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The Effectiveness of a Guidance Program in Light of Mental Health to Reduce the Level of Behavioural Disorders among Weightlifters

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Abstract: The importance of the research lies in the development of a counseling program in the light of mental health to reduce behavioral disorders among weightlifters for the purpose of facing the obstacles that appear during training and not linking them to the living reality of the players. The game of weightlifting has the peculiarity of being an individual game of a routine nature and training with maximum intensity throughout the year without boredom or tirelessness, and therefore you need a high psychological mobilization and that any defect in the psychological aspect, which is an indicator generates not to insist on practicing it. To take this into account, the player must be psychologically mobilized for the purpose of excellence and success in this game as well as to reach the highest international levels. Identify the effect of the guiding approach in reducing disorders inThe temporal domain was determined for the period from (28/2/2024) to (1/4/2024), while the spatial field was in the halls of the clubs studied. The researcher used the experimental method in the style of the two groups as well as the descriptive approach, where the research community consisted of (150) players and they were distributed to several samples of the exploratory experiment (5) players and by (3.33%) of the research community. The construction sample included (100) players and (66.66%) of the research community.The application sample included (20) players by (13.33%) to extract the significance of the differences between the arithmetic and hypothetical means, as well as for the pre, post and post tests and for both groups. he SPSS system was also used to obtain the results of the research, and the researcher concluded the following: 1. Providing a healthy social, social and psychological environment for the player as well as appropriate food. 2. Stay away from threats and punishment in education in general and in training in particular. The researcher recommended: 1. Conducting more studies and research that address the relationship between behavioral disorders and other psychological variables such as. 2. The need to identify the difficulties facing the players through the establishment of seminars between the players and the coach for the purpose of surprising them and working to address cases of weakness.

Keywords: counselling program, mental health, behavioural disorders

INTRODUCTION

Mental health is an important indicator of the athlete's life at all levels, as it shows the type of environment in which the player lives, which negatively and positively affects the level of players in general, as when a clean environment is available for the player, it contributes to the player's confrontation with the pressures of life and achieving his potential, through which the player's life is a state of well-being and tranquility. But if it is negative, it is different, not its places and tendencies, where life is affected in general and results in behavioral disorders that affect the level of the player and generate isolation, poverty and low social status, as well as changes in human behavior in general towards negativity, aggression and lack of contact with players, especially in sports that carry a violent and routine nature, we find that the difficulty of life affects the lack of continuation of the players in the exercise, which wastes the fatigue of years, days and effort from exercise in an influential moment of Before the bad environment in which the player lives. Hence the importance of research to develop a counseling program in the light of mental health to reduce behavioral disorders among weightlifters for the purpose of facing the obstacles that appears during training and not linking them to the living reality of the players.

1.2 Research Problem

The weightlifting game has a peculiarity because it is an individual game of a routine nature and training with maximum intensity throughout the year without boredom or tirelessness, and therefore it needs a high psychological mobilization and that any defect in the psychological aspect, which is an indicator, generates non-insistence on practicing it. To take this into account, the player must be psychologically mobilized for the purpose of excellence and success in this game as well as to reach the highest international levels. Hence, the researcher wanted to develop a counseling program for the purpose of reducing behavioral disorders that occur to most players to try to get rid of the burdens and confront them.

1.3 Research Objectives

a. Building a psychological counseling program in light of the mental health of young weightlifters.
b. Building a scale of behavioral disorders for young weightlifters.
c. Identify behavioral disorders of young weightlifters.
d. Identify the impact of the guiding approach in reducing disorders among young weightlifters.

1.4 Research Hypotheses

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a. There are significant differences between the pre- and post-tests and in favor of the post-test of the experimental group.
b. There are significant differences of statistical significance between the two post-tests after between the experimental and control groups and in favor of the experimental group.

1.5 Research Areas

a. Human field: young and advanced weightlifters in the central and southern region.
b. Spatial area: weightlifting halls in the clubs of the central and southern region.
c. Time Range: 28/2/2024 to 1/4/2024

1.6 Definition of Terms

1- **Mental health:** It is a state of psychological well-being that enables a person to face the pressures of life, and achieve his potential. And learn and develop well, contribute to his local community.

2- **Behavioral disorders:** It is a psychological disorder that is evident when the individual behaves in a behavior that deviates clearly from the behavior recognized in the society to which the individual belongs, so that this behavior is repeated (Mikhail, I.S. 1977).

2.1 RESEARCH METHODOLOGY

The researcher used the experimental method using the experimental design of two groups, one experimental and the other control, and conducting the pre- and post-measurements for each group to suit the nature of the research.

3.2 Research Community and Sample:

It is all individuals, things or persons who constitute the subject of the research problem, which is all the elements related to the problem of the study that the researcher seeks to circulate the results of the study (Abbas, M. K. *et al.*, 2011) and that "the goal of determining the research sample is to represent the results of the research on the total community, which was chosen by the researcher, the sample is the part taken from the original community by a certain percentage, through which the data related to the research is taken for the purpose of circulating the results reached by the researcher from the sample to the original community" (adwan, M. N. 2003).

The research community consisted of (150) players and was distributed as follows:

- Exploratory experience (5) players and (3.33%) of the research community.
- The construction sample included (100) players and (66.66%) of the research community.
- The application sample included (20) players and a percentage of (13.33%) to extract the significance of the differences between the arithmetic and hypothetical means, as well as for the pre, post and post tests and for both groups.
- (5) Forms were excluded for incomplete players' answers to the scale form.

2.3 Methods and Tools Used in Research

Arabic and foreign references and sources, personal interviews with experts and specialists, a personal computer (laptop) type (Acer), a manual electronic calculator (1), dry pens, a questionnaire form for the scale of behavioral disorders.

3.4 Field Procedures

Basic Steps Tobuild Scale (Yassin, M. I. 2015**).**

The steps that can be followed when building the test or questionnaire are subject to many scientific steps, the most important of which are:

2.4.1 Purpose of Building the Scale:

The first step to building the scale is to clearly define the purpose of building it and what is needed for it, and one of the objectives of building the scale is to identify behavioral disorders in weightlifters (youth).

2.4.2 Identification of the Phenomenon to be studied:

The phenomenon to be measured should be identified and its concept and boundaries are quite clear, and the phenomenon that the research aims to identify is the measure of behavioral disorders in weightlifters

2.4.3 Determination of the Method and Basis for Drafting Paragraphs:

The researcher adopted the Likert method in correcting paragraphs, and this method is one of the best ways to predict behavior or phenomenon and for the following reasons (Mahawi, H. G. 2015)

- Allows the greatest variation between individuals.
- Easy to build and correct.
- Collect a large number of paragraphs related to the phenomenon to be measured.
- Allows the respondent to indicate the degree and intensity of his feelings.

By reviewing the literature on the nature of building the scale and how to formulate paragraphs

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and benefit from interviews with experts and specialists, (30) items were drafted.

2.4.4 Validity of Scale Paragraphs:
After preparing the scale in its initial form, which contained (30) paragraphs, the researcher did the following:
The researcher analyzed the results of the scale using the percentage as a criterion for accepting or excluding the paragraphs of the scale, as the paragraphs agreed upon by (75%) or more of the arbitrators were accepted as valid and appropriate for the scale, and (Bloom) points out that "the researcher must obtain approval by (75%) or more of the arbitrators in this type of honesty" (Benjamin, B. *et al.*, 1983), as well as the deletion of paragraphs that were The calculated degree (^{Ka2}) is less than the tabular as the degree of (^{Ka2}) was tabular at the level of significance (0.05) and at the degree of freedom (1) is equal to (3.84) and table (1) shows that.

Table (1): shows the percentage and score of^{Ka2} for the experts' answers to each paragraph of the scale

BEHAVIORAL DISORDERS SCALE						
T	Paragraphs	Agreeing	Disagreeing	Percentage	Ka value^2	Sig
1	1 ،2 ،3 ،10 ،11 ،12 ،16 ،18 ، 19 ،20 ،23 ،26 ، 29، 30	14	0	100٪	14	0.00
2	5،7،15 ،21, 25 ،28	13	1	92.30٪	10.29	0.00
3	8 ،9،14 ،22	11	3	84.61٪	4.57	0.01
4	6 ،13 ،24 ،27	9	5	53.85٪*	1.14	0.29

Non-Moral
After deleting (4) of the paragraphs of the scale that were not agreed upon by experts and specialists, namely (**6, 13, 24, 27**), thus the number of paragraphs became (26) paragraphs.

2.4.5 Selection of the Grading Scale:
The appropriate scale of appreciation for the scale was presented to a group of arbitrators with experience and competence in the field of sports psychology, testing and measurement in order to indicate their opinions on the scale of estimation, and the arbitrators agreed on the proposed scale of appreciation by 100%.

2.4.6 Method of Correcting Scale Paragraphs:
For the purpose of obtaining the total score for each member of the sample, appropriate weights are given to the alternatives of the paragraphs of the scale showing the importance of the paragraphs gradually, and by collecting the respondent's grades on the five-point scale of appreciation, we get the total score for each individual, the weights of the positive paragraphs have been determined from (5-1) degrees for each paragraph.

2.4.7 Preparation of Scale Instructions:
After completing the readiness of the application of the scale in the initial form, the instructions were prepared and how to answer its paragraphs, and the instructions specified that the sample answer will be used for the purpose of scientific research only and no one will see it except the researcher, and the sample members were asked to answer accurately all paragraphs for the purpose of reaching objective and fruitful results.

3.5 Exploratory Experiment:
After the scale became ready for application, the researcher conducted the exploratory experiment before the final application of the research in an appropriate time, by applying it to a sample consisting of (5) players for the purpose of creating the reasons for success when applying the main test to the research sample and to ensure that the sample understands the paragraphs of the scale and in order to avoid any errors or difficulties when applying during the main test of the research, and the researcher has done many things, namely:

1. Clarify the answer method for the individual sample.
2. Know the difficulties facing the researcher and the assistant work team.
3. A clear picture of the researcher and the assistant team about the answers to the paragraphs of the scale.

The researcher found that the paragraphs are appropriate, and the average time spent answering may range between (10-12) minutes.

2.6 Main Experience:
The goal of the researcher from conducting the main experiment to build the scale of behavioral disorders in its final form on the research sample, and after collecting the forms analyze the results statistically to find the discriminatory power of each paragraph in order to exclude and delete the

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non-discriminatory paragraphs and find the correlation coefficient for the paragraphs, and in order to achieve this, the researcher applied the scale to the construction sample, which numbered (100) players..

2.7 Statistical Analysis of Paragraphs:

The process of building the scale requires an analysis of its paragraphs, and in order to obtain paragraphs that meet the purpose, the analysis process must include a set of procedures conducted by the scale designer after the process of sorting the answer sheets, and that the use of appropriate statistical methods is largely determined according to the method of designing the research and the type of data that will be collected, so it was used:

1. Discrimination indicators.
2. Scientific indicators of the scale.

2.7.1 Indicators of Discrimination:

For the purpose of calculating paragraph discrimination coefficients, the researcher used two methods:

1- The two terminal groups
2- Internal consistency method

2.7.1.1 The Two Peripheral Groups (Discriminatory Force):

It means the ability of the test to distinguish between individuals with a high degree of trait or trait, and individuals with a low degree of the same trait or trait (Kazim, H. A. R. 2015).

The detection of discriminating power is done by knowing the total score of the respondents' answer and then the forms are arranged in descending order, after which two terminal groups are selected by 27% of the total sample that was measured, a higher group represented by the individuals with the highest scores, and a lower group represented by the individuals with the lowest scores" (Al-Smadi, A. A., & Al-Darabi, M. 2003). Then apply the T-Test to two independent samples to identify On the statistical significance of the difference between the averages of the upper and lower groups of the paragraphs of the scale and the calculated value of T and the value of (sig) are considered an indicator of the validity of paragraph (Al-Yasiri, M. J. et al. 2015) where the number of forms with the highest grades was (27) forms as well as the lower number of approved forms becomes (54) forms, Using the Statistical Portfolio for the Social Sciences (SPSS), Table (2) shows:

Table (2): shows the arithmetic means, standard deviations, calculated value of (t) and level of significance

Behavioral Disorders Scale						
t	Top Group		Lower Group		Calculated t-value	Sig
	Arithmetic mean	Standard deviation	Arithmetic mean	Standard deviation		
1	4.371	0.490	1.942	0.764	15.816	0.000
2	**4.322**	**0.125**	1.828	0.382	32.495	0.000
3	4.857	0.355	2.285	0.825	16.937	0.000
4	4.514	0.507	2.114	0.403	21.905	0.000
5	5.000	0.000	1.800	0.472	35.220	0.000
6	4.742	0.443	1.714	0.458	28.095	0.000
7	4.828	0.382	2.2857	0.710	18.653	0.000
8	4.514	0.507	2.200	0.677	16.181	0.000
9	5.000	0.000	2.3429	0.725	21.674	0.000
10	4.114	0.322	1.971	0.513	20.896	**0.000**
11	4.085	0.284	1.685	0.471	25.815	**0.000**
12	4.314	0.471	1.885	0.403	23.159	**0.000**
13	4.200	0.405	1.314	0.471	27.459	**0.000**
14	4.828	0.382	2.2857	0.710	18.653	**0.000**
15	4.12 0	**0.113**	1.771	0.546	24.105	0.000
16	4.942	0.235	2.342	0.838	17.668	**0.000**
17	4.342	0.481	1.971	0.617	17.912	0.000
18	4.285	0.458	1.657	0.481	23.390	**0.000**
19	4.228	0.426	2.057	0.683	15.949	**0.000**

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20	**4.322**	**0.125**	1.828	0.382	33.595	**0.000**
21	4.314	0.471	2.000	0.641	17.200	**0.000**
22	4.800	0.405	2.4857	0.507	21.080	**0.000**
23	4.914	0.284	1.885	0.471	32.576	**0.000**
24	4.028	0.169	1.942	0.683	17.524	0.000
25	4.200	0.405	1.885	0.529	20.516	**0.000**
26	5.000	0.000	2.457	0.816	18.417	0.000

Significant at the significance level ≤ 0.05

From Table (2), we find that all paragraphs were below the level of statistical significance of (0.05), and this means that there are significant differences for those paragraphs between the upper and lower groups, and thus the number of paragraphs of the scale became (26) paragraphs.

2.7.1.2 Internal Consistency of Paragraphs:
This honesty consists through the preparation of a test consisting of a number of dimensions to measure a phenomenon, and the sum of the scores of these dimensions is the total degree of the test, and to calculate the sincerity of the internal consistency of this test used for this purpose Pearson correlation coefficient, by finding the correlation between the scores of each paragraph and the total degree of the scale, and relied on the responses of the research sample of (100) players.

2.7.1.2.1 Relationship of the Paragraph to the Overall Score of the Scale:
The Pearson correlation coefficient was used by the statistical bag (SPSS) between the paragraphs of the scale and the total score of the scale, and Table (3) shows this.

Table (3): shows the degree of correlation of the paragraph with the total degree of the scale and the level of significance

Paragraph Sequence	Correlation Coefficient	Significance Level	Paragraph Sequence	Correlation Coefficient	Significance Level	Paragraph Sequence	Correlation Coefficient	Significance Level
1	0.651	0.000	10	0.694	0.000	19	0.688	0.000
2	0.589	0.000	11	0.854	0.000	20	0.743	0.000
3	0.402	0.000	12	0.756	0.000	21	0.876	0.000
4	0.595	0.000	13	0.820	0.000	22	0.769	0.000
5	0.689	0.000	14	0.593	0.000	23	0.870	0.000
6	0.387	0.000	15	0.763	0.000	24	0.851	0.000
7	0.467	0.000	16	0.666	0.000	25	0.733	0.000
8	0.839	0.000	17	0.798	0.000	26	0.643	0.000
9	0.784	0.000	18	0.446	0.000			

From Table (3), we find that all paragraphs are related to the total score of the scale.

2.7.2 Persistence:
Stability means "the extent of accuracy by which the test measures the phenomenon subject of measurement" and stability is one of the basic elements in the preparation of tests and the adoption of their results and there are several ways through which the stability coefficient can be extracted has chosen the researcher among them:

2.7.2.1 Cronbach's Alpha Method:
To extract the stability in this way, the equation (Alpha Cronbach) was applied to the scores of the members of the construction sample, which numbered (100) players, so the value of the scale stability coefficient was (0.877), which is an indicator that the stability coefficient of the test is very high, the closer the stability coefficient of the test of the correct one, the strength of the stability of the test.

2Half-Segmentation Method:
The method of half-segmentation is one of the most used stability methods in paper and pen tests, and in this way two degrees can be obtained for each individual by dividing the test into two halves, such as the first half includes the odd numbers and their number (13), and the second half on the even numbers and their number (13), and on that we get two degrees for each individual and the link between these two degrees (the

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degrees of the two halves of the test) is the internal consistency of the test half only and not the test as a whole, if the Pearson correlation coefficient was (0.921) and in order to obtain the value of the stability coefficient for the whole scale, the researcher used the Spearman-Brown equation, using the statistical bag (spss), and its value was (0.959) and this is a high indicator of the stability of the scale.

2.7.3 Objectivity:
The researcher believes that the clear instructions and the existence of a model on how to answer as well as the clarity of the phrases and ease of interpretation and the multiplicity of alternatives to answer, and the exclusion of questionnaires in which the answer to the same paragraph is repeated or in which the answer to all paragraphs is not completed all this makes the answer to the paragraphs of the scale objective.

2.8 Equivalence of the Research Sample
The equivalence of the research sample was conducted in the scale of behavioral disorders between the experimental and control groups as shown in Table (3).

Table (3): Shows the significance of the differences between the pre-test of the experimental and control groups in the scale of behavioral disorders under research (equivalence)

Test Name	Control group		Experimental Group		Calculated T value	Sig	Significance level
	Going to	on	Going to	on			
Behavioral disorders	91.500	4.968	92.250	5.290	0.469	0.647	Non D

Significant at a significance level of 0.05

Through Table (3), which shows the impact of both groups on behavioral disorders, which is one of its societal and economic factors, and this is confirmed by (Mohamed Mr. and Mona Khalifa) that the economic level is one of the most important factors that build the poor economic and social situation of the family and communities, poverty, overcrowding inside the house, unemployment, living on social assistance and poor home conditions are among the most important factors that increase the risk of children's exposure to behavioral disorders (Farhat, L. E. S. 2001).

2.9 Psychological counseling program: The goal of developing a psychological counseling program in the light of mental health is to reduce the level of feeling behavioral disorders for weightlifters (youth), so the researcher has access to sources related to the subject of research, especially psychological counseling books.

A time plan was also developed for the implementation of the program, where the number of program sessions reached (12) sessions at a rate of (3) sessions per week, interspersed with an introductory session and a closing session, and each session lasts for 30-45 minutes and a table (4) showing the program plan.

Table (4): Program Plan

M	Session Title	Session Objective	Observations
1	Acquaintance between participants	Acquaintance between the participants and the mentor, as well as acquaintance between the participants and each other, as well as agreement on the foundations and rules of teamwork, and agreement on the dates of the guidance sessions	Short orientation lecture
2	Emotion control	Identify the concept of infallibility, its importance and concept	Lecture – Dialogue – Discussion
3	Responsibility	Taking it upon itself to perform the tasks assigned to the player seriously	Lecture - Discussion - Examples
4	Decision	Directing the player to make decisions and assume his responsibilities	Lecture – Strengthening Discussion
5	Social isolation	Definition of what isolation means and what are its harms	Lecture – Discussion – Examples
6	Social support	The importance of social support for athletes and creating a	Lecture – Examples

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		clean environment	of consolidation
7	Excellence and band	Presentation of the psychological negatives produced by the discrimination between players	Lecture - Discussion - Examples
8	Aggressive behavior	Identify the importance of reducing psychological pressure on players, which in turn reduces aggressive behavior	Lecture – Discussion – Questions
9	Stressful environment	Create a new environment and try to get away from the inhibitory environment	Explanation – Discussion – Teaching
10	Unsafe working conditions	Clarify the importance of security and safety in different working conditions	Explanation - clarification - discussion of examples
11	Poverty and low social status	The importance of finding job opportunities that raise the per capita income in addition to practicing sports	Discussion – Note – Calendar
12	Closing Session	Encourage players to apply what they have learned and apply in the scale post-test	Lecture – Discussion – Reinforcement – Fun

3.10 Post-Test: After the completion of the guidance program, the post-test was conducted on (Friday) corresponding to 15/3/2024 under the same conditions in which the pre-test was carried out.

3.11 Statistical Methods: The researcher used the following statistical systems:
* Ready-made statistical bag **(SPSS. Ver 21).**

3.1 PRESENTATION, ANALYSIS AND DISCUSSION OF THE RESULTS

3.2 Presentation and analysis of the results of the pre- and post-tests of the experimental group in the scale (behavioral disorders) and discuss them.

Table (6): Shows the results of the pre- and post-tests of the experimental and control groups in the scale (behavioral disorders)

The Collection	Unit of measurement	Tribal		Post		Calculated value (T)	Significance level	Significance
		Going to	±	Going to	±			
Experimental	degree	92.250	5.290	81.100	3.110	7.533	0.00	D
Adjuster	degree	91.500	4.968	85.550	4.406	4.950	0.00	D

D At Significance Level (0.05)

By reviewing Table (6), which shows the results of the pre- and post-test of the experimental group in the scale of (behavioral disorders), we found that the arithmetic mean of the pre-test reached (**92.250**), with a standard deviation of (**5.290**), while the arithmetic mean in the post-test was (**81.100**) degrees, and a standard deviation (**3.110**), and when using the law of (T) for correlated samples, the calculated value of (T) appeared (**7.533**), which indicates its significance at the level of significance (**0.00**), thus the difference is statistically and in favor of the post-test (A-Clottey, 2024).

As for the control group, its results for the pre- and post-tests in the scale (behavioral disorders) show us, we found that the arithmetic mean of the pre-test reached (**91.500**), with a standard deviation of (**4.968**), while the arithmetic mean in the post-test was (**85.550**) degrees, and a standard deviation of (**4.406**), and when using the law (T) for correlated samples showed a calculated value of (T) (**4.950**), which indicates its significance at the level of significance (**0.00**), so the difference is statistically and in favor of the post-test. This is due to the importance of the emotional aspect in the personality of the individual in general, and this is confirmed by Freud in the emotional aspect, which represents the personality of the individual, in which all the experiences, knowledge, perceptions and desires that the individual is fully aware of, which make it easier for him to remember and retrieve, and such a side does not represent only a small part of the psychological life of the individual athlete, which is subject to several factors, including time, place, locations, principles and moral (Babu & Suthari, 2023).

4.3 PRESENTATION AND ANALYSIS:

After unloading the data for the two dimensional tests of the experimental and control groups and processing them statistically as shown in Table (7)

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Table (7): Shows the results of the post-tests of the experimental and control research groups in the scale (behavioral disorders)

Test Name	Unit of measurement	Experimental Group		Control group		Calculated T(T) values	Significance level	Significance
		Going to	±	Going to	±			
Behavioral disorders	Grade	81.100	3.110	85.550	4.406	3.690	0.00	D

D under the Significance Level (0.05)

Through Table (7) of the results of the post-tests of the experimental and control groups, it is clear to us that the arithmetic mean of the scale (behavioral disorders) of the experimental group has reached (**81.100**), with a standard deviation of (**3.110**), while the arithmetic mean of the control group is (**85.550**).), while the standard deviation was (**4.406**) and when using the law (T.test) for uncorrelated samples, as the calculated value of (T) was (**3.690**) under the level of significance (0.00), which indicates its significance at the level of significance (0.05) and with a degree of freedom (18) and thusWen the difference is significant in favor of the experimental group. The researcher attributes this result to the importance of the counseling program in light of the mental health of the research sample because of its role in raising the psychological state of weightlifters due to the type of physical practice of physical activity and through the mental health enjoyed by the players, which leads to the possibility of the person in the face of training difficulties and life pressures alike , which leads to reducing behavioral disorders in players, and this is what he confirmed. (Zahran) The impact of mental health on the individual sports helps in preparing the individual to face challenges and obstacles in a simpler way than people who do not have enough mental health, and finally contributes to reducing the psychological pressure of players and the possibility of continuing to perform the duty entrusted to them by the coach to reach the highest levels (Hassan, M. A. 2006).

5. CONCLUSIONS AND RECOMMENDATIONS

5.1 Conclusions:

1. Providing a healthy social, social and psychological environment for the player as well as appropriate food.
2. Stay away from threats and punishment in education in general and in training in particular.
3. Interest by the coach and the family alike in knowing the weaknesses and trying to remedy and improve them by giving awareness lessons to the players (Babu & Suthari, 2023 & A-Clottey, 2024)).

5.2 Recommendations

1. Conducting more studies and research that address the relationship between behavioral disorders and other psychological variables such as.
2. The need to identify the difficulties facing the players through the establishment of seminars between the players and the coach for the purpose of surprising them and working to address cases of weakness.

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