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Psychological immunity, psychological exhaustion, and their contribution to competitive ratio conflict strategies among Iraqi women's futsal league players

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Abstract

Objective: The purpose of this paper is to identify the percentage of contribution of psychological immunity to competitive conflict strategies among female players in the Iraqi Women's Futsal League clubs, and identify the relationship and percentage of contribution of psychological exhaustion to competitive conflict strategies among female players in the Iraqi Women's Futsal League clubs.

Research Methodology: The descriptive approach was used using a correlational approach because it is more appropriate for the research sample and the nature of the problem. The research community included (168) players from the Iraqi Women's Futsal League for the 2024-2025 season, according to data from the Iraqi Central Football Association for 2022-2023. The research sample consisted of (10) female players for the exploratory sample, representing (5.95%), and (114) female players, representing (67.85%).

Results: That there is a highly significant positive relationship between psychological immunity and competitive conflict strategies among Iraqi women's futsal league players.

Conclusions: Psychological resilience contributes to and positively influences competitive conflict strategies. This reflects the ability of female players to cope with pressure and difficult situations, which increases their ability to make effective strategic decisions during competitions.

Keywords: Psychological immunity; psychological exhaustion; futsal

Introduction

The world is witnessing significant scientific development at all levels and in various fields, including sports. This has led to an increase in the level of sports in terms of performance, results, and achievement in all sports, whether individual or team. This includes futsal, which is a team sport that has gained widespread popularity in recent years and has become of great importance around the world, no less important than other sports (Abdulkareem Al Saedi *et al.*, 2025a; Abdulkareem Al Saedi *et al.*, 2025b) ^[1, 2]. Despite the advanced level that sports have become globally, in general, and futsal in particular, there is still room for further development in a way that serves the game and advances it to achieve the best performance and results. Interest has begun in sports psychology, as it is considered an important science for achieving excellence and success in performance. It is at the forefront of the sciences that can help both coaches and players succeed, as well as improve performance in competitions (Aditya *et al.*, 2025) ^[4]. The significant development that has occurred at the level of competitions in various sports, including futsal, in addition to the psychological challenges facing female players during competitions, which naturally requires that players have a high level of psychological immunity and physical and functional fitness. Psychological immunity is a form of psychological counseling for female players that, when properly implemented and given adequate attention in the preparation process, contributes to providing specialized psychological support. This helps develop many psychological aspects and avoid the psychological and emotional exhaustion that players may experience during competitions. It also serves as a stimulant for increasing players' experience, allowing them to benefit from their past difficult experiences of failure. They do not view these experiences as mere black spots and dwell on them. Rather, it works to modify them and guides players toward a

positive way of thinking, eliminating anxiety. It serves as a shield to resolve problems that may cause them trauma and crises, and helps them make sound decisions during crises and adversities. Therefore, psychological immunity for female futsal players is a process that enhances their ability to cope with the psychological pressures and challenges they face on and off the field. Burnout is a state of psychological and physical stress that affects a player's ability to perform. This is due to constant pressure and intense training, leading to poor concentration and decision-making, and increasing the likelihood of injury during competition. Burnout leads to functional disturbances in the body, including increased respiratory rate and heart rate, resulting in less active and efficient physical, functional, and psychological performance. Burnout also affects a player's performance. Acute and prolonged exposure to stress has a powerful impact on various patterns of player behavior, negatively affecting their ability to concentrate and perform optimally during competition. Therefore, it is essential to develop effective strategies for managing burnout in sports, including psychological support and mental training, to enhance athletes' ability to cope with psychological pressures and perform better on and off the field. Competitive conflict strategies are effective strategies for combating burnout, including the methods players use to overcome their opponents. This is a common condition found in all sports, whether individual or team, and is a natural consequence of what happens between players on the field. Competitive conflict among female players is a healthy phenomenon that boosts their morale and enhances their competitive ability. It is a desirable phenomenon as long as it is coupled with their pursuit of team goals as a unified, cohesive team striving for victory (Waheeb Yaseen *et al.*, 2025b) ^[16]. However, if female players fail to combine both competition and cooperation and choose either one of the two, competition or cooperation, the competition turns into a conflict that impacts the team's ability to achieve success and increases discord among the players. Therefore, the optimal situation in sports competitions in general, and in competitions for advanced female futsal players in particular, is achieved when a balance is achieved between competition and cooperation. If this balance is not achieved, the results will be negative in any competition in which the players or team participate.

Competitive sports represent a complex environment in which psychological, emotional, and social pressures intertwine, especially in team sports that require a high degree of integration in performance, such as futsal. In this context, psychological resilience plays a crucial role in enabling female players to adapt to difficult situations and achieve psychological stability during competitions. Psychological exhaustion can also be an obstacle to optimal performance, because of the accumulation of physical and psychological pressures resulting from intensive training and constant competition. Competitive conflict strategies are particularly important in the futsal environment, where female players are exposed to conflict situations, both within the team and with opponents. These situations require effective adaptive strategies that enable them to control behavior and make appropriate decisions that enhance collective performance. Hence, the need to understand the extent to which psychological immunity and exhaustion shape the nature of these strategies emerges, especially in a women's sports environment such as the Iraqi

Women's League, which has witnessed remarkable development in recent years.

Research problem

Female futsal league players face significant challenges due to the escalating competition, which forces them to perform at their utmost physical and psychological potential. Monitoring league matches has revealed negative phenomena in the players' performance during crucial matches, including decreased performance, increased injury rates, and aggressive behaviors that lead to tense atmospheres and disrupt the flow of play. This may be due to the weak psychological resilience of the players and their exposure to psychological exhaustion during matches, which negatively impacts their ability to adopt effective competitive conflict strategies on the field.

In the midst of competition, female players resort to various strategies to manage competitive conflict, which may be influenced by their level of psychological resilience or their degree of exposure to psychological exhaustion. Questions arise here about the relationship between these psychological variables and the extent to which they actually influence the nature of players' responses during conflict situations during matches. Despite the importance of this topic, there is a dearth of studies that address this interrelationship in the local women's sports context. Accordingly, the present research problem is delineated by the subsequent principal question:

What is the percentage of contribution of psychological immunity and psychological exhaustion in predicting competitive conflict strategies among women who play in the Iraqi Women's Futsal League?

Research objective

- To identify the percentage of contribution of psychological immunity to competitive conflict strategies among women who play in the clubs of the Iraqi Women's Futsal League.
- To identify the relationship and percentage of contribution of psychological exhaustion to competitive conflict strategies among women who play in the clubs of the Iraqi Women's Futsal League.

Terminology

- Psychological immunity: "A set of measures and arrangements aimed at strengthening the athlete's personality, reducing the occurrence of problems or disorders, decreasing the need for treatment, and focusing on preventing athletes from falling into psychological disorders" (Al-Duraij, 2013) ^[5].
- Psychological burnout: "The temporary incapacity or diminished psychological and physical abilities of athletes, or the extreme reluctance to respond to a situation due to the burden left by a previous activity, whether physical, mental, or emotional" (Ben Waer, 202) ^[8].
- Competitive conflict: "An intense competitive situation involving two teams or opponents, and an inevitable state of behavioral (displaying contradictory behaviors) and cognitive (contradictory goals and perceptions) conflict between athletes, between the athlete and the team management, or between the athlete and the coach during competition, leading to behavioral and cognitive responses such as anxiety, anger, or tension, which

engages the athlete in the process of resolving conflict during competition” (Yassin, 2017) ^[17].

- Operational definition: The total score that the player obtains through her answers to the scales (psychological immunity, psychological exhaustion, competitive conflict strategies).

Research fields

- Human field: The 2024–2025 season of the Iraqi Women's Futsal League will have these team.
- Time field: (12/12/2024) to (14/6/2025)
- Spatial field: The fields where the players train and compete.

Method

Table 1: Shows the research community and sample according to data from the Iraqi Central Football Association.

No.	Club Name	Number of Players (Community Members)	Exploratory Sample	Research Sample
1	Air Force	12	-	10
2	Al-Zawra	12	1	9
3	Electricity	12	1	7
4	Blady	12	1	8
5	Nineveh Girl	12	1	7
6	North Gas	12	1	9
7	Shyabaab Alwatan	12	1	6
8	Qaraqosh	12	-	10
9	Al-Badr	12	1	7
10	Al-Rafidain	12	1	10
11	Shahraban	12	2	8
12	Talsqif	12	-	7
13	Mosul Towers	12	-	8
14	Erbil Girl	12	-	8
	Total	168	10	114

Defining Research Variables

1- Psychological Immunity Scale (Appendix 1)

The Psychological Immunity Scale (Khadir, 2016) ^[9] was used. This scale was administered to (859) advanced players in individual and team sports at several sports clubs in Iraq for the year (2015-2016). Players can express their attitudes in seven categories that affect the sports field using the scale, which has 39 statements. With a hypothetical mean of (117), the scale's highest possible score is (195), and its lowest possible score is (39). The scale's answer choices are displayed in Table (2). The scale's positive and negative statement numbers are displayed in Table (3). The scale statements following expert modification are displayed in Appendix (1). These are:

- Emotional Control (7) statements, namely (6, 13, 21, 28, 34, 36, 39).
- Challenge Ability (8) items: (3, 10, 16, 25, 32, 33, 35, 37).
- Synchronization (5) items: (4, 8, 14, 23, 30).
- Creative Self-Efficacy (5) items: (1, 9, 15, 24, 31).
- Problem Solving Ability (4) items: (7, 18, 22, 29).
- Positive thinking (4) items: (5, 12, 20, 27).
- Impulse Control (6) items: (2, 11, 17, 19, 26, 38).

The scale's answer choices are displayed in Table (2). The scale's positive and negative item numbers are displayed in Table (3). The scale items are displayed in Appendix (1) following expert modification.

Table 2: Shows the five-point rating scale and its answer alternatives.

Paragraphs	Always	Often	Sometimes	Rarely	Never
Positive	5	4	3	2	1
Negative	1	2	3	4	5

Table 3: Shows the sequence of negative and positive Paragraphs for the scale.

Paragraphs	Paragraphs numbers	Total
Positive	38 ,37 ,34 ,33 ,29 ,26 ,25 ,24 ,22 ,19 ,17 ,16 ,15 ,14 ,13 ,11 ,10 ,9 ,8 ,5 ,3 ,2 ,1	23
Negative	39 ,36 ,35 ,32 ,31 ,30 ,28 ,27 ,23 ,21 ,20 ,18 ,12 ,7 ,6 ,4	16
	Total	39

2- Psychological Exhaustion Scale (Appendix 2)

The Psychological Exhaustion Scale (Al-Taie & Al-Khafaf, 2014) ^[6] was used. This scale was administered to (1,096)

sports practitioners at the University of Mosul for the year (2014-2015). It consists of (50) statements that allow sports practitioners to express their attitudes toward (5) dimensions

that influence the sports field. The highest score on the scale is (250), and the lowest score that can be achieved on the scale is (50), with a hypothetical mean of (150). Table (4) shows the alternative answers to the scale. Table (5) shows the numbers of the negative and positive statements on the scale. Appendix (2) shows the statements of the scale after they were modified by the experts. These are:

- Psychological Exhaustion (10) statements, namely (2, 7, 12, 17, 22, 25, 32, 37, 42, 47).
- Physical exhaustion (10) phrases, namely (3, 8, 13, 18, 23, 28, 33, 38, 43, 49).

- Lack of support and encouragement (9) phrases, namely (4, 9, 14, 19, 24, 29, 34, 39, 44).
- Poor relationships with colleagues (12) phrases, namely (1, 6, 11, 16, 21, 26, 31, 36, 41, 46, 48, 50).
- Stress and dissatisfaction with sports work (9) phrases, namely (5, 10, 15, 20, 27, 30, 35, 40, 45).

Table 4: Shows the five-point rating scale and its answer alternatives.

Paragraphs	Always	often	Sometimes	Rarely	Never
Positive	5	4	3	2	1
negative	1	2	3	4	5

Table 5: Shows the sequence of negative and positive statements for the scale.

Paragraphs	Paragraphs numbers	Total
Positive	49 ,48 ,42 ,41 ,39 ,36 ,24 ,19 ,1	9
Negative	32 ,31 ,30 ,29 ,28 ,27 ,26 ,25 ,23 ,22 ,21 ,20 ,18 ,17 ,16 ,15 ,14 ,13 ,12 ,11 ,10 ,9 ,8 ,7 ,6 ,5 ,4 ,3 ,2 50 ,47 ,46 ,45 ,44 ,43 ,40 ,38 ,37 ,35 ,34 ,33	41
Total		50

(Al-Taie & Al-Khafaf, 2014) ^[6]; Constructing a scale of psychological exhaustion for those practicing sports activities for students of the University of Mosul: (University of Mosul, College of Physical Education and Sports Sciences, Al-Rafidain Journal of Sports Sciences, Volume 20, Issue 64) pp. 245-276.

3. Competitive Conflict Strategies Scale (Appendix 3)

The Competitive Conflict Strategies Scale (Yassin, 2017) ^[17] was used. This scale was administered to (912) players of individual and team sports in Iraq in 2017. Players can communicate their opinions in seven aspects that affect the sports field using the 57 statements that make up this tool. With a hypothetical mean of 177, the scale's maximum possible score is 285, and its lowest possible score is 59. The scale's alternative responses are displayed in Table (6),

and the scale's positive and negative statement counts are displayed in Table (7). The scale statements are displayed in Appendix (3). No modifications were made to the wording of the statements by the experts to suit the research sample. These are:

- Problem-solving (9) statements, arranged in sequence from (1) to (9).
- Concession (8) statements, arranged in sequence from (10) to (17).
- Settlement (10) phrases, sequentially from (18) to (27).
- Interaction (9) phrases, sequentially from (28) to (36).
- Cooperation (8) phrases, sequentially from (37) to (44).
- Avoidance (7) phrases, sequentially from (45) to (51).
- Competition (8) phrases, sequentially from (52) to (59).

Table 6: Shows the five-point rating scale and its answer alternatives.

Paragraphs	Strongly agree	Agree	Neutral	Disagree	Strongly disagree
Positive	5	4	3	2	1
Negative	1	2	3	4	5

Table 7: Shows the sequence of negative and positive statements for the scale.

Paragraphs	Paragraphs numbers	Total
Positive	34 ,33 ,32 ,31 ,30 ,29 ,28 ,27 ,26 ,25 ,24 ,23 ,22 ,21 ,20 ,19 ,18 ,16 ,14 ,12 ,11 ,9 ,8 ,6 ,5 ,4 ,2 ,1 56 ,55 ,54 ,53 ,52 ,48 ,47 ,45 ,44 ,43 ,42 ,41 ,40 ,39 ,38 ,37 ,36	45
negative	59 ,57 ,58 ,51 ,50 ,46 ,49 ,35 ,17 ,15 ,13 ,10 ,7 ,3	14
Total		59

Scientific foundations for the tests used in the research

Test validity

To determine the validity of the tests, the researcher used two types of validity: content validity, which relies on the opinions of experts and specialists, and internal consistency

validity (the score of each dimension with the total score of the scale). For the three scales, the responses of the main research sample (114) were used to determine the internal consistency of the scale, as shown in Table (8):

Table 8: Internal consistency between the scores of the axes and the total score of the psychological immunity scale

Scale	Dimensions	Correlation	Level sig
Psychological Immunity	Emotional control	.824**	0.000
	Challenge ability	.863**	0.000
	Synchronization	.830**	0.000
	Creative self-efficacy	.880**	0.000
	Problem-solving ability	.877**	0.000
	Positive thinking	.773**	0.000

	Impulse control	.635**	0.000
Psychological Burnout	Psychological exhaustion	.857**	0.000
	Physical exhaustion	.759**	0.000
	Lack of support and encouragement	.857**	0.000
	Poor relationships with colleagues	.748**	0.000
	Stress and dissatisfaction with sports work	.734**	0.000
Competitive Strategies	Problem solving	.859**	0.000
	Concession	.851**	0.000
	Compromise	.830**	0.000
	Interaction	.903**	0.000
	Cooperation	.751**	0.000
	Avoidance	.647**	0.000
	Competition	.745**	0.000

Test Reliability (Cronbach's Alpha Coefficient)

To calculate the reliability of the three scales using Cronbach's alpha coefficient, the researcher relied on the same sample of (114) female players who were used to construct the scale. This sample had a high, reliable reliability. Table (7) shows the reliability coefficient for the scales.

Table 9: Shows the reliability coefficient and self-reliability.

No.	Scale	Reliability coefficient
1	Psychological Immunity	0.876
2	Psychological Burnout	0.845
3	Competitive Conflict Strategies	0.901

Exploratory Experiment

The experiment was conducted on a sample of (10) female players from outside the primary research sample. The purpose of this application was to determine the clarity of

the questions and instructions, as well as the time required to answer the statements of the three scales (psychological immunity, psychological exhaustion, and competitive conflict strategies). It was found that the scales and the questions and instructions they contained were appropriate for the research sample.

Main Research Procedures

The main experiment was conducted on a research sample of (114) female players representing Iraqi futsal league clubs. The main (field) experiment for the research sample began on Thursday, February 13, 2025, to distribute the scales to the primary research sample, and continued until Saturday, May 10, 2025. The test scores were then collected and statistically processed.

Results and discussion of the percentage of psychological immunity's contribution to competitive conflict strategies among Iraqi women's futsal league players

Table 10: Percentage of psychological immunity's contribution to competitive conflict strategies

Dependent Variable	Connection	Total contribution	Modified coefficient of determination	Beta regression coefficient	F value calculated	Degree of freedom	Level Sig	Type Sig
Competitive Conflict	0.790	0.625	0.619	0.73	113.159	69	0.000	Sig

The percentage of psychological exhaustion's contribution to competitive conflict strategies among Iraqi women's futsal league players

Table 11: The relationship and percentage of psychological exhaustion's contribution to competitive conflict strategies

Dependent Variable	Connection	Total contribution	Modified coefficient of determination	Beta regression coefficient	F value calculated	degree of freedom	Level Sig	Type
Competitive Conflict	0.40-	0.16	15.000	0.78	13.240	69	0.000	Sig

Discussion

The results of Table (10) show that there is a highly significant positive relationship between psychological immunity and competitive conflict strategies among Iraqi women's futsal league players. Competitive conflict strategies are affected by psychological immunity, as the correlation coefficient reached (790.0), while the coefficient of determination reached (0.625), meaning that the contribution rate indicates that (62%) of the variables that occur in competitive conflict strategies are due to psychological immunity and the rest to other variables. The value of the effect (beta) for psychological immunity reached (0.73), which means that a one-degree increase in psychological immunity leads to a positive increase in competitive conflict strategies with a value of (0.73). The significance of this effect is confirmed by the calculated F

value, which reached (113.159), and it has a significant significance at the level of (0.05). Researchers believe that this relationship and the significant moral impact of psychological resilience on competitive conflict strategies are attributed to the fact that psychological resilience helps Iraqi women's futsal league players improve their competitive conflict strategies by enhancing self-confidence, controlling emotions and stress, and maintaining psychological flexibility. This enables players to face challenges and other players more effectively, leading to better performance and positive results in women's league competitions.

The reality today requires players to be immune to the pressures and practices they may be exposed to from the public, the media, and the pressures of competition.

This is consistent with what (Muqaddadi, 2013) ^[11] asserted, stating that female players are exposed at various stages of their lives, including their sporting careers, to a significant portion of internal psychological conflicts due to the importance of competition. Therefore, we find that their reactions to these pressures can vary depending on the methods they use. (Al-Duraij 2013) ^[5] indicates that psychological immunity, in terms of work programs, refers to the set of measures and arrangements undertaken by team leaders and directed towards players to protect them, enhance their resilience, and strengthen their character against the negative influences they may be exposed to through their interaction with the surrounding playing conditions. These influences may undermine their self-confidence, affect their performance, and subsequently affect the team's results.

(Arabiyat, 2011) ^[7] states that the broad outlines of psychological immunity focus on a set of immune measures, such as biological immune measures, which include attention to general health; psychological immune measures, which include fostering psychological development, personal, marital, professional, and family adjustment; support during critical life periods; and sound socialization; and social immune measures, which include conducting scientific studies, evaluation, follow-up, and scientific planning for preventative immune measures. (Shalan, 2024) ^[12] also believes that the player always strives to achieve self-realization and create a positive concept of himself, as this motive is one of the most important motives for mental health that helps in forming psychological immunity among players. The player who achieves self-realization actively seeks competitions in order to achieve greater success, and his self-confidence and ability to be creative and resist psychological pressures increase, thus he has strong psychological immunity. Researchers agree that female players who possess a high degree of psychological immunity are characterized by controlling emotions, achieving the required balance, controlling the course of positive confrontation, their creative self-efficacy, their ability to challenge and face pressures, willpower, and positive thinking by changing the behavior of individual players for the better and maintaining this positive effect on them. All of this reflects the degree of their psychological immunity and the extent of their belief in their effectiveness and their ability to optimally use personal and environmental resources and focus on the problem or transformational methods that transform pressures into less stressful experiences. Competitive conflict strategies also work to enhance self-confidence and the ability to challenge by strengthening the player's personality by emphasizing the positive aspects of his personality, in addition to the capabilities he possesses (mental, intellectual, emotional, and physical). Here, (Abdul-Ridha, 2025) ^[3] confirms, "Self-confidence is a concept that develops in the athlete thanks to experience, awareness, and practice."

Table (11) shows that there is a moderate direct relationship with moderate significance between psychological exhaustion and competitive conflict strategies among Iraqi women's futsal league players, and that competitive conflict strategies are affected by psychological exhaustion; the correlation coefficient reached (-0.400), while the coefficient of determination reached (0.16), meaning that the contribution rate indicates that (16%) of the variables that occur in competitive conflict strategies are due to

psychological exhaustion and the rest to other variables. The value of the effect (beta) for psychological exhaustion reached (0.78), which means that a one-degree increase in psychological exhaustion leads to an increase in competitive conflict strategies with a value of (0.78). The significance of this effect is confirmed by the calculated F value, which reached (13.240), and it has a significant significance at the level of (0.05). Researchers believe that this relationship and the negative moral impact of psychological exhaustion on competitive conflict strategies are because psychological exhaustion negatively affects the ability of Iraqi women's futsal league players to implement competitive conflict strategies due to decreased concentration, declining physical and psychological performance, and increased tension and anxiety. These factors hinder players' ability to effectively confront opponents, weakening their performance and results in competitions. In other words, increased levels of psychological exhaustion among Iraqi women's futsal league players lead to a decline in their ability to implement competitive conflict strategies efficiently, negatively impacting their results.

(Shatawi, 2002) ^[14] believes that noise, environmental pollution, and hearing problems are among the most common factors causing exhaustion and have significant adverse effects on players' health. Noise causes fatigue, tension, and decreased concentration among players, as well as increased heart rate, pulse rate, and respiration, and elevated blood pressure. (Libbus, 1996) ^[10] points out that psychological problems have a direct and indirect impact on a player's performance when carrying out the tasks assigned to him day by day, compared to the physical effects that may not be immediately apparent due to exhaustion, which may extend to a later period of months, days, or weeks. Exhaustion may result from an imbalance linked to the unbalanced diet that players follow, primarily. He explains this by saying that the best path to physical and mental health is a healthy, regular diet, while an irregular diet leads to lethargy and confused and incorrect thoughts. believes that exhaustion leads to functional disturbances in organs, including respiratory rate and increased heart rate, making them less active. At the chemical level, it is linked to chemical dynamics. Cells thrive on the amount of food converted, and after this process, units of the cell excrete waste, thereby expending energy. Therefore, the energy obtained by athletes through metabolic processes must be greater than the waste and the energy released when excreted. If the opposite occurs, what is known as toxicity occurs, which creates a functional deficiency at the cellular level, and then exhaustion appears.

(Shamsularffin *et al.*, 2024) ^[13] note that negative thoughts and emotions, aggression, self-love, envy, doubt, and a lack of honesty and patience all lead to the waste of athletes' internal energy and are among the primary causes of exhaustion. If we look at psychological exhaustion, we find that it is an abnormal behavior resulting from the learning process, which depends to a large extent on the environmental conditions surrounding the individual. This environment contains unsuitable conditions, such as a lack of reinforcement and psychological support, and the presence of some incorrect behaviors by teammates and coaches. These pressures are distributed fairly equally among the players, as both interact with this environment and the events within it that affect their personalities, which may dissolve individual differences in psychological exhaustion. As the above demonstrates, female players are

exposed to exhaustion due to poor performance, poor physical fitness, and psychological fatigue. This is consistent with who state that a player goes through several stages before reaching a state of exhaustion and a lack of desire to continue playing. Initially, the player is exposed to psychological and physical pressure, and then begins to attempt to resist and confront the pressures and stresses they are subjected to, attempting to regain their self-confidence and balance. If the player's attempts to resist these pressures prove futile, resisting these psychological and physical pressures becomes ineffective, leading the player to reach a state of psychological and physical exhaustion, which drains the player's strength and capabilities. This makes her unable to implement positive competitive strategies and help confront competitive struggles. This may lead to her being unable to enter the playing field (Al-Taie & Al-Khafaf, 2014; Waheeb Yaseen *et al.*, 2025a) ^[6, 15].

Conclusion

- Psychological resilience contributes to and positively influences competitive conflict strategies. This reflects the ability of female players to cope with pressure and difficult situations, which increases their ability to make effective strategic decisions during competitions.
- Psychological exhaustion has an inverse relationship and impact on competitive conflict strategies. The higher the level of psychological exhaustion, the less capable the players are of implementing effective strategies in competitive conflict.
- Female players suffer from exhaustion resulting from the great effort they put into maintaining their psychological resilience. This means that the effort expended in dealing with pressure can lead to exhaustion, even if they have high levels of psychological resilience.
- Competitive conflict strategies reflect a balance between psychological resilience and psychological exhaustion, by adapting to competitions and challenges without engaging in excessive conflict and maintaining team spirit.

Recommendations

- The need to broaden the awareness of female players in the Iraqi Women's Futsal League regarding the importance of psychological resilience. This can be achieved by holding special guidance sessions to develop their understanding of psychological resilience, its importance, dimensions, and implementation methods, as well as identifying the challenges facing its implementation and ways to overcome them.
- The need to manage psychological exhaustion among female players in the Iraqi Women's Futsal League, as controlling it contributes to improving their competitive performance in matches.
- The need for female players in the Iraqi Women's Futsal League to provide support for competitive conflict strategies by creating a highly competitive atmosphere among them through interaction and cooperation among players to resolve or avoid problems they face, settle disputes that arise between them, and prioritize concessions for the benefit of the team.
- Female players in the Iraqi Women's Futsal League can develop competitive conflict strategies by focusing on the requirements of psychological resilience and psychological exhaustion.

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Appendix:

Appendix 1: Psychological Immunity Scale in Sports

No.	Paragraphs	Always	often	Sometimes	Rarely	Never
1	I am curious and enjoy doing new and innovative things during training.					
2	I accept defeat with as much enthusiasm as I do victory.					
3	I become more determined when I fail to perform a task during training or competition.					
4	I find myself isolated from my team and away from my training.					
5	I view my life as meaningful and worth living.					
6	I feel disappointed, frustrated, and stressed when I fail to perform my duties during training or competition.					
7	When I encounter problems during competitions, I am unable to confront them.					
8	I participate with my teammates in various sports and non-sports activities.					
9	I am very happy with myself and what I have achieved and accomplished in the competitions I have participated in.					
10	I do my best when facing a competitor, even if they are stronger than me.					
11	When I commit rash acts during competition, I later regret them.					
12	I believe my future in sports will be filled with failure.					
13	I have the ability to hold my nerve, even if I fail in a competition.					
14	I can accept changes in training and competition.					
15	I believe that everything that happens to me in competition depends on myself.					
16	When I encounter new situations in competition, I do my best to deal with them.					
17	When I lose an important competition, I don't suffer from frustration.					
18	My ability to deal with the problems I encounter in competition is limited.					
19	I don't rush into rash actions during competition.					
20	I get anxious when I think about competitions I've lost.					
21	When I make a mistake in competition, I become irritable.					
22	I can find appropriate solutions to any problems I encounter.					
23	I find it difficult to change my personality the way I want through my involvement with my teams.					
24	I am confident in myself when I find myself in a difficult situation during training and competition.					
25	I continue to compete until the end, even if it's difficult and I encounter some problems.					
26	I can continue training with the team even if I don't get my chance as a starter.					
27	I feel powerless to continue training when I think about failure.					
28	I'm very sensitive to criticism from my coaches or teammates, and my patience quickly runs out.					
29	I resort to using more than one method to overcome the difficulty of competition and achieve victory.					
30	I find it difficult to understand what's going on around me, whether during training or competition.					
31	My lack of competence is responsible for my failure to fulfill my duties in training or competition.					
32	I'm worried about problems I encounter in training, even if they're minor.					
33	I have the ability to turn failure into success in athletic competition.					
34	I bear a heavy burden during training and competition, even when I lose my temper.					
35	I easily lose motivation and stop training if a competition doesn't go as planned.					
36	I appear visibly nervous when I enter an important competition.					
37	I understand what I should do in important competitions, but I'm unable to do it.					
38	I try to accept any decision my coach makes.					
39	When my opponent tries to insult me, I try to take revenge on him.					

Appendix 2: Psychological Immunity Scale in Sports

No.	Paragraphs	Always	often	Sometimes	Rarely	Never
1	I am satisfied with my work because it brings me closer to my colleagues.					
2	I have sleep problems as a result of practicing sports.					
3	My physical problems have increased since I started practicing sports.					
4	The management does not appreciate my efforts on the field.					
5	I suffer from high blood pressure due to the pressures of my sports work.					
6	I feel comfortable when I miss training.					
7	I am exposed to pressures in sports work that exceed my ability to bear.					
8	I am bothered by the increase in my training load.					
9	There is a low social view of practicing sports in society.					
10	I intentionally go to training late.					
11	My colleagues ignore the matters and comments I raise.					
12	I feel nervous when playing against strong teams.					
13	I find it difficult to find enough time to practice certain sports activities.					
14	My job lacks opportunities for fame and advancement.					
15	If I found another suitable profession, I would immediately leave training and playing.					
16	Working extra hours during training exhausts me.					
17	I hesitate to make the right decision at the right time.					
18	I suffer from my inability to practice other sports activities.					
19	The management does not give me the social recognition I deserve.					
20	My profession does not provide me with a good living.					
21	I find it difficult to deal with my colleagues.					
22	I feel ashamed when I make mistakes on the field.					
23	It's difficult for me to differentiate between fatigue and exhaustion.					
24	The management meets the training requirements.					
25	My sports work is the only job I have.					
26	I ignore my teammates when I see them outside of training.					
27	My teammates' stares make me lose control.					
28	I train for long periods to achieve my goals.					
29	The management provides me with a place that hinders my work.					
30	I find it annoying to stay on the field even when I'm not training.					
31	My teammates don't understand in a way that helps me achieve my goals.					
32	I get confused when others see me.					
33	I feel unable to concentrate on the field.					
34	Some unconscious management interference bothers me at work.					
35	My other duties hinder my ability to train and play.					
36	I believe I have a positive influence on my teammates.					
37	I have constant anxiety throughout the match.					
38	I quickly become tired.					
39	The management gives me enough opportunities to express my opinions.					
40	I miss school because I'm busy training and playing.					
41	I find it easy to understand my teammates' feelings.					
42	I hold myself accountable when I make a mistake and don't forget about it for long.					
43	My thoughts stop when I feel tired.					
44	I feel the social status of an athlete is low.					
45	I find it difficult to reconcile Community satisfaction and playing football					
46	My teammates avoid meeting me					
47	It's hard to tolerate other people's mistakes, no matter how small					
48	My teammates give me the appreciation I deserve					
49	I keep playing even if I suffer from dizziness					
50	The role of coach doesn't help me improve my relationship with my teammates					

Appendix 3: Competitive Conflict Strategies Scale

Problem-solving		Strongly agree	Agree	Neutral	Disagree	Strongly disagree
1	Announcing conflicts and confronting them directly helps me find the best solutions.					
2	I define the duties and responsibilities of the parties involved in a competitive conflict.					
3	I present all justifications and arguments if I make a mistake in the competition.					
4	I hold a direct meeting with the party with whom I disagree regarding my performance in the competition.					
5	I stick to my point of view when I have strong evidence to support my decision.					
6	I confront the competitor directly if a disagreement arises that affects my performance during the competition.					
7	My monopoly on the truth allows me to leverage it to pressure others at any time.					
8	Frankness, honesty, and trust are my motivation during the competition.					
9	I confront conflict when I have new solutions that will lead me to win the competition.					
Concession						
	I give in to the other party's desires					
10	I agree with the other party's point of view to resolve the dispute					
11	It's easy to withdraw from a conflict during a competition so as not to affect my ability to achieve success.					
12	I sacrifice my own desires to fulfill the desires of others					
13	I consider others' feelings to maintain existing relationships with them					
14	I withdraw from the conflict and I don't care about the losses resulting from this withdrawal					
15	I let others bear the responsibility for resolving problems and I focus on my own performance during the competition					
16	I give in when I discover I'm wrong and listen to the best opinion to win the competition					
17						
Settlement	I study the issue carefully until I find a realistic solution that satisfies all parties.					
18	I endure everything to achieve my goals in the competition.					
19	I try to clarify the gains and losses between me and my opponent during the competition.					
20	I work to achieve benefits for all parties to ensure everyone's satisfaction.					
21	I look for common solutions when the goals are important but don't require a great deal of effort.					
22	I commit to calming the situation with others when these goals are shared.					
23	I try to reach temporary settlements for complex issues until the end of the competition.					
24	I take into account the reality I am in during the competition and the constraints imposed on both teams.					
25	I try to listen to the other party's point of view and discuss it after previously rejecting it.					
26	I seek to reconcile opinions if any disagreement arises during the competition.					
27						
Interaction	Conflict is beneficial to a team's success in competition.					
28	I place great emphasis on developing my relationships with my teammates rather than conflicting with them.					
29	A successful player focuses heavily on their relationship with their teammates or with their opposing player.					
30	The intensity of conflict with an opponent during a competition positively impacts my team's outcome.					
31	I deal with problems when the conflict is with a highly competitive athlete.					
32	Constructive changes occur in the players' personalities as a result of positive conflicts between them.					
33	I feel I benefit from conflict situations during competition.					
34	Players' morale is shattered as a result of frequent negative conflicts.					
35	I feel energized and ready to compete after every conflict.					
36						
Cooperation	I exchange important information with the other party when time is tight and the competition is approaching.					

37	I set goals that are consistent with the team's goals and require everyone's cooperation to achieve them.					
38	I examine the causes of the conflict in collaboration with the conflicting parties.					
39	I encourage dialogue and understanding to reach the best solution to the competitive conflict.					
40	All players participate in developing plans and programs to confront the conflict.					
41	Others help me overcome the negative feelings caused by the difficulty of competition.					
42	I strive to build social relationships based on love and sacrifice with everyone, even with the competitor.					
43	I strive to communicate my point of view to others about the dispute in an educational and civilized manner.					
44						
Avoidance	I avoid conflicts with athletes to avoid any negative feelings during competition.					
45	I avoid long, open discussions with strong athletes.					
46	I do my best to avoid stress caused by the difficulty of competition.					
47	I avoid unimportant situations that could affect my competition results.					
48	I avoid conflicts between coaches and players to minimize my influence on both parties.					
49	I ignore feelings of anger and frustration among the technical and administrative staff due to poor performance.					
50	I shirk my responsibility to resolve conflicts that arise during competition.					
51						
Competition	I do everything I can to win a competition.					
52	I am assertive and determined when the conflict involves defending my position in a competition.					
53	I implement new strategies and tactics required to win a competitive battle.					
54	I am assertive in matters that require quick decision-making in a competition.					
55	I compete aggressively against players who take advantage of not using a competitive approach.					
56	I impose my point of view in conflicts that seem impossible to resolve.					
57	I refuse to compromise when I disagree with the technical or administrative staff during a competition.					
58	I threaten to withdraw from the competition if I disagree with the coach or my teammates.					