Designing and Constructing The Scale of Psychological Conflict Management Strategies in the Sport

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Research introduction:

PreparePsychological conflict is one of the mental illnesses that afflict any person and causes him a lot of different inconveniences. It is a psychological condition that makes the individual anxious and distressed, as he is a subject between two options and he must make a decision, and each decision is then more difficult than the second, like the player who becomes between two options. You cannot determine which is better. Conflict is one of the basic dynamic factors in the individual's adaptation, which means that there is a conflict between two motives that insist on gratification and cannot be satisfied at the same time. Conflicts in the lives of individuals are many, but these conflicts are not at the same degree of intensity of pressure on the individual, and this Depends on the importance of conflicting motives on the one hand and the individual's ability to make decisions on the other hand.

And asIt is clear **"RamadanYassin" (11:2008)**thatSports psychology searches for how a sports person faces sports problems in the sports community to which he belongs, in addition to the influences that take care of himself socially, and what is required of him so that there is no psychological barrier that prevents him from being able to overcome his psychological reality so that he maintains a high level of feeling of psychological superiority and a degree of Technical creativity, athletic excellence, and superiority over its competitors in individual and team games.

and prescribe "Muhammad Fahmy" (103:2007)YoungWith different qualities, including energy, vitality, impulsiveness, speed, anxiety, dissatisfaction and enthusiasm, and these qualities are getting more intense in the modern era in general and developing societies in particular. Youth work and this places a great responsibility on the shoulders of all youth preparation institutions in developing awareness of life without eliminating the different values and meanings.

And it is consideredPsychological conflict is one of the inevitable social and subjective phenomena of the individual, as indicated**Ahmed Abdul Latif Waheed (2001:230)**Since it usually occurs from social interaction between individuals because their interests and their desire to achieve them conflict, so we find the individual himself in two conflicting situations, each of which requires a specific behavior, and the contradiction is physical, psychological, social, or mental.

And he mentions **Majdi Muhammad (2007: 199)** that itIt is well known that psychological conflict is one of the natural and normal things, given that every person can live or encounter a picture and multiple forms of conflict, with different degrees and components, conscious or subconscious, so that it can lead to many diseases and psychological disorders, and this means that our life is not without Of conflict, but the seriousness of this conflict is not in its existence, but rather in its continuity and intensity, which leads to the depletion of the individual's psychological energy and affects the psychological structure of the personality and causes behavioral deviations or pathological psychological symptoms.

He points out **Suleiman Abdul Wahid (2012: 182)** toThe conflict is between conscious and subconscious motives, or between conflicting desires and urgent needs, in addition to frustration, repression, internal tension, weak personal defenses against various conflicts, as well as life problems from childhood and adolescence, during adulthood, to old age, and the home and social environment. odds.

weary **Sayed Subhi (2003:48)** thatConflict arises between a person and himself and the data of the perceptible world around him, because when a person is pushed by his desires to achieve a specific matter, he collides with an obstacle .. he falls prey to psychological conflict.

And asSee**"Jihad Mahmoud" (2:2002)**Scientific development includes all different aspects of life, and this development is only the result of proper planning, following plans, and relentless pursuit by scientists and researchers in order to reach what a person desires. The scientific development that the current era is witnessing has made a quantum leap in achieving great sporting achievements in many individual and team games.

-Research problem:

noticeThe researchers, through theoretical readings, show that there is no doubt that psychological conflict exists and is inherent to many individuals, whether athletes or non-athletes. Each of them falls under the confusion of preference between his internal motives, which considers that this is better or that this is better than that, or this is worse than that. In many situations, this hesitation appears. And the confusion that translates into one thing that everyone reads, which is the psychological conflict between the confusing choice between this and that, and for you to put yourself in his place and what is the inner feeling that you feel, so paying attention to directing and managing this conflict is necessary to refocus and choose the best, which the researchers noted a lack of tools used In measuring the most important psychological conflict management strategies in the sports field, and therefore it was important to provide a reliable psychometric tool. Accordingly, the researchers wanted to measure some of the strategies that athletes follow in facing the internal psychological conflict**Muhammad Allawi (1998: 238)**The sports player faces some obstacles that prevent him from satisfying his different needs, and we also find his inability to choose between some tendencies, desires, goals, or motives that he may be exposed to among the manifestations of psychological conflict that clearly affects the athlete's adaptation and his normal interaction with the environment and with Thus, a direct impact on his behavior, level and capabilities.

and this isWhat called for measuring the most important of these strategies in the sports field to identify them and put them in the list of priorities for psychological studies, given that creating an atmosphere of psychological and physical stimulation activates the psychological energy of the player that everyone possesses, as he pointed out.GalloGallo (2000) and work on strengthen it packaged in the form optimum and convert thoughts negative to positive help on practical administration conflict psycho procedure a result Archaeology Mental associated injury and pressures And to achieve progress the athlete And out of concern on his future and future Sports is not ball foot Just but rather includes that all the games other on Different levels but rather must from interest By setting psycho proper in beginnings to learn activities sports until Complete set it up physically And psychologically in a form good uplifting And from here she came the desire in to provide a tool Seiko metric To measure The most important strategies that resort to her athletes in Confrontation conflict psycho.

-research importance: take up researcher frameTheoretically about the most important strategies that we may resort to to face the pressures around us and cope with the negative psychological effects of injuries and the extent of their impact on our performance and how to measure this on the selected research sample. The importance of the research crystallizes in two parts:

First: Theoretical importance: The theoretical importance is represented in the research that may add new knowledge and information about psychological conflict through previous studies:

- presentationTheoretical information about the concept of psychological conflict and the most important strategies that we resort to to deal with negative psychological effects.
- to openAn area for researchers in the study of psychology to

conduct similar studies on psychological conflict and how to manage it in the disciplines of physical education.

Secondly, the practical importance: It expresses the practical benefit that we get from conducting the research and how to apply its results in practical life. It is the justification for conducting the research, as follows:

- to provideA tool for measuring the psychological conflict strategies of athletes that can benefitOf whichMentors and trainers.
- applicationThe results of the research and its generalization to similar societies in the field of sports using the scale designed.

-Goalsearch:Aim toThe research aims to measure some strategies of psychological conflict that athletes resort to, especially the injured soccer players.

Search terms:

Psychological conflict:know him **WriterMuhammad" (2009: 160)** conflictPsychological as "a state of collision of motives and incentives, in which the individual has two choices between two goals or two positions that are equivalent in strength and contradictory in direction."

Strategies for managing psychological conflict: knows herThe researchers described it as a package of procedures and strategies that the injured athlete resorts to to reduce the psychological conflict resulting from stress and sports injury.

-studiesPrevious: got upThe researchers conducted a survey of a number of related previous studies, and they came up with (7) studies, including

(6) Arab studies, and (1) a foreign study. These studies will be reviewed from newest to oldest as follows:

1- A study carried out by both"Ahmed Mahasneh, Omar Al-Azamat" (2019),titledStrategies of conflict management among school teachers in Qasaba Al-Mafraq and its relationship to communication efficiency.The study aimed to identify the correlation between conflict management strategies and communication competence among teachers and to know the degree of teachers' use of conflict management strategies and their level of communication competence. The descriptive analytical approach was used due to its suitability to the nature and quality of the research. Mafraq Governorate Education.

2- A study he didGibran Tayeb Saleh (2018):titled The Extent of Practicing Psychological Conflict Management Skills among University Youth in Hajjah Governorate, Yemen,The study aimed to reveal the extent of practicing conflict management skills used by university youth in Hajjah Governorate in Yemen. The researcher used the analytical descriptive approach due to its suitability to the nature and quality of the research.

3- A study he did"Saleh bin Musleh Ali Al-Shamrani" (2018)titledStrategies for managing organizational conflict among primary school leaders in Al-Ardiyat Governorate and its relationship to organizational citizenship behavior from teachers' point of view.The aim of this study was to determine the prevailing organizational conflict management strategies among primary school leaders in Al-Ardiyat Governorate from the point of view of teachers, to determine the level of practice of organizational citizenship behavior by primary school teachers in Al-Ardiyat Governorate from their point of view, and to reveal statistically significant differences between the average responses of primary school teachers in Al-Ardiyat Governorate about Their appreciation of the organizational conflict management strategies prevailing among the leaders of primary schools in Al-Ardiyat

Governorate, and to achieve the objectives of the study, the researcher used the descriptive approach in its two parts,

4- A study carried out by both"HopesBouaisha, Samia Ibrahim" (2017):titledPsychometric characteristics of the Arabized image of the scale (Conte et al. Conte) of psychological conflict in the Algerian environment.The study aimed to verify the psychometric characteristics of the Arabized image of the scale (Conte et al. al et.Conte) of psychological conflict, translated by "Magdy Mohamed El-Desouki" in the Algerian environment. The researchers used the descriptive approach due to its suitability to the nature of the research. The study sample consisted of (230) students by (174) female students and (56) male students from the Department of Social Sciences, Faculty of Social Sciences and Humanities at Larbi Ben M'hidi University.

5- A study he didAmr Hassan Ahmed Badran (2016):entitled "Buildingfactor scale of psychological conflict for adolescents.The study aimed to construct a factorial measure of psychological conflict for adolescents, and the descriptive approach was used, and the research sample was chosen randomly, and it consisted of 200 adolescents, and the validity of the factor analysis was used to verify the validity of the scale and the stability of the midterm segmentation.

6- A study she carried outMona Shabana Dhikr Allah (2015)titledThe psychological conflict between sports practice and academic study for secondary school students.The study aimed to identify the psychological conflict between sports practice and academic study for secondary school students. The research followed the descriptive approach, and a sample of (650) male and female students was selected.

Extent of benefit from previous studies: The previous studies have shed light on a lot of information about the design of the scales that benefited the current research, and they also helped to highlight the relationship between the studies and their relationship to the current research, which enlightened the way for the researcher with regard to defining the research plan, his sample, and the selection of his tools. In addition to the above, the researchers generally benefited from these studies in:

- to setResearch problem and purpose.
- to setThe most important methods of designing and building scales.
- to setResearch Methodology.
- HowTesting the research sample in line with the objectives and hypotheses of the research.
- throwHighlighting the most important statistical methods, and choosing the most appropriate one for processing the data of this research.

Measurement steps:

got upby his design**The Researchers (2020)** whereThe scale consists of (53) statements in the initial form, appendix (2), that measure some psychological conflict management strategies. A set of steps were followed to design this scale as follows:

1- Define the goal: It is what the researchers seek to achieve, as it is also the goal and the last option that the individual wishes to reach, as the goal expresses the achievement achieved on the ground, so defining the goal is the first step and the basic pillar, as well as a solid ground on which the researcher stands, in order to identify the most important strategies Psychological conflict management used by injured players.

2-pluraldata: got upThe researchers looked at the psychological heritage about the concept of psychological conflict management in the field of mental health and positive psychology, and looked at a number of available psychological measures and tests. Scale As well as the web information on this subject.

3- Define subcomponents:by referenceTo previous studies and theoretical readings referred to above, the most frequently repeated sub-components were put in place, with another addition and other modificationresearcher by designExpert opinion poll form to determine the sub-components of the scale by setting the procedural definitions for each of the sub-components of the scale, Appendix (1), and it was five sub-components, then he emptied the forms to determine the percentage of each of the sub-components of the scale.

4-**to chooseSubcomponents: select**Components suitable for research, as these components are the mainstay in most of the previous studies, through their repetition in those studies reach outThe researcher referred to these components, which are: a

- **moreawareness and knowledge**What is meant by this strategy is understanding the facts through the mind, acquiring information and knowledge, reflecting on the nature of things, seeing the experiences of others, clear vision of their results, self-development, and also acquiring experiences and skills from reality or from viewing and reading. Enables him to judge things and people, and make the best and fittest choice.

- **ConnectionPositive:**It means positive and effective relationships with oneself and with others, through which ideas, messages and data are exchanged from one party to another party or more with the aim of modifying the behavior of others and influencing them positively.

- **sanityWaltroy:**This strategy includes the ability of the individual to monitor himself and what happens within him, and to monitor the past because of its impact on the present and its trends, and the ability to monitor the personal positions of others without prior judgment on them without sufficient knowledge or deliberation in judging them, or in choosing between different alternatives.

- **VisionFuturism:**It means the person's ability to plan long-term for a future period of time for progress and advancement in work and life, and open insight and expectation of the results and events that may be exposed to when choosing. achieving our goals.

- **confrontationAnd the challenge**It is the individual's confidence in himself and his capabilities, exerting effort, continuing to perform, insisting on achieving goals, striving for that, and ignoring the psychological pain resulting from the difficult situations that we are exposed to.

5- Presenting the sub-components to the experts:researcher by designAn expert opinion poll form to determine the components of the scale, Appendix (2), previously mentioned. The percentages of agreement on these components were unloaded, and it was agreed on all five dimensions without change. I got a percentage greater than 80% and it was neglected. Table (6) shows this:

Schedule(1)

The percentage of agreement on the components of the strategies scale administrationThe psychological conflict of (5) experts

The ratioCentennial to agree	The opinion		the components	M
	notOK	OK		
90%	-	5	moreawareness and knowledge:	1
100%	-	5	Connectionaffirmative	2
100%	-	5	sanityWaltroy:	3
90%	-	5	Visionfuture	4
100%	-	5	confrontationAnd the challenge	5

It turns outFrom table (1) the following:

The approved components are increasing awareness and knowledge, positive communication, prudence and deliberation, future vision, confrontation and challenge, in the proportions shown above.

6–Revision and modification: it was The paragraphs are in the form of a self–report, and the number of paragraphs of the scale in its initial form is (53 paragraphs), so that the subject chooses one of three alternatives, and they are(strongly agree – somewhat agree – disagree)To answer the single, and it was taken into account that the paragraphs are clear and specific, far from ambiguity. The scale was presented in its initial form to (5) five experts who specialize in the field of sports psychology, Appendix (1), in order to express an opinion on the extent to which each paragraph relates to the subcomponent included in it according to its procedural definition on a binary opinion scale (appropriate, inappropriate) and to introduce amendments necessary on the phrases that require it. And suggesting what paragraphs can be added to each of the sub-components, and the arbitration process resulted in deleting some paragraphs because they are similar to other paragraphs or because they do not belong to the sub-component, and some paragraphs were modified for lack of clarity or soundness of wording, and the arbitrators suggested adding new paragraphs commensurate with each sub-component , and deleting some of them, so the scale becomes (44) phrases.

7-**directionsAnd the terms of the scale:**The "Psychological Conflict Management" scale is a graded scale of intensity (1:3). The high score of the scale indicates a high ability to use these strategies, the medium score indicates the use of these strategies to a medium degree, and the low score indicates a low ability of the player to use these strategies. The researcher appropriated the scale instructions, and settled on the use of a three-way estimation scale(strongly agree - somewhat agree - disagree)This allows the examinee to express his opinion.

8- **Application of the scale (exploratory experience):**The scale was applied in this way to a sample of (20) injured players, and their scores were subjected to statistical analyzes using internal consistency to extract the inter-correlation coefficients between the scale items, as well as the degree of saturation of the different subcomponents with these paragraphs. The paragraphs with weak ramifications or with non-statistically significant correlation coefficients for the sub-components to which it belongs.

9-**analysisPsychometric scale**The researchers used appropriate statistical methods to ensure the validity and reliability of the scale as follows:

-**sincerityContent:**The researchers presented the scale in its raw formAppendix(2) on (5) five experts in the field of sports psychologyAppendix(1) And thatTo express an opinion on the extent to which each paragraph relates to its factor according to the procedural definition on a scale of binary opinion (suitable - inappropriate) for opinion, with the amendment of the paragraphs that require that, and to suggest what paragraphs can be added to each of the factors constituting the scale, and some paragraphs have been deleted Or because it does not belong to the dimension included within, or because it overlaps with other dimensions, or the ambiguity of its meaning, and some paragraphs were modified for lack of clarity in their wording, and the experts suggested adding new phrases commensurate with each dimension. %.

Internal consistency validity: To calculate the validity of the psychological conflict management scale, the researcher used internal consistency, as the scale was applied to a sample of (20) from the research community and other than the main sample by finding the correlation coefficient between the degree of each statement and the total degree of the dimension under which it falls and calculating the correlation coefficient between the score of each statement and the total score of the scale, and the correlation coefficient between the total score of each dimension and the total score of the scale. Tables (2:4) show the results:

Schedule(2)

Correlation coefficients between the score of each statement and the total score of the dimension thatfall under (n=20)

link	Phrase		link	Phrase	
0.55	27		0.77	1	
0.59	28		0.68	2	
0.69	29		0.60	3	
0.75	30	Future vision	0.75	4	Increase awareness and knowledge
0.73	31		0.60	5	
0.66	32		0.66	6	
0.55	33		0.72	7	
0.55	34		0.80	8	
0.64	35		0.74	9	
0.63	36		0.76	10	
0.73	37		0.65	11	
0.77	38	confront ation and challenge	0.60	12	
0.80	39		0.68	13	positiv e contact
0.74	40		0.69	14	
0.65	41		0.77	15	
0.63	42		0.80	16	
0.75	43		0.85	17	

continued– Table (2)

Correlation coefficients between the degree of each statement and the total degree of the dimension

thatfall under (n=20)

link	Phrase		link	Phrase	
0.70	44		0.80	18	
-	-		0.67	19	
-	-		0.68	20	
-	-		0.78	21	
-	-		0.76	22	Reason and deliberation
-	-	-	0.73	23	
-	-		0.63	24	
-	-		0.57	25	
-	-		0.67	26	

value(t) tabularity at (18) degrees of freedom and a significant level (0.05) = 0.444

It turns outFrom the previous table (2) the following:

– Correlation coefficients ranged between the degree of each of the phrases after increasing awareness and knowledge and its total between (0.60, 0.80), which are statistically significant coefficients.

– The correlation coefficients ranged between the degree of each of the expressions after the positive communication and the total number of it between (0.60, 0.85), which are statistically significant coefficients.

– The correlation coefficients ranged between the degree of each of the expressions after prudence and deliberation and its total between (0.57, 0.78), which are statistically significant coefficients.

The correlation coefficients ranged between the degree of each of the expressions of the future vision dimension and its total between (0.55, 0.75), which are statistically significant coefficients.

rangedCorrelation coefficients between the degree of each of the statements after confrontation and challenge and its total between (0.55, 0.80), which are statistical function coefficients.

Schedule(3)

Correlation coefficients between the score of each statement and the score

the collegefor scale (n=20)

link	Phrase	link	Phrase
0.64	23	0.70	1
0.63	24	0.66	2
0.53	25	0.55	3
0.65	26	0.73	4
0.54	27	0.56	5
0.55	28	0.60	6
0.67	29	0.70	7
0.72	30	0.77	8
0.68	31	0.70	9
0.67	32	0.75	10
0.54	33	0.62	11
0.55	34	0.57	12
0.63	35	0.68	13
0.59	36	0.65	14
0.68	37	0.73	15
0.72	38	0.75	16
0.75	39	0.80	17
0.70	40	0.76	18
0.55	41	0.64	19
0.60	42	0.67	20
0.68	43	0.74	21
0.68	44	0.72	22

value(t) tabularity at (18) degrees of freedom and a significant level (0.05) = 0.444

It turns outFrom the previous table (3) the following:

- The correlation coefficients ranged between the degree of each of the expressions of the scale and its total score between (0.53,**0.80**).

The correlation coefficients ranged between the total score for each dimension of the psychological conflict management scale and the total score for it ranged between (0.67,**0.80**) which are statistically significant correlation coefficients, which indicate that the scale has an acceptable degree of validity.

BConstancy: It was completedCalculating the stability of the scale using the split-half method using the (alpha-Cronbach) coefficient by applying it to a survey sample of (20) infected players from the research community

and other than the main sample of (44) phrases, and table (5) shows that:

Schedule(6)

Paragraph numbers and number

The number of paragraphs	Paragraph numbers cation	scale factors
9	1/3/5/7/9/11/13/15/17	Increase awareness and knowledge
9	19/21/23/25/27/29/31/33/35	positive contact
8	2/4/6/8/10/12/14/16	Reason and deliberation
7	18/20/22/24/26/28/30	Future vision
11	32/34/36/37/38/39/40/41/42/43/44	confrontation and challenge
44	Total number of paragraphs	

It turns outFrom Table (6) the following:

– It shows the phrases that are specific to each factor of the scale, as it includes (44) items, all of which are in the direction of the scale distributed over the five factors of the scale, and the player within the scale must choose one answer for each of the paragraphs of the scale, according to a three-point scale (ok). Strongly Agree Somewhat Disagree.

And it is grantedThe player has a score ranging between (1,2,3) on each paragraph, where he gives the positive paragraphs the values (3 – 2 – 1), respectively, according to the triple rating scale (strongly agree – somewhat agree – disagree) according to the triple rating scale (Agree – agree to some extent – do not agree), and from here we can extract (3) levels of sub-scores between (high – medium – low level) for each player in the levels of conflict management in addition to the total score of the scale.

and rangeThe total score for the Psychological Conflict Management scale ranges between (44, 132) degrees, and the high score on the scale indicates a high ability to manage psychological conflict, and the medium score indicates an average level of psychological conflict management, while the low score means a low level of psychological conflict management, according to the degree totality of the scale.

–Search procedures:representedResearch procedures in clarifying the method used and determiningCommunityThe research sample and the most important steps of designing the research tool and appropriate statistical methods for psychometric analysis. The following is an explanation of these procedures as follows:

a–Research Methodology: The researchers used the descriptive method (survey studies method) as it is the appropriate method for the nature of the research.

BResearch community and sample:includesThe research community consisted of a sample of soccer players in Minya Governorate, and the researchers chose the research sample by the intentional method, for (20) soccer players in Upper Egypt.

c– Exploratory study:whereThe researchers conducted a prospective study. To design a research instrument and collect data on an experimental sampleduringThe period from 1–12–2020 to 20–12–2020. From the research community and not from the main sample of (20) injured soccer players to verify the scientific parameters of the tool.

DrData collection tools application:afterDetermining the sample and choosing data collection tools and ensuring its validity and stability. The application was carried out from 11–2–2020 to 12–20–2020… to all members of the main sample.

HCorrection of data collection tools: afterCompletion of the application, the researcher corrected the scales and unloaded their scores according to their evaluation scale, and after completing the correction process, the scores were monitored in preparation for processing them statistically.

AndThe statistical methods used: useThe researchers dealt with the results using the appropriate statistical methods through the "spss,26" program, to calculate the previous statistical coefficients, and the researcher accepted the level of significance (0.05).

existingthe reviewer

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Abstract of the research in English

Designing and building a measure of psychological conflict management strategies in the sports field.

The researchers designed a scale for managing psychological conflict in the field of sports, where they relied on a set of scientific steps that used the descriptive approach for its suitability to the nature of the research. It resulted in the appropriateness of the tool for what it was developed for, and the tool consisted of (5) five strategies for managing psychological conflict, which are (increasing awareness and knowledge, positive communication, prudence and deliberation, future vision, confrontation and challenge).

ملخص البحث باللغة الانجليزية

تصميم وبناء مقياس لاستراتيجيات إدارة الصراع النفسي في المجال الرياضي

صمم الباحثون مقياساً ١ لإدارة الصراع النفسي في مجال الرياضة ، حيث اعتمدوا على مجموعة من الخطوات العلمية التي استخدمت المنهج الوصفي لملاءمتها لطبيعة البحث. نتج عنها ملاءمة الأداة لما تم تطويرها من أجلها ، وتألفت الأداة من (٥) خمس استراتيجيات لإدارة الصراع النفسي وهي (زيادة الوعي والمعرفة ، والتواصل الإيجابي ، والحصافة والمداولة ، والرؤية المستقبلية ، والمواجهة ، و تحدي).