

Psychological Support And Its Relationship To Planning And Organization From The Perspective Of Players In Professional Futsal League Clubs

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Abstract

The study of psychological support is a crucial aspect of enhancing athletic performance and achieving training objectives. The training process is not limited to physical and technical aspects alone; rather, it is an integrated system involving the interaction of players and coaches. This, in turn, reflects the coach's awareness of the organizational aspects in managing and directing training sessions toward predetermined goals. All of this impacts the psychological and motivational state of players within professional futsal league clubs. Hence, the importance of this research lies in its exploration of a topic that combines the psychological and administrative/organizational aspects of sports. This is achieved through examining the relationship between psychological support, planning, and organization, as well as providing scientific indicators that can assist coaches and sports administrations in developing the training environment and improving the management of training sessions. The research problem raises questions about the ability of some coaches to utilize administrative communication, decision-making, psychological support, and building interpersonal relationships within the team. The research aims to develop scales for psychological support and planning/organization, identify the levels of these scales, and determine the nature of the relationship between psychological support, planning, and organization. The research methodology is as follows:

The researcher used the descriptive method, and the nature of the research problem determined the type of descriptive study using a correlational approach. The research sample consisted of players from professional futsal league clubs, totaling (220) players, selected using a comprehensive enumeration method. The results showed a strong, positive, and statistically significant relationship between the two scales. The conclusions and recommendations indicate that the psychological support and planning/organization scales proved valid for measuring their intended purpose. The research results showed that the level of psychological support, planning, and organization among professional futsal league coaches, from the players' perspective, was high, indicating a relatively positive psychological environment.

Introduction

1- Research Overview

1-1 Introduction and Importance of the Research

Psychological and administrative sciences are fundamental pillars in the sports field for understanding individual behavior and developing performance in team sports. Psychological support represents an interactive environment that directly affects the player's relationship with their coach and teammates, and is reflected in their motivation, response to training, ability to withstand pressure, and commitment to duties. Conversely, planning and organization stand out as crucial management concepts that ensure the understanding of goals and responsibilities, time management, and effort allocation. This contributes to reducing randomness, achieving discipline, and providing a structured training environment that helps players perform effectively and confidently.

The significance of this research lies in its integration of psychological and administrative aspects. It examines the relationship between psychological support, planning, and organization in managing training sessions for professional futsal league coaches, from the players' perspective. This research contributes to the scientific discovery of the prevailing psychological environment and its correlation with the level of organization among coaches. Furthermore, it provides scientific and practical indicators to assist coaches and sports administrations in developing the training environment and improving the management of training sessions. Its importance also lies in directing the attention of futsal professionals to the necessity of focusing on psychological and organizational aspects, rather than solely on physical, technical, and tactical aspects. This aligns with the requirements of modern training and serves the training process, ultimately raising the level of athletic performance.

1-2 Research Problem

The research problem lies in the need to understand the nature of psychological support, planning, and organization within the training environment. These two variables are crucial for fostering harmony, regulating training sessions, and guiding players in accordance with modern training objectives. Questions arise regarding the extent to which some coaches are able to provide this support and manage situations effectively, particularly in futsal, a sport demanding speed, precision, and continuous responsiveness to instructions. Therefore, the research problem focuses on identifying the relationship between psychological support, planning, and organization in regulating training sessions for coaches, from the perspective of players in professional futsal league clubs.

1-3 Research Objectives

The research aims to:

- Develop and standardize two scales for psychological support and planning and organization in regulating training sessions, from the perspective of players in professional futsal league clubs.
- Identify the levels of psychological support for regulating training sessions, from the perspective of players in professional futsal league clubs.
- Identify the levels of planning and organization, from the perspective of players in professional futsal league clubs.
- To understand the relationship between psychological support, planning, and organization from the perspective of professional futsal league players.

1-4 Research Areas

- 1-4-1 Human Area: Professional futsal league players.
- 1-4-2 Temporal Area: The 2025-2026 sports season.
- 1-4-3 Spatial Area: Sports halls of professional futsal league clubs.

1-5 Definition of Terms

First: Psychological Support

- Psychological support is defined as: a system of emotional, moral, and informational support that an individual receives from those around them, which acts as a buffer, reducing the impact of psychological stress and promoting positive adjustment and self-confidence.

Second: Planning and Organization

- An integrated process that begins with planning, which involves defining future goals and outlining the strategies and steps necessary to achieve them. This is followed by organization, which involves structuring resources, distributing responsibilities, coordinating efforts, and defining roles to ensure the most efficient implementation of plans.

First Topic: Psychological Support in Sports

- First: The Concept and Nature of Psychological Support in Sports
- Second: Sources of Psychological Support for Players within the Sports Environment:
 - o Psychological Support Provided by the Coach
- Mutual psychological support among teammates (team members)
- Psychological support from the sports management.
- Third: Dimensions and components of psychological support (emotional, cognitive, informational, and evaluative)
- Fourth: The importance of psychological support in reducing the intensity of psychological and training pressures.
- Fifth: The impact of psychological support on enhancing motivation and self-confidence among players.

Second Axis: Planning and Organization in Sports Training

- First: The scientific concept of sports planning and its importance in developing training programs.
- Second: The scientific concept of sports organization and its elements within the team or club.
- Third: The competencies and skills of the coach in planning and organization:
 - Managing and organizing training time.
 - Planning for the distribution of loads and physical effort.
 - Organizing and defining individual and group duties and responsibilities.
- Fourth: The role of planning and organization in reducing randomness and achieving training discipline.
- Fifth: Requirements of modern planning and organization in team sports (futsal as a model).

3-1 Research Methodology

The researcher adopted the descriptive method using a correlational approach, as it is suitable for the nature of the research problem and achieving its objectives.

3-2 Research Population and Samples

The research population was determined using a comprehensive census of professional futsal league players, totaling (220) players. The study population was randomly divided, based on scientific principles, into three main samples as follows:

- Exploratory Sample: This included (10) players, representing (4.54%) of the total population.
- Construction and Statistical Analysis Sample: This included (120) players, representing (54.54%) of the total population.
- Final Application Sample: This included (90) players, representing (40.90%) of the total population.

3.3 Research Instruments (Development of the Two Scales)

Two scales were developed for the variables of the current study according to established scientific procedures, as follows:

- Psychological Support Scale: The scale was designed based on four main axes and consisted of 38 items in its final version. A five-point Likert scale (1-5) was used, resulting in a maximum score of 190.
- Planning and Organization Scale: The scale was designed based on four main axes and consisted of 37 items in its final version. A five-point Likert scale (1-5) was used, resulting in a maximum score of 185.

3-4 Psychometric Properties of the Two Scales

- Face Validity: The axes and items of the two scales were presented to (9) experts and specialists, and agreement rates were adopted ranging between (76% - 100%) for the Psychological Support Scale, and between (76.92% - 100%) for the Planning and Organization Scale.
- Construct Validity (discriminatory power and internal consistency): A t-test was used for two extreme groups (high and low, 27%) to verify the discriminatory power of the items. This resulted in the removal of two items from the Psychological Support Scale and three items from the Planning and Organization Scale. Pearson's correlation coefficient was used to calculate internal consistency (the correlation of each item with the total scale score and the axis). All remaining items were statistically significant and acceptable.
- Reliability of the two scales: Reliability was calculated using the split-half method (Spearman-Brown formula) and Cronbach's alpha coefficient. The following table shows the reliability and standard error values for the two scales:

scale	Standard error (half-) disjunction/alpha	Stability using Cronbach's alpha coefficient	Stability using the half-life split (Spearman- Brown)
Psychological support	4.026 / 4.393	0.934	0.966
Planning and organization	4.418 / 4.359	0.962	0.968

- Normal Distribution: The responses of the construction sample were distributed in a normal distribution, as the Pearson skewness coefficients for all axes were within the critical value range of (+3 and -3).

3-5 Field Procedures and Final Application

- Pilot Test: The two scales were administered to a pilot sample of (10) players from January 10, 2026, to January 20, 2026, to verify the clarity of the instructions and items, and to determine the response time, which ranged between (18-22) minutes.
- Main Test (Field Application): The two scales, in their final form, were administered to the main application sample of (90) players from professional futsal league clubs, from March 10, 2026, to April 5, 2026.

3-6 Statistical Methods

The data were statistically analyzed using the Statistical Package for the Social Sciences (SPSS V21) via the following methods:

- Arithmetic Mean
- Standard Deviation
- Pearson correlation coefficient.
- Spearman-Brown equation.
- Cronbach's alpha coefficient.
- t-test.

Chapter Four: Presentation, Analysis, and Discussion of Results

4.1 Presentation and Discussion of the Results of the Psychological Support and Planning and Organization Scales as a Whole.

The data were statistically analyzed for the application sample of (90) players. The following table shows the general statistical indicators for the two scales:

scale	Sample application	arithmic mean	standard deviation
Psychological support	90	144.27	18.79
Planning and organization	90	143.36	18.47

Analysis and Discussion: The overall level of both variables was high in the research sample. The standard error values indicate the accuracy of representing the population means, while the skewness coefficients demonstrate the normality and homogeneity of the sample's score distribution, falling within the critical value (3+).

4-2 Presentation and Discussion of the Results of the Psychological Support Scale, its Domains, and Levels

Table (16): Statistical Indicators for the Domains of the Psychological Climate Scale, illustrating the scale's level distribution and dimensions.

on	Areas of the Psychological Support Scale	Sample	Number of paragraphs	arithmic mean	standard deviation	hypothetical mean	standard error	twist	Level
1	Psychological counseling	90	9	33.89	4.52	27	0.48	0.17 -	high
2	human relations	90	10	37.87	4.96	30	0.52	0.03 -	high
3	Motivation and incentive	90	10	38.77	5.25	30	0.55	0.03 -	high
4	Leadership style	90	9	33.74	4.49	27	0.47	0.02 -	high
	Psychological Support Scale	90	38	144.27	18.79	114	1.98	0.05 -	high

4-2-1 Presentation, Analysis, and Discussion of the Results of the Psychological Climate Scale Levels and Domains:

Table (17) shows the raw score, the standard score, and the total score of the scale.

Levels	For the raw Degree scale	Degree Standardization	climate The overall score on the scale Psychological	
			repetition	%
very high	161 – 190	69 – 80	17	18.89%
high	131 – 160	57-68	55	61.11%

Levels	For the raw Degree scale	Degree Standardization	climate The overall score on the scale Psychological	
			repetition	%
middle	100 – 130	45 – 56	18	20.00%
low	69 – 99	33-44	0	0.00%
very low	38 – 68	20-32	0	0.00%

Table (18) Shows the levels of areas of psychological support

Levels	Psychological counseling		Humanity Relations		and Motivation motivation		Leadership style	
	repetition	%	repetition	%	repetition	%	repetition	%
very high	20	22.22%	23	25.56%	26	28.89%	17	18.89%
high	51	56.67%	51	56.67%	47	52.22%	53	58.89%
middle	19	21.11%	16	17.78%	17	18.89%	20	22.22%
low	0	0.00%	0	0.00%	0	0.00%	0	0.00%
very low	0	0.00%	0	0.00%	0	0.00%	0	0.00%

- Leadership Style (High): This is attributed to the coaches' adoption of a supportive leadership style, their focus on the human element, and their provision of positive feedback. This aligns with O'Boyle et al. (2015) who identified trust, communication, and empathy as fundamental pillars of the sports environment.

- Motivation (High): This is attributed to the availability of an environment that fosters a desire for achievement and clear goals. This aligns with Weinberg and Gould (2019) on the importance of goal setting for increasing perseverance, and with Cox (2022) on the role of continuous reinforcement, consistent with self-determination theory (Deci & Ryan, 2017) in satisfying psychological needs (competence, belonging, independence).

- Interpersonal Relationships (High): This is attributed to the interactive and cooperative nature of teamwork. It aligns with Weinberg and Gould (2019) on the effect of group cohesion on reducing anxiety, with Carron and Eys (2012) on social cohesion being a determinant of success, and with Rees (2012) on the link between social support and self-confidence.

4-3 presents the statistical indicators for the planning and organization scale and its domains:

Table (19)

Level	twist	The mistake Standard	Middle hypothetical	deviation Standard	Middle Calculation	number Paragraphs	Sample	gauge Fields Planning and organization	T
high	-0.25	0.50	27	4.74	33.74	9	90	Goals clarity	1
high	-0.10	0.53	30	5.00	38.02	10	90	and Planning organization	2
high	-0.13	0.48	27	4.53	33.67	9	90	Contact Administrative	3
high	-0.16	0.51	27	4.84	37.92	9	90	Taking decision	4
high	-0.17	1.95	111	18.47	143.36	37	90	gauge Planning and organization	

3-1 Presenting, analyzing, and discussing the results of the planning and organization scale levels and areas

Table (20) Shows the levels of the organizational awareness scale, the total score, and the standard score

Levels	For the raw Degree scale	Degree Standardization	Planning The overall score on the scale and organization	
			repetition	%
very high	157 – 185	69 – 80	22	24.44%
high	127 – 156	57-68	50	55.56%
middle	97 – 126	45 – 56	18	20.00%
low	67 – 96	33-44	0	0.00%
very low	37 – 66	20-32	0	0.00%

Table (21) Shows the levels of the planning and organization scale areas

Levels	Goals clarity		and Planning organization		Contact Administrative		decision Taking	
	repetition	%	repetition	%	repetition	%	repetition	%
very high	20	22.22%	24	26.67%	17	18.89%	47	52.22%
high	49	54.44%	46	51.11%	54	60.00%	35	38.89%
middle	19	21.11%	20	22.22%	18	20.00%	8	8.89%
low	2	2.22%	0	0.00%	1	1.11%	0	0.00%

Levels	Goals clarity		and Planning organization		Contact Administrative		decision Taking	
	repetition	%	repetition	%	repetition	%	repetition	%
very low	0	0.00%	0	0.00%	0	0.00%	0	0.00%

Decision-making (High): This is attributed to the professional environment that mandates immediate decisions and encourages tactical discussion among coaches. It aligns with Russell Hoy et al. regarding the role of participation in enhancing commitment and team performance, and with Weinberg and Gould (2019) in increasing decision-making efficiency and accuracy through competitive experience.

Management communication (High): This is attributed to the presence of an intensive and multi-directional communication system in professional clubs (meetings, analysis sessions). It aligns with Hums and MacLean (2018) in reducing job ambiguity and increasing belonging, and with Slack and Parent (2006) in recognizing communication as a key coordination tool associated with organizational stability.

Table (22) shows the means, deviations, and correlation coefficient between the psychological climate scale and the organizational awareness scale.

scale	arithmetic mean	standard deviation	Correlation coefficient	Sig
Psychological support	144.27	18.79	0.994	0.000
Planning and organization	143.36	18.47		

Table (22)

shows the results, which mean that the relationship between the two measures is very strong and statistically significant at the level of (0.01), because the Sig value = 0.000, which is less than 0.01.

The table shows the relationship between the two measures of psychological support, planning and organization among professional futsal league players. The simple correlation coefficient (Pearson) was used to identify the nature of the relationship between the two measures. The results showed a very strong positive moral correlation between them, as the correlation coefficient reached (0.994) at a significance level of (0.01). This indicates that the higher the level of psychological climate, the higher the level of organizational awareness among the members of the research sample. This result also indicates that there is a clear harmony between the two variables, and that positive psychological support is linked to a high level of planning and organization from the players' point of view.

5.1 Conclusions

In light of the research findings and statistical analyses, the researcher reached the following conclusions:

1. Validity of the Instruments: The basic scientific conditions of validity and reliability were met for the two scales developed by the researcher: the Psychological Support Scale and the Planning and Organization Scale. These scales are fully valid for measurement.
2. Level of Psychological Support: Coaches in professional futsal league clubs demonstrated a high level of psychological support across the entire scale and in all its sub-areas (psychological guidance, interpersonal relationships, motivation and incentives, and leadership style), with player responses concentrated in the high and very high levels.
3. Level of Planning and Organization: The results showed that coaches' planning and organization levels were high across the entire scale and in its sub-areas (clarity of objectives, administrative organization, administrative communication, and decision-making), reflecting the quality of the team's technical and organizational management.
4. Nature of the Correlation: A very strong, positive, and statistically significant correlation exists between psychological support and planning and organization. This demonstrates that providing a supportive and

psychologically nurturing environment for players is the foundation and driving force behind successful planning and organizational work within the team and facilitates the execution of its duties.

5.2 Recommendations: Based on the findings, the researcher recommends the following:

1. Adopting the psychological support and planning and organization scales developed by the researcher as standardized and periodic scientific tools for evaluating and developing the psychological and organizational performance of coaches in futsal clubs.
2. Enhancing Psychological Support: It is essential that the technical and administrative staff of professional league clubs continue to provide psychological support and activate ongoing emotional support, fostering positive interpersonal relationships to boost player morale.
3. Administrative and Planning Development: Workshops and development courses should be held for coaches, focusing on planning and organizational skills, precise goal setting, developing administrative communication channels, and mechanisms for rapid decision-making in a competitive environment.
4. Integrated Training: Coaches should be instructed not to limit themselves to physical, technical, and tactical aspects alone, but to give equal attention to psychological and organizational aspects, given their direct impact on increasing player commitment and discipline.
5. Future Studies: Researchers should be encouraged to conduct similar studies to investigate the relationship between psychological support, planning, and organization in other sports (team and individual) using diverse samples and groups to broaden the scope of scientific inquiry.

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