

## THE LEVEL OF COMMUNITY COHESIVENESS UNDER PSYCHOLOGICAL PRESSURE AND CONTROL CENTER FOR EMERGING FOOTBALL PLAYERS U17

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**Summary:** The objective of this study is to know the level the group cohesiveness and the type of relationship between it and the psychological pressure and control center for emerging footballers under the 17 years. The descriptive approach of the study was based on a sample of 70 young footballers between the ages of 15 – 17 years of the professional Algerian championship who are still studying. The measurement of cohesiveness of the group, consisting of 34 phrases divided into four dimensions, was used on 5 dimensions, and on the scale of the center control the internal and external consists of 20 phrases. We found an average level of group cohesiveness in all dimensions and in the total score of the group cohesiveness scale with mean and standard deviation estimated at  $(118.5 \pm 13.13)$ , high level of psychological stress and total degree of psychological stress with mean and standard deviation of  $163.38 \pm 10.67$ ). The average level in the remote control center and high in the external control center, there is a statistically significant correlation between group cohesiveness and psychological stress, and a statistically significant correlation between the cohesiveness of the group and both the internal control center and the external control center. The psychological pressures negatively affect the cohesiveness of the group while the control center with its both sides the internal and external does not affect the cohesiveness of the group.

**Key words:** sport group cohesiveness, stress, control center, emerging player.

### Introduction

One of the reasons behind the success of modern football teams is to provide a cohesive group of players among them in what appears as an integrated unit where the cohesiveness of the group is a dynamic process reflected in the tendency of the group to stick together and remain united in pursuing their goals and satisfying the emotional needs of the member (Carron, Brawley & Widmeyer 1998). The group's cohesiveness includes individuals'

sense of belonging to the group, loyalty to it, discussion of its standards and membership rather than talking about themselves, their work together towards a common goal, and their willingness to take responsibility and defend the group (Ekhlas & Bahi Mustafa 2001).

The process of interaction between individuals engaged in an activity is the basis for achieving the objectives of the exercise of that activity whether during the preparation of competition or during competition directly taking into account the consolidation of good social relations between individuals working in the field of sport (Mustafa Mohammed 1998).

Thus, the cohesiveness of the group within the same group is the result of the outcoming forces that attract the individual to the group (Mohamed Hassan Allawi 1998).

The practice of football is a very important issue for those interested in preparing young players to reach the upper levels. The young football player is influenced by the environment of the family, coach, colleagues and school, that surround him. A variety of emotional and psychological situations are often facing these players which are often accompanied by psychological stresses which are a confusion of ideas that enter the mind, often occur when giving the situation more than it deserves, and sometimes followed from external forces (Al Arabi Chamghoun 2012).

Mandler also defines pressure as "the conditions associated with stress and intensity resulting from the requirements or variables that necessitate some kind of re-adjustment of the individual and the resulting physical or psychological effects." (Abdul Aziz Abdul Majeed Mohammed 2000). Psychological pressure in competitive sports is a set of Complex responses to different types of psychological effects on the athlete and cause him a state of psychological stress, which leads to a significant reduction in the level of physical preparation, skill and planning and affect the level of achievement (Ghazi Saleh Mahmoud 2011).

One of the sources of pressure for the emerging player is the start of training and competition at an early age, high training load, excessive attention to results, training, study requirements, and repeated failures (Ossama Kamel Rateb 1997).

The player is always linked to the coach's directions and the results of the competitions which can affect him, and the value of the result achieved is united in the light of two directions either recognition of his own abilities or his awareness of external circumstances. This is called the control center (Musa Jibril 1996). Thus, players with external control rely on luck in performance and attribute failure to it, while the players with internal control are better in performance and level than those with external control (Rifai Hussein Mustafa 2001) and therefore the football player meets the challenges of psychological pressure, To perform well in the presence of these pressures, to achieve the

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goals and objectives of his team through the extent of acceptance of his role, so this research aims to find out the relationship between the cohesiveness of the group and both psychological pressure and control center of players emerging in football.

### **Methodology**

In order to carry out this study, the three criteria used for a sample of young footballers under the age of 17, active in the first national division of 70 players, are estimated to be 23.33 % of the original community of 300 players for the 2016/2017 sports season. The sample was selected according to the following specifications:

- To be regular in participating with his team in the championship for the season 2016/2017.
- The player should be student and most of them were from the secondary school.

The following tools were used to collect the data after the scientific bases were confirmed and they obtained high transactions in both honesty and consistency.

**The Community Cohesion Scale:** The group's collective cohesiveness scale, which consists of 34 paragraphs, has been used in the following four dimensions:

1. Collective integration dimension with regard to work duties, it consists of 9 paragraphs.
2. The attraction of the individual towards the social aspects of the community consists of 10 paragraphs.
3. Collective integration dimension with respect to social aspects, it consists of 9 paragraphs.
4. The attractiveness of the individual towards the duties of work consists of 6 paragraphs.

**It is based on a five-pronged scale as follows:** Always (5) degrees, often (4) degrees, sometimes (3) degrees, little (2) degrees, never (1) degree (Bennaaja Mohammed 2016).

**Psychological pressure scale:** consists of 40 paragraphs distributed over the following five dimensions:

1. Pressure before and during and after the competition consists of 8 paragraphs.
2. Pressure of communication between the coach and the player before and during and after the competition consists of 8 paragraphs.
3. The pressure of overload and the beginning of sports competition at an early age consists of 8 paragraphs.
4. The pressure of attention to gain and family attitudes towards the positions of competition consists of 8 paragraphs.
5. The pressure time organization of the player to participate in the competition consists of 8 paragraphs

**It is based on a three-pronged scale:** often (3) degrees, sometimes (2) degrees, rarely (1) degrees (Bray & Whaley 2001).

**Control Center Scale:** consists of 20 paragraphs distributed over two dimensions:

- First dimension: The internal control center consists of 10 paragraphs,
- The second dimension: the external control center consists of 10 paragraphs, and this depends on the balance of the estimate of four: always (4) degrees, medium (3) degrees, sometimes (2) degree, rarely (1).

**Table 1**

*Shows the results of arithmetical mean and standard deviation of variables (Bray & Whaley, 2001)*

<b>Group cohesiveness</b>	<b>Average</b>	<b>Standard deviation</b>	<b>Level</b>
collective integration with regard to work duties	29.5	5.64	Average
the individual's attraction towards the social aspects of the community	35.01	8.54	Average
collective integration with regard to social aspects	32.8	5.62	Average
the attraction of the individual towards the duties of work	21.2	4.50	Average
The overall degree of community cohesion	118.51	13.13	Average

Table 1 shows that the collective integration in relation to the work duties has a mean and a standard deviation of (29.5 ± 5.64) and the attraction of the individual towards the social aspects of the group were achieved by mean and standard deviation of (35.01 ± 8.54). The social aspects ended with a mean and a standard deviation of (32.8 ± 5.62). The attractiveness of the individual towards the work duties ended up with a mean and a standard deviation of 21.2 ± 4.50, and the total score of the group cohesion scale with a mean and a standard deviation of (118.5 ± 13.13). The level of all dimensions including the overall score was average.

**Table 2**

*Results of the arithmetic mean and the standard deviation of the variables (Brehm, Kassim & Fein, 2002)*

<b>Psychological pressure</b>	<b>Average</b>	<b>Standard Deviation</b>	<b>Level</b>
Pressure before, during and after competition	30.94	5.81	High
Connection pressure between the player and coach before and during competition	33.57	5.46	High
Pressure of participating in sports competitions at younger age	34.78	3.26	High
Pressures of interest in gain and family attitudes towards competitions	34.87	3.99	High
Player's time management pressure to participate in competitions	29.21	5.31	Average
The overall degree of psychological pressure	163.38	10.67	High

The following table shows the mean and standard deviation of the pressure between the coach and the youth before, during, and after the competition of  $(30.94 \pm 5.81)$ , the mean and standard deviation is estimated at  $(33.57 \pm 5.46)$  concerning the pressure related to the connection between the player and his coach before during and after the competition. The overloaded pressure and early sports competition at an early age with a mean and a standard deviation of  $(34.78 \pm 3.26)$ . And the pressure of attention to the gain and the family's attitudes towards the competition is estimated of a mean and standard deviation at  $(34.87 \pm 3.99)$ . And the stress concerning the player's own time organization to participate in the competition with a mean and a standard deviation estimated at  $(29.21 \pm 5.31)$  and the total score of the psychological stress index with a mean and a standard deviation estimated at  $(163.38 \pm 10.67)$ . The level of all dimensions, including the total score is high except the fifth dimension concerning the pressure of the time organization to participate in the competition, in which was the level of response of the players emerging on average.

**Table 3**

*Results of arithmetic mean and standard deviation of variables (control center)*

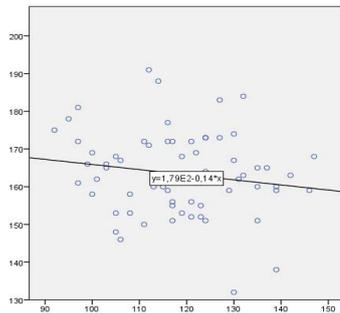
Control Center	Average	Standard Deviation	Level
Internal control center	27.38	5.45	average
External control center	32.15	5.79	high

In table 3 we found that the internal control center has an average mean and a standard deviation of  $(27.38 \pm 5.45)$  at an average level. In the case of the external control center, the mean and standard deviation is estimated at  $(32.15 \pm 5.79)$  at a high level. The results of their performance depend a lot on external and environmental conditions and luck plays a large role in it.

**Table 4**

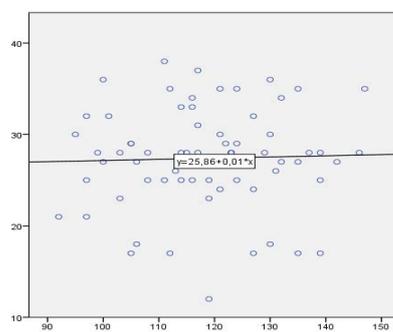
*Shows the correlation between the cohesiveness of the group from both the psychological pressure and the dimension of the control center of the emerging players*

Variables	Correlation coefficient total degree of coherence	Freedom Degree	T-value of r	Level of significance	Type of relation	Statistical significance
Total degree of psychological pressure	-0.25	69	0.231	0.05	Inverse	Functional
Internal control center dimension	+0.03				Positive	None functional
External control center dimension	+0.14				Positive	None functional



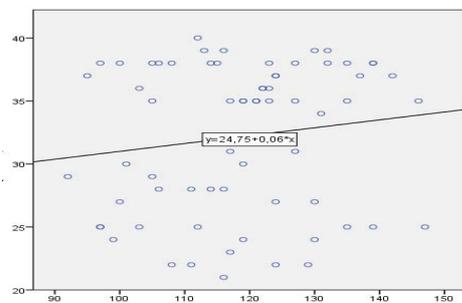
**Figure 1**

*Shows the correlation between group cohesiveness and psychological stress among young players*



**Figure 2**

*Shows the correlation between the cohesiveness of the group and the internal control center of the emerging players*



**Figure 3**

*Shows the correlation between group cohesiveness and the external control center of emerging players*

Table 4 and Figures 1 and 2 show that there is a statistically significant correlation between the group cohesiveness and the psychological pressure of the emerging players. There is also a statistically significant correlation between the group cohesiveness and the internal control center. There is a significant indirect correlation between the group cohesiveness and the external control center of the emerging players, but it is relatively stronger compared to the group cohesiveness and the internal control center.

## **Results**

The objective of this study was to clarify the type of correlation between the group cohesiveness and the psychological pressure in addition to that the control center of the emerging players. The results obtained in Table 1 - 3 concluded that the emerging players have an average cohesiveness. Among the activities that establish a positive cohesiveness are having clear objectives for the team, clarification of the player's behavior role, building elements of communication between members of the team within specific criteria, building the training plan and matches played by the team, and building a clear vision for the role of the team leader (Benjamine James & David Collins 1997).

Research also showed some of the common characteristics of the cohesive team without a particular arrangement that they are committed to a common goal and accept personal roles and criteria for the sake of the team success and feel personal involvement toward the team, communication and a strong leadership.

The results showed that the emerging players are characterized by high psychological pressure in the competition period where the competition is a sports test or assessment of the capabilities of the player, whether these competitions are friendly or official competitions, are characterized by high intensity, and the players recognizes that his value and appreciation by others is determined by winning and the competition is not always a success that's why a negative source of increased psychological stress emerge within the emerging players (Stutt 1981).

The results in Table 2 show that there is a high level in most dimensions of pressures and the total degree of pressure. This indicates that there are various sources of psychological pressure on the emerging player, the most important are pressures associated with carrying training, pressure related to family and social support, with duties other than training and competition such as study and stress related to the player's relationship with the coach and others.

The results in Table 3 showed that there is an average level in the remote control center and a high level in the remote control center where the control center is an important personal dimension, as players in the internal control position feel that they can control what is happening to them and players with the external control position see themselves under the control of external forces' (Ossama Kamel Rateb 2001).

Players who showed, concerning internal control, they tend to believe that their behavior in competitive situations affects results. Players who appeared to be externally inclined tend to attribute their results to external factors such as referee, opponent, player

tools, chance, luck and the coach. The importance of the role of the player and trainer in determining the player's style is shown to be external or internal control (Djamal Mohamed El Sayed 2005).

The results obtained showed that the emerging players are affected by the external control as they attribute their failure to factors beyond their control such as ability or bad luck, which may lead to a sense of helplessness and low expectation of success and thus represent obstacles to achievement.

In Table 4 there was a statistically significant correlation between the group cohesiveness and the psychological pressure of the emerging players. Here we explain the inverse relationship. The researchers found that the sample obtained high scores in various psychological stresses in Table 2. It is a behavioral manifestation of psychological stress, lack of enthusiasm for the player, high degree of tension, tendency to quarrel. Also, when the pressure rises significantly, performance can suffer from all symptoms of stress, become distracted and become a risk in competition (Wafaa Darwish 2007).

A football competition is not always a success for young players, and winning is dedicated for few of them. It is expected that competition will represent the experience of failure and source of the negative stress of a large number of players, and that attention to the results alone in the evaluation of the emerging young players leads to the lack of self-esteem and may lead to weakness of confidence, increased psychological stress resulting from anxiety and frustration and lack of confidence in success. This is due to the negative perception of the symptoms of stress, lack of self-esteem and ease of anger or aggression, lack of interest and negative communication with the coach, colleagues and others (Hausenblas & Eys 2005).

Therefore, pressure and stress have a negative impact on the cohesiveness of the group in terms of poor communication between the emerging players and the coach. Not pursuing the team's goal, which is the cause of cohesiveness of the group. Table 4 shows that there is a statistically significant correlation between the group cohesiveness and the internal and external control center of the emerging players. Based on the results in Table 3 we found a high level of external control compared to the distance of the internal control center. To the strength of the somewhat correlated relationship with external control, and that the lower the cohesiveness of the group gets, the lower the center of internal and external control is.

The difficulty of winning is due to the lack of a cohesive and unifying team, because the opposite of cohesion is division and disintegration. The feelings of participation, empathy, unity and team spirit are due to the best possible cooperation among the team members, which

is reflected in the form of more effective sports performance for the team compared to the opposing team.

The four main characteristics of the cohesiveness are multidimensional, dynamic, methodic and emotional. Each sports team will be distinguished by the distinction of players who are part of the team (Haidar Karim 2016). Since we have found an average level of internal control; as the players with internal control, guide them to their skills and have a more propensity for motivation to achieve, and be more cooperative in order to achieve the goal of the group and they are better in achieving the results than external players who rely on luck and fear failure, To external factors such as the difficulty of competition, the public, arbitration or luck.

In the opinion of the researchers the players with external control who do not rely on their ability to attribute their results have less performance and therefore less cohesiveness. Finally, we found in this study that football player in the Algerian championship less than 17 years are characterized by an average level of group cohesiveness and a high level of psychological stress and are characterized by an average level of internal control center and high level in the external control center, and that there is a reverse relationship between the function of both the cohesiveness of the group and psychological pressure and stress, and that there is a direct relationship none significant between the group cohesiveness with each of the internal control center and the external control center.

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