BUILDING AND CODIFYING A MEASURE OF PERCEIVED SELF-EFFICACY AMONG PLAYERS PREMIER LEAGUE FOOTBALL CLUBS

Asst. Lect Sadiq Ibrahim Abdullau
Basra Education Directorate
sadiqabrahimabdlah01@gmail.com

Prof. Dr Abd-Al Kaizm Jalil Hassan
University of Basra

Prof. Dr Majad Sabar Mohammed
University of Basra

Abstract
The importance of this study stems from the fact that it sheds light on the role of psychological factors in sports performance and knowledge of what is related to the characteristics, personal traits and psychological skills of athletes by investing those characteristics and skills within them and exploiting them to raise the level of performance and the effects they may have that could reflect positively on their assigned tasks to increase From the opportunity to win in the future and achieve goals as a result of the player's perceived self-efficacy, his feeling of self-awareness, satisfaction with his performance, self-confidence, strength, motivation, continued field practice, and excitement, There is no doubt that these psychological factors positively affect the effectiveness of perceived self-efficacy by determining the amount of effort an individual exerts in a particular activity, the amount of his perseverance in the face of obstacles, and the amount of his resilience in the face of difficult situations. The greater the sense of competence, the greater the effort, perseverance, and resilience.

Hence the importance of research into constructing, codifying, and applying a measure of perceived self-efficacy to Premier League football clubs.

Therefore, this study required the use of a descriptive method using a survey method. For the purpose of constructing, codifying and applying the scale to a sample of Premier League football players for the season (2022/2023), which numbered (430) players from the research community (650) players, The scale was applied in its final form to a sample of (150) players, after statistical transactions were conducted to extract the psychometric characteristics (honesty, reliability, objectivity), and determine their standard levels. The SPSS statistical package was used. This is to obtain, analyze and discuss the results of the study.

In light of discussing these results, the researchers reached the most important conclusions:
1- Most of the players of Premier League football clubs were at the average level on the scale of the current study

Keywords: Perceived self-efficacy: Football: Psychological factors.

Introduction

Sports psychology is considered one of the modern sciences that developed at the hands of researchers after its importance in improving the performance of players and achieving the best sporting achievements became apparent due to its interest in studying the impact of psychological factors on sports performance and knowing what is related to the characteristics, personal traits and psychological skills of athletes by investing those characteristics and skills within them and exploiting them to raise Performance level; The previous events that players go through during sports competitions and friendly matches, which are characterized by successful and distinguished performance, increase the chance of winning in the future and achieving the desired goal

As a result of the player's enjoyment of perceived self-efficacy, he feels self-awareness, satisfaction with his performance, self-confidence, strength, motivation, continuity in field practice, and increased enjoyment, pleasure, excitement, and merit. Therefore, self-efficacy plays an important role in determining and gaining experiences and shaping the player's life. The issue of self-efficacy occupies a prominent place in psychology and other sciences. Main because the task of thinking lies in finding appropriate solutions to the problems facing the individual in society" (87:14).

It determines the amount of effort he may exert in activity, resilience, and perseverance in the face of negative, stressful situations. Self-efficacy is determined by the psychological compatibility between past events and future situations. Al-Zayat, Fathi: 2001 explained, "The concept of perceived self-efficacy works on motivation toward success if previous experiences were successful, and toward failure if previous experiences were frustrating" (186: 2).

From here emerged the idea and importance of this study, in constructing and codifying a measure of perceived self-efficacy on players of Premier League football clubs.

Because performance is affected by the outcome of previous events and situations, whether positive or negative, because of the players' response to one of them depending on the type of event, hence the problem of the research in the lack of a tool to measure the perceived self-efficacy of players of Premier League football clubs

The objective of the study

1- Building, codifying and applying the perceived self-efficacy of Premier League football club players.

2- Finding standard scores and levels for a scale of perceived self-efficacy among players of Premier League football clubs.

Methods and structure of the study

Epermental approach to the problem

The descriptive approach was used in the style of correlative relations, as it is the most appropriate method to solve the research problem

Participants

The research community included (650) players from (20) clubs, and they are (Police, Air Force, Electricity, Al-Talaba, Al-Zawraa, Dohuk, Naft Maysan, Naft Basra, Najaf, Al-

Hudood, Al-Karkh, Newroz, Zakho, Karbala, Naft Al-Wasat, Erbil, Al-Qasim, oil, industry, Diwaniyah).

Search samples:
The research sample, which consisted of (430) Premier League football club players, was selected from the original research population of (650) players, with a percentage of (15.66%). They were chosen intentionally in accordance with what is required by the procedures for constructing a self-efficacy scale. Realized, (220) players were excluded from the research community because they were foreign professionals, sports injuries, penalties, and non-response

First/the exploratory sample:
The exploratory sample for the Perceived Self-Efficacy Scale included (30) players from the Missan Oil Club, who were chosen intentionally with a percentage of (4.62%) from the community of origin.

Second: Construction and legalization sample:
The sample for constructing and codifying the perceived self-efficacy scale included (250) players from Premier League football clubs, with (12) clubs that were chosen intentionally. It represented (38.46%) of the community of origin,

Third/Application sample:
The application sample consisted of (150) players from Premier League football clubs, including (7) clubs, which were chosen intentionally, as they represented (23.08%) of the community of origin

Procedure
The researchers deliberately built the domains and items of the Perceived Self-Efficacy Scale in its initial form, which contained (100) items distributed over four domains. The researchers did the following:
First: Presenting the areas and items of the Perceived Self-Efficacy Scale in its initial form to a group of (20) experts with experience and specialization in the field of sports psychology, testing and measurement, and football.
Second: Deleting, rephrasing and modifying some of the paragraphs on which the arbitrators expressed their comments. The final analysis on the perceived self-efficacy scale resulted in accepting and amending some of the paragraphs when using the calculated (Chi-square) equals (5.000) at a significance level of (0.05) and a degree of freedom (1), which is the largest. From its tabular value of (3.84), which indicates the significance of this score, which represents (15) experts out of (20) experts, the results resulted in deleting (20) items from the areas of the scale, and with this procedure the scale became composed of (80) items. Distributed into four areas.

Exploratory experience:

The exploratory experiment was conducted for the period from (2/15/2023 AD) on a sample of (30) players from the Maysan Oil Club, "and its purpose was to identify the difficulties and obstacles facing the researcher as well as to identify the time required to apply the measure" (153:13).); The response time for the perceived self-efficacy scale ranged between (20-25) minutes, and thus the scale was ready to be applied to the construction sample for the purpose of statistical analysis of the items

Main experience:

After the perceived self-efficacy scale was ready to be applied to the construction sample, the researchers and the assistant work team began applying it to the sample consisting of (250) players with the aim of conducting a statistical analysis of its items in order to select the valid items and exclude the invalid items based on their discriminatory power, as well as to extract indicators. The validity, reliability, and objectivity of the scale. The researcher collected the data, tabulated it, and placed it in statistical tables for the purpose of treating it statistically, starting from 7/20/2023 to 9/11/2023.

Scale correction:

It means setting a score for the laboratory's response to each item of the scale and then arranging the values of the items that the laboratory chose in sequence, neglecting the items that were neglected by the laboratory. Through this process, we extract the total score for each questionnaire.

Statistical analysis of the items of the perceived self-efficacy scale:

The researchers adopted two methods in analyzing the scale items statistically on a sample of (250) players in the Premier League for the season (2022/2023), which are:

First: the two-party group method:

All items of the perceived self-efficacy scale were retained, which met the conditions specified by the statistical significance of the calculated (T) value, as the (Sig) score was < (0.05) at a degree of freedom (134) and at a significance level (0.05). With this procedure, the scale remains composed of (80) items with a total score ranging from (80-400) points.

Second: Internal consistency:

This consistency was verified by finding these relationships through statistical processing using the simple correlation coefficient (person), as this method is considered one of the most accurate methods relied upon when finding the internal consistency of paragraphs

Most of the items in the perceived self-efficacy scale that met the conditions specified by the statistical significance of the correlation coefficients between the weight score of the item and the total score of the scale and between the weight score of the item and the total score of the domain were retained, as the values of the Sig scores were < (0.05) at a degree of freedom (248). The level of significance is (0.05), and there is an item with correlation coefficients

smaller than (0.19). The results resulted in deleting (20) items from the domains. With this procedure, the scale became composed of (60) items with a total score ranging from (60-300) points

Psychometric properties of the study scales:
To ensure the integrity and scientificity of constructing the two scales, basic and important conditions are required, and among those conditions are their distinction with (honesty, consistency, and objectivity):

Honesty:
In 1985, the American Psychological Association identified three types of honesty: facet honesty, construct honesty, and criterion-related honesty (139:15). Researchers have resorted to investigating two of the three types: facet honesty and construct honesty:

A- Apparent honesty:
The best way to extract validity is to present the scale items to a group of experts to judge their validity in measuring the characteristic to be measured (555:16). This was achieved in the scale and perceived self-efficacy, as mentioned previously in the validity of the items.

B - Construct validity:
The researchers verified the validity of the construct in measuring it through statistical analysis of the items, which showed that all items of the scale have the ability to distinguish between the sample with a high level and a low level in measuring perceived self-efficacy. This type of validity was calculated through:

1- The two peripheral groups. 2- Internal consistency
Stability:
"Reliability is a basic condition for the objectivity of the research tool" (74:4). There are several methods through which the reliability coefficient was extracted, and the researcher chose two methods from them:

First: Cronbach's alpha method:
Reliability was extracted in this way by applying the Kornbach alpha equation to the sample members for constructing the scales using the statistical package (spss). It was found that the value of the reliability coefficient for all questionnaire axes for the perceived self-efficacy scale is (0.750), which is a high reliability coefficient, and can be relied upon to estimate the stability. the test

Second: The half division method:
We relied on the data obtained by the researchers related to the scores of the items in the Perceived Self-Efficacy Scale, which included (60) items. The scale was divided into two

parts: the first includes the scores of the items that have odd numbers and is (30) items, and the second includes the scores of the items that have even numbers and is (30) items. 30) items, as the simple Pearson correlation coefficient was calculated, which reached (0.779) for the scale. However, this value represents the reliability coefficient for half of the test, so the value of the reliability coefficient must be corrected. The researcher used the Spearman-Brown equation in order to correct the correlation coefficient, and thus the stability of the scale became (0.876), and thus the scale can be adopted as a research tool (78:3)

Finding the grades and standard levels (codification) for the two study scales:

To obtain the standard scores for the Perceived Self-Efficacy Scale, the researchers set the standard levels using the Gauss distribution method (normal distribution), "as it is one of the most common distributions in the field of physical education because many of the traits and characteristics that are measured in this field are close to the normal curve." 301:7), and the researchers decided that there would be (5) levels of the scale, and Table (1) shows the statistical features of the results of the study's measures of perceived self-efficacy:

Table (1) It shows the statistical features of the results of the perceived self-efficacy scale for the legalization sample

Torsion coefficient	Mediator	Stand	Man	the scale
0.54	157	41.1	179.4	Perceived self-efficacy

It is clear from Table (1) that the arithmetic mean of the legalization sample for the results of the perceived self-efficacy scale was (179.4), with a standard deviation of (41.1), and the median was (157), while the skewness coefficient was (0.54).

Main experience of the sample application:

The researchers distributed the Perceived Self-Efficacy Scale with (60) items in their final form to the application sample, which consisted of (150) players from Premier League football clubs. This experiment was to determine the level of the Self-Efficacy Scale, starting from April 13, 2023 AD until April 4. /6/2023 AD, after completing the application of the scale and implementing the main experiment, the researchers collected the questionnaires and transcribed their data in preparation for performing statistical treatments on them.

Analyses

The statistical program (spss) version 22 was used and extracted

Results

Presentation and analysis of the results of the perceived self-efficacy scale for the application sample and discussion:

Table (2) Shows the statistical parameters of the results of the perceived self-efficacy scale

level	Stand	Man	the scale
middle	43.72	181.033	Perceived self-efficacy

It is clear from Table (2) that the arithmetic mean of the perceived self-efficacy scale after applying the scale reached (181.033), with a standard deviation of (43.72), and is located at the average level.

The researchers attribute this to, "Perceived self-efficacy is not only concerned with the skills that the individual possesses, but rather with what the individual can do with the skills that he possesses. Perceived self-efficacy depends in part on self-perception, which is the image that the individual develops about himself, as it affects the level of effort expended in "Performing tasks" (527:12),

Some of the players in the sample, due to not relying on their own abilities in facing problems and difficult situations, and not having a real desire to establish social relationships with team members, and feeling stressed and afraid of facing negative difficult situations and circumstances that accompany sports competitions, find them performing their work in a humble way that does not meet the ambition to reach the level. Which could put their team in the advanced positions, but this does not prevent it from being said that there is determination and persistence and not losing hope in accomplishing the sporting duty and attempts to achieve the desire of the coaches and fans to achieve the required goals and control psychological emotions and real confrontation and deal with all flexibility with the difficulties and circumstances accompanying each competition. Sports and working to develop personal abilities and potentials

And establishing positive relationships with everyone and making the right decisions that serve sports work. This study is consistent with the study of (Salman Akab 2006) that a football player who encounters an early defeat and appears depressed or sad if he is psychologically disciplined and does not lose hope and works hard to compensate for his defeat can improve. level and achieving the desired result (192:11)

Table (3) Shows the levels and percentages of the perceived self-efficacy scale

percentage	the number	Categories	Levels
%6	9	300-252	very high
%14.67	22	251-203	high
%63.33	95	202-154	middle
%11.33	17	153-105	Low
%4.67	7	104-60	Very low
%100	150	the total	

It is clear from Table (3) that the number of the sample was within a very high level (9) with a percentage of (6%), the number of the sample was within a high level (22) with a percentage of (14.67%), and the number of the sample was within a medium level (95) with a percentage. (63.33%), and the sample number was within a low level (17) with a percentage of (11.33%), and the sample number was within a very low level (7) with a percentage of (4.67%), and thus the results of the perceived self-efficacy scale achieved (5) standard levels.

Researchers attribute the reason for the presence of some Premier League football players at the two levels (very high and high) to the fact that the players' possession of perceived self-efficacy leads to advanced levels of performance and is considered the strongest driver of success. Because the player's enjoyment of a high level of it enables him to control himself and his psychological emotions, take responsibility in most situations, issue correct self-expectations to carry out his tasks, be proud of belonging to the team, be able to properly adapt to the social environment, self-confidence, and rely on personal experience, which makes the player able to achieve what he wants.

Armed with perseverance and determination, and defying difficulties in order to achieve the goals he aspires to, we find a player of this level has a sense of duty and trust in the coach and his teammates. "Because the coach tries to raise the morale of the athletes" (437:1), and is not influenced by the negative media, and is characterized by controlling behavior, balance, and keeping pace with events of any kind, are reasons that led to raising the level of the players and achieving satisfactory results, and this study is consistent with the study of (Baraa Muhammad 2006) "Controlling events and controlling behavior plays an important role in players' performance" (190:6).

Researchers believe that the reason why some Premier League football players are at the (average) level of perceived self-efficacy is that there are many reasons that prevent them from reaching the top of the level, especially when the goal is not commensurate with the effort and modest ambition, which puts players prey to obstacles, events, and emotions. Psychologically, the player is not mentally or physically prepared for every sports participation, making the team unable to achieve results that put it at the required level.

Relying on one's own abilities in facing problems and difficult situations, bearing responsibility and confidence in confronting an opponent, the ease of providing appropriate solutions to solve problems, dealing flexibly with the events accompanying every sports competition, and determination and persistence in overcoming difficulties are all essential factors that help in setting future goals to improve the level and achieve everyone's desires. The current study agrees with the study of (Hussein Rasheed, 2013) that most psychological and other phenomena must be distributed normally, as the majority of society's members are concentrated on being close to the average l

The researchers explain the reason for the presence of some Premier League soccer players in the two levels (very low and low) in perceived self-efficacy by the fact that some players were exposed during sports competitions to a number of environmental or internal pressures, which are represented by the difficulty of adapting to the circumstances surrounding the sports competition and the lack of harmony with their colleagues and accepting... Criticism and difficulty in confronting experiences of failure, and they are unable to realize themselves by

directing their motivations, desires, capabilities, and preparations in a natural way that is consistent with the situation and the atmosphere of competition

Which contributes to shaking their confidence because they do not have the personal experience to confront and overcome these factors to be a player capable of exerting effort and determination to confront the opposing team and all the circumstances surrounding the competition. These are factors that reflect negatively on the players' performance and constitute psychological pressures that prevent them from achieving victory, and this is what a study indicated. (Bassem, Akram: 2019) "Perceived self-efficacy arises as a result of the interaction of several factors, including the individual's previous experiences, whether positive or negative, which are considered either an activating or inhibiting factor towards excellence and distinction" (146:6)

CONCLUSIONS

Most of the players of Premier League football clubs were at the average level on the scale of the current study

REFERENCES

1 - Ahmed Fadel Ali, Dawoud Suleiman Salman: Sportsmanship and its relationship to the level of achievement of football players in the College of Physical Education, Al-Hamdaniya University, published research, Journal of Physical Education Studies and Research, University of Basra: Volume 31, Issue 4, 2021.

2 - Al-Zayat, Fathi Mustafa: Cognitive Psychology, Part Two, Cairo, Universities Publishing House, Egypt, 2001.

3 - Amira Hanna Markos: Building and codifying a measure of psychological burnout among handball players, University of Baghdad, College of Physical Education, Master's thesis, 2001.

4 - Thamer Mahmoud Al-Hamdani, Zakir Muhammad Salim: Study of the relationship between the emotional suppression of coaches and the psychological resilience of players from the point of view of the players of the southern region football clubs in Iraq, published research, Journal of Physical Education Studies and Research, University of Basra: Volume 32, Number 2, 2022

5 - Basem, Akram: Spiritual intelligence and its relationship to perceived self-efficacy among basic education students at Al-Azhar University in Gaza, published research, Al-Azhar University Journal - Gaza, Human Sciences Series, Volume 21, Issue 2, 2019.

6 - Baraa Muhammad: Post-traumatic stress disorder and its relationship to self-control among university students, published research, Journal of Psychological Sciences, University of Baghdad, Issue 10, 2006.

7 - Jaber Abdel Hamid and Ahmed Khairy: Research Methods in Education and Psychology, Cairo, Dar Al Nahda Al Arabiya, 1973.

8 - Hussein Rashid Ghayyad: Building and codifying a scale of self-efficacy expectations for students of the College of Physical Education, published research, Al-Qadisiyah Journal of Physical Education Sciences, Volume 13, Issue 3, Issue 3, 2013.

9 - Hawraa Abbas Karmash: Perceived academic self-efficacy among students of the College of Basic Education at the University of Babylon, published research, Journal of the College of Basic Education for Educational and Human Sciences / University of Babylon, 2016.

10 Riyad Abdel Hamzah Marza: The effectiveness of the proposed psychological program in developing some skills related to indoor soccer for female students, published research, Journal of Physical Education Studies and Research, University of Basra: Volume 29, Issue 3, 2019.

11 - Salman Akab: The Leadership Personality of Football Players, doctoral thesis, College of Physical Education and Sports Sciences, University of Babylon, 2006, p. 192.

12 - Karmash, Hawraa Abbas: Perceived academic self-efficacy among students of the College of Basic Education at the University of Babylon. Published research, Journal of the College of Basic Education for Educational and Human Sciences, 2016.

13 - Mazen Jalil Abdul Rasoul: A comparative study of the level of social-motor cohesion of football and basketball players in Karbala Governorate, published research, Journal of Physical Education Studies and Research, University of Basra: Volume 30, Issue 3, 2020.

14 - Nahida Hamid Mashkoor, Intisar Ahmed Othman: Perceived self-efficacy and its relationship to clever thinking among third-year students in the College of Physical Education and Sports Sciences - University of Basra, published research, Journal of Physical Education Studies and Research, University of Basra: Volume 33, Issue 1, 2023.

15-Anastasi. A.Psychogical Testing, Ged, New York: Maeillan Publishing company, 1988.

160Eble ,R- L; Essential of educational Measurement,2nd Edition , New ,york, prentie – Hill , 1972 .