig.
12	1.9500	0.82558	5.0000	0.00000	16.522	0.000	Sig.
13	1.7000	0.73270	5.0000	0.00000	20.142	0.000	Sig.
14	3.6500	0.58714	5.0000	0.00000	10.283	0.000	Sig.

15	1.8500	0.93330	5.0000	0.00000	12.940	0.000	Sig.
16	4.4500	0.60481	5.0000	0.00000	4.067	0.000	Sig.
17	4.2000	0.61559	5.0000	0.00000	5.812	0.000	Sig.
18	4.1000	0.55251	5.0000	0.00000	7.285	0.000	Sig.
19	4.0000	0.64889	5.0000	0.00000	6.892	0.000	Sig.
20	4.3500	0.58714	5.0000	0.00000	4.951	0.000	Sig.

\*The value of the significance is significant if it is <0.05 and degrees of freedom (26).

**Table 3:** Shows the coefficient of internal consistency degree paragraph college degree to measure psychological pressure

Paragraph number	Simple correlation coefficient	Significant value*	Result	Paragraph number	Simple correlation coefficient	Significant value*	Result
1	0.457**	0.001	Sig.	21	0.382**	0.006	Sig.
2	0.522**	.0000	Sig.	22	0.694**	0.000	Sig.
3	0.325*	0.021	Sig.	23	0.720**	.0000	Sig.
4	0.453**	0.001	Sig.	24	0.525**	0.000	Sig.
5	0.623**	0.000	Sig.	25	0.694**	0.002	Sig.
6	0.527**	0.000	Sig.	26	0.685**	0.000	Sig.
7	0.472**	0.001	Sig.	27	0.413**	0.003	Sig.
8	0.520**	0.000	Sig.	28	0.515**	0.000	Sig.
9	0.497**	0.000	Sig.	29	0.412**	0.003	Sig.
10	0.388**	0.005	Sig.	30	0.412**	0.003	Sig.
11	0.692**	0.000	Sig.	31	0.389**	.0050	Sig.
12	0.477**	0.000	Sig.	32	0.412**	0.003	Sig.
13	0.303*	0.013	Sig.	33	0.432**	0.002	Sig.
14	0.397**	0.000	Sig.	34	0.533**	0.000	Sig.
15	0.694**	0.000	Sig.	35	0.279*	0.050	Sig.
16	0.702**	.0000	Sig.	36	0.418**	0.003	Sig.
17	0.515**	.0000	Sig.	37	0.376**	0.007	Sig.
18	0.346*	0.014	Sig.	38	0.434**	0.002	Sig.
19	0.423**	0.002	Sig.	39	0.677**	0.000	Sig.
20	0.702**	0.000	Sig.	40	0.503**	0.000	Sig.

**Table 4:** Shows the internal consistency coefficient degree paragraph primarily to measure overall orientation of competitive

Paragraph number	Simple correlation coefficient	Significant value*	Result	Paragraph number	Simple correlation coefficient	Significant value*	Result
1	0.353*	0.012	Sig.	11	0.595**	.0000	Sig.
2	0.412**	.0030	Sig.	12	0.612**	.0000	Sig.
3	0.312*	0.027	Sig.	13	0.649**	0.000	Sig.
4	0.287*	0.043	Sig.	14	0.748**	0.000	Sig.
5	0.478**	0.000	Sig.	15	0.672**	0.000	Sig.
6	0.457**	0.001	Sig.	16	0.534**	0.000	Sig.
7	0.581**	0.000	Sig.	17	0.670**	0.000	Sig.
8	0.637**	0.000	Sig.	18	0.633**	.0000	Sig.
9	0.527**	0.000	Sig.	19	0.764**	0.000	Sig.
10	0.593**	0.000	Sig.	20	0.537**	0.000	Sig.

## 2. Reliability

The researchers extract the stability, which is one of the important scientific conditions in the psychological scales, and he used the method of Retail midterm and Alpha Kronbach coefficient, and to extract the stability by the method of fragmentation, the researchers divided the terms of each scale into two equal parts, then the correlation coefficient (Pearson) is found between the degrees of the two parts, Because this correlation refers to the stability of half of the scale, it is necessary to find a stability coefficient for all the phrases of the scale, so the correlation coefficient (Spearman Brown) was used to correct the correlation coefficient, and Table (5) shows the stability coefficients for the two scales.<sup>6</sup>

**Table 5:** Shows the stability coefficients for the two scales

Scale	Retail midterm		Alpha Kronbach
	Half test stability	Coefficient of stability	
Psychological stress	0.740	0.850	0.919
Competitive orientation	0.574	0.730	0.854

### Main experience

The researchers conducted the main experiment on 3/2/27/4/2019 as a measure of psychological stress and competitive orientation was applied to the research sample with the help of the assistant work team .

### Statistical means

Researchers used the SPSS, the following statistical means:

- Mean.
- standard deviation.
- Percentage law.
- Test (t.test).
- Coefficient of torsion.
- Simple correlation coefficient (Pearson Person).

### Results and discussions:

**Table 6:** Shows the description of the statistical sample application to measure the psychological pressure and the middle premise

Variables	Mean	SD	Skewness	Highest degree	Less degree	(t) value	Significant value	Type of difference
Psychological stress	108.22	9.3061	-0.808	118.00	86.00	42.885	0.000	Sig.
Hypothetical medium				80				

We find, through the results of the test (t), when making a comparison between the verified arithmetic mean and the hypothetical mean of the scale of (80) that there are statistically significant differences in favor of the arithmetic mean at the expense of the hypothetical value as the moral value reached (0.000) which is smaller than the level of significance (0.05) In addition, the arithmetic mean is greater than the hypothetical mean, which indicates that players suffer from a high level of psychological pressure, and researchers will clarify this after identifying the type of pressure experienced by players through Table (7), which shows the percentage of fields of psychological pressure.

**Table 7:** Shows the percentage of players for areas of psychological stress

S	fields	percentage
1.	Playing environment	83%
2.	Psychological skills	73%
3.	Hostile reaction	71%
4.	Family pressure	66%

To answer the question, which stipulates which of the psychological stress fields have the most impact on the research sample according to its arrangement from the highest percentage to the lowest percentage?

The field of play environment has got first place, at a rate of (83)%, which is very large. The researchers attribute the reason for the players's impact on the play environment, because of the difficulty in providing unified and one-level stadiums for competition, which may contribute to injury to players, as well as the lack of provision of modern training equipment and equipment and the difficulty of organizing fixtures This created confusion in the training and impact on the return of the players in the match, in addition to the lack of television transmission for most games, which constituted a burden and psychological pressure on the players. The researchers also add that the lack of financial support from some clubs for the players also contributes to raising the pressure, and agrees with the researchers, although participating in sports can reduce psychological pressure, but it can become an additional source of pressure in relation to others because it becomes a requirement for their success and not a source of energy and entertainment only. It is added to previous pressures and pressures related to sport itself, such as the possibility of injury. <sup>7</sup>The possibility of them being excluded from the study, the possibility of them having problems with the coaches, time management, exhaustion, fear of failure, anxiety, depression and low self-esteem.<sup>8</sup> As for the field of psychological skills for players, it came in second place and reached (73%), which is large, and the researchers attribute it to the lack of interest in psychological preparation for players before the league and between games, and it was because there was not enough time between the end of the 2018 league and the beginning of the current league to prepare players and that the period of players gathering to go to training before competitions It was a bit of a weakness in the overall preparation period for the team and especially the special preparation for psychological skills.<sup>9</sup>

As for the field of hostile reaction, it came third (71%), which is large, and the researchers attribute the reason for this is that some hostile events occurred between the players themselves during training and competition and with competing players during matches, and that the reason for some of the hostile reaction occurred among the players in training It is the weakness of psychological preparation, as well as the inconsistency of all players in training due to the convergence of the matches, which created an atmosphere that caused weak harmony between the players and lack of understanding between them. These events were transmitted to the match due to the limited time of preparation, in addition to the pressure of the fans in the league, arbitration and playing in a non-athletic manner from some Competing players,<sup>10</sup> which led to the same behavior followed by some members of the sample. As for the field of family pressure, it came in the fourth place, at a rate of (66%), which is average. Positive, which put psychological pressure on their positive return in training and competition, and that the large number of family problems leads to poor concentration of attention during games and critical criticism and ridicule of friends when mistakes are made during games lead to psychological pressures that negatively affect the real level For players during matches .<sup>11</sup>

The researchers believe that the high level of psychological pressure among soccer players in the Iraqi Premier League for the season 2018 - 2019 due to the lack of interest of the psychologist in the players, and in many cases the players are prepared physically, skillfully, and planning at a high level, but the achievement and expected superiority of the team is not achieved.

**Table 8:** Shows the description of the statistical sample application to measure the competitive orientation and center-premise

Variables	Mean	SD	Skewness	Highest degree	Less degree	(t) value	Significant value*	Type of difference
Competitive orientation	88.40	8.3587	-0.674-	100.00	67.00	48.050	0.000	Sig.
Hypothetical medium			60					

We find, through the results of the test (t), when making a comparison between the verified arithmetic mean and the hypothetical mean of the competitive orientation scale of (60) that there are statistically significant differences in favor of the arithmetic mean at the expense of the hypothetical mean as the moral value reached (0.000) which is smaller than the level of significance (0.05) In addition, the arithmetic mean is greater than the hypothetical mean, and this indicates that the players are distinguished by a high level of competitive orientation, as the player with a high competitive orientation is distinguished by his focus on expected results and its relation to success and that the player's knowledge of his capabilities helps him to understand himself and exploit his skills and abilities to reach the family ,<sup>12</sup> which is the achievement of winning advanced positions, and sports psychology is one of the sciences associated with the preparation of the player and aims to achieve the specifications that must be available in the player in order to be able to achieve the best levels as well as avoid psychological failures resulting from psychological adaptation to the problems facing the player from the public or flags or Management and rulers.<sup>13</sup>



The competitive approach is a set of services that aim to help the individual better understand himself, as well as understand the problems he suffers from, and provide him with the necessary skills that enable him to exploit his possibilities, skills, preparations and capabilities, as well as helping him to define his goals in the light of his personal capabilities. Environmental and the selection of appropriate methods to achieve these goals, which enables him to solve his problems in a scientific and practical manner, which leads to his compatibility with himself and his community and his enjoyment of mental health .<sup>14</sup>

**Table 9:** Shows the correlation coefficient of psychological pressure to go competitive

Variables	Mean	SD	Correlation coefficient	Significant value*	Type of difference
Psychological stress	108.22	9.3061	0.149-	0.035	Sig.
Competitive orientation	88.40	8.3587			
Type of difference			Significant at the 0.05 level of significance		

The results show that there is a negative correlation between psychological stress and the competitive orientation of football players in the Iraqi Premier League for the 2018-2019 season, as the correlation coefficient reached (-0.149-) and with real significance it reached (0.035) which is smaller than the significance level (0.05).

This means that the lower the level of psychological stress for players, the more competitive orientation toward them is because the relationship between them is inverse according to the negative correlation result, although it is not with a high result, and the researcher attributes this to that stress is a term synonymous with the term anxiety, where it is sometimes used to express anxiety as a result of arousal conditions Surrounding, and because the term pressure refers to a painful or repulsive emotional state, the player tries to avoid it because it affects performance negatively through tension in excess of the limit that leads to it, as it works to narrow the player's attention and negatively affects the focus of his attention and the player's thinking when It is not free from emotional stress, in general, it is focused on the focus in the work that it performs, but if it is under pressure, this will distract his mind between the work he performs and between the topics, events or circumstances that cause emotional stress. Football is a group game that needs psychological features, team interaction between players, and work with the same team spirit, and the equivalent of that what a football player is exposed to many psychological pressures, whether in conditions.<sup>15</sup>

The researchers attribute that result to the psychological pressures that have negative effects represented by the phenomenon of psychological exhaustion, which effectively affects the appearance of negative aspects of the player from cases of indifference and lack of motivation, and then the player cannot assess himself in the light of his capabilities and capabilities, which is reflected negatively on the level of achievement ,this is confirmed by, as he indicated that psychological pressures work on a lack of motivation, and that the lower the psychological pressures, the greater the motivation among the players . From the above, it becomes clear to us that the competitive orientation of players towards competition is affected by their exposure to psychological pressure. Speaking to the individual feels a sense of extreme tension when the intensity of these psychological pressures increases, the individual may lose his ability to balance and adapt and change his behavior and personality style. It also occurs because of external factors that put pressure on the individual and create a state of difference in balance and disruption in behavior.<sup>16</sup>

## Conclusions

1. It turned out that most of the soccer players in the Iraqi Premier League for the 2018-2019 season suffer from a high level of psychological pressure.
2. The rates of psychological pressure among soccer players in the Iraqi Premier League for the 2018-2019 season are varied, so the playing environment has the highest percentage, followed by psychological skills, and then the hostile reaction, the last of which is family pressure.
3. It turned out that there was a lack of interest in the psychological aspect of football players in the Iraqi Premier League for the season 2018-2019.
4. Football players in the Iraqi Premier League for the 2018-2019 season enjoy a high level of competitive orientation.
5. There is a negative and statistically significant correlation between psychological stress and competitive orientation of football players in the Iraqi Premier League for the 2018-2019 season.

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