THE PRE-START SITUATION BETWEEN THE DIFFERENT PLAYING LINES OF THI-QAR UNIVERSITY FOOTBALL TEAM PLAYERS

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Article history:		Abstract:
		The state before the start is of great importance in refining the competition process among the players and preparing them appropriately to overcome the negative psychological state that will accompany the player from the beginning of the match. It highlights the importance of research in identifying the state before the start of the different playing lines in football and knowing which lines have the best level and working on Developing the positive aspects and addressing the negative aspects. The problem of the research lies in determining the condition before the start, neglecting it and not being familiar with it in the conditions of the match, and this reflects negatively on their skill, physical and physiological performance and creates a feeling of good psychological stability, which reflects negatively on the skill performance. The objectives of the research are to standardize the measure of the pre-start condition of football players and to identify the pre-start condition of the Thi Qar University football team players according to the different lines of play. **The results were**: 1-There is a percentage of pre-start condition among Thi Qar University football team players. 2-The pre-start situation was distributed: the defense line was ranked first, the midfield was ranked second, and the attack line was ranked third

INTRODUCTION AND IMPORTANCE OF RESEARCH

The world is witnessing development in various areas of life, especially in the sports field, which is witnessing development in all sports sciences through levels of skill and achievement and in all types of games. Despite the multiplicity of training methods and methods, there is an urgent need for sports culture, especially sports psychology, on which it depends. Competitive sports activities. It studies the positive and negative psychological aspects affecting sports performance, which helps in the   results.

The pre-start state is of great importance in achieving the best results, and thus the players and coaches know the importance of the pre-start state, which plays a role in refining the players' competition process and preparing them appropriately to overcome the negative psychological state that will accompany the player from the beginning of the match, thus preparing the player at a high level. Psychological and physical, it creates a state of psychological stability and emotional and motor balance, thus creating a strong will and high readiness to engage in competitions and overcome the difficulties players are likely to face. The physical state is affected by the psychological state and vice versa, in balance under normal conditions for a healthy, adaptive personality. Psychological preparation is one of the important necessary components in unity. Without training, it is difficult to achieve achievement and bring the individual athlete to the highest levels. The game of football requires psychological preparation in order for the players' performance to develop during play. Football is one of the competitive games in which direct confrontation appears between players.

Hence the importance of research in identifying the pre-start condition of the different lines of play in football, knowing which lines have the best level, working on developing the positive aspects, addressing the negative aspects, and providing accurate scientific information on the psychological emotions before the match, which result from the psychological emotions, which in turn affect Therefore, it is very important for the individual athlete to enter the competition with the highest possible physical and psychological fitness to be able to withstand the pressures and conditions of the field.

RESEARCH PROBLEM

The coach must be familiar with the type of game he is training. Rather, he must have knowledge of several other sciences, including sports psychology, which helps him make the training process successful and achieve the desired goals. There is still a deficiency among some coaches in diagnosing and determining the condition before the start, neglecting it and lack of familiarity. In the conditions of the match, this reflects negatively on their skill, physical and physiological performance and creates a feeling of good psychological stability, which reflects negatively on the skill performance. The problem of the research lies in constructing a codified measure of the condition before the start and through it, developing appropriate scientific solutions and placing them in the hands of the coaches and knowing the level of psychological symptoms before the start. The match for Thi- Qar University football team players according to the different lines of play.

RESEARCH AIMS

1-Codifying the measure of the pre-start condition of football players
2-Identifying the pre-start condition of Thi- Qar University football team players according to the different lines of play.

RESEARCH AREAS

1-Human field: Thi Qar University football team players
2-Spatial field: stadiums and sports arenas/Thi Qar University
3-Time range: 4/20/2023 to 10/24/2023

THEORETICAL STUDIES

Pre-start condition

Psychologists believe that the state before the start is nothing but a natural phenomenon that every individual athlete experiences, and it essentially aims to work on the individual's transition from a state of rest to a state of work, that is, from a state of passive waiting to a state of muscular waiting or actual practice, and it contributes to a degree It contributes to preparing the individual, with the effort he will make. ([1])

The coach is responsible for raising the player's ability and willingness to give him self-confidence and keep him away from the intense tension that may afflict him before or after the competition. Therefore, he must focus, prepare and direct the game in a way that allows for the preparation of all his strengths and energies so that he can exploit them to the fullest extent possible during the competition, and accordingly the player passes before his actual participation. By competing for a relatively short time, it reaches a specific situation called the pre-competition situation the match([2])   Mufti Al-Hammad (1998) defined it as: those operations that begin to be carried out before the competition, for periods ranging from several days or a number of minutes before the competition([3]) Different lines of play in football

It requires that all players participate in attack and defense during the match, but there must be organization and coordination between the tasks of each player during the performance. In this way, the players are distributed to specific positions according to the physical and skill requirements of each player to achieve the goals of the game and its aesthetics in terms of the number of players, and thus the football team is of Three lines (defense - midfield - attack) and it is the organization of players from specific positions according to each method or system, so that there are lines for the playing centers and each player in each position has main and additional duties([4])

Amr Abu Al-Majd and Ibrahim Shaalan (1997) add that the formation that players take on the field allows them to make optimal use of their physical, skill, and tactical capabilities in the defensive and offensive duties of the field, and through balanced and consistent performance([5])

RESEARCH METHODOLOGY AND FIELD PROCEDURES

Research Methodology

The researcher used the descriptive survey method because it suits the nature of the study.
The research community and its samples
The researcher used the research population in a deliberate manner (comprehensive inventory) of the University of Thi Qar football team for the academic year 2022/2023, which numbered 25 players.
The researcher chose the sample of the exploratory experiment, which consisted of 5 players
The sample was 20 players from the Thi Qar University football team
The sample for applying the scale is 20 players from the same building sample after a period of 30 days

Muhammad Hassan Allawi: Introduction to Sports Psychology, 1st edition, Cairo, Al-Kitab Center for Publishing, 1994. p. 176 [1]

-Nizar Al-Talib: Principles of Mathematical Psychology, Baghdad, Al-Shaab Press. 1978. p. 103 [2]

- Mufti Ibrahim Al-Hammad: Sports training, planning, training and leadership, 1st edition, Cairo, Dar Al-Fikr Al-Arabi, 1998, p. [3] 24.

- Hanafi Mahmoud Al-Mukhtar: The Women's Training Program in Football, Dar Al-Fikr Al-Arabi, 1997, p. 184. [4]

-Omar Abu Al-Majd and Ibrahim Shaalan: Modern methods of playing football, Haman, Al-Kitab Center for Publishing, 1997, p. [5] 42.

Search Tools
1-Means of collecting information
-Arab and foreign sources and references
-Previous studies and research
International Information Network (Internet)-
2-Means of data collection
-personal interview
Questionnaire form-
-Registration Form
3-Methods of data analysis
-Statistical methods
Electronic and manual calculator software

Field research procedures
The researcher used the pre-onset state scale, the onset fever, which was prepared by (Muhammad Hassan Allawi, 1978)([6]). The scale consists of (40) items. (30) items were allocated to measure the negative state and (10) items were allocated to measure the positive state. The positive statements were (4,812,16, 20, 24, 28, 32, 36, 40) The response is made by choosing one of the alternatives (a lot, a little, does not happen). When correcting the scale, care should be taken to give the negative responses three degrees in the case of (a lot), two degrees in the case of (a little), and one degree in the case of (It does not happen). Positive responses should be given one mark in the case of (a lot), two marks in the case of (a little), and three marks in the case of (it does not happen).
Analyzing the scale items statistically:
In order to reveal the accuracy of the scale items and what they were designed for, the researcher analyzed the items statistically to reveal their ability to distinguish and their relationship to the total score for each scale. The researcher adopted the two-group method and internal consistency.

The discriminatory power of the scale items
-For the purpose of calculating discriminatory power, the respondent was given an alternative score for each item of the scale, then the scores of the items were summed for each individual in the sample to represent the individual's total score.
- The grades obtained by the sample members were arranged in descending order from highest to lowest
- -I took two sets of scores, one representing 27% of the individuals who obtained the highest scores, and the second representing 27% of the individuals who obtained the lowest scores.
To calculate the discrimination power of paragraphs, we apply the equation([7])

$$T = \frac{M.Z - M.D}{k\ 2\ /1}$$

T = the power of discrimination of the paragraph
M Z = total number of correct answers for the upper group
MD = total number of correct answers for the lower group
1/2 k = half of the individuals in both the upper and lower groups

Table (1)
The discriminatory power of scale items using the item discrimination law

sequence	Discriminatory	Sequence	Discriminatory	Sequence	Discriminatory	Sequence	Discriminatory
1	1,250	11	0,875	21	0,750	31	1,125
2	0,875	12	0,825	22	0,875	32	1,375
3	0,875	13	0,750	23	1,250	33	1.500
4	0,750	14	1	24	0,825	34	0,625
5	1,250	15	1.250	25	0,875	35	1,250
6	1,125	16	0.875	26	0,750	36	1,375
7	0,625	17	0,750	27	1,125	37	1
8	1	18	1	28	0,625	38	0,875
9	0.750	19	1,125	29	1,125	39	0,750
10	0,875	20	0,625	30	0,875	40	0,750

- Muhammad Hassan Allawi. Psychology of training and competitions. 2nd edition. Cairo: Dar Al-Maaref., 1978, p. 195 [6]
- Ebel R L : Essentials of education measurement prentice-Hall Englewood cliffs, New jersey,1972.p41 [7]

After completing the statistical operations to extract the paragraphs' discrimination coefficient, the scores ranged from (0.500-1.375). Ebel (1972) set values for the paragraph discrimination coefficient, in which a paragraph is considered very good when its discrimination power is (0.40) or more. Therefore, the researcher adopted this coefficient, and all paragraphs had a discrimination coefficient greater than (0.40)

Internal consistency

It means "the correlation of each item with the scale as a whole, and the consistency of the items confirms that all items measure the same thing that is intended to be measured ([8]). This indicator was extracted using the significance of the correlation coefficient (Pearson) between the score of each item and the total score of the scale using the statistical package (SPSS)

Table (2)
It shows the internal consistency coefficient for the scale items

Sequence	correlation coefficient	Sig	sequence	correlation coefficient	Sig
1	0,622	0,000	21	0,881	0,000
2	0,646	0,000	22	0,880	0,000
3	0,887	0,000	23	0,819	0,000
4	0,765	0,000	24	0.752	0,000
5	0,645	0,000	25	0.664	0,000
6	0,882	0,000	26	0,566	0,000
7	0,875	0,000	27	0,844	0,000
8	0,654	0,000	28	0,788	0,000
9	0,632	0,000	29	0,699	0,000
10	0,518	0,000	30	0,733	0,000
11	0,712	0,000	31	0,922	0,000
12	0,554	0,000	32	0,823	0,000
13	0,522	0,000	33	0,988	0,000
14	0,890	0,000	34	0,844	0,000
15	0,985	0,000	35	0.896	0,000
16	0,765	0,000	36	0,633	0,000
17	0,869	0,000	37	0,844	0,000
18	0,895	0,000	38	0,588	0,000
19	0,846	0,000	39	0,833	0,000
20	0,693	0,000	40	0,831	0,000

Validity of the scale

1-Apparent validity: This type of coincidence was achieved when the scale was presented to a group of sports psychology specialists, numbering (5) professors, and approval was obtained with 100% agreement from the members of the expert committee.

2-Construct validity: It was achieved as a result of statistical analysis of the scale's items, all of which have very good discriminatory power because all items are greater than (0.40).

Consistency

The researcher extracted the reliability of the test using the split-half method: the researcher used odd items versus even items. This method is characterized by saving effort and time as it requires applying the test once, and it is one of the most widely used methods for finding the reliability coefficient.

Table (3)
Correlation and reliability coefficient of the pre-start condition scale

Cronbach for the first half	Cronbach for the second half	Pearson	Gethman
0,992	0,921	0,980	0,994

-Muhammad Nasr al-Din Radwan: The Introduction to Measurement in Physical Education and Sports, 1st edition, Cairo, Al-[8] Kitab Publishing Center, 2006, p. 231.-

Final application of the scale

The scale was applied in its final form to the application sample of 20 players, and the data was collected, transcribed, statistically processed, and the results were extracted.

Statistical methods

-Discriminatory power equation

-Statistical package (SPSS) to obtain statistical results

-: Presentation, analysis and discussion of the results -

This chapter deals with the presentation, analysis and discussion of the research results, after the researcher completed collecting the resulting data, which was placed in the form of tables because it represents the ease of extracting scientific evidence and because it is an appropriate explanatory tool for the research that enables us to achieve the research objectives in light of the field procedures that we have undertaken.

Table (4)

It shows identification of the pre-start condition measure for the players of the Thi Qar University team

sample	arithmetic mean	standard deviation	hypothetical mean	standard error	skewness
20	97,53	5,21	80	0,388	1,96

To achieve this goal, a measure of the pre-start condition of the Thi Qar University football team players, who numbered (20) players, was applied. After analyzing their answers and treating them statistically, it was found that the arithmetic mean was (97.53) degrees, and the standard deviation was (5.21), which is higher than the hypothetical mean. (80) The standard error reached (0.288), which is a small value that indicates the internal consistency of the sample results. As for the skewness factor, it reached (1.96), which indicates the normality of the sample's distribution on the normal distribution curve. "The sample is considered normally distributed, since the more it is The value of the torsion coefficient is between (+3,-3) the sample was homogeneous[9].

The researcher attributes the presence of a percentage of onset fever among Thi Qar University team players, which is common among athletes due to match conditions, especially before an official match. The pressure is constant to win, and to be the best, sport places many pressures on athletes, from training and competition to winning and beyond. It is not surprising. So many athletes suffer from competitive anxiety because they are individuals who have an emotion characterized by feelings of tension, anxious thoughts, and physical changes before a match. Amer Saeed and others state: Psychological pressure has become a part of our lives as tournaments and fan bases have expanded and all sports teams and teams participate with the same ambition to win the championship, which greatly exposes them to psychological pressure[10].

Table (4)

It shows the pre-start status of the different playing lines of Thi Qar University team players

Lines of play	sample	arithmetic mean	standard deviation	hypothetical mean	standard error	skewness
Attack	5	93,95	5,74	80	1,76	1,44
the middle	8	96,53	4,55	80	1,33	1,77
Defense	7	102,11	5,34	80	2,04	2,09

It was found that the arithmetic mean of the attack line was (93.95) degrees and the standard deviation was (5.47), which is higher than the hypothesized mean (80), while the standard error reached (1.76) and the skewness factor (1.44) ranked third while the mean The arithmetic mean for the middle line is (96.53) degrees, and the standard deviation is (4.55), which is higher than the hypothetical mean (80). The standard error reached (1.33) and came in second place. As for the arithmetic mean for the defense line (102.11) degrees, The standard deviation (5.23) is higher than the hypothetical mean (80), while the standard error reached (2.04) and the skewness (2.09) ranked as the most influential for the pre-start condition.

The research attributes the defenders' obtaining a higher percentage than before the start to the nature of the defender's work of defending the goal and preventing the opposing team's attack from scoring. He is also required to perform more tasks that affect the team's performance. He is the one who exposes the entire field from his own goal to the opponent's goal and can direct your teammates. During the attack, by applying strong pressure on the opponent and recovering the ball, preventing danger, and building quick counterattacks that create opportunities for

Wadih Yassin Al-Tikriti and Muhammad Hassan Al-Obaidi: Statistical applications and computer uses in physical education [9] research, Dar Al-Kutub for Printing and Publishing, Mosul, 1999. p. 178-

Amer Saeed and others: Sports Psychology, 3rd edition, Dar Al-Diyaa Printing, Najaf, 2015, p. 236. - [10]

your team to score goals, as well as preventing mistakes in the defense position, the opposing team may earn a penalty kick or a free kick, and all of this leads to the defending player being exposed to a pre-existing situation. the beginning.

As for the midfielder, he plays in the middle of the field and his duties vary, some of which are defensive, such as the defensive pivot player, "the anchor", some of which are offensive, such as the advanced playmaker, and some are on the flanks. Among the qualities that the midfielder must have in general are accuracy in passing to the attackers, strong, controlled shooting, and... The skills that a defensive midfielder must possess are cutting the ball smoothly, moving the ball to the offensive side, being able to attack, dribble, making plays for the attackers, and shooting from outside the penalty area. Among his characteristics is lifting the ball to help the attackers, and these tasks have less impact on assuming responsibility and being exposed to the situation before the start.

As for the offensive line player, he is at the lowest level in the pre-start situation between the different lines of play because his work depends on self-reliance in facing different playing situations and depends on the different lines of play, and this leads to not bearing the consequences of loss to a greater extent compared to the different lines of play.

CONCLUSIONS AND RECOMMENDATIONS
Conclusions
1-The measure of the pre-beginning state that the researcher has codified and whose scientific conditions have been met is capable of measuring the trait for which it was developed.
2-There is a percentage of pre-start condition among Thi Qar University football team players.
A - The defense line is at the highest level and first place
B- The midfield is in second place
C - Attacking line in third place

Recommendations
1-Interest in sports psychology, especially the cases that the individual athlete is exposed to in training and competition.
2-Holding development seminars to develop psychological skills
3-Holding several trial matches to accustom the players to competitions and reduce the psychological conditions to which the players are exposed.
4-Conduct similar studies on some other unstudied cases among players

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Ministry of Higher Education and Scientific Research
Of Thi Qar University
College of Physical Education and Sports Sciences

Dear respected player
good greeting

The researcher wants to conduct his research entitled (Pre-start situation between the different lines of play among the players of the University of Dhi Qar football team). Given that you are one of those concerned with this research, please read the questionnaire phrases carefully, answer with all honesty and objectivity, and mark (·) in front of the phrase that suits your point of view. Below one of the points on the appropriate scale found in the form (a lot - a little - does not happen).

We are grateful for your cooperation in the service of scientific research and the educational process in our beloved Iraq

With great thanks and appreciation

Assistant teacher Haider Mohsen Al-Saadawi

S	Questionnaire paragraphs Paragraph	a lot	a little	Does not happen
1	**You feel tired in your body**			
2	**Drink more water than usual**			
3	**You feel internal tension**			
4	**You become calm**			
5	**You notice increased sweating in the hands**			
6	**She gets very annoyed by things that she considers trivial on other days**			
7	**You feel dizzy**			
8	**You can sleep as usual**			
9	**You feel pain in your head**			
10	**You notice tremors in some of your limbs (hands or legs)**			
11	**You will be upset if some of your requests are rejected**			
12	**You feel optimistic**			
13	**You feel afraid of getting injured on the field**			
14	**You feel heart palpitations**			
15	**You feel that your nerves are tense**			
16	**You feel that you are in the best possible condition**			
17	**You get upset when the coach advises you to modify some of the agreed-upon plans**			
18	**You feel pressure in your stomach**			
19	**You feel unstable**			
20	**You accept criticism from others with open arms**			
21	**You suffer from insomnia at night**			
22	**She gets annoyed, gets angry, and gets angry over the slightest thing**			
23	**Your appetite for food is less than usual**			
24	**Be steadfast and have peace of mind**			
25	**You feel that your heart is beating faster than usual**			
26	**You feel anxious**			
27	**You feel a contraction**			
28	**You feel that you are in the most active state**			
29	**You feel some pain in some parts of your body**			
30	**Your breathing increases more than usual**			
31	**You can't concentrate**			
32	**She accepts food with appetite**			
33	**You feel pessimistic**			
34	**You feel dry and foolish**			
35	**You feel a headache**			
36	**She can listen to the sorrows and troubles of colleagues without getting upset**			

37	You feel sensitive to criticism			
38	You urinate a lot			
39	You feel depressed			
40	You feel that your breathing is normal			