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Emotional preparation and its relationship to psychological endurance among Iraqi premier league football players

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Abstract

The importance of this study lies in examining the concepts of emotional preparedness and psychological endurance due to their significant role in athletes' performance and results in sports competitions. The research highlights the necessity of focusing on the emotional aspect of the player's personality both in terms of the variables that influence it and those affected by it and how these dynamics are reflected in athletic performance. Moreover, this study provides scientific data that can be utilized in developing psychological and training programs aimed at enhancing emotional control among football players, thereby strengthening their psychological endurance during competitions, improving their mental and emotional readiness, and ultimately achieving optimal performance outcomes. The research problem is framed around the following questions: What is the nature of the relationship between emotional preparedness and psychological endurance? Is there a statistically significant correlation between the two variables? And does emotional preparedness and its dimensions contribute meaningfully to psychological endurance among players in the Iraqi Stars Football League?. The sample consisted of (115) elite players from the Iraqi Stars Football League for the 2025-2026 season. The descriptive-correlational approach was employed. Results revealed a strong positive correlation between emotional preparedness and psychological endurance among the study sample. Furthermore, emotional preparedness showed a significant predictive contribution to psychological endurance among the players. The study recommends designing specialized psychological training programs aimed at raising levels of emotional preparedness and psychological endurance from moderate to high levels through training in emotional regulation skills, stress management, self-confidence enhancement, and the development of mental motivation.

Keywords: Emotional preparedness, psychological endurance

Introduction

Modern sports are a vast field in which physical, technical, psychological, and social factors intersect. Athletic competence is no longer measured solely by a player's physical abilities or technical skills. Rather, the psychological aspect has become one of the fundamental pillars that determines the level of athletic performance and the athlete's ability to withstand various pressures. Among the psychological factors influencing athlete performance, emotional preparation is one of the most important determinants that contributes to directing a player's responses during competitive situations, whether before, during, or after a match.

Studies also indicate that athletes remember emotions associated with pleasant events better than emotions associated with unpleasant events. This means that emotions influence an athlete's memory through the emotional content of information and the impact of their mood. Emotional preparation is also important in transferring negative memories from the uncontrolled level of sensory emotional memory to the controlled level of competitive athletic memory. This has led psychological studies and research in recent years to focus on the emotional and mental preparation processes of athletes before, during, and after competition. Emotional preparation represents an athlete's psychological readiness to face sporting situations. It involves regulating and controlling emotions to meet the requirements of optimal performance. Uncontrolled emotions, such as excessive tension, anxiety, or

agitation, can lead to poor concentration, impaired decision-making, and a decline in technical performance. Balanced emotional preparation, however, is a key factor in achieving the highest levels of concentration and emotional stability, and thus achieving optimal performance.

(Rachman 2001) ^[12] introduced the concept of emotional preparation to refer to how athletes prepare emotional information for stressful competitive events. This concept has evolved to refer to the psychological, neurological, and psychophysiological processes through which emotional events are prepared. An athlete's emotional experiences depend on their social and cultural background and the sporting competition to which they belong. Furthermore, athletes' inability to absorb distressing events makes it difficult for them to concentrate during training or competition. Although athletes work well to prepare emotional experiences. However, if the opposite occurs, there are clear signs in the athlete, such as an inability to concentrate on the task, fears, extreme fatigue, irritability, insomnia, and a sense of pressure during competition, psychological disturbances, and instability, leading to failure to achieve the desired athletic achievement (Rachman, 2001) ^[12].

The concept of psychological endurance is one of the most important psychological concepts in all sports, due to its effective and significant role in preventing the negative psychological effects caused by the conditions of sports work during training and competitions in all individual and team sports. One of the most important team sports in which this concept significantly affects the level of player performance is football. During training and competition, football players are exposed to pressures that lead to physical exhaustion, which in turn leads to psychological exhaustion, and vice versa. Despite this, there are a few players who are able to continue beyond the stage of physical collapse and possess the ability to endure psychologically, which is attributed to their willpower (Atwater, 1999) ^[5].

Mental endurance represents the ability to confront difficult situations, withstand pressure, and continue performing despite physical or mental fatigue. These qualities distinguish high-level players. Mental endurance is not limited to resisting physical stress; it also encompasses patience, self-confidence, resilience, commitment to duties, and the ability to adapt to failure or mistakes during competition. Hence, the close relationship between emotional preparation and mental endurance becomes apparent. A player who possesses a high ability to regulate their emotions is better able to cope with pressure and endure difficulties without losing their balance or effectiveness in performance. They are able to recognize their capabilities, understand their limits, understand what is required of them, and adopt appropriate sports behaviors that make them distinguished athletes capable of achieving the highest levels in competition.

In recent years, many coaches and sports psychologists have begun to recognize the importance of developing players' psychological aspects, particularly those related to emotional control, psychological flexibility, and psychological endurance, given their direct impact on match results and the level of emotional stability in critical situations. Therefore, studying the relationship between emotional preparation and psychological endurance among soccer players is a scientific and practical necessity to

understand the nature of the interaction between these two variables and to utilize its results in developing psychological training programs that contribute to improving players' athletic performance.

The importance of this research lies in examining the concepts of emotional preparation and psychological endurance, given their significant role in players' performance and results in sports competitions. It also highlights the need to focus on the emotional aspect of a player's personality, in terms of the variables they affect or are affected by, and how this is reflected in their performance. A player's success in emotional preparation not only allows them to continue absorbing the disturbing emotional experiences they encounter, but also enables them to overcome these stressful experiences with the least possible failure. This must first be preceded by ensuring that emotional preparation is closely related to psychological endurance among Iraqi Premier League soccer players. The research also provides scientific data that can be used to develop guidance and training programs aimed at improving emotional control among football players, enhancing their ability to endure psychologically during competitions, raising their mental and psychological levels during performance, and achieving the best results in official competitions.

Research problem

Many football players face multiple psychological pressures during training or competition, such as anxiety about the result, fear of failure, crowd pressure, and stress resulting from intense competition. These pressures directly affect a player's emotional preparation and, consequently, their ability to endure during difficult situations.

As a former football player, the researcher noted that some Iraqi Premier League players exhibit fluctuations in performance between matches. This may be linked to emotional and psychological factors related to poor emotional preparation or poor psychological endurance.

Emotional preparation is one of the essential psychological factors affecting players' performance, especially in football, which requires a high degree of concentration and emotional control to achieve athletic achievement. In this context, the role of psychological endurance emerges as a positive process aimed at enhancing a player's mental preparation and emotional control before and during competition. Despite the role of these two variables in sports, their relationship has not received sufficient attention in the Iraqi sports environment, especially among football players who face unique competitive demands and psychological pressures. Hence, the research problem is defined by the following questions:

- What is the nature of the relationship between emotional preparation and psychological endurance among Iraqi Premier League football players?
- Is there a statistically significant correlation between emotional preparation and psychological endurance among Iraqi Premier League football players?
- Does emotional preparation and its dimensions contribute to psychological endurance among Iraqi Premier League football players?

Research objective

- To identify the relationship between emotional preparation and psychological endurance among Iraqi Premier League football players.
- To identify the proportion of emotional preparation and its dimensions contributing to psychological endurance among Iraqi Premier League football players.

Research hypotheses

There is a statistically significant relationship between emotional preparation and psychological endurance among Iraqi Premier League football players.

Terminology

1. Emotional Preparation:

- It is the mechanism used by an athlete to absorb or assimilate emotionally disturbing stimuli during training or competition, reducing them to a level that allows their experience and athletic behavior to continue without affecting their athletic performance (Rachman, 2001) ^[12].
- It is the mechanism used by an individual to process the information contained in the emotional events they encounter with the aim of controlling them and preventing them from affecting their performance of normal tasks (Abd Rabbo, 2019) ^[11].
- Operational Definition:** It is the score obtained by the respondent based on their answer to the Emotional Preparation Scale.

2. Psychological Endurance:

- It is the athlete's ability to control themselves in the face of training and competition events and deal with them in a manner that protects the athlete from the possibility of developing psychological and physical illnesses caused by these circumstances (Hussein, 2004) ^[7].
- Operational Definition:** It is the score obtained by the respondent based on their answer to the Psychological Endurance Scale.

Research fields:

- Human field:** Iraqi Premier League football players for the 2025/2026 season, totaling (115) players.
- Time field:** (1/5/2025) to (28/9/2025)
- Spatial field:** The stadiums and sports halls where the players conduct their training and matches.

Research methodology and field procedures

Research Methodology:

The descriptive approach, using a correlational approach, was used because it is the most appropriate method for the nature of the problem and achieving the study's objectives.

Community and sample research

The research community was represented by (530) Iraqi Premier League players for the 2025/2026 season, according to the official statistics of the Iraqi Central Football Association, including the number of players. Table (1) shows the distribution of players among Iraqi Premier League clubs

Research Sample: The research sample was randomly selected and distributed as follows:

- Experimental Sample:** This experiment was conducted on a random sample of (24) players, who were outside the construction sample.
- Application Sample for the Two Measures:** (115) players were randomly selected, representing (21.69%) of the research population, table (1) shows a full description of the distribution of the research population and sample.

Table 1: shows the distribution of the research population and sample among the Iraqi Premier League clubs.

No.	Club	Research community	Exploratory sample	Research sample
1	Al Shorta	25	2	8
2	Altalba	28	2	8
3	Al-Zawraa	27	00	5
4	Air Force	25	00	6
5	Mina	25	4	4
6	Diyala	25	6	12
7	Mosul	25	2	4
8	Erbil	26	00	5
9	Zakho	25	00	2
10	Al-Karma	27	00	6
11	Electricity	29	00	6
12	Najaf	27	3	6
13	Al-Karkh	27	00	9
14	Maysan Oil	25	00	5
15	Oil	27	00	8
16	Al-Qasim	32	00	2
17	Nawruz	24	2	4
18	Baghdad Municipality	28	00	7
19	Dohuk	27	1	5
20	Al-Gharraf	26	2	3
Total		530		

Data Collection Tools

1 Emotional Preparation Scale (Jassim, 2025):

The scale consists of (25) statements representing five dimensions of the scale. The statements are distributed as follows:

- The first dimension (readiness to struggle) consists of (7) statements.
- The second dimension (behavioral intensity) consists of (7) statements.
- The third dimension (emotional maturity) consists of (4) statements.
- The fourth dimension (preparation and planning) consists of (4) statements.
- The fifth dimension (psychological fortification) consists of (3) statements.

The scale is scored according to five alternatives to measure the emotional preparation of the players. These alternatives are (strongly agree, agree, neutral, disagree, strongly disagree). The score is (1, 2, 3, 4, 5) for positive statements and (5, 4, 3, 2, 1) for negative statements. Negative statements are (1, 2, 8, 11, 12, 14, 18). Thus, the highest score on the scale is (125), the lowest is (25), and the neutral score is (75).

2 Psychological Endurance Scale (Hussein, 2004) ^[7]:

The scale consists of (33) statements representing six dimensions of the scale. The statements are distributed as follows:

- The commitment domain includes (5) statements.
- The control domain includes (5) statements.
- The achievement domain includes (7) statements.
- The challenge domain includes (6) statements.
- The resilience domain includes (7) statements.
- The patience domain includes (3) statements.
-

The scale is scored according to four alternatives to measure the players' psychological endurance. These alternatives are (always applies to me, often applies to me, rarely applies to me, and never applies to me). The score is (1, 2, 3, 4) for positive statements and (4, 3, 2, 1) for negative statements. The negative statements are (5, 6, 7, 9, 10, 26). Thus, the highest score on the scale is (132), the lowest score is (33), and the neutral score is (82.5).

Scientific foundations of the two scales:

- **Validity:** To achieve apparent validity (content validity) for the two scales, they were presented to a group of experts specializing in sports psychology to determine the suitability of the statements and their formulation for the application sample and their suitability for measuring the purpose for which they were designed. The self-validity of the two scales was also determined by finding the root of the reliability coefficient, as shown in Table (2).
- **Reliability:** The reliability of the two scales was calculated using Cronbach's alpha coefficient, based on data from the experimental (exploratory) sample of (24)

players. The Statistical Package for the Social Sciences (SPSS) was used, as shown in Table (1).

Table 2: shows the reliability coefficient and self-validity of the two scales.

No.	Test Name	Unit of measurement	reliability coefficient	self-validity
1	Emotional Preparation Scale	Degree	0.89	0.943
2	Psychological Endurance Scale	Degree	0.82	0.905

Results and discussion

Presentation, Analysis, and Discussion of the Relationship and Percentage Contribution of the Emotional Preparation Scale and its Dimensions to the Psychological Endurance Scale:

It is necessary to identify the type of correlation and the extent of the contribution of the Emotional Preparation Scale and its Dimensions to the Psychological Endurance Scale. The two scales were distributed to a random sample of (115) players from Iraqi Premier League football clubs. After collecting the data, statistical analysis was conducted on the two scales to determine the relationship and percentage of contribution between the two scales.

Presentation, Analysis, and Discussion of the Results of the Relationship and Percentage Contribution of the Readiness to Struggle Dimension to the Psychological Endurance Scale

Table 3: shows the statistical parameters of the relationship and percentage of contribution of the Readiness to Struggle dimension to the Psychological Endurance Scale.

Correlation coefficient R	Coefficient of determination R ²	Adjusted coefficient of determination	Beta regression coefficient B	Calculated F value	Degree of freedom DF	Level Sig	Type Sig
0.851	0.725	0.722	0.868	247.214	115	0.000	Sig
Arithmetic mean = 26.13		Standard deviation = 3.222		Tabular F value at 115 degrees of freedom and 0.05 significance level = 3.92			

The results of Table (3) show a statistically significant direct relationship between the readiness to struggle dimension and the psychological endurance scale among players in Iraqi Premier League clubs. The correlation coefficient reached 0.851, indicating a strong relationship between the two variables. The coefficient of determination also reached 0.725, meaning that approximately 72% of the changes in psychological endurance can be explained by the readiness to struggle dimension, while the remaining 28% are attributed to other variables not included in the analysis.

As for the value of the effect coefficient (beta) for psychological readiness, it reached 0.868, meaning that every one-unit increase in readiness to struggle leads to an increase of 0.868 in the level of psychological endurance, which is considered a high effect. The significance of this statistical effect was confirmed by the calculated F value, which reached 247.214 at a significance level of 0.05, indicating that the predictive model is statistically significant.

This relationship and the significant effect of the readiness to struggle dimension in Psychological endurance is

attributed to the importance of preparedness for struggle as a fundamental tool in preparing athletes psychologically before and during sports competitions. It enables the athlete to enter an optimal mental and emotional state that qualifies them for optimal performance. Preparedness for struggle plays a pivotal role in improving athletic performance by enhancing motivation, focus, and positive emotions such as enthusiasm and self-confidence, while reducing anxiety and tension. This is closely linked to the concept of psychological endurance.

Mahoney *et al.* (1981) ^[11] also indicates that high-performance athletes are distinguished by their ability to effectively utilize preparedness strategies for struggle, which leads to internal (internal) charging and increased mental and physical readiness before competitions (Mahoney, Gabriel, & Perkins, 1981) ^[11].

Based on the above, it can be said that developing preparedness for struggle is an essential step in enhancing psychological endurance and increasing athletes' ability to adapt to various pressures, which positively affects their performance in sports competitions.

Presentation and analysis of the results of the relationship and percentage of contribution of the behavioral intensity dimension to the psychological endurance scale and discussion:

Table 4: shows the statistical features of the relationship and percentage of contribution of the dimension (behavioral severity) to the psychological endurance scale.

Correlation coefficient R	Coefficient of determination R ²	Adjusted coefficient of determination	Beta regression coefficient B	Calculated F value	Degree of freedom DF	Level Sig	Type Sig
0.847	0.717	0.714	0.867	238.468	115	0.000	Sig
Arithmetic mean = 25.41		Standard deviation = 3.210		Tabular F value at 115 degrees of freedom and 0.05 significance level = 3.92			

The results of Table (4) show a statistically significant direct relationship between the behavioral intensity dimension and the psychological endurance scale among players in Iraqi Premier League clubs. The correlation coefficient reached 0.847, indicating a strong relationship between the two variables. The coefficient of determination also reached 0.717, meaning that approximately 72% of the changes in psychological endurance can be explained by the behavioral intensity dimension, while the remaining 28% are attributed to other variables not included in the analysis.

The value of the effect coefficient (beta) for the behavioral intensity dimension reached 0.867, meaning that every one-unit increase in behavioral intensity leads to an increase of 0.867 in the level of psychological endurance, which is considered a high effect. The significance of this statistical effect was confirmed by the calculated F value, which reached 238.468 at a significance level of 0.05, indicating that the predictive model is statistically reliable.

The researchers believe that the relationship and effect the behavioral intensity dimension of psychological endurance is attributed to the role it plays in raising the level of positive psychological endurance among players. Behavioral

intensity refers to the degree of seriousness, discipline, and behavioral motivation displayed by the player in training and competition situations. The higher the behavioral intensity, the greater the psychological and mental immersion in performance, which in turn enhances levels of psychological endurance. (Vealey, 2007) ^[14], who indicated that optimal athletic performance is closely linked to goal-oriented behavioral preparations, confirms this. Disciplinary behaviors such as focus, seriousness, and perseverance fuel effective psychological development, especially in team sports that require a high degree of self-reliance.

(Robazza & Bortoli, 2007) ^[13] also confirm that high levels of behavioral intensity among athletes contribute to preparing the central nervous system to stimulate high levels of psychological and emotional arousal (psychological endurance), which positively impacts physical and emotional performance.

Presentation, analysis, and discussion of the results of the relationship and contribution of the emotional maturity dimension. On the psychological endurance scale and its discussion:

Table 5: shows the statistical features of the relationship and percentage of contribution of the dimension (emotional maturity) to the psychological endurance scale.

Correlation coefficient R	Coefficient of determination R ²	Adjusted coefficient of determination	Beta regression coefficient B	Calculated F value	Degree of freedom DF	Level Sig	Type Sig
0.718	0.516	0.511	0.895	100.109	115	0.00	Sig
Arithmetic mean = 116.11		Standard deviation = 2.635		Tabular F value at 115 degrees of freedom and 0.05 significance level = 3.92			

The results of Table (5) indicate a statistically significant direct relationship between the emotional maturity dimension and the psychological endurance scale among players in Iraqi Premier League clubs. The correlation coefficient (R = 0.718), reflecting a strong relationship between the two variables. The coefficient of determination (R² = 0.516), indicating that approximately 52% of the changes in psychological endurance are due to emotional maturity, while the remaining 48% are attributed to other variables outside the current analytical model.

The value of the impact coefficient (Beta = 0.895), indicating that every one-unit increase in emotional maturity leads to a 0.895 increase in the level of psychological endurance, which is a significant effect. The significance of this effect was confirmed through the calculated F value

(100.109) at a significance level of 0.05, which proves the validity of the predictive model used. This relationship and the significant impact of the emotional maturity dimension on psychological endurance are attributed to the fact that emotional maturity represents one of the essential psychological factors that enable players to regulate their psychological state and control their emotional responses, helping them achieve a higher level of psychological endurance appropriate for competition. (Lane, Thelwell, Lowther, & Dovenport, 2009) ^[9] also emphasize the role of emotional maturity in controlling psychological state, as the ability to understand one's own emotions helps one utilize these feelings to manage and motivate performance and regulate athletic behavior.

Presentation, analysis, and discussion of the results of the relationship and percentage of contribution of the preparation and planning dimension to the psychological endurance scale:

Table 6: shows the statistical features of the relationship and percentage of contribution of the (preparation and planning) dimension to the psychological endurance scale.

Correlation coefficient R	Coefficient of determination R ²	Adjusted coefficient of determination	Beta regression coefficient B	Calculated F value	Degree of freedom DF	Level Sig	Type Sig
0.770	0.593	0.589	0.812	136.893	115	0.00	Sig
Arithmetic mean = 21.27		Standard deviation = 3.117		Tabular F value at 115 degrees of freedom and 0.05 significance level = 3.92			

The results of Table (6) indicate a statistically significant direct relationship between the preparation and planning dimensions and the psychological endurance scale among players in Iraqi Premier League clubs. The correlation coefficient ($R = 0.770$) reflects a strong relationship between the two variables. The coefficient of determination ($R^2 = 0.593$) indicates that approximately 59% of the changes in psychological endurance are due to preparation and planning, while the remaining 41% are attributed to other variables outside the scope of the current analytical model.

The impact coefficient (Beta = 0.812) indicates that every one-unit increase in the level of preparation and planning leads to a 0.812 increase in psychological endurance, which is a significant effect. The significance of this effect was confirmed by the calculated F value (136.893) at a significance level of 0.05, reflecting the validity and statistical stability of the predictive model. This relationship

and the significant impact of the preparation and planning dimensions on psychological endurance are attributed to the fact that preparation and planning represent two essential elements in the psychological makeup of athletes, as they contribute to regulating mental and physical effort before competition, thus positively increasing psychological endurance. The psychological planning process is defined as including setting goals, anticipating competitive scenarios, and developing strategies to deal with them, which enhances mental preparedness. According to (Gould & Maynard, 2009) [6], having a clear plan before and during competition increases an athlete's sense of psychological endurance, control, and confidence, and reduces negative anxiety.

This concept is also supported by what (Cox, 2012) [4] proposed, that mental and strategic preparation before competition increases the regulation of psychological endurance and contributes to summoning the emotional energies necessary for high performance.

Presentation and analysis of the results of the relationship and percentage contribution of the psychological fortification dimension to the psychological endurance scale and discussion:

Table 7: shows the statistical parameters of the relationship and percentage contribution of the (psychological fortification) dimension to the psychological endurance scale.

Correlation coefficient R	Coefficient of determination R ²	Adjusted coefficient of determination	Beta regression coefficient B	Calculated F value	Degree of freedom DF	Level Sig	Type Sig
0.646	0.417	0.411	1.215	67.315	115	0.000	Sig
Arithmetic mean = 10.47		Standard deviation = 1.747		Tabular F value at 115 degrees of freedom and 0.05 significance level = 3.92			

The results of Table (7) indicate a statistically significant, direct relationship between the psychological fortification dimension and the level of psychological endurance among players in Iraqi Premier League clubs. The correlation coefficient reached ($R=0.646$), indicating a relatively strong relationship between the two variables. The coefficient of determination ($R^2 = 0.417$) also showed that approximately 42% of the changes in psychological endurance are attributable to psychological fortification, while the remainder is attributable to other factors not included in the analytical model.

This result is reinforced by the high value of the impact coefficient (Beta=1.215), indicating that each unit increase in psychological fortification translates into an increase of (1.215) in the level of psychological endurance, which represents a statistically and practically strong effect. The significance of this model was supported by the calculated F value (67.315) at a significance level of (0.05), indicating that the predictive model used is statistically reliable. Researchers believe that this relationship and the significant impact of the psychological fortification dimension on

psychological endurance are attributed to the fact that psychological fortification is one of the most important factors in psychological adaptation in competitive sports environments. It helps players regulate their emotions, build effective psychological resilience, and increase their ability to cope with the pressures of competition, which in turn leads to enhanced positive psychological endurance.

Numerous studies have confirmed the importance of psychological fortification in sports. (Maqdadi, 2013) [17] indicated that players face increasing psychological pressures during competition, and that the extent to which they are affected by these pressures depends on their level of psychological fortification and their methods of managing them (Maqdadi, 2013) [17].

(Abu Asaad, 2011) adds that psychological fortification includes biological, psychological, and social dimensions and is essential for maintaining a player's mental health and achieving self-realization. This leads to resistance to pressures, enabling the player to enhance their self-confidence and face challenges effectively (Arabiyat, 2011) [3].

According to the results obtained from the statistical analysis, the dimensions of emotional preparation among the players of the Iraqi Premier League clubs were arranged according to the strength of the relationship between them and the psychological endurance scale, based on the value of the correlation coefficient for each dimension. This arrangement shows the differences in the level of influence that each dimension of emotional preparation exerts on psychological endurance, which contributes to understanding the priorities of psychological intervention that need to be focused on. This arrangement came in

ascending order, starting from the most related and influential dimension to the least, which gives a clear picture of the nature of the relationship between these dimensions and psychological endurance.

This arrangement underscores the importance of enhancing the aspects of readiness for struggle and behavioral intensity, in particular, as they are the most influential in raising the levels of psychological endurance among players. This calls for their central inclusion in psychological training programs designed for them.

Presentation and analysis of the results of the relationship and percentage of contribution of the emotional preparation scale to the psychological endurance scale and discussion thereof:

Table 8: shows the statistical parameters of the relationship and percentage of contribution of the emotional preparation scale to the psychological endurance scale.

Correlation coefficient R	Coefficient of determination R ²	Adjusted coefficient of determination	Beta regression coefficient B	Calculated F value	Degree of freedom DF	Level Sig	Type Sig
0.981	0.962	0.962	0.244	2379.08	115	0.00	Sig
Arithmetic mean = 126.98		Standard deviation = 13.197		Tabular F value at 115 degrees of freedom and 0.05 significance level = 3.92			

The results of Table (8) indicate a very strong, statistically significant, and significant direct relationship between the psychological emotional preparation dimension and the psychological endurance scale. The correlation coefficient ($R = 0.981$) is very close to one, reflecting a very strong correlation between the two variables.

The coefficient of determination ($R^2 = 0.962$), meaning that approximately 96% of the changes in psychological endurance can be explained by emotional preparation, confirming the importance of this variable in determining the psychological state of players before and during athletic performance.

The impact coefficient (Beta = 0.244) indicates that every one-unit increase in the degree of emotional preparation leads to an increase of 0.244 in psychological endurance. Although the Beta coefficient appears relatively low, the high statistical significance of the calculated F value (2379.08) reflects the strength and reliability of the predictive model at a significance level of 0.05. Researchers believe that this strong relationship reflects a dynamic interaction between players' overall psychological state and their emotional response during competition. A player's increased ability to control their emotions, expectations, and attitudes before and during competition contributes to enhancing their mental readiness and psychological stamina required for athletic performance. Players who are able to regulate their emotions and emotional responses before competition demonstrate higher levels of stability, emotional control, and preparedness, which reflects positively on their psychological endurance and prepares them for optimal performance. (Yaseen, Darweesh, Mohsin, & Mohsin, 2025) ^[15] indicate that psychological endurance, maintaining composure and motor balance, controlling emotions in the most difficult circumstances, and avoiding confusion are essential and healthy factors through which a player can perform motor and skill performances, whether defensive or offensive, correctly and achieve victory in the match.

The researchers believe that emotional preparation is not merely a momentary motivational tool; it represents a fundamental pillar of athletic mental health, providing

players with an internal balance that protects them from external and internal pressures. In this context, (Abdul Rahman Abdul Majeed 2018) ^[2] emphasizes that emotional preparation is not limited to endurance and motivation prior to competition, but rather is a permanent element that contributes to supporting psychological stability and harmony both on and off the field.

From the perspective of the cognitive-emotional theory developed by Lazarus (1991) ^[10], emotions arise from our cognitive assessment of situations. Therefore, preparing a player psychologically contributes to preparing them to interpret competitive situations positively, which enhances their psychological endurance in a healthy way.

In the same context, sports experience plays a pivotal role in enhancing emotional preparation. The more experienced a player is, the more capable they become of controlling their emotions and utilizing their psychological endurance positively. Experienced players develop self-psychological strategies such as positive self-talk and mental imagery, which helps them maximize emotional preparation to enhance their psychological endurance. (Abdul-Razzaq *et al.* and (Yaseen, *et al.* 2025a) ^[15] indicate that players with a high degree of emotional preparation are more capable of achieving higher levels of personality development. They argue that the stress, anxiety, tension, depression, sadness, despair, and neurotic tendencies they experience should be considered positive signs of emotional and personal growth and control, thereby improving their psychological resilience (Yaseen, *et al.* 2025b) ^[16]. From the above, we find that emotional preparation is a crucial element in determining the nature of players' psychological resilience. It goes beyond being a momentary response to being an ongoing strategic tool for psychological adaptation and performance enhancement.

Conclusion and Recommendation

Conclusion

- The results demonstrated a strong direct relationship between emotional preparation and psychological endurance in the research sample. That is, the higher the level of emotional preparation, the higher the level of

psychological endurance among the players, and vice versa. This confirms that emotional preparation is a crucial element in determining the nature of psychological endurance in athletes, and goes beyond being a momentary response to being an ongoing strategic tool for psychological endurance and enhancing performance.

- There was a positive relationship between psychological preparation and behavioral intensity on the psychological endurance scale, indicating that mental and motor preparation before and during competition are crucial elements in enhancing players' optimal emotional state.
- The components of preparation and planning effectively contribute to raising the level of psychological endurance by organizing thoughts and reducing sources of distraction, which enhances the player's self-confidence and develops their mental preparedness.
- Emotional knowledge positively impacts psychological endurance, as it contributes to reducing anxiety levels and improving decision-making ability in critical emotional situations.
- Psychological fortification is an important dimension in enhancing psychological endurance, as it helps players cope with pressures and traumatic situations during the stages of competition. Emotional preparation has a significant contribution to the psychological endurance of Iraqi Premier League football players.

Recommendations

- Adopt the emotional preparation and psychological endurance scales as standard tools in psychological diagnosis and mental preparation of players, and employ them by psychologists and coaches within comprehensive training programs to improve athletic performance.
- Design specialized psychological training programs aimed at raising the level of emotional preparation and psychological endurance from average to high levels, through training in emotional regulation skills, stress management, enhancing self-confidence, and developing mental motivation.
- Activate the role of sports psychologists within clubs and federations, and periodically use standardized measures to assess and monitor players' psychological state and determine their emotional needs during various stages of preparation and competition.
- Adopt methods to promote active behavior through training that combines psychological stimulation and physical interaction, adjusting the level of intensity according to the nature of the competition, and monitoring on-field behavior to achieve a balance between emotion and performance.

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