Sports Psychological Counseling and Its Role in the Decision-Making Process of Football Players During Competition"

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Abstract

Football holds a prominent global position, being widely practiced by people of all ages. This popularity is accompanied by a deep understanding of psychological factors and their impact on the decision-making process during competition—the focus of the present study. We employed a descriptive-analytical approach, with a research population comprising players from football clubs in the Béjaïa province and a sample of 59 players. Data collection involved a questionnaire and interviews with coaches to gauge their views on sports psychological counseling and its role in decision-making. Analysis of frequencies and percentages led to the confirmation of the study's hypotheses, highlighting that the psychological aspect—which influences players' ability to make sound decisions during competition—cannot be overlooked.

Keywords: Sports psychological counseling; decision-making; competition; football.

El asesoramiento psicológico deportivo y su papel en el proceso de toma de decisiones de los futbolistas durante la competición

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Resumen

El fútbol ocupa un lugar destacado a escala mundial y es practicado ampliamente por personas de todas las edades. Esta popularidad pone de relieve la importancia de comprender los factores psicológicos y su influencia en el proceso de toma de decisiones durante la competición, cuestión central del presente estudio. Se adoptó un enfoque descriptivo-analítico. La población de estudio estuvo integrada por jugadores de clubes de fútbol de la provincia de Béjaïa, de los cuales se seleccionó una muestra de 59 futbolistas. Para la recopilación de datos se utilizaron un cuestionario y entrevistas con entrenadores, con el propósito de conocer sus perspectivas sobre el asesoramiento psicológico deportivo y su papel en la toma de decisiones. El análisis de las frecuencias y los porcentajes permitió confirmar las hipótesis del estudio y puso de manifiesto que no puede pasarse por alto la dimensión psicológica, dada su influencia en la capacidad de los jugadores para tomar decisiones acertadas durante la competición.

Palabras clave: asesoramiento psicológico deportivo; toma de decisiones; competición; fútbol.

Introduction:

Football is a team sport that holds a prominent position worldwide, particularly in developed societies. Its success is no accident; rather, it is the result of the dedicated efforts of specialists in the field. Football has maintained its status as one of the most widespread team sports—a game that is widely loved and frequently played—aiming to develop individuals who are strong intellectually, physically, and mentally.

- It is practiced by people of all backgrounds, fostering activity and vitality while helping to maintain bodily functions, thereby keeping the body in a healthy, well-functioning state for as long as possible.

- For football players to fully demonstrate their latent individual potential within the competitive environment—with its structured rules and diverse dynamics—they must possess a deep understanding of both collective and individual psychological factors. These factors significantly influence the decision-making process during competition, alongside the technical aspects of the game, which also play a

crucial role in how decisions are made. - Given the significant role that psychological factors play in the decision-making processes of football players during athletic competition, it is essential to combine efforts to identify the optimal approach for developing these aspects. Such development is crucial for athletes, as it serves as a fundamental pillar for achieving excellence, reaching elite levels, and surpassing existing records. Coaches must attend to physical and technical components without neglecting the psychological dimension. Furthermore, while maintaining a focus on tactical aspects—which is necessary for achieving positive results—coaches should not overlook technical elements, as any deficiency here can negatively impact athletic performance. The inclusion of sports psychologists within a team can significantly contribute to improved performance.

1. Research Problem: Sport is no longer confined to the realm of mere recreation; rather, it has evolved into a broader concept rooted in a well-studied, scientific methodology. This approach draws upon scientific research to provide athletes with numerous benefits—enabling them to optimize their time, attain superior results, and avoid physical or psychological harm. In this context, athletes can experience the enrichment offered by sports psychology, which establishes the foundations and principles for interpreting behavior, examining its underlying motives and influences, and providing effective strategies to enhance, refine, and elevate that behavior toward higher levels of achievement (Mohamed Awad Basyouni and Faisal Yassin Al-Shati, p. 160). Scholars agree—in terms of both form and content—that incentives are stimuli that drive human behavior and help direct it toward desired performance, especially when these incentives are significant to the individual. They are defined as the material or non-material rewards offered to an individual in recognition of their outstanding performance. Incentive theory can be applied across various segments of society—including individuals, coaches, and organizations—and is considered one of the most critical factors for success (Ahmed Salihi, 2012, p. 03).

These factors encompass an athlete's capacity and qualifications to execute the required behaviors—behaviors that can be enhanced through motivation, unlike in the case of an unqualified athlete. If we examine an athlete's desire to reach and achieve set goals, it becomes clear that motivation theory plays a significant role; without such desire, the likelihood of success diminishes.

Effort—defined as the energy expended and the time invested toward achieving specific objectives—is not sufficient on its own; the athlete must also possess the ability to make sound, necessary decisions.

Motivation influences an athlete's psychological state by fostering a proactive mindset, which in turn fuels continuous creativity.

In this research, we focus on football—one of the most prominent team sports. We explore its origins and history, both in Algeria and the broader Arab world, while also examining its key characteristics and rules. In football, team cohesion and the harmony among its members are crucial for achieving optimal results. This, in turn, relies on a profound understanding of both collective and individual psychological factors—specifically how they influence the decision-making process of football players during competition (Iyad Abd al-Karim al-Ghazawi & Marwan Abd al-Majid, 2005, p. 134).

Through this research, we aim to highlight the impact of sports psychological counseling on the determinants of decision-making among football players during competition. This leads us to the following primary research question:

- Does sports psychological counseling play a role in the decision-making process of senior-level football players during competition? From this question, the following sub-questions arise:

- Does effective psychological counseling influence the decision-making of football players during competition?

- Does the neglect of the psychological aspect by coaches affect the performance level of players during competition?

1.1 General Hypothesis:

- Sports psychological counseling plays a role in the decision-making process of senior-level football players during competition.

1.2 Sub-hypotheses:

- Effective psychological counseling influences the decision-making of football players during competition.

- The neglect of the psychological aspect by coaches affects the performance level of players during competition.

2. Significance of the Research:

The significance of this study lies in highlighting the determinants of decision-making among football players during competition, as well as the contribution of sports psychological counseling to this process. Furthermore, it opens the door for similar studies to explore the relationship between the psychological aspect and decision-making. 3. Research Terms:

- Decision: This refers to an act of choosing—selecting a path, a course of action, or an option that enhances one's potential (Al-Manar, 2007, p. 406). It is also defined as a choice made among various alternatives, or the selection of the best and most optimal method, course of action, or solution from among several equivalent options; it is the outcome of a thinking process (Scientific Encyclopedia, p. 84).

- Competition: The term "competition" is of Latin origin and denotes the continuous pursuit by several individuals for the same position or the same benefit (Fernandez B., 1983, p. 13). According to Al-Duman, competition is a struggle between multiple individuals to attain a desired goal; it encompasses any situation in which two or more people are in conflict to secure a significant share or portion (Mohamed Mustafa Al-Sha'bani, 1997, p. 17).

Psychological Counseling: Hamed Zahran defines psychological counseling—specifically in the context of sports—as a constructive process aimed at helping an individual understand themselves, examine their personality, reflect on their experiences, identify their problems, develop their potential, and resolve their challenges. This process leverages the individual's existing knowledge, desires, education, and training, ultimately enabling them to achieve their goals and attain psychological well-being.

4- Previous Studies:

It is well understood that scientific study—and scientific research in particular—is cumulative in nature. As Rabah Turki notes, every scientific study is typically followed by others that complement it and build upon its findings; such studies serve as a foundation or cornerstone for future research. Consequently, it is essential to connect key sources from previous studies to one another, which facilitates the classification and analysis of research data and allows for the establishment of links between these sources and the specific subject under investigation (Rabah Turki, 1999, p. 123). In our review of previous research, we identified several studies that share aspects with our own topic. These include the following:

1.4. First Study:

Title: "Determinants of the Psychological Counseling Process in Light of the Essential Characteristics of the Algerian Athlete: Theory and Practice."

Researcher: Zouhir El-Mani (2012/2013, Master's Thesis), University of Algiers 3.

This study aimed to examine the determinants of the sports psychological counseling process within elite Algerian football teams. It sought to compare the prevailing practical reality in these teams with the theoretical, academic frameworks found in sports psychology literature, while accounting for specific psychosocial and cultural characteristics.

The researcher employed a descriptive methodology, with a sample consisting of elite Algerian football players—specifically 32 players from four clubs within the top professional league. A questionnaire was used as the primary research instrument. The findings indicated that elite football teams do not prioritize psychological factors during the preparatory phase, nor do they employ a sports psychologist.

Furthermore, a discrepancy was observed between the theoretical foundations and the actual, applied practice of sports psychological counseling, particularly when considered in the context of the essential characteristics of Algerian football athletes.

2.4. Second Study:

Title: "The Importance of Short-Term Psychological Preparation and Its Relationship to Athletic Performance."

Master's Thesis by researcher: Abdelsalam Moqbel Al-Riei.

Institute of Physical Education and Sports, Sidi Abdellah. Algeria – 2004/2005.

This study aims to examine the role played by short-term psychological persistence in achieving outcomes—whether negative or positive—as well as the role of the sports psychologist in assisting coaches with psychological preparation.

The researcher employed a descriptive (survey) research design.

The study population consisted of a sample of athletes, including both general practitioners and elite-level athletes. The sample comprised 52 individuals with an intermediate-level qualification, 60 with a secondary school diploma (baccalaureate), 48 with a higher technician diploma, 14 with a sports consultant qualification, and some holding a master's degree. A questionnaire was used as the research instrument.

The findings—which address the first hypothesis—indicate that short-term psychological preparation is linked to the achievement of sports outcomes (whether negative or positive), serving as a contributing factor to either victory or defeat for any athlete.

3.4.The third study: entitled: Study of decision-making among soccer players during competition

It was completed by the two students, Qaruni Abdul Qadir and Khalili Muhammad, and it is a graduation thesis to obtain a master's degree in science and technology of physical and sports activities, specializing in training and physical preparation for the year 2016 - 2017 at Zayan Ashour University of Djelfa. The question of the study was on the influence of the technical and psychological aspect on decision-making among football players during competition?

This is done by trying to monitor the variables that would influence decision-making regarding the psychological and technical aspects, and focusing on understanding the foundations and principles of the players' psychological aspect during competition. The researcher used the descriptive analytical approach to describe the phenomenon dealt with through collecting data. His original research population represented the research sample on two football teams in the state of M'sila, equivalent to 30 players. The results of the research concluded that the technical aspect has a major role in improving the level of decision-making during competition, and this is what the researchers see in previous and similar studies, and the players also see that the factors Psychology has a major role in improving the level of decision-making during competition.

4.4.The fourth study: entitled: "The effect of psychological preparation on raising the level of athletic performance among soccer players."

It was completed by the student "Jazzar Ali". It is a graduation thesis for competitive sports training, for the year 2014/2015 at Djilali Bounaama University - Khamis Miliana. The study's question is on the effect of psychological preparation on the performance level of football players?

The objectives of the study were based on highlighting the importance and role of psychological preparation for sports, highlighting psychological preparation and its reality in sports clubs, and helping coaches acquire the most effective ways and methods in psychological preparation.

The descriptive approach was used, which is the approach that aims to collect data and attempt to choose hypotheses or answer questions related to the current situation of the sample members. It relied on the intended sample from the original community for the research, as the sample number reached 60 players.

The results indicated that psychological preparation is a shared responsibility between coaches, players, and clubs as a whole.

The more assistance is available for psychological preparation, such as using the best methods and good planning, and the mutual trust factor between the coach and the player, the more positive the impact will be.

Psychological preparation is what develops the skill and physical aspect, and it is an inseparable part, as they complement each other (psychological-physical-skills).

Can the results obtained for the team be attributed to the nature of the guidance services provided by the coach?

5. Methodological procedures:

1.5. Presentation of analysis and discussion of the results of the study:

1.1.5. Presentation and analysis of the results of the first hypothesis:

Hypothesis text: Good psychological counseling contributes to the decision-making process of soccer players during competition.

- Presentation and analysis of the results of the first axis:

- Statement 1: Good psychological guidance before the match helps the player play comfortably.

Table No. (01) shows the effectiveness of good psychological guidance before the match.

Signification	Degree of freedom	Contingency Table (Chi-(Square	Calculated chi-square χ^2	%	Repetition	Answer
Significant at 0.05	**04**	**9.49**	**61.254**	**%59.3**	**35**	Always
				%20.3	**12**	Often
				%8.5	**05**	Sometimes
				%6.8	**04**	Rarely
				%5.1	**03**	Never
				%100	**59**	Total

Analysis and Interpretation of Results:

The results in the table above reveal apparent differences among the respondents. Specifically, 59.3% of the participants responded with "always"—indicating that they believe pre-match psychological counseling helps players feel at ease—while 20.3% responded with "often," and 8.5% with "sometimes." Upon applying the Chi-square (χ^2) test to determine whether these differences are statistically significant, it was found that the differences are indeed statistically significant; the calculated Chi-square value is 61.245, which exceeds the critical (tabular) value of 9.49 (at a significance level of 0.05 and 4

degrees of freedom). Consequently, it can be concluded that the majority of players affirm that effective pre-match psychological counseling contributes to a sense of ease.

Statement 02: The club places importance on psychological counseling.

Table (02) illustrates the value attributed to psychological counseling within the club.

Signification	Degree of freedom	Contingency Table (Chi-(Square	Calculated chi-square χ^2	%	Repetition	Answer
Significant at 0.05	04	9.49	27.356	%42.4	25	Always
				%22.0	13	Often
				%23.7	14	Sometimes
				%8.5	05	Rarely
				%3.4	02	Never
				%100	59	Total

Analysis and Interpretation of Results:

The results in the table above reveal apparent differences among the respondents. Specifically, 42.4% of the participants responded with "always"—indicating that they perceive the club as placing importance on psychological counseling—while 22% responded with "often," and 23.7% with "sometimes." The remaining players responded with "rarely" or "never." Upon applying the Chi-square (χ^2) test to determine whether these differences are statistically significant, it was found that the calculated Chi-square value (27.356) exceeds the critical (tabular) value (9.49) at a significance level of 0.05 with 4 degrees of freedom. Consequently, it can be concluded that, according to the players, the club places significant importance on psychological counseling.

Statement 03: Psychological counseling improves the level of physical performance.

Table (03) illustrates the importance of psychological counseling for physical performance.

Signification	Degree of freedom	Contingency Table (Chi-Square(	Calculated chi-square χ^2	%	Repetition	Answer
Significant at 0.05	03	7.82	39.237	%57.6	34	Always
				%25.4	15	Often
				%13.6	08	Sometimes
				%3.4	02	Rarely
				%00	00	Never
				100%	59	Total

Analysis and Interpretation of Results:

The results in the table above reveal apparent differences among the respondents. Specifically, 57.6% of the participants responded with "always"—indicating their belief that psychological counseling improves physical performance—while 25.4% responded with "often," and 13.6% with "sometimes." The remaining respondents answered "rarely." Upon applying the Chi-square (χ^2) test to determine whether these differences are statistically significant, it was found that the differences are indeed statistically significant; the calculated Chi-square value is 39.237, which exceeds the critical (tabular) value of 7.82 (at a significance level of 0.05 and 3 degrees of freedom). Consequently, it can be concluded that psychological counseling improves the level of physical performance.

Statement 04: The club focuses on the use of certain psychological skills (such as relaxation and mental imagery).

Table (04) illustrates the club's emphasis on the psychological skills of the players.

Signification	**Degree of freedom**	**Contingency Table (Chi-Square(**	**Calculated chi-square χ^2**	**%**	**Repetition**	Answer
Significant at 0.05	04	9.49	31.763	%44.1	26	Always
				%28.8	17	Often
				%15.3	09	Sometimes
				%5.1	03	Rarely
				%6.8	04	Never
				100%	59	Total

Analysis and Interpretation of Results:

The results in the table above reveal apparent differences among the respondents. Specifically, 44.1% of the respondents answered "always"—indicating that they perceive the club as prioritizing the use of certain psychological skills (such as relaxation and mental imagery)—while 28.8% answered "often," and 15.3% answered "sometimes." Upon applying the Chi-square (χ^2) test to determine whether these differences are statistically significant, it was found that the differences are indeed statistically significant; the calculated Chi-square value is 31.763, which exceeds the critical (tabular) value of 9.49 (at a significance level of 0.05 and 4 degrees of freedom). Consequently, it can be concluded that the club consistently emphasizes the use of specific psychological skills (such as relaxation and mental imagery.(

Statement 05: I believe that the role of psychological counseling falls within the purview of a psychology specialist.

Table (05) illustrates the role of the psychology specialist in the counseling process.

Signification	**Degree of freedom**	**Contingency Table (Chi-Square(**	**Calculated chi-square χ^2**	**%**	**Repetition**	Answer
Significant at 0.05	04	9.49	68.712	%61	36	Always
				%22	13	Often
				%8.5	05	Sometimes
				%6.8	04	Rarely

				%1.7	01	Never
				100%	59	Total

Analysis and Interpretation of Results:

The results in the table above reveal apparent differences among the respondents. 61% of the participants responded with "always"—indicating their belief that the role of psychological counseling falls within the purview of a psychology specialist—while 22% responded with "often," and 8.5% responded with "sometimes." Upon applying the Chi-square (χ^2) test to determine whether these differences are statistically significant, it was found that the differences are indeed significant; the calculated Chi-square value is 68.712, which exceeds the critical (tabular) value of 9.49 (at a significance level of 0.05 and 4 degrees of freedom). Consequently, it can be concluded that the role of psychological counseling is the responsibility of a psychology specialist.

.2.1.5Presentation and Analysis of Results for the Second Hypothesis:

Hypothesis Statement: The results achieved by the team are linked to the coaches' attention to the psychological aspect and its relationship to performance levels.

Statement 6: The nature of athletic outcomes depends on the extent to which the coach fulfills their responsibilities.

Table (06) illustrates whether the coach fulfills their responsibilities.

Signification	**Degree of freedom**	**Contingency Table (Chi-Square(**	**Calculated chi-square χ^2**	**%**	**Repetition**	Answer
Significant at 0.05	**04**	**9.49**	**12.102**	**%37.3**	**22**	Always
				%20.3	**12**	Often
				%15.3	**09**	Sometimes
				%15.3	**09**	Rarely
				%11.9	**07**	Never
				100%	**59**	Total

Analysis and Interpretation of Results:

The results in the table above reveal apparent differences among the respondents. Specifically, 37.3% of the participants responded with "always"—indicating their belief that the nature of athletic outcomes depends on the extent to which a coach fulfills their responsibilities—while 20.3% responded with "often." Furthermore, 15.3% answered "sometimes," whereas another 15.3% of the sample held the opposite view. Upon applying the Chi-square (χ^2) test to determine whether these differences among the respondents were significant, it was found that the differences were statistically significant; the calculated Chi-square value was 12.102, which exceeds the critical (tabular) value of 9.49 (at a significance level of 0.05 and 4 degrees of freedom). Consequently, it can be concluded that the nature of athletic outcomes is linked to the extent to which a coach fulfills their responsibilities.

Question 7: A coach should foster ideal relationships among the players.

Table (07) illustrates the coach's ability to foster ideal relationships among the players.

Signification	Degree of freedom	Contingency Table (Chi-Square(	Calculated chi-square χ^2	%	Repetition	Answer
Significant at 0.05	03	7.82	8.322	%40.7	24	Always
				%18.6	11	Often
				%16.9	10	Sometimes
				%23.7	14	Rarely
				%00	00	Never
				100%	59	Total

Analysis and Interpretation of Results:

The results in the table above reveal apparent differences among the respondents. Specifically, 40.7% of the participants responded "always"—indicating their belief that a coach should foster ideal relationships among players—while 18.6% responded "often." Furthermore, 16.9% responded "sometimes," and 23.7% responded "rarely." Upon applying the Chi-square (χ^2) test to determine whether these differences are statistically significant, it was found that the differences are indeed statistically significant; the calculated Chi-square value is 8.322, which exceeds the critical (tabular) value of 7.82 (at a significance level of 0.05 and 3 degrees of freedom). Consequently, it can be concluded that a coach should foster ideal relationships among players.

Question 8: A coach's guidance of players contributes to the development and maintenance of team spirit.

Table (08) illustrates the importance of a coach's guidance for players in developing team spirit.

Signification	Degree of freedom	Contingency Table (Chi-Square(	Calculated chi-square χ^2	%	Repetition	Answer
Significant at 0.05	03	7.82	11.305	%40.7	24	Always
				%22	13	Often
				%27.1	16	Sometimes
				%10.2	06	Rarely
				%00	00	Never
				100%	59	Total

Analysis and Interpretation of Results:

The results in the table above reveal apparent differences among the respondents. Specifically, 40.7% of the respondents selected "always"—indicating their belief that a coach's guidance fosters and maintains team spirit—while 22% selected "often," and 27.1% selected "sometimes." A Chi-square (χ^2) test was applied to determine whether these differences were statistically significant. The calculated Chi-square value was 11.305, which exceeds the critical (table) value of 7.82 (at a significance level of 0.05 and 3 degrees of freedom). Consequently, it can be concluded that a coach's guidance contributes to the development and preservation of team spirit.

Question 9: The coach always holds the player responsible for failure.

Table (09) illustrates whether the coach blames the player in the event of failure.

Signification	Degree of freedom	Contingency Table (Chi-Square(	Calculated chi-square χ^2	%	Repetition	Answer
Significant at 0.05	04	9.49	22.610	%44.1	26	Always
				%15.3	09	Often
				%15.3	09	Sometimes
				%16.9	10	Rarely
				%8.5	05	Never
				100%	59	Total

Analysis and Interpretation of Results:

The results in the table above reveal apparent differences among the respondents. Specifically, 44.1% of the participants indicated "always"—meaning they perceive that the coach consistently holds the player responsible for failure—while 15.3% responded "often," and another 15.3% answered "sometimes." The remaining respondents do not believe that the coach always holds the player responsible for failure. Upon applying the Chi-square (χ^2) test to determine whether these differences are statistically significant, it was found that the differences are indeed statistically significant; the calculated Chi-square value is 22.610, which exceeds the critical (tabular) value of 9.49 (at a significance level of 0.05 and 4 degrees of freedom). Consequently, it can be concluded that the coach consistently holds the player responsible for failure. 2.5. Interpretation and Discussion of Results in Light of the Hypotheses:

/1The First Hypothesis:

To verify the validity of the study's first sub-hypothesis—which concerns the extent to which effective sports-psychological guidance contributes to the decision-making process among football players—we examine the premise that the presence of specific psychological guidance traits in a coach (primarily cognitive preparation) leads to better outcomes. Such traits include delivering lectures to explain instructional steps, utilizing feedback, maintaining accessible communication with players, and proactively identifying problems to seek appropriate solutions. In short, the presence of these guidance-related characteristics—along with the cultivation of a strong performance spirit—positively influences the team's results; conversely, their absence leads to poorer outcomes. The data reveal clear distinctions among the respondents: 59.3% indicated "always," suggesting that they perceive pre-match psychological guidance as comforting and effective for the team—a view supported by Dr. Mohamed Al-Arabi Shamoun. It is also essential to prepare and qualify the coach, ensuring they have acquired sufficient knowledge and skills. The "coach–psychological counselor" dyad represents a modern approach in sports psychology, aimed at enhancing the decision-making process by leveraging all available expertise (Dr. Mohamed El-Arabi Shamoun & Dr. Magda Ismail, p. 93). The success of the psychological counseling process is a shared responsibility between the coach and the female athletes.

Second Hypothesis:

The results regarding the second hypothesis indicate a statistically significant relationship between psychological factors and the decision-making process of football players during competition. Psychological factors play a major role in improving decision-making performance during competition;

this aligns with the second hypothesis, which posits that the psychological aspect influences the decision-making process during competition.

6. General Conclusion:

In this research, we have explored the factors that influence the decision-making process. It is essential to prioritize both psychological and physical aspects, as they are complementary and neither can be overlooked.

Achieving positive outcomes requires comprehensive preparation—psychological, physical, technical, and tactical—beyond the fundamental technical skills essential for football players. Furthermore, the coach plays a vital role in the holistic development of the players.

Based on our findings, it is evident that the decision-making process significantly impacts performance during competition—a point supported by our first hypothesis. Coaches must ensure that the psychological dimension, which heavily influences players' decision-making, is not neglected. This underscores the need to integrate sports psychologists into the team's technical staff—a conclusion also aligned with our second hypothesis, which posits that the psychological state of the coaching staff itself should not be overlooked, as it directly affects player performance during competitions.

Recommendations:

Through this research, we have highlighted the importance of effective decision-making and its relationship to athletic performance during competition. Consequently, we offer several recommendations intended as future solutions to advance Algerian football:

- Increase the time allocated to psychological training.

- Pay close attention to the players' psychological state, both during training and in competitive settings.

- Integrate sports psychologists into sports teams to assist players in making sound decisions, which in turn leads to the desired level of performance.

- Ensure thorough psychological preparation prior to competitions to secure positive results. - Coaches must pay attention to the psychological aspect, as it significantly influences players' ability to make sound decisions.

- Efforts should be made to train coaches in the field of sports psychology—a recommendation supported by numerous studies.

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