

Intellectual Immunity And Its Relationship To Self-Improvement Among Young Football Players

Jassim Ali Jawad¹, Prof. Dr. Muhsin Mohammed Hasan^{2*}

¹Master student. Faculty of Physical Education and Sports Sciences / University of Kufa, Iraq.

^{2*}Faculty of Physical Education and Sports Sciences / University of Kufa, Iraq

*Corresponding Author: Prof. Dr. Muhsin Mohammed Hasan

*Email: muhsinm.alasadi@uokufa.edu.iq

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ABSTRACT

The purpose of this paper is to identifying the intellectual immunity and self-improvement of young football players, and identifying the relationship between intellectual immunity and self-improvement among young football players. The researchers used the descriptive method using survey and correlational methods to suit the nature of the current study. The research community included the youth players of the Kufa Sports Club participating in the Youth Premier League for the sports season (2023-2024), who numbered (35) players. The research sample, which was chosen randomly, consisted of (25) players, with a percentage of (71.43%) representing Youth of Kufa Football Club. One of the most important results reached by the researcher is that: The research sample's possession of intellectual immunity and high self-improvement helped the players achieve good performance, and there is a positive, direct relationship between intellectual immunity and self-improvement among the research sample.

Keywords: Intellectual Immunity, Self-Improvement, Youth Football

Introduction:

Physical education and sports sciences have become one of the most important educational and human sciences with its various philosophy and theories. It also includes many sciences such as sports psychology, kinesiology, sports training science, sports sociology, sports physiology, and other sports sciences. Sports education is an integrated educational activity that cares about the individual as a whole and works to develop him in all aspects of physical, mental, psychological, social, educational and other aspects.

The subject of sports psychology in general is the human being in that he is a living being that performs many activities that interact clearly with the environment in which he lives. The human being feels, perceives, thinks, plays, learns, cooperates, competes, challenges, and other behavior that expresses the personality of the individual in society.

Intellectual immunity refers to the ability of players to control their potential negative thoughts and perceptions and transform them into positive thoughts. This is crucial in the sport of football, as players face various challenges such as the pressure of matches, injuries, and criticism that the player is exposed to during the sports season. Self-promotion provides the player with opportunities to take responsibility for his learning and self-improvement, so he can practice effective football according to his abilities, preparations, and inclinations. Continuous self-improvement works, which holds the player or promoted teammate responsible for continuing to learn and acquire the skills of the promoted teammate.

The game of football is a group game in which the player tries to realize his abilities and achieve creativity in physical and skill performance to control the requirements of training and competition. This requires him to reach a high level of performance that leads to achieving victory, and affects his ability to face difficult competitions, which affects his... Athletic achievement and behavior in sports competition.

Research problem:

The problem of the research is that there are many difficulties that players face as a result of the presence of negative thoughts that generate anxiety and fear and thus affect performance, which causes weakness in self and skill abilities to confront these thoughts and the pressures resulting from them, which results in a state of player's lack of acceptance of himself and his colleagues in the team as well as loss. The ambition to reach the set goals and the search for oneself to rise to the best levels and face the difficulties that surround the players. Therefore, it requires them to organize their thoughts and control their emotions. Thus, according to the researchers' knowledge, it will produce negative elements of the feeling of inability to face all the difficulties of the matches and the control of fear and anxiety, which is considered one of the negative variables that surround it. Players engage in bad behaviors that affect the players' performance during matches.

Research objective:

- Identifying the intellectual immunity and self-improvement of young football players.
- Identifying the relationship between intellectual immunity and self-improvement among young football players

Research hypotheses:

- There is a significant correlation between intellectual immunity and self-improvement among young football players.

Research fields:

- Human field: Kufa Sports Club youth players participating in the Youth Premier League for the sports season (2023-2024)
- Time field: (1/10/2023) to (15/2/2024)
- Spatial field: Kufa Sports Club Stadium in Najaf Governorate.

Definition of terms

Self-improvement is a process of progression and transition from one level to another in several aspects of an individual's life, whether these levels are functional, professional, behavioral, or scientific, or the acquisition of new experiences, skills, and abilities. (Nizar Al-Taleb and Kamel Lewis, 2000).

Research methodology and field procedures:

Research Methodology:

The researchers used the descriptive method using survey and correlational methods to suit the nature of the current study.

Community and sample research:

The research community included the youth players of the Kufa Sports Club participating in the Youth Premier League for the sports season (2023-2024), who numbered (35) players. The research sample, which was chosen randomly, consisted of (25) players, with a percentage of (71.43%) representing Youth of Kufa Football Club, as shown in Table (1).

Table (1) shows the youth of the Kufa Sports Club

Youth of Kufa Sports Club	Basic sample	experiment	exploratory sample	experiment
35		25		10

Research tools and devices:-

The research included the following tools and devices:

- Arabic sources
- Observation.
- To determine it (intellectual immunity scale, self-improvement scale)

Devices used-

- Calculator type (Flamingo).

Field research procedures:-

Procedures for applying the intellectual immunity and self-improvement standards:-

Intellectual immunity scale

The intellectual immunity scale by researcher (Abbas Nouh Suleiman , 2021) was used, where behavioral attitudes were converted into (items) behavioral statements that can be measured, and (50) items were designed to measure intellectual immunity. These items were distributed to include (11) items for the cognitive processes dimension, (11) items for the psychological processes dimension, (11) items for the beliefs and personal traits dimension, and (17) items for the behavioral procedures dimension. The researcher was keen that the measure include all the situations contained in the environment of the members of the research community that indicate the phenomenon being measured, and to formulate each situation in the form of a phrase. As a researcher, the researcher took into account the conditions for drafting the paragraphs according to what the literature suggested.

Answer alternatives and correction key for the Intellectual Immunity Scale:

After the researcher verified the objectivity of constructing the scale in the previous steps, he developed appropriate answer alternatives for the scale items according to the five-point classification (applies to me completely, applies to me often, applies to me sometimes, applies to me rarely, never applies to me), and the correction key (1,2 ,3,4,5) for the positive items and reflect for the negative items, thus ensuring the objectivity of the analysis for the scale. A test is considered objective if it gives the same score, regardless of who corrects it.

Procedures for applying the self-improvement scale:

The self-improvement scale was applied by the researcher (Alaa Aziz Youssef) , which consists of (5) areas, namely (positive thinking - optimism - self-confidence - positive interaction - perseverance and focus). Its final number of items reached (36) items (Appendix 2), where the researcher adopted Answer alternatives for the two self-improvement scales. The selection formula was adopted from five alternatives for the self-improvement scale, which are (completely agree, agree, somewhat agree, disagree, and not agree at all).

Exploratory experience:

This experiment was conducted by the researchers on 2/1/2024 on (10) players from the Kufa Club youth players, during which the extent of the players' understanding of the two standards, the extent of the clarity of the instructions, and the overcoming of the difficulties that might occur in order to prepare for the main application of the two standards were identified.

Scientific characteristics of the two scales:-

3-4-5-1 Validity:-

Validity is one of the conditions and scientific characteristics of a good test, as validity means "that the test measures what it was designed to measure and does not measure anything else" (Osama Kamel Rateb , 1995). The validity of the two scales was verified by establishing their apparent validity by presenting them to a group of experts and specialists.

Stability:

The Cronbach alpha equation was used to extract the stability coefficient and reached (0.90) for the Intellectual Immunity Scale and (0.88) for the Self-Enhancement Scale. These are two high indicators of the stability of the two scales.

Main experiment:

This was done during the distribution of the two scales to the players by the researchers and the team's coach and assistants at the Kufa Sports Club stadium while in the training units on Friday, 26/1/2024, where the forms for the two scales, intellectual immunity and self-improvement, were distributed to the research sample of (25) players. Marking the two scales by the players. The questionnaires were collected to obtain the research results.

Statistical methods: The search data was processed through the Statistical Package for the Social Sciences (SPSS).

Results and discussion:

Identifying intellectual immunity and self-improvement among the research sample:-

After the data was collected, it was necessary to identify the intellectual immunity and self-improvement of the research sample, so this required extracting the value of (t) between the arithmetic mean and the hypothetical mean in the research sample, as in Table (1).

Table (1) shows the arithmetic mean, standard deviation, hypothetical mean, and calculated (t) value for the answers of the research sample on intellectual immunity and self-improvement.

No.	Variables	Arithmetic mean,	Standard deviation	Hypothetical mean	T value Calculated	Type sig
1	Intellectual immunity	88.33	4.77	87	8.62	Significant for arithmetic mean
2	Self-improvement	58.22	2.21	60	3.69	Significant for arithmetic mean

From the previous results shown in Table (1), it is clear that the intellectual immunity and self-improvement of young football players have a high level, and this is reflected in the reality of performance on the field by acquiring two important qualities in order to reach good results, which is reflected in the good ideas and qualities that make the players More able to control playing situations and because players will be most affected by changes, as they seek to search for new things, and their minds are open to every idea that seeks change, the focus of improving the modern self will direct more of its effort to trying to influence this group in a very large way, so players should have a high level. From the intellectual immunity with which it resists this attack, it must be realized that every nation, regardless of its strength, when the values and customs of another nation begin to influence it, has set for itself the first steps of annihilation. "This is because the culture of any nation is a fundamental determinant of its identity, and loyalty to this culture is what shapes the personality of individuals, and those who are separated from their culture are left with nothing but place, and even changing place is another step on this path." (Abdul Karim Bakkar, 2013)

Identifying the relationship between intellectual immunity and self-improvement among the research sample:

To identify the relationship between intellectual immunity and self-improvement among the research sample, it is necessary to find the correlation coefficient (Pearson), as in Table (2)

Table (2) shows the correlation coefficient and the T-value calculated for the significance of the correlation, the tabulation, and the level of significance between intellectual immunity and self-improvement.

No.	Variables	Correlation coefficient	Degree of freedom	T value Calculated	T tabular value	Type sig
1	Intellectual immunity	0,27	23	6,88	0,30	Sig
2	Self-improvement					

It is clear to us from Table (2) that there is a positive, significant relationship between intellectual immunity and self-improvement. The reason for this is due to many factors, including that the sample's intellectual immunity has a positive effect on the player's performance, as "there is a statistically significant direct relationship in the degree of intellectual immunity and self-improvement." At the level of the player (Abdel Karim, Mahmoud Hamdi Muhammad, 1996). That is, the player must be prepared psychologically well enough to be able to achieve responses and reactions that stimulate the intellectual immunity of young football players, and this is reflected in raising their self-level through their psychological traits that help the players to provide the best performance, including their belief in their capabilities and capabilities. This control also It depends on the player's experience, as "sporting experience has an important and effective role in controlling unwanted negative psychological variables in competition" (Raysan Khuraibit ,1998).The availability of good psychological immunity at a good level helps him improve the positive factors of the player's personality, and the improvement of the player's self and the creation of pleasure and pleasure provided by the coach and the surrounding circumstances have a major role in increasing the player's good thinking, so "the successful coach is skilled in organizing the players' physical and psychological energies." And how to control and control the thoughts and feelings of his players during competition, which makes the performance develop in the right direction."(Osama Kamel Rateb, 1995). Through what was mentioned, the hypothesis of the research has been achieved regarding the existence of a relationship between intellectual immunity and self-improvement, but intellectual immunity must be at a level that can be used to reduce the compatibility and good behavior of the player. This is done through good psychological preparation by the coach during the training period and accustoming the player to how Facing difficult circumstances with control and without nervousness in order to benefit from this intellectual immunity in a positive way and achieve good performance in matches.

Conclusions and Recommendations:

Conclusions:

- The research sample's possession of intellectual immunity and high self-improvement helped the players achieve good performance.
- There is a positive, direct relationship between intellectual immunity and self-improvement among the research sample.

Recommendations:

- The coach's interest is in addition to the psychological preparation of the player in order to control the intellectual immunity as it reflects on the player's abilities and potentials to advance himself and make him a good level that achieves high levels for the players.
- Benefiting from the player's previous participations in improving his intellectual immunity and not being affected by failures that affect the player's stress.
- Adopting one of the intellectual immunity methods to raise the level of the player's self-improvement and bring it to a good level, after the end of the warm-up and the beginning of the competition.
- Using the two research metrics as a means by the coach to identify the players' intellectual immunity and self-improvement on a regular basis.

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Appendix (1)

Intellectual immunity scale

No.	Paragraphs	Always	Sometimes	often	Rarely	Never
1	I develop my ideas according to sound intellectual rules that are in the interest of my fellow players.					
2	Resist in the face of ideas that intersect with the coach's ideas.					
3	I am sure that we excelled with our collective ideas.					
4	I obey the coach, as he is more knowledgeable than us about training matters.					
5	I'm thinking of finding plans to detract from distinguished players.					
6	I feel that sports culture is better in dealing with players.					
7	I think the players are similar in their intellectual nature.					
8	I continue to practice the training modules regularly.					
9	Learn the right thoughts to avoid wrong behavior.					
10	He gets annoyed when discussing players from other clubs.					
11	I believe that new beliefs in training are better than old ones.					
12	Call for maintaining order during the training units.					
13	Draw lessons from knowing the consequences of destructive misconceptions.					
14	I ignore the call of conscience in pursuit of my goals with the club.					

15	I believe in the saying when dealing with my fellow players: "People are either your brothers in religion or your equals in creation."					
16	I avoid looking at the negatives that affect my performance on the field.					
17	Evaluate the ideas presented to determine their level of validity.					
18	I gravitate toward a coach who recognizes personal freedom.					
19	I adhere to my ethical principles when participating in fellow player initiatives.					
20	I encourage the practice of singing and singing at social and sporting events.					
21	I learn the cultures of professional players and evaluate them to develop my correct intellectual bases.					
22	I follow the ideas of my fellow players, whatever they may be.					
23	I remain committed to my humanitarian stances, even if I remain alone.					
24	I am unable to apply the words of God Almighty: (O you who have believed, protect yourselves and your families from a fire whose fuel is people and stones)					
25	I am good at reading critically to distinguish between negative and positive thoughts.					
26	Rush with materialistic thinking towards accepting the thoughts of other players.					
27	I deal with events and ideas with my fellow players according to the saying: (Gathering with people is a holiday).					
28	I consult trainers, specialists, and colleagues to find out the benefits and drawbacks of the ideas presented.					
29	I lack thinking about what will happen with the club.					
30	I bully my values that hinder the satisfaction of my desires.					
31	I believe that players must go through all life experiences to gain experiences of success.					
32	I remember God Almighty when I have negative thoughts before the match.					
33	I discover the validity of the proposed idea after comparing it with the hadiths: (The saints, the righteous, and the wise).					
34	I side with any idea that serves my personal interests towards the club.					
35	I show courage and deter injustice without doing injustice to any of my fellow players.					
36	I accompany good player friends (good conduct).					
37	I can understand the intentions of the ideas presented from the saying: (The vessel protects what is in it).					
38	He was disturbed by any idea that advocated lofty ideals.					
39	I believe that the end justifies the means.					
40	I fight any idea or rumor that incites against social relations with players.					
41	Stay away from imitating the actions of other players, even outwardly.					
42	I post on my sites any news that interests my fellow players as soon as I see it.					
43	I believe the information I hear about my fellow players, regardless of the source.					
44	I resort to providing advice and guidance to fellow players who commit negative actions.					
45	Stay away from the locations and locations of abusive players.					
46	I encourage cultures that call for the elimination of intolerance in stadiums.					

Appendix (2)

Self-improvement scale

No.	Paragraphs	completely agree	agree	Fairly agree	disagree	disagree at all
1	I feel optimistic about achieving my sporting dreams					
2	I feel hopeless about the future					
3	I think it is always better to wait until the opportunity for success comes					
4	I see that my stumble does not diminish my ambition as a player					
5	I feel that my drive to excel in the game worries me					
6	I feel jealous when my teammate outperforms me					
7	I feel satisfied with my performance in the match					
8	I believe that failure is a motivation for success as a player					
9	I strive to achieve the goals that I set for myself for my sporting future					
10	I strive to be admired by my fellow players					
11	I easily surrender to the obstacles I face in achieving my sporting goals					
12	I have the ability to adjust my sports goals in the future					
13	Strive hard to have an outstanding sports lifestyle					
14	I consider myself content and satisfied with my sporting skills					
15	My success motivates me to work more with my teammates					
16	I strive to set realistic goals in my sporting life					
17	I set my sporting goals in light of my physical and skill capabilities					