
The importance of psychological care for injured athletes in Algerian football, first professional teams

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ABSTRACT

Through the subject of psychological care for the injured player in Algerian football, the researchers aim to shed light on a very sensitive subject because the injury of the player is a daily fact and its relationship to the future of the player, whether he returns to practice or has to stop playing the game altogether. And the extent of the negative impact of the injury on the psychology of the injured player, as he often ended up deviating from this on the one hand and on the other hand drew attention to a fertile field of research, which is to pay attention to the psychological aspect of the injured athlete in various sports, as the injury is inevitable facing the athlete in all sports and at various stages of age and thus the need for psychological care such as the need for medical care

Keywords

Psychological Care, Injured Athletes, Algerian Football, Professional Teams, Rehabilitation.

Introduction

The provision of psychological care to injured athletes within Algerian football is increasingly recognized as a critical factor in their recovery and overall well-being. Recent research, particularly in regions like Annaba, has highlighted the significant role that psychological counseling plays in developing achievement motivation among young football players aged 12-15. These studies emphasize that psychological support not only enhances athletes' performance and results but also strengthens their competitiveness in sports events, leading to greater success on the field (Saad & Brahim, 2024).

For junior athletes, who are at a crucial stage in their sports careers, proper psychological preplan and guidance are essential. However, the lack of psychological counseling in sports institutions and society at large has been identified as a major concern, negatively affecting these young athletes' motivation to excel. Addressing their psychological and social guidance needs is key to fostering their achievement motivation and improving their performance (Saad & Brahim, 2024).

The research underscores the interconnectedness of psychological counseling, social guidance,

health counseling needs, and achievement motivation in junior football players. By meeting these counseling needs, athletes' motivation and capacity for success can be significantly enhanced. Investing in the cognitive, scientific, and physical development of athletes through comprehensive psychological care is crucial for their overall growth and success, both in sports and in life (Saad & Brahim, 2024).

Given the current research landscape, there is a strong call for the integn of psychological support programs into the standard care routines for injured athletes in Algerian football. The demonstrated impact of psychological care on recovery and performance outcomes makes it imperative to prioritize such programs. Training coaches and medical staff in effective psychological support techniques can further improve the well-being and performance of injured athletes in Algerian football clubs (Saad & Brahim, 2024).

In conclusion, recognizing the importance of psychological care for injured athletes is essential for ensuring their holistic development and maximizing their potential. By understanding and addressing the link between psychological counseling, guidance needs, and achievement motivation in young football players, Algerian football can make significant progress in

enhancing the welfare and performance standards of its athletes (Saad & Brahim, 2024).

1.2. Problem Statement

The issue of psychological care for injured athletes in Algerian football is indeed critical and demands urgent attention. The strong link between psychological support and motivation within the sports context is well-established, yet a significant gap persists in providing adequate guidance and counseling to these athletes. Notably, junior athletes in clubs often demonstrate a low level of achievement motivation, highlighting the urgent need for psychological guidance to bolster their performance and overall success (Saad & Brahim, 2024).

The situation is further exacerbated by the lack of emphasis on psychological counseling within sports institutions and society. Athletes frequently face numerous challenges and obstacles that hinder their success, largely due to insufficient support in meeting their guidance needs. This neglect can lead to a decline in motivation, which in turn negatively impacts their overall performance (Saad & Brahim, 2024).

Recognizing the importance of psychological guidance in fostering athletes' development and achievement motivation is paramount. Addressing these issues through the implementation of effective psychological support programs can significantly enhance the well-being and performance of injured athletes in Algerian football. Training coaches and medical staff to provide appropriate psychological care is essential in improving the recovery process and overall mental health of athletes (Saad & Brahim, 2024).

It is therefore imperative to incorporate psychological support into the standard care regimen for injured athletes to ensure their comprehensive recovery. By acknowledging the critical role of psychological care in the well-being of athletes, we can ensure that injured athletes receive the necessary support to navigate their challenges effectively (Saad & Brahim, 2024).

1.3. Objectives of the Study

This research is primarily focused on exploring the correlation between psychological counseling and the enhancement of achievement motivation among young football athletes in Algerian sports

clubs. The central objective is to uncover how psychological guidance—particularly through counseling—affects athletes' ability to achieve improved outcomes, victories, and overall performance in competitive sports. By understanding this connection, the study aims to elevate the level of achievement motivation among athletes and emphasize the importance of integrating psychological support into the standard care routines for injured athletes.

Specifically, the study aims to acknowledge the influence of psychological care on the recovery process of injured athletes in Algerian football. By examining current psychological care practices and recognizing the critical nature of psychological support for athletes' welfare, the research seeks to lay the groundwork for making psychological support a fundamental part of routine care for injured athletes. Additionally, the study aims to propose recommendations for implementing psychological support programs and providing training for coaches and medical personnel to better address the mental health needs of injured athletes.

Through a comprehensive analysis of the relationship between psychological counseling, the development of achievement motivation, and sports performance, this study aims to highlight the crucial role of guidance needs in enhancing the achievement motivation of young footballers. By emphasizing the importance of adequate psychological guidance—spanning psychological, social, and health-related counseling needs—the research aims to positively influence athletes' performance and contribute to their overall well-being.

Literature Review

2.1. Psychological Care in Sports Medicine

Psychological support and performance psychology are increasingly recognized as vital components in the rehabilitation journey of injured athletes, particularly in Algerian football. The intense pressure to excel, common in competitive sports, often places a significant strain on athletes' mental well-being. Research indicates that the prevalence of depression among athletes mirrors that of the general population, underscoring the critical need for psychological

assistance in sports medicine (Kahlouche & Kessouri, 2023).

Various psychological interventions have proven effective in aiding injured athletes. Techniques such as guided imagery and relaxation exercises help athletes manage their anxiety and fears about future injuries, creating a more conducive mental state for recovery. Cognitive restructuring methods—encompassing awareness, appraisal, adoption/substitution, and evaluation—are also instrumental in helping athletes alter negative thought patterns, fostering a more positive rehabilitation experience (Tayag, 2017).

Moreover, positive self-talk plays a crucial role in the rehabilitation process. It encourages a positive mindset, mental clarity, and a sharper focus on recovery tasks. The connection between mind and body is fundamental in sports psychology, where a positive mental state can significantly enhance physical therapy outcomes. By incorporating cognitive restructuring and positive self-talk strategies, injured athletes can achieve both optimal physical and mental well-being during their recovery (Griffith, 2018).

In Algeria, coaches recognize the importance of mental prepan strategies, such as goal setting and mental imagery, to boost player performance. Many coaches assess players' psychological states before competitions through careful observation and effective communication. These practices align with those used by professional coaches in other countries, such as Portugal, who rely heavily on communication and observation to prepare players psychologically (Griffith, 2018).

Integrating psychological care into the standard medical procedures for injured athletes is essential. By offering tailored psychological support programs alongside physical treatments, coaches and medical personnel can ensure a comprehensive approach to athlete recovery. Training programs should be developed to equip coaches with the skills necessary to recognize and address athletes' psychological needs effectively (Tayag, 2017).

2.2. Importance of Psychological Support for Injured Athletes

In sports medicine, the significance of psychological support for injured athletes cannot be overstated. Athletes like Ryan Shazier, who have experienced

severe injuries, not only confront the physical challenges of their condition but also endure substantial psychological distress. Such injuries often provoke negative emotions, including sadness, isolation, frustration, and a lack of motivation. These emotional responses can escalate into more severe mental health issues, such as depression and anxiety, which may further hinder the physical recovery process (Tayag, 2017).

Research has demonstrated that psychological support is crucial for the overall well-being and rehabilitation of injured athletes. Techniques like guided imagery and relaxation have proven effective in helping athletes cope with their injuries and reduce anxiety about returning to their sport. These interventions trigger the body's natural relaxation response, contributing to a sense of well-being and aiding in the recovery process (Tayag, 2017).

Recognizing the importance of mental health, organizations like the NFL have launched initiatives such as the 'Total Wellness' program. This program includes mental health support measures like suicide prevention plans and transition coaches for injured or retired players, highlighting the necessity of addressing both the physical and psychological aspects of athlete care (Saad & Brahim, 2024).

In addition, studies reveal a strong connection between psychological counseling and achievement motivation among young footballers. Addressing their psychological, social, and health-related guidance needs can significantly enhance their performance and motivation to succeed. By focusing on these areas, athletes can achieve better results, improve their on-field performance, and enhance their overall well-being (Saad & Brahim, 2024).

2.3. Current Practices in Psychological Care for Injured Athletes

Innovative strategies are reshaping the landscape of psychological support for injured athletes, particularly through the use of Augmented Reality (AR) technology and equine-assisted therapy. Institutions such as Stanford University have integrated AR into athlete rehabilitation, creating immersive and interactive environments that increase engagement and motivation during recovery. This technology revitalizes traditional

rehabilitation exercises and challenges athletes' proprioception, potentially accelerating their recovery timelines (Potter, 2020).

AR also facilitates goal-driven rehabilitation by gamifying the process. By incorporating scores and time constraints into activities, medical professionals can set daily objectives and monitor progress more effectively. This gamification shifts the focus from injury to performance, making the rehabilitation process more engaging and productive for athletes (Vicknair et al., 2019).

Equine-assisted therapy is another innovative approach gaining popularity. Institutions like the Mayo Clinic Sports Medicine Center and Barcelona FC have incorporated equine therapy into their programs. This therapy offers emotional and physical support while helping athletes develop trust and communication skills through interaction with horses (Potter, 2020).

Methods

1. Research Methodology

The method is defined as “the art of properly organizing a series of ideas either in order to reveal an unknown truth we have, or in order to demonstrate a truth that others do not know.” Accordingly, the researcher was guided to the descriptive analytical approach based on the formulation of the hypothesis and mainly its compatibility with the subject of this research.

Research community:

The community of our research in injured players represented some of the football teams of the Algerian first professional: (Union of Algeria, Mouloudia of Algeria, Shabab Blouzdad, Nasr Hussein Day, Union of El Harrach). Their number was eighty (80) injured players.

Collaboration between sports psychologists and nutritionists is also essential for comprehensive care. Given the high number of sports-related injuries treated annually, interdisciplinary cooperation ensures holistic support that addresses both physical and mental health needs. Tailored treatment plans that integrate psychological care and nutritional guidance are vital for promoting optimal recovery outcomes (Vicknair et al., 2019). In conclusion, these cutting-edge approaches in psychological care, leveraging advanced technologies like AR and innovative therapies such as equine interaction, alongside collaborative efforts among healthcare providers, are transforming the mental and physical rehabilitation of injured athletes. These practices underscore the importance of a holistic approach to athlete care, ensuring that psychological support is as integral as physical treatment in the recovery process (HydroWorx, 2023).

2. The research sample

The study sample included twenty (20) injured footballer in one of the capital football clubs of the Algerian first professional.

Sample characteristics

The sample was determined by clarifying some information about the players who are injured, and identifying whether the football players of the first professional section who are injured have common characteristics and characteristics, or whether the injury is related in a practical and inevitable manner to the exercise of sports activity and the nature of sports and their motor requirements, and insisting on achieving victory, and the questions of the first axis of the questionnaire from 01 to 09 give us a technical card on the injured players who make up the sample, which is detailed in the following table:

No.	Characteristics	Al-Ajwibah (Answers)	Duplicates	%	Calculated Chi-Square (χ^2)	Tabular Chi-Square (χ^2)	Total
01	What is your age?	The research sample					20
			25				
		Primary education	00	%			
02	Educational level	Medium	03	15			20
		Secondary school education	14	70			

		Higher education	03	15	
		Less than three years	03	15	
03	What is the number of years of play in the Akbar class?	This is typically three to five	12	60	20
		About five plus. All right.	05	25	
04	Did you fall into the youth categories?	Yes	17	85	20
		No	03	15	
05	Were you diligent in training and competing?	Yes	17	85	20
		No	03	15	
06	Why did you choose football?	Mile and hobby	04	20	20
		Goodwill	08	40	
		Money	07	35	
		Recreation	01	05	
07	Did you practice a sport?"	Yes	17	85	20
		No	03	15	
08	How did you anticipate your sporting future?	What is he?	01	05	20
		It's like, what is it?	07	35	
		What is he?	12	60	
09	What are the obstacles that prevent the player from reaching the peak of brilliance in football?	Lack of athletic training	03	15	20
		Part-time sports	02	10	
		Standard of living	03	15	
		Infection	12	60	

3. Limits of the study:

3.1 Temporal scope:

The research was launched at the beginning of December 2013 and ended at the beginning of May 2015. During this period, we collected the necessary information and news material, as well as the design of the form and its distribution for arbitn in the period between 01-20 December 2014. The scout and control survey study (pre and post) was conducted from 01 to 15 March 2015. The main study of the research sample was carried out between 20 March and 20 April 2015. After collecting the forms, we unpacked their answers and then proceeded to analyze them and discuss

their results. We concluded with the general summary and recommendations.

3.2 Spatial scope:

The research sample included some players of Algerian football clubs and teams from the first professional section, whom we were able to reach in order to distribute the form. The study included 20 players divided into the following teams: (Algiers Feden -Mouloudia Algiers -Nasr Hussein Day -Raed Al Qubba - Shabab Bluzdad - Alharrach Feden) Algiers Governorate in addition to four players from Amal Alarbaa team in Blida Governorate.

4. Information Gathering Tools:

4.1. Bibliographic study:

A set of references was reviewed in Arabic and French related to the research topic "Psychological Care for Injured Players in Football", in order to collect the largest amount of information and ideas related to the research topic, which revolves in its content on sports injuries and methods of treatment by addressing titles in sports medicine, sports psychology, sports health and sports injury science, and methods of care to be followed in order to achieve the preventive health dimension for Algerian football players.

4.2. Interview:

The interview, interrogation or inspection is based on a face-to-face meeting between the researcher and the interviewee, following which a discussion and conversation occurs directed to the interviewee in order to obtain information and data that serve the purpose of research and study.

Hamdi Rajab Attia, 2002, p. 99). Considering that the subject of the study was the psychological care of the injured athlete in football, it was necessary to conduct interviews with the person in charge of the medical staff in order to provide us with the necessary data for the study.

4.3. Questionnaire :

The questionnaire is the written request for a point of view or opinion on a particular topic or issue from a person or group of people, through a form written with specific questions in order for the respondent to answer the questionnaire in order to put an (X) in front of the answer he deems appropriate in his opinion or to leave some blanks, and the person writes a short phrase in the space or in the form of pictures or drawings, and the questionnaire is divided into the free questionnaire, the restricted questionnaire and the mixed questionnaire (**Hamdi Rajab Attia, 2002, p. 99**). In order to collect the largest number of players' information and opinions about the subject of the study, which directly affects them, this questionnaire was developed, which was divided into three axes.

4.3.1. Specifications of the questionnaire:

It was prepared based on the objectives and hypotheses of the research, where it was designed with the supervising professor, and then distributed to a group of professors, doctors and specialists in physical education and sports training. In order to take their opinion and after

collecting them and taking notes and directives into account, the final form was designed and accepted by a number of professors with approval. Some of the questionnaire questions were closed and direct in order to ensure the answer and not to hesitate in it, while others were open in order to allow the respondent to express his opinion, or provide additions. The fact that the required information requires this as real situations and facts experienced by the player. The questions were formulated based on the theoretical study of the research, and the questionnaire was passed in a direct way sometimes, or using an intermediary at other times in sports clubs. This is due to the difficulty of contacting injured players at times.

4.3.2. Questionnaire Themes:

We divided the questionnaire questions into three axes as follows:

– **The first axis:** Questions that serve the first sub-hypothesis include the **experience and culture of the players of the first Algerian professional football teams and clubs related to their exposure to sports injury**. The aim of the questions was to: **know the common characteristics of the members of the research sample, and their relationship to sports injuries in football**.

– **The second axis:** Questions that serve the second sub-hypothesis included **sports injury**. **Algerian football players were exposed to psychological pressure**, and the goal of the questions was: **Knowing the most important psychological pressures caused by sports injury to injured players in football**.

– **The third axis:** It includes questions that serve the third sub-hypothesis. **Appropriate and sufficient psychological prepan can complement medical treatment for soccer players' injuries**. The aim of the questions was to: **Identify the role of integrated psychological prepan (psychological care) in the prevention and treatment of the effects of sports injury**.

We relied on two types of closed questions that were answered with yes, no or no opinion. The second type were open-ended questions in order to express their opinion and give their suggestions.

4.4. Stability and validity of the research tool:

4.4.1 Form stability: The results of the pre- and post-experiment.

	Yes	No	No Opinion	Total	Calculated Chi-Square (χ^2)	Table K^2 at DF(2)
Tribal experience	19	07	04	30	893	05 level of Sig. 0.991
Post Experience	17	10	03	30		
Total	36	17	7	60		

Table (05) : Shows the results of the exploratory experiment.

By observing the results of Table No. (05), we note that the calculated $K^2 = 5.89 >$ Table $K^2 = 5.991$. At the DF2 and the level of Sig0.05. The difference is not significant, meaning that there is no statistical Sig, and therefore there is a match between the results obtained in the exploratory experiment, that is, there is **stability** in the answer.

Since the questionnaire was subject to arbitn when drafted and developed, it is **objective** by virtue of the multiplicity of arbitrators, who numbered five(05) (Professor: **Bin Al-Tumi Abdul Nasser**, and Doctors: **Abban Karim, Amrush Mustafa, Boukhraz Radwan, Marzak Jamal**), all of whom are doctors in the field of physical education and sports in various disciplines.

Thus, the questionnaire can be given the characteristics of **consistency** and **objectivity**.

Results

1. Presentation and analysis of the results of the first axis: personal information.

Objective of the first axis questions: To know the common characteristics of the research sample, the motives for playing football, and their relationship to sports injuries in football.

Q(01): How old are you?

The average age of the research sample is: **25.7 years**.

We obtained it by calculating the **arithmetic mean** of the repetitions of players' answers to the first question: How old are you? .

Q(02): What is your academic level?.

coefficient Statistical Answer	Freq	%	Calculated Chi-Square (χ^2)	Tabular Chi-Square (χ^2)	Sig	DF	Statistical Sig
Primary education	00	00	22.8	-815.0	0.05	3	Significant
Medium	03	15					
Secondary school education	14	70					
Higher education	03	15					
Total	20	100					

Table(06): Shows the results of the answers to question (02).

Analyzing Results

Through the results of the statistical analysis of the players' answers to the question of the **academic level of the players**, we found that 70% had a secondary school level, the intermediate level was 15%, the university level was 15%, while the primary level was 00%

We calculated K^2 for the Sig of the differences and found that the calculated $K^2 = 22.8$ is greater than the tabular $K^2 = 7.815$ at the DF3 and the level of Sig 0.05. Therefore, the difference is D in favor of the secondary level category.

Q(06): What is the most important reason for choosing football?

coefficient Statistical Answer	Freq	%	Calculated Chi-Square (χ^2)	Tabular Chi-Square (χ^2)	Sig	DF	Statistical Sig
Tendencies and hobbies	04	20	9.5	488	0.05	4	Significant
Prominence	08	40					
Money	06	30					
Recreation	01	5					
Miscellaneous	01	5					
Total	20	100					

Table(10): Shows the results of the answers to question (06).

Analyzing Results

Through the results of the statistical analysis of players' answers to the question: **What is the most important reason for choosing the game**

of football?, We found that 40% of the total research sample answered that their choice of football was due to "fame", which is the predominant percentage in the research sample, and we found that 30% of the total research sample answered that their choice of football was due to "money", while we found that 20% of the total research sample answered that the choice of football was due to "tendencies and hobby",and we found that 5% of the total research sample chose football because of "recreation", while the remaining 5% answered that their choice of football was due to "something else", which is the desire of parents.

From this, we note that a significant percentage of the research sample replied that their choice of football was due to "fame",by 40% .So we calculated the χ^2 to indicate the differences, and we found that the calculated $\chi^2 = 9.5$ is greater than the tabular $\chi^2 = 9.488$ at the DF4 and the level of Sig 0.05. Therefore, the difference is D in favor of the category of choosing to play football because of fame.

Q(09) : In your opinion, what are the obstacles that prevent the player from reaching the peak of brilliance in football?

coefficient Statistical Answer	Freq	%	Calculated Chi-Square (χ^2)	Tabular Chi-Square (χ^2)	Sig	DF	Statistical Sig
Lack of athletic training	03	15					
Part-time Sports	02	10					
Standard of living	03	15	7,2	-815.0	0.05	3	Not significant
Sports injury type	12	60					
Total	20	100					

Table No. (13) : Shows the results of the answers to question No. (09).

Analyzing Results

Through the results of the statistical analysis of the players' answers to a question, in **your opinion, what are the most important obstacles that prevent the player from reaching the peak of brilliance in football?** We found that 60% of the total research sample answered that the most important obstacles to reaching the peak of brilliance in football are "sports injury", and we found 15% of the total research sample answered that the most important obstacles to reaching the peak of brilliance in football are both "lack of sports training"and"standard of living"for each of them, while we found 10% of the total research sample attributed this to the reason for "lack of full-time sports".

From this, we note that a significant percentage of the research sample answered that sports injury is the cause ,by 60% .We calculated χ^2 for the Sig of the differences and found that the calculated $\chi^2 = 7.2$ is smaller than the tabular $\chi^2 = 7.815$ at the DF3 and the level of Sig 0.05. Therefore, the difference is not significant, that is, the answers are close .

2. Results of the second axis: Sports injury in a football player.

The goal of the questions of the axis: is to know the most important psychological pressures caused by sports injury to injured players in football .

Q (10):Do you think that football requires the player to be injured?

coefficient Statistical Answer	Freq	%	Calculated Chi-Square (χ^2)	Tabular Chi-Square (χ^2)	Sig	DF	Statistical Sig
Yes	20	100					
No	00	00					
No Opinion	00	00	15.01	0.991	0.05	2	Significant
Total	20	100					

Table No. (14) : Shows the results of the answers to question No. (10).

Analyzing Results

From the results of the statistical analysis of the players' answers to the question **Do you see that football necessitates that the player be injured?** We found that 100% of the total research sample answered "yes", they believe that sports injury ball is inevitable in football.

coefficient Statistical Answer	Freq	%	Calculated Chi-Square (χ^2)	Tabular Chi-Square (χ^2)	Sig	DF	Statistical Sig
Yes	18	90	0.567	0.991	0.05	2	Significant
No	2	10					
No Opinion	00	00					
Total	20	100					

Table No. (21): Shows the results of the answers to question No. (17).

Discussions

Through the results of the statistical analysis of the players' answers to the question **"Does injury prevent you from participating in training and competition?"** We found that 90% of the total research sample answered "yes". And 10% answered "no."

coefficient Statistical Answer	Freq	%	Calculated Chi-Square (χ^2)	Tabular Chi-Square (χ^2)	Sig	DF	Statistical Sig
Yes	17	85	157	0.991	0.05	2	Significant
No	1	05					
No Opinion	2	10					
Total	20	100					

Table No.(29): Shows the results of the answers to question No. (25).

Analyzing Results

Through the results of the statistical analysis of the players' answers to the question **Did the injury change the footballer's behavior?** We found that most of the research sample answered "yes" by 85%, 10% of the total research sample answered "no opinion", and 5% of the total research sample answered "no". From this, we note that most of the research sample answered "yes", with a percentage of 85%.

So we calculated K^2 to indicate the differences, and we found K^2 calculated= 48.157, which is greater

We calculated K^2 to indicate the differences and found K^2 calculated=15.01, i.e. greater than K^2 tabular=5.991. At a DF2 and a level of Sig of 0.05, therefore, the difference is D in favor of the greater value. Injury is inevitable in football.

Q (17): Does the injury prevent you from participating in training and competition?

From this, we note that the largest group of the research sample prevents them from participating in training and competition, by 90%.

We calculated K^2 to denote the differences and found K^2 calculated=22.567 which is greater than K^2 tabular=5.991. At the DF2 and the level of Sig 0.05, therefore, the difference is in favor of repeating yes answers that prevent them from participating in training and competition.

Q (25): Does the injury change the footballer's behavior?.

than K^2 tabular=5.991. At a freedom score of 2 and a Sig of 0.05, therefore, the difference is D in favor of repeating yes answers. The injury changes behavior.

6-1. Results of the third axis: The importance of psychological care.

The aim of the questions is to: Identify the role of integrated psychological prepan (psychological care) in the prevention and treatment of the effects of sports injury.

Q(41): How do you feel before entering the competition?

coefficient	Freq	%	Calculated Chi-Square (χ^2)	Tabular Chi-Square	Sig	DF	Statistical Sig
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Statistical Answer			(χ^2)				
No energy	01	05	26.75	668	0.05	4	Significant
Anxiety and tension	13	65					
fear	02	10					
LOSS OF CONFIDENCE	02	10					
Not much.	02	10					
Total	20	100					

Table(45): Shows the results of the answers to question(41).

Analyzing Results

Through the results of the statistical analysis of the players' answers to a question, **how do you feel before entering the competition?** We found that the majority of the research sample answered that they feel "anxiety and tension" by 65%, 10% of the total research sample answered "yes they feel" fear", 10% answered "loss of confidence", 10% answered "normal feeling" and 05% of the total research sample answered that they feel "vitality and activity".

From this, we note that the majority of the research sample responded that they feel "anxious and stressed," with a percentage of 65%.

So we calculated χ^2 to indicate the differences, and we found χ^2 calculated= 20.75, which is greater than χ^2 tabular=11.668. At a freedom score of 4 and a Sig of 0.05, therefore, the difference is D in favor of repeating the answers of feeling anxious and nervous before competition.

Q(47): What methods does the trainer use to prepare you psychologically?

Statistical Answer	Freq	%	Calculated Chi-Square (χ^2)	Tabular Chi-Square (χ^2)	Sig	DF	Statistical Sig
Theoretical classes	14	70	17.8	-815.0	0.05	3	Significant
Reciprocal dialogue	03	15					
Loosening-up exercises, 10 other methods	03	15					
	00	00					
Total	20	100					

Table No.(51): Shows the results of the answers to question No. (47).

Analyzing Results

Through the results of the statistical analysis of the players' answers to the question, **what are the methods used by the coach to prepare you psychologically?**

We found that half of the research sample answered that their coaches use "theoretical classes" to prepare players psychologically by 70%, 15% of the total research sample answered that their coach uses "mutual dialogue" to prepare them psychologically, and 15% answered "without an opinion".

From this, we note that the majority of the research sample responded that their coaches use "theoretical classes" to prepare players psychologically by 70%.

So we calculated χ^2 to indicate the differences, and we found χ^2 calculated= 17.8, which is greater than χ^2 tabular=7.815. At a freedom score of 3 and a Sig of 0.05, therefore, the difference is in favor of repeating the trainers' answers. They use theoretical classes for psychological prepan.

Q (55): In your opinion, is the presence of a psychologist necessary in football teams?

Statistical Answer	Freq	%	Calculated Chi-Square (χ^2)	Tabular Chi-Square (χ^2)	Sig	DF	Statistical Sig
Yes	14	70	310	0.991	0.05	2	Significant
No	5	25					
No Opinion	1	05					
Total	20	100					

Table(59): Shows the results of the answers to question (55) .

Analyzing Results

Through the results of the statistical analysis of the players' answers to a question, in **your opinion, is the presence of a psychologist necessary in football teams?** We found that the majority of the research sample answered "yes" by 70%, 25% of the total research sample answered "no", and 05% answered "without an opinion".

From this, we note that half of the respondents answered "yes" by 70%.

So we calculated K^2 to indicate the differences, and we found K^2 calculated = 13.310, which is greater than K^2 tabular = 5.991. At the DF2 and the level of Sig 0.05 Therefore, the difference is in favor of repeating the answers Yes The presence of a psychologist is necessary in football teams.

6-2 Discussing the results and interviewing them with hypotheses: The first hypothesis: The experience, culture and motives of the practice of the players of the first professional football teams and clubs have a relationship with their exposure to various types of injuries.

By analyzing and discussing the results of the respondents' answers to the questions of the first axis, the relationship of the players' experience and culture to their exposure to various types of injuries was not shown. However, the motives of the practice proved to be related to the exposure of players to various types of injuries. Thus, we can say that the first part was not achieved, but the second part related to the motives of practice was achieved, which is confirmed by previous studies, including:

Zainab Abdul Hamid Al-Alam points out that:

- The incidence of sports injuries depends largely on the player's physical and psychological competence and good preparation. The lower his efficiency, the higher his injury rate and vice versa.
- The proportion of sports injuries in team sports that require violent motor effort is higher, and requires contact with an opponent (such as a ball sport, hockey) than in individual games such as tourism and tennis.
- Sports injuries in women are relatively less than in men, and most injuries are in young people. **(Zainab Abdul Hamid Al-Alam, p. 81).**

The second hypothesis: Sports injuries increase the psychological stress of injured players in Algerian football.

By analyzing and discussing the results of the respondents' answers to the questions of the second axis, we found that sports injuries exacerbate the psychological stress of injured players in Algerian football. Thus, the second hypothesis of the research was realized. This is confirmed by previous studies, including:

- **The athlete's life is characterized by activity and movement, but after the injury, he adheres to the rules governing the way he appears to heal, which affects himself, which requires dealing with him in a special way that helps in supporting him to heal. (Mihoubi Radwan, p. 67).**

• It is important to recognize the psychological reactions to sports injuries, and all coaches and sports psychologists must verify the psychological reactions of the injured players, and some players see the injury as a real disaster, and others see it as something clear and realistic **(Mihoubi Radwan, p. 67).**

- **(Robert Weinberg and Daniel Gould, 1990)**

After their injury, athletes often go through five main stages:

“Rejection anger equality depression acceptance and reorganization.” **(Ikhlas Mohammed Abdul Hafeez, p. 181).**

The third hypothesis: Appropriate and adequate psychological (psychological care), completes the medical treatment of soccer players' injuries.

By analyzing and discussing the results of the respondents' answers to the questions of the third axis, we found that the research sample members considered that appropriate and adequate psychological (psychological care) complements the medical treatment of football players' injuries. Thus, the third hypothesis of the research was realized. This is confirmed by previous studies, including:

The importance of psychological care for athletes lies in the following:

- performance level
- Acquisition and development of psychological skills.

- Solve anticipated problems in training, competition, and player life.
- Covers the areas of (ways to reduce tension - the relationship between the coach and the player - problem solving - team cohesion - psychological rehabilitation after injuries - intervention in crisis situations).
- Developing psychological services provided to the player and the coaching staff. (**Walid Ahmed Jabr, 2009, p. 32**).

Returning to the main premise of the research, "**Adequate psychological care contributes to overcoming sports injury in injured football players**", it was achieved. By answering the main question of the research problem "**How does psychological care contribute to the prevention and treatment of the impact of sports injury on football players?**".

Adequate and integrated psychological plays a preventive role from the effects of sports injury, while psychological rehabilitation of the injured works to treat the psychological and negative effects of sports injury, and thus psychological care to prevent and treat sports injuries.

Overall findings

After presenting, analyzing and interpreting the results of the study, we concluded the following:

- Injury is inevitable in the sport of football to study it, and to know its causes, effects, and repercussions, in order to reduce its severity, by controlling the causes leading to it.
- The motives for playing football increase psychological stress, and therefore the motives must be directed to reduce psychological stress and thus reduce sports injuries.
- The player's potential must be taken into account when planning his future, and not assigning him what he cannot afford, or demanding more from him than he can achieve, because we are destroying the player and not building him.
- Taking into account the duration of treatment is a condition for recovery.
- Sportsmanship and fair play, embodying the goals of sports practice.
- Psychological rehabilitation is necessary to erase the psychological effects of sports injury.

- Psychological care to prevent and treat the effects of sports injury.
- Psychotherapy is as necessary as medical treatment, so they must be integrated.
- Relying on a sports medicine specialist to ensure the speed of treatment.

8. Suggestions:

- The need to spread the culture of psychological care in its preventive and health dimensions in the Algerian sports circles.
- The need to adopt specialists in sports psychology and psychological care for athletes to reduce the psychological pressure of athletes in general and injured in particular.
- Programming seminars and training days to introduce the importance of the psychological aspect of coaches, players, and managers, and such events work to develop and expand the knowledge of the athlete in general, and the football player and provide him with everything related to sports injuries, because of their strong and direct negative impact on the life of the player as a whole.
- The need for media promotion (classes, meetings, reports ,...) about the importance of the psychological aspect of the athlete in general and the injured in particular. And academically through forums and awareness days activated by specialists, in order to spread its culture in the Algerian sports circles.
- The need to conduct similar research to enrich this topic and give it its right to study and research.

Conclusion(Times New Roman, bold, 12)

Thus, football is beloved by the masses, desired by amateurs and professionals, inspiring for followers, a broad topic for scholars, and an intern between theorists and practitioners, from researchers and trainers, tempting in terms of material. It generates billions after millions, but it is dangerous for the injured and can even be among the killers.

These and other qualities led the researcher to address the topic of psychological care for injured

athletes in football. The introductory chapter came as an introduction to the study, where it raised the main research problem and sub-questions, then the researcher assumed a main hypothesis for the research, and sub-hypotheses as a temporary solution to the research problem, then we reviewed the theoretical aspect of the study variables in Part One, while Part Two included the applied aspect of the research methodology and its field steps, then the researcher presented the

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