

# Levels of Competitive Behavior among Players of the First Regional Division of the Batna and Constantine Football Leagues in Light of the Fear of Repeated Sports Injuries<sup>1</sup>

**Farid Balboul**

Lecturer - A - Mohamed Boudiaf University of M'sila, Algeria

Email: farid.balboul@univ-msila.dz

**Abderrazak Toumiat**

Lecturer - B - Mohamed Boudiaf University of M'sila, Algeria

Email: abderrazak.toumiat@univ-msila.dz

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## Abstract

This study examines the levels of competitive behavior among players in the First Regional Division football leagues of Batna and Constantine, with a particular focus on the fear of repeated sports injuries. The research investigates how prior sports injuries impact players' competitive behavior and whether factors such as player experience, playing position, and frequency of injury influence these behaviors. Data were collected through a series of surveys and statistical analysis, revealing that players with a history of injury exhibited lower levels of competitive behavior compared to their injury-free counterparts. Additionally, less experienced players and those who play as attackers were found to display a more pronounced decline in competitive behavior. The study highlights the importance of injury prevention, psychological support, and appropriate rehabilitation for players to maintain their competitive

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edge. The findings emphasize the need for tailored interventions to support players in recovering from sports injuries and minimizing the impact on their performance and behavior on the field.

**Keywords:** Competitive behavior, sports injuries, football players, injury fear, rehabilitation, experience, playing position, injury frequency, mental health, sports performance, injury management, First Regional Division, Batna, Constantine.

#### Introduction:

Football clubs in the first regional division in Algeria, like all other clubs at different levels, cannot exist in isolation from the developments in football. Through this study, we found that these clubs require the necessary financial funding to prepare high-level players. This preparation does not come out of thin air nor just through words but requires actions manifested in reality. These actions include bringing in professional coaches capable of transferring the necessary experience and knowledge to the players, specialists in sports medicine and psychology to monitor the players' health during training and competition, and the provision of other necessary material and human resources that we could not fully mention. Most importantly, they need an administrative board directly connected to the reality of sports in Algeria and proficient in modern sports management methods. Obstacles that can suddenly arise and affect the players' performance are a major concern for club presidents and their assistants, especially when approaching crucial match dates. One of these obstacles is the risk of sports injuries. In addition to their physical impact, which results in complete stoppages or a decrease in the functional performance of a part or member of the athlete's body, injuries also affect the athlete's psychological aspect. Their psychological effects can have negative impacts on the injured player's behavior during the treatment and rehabilitation process.

As previously mentioned, the coach can reassess the behavior of his players on the field, either by direct observation during the match or by reviewing video footage. Based on this evaluation, he can judge the player's level of competitive behavior and identify weaknesses to modify this behavior. Competitive behavior in sports is the result of all activities performed by the athlete during a competitive situation, including their actions, words, emotions, and so on, driven by a series of motives that stimulate them to achieve their goal. A football player undergoes physical preparation involving a series of physical exercises accompanied by theoretical knowledge explaining the procedures and objectives. Physical preparation helps the player develop the necessary fitness elements for practicing the sport, with a focus on developing parts of the musculoskeletal system that perform the primary effort during football play. Skills are learned during the skill preparation phase, and in order to ensure their optimal use during competition, players also receive knowledge to help them during mental, psychological, and tactical preparation.

Throughout the preparation period before competition, the coach provides players with theoretical and practical knowledge that helps them develop high competitive behavior enabling them to perform at a high level. However, during the match, the player is the only one who can evaluate the results of their

behavior, and with the help of the psychological and mental skills acquired during coaching, they can adjust and modify their behavior according to the match's circumstances.

1. Problem Statement:

Competitive behavior in football encompasses all actions, words, and emotions the player exhibits during a competitive situation. Increasing this behavior is essential for achieving victory. Therefore, athletes undergo psychological preparation that enhances this aspect, along with other psychological capacities such as imagination, perception, motivation, and preparedness. Imagination is a mental transformation of theoretical knowledge into practical knowledge, where the player feels capable of executing it. Perception is the ability to connect new knowledge with previous knowledge, while motivation is the player's desire to perform excellently with minimal effort. Finally, mental readiness is a fundamental condition for learning. Before entering competition, a football player undergoes stages of physical, technical, mental, tactical, and psychological preparation. Physical preparation aims to improve the player's physical efficiency (developing fitness elements) necessary for a smooth transition to the skill preparation phase where they learn and master game skills. In simple terms, a skill is the ability to perform a movement with minimal effort.

Mental preparation enhances the player's mental abilities, such as intelligence, observation, and the ability to learn. Intelligence is the player's ability to adapt to different competitive situations, while learning refers to acquiring new knowledge that positively modifies the player's behavior during training or competition.

The player also undergoes tactical preparation to develop strategies for positioning players on the field and coordinating their movements individually or collectively throughout the match to achieve victory.

During training or competition, a player may suffer a sports injury that leads to partial or complete cessation of vital functions of the injured body part, with the severity depending on the nature of the injury, the affected body part, and the player's physical fitness. In any case, the injured player receives first aid, which is immediate medical care provided to improve their health until full medical care is available. After first aid, the player undergoes diagnosis and treatment, which may involve medication or surgery if necessary. Subsequently, the injured player enters a rehabilitation program, as a football player must recover all physical abilities they had before the injury.

The rehabilitation process is divided into two parts: physical rehabilitation, which aims to restore fitness elements of the injured part, and psychological rehabilitation, which works to remove any negative psychological effects of the sports injury. Sports injuries are characterized by psychological phases, starting with denial, followed by anger, bargaining, and ending with acceptance and reorganization, which require psychological support from a specialist.

However, the question arises: after the player passes through all these stages, does their competitive behavior change?

Therefore, this study aims to shed light on this issue by determining the level of competitive behavior among football players in the first regional division of the Batna and Constantine football leagues in light of their fear of repeated sports injuries and exploring potential differences in this behavior based on variables like experience, playing position, number of injuries, and the type of league the club belongs to.

2. Hypotheses:

The fear of repeated sports injuries leads to a decrease in the level of competitive behavior among players from some clubs in the first regional division of the Batna and Constantine football leagues – Senior category.

3. Importance of the Research:

The importance of the research can be summarized as follows:

- Highlighting the psychological foundations of physical sports activity.
- Demonstrating the impact of sports injuries on the psychological aspect of football players.
- Emphasizing the importance of competitive behavior in football players and the necessity of developing it.
- Demonstrating the importance of applying strategies to modify and enhance behavior to improve performance.
- Maintaining the physical and psychological health of football players.

4. Objectives of the Research:

The objectives of the research are as follows:

- Determine the level of competitive behavior among players from some clubs in the first regional division of the Batna and Constantine football leagues - Senior category - in light of their fear of sports injuries.
- Investigate differences in the level of competitive behavior among players from these clubs based on the variable of experience.
- Investigate differences in the level of competitive behavior among players from these clubs based on the variable of playing position.
- Investigate differences in the level of competitive behavior among players from these clubs based on the number of injuries they have had.
- Investigate differences in the level of competitive behavior among players from these clubs based on the type of league.
- Identify the most influential variable in reducing the level of competitive behavior among players from these clubs in light of their fear of sports injuries.

5. Reasons for Choosing the Topic:

Reasons for choosing this topic:

1. The high frequency of sports injuries in our football community and the lack of awareness of their risks.
2. The low level of competitive behavior in some football players despite their high physical capabilities.
3. The lack of attention to the psychological aspect during sports rehabilitation.

6- Defining Terms and Concepts:

- Sports Injuries:

Several definitions of sports injuries exist, and among them are the following:

- Definition by Samia Khalil Mohammed: "It is the exposure of various body tissues to external or internal influences that lead to anatomical or physiological changes at the site of the injury, which impairs the function or performance of that system."

- Definition by Osama Riyad: "An injury is the impairment or hindrance of the functioning of tissues and organs of the athlete's body due to an external factor, which is often sudden and intense, leading to functional (physiological) changes such as bruising and swelling at the injury site, along with changes in the skin color, and anatomical changes that limit the movement of the muscle or joint."

- Definition by Hayat Ayad Raphael: "It is a harmful change in one or more of the body's tissues accompanied by physiological, chemical, and psychological responses resulting from an overpowering internal or external force."

From the above, a sports injury can be defined as a reduction or complete stoppage of the functional performance of a tissue or organ due to exposure to an external or internal factor. This is accompanied by symptoms and complications whose severity depends on the athlete's physical fitness, the intensity of the influencing factor, and the nature of the tissue or organ injured.

- Competitive Behavior:

Definition by Fstenger (1954):

"Competitive behavior is a response to the interaction of two drives within an individual: the first drive urges the athlete to continue achieving their potential, while the second drive pushes them to evaluate their abilities and those of their competitors, along with the related emotions."

Definition by Al-Shafei (1997):

"Competitive behavior is the observable activity that can be seen by others with the naked eye or recorded with various tools such as regular and cinematic cameras. It includes verbal, motor, and signaling activities, which are tangible and objective."

Thus, we can say that competitive behavior in a football player is: "Everything the player does during a competitive situation."

- Football:

Football is one of the oldest team sports and the most popular one at present. It is organized with numerous international, continental, regional, and national competitions and is governed by rules and

regulations. It involves two teams, each consisting of 11 players, and is played on a rectangular field with dimensions of (length 90-120 meters) and (width 45-90 meters). Each team tries to retain the ball and pass it (with the foot or any other part of the body except the hands) among their players to score as many goals as possible in the opponent's goal, while simultaneously preventing the opponent from scoring in their own goal, which is defended by a player who is the only one legally allowed to touch the ball with their hands within their team's penalty area.

#### 7- Previous and Similar Studies:

##### First Study:

Study Title: Thesis for the fulfillment of the requirements for the doctoral degree in the theory and methodology of physical education and sports, specialization: Sports Biochemistry, Institute of Physical Education and Sports, Sidi Abdellah, University of Algiers-3.

Academic Year: 2016/2017.

Title: The Effectiveness of Physical Tests and Medical Analyses in Preventing Sports Injuries in Football Players (Case Study of the Union of Algiers Football Team, 17-19 years old, First Division).

Researcher: Adel Ghabash

Supervisor: Dr. Hakim Hariti

Study Problem: What is the effectiveness of physical preparation during the sports season in preventing sports injuries in football players (under 19 years old)?

##### Study Objectives:

- Determine the level of physical preparation through a battery of preventive physical tests for football players under 19 years old.
- Highlight the importance of biological medical analyses in football to prevent injuries and maintain players' health and safety.
- Identify the factors related to internal sports injuries and find ways to prevent them.

Study Method: Descriptive Method

Study Tools: Battery of Physical Tests, Specialized Team in Biochemical Analyses.

##### Study Results:

- High rates of muscle and joint injuries (more than 50% of total injuries) compared to low rates of fractures.
- The hamstring and quadriceps muscles are most prone to injuries.
- Lack of integration in training some physical fitness elements (40m speed, endurance of lower limb muscles, flexibility) during the physical preparation phase.
- High injury rates among defenders (41.02%) due to training and matches, with their physical unpreparedness for competitive performance.
- Low hemoglobin and hematocrit levels below the normal rate among attackers.
- Significant disruption in sodium and calcium concentrations, with abnormal levels recorded for the Union of Algiers team at the end of the season.

Second Study:

Study Title: Thesis for the fulfillment of the requirements for the doctoral degree in the theory and methodology of physical education and sports, specialization: Sports Biochemistry, Institute of Physical Education and Sports, Sidi Abdellah, University of Algiers-3.

Academic Year: 2016/2017.

Title: Differences and Variations in Types and Causes of Sports Injuries Between Individual and Team Sports (Field Study on the Oil Sports Club Teams - Algiers).

Researcher: Osama Mzyan

Supervisor: Prof. Dr. Bouzid Dreisi

Study Problem: Are there differences and variations in types and causes of sports injuries between individual and team sports?

Study Objectives:

- Identify the most common types of sports injuries in individual and team sports.
- Identify the body parts most prone to sports injuries in individual and team sports.
- Examine the actual causes of sports injuries specific to each individual or team sport.
- Prevent sports injuries and reduce their recurrence.
- Prevent and treat to reduce the rate of sports injuries.
- Protect players from sports injuries.
- Enhance the physical, technical, tactical, and psychological capabilities of elite athletes.
- Encourage sports participation.

Study Method: Descriptive Method

Study Tools: Questionnaire Form.

Study Results:

- Sports injury types are related to the type of sport practiced, whether individual or team, as injury types vary between sports disciplines.
- The locations most prone to injuries are related to the type of sport practiced.
- There are common causes for sports injuries across individual and team sports, and specific causes related to the type of sport practiced.
- Providing first aid and sufficient treatment and rehabilitation for players during sports injuries is more critical in team sports compared to individual sports.

Third Study:

Study Title: Competitive Behavior and its Relationship to Skill Performance and Achievement in Karate Youth Players.

Researchers: Mahdi Abbas Saleh, Mohamed Hassan Mohsen

Reference: Journal of Sports Education Science, Babylon, Volume: 5, Issue: 1, Year: 2012.

Study Problem: Is there a relationship between competitive behavior, skill performance, and achievement in youth karate players?

Study Objectives:

- Identify the relationship between competitive behavior and skill performance in youth karate players.
- Identify the relationship between competitive behavior and achievement in youth karate players.

Study Method: Descriptive Method

Study Tools: Competitive Behavior Scale (Mohamed Hassan Allawi).

Study Results:

- The level of competitive behavior in players does not reflect on their skill performance.
- High levels of competitive behavior in players positively reflected on their achievement levels.

Methodological Procedures of the Study:

1.Method Used:

The nature of this study requires us to gather as much information as possible to describe the phenomenon accurately, interpret it, and find relationships between its elements. This necessitated the use of the descriptive method. The choice of the study method is objective and not arbitrary or based on the researcher's personal preferences, as it depends mainly on the nature of the problem to be studied.

Statistical research is one of the most used research methods in educational, psychological, and social research, providing valuable information and facts about current conditions and relationships between various phenomena.

2.Defining Variables:

- Independent Variable: Fear of recurring sports injuries.
- Dependent Variable: Competitive behavior levels of players in some teams in the first regional division of the Batna and Constantine football leagues (Senior Category).

4.Study Population: Our study population includes players from teams in the first regional division of both the Batna and Constantine football leagues (Senior Category).

5.Study Sample: The study sample includes 12 teams from both leagues, as shown in the table below. After collecting the distributed forms from the teams, we excluded the invalid forms and obtained the following results:

Table: Distribution of Questionnaires Among the Sample Members

League	Team	Number of Questionnaires Used in the Study
Constantine Football League	Raed      Shabab	13



League	Team	Number of Questionnaires Used in the Study
	Bougaâ (Setif)	
	Ittihad El Fobor (Constantine)	12
	Najm Ain Oulmane (Setif)	16
	Taraji Tadjennet (Mila)	13
	Ittihad Tala Ifasen (Setif)	11
	Wifaq Hai Abbas (Constantine)	14
Total Number of Questionnaires in the Constantine League		79
Batna Football League	Mouloudia Shabab M'sila (M'sila)	17
	Club Shabab Ain Yagout (Batna)	15
	Ittihad Ain El Hajal (M'sila)	12
	Olympique M'sila (M'sila)	16
	University of Batna (Batna)	14
	Mouloudia Bousaâda (M'sila)	13
Total Number of Questionnaires in the Batna League		87
Total Number of Questionnaires		166

This table shows the distribution of questionnaires across the sample members.

Sample Characteristics:

Statistical Variables	Mean	Standard Deviation	Skewness	Kurtosis
Positive Competitive Behavior Axis	8.07	3.06	-0.095	-0.746
Negative Competitive Behavior Axis	3.37	3.82	-0.381	-0.317
Total Competitive Behavior Scale Score	1.44	5.97	-0.134	-0.801

*Table showing the descriptive statistics for the axes of the competitive behavior scale in the study sample.*

Table Showing the Distribution of the Sample According to the Studied Variables (League Type, Playing Position, Experience Variable, Number of Injuries):

Variables	Playing Position	Experience Variable	Number of Injuries
	Defense	Midfield	Attack
Constantine Sports League	25	21	33
Batna Sports League	23	34	30
Total	48	55	63

This table presents the distribution of the sample according to the different variables under study: league type, playing position, experience level, and number of injuries.

#### Research Tools:

The researcher selects a tool (or more) that allows for the collection of the most accurate information about the phenomenon being studied. Since this study focuses on the impact of repeated sports injuries on competitive behavior, and considering that the Competitive Behavior Scale was designed and pre-established by Mohamed Hassan Allawi, I chose it as the research tool, after consulting with the supervising professor.

#### Competitive Behavior Scale:

- **Description:** In 1984, Dorothy Harris designed the Competitive Behavior Scale to identify the competitive behavior of athletes who need care, guidance, and training in psychological skills. The scale originally contained 50 items, and athletes responded to these items using a three-point scale (Always / Sometimes / Never). Mohamed Hassan Allawi adapted the scale, translated it into Arabic, and shortened it to 20 items based on some studies conducted on the original version of the scale.

- **Reliability:** The reliability coefficients of the scale, when applied and reapplied to multiple samples of athletes (male/female), ranged from 0.61 to 0.71 over periods ranging from one week to three months. The internal consistency of the scale was also assessed on previous samples using Cronbach's alpha coefficient, which was found to be 0.78.

- **Validity:** Harris indicated that the validity of the scale was checked through criterion-related validity using similar tests, as well as by obtaining the opinions of some coaches about the competitive behavior of athletes. The results supported the criterion-related validity of the scale.

- **Scoring:** The scale includes 9 items related to positive competitive behavior, numbered as follows: 2, 3, 6, 8, 10, 11, 12, 13, 17. For scoring these items, the following point allocation is used:

- Always = 1 point
- Sometimes = 2 points
- Never = 3 points

The scale also includes 11 items related to negative competitive behavior, numbered as follows: 1, 4, 5, 7, 9, 14, 15, 16, 18, 19, 20. For scoring these items, the following point allocation is used:

- Always = 3 points
- Sometimes = 2 points
- Never = 1 point

The scores for all items are summed up. The higher the total score of the athlete, the greater the need for training in psychological skills.

- **Instructions:** Below are some types of behavior that might occur during sports competition:
- Circle the number that best matches your situation next to each statement.
- Circle only one number for each statement, and do not leave any statement unanswered.
- Try to be honest with yourself and answer truthfully.
- Note that there are no right or wrong answers; what matters is that your response reflects your situation.

Reliability and Validity of Research Tools:

As mentioned previously in the exploratory study, we used the results of the returned questionnaires from the "Ain El-Kersha Municipal Association Team" (23 questionnaires) to determine the psychometric properties of the research tool. The results were as follows:

To verify the reliability of the research tool, we calculated the Cronbach's Alpha reliability coefficient: Cronbach's Alpha Reliability Coefficient:

Cronbach's Alpha Reliability Coefficient:

Variables	Reliability Coefficient Value
Total Score of the Competitive Behavior Scale	0.746

Since the coefficient value is 0.746, we can say that the research tool is reliable.

To Verify the Validity of the Research Tool:

We calculated the Self-Validity Coefficient: Self-Validity Coefficient = Reliability Coefficient

Variables	Self-Validity Coefficient Value
Total Score of the Competitive Behavior Scale	0.863

Since the self-validity coefficient value is 0.863, we can say that the research tool is valid.

Statistical Methods and Analysis Techniques:

We used the following statistical tools:

- SPSS Program (Statistical Package for the Social Sciences)
- Mean
- Standard Deviation
- Kolmogorov-Smirnov Test to check the distribution of data on a normal distribution curve.
- Mann-Whitney Test for independent samples that do not follow a normal distribution.
- Kruskal-Wallis Test for multiple groups that do not follow a normal distribution.
- Friedman Test.

Descriptive Statistics for the Study Variables:

Statistical Variables	Mean	Standard Deviation	Skewness	Kurtosis
Positive Competitive Behavior Axis	8.07	3.06	-0.095	-0.746
Negative Competitive Behavior Axis	3.37	3.82	-0.381	-0.317
Total Score of the Competitive Behavior Scale	1.44	5.97	-0.134	-0.801

Descriptive Statistics of the Competitive Behavior Scale by Experience Variable:

Statistical Variables	Mean	Standard Deviation	Number of Cases
Less than 3 years			
Positive Competitive Behavior Axis	0.59	2.04	71
Negative Competitive Behavior Axis	6.04	2.62	71
Total Score of the Competitive Behavior Scale	6.63	3.47	71
More than 3 years			
Positive Competitive Behavior Axis	6.18	2.22	95
Negative Competitive Behavior Axis	1.37	3.34	95
Total Score of the Competitive Behavior Scale	7.56	4.25	95

Descriptive Statistics of the Competitive Behavior Scale by Playing Position:

Statistical Variables	Mean	Standard Deviation	Number of Cases
Defender			
Positive Competitive Behavior Axis	6.52	2.92	48
Negative Competitive Behavior Axis	1.91	3.85	48
Total Score of the Competitive Behavior Scale	8.43	5.35	48
Midfield			
Positive Competitive Behavior Axis	8.10	2.91	55
Negative Competitive Behavior Axis	2.90	3.27	55
Total Score of the Competitive Behavior Scale	1.00	5.35	55
Forward			
Positive Competitive Behavior Axis	9.22	2.80	63
Negative Competitive Behavior Axis	4.88	3.76	63
Total Score of the Competitive Behavior Scale	4.10	5.88	63

Descriptive Statistics of the Competitive Behavior Scale by Injury Frequency:

Statistical Variables	Mean	Standard Deviation	Number of Cases
One Injury			
Positive Competitive Behavior Axis	6.93	2.85	76

Statistical Variables	Mean	Standard Deviation	Number of Cases
Negative Competitive Behavior Axis	1.77	3.56	76
Total Score of the Competitive Behavior Scale	8.70	5.35	76
Multiple Injuries			
Positive Competitive Behavior Axis	9.03	2.90	90
Negative Competitive Behavior Axis	4.72	3.52	90
Total Score of the Competitive Behavior Scale	3.75	5.49	90

Descriptive Statistics of the Competitive Behavior Scale by League Type:

Statistical Variables	Mean	Standard Deviation	Number of Cases
Constantine Football League			
Positive Competitive Behavior Axis	8.05	3.22	79
Negative Competitive Behavior Axis	8.09	2.92	79
Total Score of the Competitive Behavior Scale	6.14	6.96	79
Batna Football League			
Positive Competitive Behavior Axis	2.82	2.92	87
Negative Competitive Behavior Axis	3.87	3.13	87
Total Score of the Competitive Behavior Scale	6.69	4.88	87

Testing the Data Distribution:

Statistical Variables	Test Value	Degrees of Freedom	Significance Level	p-Value (SIG)
Positive Competitive Behavior Axis	0.15	166	0.05	0.000
Negative Competitive Behavior Axis	0.10	166	0.05	0.000
Total Score of the Competitive Behavior Scale	0.120	166	0.05	0.000

This was determined using the Kolmogorov-Smirnov Test to check if the data follows a normal distribution.

Kolmogorov-Smirnov Test Results:

This table represents the results of the Kolmogorov-Smirnov Test to determine if the data follows a normal distribution.

From the table above, we notice that the SIG value for both the positive and negative competitive behavior axes, as well as the total score of the scale, is less than the significance level of 0.05. Therefore, the researcher concludes that the study data does not follow a normal distribution. This leads us to choose non-parametric tests for analyzing the study results later.

Overall Results Obtained from the Presentation and Discussion of the Data in the Previous Tables:

From the presentation and discussion of the data in the previous tables, the following conclusions can be drawn:

- The level of competitive behavior among the study sample was low.
- There are statistically significant differences in the levels of reduced competitive behavior among the study sample, attributed to the experience variable, and in favor of those with less experience (less than three years).
- There are statistically significant differences in the levels of reduced competitive behavior among the study sample, attributed to the playing position variable, and in favor of the forward position.
- There are statistically significant differences in the levels of reduced competitive behavior among the study sample, attributed to the number of injuries variable, and in favor of those who have had multiple injuries.



- There are no statistically significant differences in the levels of reduced competitive behavior among the study sample attributed to the type of sports league the club belongs to.

- The most influential variable in reducing the level of competitive behavior among the study sample is the playing position.

The results of the study can be summarized in the following diagrams:

Summary:

Through the analysis of the previous results, the following conclusions can be drawn:

- The level of competitive behavior in football players who have previously sustained a sports injury is low.

- The experience of the player plays a significant role in the differences in the level of reduced competitive behavior among players who have previously sustained a sports injury.

- Less experienced players who have sustained a sports injury tend to exhibit a more reduced competitive behavior compared to their more experienced counterparts.

- The playing position leads to differences in the level of reduced competitive behavior in players who have previously sustained a sports injury.

- Players who have sustained a sports injury and play in an attacking role exhibit a more reduced competitive behavior compared to their teammates who play in midfield or defense.

- The frequency of sports injuries plays a role in the differences in the level of reduced competitive behavior in players who have previously sustained a sports injury.

- Football players who have experienced multiple sports injuries tend to exhibit a more reduced competitive behavior compared to those who have been injured only once.

- There are no significant differences in the level of reduced competitive behavior in players who have previously sustained a sports injury and belong to the first regional division, despite belonging to different regional leagues.

- Playing position was the most significant factor in reducing the level of competitive behavior in players who have previously sustained a sports injury.

- More experienced players are more willing to receive treatment and rehabilitation when a sports injury occurs compared to less experienced players.

- More experienced players are more aware of the risks of sports injuries and better understand their causes compared to less experienced players.

- Attackers who have sustained sports injuries are more likely to be injured again due to spending more time in the opponent's areas and making quick movements during attacks (with or without the ball). Their behavior, which may sometimes seem exaggerated, is intended to avoid further injury and is interpreted as a decrease in competitive behavior.

- The repeated occurrence of sports injuries leads to repeated physiological changes, which negatively affect the physical aspect of the player.

- The repeated occurrence of sports injuries also leads to repeated psychological effects, which negatively affect the psychological aspect of the player.

- It is essential for injured players to undergo stages of diagnosis, treatment, and rehabilitation to regain the physical, psychological, and mental skills they had before the injury. Emphasis should be placed on respecting the necessary duration for each stage and not rushing to move to the next stage until the recovery process is complete and the player has fully recovered from the injury. The decision of the doctor should always be respected, as they are the only ones legally authorized to give clearance for athletes returning from injury, and club managers or coaches should not interfere in these decisions, as the player's safety must come first.

- Comprehensive medical monitoring, which players undergo before signing with a team, is crucial to assess their physical, psychological, and mental abilities. It also helps detect any previous injuries that were not disclosed (either by the player or the medical record) or to ensure that the player has fully recovered from any disclosed injuries, so these do not negatively affect their athletic performance. The medical monitoring includes the following tests:

- Initial Medical Examination: Before undergoing precise medical tests, the athlete is questioned about the following points: presence of internal diseases or previous injuries, questions regarding their previous experience, sports performance over the last three or four seasons (such as the number of matches played), and whether the athlete has undergone previous surgeries, even if they occurred in childhood.

- Cardiovascular System Examination: This examination helps detect abnormal or unsuitable conditions for engaging in sports activities, as 90% of these conditions are related to the cardiovascular system.

- Musculoskeletal System Examination: The musculoskeletal system is the second most common cause of unsuitable conditions for engaging in sports.

- General Clinical Examination: This includes detailed examinations of the teeth, ears, nose, throat, vision, etc.

- Biometric Measurements: Weight, height, body fat percentage, and Body Mass Index (BMI).

- Physiological Profile: Measurement of the athlete's physiological capacities.

- Biological Examination: Biological tests.

- Nutritional Profile: Overview of the athlete's dietary habits.

- Psychological Profile: Psychological profile of the athlete.

- Psychological rehabilitation, which the injured player undergoes simultaneously with physical rehabilitation, is necessary to help them overcome the psychological shock caused by the sports injury. Additionally, the support and encouragement the injured player receives from friends, family, teammates, coaching staff, and management make them more prepared to receive treatment and rehabilitation.

Conclusion:

Football, like other sports, has suffered from poor management and a lack of a clear vision for its development. Despite the scientific progress in the sports field, including in football management, coaching, training methods, and athlete healthcare, and despite efforts made by official bodies to promote the sport, we are still far from the real level we should be at. This level should align with the human resources available in our country, which are suitable for producing highly skilled football players.

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