

# The Effect of a Mentoring Program on Competition Orientation for Football School Athletes

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## Abstract

The research problem was centered in the fact that despite all the efforts made by the training staff to assist the players in raising their technical level, the researchers with their personal experience because they worked in the field of arbitration and arbitrated many of the matches that took place for the players of the specialized school in the province of Babel note that there are some players They do not carry a positive attitude towards competition and this is enough to affect the level of their performance, and therefore they are born with weakness in perseverance and dedication to sports competition, and this leads to a low level of performance due to the lack of a positive orientation of the players towards competition, which is reflected on his performance Inside the stadium, so the researchers adapted to study this problem by knowing the reality of the competitive orientation of the players and building an indicative program with special exercises to raise the level of their competitive orientation in football. The researchers used the realistic treatment method as one of the psychological methods to improve these variables because it deals with them realistically, and the objectives of the research were to build an indicative program With special exercises for the players of the specialized school in the province of Babylon, football, to identify the effectiveness of the pilot program with special exercises in the orientation towards competition among the players in the province of Babylon football, the researchers used the experimental method in the complex method And the two controlling and experimental equivalents with pre and post-test for their suitability to the nature of the research problem on the players of specialized schools in the middle Euphrates football who are under (17) years old and whose total number is (175) players, **The researchers concluded** that there is an effect of the pilot program with its exercises In flat lift The competitive orientation of football with the experimental group, and real differences emerged in the level of competition orientation between the control and experimental research groups and in favor of the experimental group, and the use of realistic guidance commensurate with raising the level of competition towards the players of the experimental group in the specialized school of football.

**Key words:** *indicative program, competition orientation, football; Practice; Psychological behaviour.*

## Introduction

Psychological counseling appeared at the beginning of this century as a science and an organized and formal

service and its professions have a valuable result for the development of daily life.

Needs the type of orientation, guidance, and advice necessary and sufficient guidance to improve his behavior, through the foregoing that shows the importance of research in working to build a mentoring program that includes special exercises in the field of football game taking into account the educational and

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scientific aspects of limiting Phenomena that may hinder the player’s progress and overcome them and work on the development of the player’s direction towards competition and upgrading the player’s performance in the specialized schools of the central paragraphs of football<sup>(1-3)</sup>, as the research problem was centered in that despite all the efforts made by the training staff to help players in Upgrading their technical level, the researchers with their personal experience because they worked in the field of arbitration and arbitrated many of the matches that took place for the players of the specialized school in the province of Babel. Thus, they are born with a weakness in perseverance and dedication in sports competition, and this leads to a low level of performance due to the lack of a positive orientation by the players towards competition, which is reflected on his performance on the field, so the researchers relied on to study this problem by knowing the reality of the competitive orientation of the players and building a program Guide me with special exercises to raise the level of their competitive approach to football and the researchers used the realistic treatment method as it is one of the psychological methods to improve these variables because it deals with them realistically, and the research goals were to build an indicative program with special exercises for the specialized school players in Babylon emergence of football, identify the effectiveness of the counseling program special exercises in the orientation

of competition among the players in the province of Babylon<sup>football(4-5)</sup>l.

Keywords: indicative program, competition orientation, football.

Practical procedures:

The researchers used the experimental method in the two groups equal and controlling experimental method with pre and post-test for its suitability to the nature of the research problem on the specialized school players in the middle Euphrates football who are under (17) years old and whose total number is (175) players, and the search samples were chosen randomly. (47) players were identified from the specialized school in Babil Governorate, and (7) players were identified for the exploratory sample and (40) players for the basic experiment. The research sample was divided into two control and experimental groups by simple random method for each group (20) players as the group is exposed Experimental to The independent variable, which is (indicative program), while the control group continues in the followed method, then homogeneity and equivalence processes were conducted in the two research groups in the variables affecting the dependent variable, as shown in Table (1).

**Table (1). Shows the homogeneity of the research sample**

| Measurements | Unit measurements | Mean   | STD.EV. | Skewness | Statistical Result |
|--------------|-------------------|--------|---------|----------|--------------------|
| Body length  | Cm                | 163.01 | 5.36    | 0.22     | Homogeneous        |
| Bodyweight   | Kg.               | 49.22  | 2.57    | 0.43     | Homogeneous        |
| Age          | Year              | 15.43  | 1.37    | 0.91     | Homogeneous        |

Then the researchers conducted the equivalence process between the two research groups in the variables studied by the research, namely (orientation towards competition), as shown in Table (2) :

**Table (2). Shows the equivalence of the research sample**

| Variables                      | Unit measurements | Experimental group |         | Control group |         | (t) calculate | Significant | Statistical Result |
|--------------------------------|-------------------|--------------------|---------|---------------|---------|---------------|-------------|--------------------|
|                                |                   | Mean               | STD.EV. | Mean          | STD.EV. |               |             |                    |
| Technical Competition oriented | Grade             | 59.4               | 4.049   | 59.2          | 2.305   | 1.024         | 1.121       | Non sig.           |

The main benefit of making sure that the two research groups are equal is to judge whether there are differences between the two groups in the post-test are differences due to the influence of the independent variable and not to chance factors

**The measure of competition orientation:**

A measure of competition orientation was adopted by the researcher (Sarmad Al-Husseini), which consists of (6) areas for measuring the orientation towards competition, namely (emotional balance, motivation, thinking, self-confidence, courage, personality) and (32) Paragraph so that the highest degree on the scale is (96) degrees and the lowest degree is (32) degrees.

**Preparing the advisory program:**

To achieve the goal of identifying the effectiveness of the counseling program with special exercises to raise the level of orientation towards competition for specialized schools in football, it is necessary to build a counseling program, based on studied and planned scientific foundations, and thus the researchers relied on building the counseling program with special exercises on the following steps :

**First: the planning, programming, and budget model:**

Al-Dosari indicated that the steps of this program are summarized as follows:

- Identification of needs.

- Selection of priorities.
- Define and write goals.
- Find activities and programs to achieve objective goals.
- Evaluating the results.

**Second: Collective Counseling:**

The researchers used the group counseling method to raise the level of competition orientation, which is a method of counseling provided to the counselors who have similar problems that they suffer from, and these counseling sessions are in the form of groups (extension groups).

**Exploratory experience:**

The researchers conducted the exploratory experiment on a sample of (7) players, and the researchers aim through this experiment to achieve the following:

- Ensure the safety of the tools and devices used.
- Knowing the suitability of the competition orientation scale to the sample level.
- Training the assistant team and defining its duties.
- Know the time taken to perform the tests.
- Diagnosing and avoiding difficulties when carrying out the main experiment.

- Extract the scientific foundations for the tests.

#### **Extraction of the scientific foundations for the tests:**

Before beginning the application of the scale and the indicative program on the research sample in the main experiment, it is necessary to calculate its honesty, consistency, and objectivity, so the researchers conducted the scientific foundations of these tests.

#### **Validate the scale:**

The scale was presented to a group of expert masters to determine the validity of its use among the members of the research sample, as it was approved to use the scale on the members of the research sample who are the players of the Specialized School in Football for the province of Babylon.

#### **Stability of the scale:**

It means that the scale has high stability when re-applied, the stability of the scale was confirmed by re-applying it after the passage of (14) days from the date of the first application and the value of the correlation coefficient was (0.78), and this indicates that the scale has a high degree of constant.

#### **The objectivity of the scale:**

It means that the arbitrators did not differ in judging the results of the test since the scale consists of a clear correction key that is not disputed by two during the answer.

#### **The main field experience:**

After the scale was prepared in its final form and the design of the pilot program, the researchers implemented the main field experiment that included the following:

**- Presenting the topic:** It includes giving the guides in the experimental group knowledge of the topic of the session, its importance and how it is applied, and the researchers have explained the topic of the session adequately so that the guides in the experimental group can know the behavior that they will train with while briefly presenting the goals and objectives and how to apply and the researchers are keen to clarify So in an example of reality to learn

**- Social responsibility model:** The intention here is to formulate a behavioral situation in the form of an example of a question that is consistent with the topic of the session, the researchers prepared a set of behavioral models for the topic of the guiding session, and its content was mathematical situations related to the players and was formulated as questions that require guides The answer to them, and after that these questions were discussed regarding the answer with praise and encouragement for the answers that require it and correcting and correcting the wrong, including:

**\* A question from the reality:** - The researchers put forward several ideas and were formulated in the form of questions derived from the reality of football and this proposal has to do with the topic of the session, and the researchers should provide them with feedback and reinforcement

**\* Effectiveness and fun:** - To add an atmosphere of joy, joy, pleasure and a sense of optimism among the players (the guides) and that the guiding session is not boring and not imposed on the guides, the guide has prepared a set of activities that are appropriate to the level of the guides and appropriate to the topic of the session, that is, appropriate to the objectives of the session. (1) While avoiding the mockery or criticism that is guided by the guides, if any, and allowing the session to be open, full of joy, pleasure, and laughter, which expresses the emotions automatically, that is, without exceeding the mutual respect between the guides.

**\* Final evaluation (final):** - In this type of evaluation, the results obtained from the pre-measurement are compared with the results of the post-measurement, i.e. knowing the extent of the influence of the independent variable on the dependent variable (orientation towards competition), (8) counseling sessions were applied per session time (45 minutes) for each session, except for the first and last session, which took time (30) minutes and by two sessions per week on Sunday and Tuesday, and the arbitrators agreed on the validity of the advisory program followed by its own exercises, the method of guidance used, the number of sessions, their times, their content and goals, a suitable place has been created to implement the sessions except Shadia, and the sports talent stadium was chosen by football in the province of Babel and the accompanying halls have a place to

implement the advisory program and prepare the means and tools for the counseling program (blackboard - notebooks and pens for homework - sports balls - an electronic calculator) and determine the time of the instructional session as the researchers determined the time of the guiding session Within the training unit for players, which is three o'clock in the afternoon on (Sunday and Tuesday).

**Application of the counseling program:**

In the way of collective guidance on the players of the specialized school in Babil Governorate in football, in which there is an interaction between researchers and guides who try to express themselves and their positions during the guidance sessions to raise the level of their orientation, and many studies have demonstrated the effectiveness of the collective counseling program in raising the level of The trend towards competition in the study<sup>(4-6)</sup> and the first guiding session was implemented on (21/12/2019) until (01/21 2020) (8) counseling sessions.

**Table (3) values of the mean and the standard deviation of the measure of competition orientation in the pre and post-tests.**

| Tests                          |              | Pretest |          | Posttest |          | (t) calculate | Significant | Statistical Result |
|--------------------------------|--------------|---------|----------|----------|----------|---------------|-------------|--------------------|
|                                |              | Mean    | STD. EV. | Mean     | STD. EV. |               |             |                    |
| Technical Competition oriented | Experimental | 59.2    | 2.305    | 67.0     | 3.359    | 13.67         | 0.000       | Sig.               |
|                                | Control      | 59.4    | 4.049    | 62.4     | 3.756    | 9.72          | 0.000       | Sig.               |

The results showed significant differences between the pre and post-tests in favor of the post-test. The researchers see the reason for these moral differences for the scale of competition orientation towards creating the appropriate atmosphere for guidance, which includes the material and moral aspects and includes calm and appropriate and the availability of tools that contribute to the success of the mentoring program with its own exercises, while providing the opportunity And to allow the players of the instructional group to express their thoughts with confidence and freedom without

**Post-test:**

Dimensional tests (measuring competition orientation) were conducted on the research sample, the control group, and the experimental group, and the researchers provided the conditions and controls followed in the tribal tests and by the arbitrators themselves and the auxiliary work team.

**Statistical means:**

The researchers used the statistical program (Spss) and (Excel) to analyze the results of the research.

**Results and discussion:**

This axis included the presentation of the statistics results of the measure of competition orientation for soccer players after statistically processing them and in line with the goals.

hesitation or fear and with the use of effectiveness and spirit, to give an atmosphere of joy and joy to the players, and mutual respect between the players so that no feeling is generated The players (guides) said that the session is imposed on them, as well as the suitability of the counseling program with its exercises related to its content with the ages and levels of the players, which they have in their direction towards competition in football, as well as expressing and supporting positive ideas and avoiding negative ones that cause This leads to a loss of hope and frustration, and the method used

to manage the counseling session with special exercises, which relied on scientific and substantive competition, and then assigning the players the homework duty for the purpose of benefiting from what they learned in the guiding session and is considered “accepting the mentor of the mentor as he is and good listening to him and maintaining the confidentiality of the information Of the mentor (the player) and its specificity are success factors (psychological counseling)<sup>(2,7)</sup>.

**Ethical Clearance:** The Research Ethical Committee at scientific research by ethical approval of both MOH and MOHSER in Iraq

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