

DOI: <https://doi.org/10.54702/nfs1hr20>**Psychological immunity and its relationship to the orientation towards competition among the female players of the University of Kufa futsal team**Ali Muhammad Jawad Al-Sayegh <sup>(1)</sup> ✉, Mohsen Mohamed Hassan <sup>(2)</sup> ✉, Israa Allawi Hassan <sup>(3)</sup> ✉**1 Physical Education and Sport Sciences department/ Education college for girls/ Kufa University****2&3 Physical Education and Sport Sciences college / Kufa University****Received: 28/01/2024, Accepted: 28/02/2024, Published: 30/04/2024**This work is licensed under a [Creative Commons Attribution 4.0 International License](https://creativecommons.org/licenses/by/4.0/)., © Modern Sport**Abstract**

As a result of the existence of an ambiguous or unclear relationship between competitive orientation and psychological immunity and the detection of such a trait among the female players of the University of Kufa futsal team Therefore, the researchers found that this problem is worthy of study, and the aim of the research is to identify the level of psychological immunity and orientation towards competition among female university team players. Kufa futsal and identifying the relationship between psychological immunity and the orientation towards competition among the female players of the University of Kufa futsal team. The researchers used the descriptive approach using the survey method and correlational relationships to suit the nature of the problem. The research sample consisted of the female players of the University of Kufa in futsal. Halls (14) A female player for the academic year (2023-2024). Data was collected using two measures of psychological immunity and orientation toward competition. The data obtained by the researchers was processed using (percentage, arithmetic mean, standard deviation, hypothesized mean law, one-sample test, simple correlation coefficient) and The Psychological Immunity Scale, which consists of (39) items listing competitive orientation, was used to measure the competitive orientation of the athlete, as it is one of the important dimensions of athletic achievement goal orientations. The researchers concluded that there is a significant correlation between psychological immunity and the orientation towards competition among the players of the University of Kufa futsal team. The relationship between competitive orientation and psychological immunity is a positive relationship. The players of the University of Kufa futsal team have a good level of psychological immunity and competitive orientation, and the primary goal is to create sustainable research development. It is to work to improve the psychological and mental aspects of work and improve the effectiveness of futsal. and this achieves one of the sustainable development goals of the United Nations in Iraq which is (Quality Education)

**Keywords****psychological immunity - orientation towards competition - futsal****Introduction:**

It has received increasing global interest in most countries of the world as it is one of the most popular games in the world, and most age groups and both genders want to play and watch it, given the small area of its field, the small number of its players, and the similarity of its basic skills to football skills, which has led to it being played by a number There are more than a few players, and this spread did not come until after the

development that occurred in the sport of futsal in all respects. Football has received great attention in the field of research and has become a fertile field for researchers in the field of sports training to conduct research and studies that can contribute to the development and improvement of performance, in particular. The physical and technical abilities displayed by the players enable him to participate in several tournaments at the same time. This development did not come except

after following modern and new methods that qualify the player physically, skillfully, tactically, and psychologically, and that enable the player to perform the match well. Psychological immunity is one of the basic and main features in building a sports personality because it constitutes a group of qualities such as courage, courage, patience, risk-taking, hope, and others. It has a high social and humanitarian value that society encourages and tries to develop because it contributes to the advancement, progress and development of the human being and pushes him towards more confronting and overcoming external pressures because the human being does not He develops only if he faces challenges and overcomes them. An individual's life being devoid of excitement and stimulation leads to a feeling of boredom. It is the individual's ability to confront pressures and use all psychological resources to confront negative life events. It is also a human trait that appears through the ability to control and deal with environmental conditions. Psychological immunity is defined as: "a kind of psychological fortification that protects the individual from potential pressures, threats, and psychological crises." This is done by using one's own resources and potentials Futsal is a game that encourages personality, such as positive thinking, creativity, self-control, balance, steadfastness, and perseverance. The orientation towards sports competition is evidence of the effort made by the athlete in order to succeed in accomplishing the duties assigned to him, whether in training or competition with... Not to be submissive, complacent, or remiss in the event of failure, but rather to be diligent and persevere, in addition to feeling joy and pride when succeeding in accomplishing a duty. This may be reflected in a decrease in the level of intellectual immunity in the individual, as it may lead him to become rigid in some situations and events that require him to accept the prevailing ideas and different points of view, which helps to achieve satisfactory results for everyone. Further, the further decline in his level will generate in the individual the method of fallacy between right and wrong except according to his understanding of a particular belief without analyzing the prevailing ideas in the situation regarding what is good, evil, harmful, beneficial, compassion, and humanity. In addition, both

methods will lead the individual to have abnormal personality traits that stem from... Among them are behaviors that warn of danger and threat to the self, society, and the environment. (Bakkar) points out that a sharp decline in the level of intellectual immunity will lead the individual to extremes in flexibility, and this appears clearly in his behavior that does not adhere to the public order and does not take into account moral principles and values, which creates in him a shaky, volatile personality or a hypocritical and devious personality. In addition, those with both personalities exhibit deviant behaviors that are destructive to the self and society (1). (Abdullah) pointed out in particular, "Players who display disorder and abnormal behavior have difficulty confronting events in a way that leads to an adaptive response or normal adaptation that takes several forms: They do not have appropriate structures (explanations). They have rigid or inflexible and extreme structures that do not allow for the interpretation of new events. They also have structures that are extreme in their flexibility. In addition, personality change is a continuous process. It is not a final state of adaptation or health and safety, or it is a perfect static structure.) (2). The problem of the research is that there are basic and distinctive characteristics that should characterize the personality of female players. Most of their behaviors are dominated in different playing situations because It has a major and effective role in making him able to face life's difficulties and challenges, and at the same time it leads to the development of His personality and the result of the existence of an ambiguous or unclear relationship between Competitive orientation, psychological immunity, and the detection of such a trait among the female players of the University of Kufa futsal team. Therefore, the researchers found that this problem is worthy of study and is subject to questions, which are:

- Do female athletes have psychological immunity to the conditions of training and competition?
- Does achieving psychological immunity make female players more resilient to the conditions and atmosphere of competition?

**The research aims to:**

identify the level of psychological immunity and the orientation toward competition among the female players of the University of Kufa futsal team, and to identify the relationship between psychological immunity and the orientation toward competition among the female players of the University of Kufa futsal team. The research assumes that there is a significant correlation between psychological immunity and the orientation towards competition among the female players of the University of Kufa futsal team.

**Research fields:**

- **Human field:** Kufa University futsal team players for the academic year 2024-2023 )
- **Time field:** the period from (10/15/2023 to 1/20/2024)
- **Spatial field:** Hall of the College of Physical Education and Sports Sciences/University of Kufa

**Methods and Research:**

**Research Methodology:** The researchers used the descriptive method using the survey method and correlational relationships to suit the nature of the problem.

**Community and sample research:**

The research community consisted of the female players of the University of Kufa futsal team, numbering (15) players. The research sample was chosen randomly through a lottery and consisted of the female players of the University of Kufa in soccer. The number of female goalkeepers was provided for the academic year (2023-2024), with a percentage of (66.86), as female goalkeepers were excluded.

**Psychological immunity scale:**

The psychological immunity scale developed by (Hassanein) (5) was used, which consists of (29) items and consists of four dimensions:

The first dimension: The preventive developmental dimension measures the student's possession of positive aspects in his life, paragraphs (10-1)

The second dimension: The subjective psychological aspect: It measures the subjective psychological aspect, the student's private and personal life, his happiness, optimism, and his

enjoyment of psychological stability that helps in achieving immunity, paragraphs (10)

The third dimension: The social dimension: It is concerned with the student's positive relationships with others, which maintains his psychological immunity, paragraphs (9)

The fourth dimension: Intellectual-Emotional Measures the student's enjoyment of a positive side of appropriate thoughts that work to be an impenetrable barrier to protect the student from psychological deviations, as well as his possession of positive feelings, paragraphs (29)

**Competition Orientation Scale:**

The Competitive Orientation Inventory was designed by (Allawi) (6) to measure the competitive orientation of an athlete in that it is one of the important dimensions of athletic achievement goal orientations.

The list consists of two pictures (A) and (B). Each picture includes (20) statements, half of which are positive in the direction of the competitive orientation and the other half are negative in the opposite direction of the competitive orientation. The athlete responds to the phrases in the list on a five-point scale (always, often, sometimes, Rarely, never) by placing (Ö) in front of the phrase and below the case that applies to him according to his orientation towards the sports competition and his behavior before, during or after the sports competition.

Image (A) or Image (B) can be applied alone, and the two images (A and B) can also be applied together according to the desired goals. Note (Image (B) was used from the scale).

**The exploratory experiment of the scales of orientation toward competition and psychological immunity:**

After setting the instructions for the two scales, the researchers conducted the exploratory experiment to determine the negatives they would face and in order to avoid them in the main study. A survey study was carried out on 13/12/2023 on a sample of (3) female players.

Players from the original research community were not included in the final application of the tests.

- To ensure that the instructions and paragraphs of the two scales are clear to the players.
- Know the time taken to answer the two scales.
- Identify the conditions for applying the two standards and the difficulties that accompany it.
- Ensure that the two scales are clear to the sample.

### **Scientific transactions for measures of psychological immunity and orientation toward competition:**

(Allam) pointed out that “validity and reliability are among the most important characteristics that must be available in a psychological scale, regardless of the purpose of its use” (4). Accordingly, these characteristics must be verified in order to ensure the quality of the scales used for measurement and evaluation. Therefore, the researchers calculated the validity and reliability. To measure psychological immunity and orientation towards competition, as follows:  
Validity of the two measures: (Nejati) (The concept of the validity of the measure provides us with direct evidence of the suitability of the measure to carry out its function and achieve the purposes for which it was developed. It also indicates validity or validity. However, the test actually measures the function it is intended to measure without measuring another function besides it. The researchers obtained... Content truth) (3).

### **Content Validity:**

The researchers verified the validity of the standards for female futsal players through the Content Validity Index. When the scale was presented in its initial form to a group of experts and specialists to approve the validity of the scales and its paragraphs in measuring the intellectual immunity and orientation towards competition for the research sample, the opinions of the experts and specialists were taken into account. The scale was approved in its initial form.

### **Stability of the two measures:**

Stability means “the individual maintains the same position in relation to his position when he is measured repeatedly and remains approximately the same to the extent that it represents a small

value for the standard error of the measurement and a high reliability coefficient.” Stability also means that the measurement achieves the same results that are close to it if it is re-applied to the same individuals and under the same conditions more than once. It is also one of the basic concepts that must be present in the scale in order for it to be valid for use. The two researchers verified the stability of the two scales by using the Cronbach’s alpha coefficient, as it is considered one of the most common measures of stability. The idea of this method depends on the extent of the relationship between the items with each other within the two scales, as well as the correlation of each item with the scale as a whole, as the rate of internal correlation between the items with the number of items is what determines the (Alpha) (Radwan) coefficient (7). The researchers also relied on the data of the basic experiment sample, which numbered (13) Player, using the Statistical Portfolio for the Social Sciences (SPSS) to extract the reliability coefficient, which reached (0.92), which is a high reliability coefficient, and can be trusted in estimating the stability of the two scales.

### **Main experiment measures competitive orientation and psychological immunity:**

The main experiment was conducted by researchers in applying the Competitive Orientation Scale and the Psychological Immunity Scale to the sample, which numbered (13) female players. The primary purpose of the basic experiment is to apply the items of the two scales to the research sample on 20/12 /2023.

### **Statistical methods:**

The data was processed using the Statistical Package for the Social Sciences to extract the following means: Abi, standard deviation, simple correlation coefficient (Pearson).

### **Results:**

Identifying the level of psychological immunity and orientation toward competition and the relationship between them: It appears from Table (1) that the arithmetic mean, standard deviation, hypothetical mean, and T-value calculated for the research sample’s answers to psychological immunity and orientation toward competition

**Table .1** shows the arithmetic mean, standard deviation, hypothetical mean, and calculated T-value for the research sample's answers to psychological immunity and orientation toward competition.

T	Search variables	Arithmetic mean	Standard deviation	Hypothetical mean	Calculated t value	Type sig
1	Psychological immunity	86.23	5.52	87	8.62	Sig for arithmetic mean
2	Orientation towards competition	54.38	3.22	60	3.69	Sig for arithmetic mean

**Table .2** Sample results on the relationship between the psychological immunity scale and orientation toward competition

T	Variables	Arithmetic mean		R value		Type sig
		S	±p	Calculated	Tabulation	
1	Psychological immunity	86.23	5.52	0.26	0.20	sig
2	Orientation towards competition	54.38	3.22	0.31	0.20	sig

### **Discussion:**

From the results shown in Table (1), it is clear that the psychological immunity and orientation towards competition among female futsal players has a high level, and this is reflected in the reality of performance on the field by them acquiring two important characteristics in order to reach good results, which is reflected in the good ideas and characteristics that make them more An ability to control playing situations, and because female players will be most affected by changes, as they strive to search for new things, and their minds are open to every idea that seeks change, the focus of the trend towards modern competition is that they direct more of their efforts to try to influence this category in a very large way, so they should have a high level of The psychological immunity with which it resists this attack, it must be realized that every nation, no matter how strong, when the values and customs of another nation begin to influence it, has set for itself the first steps of annihilation. (Al-Shammari) "This is because the culture of any nation is a fundamental determinant of its identity, and loyalty to this culture is It is the shape of the personality of individuals, and those who are separated from their culture are left with nothing but place, and even changing place is another step on this path" (8).

It appears from Table (2) that the arithmetic mean values for the psychological immunity variable appeared to be equal to (86.23) with a standard

deviation of (5.52), and the value (R) appeared. The calculated value of (0.26) is higher than the tabulated value of (0.20). The arithmetic mean of the competitive orientation variable was calculated and it turned out to be equal to (54.38), with a standard deviation of (3.22). It showed the value (R). The calculated value of (0.31) is higher than the tabulated value of (0.20). Through this sample, female futsal players enjoy high morale. This means that the female players have psychological immunity and an appropriate orientation towards competition. This can be explained by considering their psychological immunity from The importance and effective impact on public life, which is reflected in the competitive trend and thus reflects positively On the results, behavior or performance of the players If the player needs psychological immunity in order to deal seriously and effectively with the pressures he faces in the Competition, so the relationship between competitive orientation and psychological immunity was a direct relationship. Based on (Al-Sharqawi) hypothesis (that any event is subject to various interpretations) (9), People with good intellectual immunity will resort to interpretations of new events and situations in a way that is consistent with values and principles, which makes good use of their cognitive processes.

We clearly find that most female players imitate the attitudes and behaviors that belong to the

values and intellectual principles of the society from which they imbibe. We also find their adherence to the noble customs and traditions of society, and it is also clear that some of them move away from bad behaviors in a way that is consistent with reality and with values, and this indicates a high level of psychological immunity, as the transformations and changes in sports performance in terms of development and solutions are reflected in the good social relations that are reflected in them. On life in all its aspects, and at its peak were the intellectual, cognitive, and ability to face the prevailing difficult situations. This happens because of how they interpret events (building psychological immunity), and they may have ease in confronting new ideas and information in a way that leads to an adaptive and compatible response, in that either their building of intellectual immunity includes constants (beliefs) or an appropriate center from which cognitive processes begin. To perceive new events, as well as (traits) that make them not affected by wrong ideas, or that the constants in building psychological immunity are good enough to allow interpretation of new events. As it is mentioned in the similar studies (10) & (11).

#### **Conclusions:**

- There is a significant correlation between psychological immunity and the orientation towards competition among the players of the University of Kufa futsal teams.
- The relationship between orientation towards competition and psychological immunity is a direct relationship
- The female players of the University of Kufa futsal team have a good level of psychological immunity and competitive orientation.

#### **Recommendations:**

- Paying attention to the counseling and psychological aspects of female university team players in other sports
- Developing the personal characteristics of female players through psychological or guidance programs for advancement
- Positive traits of female players
- Conduct similar studies on all individual and team games for both genders
- Developing and mobilizing psychological immunity and competitiveness among female

university students because of its great importance in all areas of life.

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## المناعة النفسية وعلاقتها بالتوجه نحو المنافسة لدى لاعبات منتخب جامعة الكوفة بكرة قدم الصالات

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مستخلص البحث

نتيجة وجود علاقة مبهمه او غير واضحة بين التوجه التنافسي والمناعة النفسية و الكشف عن مثل هذه السمة عند لاعبات منتخب جامعة الكوفة بكرة قدم الصالات عليه وجد الباحثون ان هذه المشكلة جديرة بالدراسة و هدف البحث الى التعرف على مستوى المناعة النفسية والتوجه نحو المنافسة لدى لاعبات منتخب جامعة الكوفة بكرة قدم الصالات والتعرف على العلاقة بين المناعة النفسية والتوجه نحو المنافسة لدى لاعبات منتخب جامعة الكوفة بكرة قدم الصالات و استخدم الباحثون المنهج الوصفي بالاسلوب المسحي والعلاقات الارتباطية لملائمتها لطبيعة المشكلة اما عينة البحث فقد تكونت من لاعبات جامعة الكوفة بكرة قدم الصالات والبالغ عددهن (14) لاعبة للعام الدراسي (2023-2024) وقد تم جمع البيانات باستخدام مقياس المناعة النفسية والتوجه نحو المنافسة وتمت معالجة البيانات التي حصل عليها الباحثون باستخدام (النسبة المئوية، الوسط الحسابي، الانحراف المعياري، قانون المتوسط الفرضي، اختبارات لعينة واحدة، معامل الارتباط البسيط) و تم استخدام مقياس المناعة النفسية والمكون من (39) فقرة قائمة التوجه التنافسي لقياس التوجه التنافسي للاعب الرياضي من حيث أنه أحد الأبعاد الهامة لتوجهات هدف الإنجاز الرياضي. واستنتج الباحثون عن وجود علاقة ارتباط معنوية بين المناعة النفسية والتوجه نحو المنافسة لدى لاعبات منتخب جامعة الكوفة بكرة قدم الصالات العلاقة بين التوجه التنافسي والمناعة النفسية علاقة طردية لاعبات منتخب جامعة الكوفة بكرة قدم الصالات يتمتعون بمستوى جيد من المناعة النفسية والتوجه التنافسي والهدف الاساسي لخلق تنمية البحث المستديمة هو العمل على الارتقاء بتحسين الجوانب النفسية والذهنية للعمل بها والارتقاء بفعالية كرة قدم الصالات وهذا ما يحقق احد اهداف التنمية المستدامة للامم المتحدة في العراق (التعليم الجيد)

الكلمات المفتاحية المناعة النفسية ، التوجه نحو المنافسة ، كرة قدم صالات

الكلمات المفتاحية