

# Excessive Use of the Internet and Its Relationship to Psychological Strikes among Young Football Players

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**Abstract**---The researchers touched on the introduction and the importance of the research and mentioned that the football game is one of the sports in which the players make a great physical effort throughout the period of the match, which leads to their exposure to great psychological pressure, and therefore the psychological factor has a great role in the progress and development of the level of the player. And health has a direct impact on its ability and performance in particular and on the team as a whole. As for the research problem, it was represented by the matter that prompted the researchers to conduct this study and search for its causes resulting from excessive use of the Internet that may lead to the destruction of<sup>2</sup>the sports, moral, social and health value system of the research sample being one of the teenage young players. The study aimed to build and legalize a questionnaire of excessive use of the Internet and psychological distress among young soccer players and to identify the relationship between them. The researchers used the descriptive approach in the two methods of surveying and correlational relations. The study sample consisted of 160 emerging players and the sample was divided into two parts: a constructive sample of 100 players and an application sample of 60 players. The value of the Pearson correlation coefficient was found between the questionnaire for excessive use of interferon The Internet and the Psychiatric Disorder Questionnaire indicate a high correlation between the two variables under study. The Internet Excessive Use and Psychological Disorder Questionnaire is a tool to reveal the level of psychological and health status of emerging football players. Researchers recommend activating the role of control and directing players towards the optimal use of the Internet.

**Type of Paper**--- Review

**Keywords:** Excessive Use of the Internet, Relationship to Psychological Strikes, Young Football Players

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## Introduction and the importance of the research :

Any behavior carried out by an individual is considered normal behavior if it is within the boundaries of the recognized cultural and social norms and is consistent with his level of physical and mental development. Something natural and helps in psychological and mental development, but if it exceeds the limits of both, it becomes disturbed or the so-called addiction to the Internet, which is only a psychological disorder and serious problems that may appear in any society and the percentage of teenage players increases, and this phenomenon has serious consequences as a result that affects mental health For the entire athlete and affect the social life and communication between him and others, and as we know that the basis of any sports community is the strength of youth that actively contribute to the advancement and advancement of society. Football is one of the sports that make her a great physical effort until the match, which leads to her suffering from great psychological pressure. Therefore, the psychological factor has a great role in the progress and development of the player's level of any defect or deficiency in the psychological and health status that directly affects his

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ability and performance in particular and the team as a whole. Who are exposed to it. Relative to various life stressors, they are more likely to use pathological internet resulting from the psychological and developmental characteristics of adolescence and adulthood.

**Research problem:**

Through the experience of researchers in the sports field, we may not have luck and some negative and health effects that may appear Players during sports training and competition, including repeated absence or delay from training, unjustified training, falling into problems with coaches and players in the same team, negligence and boredom in performing the duties assigned to them during different sports and some training behavioral phenomena such as isolation from society and the surrounding environment and lack of adaptation Correctly, prompting researchers to conduct this study and research into its causes resulting from excessive use of the Internet, which may lead to the destruction of the mathematical, moral, social and health value system. From the research sample, they are young adolescents who have more time for play and entertainment than other segments of society in the absence of the necessary programs in light of the circumstances our country is going through.

**Search for goals:**

- The United States, legalization of the questionnaire, excessive use of the Internet, and psychological distress of young footballers.
- Identify the relationship between Internet overuse and psychological distress among soccer players.

**Research methodology and field procedures:**

**Research Methodology:**

The researchers used the descriptive approach with the two survey methods and the correlational relations.

**The research sample:**

They are all the individuals or persons who make up the subject of the research problem, and are all the elements related to the study problem that the researchers seek to generalize the results to (1: 217). The study sample consisted of 160 youngsters and a sample. It is divided into two parts to build a sample of 100 players and apply a sample of 60 players while the exploratory experiment on 10 members from outside the sample is under study.

**Field research procedures:**

**Determine the phenomenon to be studied:**

The phenomenon must be defined in order to be studied, and its concept and limits must be fully and clearly stated that the phenomenon under study is the relationship between the study of excessive use of the Internet and mental disorder. .

**The purpose of building the Yen questionnaire:**

The objectives of the study are to construct and legalize a questionnaire using excessive internet and psychological distress among emerging soccer players as well as to identify the relationship between the two.

**Prepare the initial version of the Yen questionnaire:**

The researchers adopted it in formulating paragraphs on Likert's method, as it is considered one of the common measurement methods.

**The paragraphs are correct:**

The Yen questionnaire was based on a group of experts and referees in the field of specialization in order to identify the validity of the paragraphs and their validity to measure what he proposed. Excessive use of the Internet and exclusion of (5) items from the mental disorders questionnaire because they did not get a score of 75. % and the significance level was more than (0.05)

### **Estimate the selection ladder:**

The five-year assessment was delivered by experts and a group of arbitrators were all agreed upon and the estimate was delivered as follows (always applied, progressed in most cases, applied to some extent, what little applies, never applied)

### **An exploratory experience:**

The two researchers conducted an exploratory experiment before applying the questionnaires to the construction sample, in which the researchers applied (10 samples) players in order to identify the clarity of the paragraphs and the sufficient time to answer.

### **The first application of the yen questionnaire to the construction sample:**

Researchers apply the Yen questionnaire to build a sample total of 100 players.

### **Statistical analysis:**

First: the discriminatory strength of the paragraphs: the method of researchers in the higher groups and the world adopted, where the scores were arranged in descending order and took (27) high and 27 low form data that were statistically dealt with where the discriminatory strength items of the two questionnaires are calculated through the statistical program to find the differences, The results showed that there is one distinct item in the questionnaire, excessive use of the Internet, and two paragraphs in the psychological disorder questionnaire, where the error rate in these paragraphs is greater than (0.05), which means that there is no for that. The ethical paragraphs were excluded. Second: Internal: The researchers used a simple correlation coefficient Pearson between each Paragraph and questionnaire as a whole. When processing the data, one paragraph of the questionnaire was excluded from excessive use of the Internet and two paragraphs of mentality. Disorder questionnaire and the fact that the error rate in these paragraphs is greater than (0.05), which indicates that the paragraphs of the questionnaire are not correlated, thus the number of questionnaire items has become the frequent use of the Internet (30) items, and the number of paragraphs of the mental disorders questionnaire is (28) items.

### **Indicator of honesty and consistency:**

First: The validity of the two questionnaires: - The validity is calculated after the presentation to a number of specialists and experts in the field, which is the test. It measures the behavior that measures the researcher. D can be relied upon the expert's judgment "(67: 2) - the validity of construction" is one of the most appropriate types of credibility for building standards because it depends on the empirical investigation of the extent to which the scores of the paragraphs correspond to the characteristic or concept to be measured (42: 3) Second: Stability: Half-way segmentation: Each questionnaire was divided into two parts, the first part contains individual paragraphs, and the second part carries the relevant paragraphs of the marital numbers. ) I wipe myself myself d. However, this only represented half of the test, so the researchers used the Spearman Brown equation in order to correct the correlation coefficient and thus the stability of the self-confidence questionnaire (0.827) and the stability of the self-confidence questionnaire (0.867) thus could be adopted.

### **Degrees Standard:**

For standard grades ,the researchers extracted the arithmetic mean and standard deviation where it reached the arithmetic mean of the questionnaire questionnaires excessive use of the Internet (89.7) and standard deviation (20.8) and reached the arithmetic mean of the questionnaire psychological disorder (83.9) And the standard deviation (18, 6) for the purpose of applying the standard Z-degree equation, after which it was converted to the T-degree.

### **Standard levels:**

Each questionnaire was divided into five levels, and the standard score consists of (12) degrees, so one level equals (1, 2) standard units, meaning 12 modified standard degrees, and as in the tables (1, 2) Table (1)It shows standard levels, standardized scores, adjusted and raw scores, and percentage of the Internet overuse questionnaire

percentage	the number	Grades rough	Adjusted scores	Standard grades	Levels
7%	7	150- 127	80- 68	3- 1,8	very good
22%	22	126- 103	68- 56	1,8- 0,6	good
43%	43	102- 77	56- 44	0,6- -0,6	Average
20%	20	76- 52	44- 32	-0,6- -1,8	Acceptable
%8	8	51- below	32- 20	-1,8- -3	Weak

Table No. (2) Shows the standard levels, standard scores, adjusted scores, primary results, and the percentage of mental disorders questionnaire.

Percentage ratio	the number	Grades rough	Adjusted scores	Standard grades	Levels
%4	4	118-140	68-80	1.8 - 3	very good
%16	16	95 -117	56- 68	0.6 - 1,8	good
%52	52	73 -94	44-56	0,6 - - 0,6	Average
%21	21	50-72	32-44	1,8- -0,6-	Acceptable
%7	7	-49and below	20-32	3- -1,8-	Weak

**Final Application:**

The application of questionnaires on the sample application's (60)players ,then the researcher Wen data collection where he became a member of the sample for each particular degree members do.

**Presentation, analysis and discussion of the results of the relationship between the questionnaire of excessive internet use and mental disorder:**

Table(3) it shows the arithmetic mean, standard deviations of the study variables, the value of the Pearson correlation coefficient and the error ratio.

Error rate	Pearson Correlation Coefficient	Standard deviation j	Arithmetic mean	Variable s
0,00	0,814	19,7	87,69	Excessive Internet Use Questionnaire
		17,9	82,6	Psychiatric Disorder Questionnaire

From Table No. (3), it was found that the value of the Pearson correlation coefficient between the questionnaire of excessive use of the Internet and the questionnaire of psychological disorder amounted to (0.814) and the error rate (0,00), which is less than (0.05), which indicates the existence of a high correlation between the two variables under study. The reason for this is due to the nature of the studied variables, as excessive use of the Internet leads to major physical, psychological, educational and behavioral problems, and the negative effects of Internet addiction outweigh the positive

effects, as the results indicated. The low level of emerging players in performance is due to excessive use of the Internet, especially for recreational and entertainment purposes, which impedes athletic performance. Excessive Internet, just as a psychological disorder appeared as a result of a very large gap between the rapid physical rates. At this time and a very slow mental rate, which affected the mental health of modern man at this time, making the player a member of society. He feels a strange feeling towards life and towards individuals as well, and he has lost belonging to anything around him, and relations between people have become intimate and close to what he preceded in other times, and man is going through a difficult crisis in his society that may prevent him from doing much of what he wants to become. This led to the emergence of many psychological disorders among the players, such as nervousness and speed of excitement, as nervous players are characterized by a readiness to be excited and affected when defeated, before competitions, or unexpectedly. Playing situations or when the referees make some decisions against them, and this confirms that (Kraut et al2001). The cause of psychological disorders caused by these symptoms makes the individual withdrawn and unable to perform his duties as required (5: 131).

#### **Conclusions:**

- My questionnaire is of excessive use of the Internet and psychological distress a tool to reveal the level of psychological and health status of young football players.
- The research sample was divided into five levels, and the highest percentage was in the intermediate level.
- There is a correlation between excessive use of the Internet and psychological distress of young football players.

#### **Recommendations:**

- Adopting an Authentic Leadership and Self-Confidence Questionnaire to reveal the level of leadership in sports clubs.
- Disseminating the results of the current study and supporting them with other studies to be used in different sports clubs.
- Activating the role of oversight and directing players towards the best use of the Internet.

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