

Psychological Manifestations And Their Relationship To Sports Injuries Among Boxers (Youth - Juniors)

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Abstract: *Boxing is one of the basic competitive sports that occupies a special place among other sports, and the possibility of reaching high levels at the present time has become an aspiration that many people interested in sport are working on, whether they are administrators, coaches, or auxiliary science scientists to achieve achievement, including sports psychologists, and that The possibility of injury during training or competition is common, especially in competitions that are characterized by exerting a lot of effort and physical injury. The most difficult stage that an athlete goes through at this level of practice, because it greatly affects his career, which is disturbed and the injury has effects "from the organic physical aspect of deformities, wounds and functional disability. Which has an impact and its impact on the psychological side, that the athlete, especially after a serious injury, is affected by the psychological side to varying degrees, and this injury contributed to understanding the condition of the injured athlete and finding ways to deal with him and with each case after the injury in sports, as an attempt by us to prove what has become Muslim About the reactions from the psychological side of the injured athlete in boxing sport, so we tried to identify the psychological phenomenon resulting from the sports injury The most meaningful meaning of it in light of the symptoms of psychological trauma, and this game is not without aggressive reactions and sports injuries that appear among the players, and the large number of physical injuries in the boxer is one of the facts that characterize high-level competitive sport and its implications on the psychological dimension of the athlete and its conditions and results, especially with regard to injury And the difficulty of retrieving capabilities despite medical follow-up, and trying to apply the theory of post-injury to the case of psychological trauma caused by a physical injury to the injured athlete, highlighting the importance of psychological follow-up in addition to medical follow-up, with the aim of mitigating the consequences of physical injury on the psychological dimension, since the aim of the research is to identify On the psychological manifestations caused by sports injuries in boxers and the identification of sports psychological injuries of boxers (youth - juniors) in Diyala governorate, where the research community consisted of Diyala governorate clubs and divided into two age groups (youth, juniors) for the sports season (2018-2019) of which there are Total (135) are divided into (11) boxing clubs from the governorate for different age groups. Based on that, the researchers selected a representative sample of Governorate clubs and those with psychological injuries "as a result of the fights within the official championships of the boxing game. They are (7) clubs and the number of players is (52) players divided into the aforementioned categories, and they represent (38.51%), as the results indicated the emergence of behavior and feelings that express the voluntary method and the extent of its influence The deep psychological of the apparent deformation and change in the shape of the injured. The researcher recommends the necessity of having a sports psychologist*

accompany the sports clubs within the training units and official tournaments to train them psychologically in addition to the physical.

1. INTRODUCTION AND IMPORTANCE OF THE RESEARCH:

The great physiological-psychological employment, in high-level sport, is the most important criterion for achieving results, in parallel with the very important psychological aspect, and it must be taken care of, especially with regard to conditions of competition and preparation to face the tension that competition defines, as physical injury is considered the most difficult stage that an athlete goes through. In this level of practice, it greatly influences his disrupted career. The possibility of reaching high levels at the present time has become an ambitious goal that many people interested in sport are working on, whether they are administrators, coaches, or scientists of assistive sciences to achieve achievement, including sports psychologists in order to reach advanced results so that it can be called an integrated system that starts from the player and coach and ends with the highest hierarchy. To the state, "The practice of sporting activity at high levels makes the athlete perform an effort with maximum energy, which exposes his practitioners to a varying degree of injuries. There is a relationship between the location of the injury in the body and the type of activity practiced or the type of sporting activity, and the injury has become a tangible reality close to the players. There is often Among them has been injured many times, especially in boxing. "(1)

Boxing is one of the basic competitive sports that occupies a special place among other sports because they require special abilities that are only available in a few individuals. Therefore, boxing is an organized competitive activity that depends on the player's special abilities for himself at the same time challenging his opponents to reach high levels of achievement.

The possibility of injury during training or competition is common, especially in competitions that are characterized by a lot of effort, as the nature of this game requires that the boxer exert his maximum energy for the purpose of resolving the fight from the first round during official tournaments (local, international, world or Olympic). When the boxer realizes the fact of his injury and that he will leave training according to the severity of the injury and that he will stop training for a period of time, then the player will experience a kind of depression and sadness and some negative thoughts revolve in his mind. It leads to quitting practicing sports, as well as anxiety leads to the emergence of some psychological symptoms on the athlete, such as irritability, weakness in the ability to pay attention, focus, remember and mind wandering "(2).

And when the player is away from sports for a period of time, he will lead to lack of confidence in himself, which leads to thinking that he may be injured again, which leads to his feeling of annoyance, anger, confusion and deep sadness, sometimes it may lead to this injury as well as poor equipment, and from here it appears The importance of research is to identify the psychological manifestations resulting from sports injuries and to know its components and paragraphs that accompany the injury, which affects the level of technical performance of the players and the lack of access to high achievement and thus depriving the athlete of access to advanced ranks in the regional, world and Olympic tournaments as well as the interpretation of some psychological aspects that accompany them types Specific sports injuries. It is easy to find treatments by which negative aspects can be identified and reduced to improve the level of athletic performance for as long as possible.

Research problem:

The researchers believe that there is a relationship between the severity of the strong injury and the psychological manifestations, because minor injuries will not leave significant psychological effects on the players. Major injuries are those that keep the player away from

the atmosphere of competition and play a large role also in keeping the player away for a long time from training and playing and thus has psychological damage that arrives at times. Specific to psychological trauma, especially if surgery is required and a long period of medical treatment after surgery ultimately leads to the player losing control of his emotions and becoming moody and not satisfied with his performance in training and competition, hence the problem of researchers because of the repeated and severe injuries that the athlete is exposed to It makes him think that his sports future is unknown and that he is not satisfied with his sports career and is not optimistic about it because he is far from the atmosphere of playing and always thinks about the possibility of returning and participating with his colleagues in the sports competition or not? Will his athletic level after returning be better or his previous level?

Research fields: -

The human field: Diyala club players for the categories (youth - juniors).

The temporal domain: From 7/15/2018 to 3/22/2019.

Spatial domain: Diyala Sports Club circuit.

Define terminology.

Psychological manifestations:

It is the psychological state that an athlete shows through the behavior he exhibits during training and sports competitions, which is characterized by either courage or reluctance, and according to the degree indicated by the psychological manifestations scale with its six components (loss of identity, fear, maladjustment, isolation, Lack of self-confidence, awareness of pain.)

Psychological injury:

It is a psychological (trauma) trauma as a result of a specific experience or accident related to the sports field, which results in or may not result in a physical injury, but some changes occur in the psychological characteristics of the individual and its effect is evident in changing the emotional state, motivation and behavior for the athlete and thus the decrease in his athletic level in some Sometimes and his final break from sports practice.

2. RESEARCH METHODOLOGY AND FIELD PROCEDURES:

Research Methodology:

The curriculum is (the method that the individual pursues in order to reach a specific goal) (3). Through the foregoing, the researcher used the descriptive approach by the survey method, due to its relevance to the nature of the research problem to be solved.

Research community and sample:

The selection of the research sample depends on the phenomenon to be studied, and when the researcher collects his data and information, he “resorts to collecting them either from the entire original community or a representative sample of this community.” (4) That the research community consists of Diyala clubs divided into (youth, juniors) by boxing The sample was deliberately chosen for the sports season (2018-2019) and their total number is (135) players and divided into (11) clubs from the governorate clubs. Based on that, the researchers selected a representative sample of the governorate clubs and those psychologically injured "as a result of the fights within the official championships of the boxing game. And their number is (7) clubs and the number of players reached (52) players divided into the aforementioned categories, and they represent (38.51%) from the community of origin, and the players of clubs (Martyr Arkan Club, Balad Rose Club, Khan Bani Saad

Club, Kazaniyah Club) were excluded. (13) players, who represent (9.62%) for being selected in the poll. As shown in Table (5).

Table (1) origin community and the research sample.							
NUM	County clubs	The numbers of joint boxers age groups		percentage	County clubs	The numbers of joint boxers age groups	
		Youth	Junior			Youth	Junior
		The main experiment of the research sample				Exploratory experiment for research sample	
1	Diyala	7	4	%38.51	Alshahied Arkan	4	3
2	Baquba	4	3		Baladros	2	1
3	Sherban	3	---		Khan bany saad	---	2
4	Al Khalis	5	3		Kazanya	1	---
5	Jadedat Alshat	7	4		Total	7	6
6	Hibhib	4	---		Grand total	13	
7	Wajhiya	5	2				
	Total	34	18				
	Grand total	52					

Devices, tools and means of gathering information:

Research tools "are the means by which the researcher can collect data and solve the problem to achieve the research objectives, regardless of those tools, including data, sample and devices" (6).

Devices and tools used in the research:

Manual stopwatch

Methods for gathering information:

Researchers have used the means through which they can obtain the data and information required to solve the research problem and achieve its objectives.

Psychological phenomena scale:

The psychological phenomena scale includes six domains attributed to (Moayad Fadel Hussain Al-Sheikh, 2009) resulting from the impact of boxer sports injuries, which the researchers obtained from the literature review and previous references related to sports injuries and the accompanying psychological manifestations, in addition to the researchers interviewing a number of Experts: To identify areas of psychological manifestations, the focus was on six manifestations, which are (loss of identity, fear, ill-commissioned, isolation, lack of self-confidence, perception of pain).

Scale correction:

The scale consists in its final form of (32) paragraphs representing (6) domains and it contains (24) negative paragraphs, and (8) positive paragraphs, and the maximum score for

the scale is (160) degrees, and the minimum score for it is (32) degrees, and the hypothetical average for it (96) a degree, and thus the rise in the score, i.e. the closer to (160) degrees, this is an indication of the bad psychological state of the player, and the lower the score, the more it indicates that the player is less susceptible to injury. 5.) As for the positive expressions, they are calculated in the reverse manner (5, 4, 3, 2, 1).

Exploratory experience:

The researcher conducted the exploratory experiment, which is "an initial mini-experiment similar to the main experiment that the researcher performs before performing the main experiment with the aim of identifying errors and avoiding them" (7) at exactly three o'clock in the afternoon on Thursday 4/9/2018 at the Diyala Sports Club before starting on Implementation of the main experiment on the players of Diyala boxing clubs, which are (7) clubs

Steps for field, organizational and administrative procedures:

Field procedures:

The researcher distributed the questionnaire form to the players of the research sample on the Diyala Sports Club arena on (10/8/2018, corresponding to Friday 15/8/2018), corresponding to Wednesday, on a sample consisting of (52) psychologically injured "as a result of the fights and losses they received from Due to tournaments and distributors on age groups (youth, juniors) and (7) clubs within Diyala governorate and within the General Authority of Boxing Federation / Diyala branch.

Statistical means:

The researchers used the social statistical bag (spss) to extract the results of the research according to the goals set by the research.

Presentation, analysis and discussion of results:

The results will be presented and discussed in the light of the objectives of the research. Through this study, the psychological manifestations resulting from sports injuries was identified and this was done through the procedures for the scale. Thus, the first goal of the research is achieved, and other research objectives will be discussed through the tables.

View and analyze and discuss the results of differences significance to the areas of psychological manifestations resulting from sports injuries boxers (youth - youth)

Table (2) shows the arithmetic mean and standard deviations for the fields of psychological manifestations.							
NUM	Fields	The number of paragraphs of the field	A	±σ	Hypothesized mean	The calculated (t) value	significance
1	Loss of identity	6	16.59	5.16	18	1.02	Non-Sign
2	Fear	3	9.64	2.46	9	2.57*	Sign
3	Maladjustment	6	19.43	3.47	18	2.54*	Sign
4	isolation	7	20.36	3.98	21	1.60	Non-Sign
5	Lack of self-confidence	5	20.78	3.61	15	2.63*	Sign
6	Realization of pain	5	19.64	2.67	15	2.90*	Sign

Significant at a degree of freedom (50) and with an error rate (0.05) for the tabular t value (2016)

It is clear from Table (2) that the arithmetic mean of the psychological manifestations resulting from sports injuries is (98.28) and when comparing this score with the hypothetical mean of the scale, we find that the differences are significant in the sense that athletes suffer from psychological manifestations resulting from sports injuries and to determine the size of this phenomenon according to the fields of measurement It turns out that the value of (t) calculated in the field of loss of identity (1.02) and the field of isolation (1.60) is less than the value of (t) tabular (2.16). This indicates that injured athletes do not suffer much from loss of identity or isolation. Whereas, we found that the value of (t) calculated for the areas of fear (2.57), maladjustment (2.54), lack of confidence (2.36) and pain perception (2.90), is greater than the tabular value of (t) (2.16), respectively, and this indicates that injured athletes are really suffering. Among the cases of fear, maladjustment, lack of confidence and perception of pain, this has an impact on the overall psychological manifestations, as the value of (t) calculated was (2.26), which is greater than the value of (v) tabular (2.16).

The researchers attribute this to the fact that sports injuries have a psychological effect on the injured player and feel psychological trauma and is one of the sources of psychological stress on the player and may lead to the player's collapse, losing control of his emotions and becoming moody, and dissatisfaction with his performance in training and competition, as well as sports injury has a psychological effect. The injured player has to make him think about his sporting future, which he believes has become dark and threatens his sports life and makes him sad, far from training and competitions, and he always thinks about when he will return to the participation of his colleagues in sports competition? Will he return to his previous athletic level, “and the injured player may lose his focus in performance for fear of repeated injuries, which weakens his commitment to physical rehabilitation programs and does not make every effort to return to training and competition at the same level before the injury and may go further and feel difficult to continue sports” (8) (Khalifa, 2006, 118). The researchers believe that the injury makes the injured player think about retiring from sports and that his sporting future is threatened by his lack of self-confidence, his feeling of maladjustment and not enjoying sports, that the injury is a threat to himself, and that he feels low motivation and is not sure when he will return to compete seriously. Redemption "The pain may continue, the treatment period will be prolonged or the injury recurs, and the player may reach psychological stress due to the nervous and psychological pressures that fall on him and he feels collapsed if his treatment requires surgery. Relegation of the motivation level of the player.

View and analyze and discuss the results of the media and standard deviations of psychological manifestations and severity of the injury.

Table (3) shows the arithmetic mean and standard deviations of the research variables.		
Variables	A	$\xi \pm$
The degree of psychological manifestations	98.28	14.5
The degree of severity of the injury	2.42	0.68

It is clear from Table (3) above the arithmetic mean of the psychological manifestations resulting from sports injuries and reached (98.28) degrees and a standard deviation of (14.5) degrees, while the maximum score of the scale was (160) degrees and the lowest score in it was (32) degrees, and the assumed average is (96) A degree, while the degree of injury severity came with an arithmetic mean of (2.42) degrees and a standard deviation of (0.68),

while the maximum degree of the severity of injuries was (3) degree, and the lowest degree in it was (1) degree, and the hypothetical average was (2) degree. While the hospitalization time came with an arithmetic mean of (10.32) days and a standard deviation of (2.73) days.

Table (4) shows the degree of relationship between the three research variables.

Variables	The degree of psychological manifestations	The degree of severity of the injury	Recovery time
The degree of psychological manifestations	1	0.542	0.138
The degree of severity of the injury		1	0.538
Recovery time			1

The tabular value (T) at the level of significance (0.05) and the degree of freedom (50) equals (0.532)

It is evident from Table (4) that the correlation coefficient between degrees of psychological manifestations and the degree of injury severity reached (0.542), which is a significant relationship between the two variables when compared

The tabular value (T) is (0.532), while the correlation coefficient between the degree of psychological manifestations

And the hospitalization time was (0.138), which is a significant non-significant relationship between the two variables

When compared to the tabular value (T) (0.532). While the correlation coefficient between the degree of injury severity and the time of hospitalization was (0.538), which is a significant relationship between the two variables when compared to the tabular value (T) (0.532). The researchers attribute the relationship between psychological manifestations resulting from sports injuries and the severity of injury to the fact that the type of injury has a great role in determining psychological manifestations, as a minor injury may not leave bad effects on the player as much as severe psychological injuries that specialists see that it is accompanied or followed by a large number of psychological manifestations that depend The severity and frequency of the injury, the more severe the injury, the more it is accompanied by anxiety, tension, mood swings, lack of focus on performance, loss of self-confidence, isolation and fear of not returning to its true level. "He believes (Mustafa Bahi, 1999). Frustration, increased negative aggression, negative self-talk, psychosomatic disorders, psychological stress, psychological loneliness, feelings of distress, and a decrease in the ability to struggle and persevere, and finally the collapse of psychological energy and the retirement of sports may occur."(9)

Through the experience of researchers in this field, it was found that each player has a certain potential in facing appearances

Negative psychological (Johauston, 2001), "The psychological reaction to injury varies from one player to another according to the player's personal preparations, abilities, characteristics, experiences, psychological response, and methods by which the type and nature of injury can be confronted in order to try to avoid negative psychological manifestations resulting from sports injuries" (10)

Experts in sports medicine and psychology (Sheldon, 2004, 237) stress that "all sports injuries, whatever their type, nature, or perception of the player need psychological rehabilitation so that the player returns to a previous level with the best possible psychological fitness" (11)

The researchers believe that the relationship between the severity of the injury and the time of recovery is a natural thing, because minor injuries will not leave significant psychological effects on the players, as major injuries are the ones that keep the player away from the atmosphere of competition and play a major role in keeping the player away for a long time from training and playing and thus has psychological damage that reaches In certain times, it leads to psychological trauma, especially if surgery is required and a long period of medical treatment after surgery ultimately leads to the player losing control of his emotions and becoming moody and not satisfied with his performance in training and competition. (Sugarman, 2004) confirms that "the severe injuries he is exposed to Her athlete makes him think that his sports future is unknown and that he is not satisfied with his sports career and is not optimistic about it because he is far from the atmosphere of playing and always thinks about the possibility of returning and participating with his colleagues in the sports competition or not."(12)

In light of the foregoing, the researchers see that the athlete who suffers a sports injury goes through stages and these stages depend on the type of injury, its degree or severity, and this is in agreement with the opinion of (Robert, 1992) that characterizes "the emerging player and the young player. If the player is a youngster who has no experience of injury, either The player was very experienced in the stadiums, at the beginning of the injury, the player tries to reduce its importance, due to the fear of not playing or being replaced by another player, or losing the rewards for not having attended training or competing, so he tries to forget the injury."(13)

The researchers believe that the player at the start of the injury tries to hide it, but when he realizes its seriousness, he begins to surrender to the fait accompli, and in this context (Allawi, 1996) sees that "the player, after realizing and recognizing its size and severity, then develops a state of panic and fear that leads him to anger and may lead to Behavior rejected by society, and at an advanced stage of the injury, the player begins to apologize to the coach and waives or pleads with him to involve him in playing as soon as he recovers after the injury, but if the injury becomes real, then the player must undergo a rehabilitation program."(14)

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