

Measuring the Level of Sports Motivation Traits of Male and Female Football Players in Upper Egypt

***Assistant Professor Dr. / Shimaa Ali Mohamed Loly**

Introduction and problem of the study:

The current century is witnessing an increasing interest in physical psychology, as its scope has expanded and become closely related to other sports sciences, and sports psychology is not limited to its topics only in theoretical aspects, but rather to study the applied aspects of these topics in order to benefit from behavior, experience and mental processes that may contribute in improving sports performance, developing personality and excelling in sports competitions.

The topic of motivation is one of the most important topics in sports psychology because it is at the heart of many general physical problems due to the growth of the outcome of social environments such as: sports competition, coaches' behaviors also increase their impact on the behavior variable such as persistence and performance. (45: 2) (18: 107)(11: 235)

Football is considered one of the competitive sports activities that psychological pressures that are characterized by their severity and speed of change, which would affect on the skill and planning performance of the player and then on the outcome of the match. Therefore, coaches had to plan early to develop the psychological skills and motivational features of the football player . (3: 161)(78: 6) (67:21)

From this standpoint, the researcher turned to this study, which aims to measure the level of sports motivation features that characterize soccer players, which may contribute to the benefit of psychological

* Assistant Professor, Department of Educational Science and Mathematical Psychology, Faculty of Physical Education, Assiut University.

preparation programs to increase sports motivation, which affects well in their performance and match results.

Research goal:

The current research aims to:

Identifying the level of sports motivation traits of football players in Upper Egypt.

Study questions:

-What is the level of sports motivation traits of football players in Upper Egypt?

-What are the differences in the level of sports motivation traits between male and female football players in Upper Egypt?

Terminology of study:

Motivational features:

“It is a set of internal and external conditions that work to move the individual in order to reach a state of balance and achieve goals that satisfy his internal needs and desires.” (4:89)

Search procedures:

Research Methodology:

The researcher used the descriptive method (survey studies)

Research Community and Sample:

Research community:

The research community included junior football players and players, born (1997 AD) from Minya governorate clubs, Assiut governorate clubs, Aswan governorate clubs, and registered with the Egyptian Football Association 2018/2019 season.

The research sample:

The sample was deliberately chosen, who are registered in the Egyptian Football Association.

Characterization of the research sample:

Table (1)
Characterization of the research sample

The sample of the study is (110) adults							Exploratory research sample (40)
(55) players			(55) A player				
Al-Rahaia Youth Club in Minya		Muslim Youth Club Assiut		Badr Youth Center Aswan		Al Hilal youth center, Aswan	
(18) players	(18) A player	(18) players	(18) A player	(18) players	(18) A player	(18) players	(18) A player

Data collection tools:

-Physical motivation traits scale (researcher preparation)

Scale description:

The initial image of the scale:

The researcher reviewed the specialized scientific references in the fields of psychology, education and sports psychology to review the theoretical frameworks for the physical motive features, including: "Ibrahim Abd Rabbo Khalifa" (2014 AD) (4) "Muhammad Allawi, Muhammad Nasreddin Radwan" (2002 AD) (14) "Ikhlās Abd al-Hafeez, Mustafa Bahi" (2001 CE) (5), "Muhammad al-Arabi Shamoun" (1979 CE) (11), "Muhammad Hassan Allawi" (2002 CE) (13), "Ahmad Amin Fawzi" (2011 CE) (1) "Osama Kamel Ratib" (1997 AD) (2), "Yahya Kazem Al-Naqib" (2001 AD) (18), "Ahmed Amin Fawzi" (2011 AD) (2), the study of "Ibrahim Abd Rabbo Khalifa" (2014 AD) (4), The study of "Osama Kamel Ratib Muhammad" (1991 AD) (3).

These features were presented to the expert professors specialized in the field of sports psychology. Attachment (1) is attached to express an opinion. and Table (2) shows that:

Table (2)
The opinions of expert gentlemen on the sports motivation features of soccer players (n = 6)

N.	Features athletic motivation	OK	Somewhat OK	not agree	Adjusted score	percentage
1	psychological	5	1		28*	93.33%**

	support					
2	the responsibility	4	2		26*	86.76%**
3	Self-assurance	6			30*	100%**
4	Determination	5	1		28*	93.33%**
5	Motivation	6			30*	100%**
6	Emotional control	1	1	3	11*	36.67%**
7	personal pronoun		2	4	10*	33.33%**

* Estimated Score = Grade Scale (Agree x 5) (To some extent x 3) (Disagree x 1)

$$**\% = \frac{\text{Estimated score}}{N \times \text{highest rating scale}}$$

It is clear from the previous table that the percentage of opinions of the experts on the scale dimensions ranged between 50% to 100%, and the researcher agreed with (80%), and thus the main dimensions of the scale were determined based on the opinions of the experts.

the researcher formulated a set of phrases that fall under each factor in light of understanding and theoretical analysis of each of the factors, and the number of statements reached (49)

- Motivation (15) phrases. - Responsibility (10) phrases.
- Self-confidence (11) phrases. - Persistence (9) phrases.
- Psychological support (4) the phrase .

The researcher presented the scale factors and expressions that fall under it to the specialized professors. Attachment (1) to express an opinion on the extent to which the phrases are appropriate to the dimension that they fall under by placing a sign (\checkmark), as well as expressing their opinion on amending the wording of any phrase or adding other phrases below the answer to a triple scale. Agree (5) degrees, agree to some extent (3) degrees, and disagree (1) one degree.

In light of the opinions of the specialized professors, the scale was placed in its initial form (49) (2), and it was applied to a sample of (40)

players outside the research sample in order to calculate its scientific parameters of validity and reliability.

The researcher calculated the scientific parameters of the scale as follows:

Psychometric analysis of scale:

First: Calculating the validity of the scale:

A- Validity of the internal consistency of the scale:

the following table shows the correlation of each factor with other factors on the rationing sample, which consists of (40) players.

Table (3)
Sports Motivation Traits n = (40)

Dimensions	Motivation	the responsibility	Self-assurance	Determination	psychological support	Total
Motivation	-	0.84	0.85	0.86	0.85	0.92
the responsibility	0.84	-	0.90	0.89	0.91	0.95
Self-assurance	0.85	0.90	-	0.90	0.92	0.96
Determination	0.86	0.89	0.90	-	0.94	0.96
psychological support	0.85	0.91	0.92	0.94	-	0.97
Total	0.92	0.95	0.96	0.96	0.97	-

* Indicates significance level (0.05)

B- validity of distinction:

The discriminatory honesty is calculated by calculating the significance of the differences between the highest quartile (which equals 133) and the lowest quadrant (which equals 121) for the scores of the players in the scale (the highest 25% and the lowest 25%), and the significance of the differences between the highest and lowest quartiles was calculated by calculating a test. z "to denote the differences between the average scores of the players in the upper and lower groups, and the following table explains that.

Table (4)

The mean and group of ranks, "z" value, and the level of significance for the difference between the highest and lowest quartiles of players' scores on the Physical Motivation Traits scale

Statistical properties	the number	Average ranks	Total ranks	Value of z	Significance level
Athletic motivation traits	12	6.5	78	3.07	0.05

It is evident from the previous table the value of "z" functioned at a level of significance (0.05), which confirms the high discriminatory validity of the scale of the level of physical motive features.

Second: Calculating the reliability of the scale:

The researcher calculated the stability of the psychological behavior scale by two methods: the half segmentation method, and the method of analysis of variance by means of the Alpha Cronback equation. The following table shows the stability coefficients and their significance.

**Table (5)
Partition stability coefficients and alpha coefficients for the
Physical Motivational Traits Scale (n = 40)**

Statistical properties	Getman Factor	Spearman's factor	Alpha Cronback coefficient	Significance level
Athletic motivation traits	0.77	0.78	0.81	0.05

It is evident from the previous table that the stability coefficients are all significant at a level of significance (0.05), which confirms the high stability coefficients of the physical motivational features scale.

The researcher used Likert's method to construct and correct the scale by placing all the expressions in a list containing a graded four-

degree scale which is always (4) degrees, sometimes (3) degrees, rarely (2) two degrees, never (1) one degree, and there is a sub-degree for each One dimension separately based on the number of statements, as each dimension has a bony end of degrees, and thus the maximum score for the scale as a whole is (196) with a minimum of (49) degrees, and the following table shows the maximum and minimum end of each sub dimension and the total score of the scale:

Table (6)
The maxima and minima of the sub-dimension scores and the overall scale score

N.	Dimensions of sports motivational traits	The bone degree	The lower degree
1	Motivation	60	15
2	Responsibility	40	10
3	Self-assurance	44	11
4	To insist	36	9
5	psychological support	16	4
	Athletic motivation traits	196	49

The previous table shows the maximum and minimum scores for the sub-dimensions scores and the total score for the scale, so the highest scores were in self-confidence (60) and the lowest scores were for psychological support (4), and the sports motivation traits (196).

Based on the nature of the scale construction, the high score on it reflects the low characteristic and the low score expresses the height of the attribute where all the scale expressions are negative based on the nature of the scale.

The measure of sports motivation features was applied to a sample of (55) soccer players and (55) players, from 9/3/2017 to 15/10/2017 AD, and the results were treated statistically using the (T) test to indicate the differences for groups. Equalities and the following table shows the result of that procedure.

Presentation and discussion of results:

Presentation and interpretation of the results of the first question :

What is the level of sports motivation characteristics of the football players in Upper Egypt?

Table (7)
The level of sports motivation features I have for football
players in Upper EgyptArab Egypt n = (55)

Scale dimension Athletic motivation traits	Alternatives				total summation	The weighted mean	Standard deviation of the weighted mean	percentage
	Always	Sometimes	Scarcely	Start				
1	24	14	12	5	167	3.04	0.76	75.91
2	30	10	10	5	175	3.18	0.80	79.55
3	33	13	7	2	187	3.40	0.85	85.00
4	29	9	12	5	172	3.13	0.78	78.18
5	27	18	7	3	179	3.25	0.81	81.36
6	35	15	3	2	193	3.51	0.88	87.73
7	29	11	8	7	172	3.13	0.78	78.18
8	32	12	11	0	186	3.38	0.85	84.55
9	28	7	10	10	163	2.96	0.74	74.09
10	25	20	5	5	175	3.18	0.80	79.55
11	35	10	10	0	190	3.45	0.86	86.36
12	27	18	7	3	179	3.25	0.81	81.36
13	25	15	10	5	170	3.09	0.77	77.27
14	26	14	12	3	173	2.15	0.79	78.64
15	19	19	12	5	162	2.95	0.74	73.64
Motivation	424	205	136	60	2643	3.20	0.80	80.09
16	25	16	14	0	176	3.20	0.80	80.00
17	33	12	8	2	186	3.38	0.85	84.55
18	19	16	15	5	159	2.89	0.72	72.27
19	25	10	10	10	160	2.91	0.73	72.73
20	30	20	5	0	190	3.45	0.86	86.36
21	32	13	8	2	185	3.36	0.84	84.09
22	27	13	10	5	172	3.13	0.78	78.18
23	32	8	10	5	177	3.22	0.80	80.45
24	23	13	14	5	164	2.98	0.75	74.55
25	27	18	8	2	180	3.27	0.82	81.82
the responsibility	273	139	102	36	1749	3.18	0.80	79.50
26	26	14	8	7	169	3.07	0.77	76.82
27	25	15	10	5	170	3.09	0.77	77.27
28	32	13	8	2	185	3.36	0.84	84.09
29	19	11	15	0	179	3.25	0.81	81.36

30	24	14	12	5	167	3.04	0.76	75.91
31	26	13	12	4	171	3.11	0.78	77.73
32	20	17	17	1	166	3.02	0.75	75.45
33	28	12	11	4	174	3.16	0.79	79.09
34	35	10	8	2	188	3.42	0.85	85.45
35	36	12	7	0	194	3.53	0.88	88.18
36	31	14	8	2	184	3.35	0.84	83.64
Self-assurance	312	145	116	32	1947	3.22	0.80	80.45
37	29	11	10	5	174	3.16	0.79	79.09
38	25	25	3	2	183	3.33	0.83	83.18
39	27	20	8	0	184	3.35	0.84	83.64
40	26	14	12	3	173	3.15	0.79	78.64
41	28	12	11	4	174	3.16	0.79	79.09
42	29	11	12	3	176	3.20	0.80	80.00
43	24	16	10	5	169	3.07	0.77	76.82
44	26	12	7	10	164	2.98	0.75	74.55
45	28	12	15	0	178	3.24	0.81	80.91
Determination	242	133	88	32	1575	3.18	0.80	79.55
46	21	20	9	5	167	3.04	0.76	75.91
47	23	23	7	2	177	3.22	0.80	80.45
48	26	16	8	5	173	3.15	0.79	78.64
49	26	13	12	4	171	3.11	0.78	77.73
psychological support	96	720	36	16	688	3.13	0.78	78.18
Athletic motivation traits	1347	694	478	176	86.02	3.19	0.80	79.80

It is evident from Table No. (7) That the weighted average is (3.10), the standard deviation of the weighted mean (0.77), and the percentage amounted (77.50). This shows the level of sports motivation characteristics of football players in Upper Egypt.

This result is consistent with the results of the study “Shaaban Ibrahim and Tariq Badr al-Din”, (2001) (7), “Sabah Ali Saqr” (1994) (9), “Sadiqi Nur al-Din Muhammad” (2006 CE) (10), “Muhammad Al-Arabi Shamoun (1979 AD) (12), the study of "Osama Kamel Ratib Muhammad" (1991 AD) (3), the study of "Mahmoud Mahmoud Salem"(1999 AD) (15), the study of "Nadia Sultan and Nabila Mahmoud" (1999 AD) (17) Where it was indicated that motivation, self-confidence, psychological support, persistence and responsibility are among the most important factors to raise the motivation of the player and the outcome of

the match often transforms as a result of the team's insistence on winning, and it was also indicated that the player who lacks these characteristics quickly gets defeated and feels defeated even before the match instead of facing risks.

Table (8)
The level of sports motivation features among the football
players in Upper Egypt Arab Egypt n = (55)

Scale dimension Athletic motivation traits	Alternatives				total summation	The weighted mean	Standard deviation of the weighted mean	percentage
	Always	Sometimes	Scarcely	Start				
1	19	25	11	0	173	3.15	0.79	78.64
2	18	26	11	0	172	3.13	0.78	78.18
3	20	20	10	5	165	3.00	0.75	75.00
4	23	23	4	5	474	3.16	0.79	79.09
5	19	19	12	5	162	2.95	0.74	73.64
6	17	20	8	10	154	2.80	0.70	70.00
7	21	19	5	10	161	2.93	0.73	73.18
8	19	10	20	6	152	2.76	0.69	69.09
9	23	15	12	5	166	3.02	0.75	75.45
10	20	20	10	5	165	3.00	0.75	75.00
11	16	14	19	6	150	2.73	0.68	68.18
12	29	11	10	5	174	3.16	0.79	79.09
13	23	7	10	15	148	2.69	0.67	67.27
14	22	8	18	7	155	2.82	0.70	70.45
15	16	20	14	5	157	2.85	0.71	71.36
Motivation	305	257	174	89	2428	2.94	0.74	73.58
16	20	10	10	15	145	2.64	0.66	65.91
17	22	10	15	8	156	2.84	0.71	70.91
18	16	24	5	10	156	2.81	0.71	70.91
19	18	18	10	9	155	2.82	0.70	70.45
20	16	16	8	15	143	2.60	0.65	65.00
21	19	17	14	5	160	2.91	0.73	72.73
22	20	20	10	2	165	3.00	0.75	75.00
23	14	16	10	15	139	2.53	0.63	63.18
24	15	21	15	4	157	2.85	0.71	71.36
25	16	16	11	12	146	2.65	0.66	66.36
the responsibility	176	168	108	98	1522	2.77	0.69	69.18
26	18	12	13	12	146	2.65	0.66	66.36
27	20	15	15	5	160	2.91	0.73	72.73
28	18	25	5	7	164	2.98	0.75	74.55
29	19	25	4	7	166	3.02	0.75	75.45

30	19	18	9	9	157	2.85	0.71	71.36
31	18	17	15	5	158	2.87	0.72	71.82
32	16	19	14	6	155	2.82	0.70	70.45
33	15	15	9	16	139	2.53	0.63	63.18
34	20	15	12	8	157	2.85	0.71	71.36
35	19	10	23	3	155	2.82	0.70	70.45
36	17	13	13	12	145	2.64	0.66	65.91
Self-assurance	199	184	132	90	1702	2.81	0.70	70.33
37	20	20	10	5	165	3.00	0.75	75.00
38	18	18	15	4	160	2.91	0.73	72.73
39	16	18	13	8	152	2.76	0.69	69.09
40	18	14	15	8	152	2.76	0.69	69.09
41	16	14	9	16	140	2.55	0.64	63.64
42	15	19	9	12	147	2.67	0.67	66.82
43	16	14	7	18	138	2.51	0.63	62.73
44	16	13	13	13	142	2.58	0.65	64.55
45	17	15	10	13	146	2.65	0.66	66.36
Determination	152	145	101	97	1342	2.71	0.68	67.78
46	15	14	19	7	147	2.67	0.67	66.82
47	16	16	13	10	148	2.69	0.67	67.27
48	18	15	14	8	153	2.78	0.70	69.55
49	16	16	16	7	151	2.75	0.69	68.64
psychological support	65	61	62	32	599	2.72	0.68	68.07
Athletic motivation traits	897	815	577	406	7593	2.82	0.70	70.44

The results of Table (8) that the weighted average is (3.01), the standard deviation of the weighted mean (0.75), and the percentage is (77.23), which shows the level of sports motivation features of female soccer players in Upper Egypt.

This result is consistent with the results of the study "Ibrahim Abd Rabbo Khalifa" (2014 AD) (4) the study of "Ahmed Amin Fawzi" (2011 AD) (1) where the achievement of the goals requires the players to have the attributes of motivation such as persistence, responsibility and self-confidence that help the player to continue. In training and training to try to achieve his dreams and ambitions.

Presentation and interpretation of the results of the second question:

What are the differences in the sports motivation characteristics between the Egyptian football players?

Table (9)
Indication of the differences between the arithmetic averages of the scores of two players Women soccer players (n1 = n2 = 55)

Statistical properties	Players (n = 55)		Female players (n = 55)		T value	Significance level
	SMA	standard deviation	SMA	standard deviation		
1	3.04	0.76	3.15	0.79	0.73	G.
2	3.18	0.80	3.13	0.78	0.36	G.
3	3.40	0.85	3.00	0.75	2.59	0.01
4	3.13	0.78	3.16	0.79	0.24	G.
5	3.25	0.81	2.95	0.74	2.07	0.05
6	3.51	0.88	2.80	0.70	4.64	0.001
7	3.13	0.78	2.93	0.73	1.37	G.
8	3.38	0.85	2.76	0.69	4.16	0.001
9	2.96	0.74	3.02	0.75	-0.38	G.
10	3.18	0.80	3.00	0.75	1.22	G.
11	3.45	0.86	2.73	0.68	4.86	0.001
12	3.25	0.81	3.16	0.79	0.59	G.
13	3.09	0.77	2.69	0.67	2.87	0.05
14	3.15	0.79	2.82	0.70	2.28	0.05
15	2.95	0.74	2.85	0.71	0.65	G.
Motivation	48.05	12.01	44.15	11.04	1.76	G.
16	3.20	0.80	2.64	0.66	4.00	0.001
17	3.38	0.85	2.84	0.71	3.63	0.001
18	2.89	0.72	2.84	0.71	0.40	G.
19	2.91	0.73	2.82	0.70	0.66	G.
20	3.45	0.86	2.60	0.65	5.81	0.001
21	3.36	0.84	2.91	0.73	3.00	0.001
22	3.13	0.78	3.00	0.75	0.86	G.
23	3.22	0.80	2.53	0.63	4.96	0.001
24	2.98	0.75	2.85	0.71	0.91	G.
25	3.27	0.82	2.65	0.66	4.31	0.001
the responsibility	31.80	7.95	27.67	6.92	2.88	0.01
26	3.07	0.77	2.65	0.66	3.03	0.01
27	3.09	0.77	2.91	0.73	1.26	G.
28	3.36	0.84	2.98	0.75	2.50	0.05
29	3.25	0.81	3.02	0.75	1.57	G.
30	3.04	0.76	2.85	0.71	1.28	G.
31	3.11	0.78	2.87	0.72	1.64	G.
32	3.02	0.75	2.82	0.70	1.42	G.
33	3.16	0.79	2.53	0.63	4.62	0.001
34	3.42	0.85	2.85	0.71	3.72	0.001
35	3.53	0.88	2.82	0.70	4.62	0.001
36	3.35	0.84	2.64	0.66	4.89	0.001
Self-assurance	35.40	8.85	30.95	7.74	2.78	0.01
37	3.16	0.79	3.00	0.75	1.10	G.
38	3.33	0.83	2.91	0.73	2.78	0.01
39	3.35	0.84	2.76	0.69	3.94	0.05

40	3.15	0.79	2.76	0.69	2.68	0.01
41	3.16	0.79	2.55	0.64	4.47	0.001
42	3.20	0.80	2.67	0.67	3.72	0.001
43	3.07	0.77	2.51	0.63	4.18	0.001
44	2.98	0.75	2.58	0.65	2.98	0.01
45	3.24	0.81	2.65	0.66	4.09	0.001
Determination	28.64	7.16	24.40	6.10	3.31	0.001
46	3.04	0.76	2.67	0.67	2.64	0.01
47	3.22	0.80	2.69	0.67	3.69	0.01
48	3.15	0.79	2.78	0.70	2.55	0.05
49	3.11	0.78	2.75	0.69	2.58	0.01
psychological support	12.51	3.13	10.89	2.72	2.87	0.01
Total	156.40	39.10	138.05	34.51	2.58	0.01

Tabular "t" value = 2.00 at the calculated level (0.05).

It is evident from the previous table that all the calculated "t" values are a function at the level of (0.05), which confirms the existence of differences between the average scores of soccer players and p players, in favor of the average scores of soccer players.

It is evident that there are statistically significant (T) values among the players of female soccer players in the variables under consideration (motivation), and the values are significant in favor of the players.

This result is consistent with the results of the study of "Sadaqi Nur al-Din Muhammad" (2006 CE) (10), "Shaima Ali Khamis" (2008 CE) (8), and "Savoy" (2009 CE) (22), "Shaban Ibrahim and Tariq Badr al-Din" (2001 CE) (7), "Sabah Ali Saqr" (2004 CE) (9), "Allen" (2002 CE) (19), "Nasha (2006 AD) (20) where he indicates that there are some characteristics. A constant motivation that football players must possess is self-confidence, persistence and the ability to act independently in the match.

Conclusions:

In light of the results of the study, the researcher concludes the following:

- 1- The scale consists of (49) phrases.

- 2- Scale levels for the sample responses (always - sometimes - rarely - ever) and the maximum score for the scale (196) and the small scale (49).
- 3- It was found that the differences between male and female players in terms of sports motivation came in favor of the players, but with slight differences.

Recommendations:

In light of the researcher's findings, she recommends the following:

- 1- Conducting similar studies on other sports to identify the sports motivation features of the players.
- 2- The application of the scale under study to identify the sports motivation features of soccer players and their equivalent in the training age.
- 3- Helping coaches to know the criteria for selecting players through the psychological aspect.

References

- 1- Ahmed Amin Fawzy: Some of the emotional characteristics that are characteristic of players of different positions in a ball The basket, the first sports conference, Faculty of Physical Education, University of Jordan 2011 ,AD.
- 2- Osama Kamel Ratib: Competition Anxiety (Training Pressure - Sports Burnout), Dar Al Fikr Al-Arabi, Cairo, 1997.
- 3- Osama Kamel Ratib, Mustafa Mohamed Morsi: Emotional Features of Young Swimmers and Swimmers and Their Relation to Digital Achievement, Theories and Applications, Twelfth Issue, College of Physical Education for Boys, Alexandria, 1991.
- 4- Ibrahim Abd Rabbo Khalifeh: Kinetic characteristics, sensory measurements, and the distinctive motivational features of the field and track racers, unpublished PhD thesis, Faculty of Physical Education for Boys in Cairo, Helwan University, 2014.

- 5- Ikhlas Muhammad Abdel-Hafeez: Psychological Guidance and Counseling in the Sports Field, Al-Kitab Center for Publishing, Cairo, 2002.
- 6- Hanafi Mahmoud Mukhtar: Scientific Foundations in Football Training, Arab Thought House, Cairo, 2001 AD.
- 7- Shaaban Ibrahim and Tariq Badr El-Din: Psychological Factors Contributing to the Sports Achievement of Basketball Players, Theories and Applications, No. 42, College of Physical Education for Boys, Alexandria University, 2001.
- 8- Shaima Ali Khamis: The emotional arousal and its relationship to the achievement motivation of volleyball players, Journal of Physical Education Sciences, Ninth Issue, Volume One, University of Babylon, 2008 AD.
- 9- Sabah Ali Saqr: Sports Competition Concern and Emotional Features and Their Relationship to Championship Results for Fencers, Scientific Journal of Physical Education and Sports, Sports Conference Research and Olympic Principles, Accumulations and Challenges, College of Physical Education for Boys in Cairo, Helwan University, 2004 AD.
- 10- Sadiqi Nour El-Din Mohamed: The relationship between competitive trend and sports confidence as a feature and case for soccer players, The Scientific Journal of Physical Education and Sports, the Scientific Conference on Sports and Olympic Principles, Accumulations and Challenges, Faculty of Physical Education for Boys in Cairo, Helwan University, 2006 AD.
- 11- Muhammad Hassan Allawi: The Science of Sports Training, Dar Al Ma'arif, Cairo, 1979.
- 12- Muhammad Al-Arabi Shamoun: Emotional Features and Their Relationship to Self-concept of Athletes, PhD Thesis, Faculty of Physical Education for Boys in Cairo, Helwan University, 1979.
- 13- Muhammad Hassan Allawi: The Psychology of Training and Competitions, Arab Thought House, Cairo, 2002 AD.

- 14- Muhammad Hassan Allawi, Muhammad Nasreddin Radwan: Measurement in Physical Education and Sports Psychology, Arab Thought House, Cairo, 2002 AD.
- 15- Mahmoud Mohamed Salem: Characteristics of Sports Motivation Distinctive for Playing Centers in Basketball, Published Research, Volume Eleven, College of Physical Education for Girls, Cairo, Helwan University, January, 1999.
- 16- Mustafa Abu Zaid: Factors Associated with Leadership Behavior in the Sports Field, unpublished PhD thesis, Faculty of Physical Education for Boys in Cairo, Helwan University, 2002 AD.
- 17- Nadia Sultan, Nabila Mahmoud: The leadership behavior of a sports coach and its relationship to the sports motivation features of female handball juniors in Alexandria Governorate, the third international scientific conference, women's sport and future sciences between influence and influence, Faculty of Physical Education for Girls, Alexandria University, 1999 AD.
- 18- Yahya Kazem Al-Naqib: Sports Psychology, Institute for Leadership Development, Saudi Committee for Physical Education and Sports, 2001 AD.
- 19- Allen: The effects of emotional traits on the performance of problem solving and the extent to which the emotional traits affecting learning in emotions itself. Lowell University in the United States of America. 2002.
- 20- Nash & Soline: A guide for Relaxation and Inner Mental Training 2006.
- 21- Nideffer. R.: The Athletics and Practice of Applied, Sport Psychology, Mcnoughton Gnu, Michigan, 2005.
- 22- Savoy. C.,: A yearly Mental Training Program for Psychologist (Champaign) (2), June, 2009.

Accessory (1)

List of names of expert experts

N.	The name	Occupation
1	Ibrahim Rabie Shehata	Professor of Sports Psychology - College of Physical Education - Minia University.
2	Ahmed Othman Saleh	Professor of Educational Psychology - Faculty of Physical Education - Assiut University.
3	Imam Mustafa Sayed	Professor of Educational Psychology - Faculty of Education - Assiut University.
4	Sabri Ibrahim Omran	Assistant Professor of Sports Psychology - Faculty of Physical Education - Minia University.
5	Amr Ahmed Fouad	Assistant Professor of Sports Psychology - Faculty of Physical Education - Minia University.
6	Amr Muhammad Ali	Assistant Professor - College of Physical Education - Minia University.
7	Muhammad Shaban Farghaly	Assistant Professor - Faculty of Education - Assiut University.
8	Mahmoud al-Sayed Abbas	Lecturer, Department of Foundations of Education - Faculty of Education - Assiut University.
9	Mustafa Abdel Mohsen	Assistant Professor of Sports Psychology - Faculty of Physical Education - Assiut University.
10	Yahya Ahmed Kamel	Assistant Professor - College of Physical Education - Minia University.

* The gentlemen are arranged alphabetically.

Accessory (2)
**The scale of the sporting motivation features of football players and
players is final**

Preparation
Shaima Ali Mohammed Luli
Assistant Professor, Department of Educational Sciences and
Psychological Sports Faculty of Physical Education
Assiut University



Assiut University
Faculty of Physical Education
Department of Educational and Sports Psychological Sciences

A measure of the motivational traits of soccer players

Dear player:

I put in your hands some phrases that measure the motivational features, and I ask you to read all the phrases and answer them honestly and honestly, otherwise the results will be useless, and please do not leave any statement without an answer, knowing that the researcher will keep these answers for scientific research purposes only and the evidence is not mentioning the name Please mark (√) in the appropriate place for your answer and thank you for your cooperation with us.

With sincere thanks and appreciation for your kind and sincere cooperation,

Raw data

Name: (optional):

Gender: (Male - Female):

Club name:

The researcher
Shaima Ali Muhammad
Department of Educational and
Sports Psychological Sciences
Faculty of Physical Education
Assiut University

Name:

His Club:

N.	Ferries	Responses			
		Always	Sometimes	Scarcely	Start
1	Psychologically, I am prepared to make the effort before the match.				
2	I feel broken when defeated by the competitor.				
3	I have a lot of competitiveness.				
4	My enthusiasm grows as I get closer to the competition.				
5	I am constantly training various skills in soccer to win.				
6	I never give in to defeat.				
7	I am more serious in games.				
8	Always feel motivated to win.				
9	I get the best results when performing at my maximum capacity.				
10	Difficulty exercising increases my arousal.				
11	I do my best to reach the highest levels.				
12	Stick to the exercise.				
13	I feel the constant desire to exercise.				
14	The trainer encourages me continuously during the exercise.				
15	Having material incentives from the club when winning.				
16	I feel able to explain my thoughts to the coach.				
17	I understand the coach just by looking at him.				
18	I feel I can influence my colleagues.				
19	I can take the right decision				

	at the right time.				
20	I act as I want and not what others want.				
21	I feel I can choose the right time to get help from others.				
22	I can understand the psychological state of my colleagues.				
23	I have the ability to solve problems among my colleagues.				
24	We try to take responsibility in case my colleagues and I are defeated.				
25	I have the ability to easily understand my colleagues.				
26	I don't get easily affected by any difficulty during the match.				
27	I can control my temper.				
28	My self-confidence varies in performance from one competition to another.				
29	I feel able to win important matches.				
30	I trust in my skills to perform the required of me.				
31	I feel confident at the start of the match, which affects my performance positively.				
32	The more difficult skills training I had, the more confident I got.				
33	During the match, I am very confident in myself and my abilities.				
34	I always trust in my physical abilities.				
35	I always feel confident when the match nears.				
36	I put in a lot of effort in the				

	match to win.				
37	I feel happy when I succeed.				
38	My performance improves in challenging situations.				
39	I am trying to improve my performance continuously.				
40	I put a lot of effort into the match.				
41	I want to be the best player on the field.				
42	I try to achieve the best performance in important competitions.				
43	I can achieve my goals despite the difficulty of the competitor.				
44	We all bear responsibility in case of defeat.				
45	My coach encourages me to keep working hard.				
46	My family always encourages me to do more.				
47	I receive support from club and coach in personal events.				
48	The coach stands beside me to solve problems I face with the club's management.				
49	When an injury occurs, my colleagues stand by me until I can recover.				