

## THE EFFECTIVENESS OF THE CONFRONTATION, AS EVIDENCED BY THE SPORTING PASSION OF VOLLEYBALL PLAYERS

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### ABSTRACT

*The study will seek to establish the relationship between confrontational competence and volleyball player passion and come up with a formula that can be used to predict confrontational competence given athletic passion among volleyball players. The researchers assumed a descriptive methodology that involves survey, correlation, and predictive design because it is fitting the nature of the study. The study sample would be 130 high-level volleyball players of nine clubs in the Middle Euphrates governorates, who would be playing the 2024-2025 sports year. The sample population used in the main study was 82 players. They were Coping Efficiency Scale (24 items) and Sports Passion Scale (16 items). Each had a response option of five points (always, often, sometimes, rarely, never). Upon the results analysis, a number of conclusions were made, such as there was a strong positive correlation between coping efficiency and sports passion in volleyball players. It also developed a predictive equation of coping efficiency according to passion on sports. The researchers propose that it is essential to work hard to enhance sports passion of players as it plays a significant role in the coping efficiency and to work on the development of both passion and coping efficiency by psychological preparation of the players. The researchers also suggest that there should be serious endeavors to heighten their passion to sports by players since it contributes significantly to the coping efficiency and that efforts should be focused on the development of passion and the coping efficiency by indoctrinating the players psychologically.*

**Keywords:** Coping Skills, Sports Passion, Volleyball Players

## INTRODUCTION

Sports psychology proves to be an important science that coaches can use to determine the problems of the players and to come up with solutions depending on their personal features. It guarantees the best performance which does not only refer to the physical and technical sphere but also to the psychological one. This is done by instilling confidence in one self, concentration and stress management to bounce back to eventually enhance the level of the player and the team and translate to the desired outcome in a competition. One of the psychological variables that is strongly related to matches and reflect the confidence of a player in his or her skills to concentrate and control emotions, to react in competitive situations, and to make correct decisions is coping skills. The possibility to meet difficulties and stress is a corner stone that helps in increasing athletic performance particularly in volleyball where maneuverability and instant response to different scenarios in a match are necessary. The success of players to deal with changing situations is founded on the fact that their level of stress management is high and they are able to make the best use of their skills. One of the psychological variables that contribute significantly to the development of a strategic and mental skill is sports passion as it helps develop an ability to concentrate on a specific task, motivation to act, and the possibility to overcome a setback and problems. This is personally translated in the degree of performance of players in confrontation situations. It is assumed to be one of the motivating factors of the player and his involvement in his activity. The passion of sports is revealed in the unceasing urge of the players to advance his/her performance by the efforts to overcome a challenge and to adjust to a challenging situation that improves his/her efficiency in the conflict. Seligman (2002) views passion as a part of the emotional side of personality, which shapes the life and behavioral pattern of an individual and influences the behavioral pattern which might influence his or her mental and physical well-being, and social relations.<sup>1</sup>

The value of the psychological factor will arise in this situation as a decisive factor that may turn the scales when it comes to confrontations. Although the rivals may be at par with one another in terms of technical performance, the actual difference is the capability of effectively responding to stress and anxiety, and of coping with psychological pressures and adverse situations. This paper will set out to analyze the connection between confrontational efficacy and athletic passion in volleyball players who play in a rather fast-paced, dynamic game and highly depend on team spirit and emotional stability at critical times. It also aims at providing scientific-methodological input on the role of athletic passion toward the increase of confrontational efficiency, which has a positive effect on the technical, physical, and psychological growth of the players, on their effectiveness in significant matches.

The research ends with the conclusion that passion is an important part of the emotional part of the personality, which affects the life and behavior of an individual. Although the psychological component is critical in promoting the achievement of excellent sporting performances, there is an urgent need to conduct scientific research on the relationship between psychological variables in sports, and that too volleyball. It is evident that there is a difference in how players respond to pressure in competitions. There are those players who show great psychological strength and capability to continue and concentrate despite errors or flashpoints in the game and there are those who seem to be more influenced by stress and this affects their game choices, playing techniques and even the whole team dynamics. This difference cannot be explained only by the difference in experience and talent, but it can be based on the character of the passion to playing and on the relations to coping mechanisms. Thus, the research problem may be stated in the following two questions:

Does the efficiency of coping and athletic passion have a relationship among volleyball players?

Are athletic passion of volleyball players predictive of effectiveness in coping?

The study seeks to establish the relationship between coping efficiency and athletic passion among volleyball players as well as craft an equation that can be used to predict coping efficiency of these players with respect to their athletic passion.

## RESEARCH METHODOLOGY AND FIELD PROCEDURES:

### 1. RESEARCH METHODOLOGY:

The study adopted descriptive approach through use of survey, correlational and predictive analysis techniques as it was appropriate to the nature of the study.

### 2. RESEARCH POPULATION AND SAMPLE:

The sample population to be used in the research will consist of (130) advanced volleyball players within the clubs in the Middle Euphrates governorates during the (2024-2025) sports season, which can be represented by (9) clubs as follows: Al-Qasim, Al-Hashimiya, Al-Rumaytha, Al-Rawdatayn, Al-Kufa, Al-Mishkhab, Al-Mahnawiya, Al-Siniya, and Al-Daghara. The primary research sample included (82) players, which were chosen at random.

## FIELD RESEARCH PROCEDURES:

### • DEVELOPING THE COPING COMPETENCE AND SPORTS PASSION SCALES:

The Coping Competence Scale was constructed based on the research sample after examining other related studies and researches. This scale, which was developed by Jawad Abdul Reda (2023) was used on a sample of second-division football players in Babylon Governorate. Its scale was made up of 24 items in four domains namely psychological resilience, psychological flexibility, achievement motivation, and perseverance. The answers were five-point (always, often, sometimes, rarely and never), all biased positively. The response weights were assigned to items 1, 2, 3, 4, and 5. The hypothetical mean of the scale was 72. A higher Coping Competence score than the hypothetical mean indicated greater coping competence in the sample.

The sports passion scale developed by Ali & Salam (2023) was used and administered to a sample of first-year students at the College of Physical Education and Sports Sciences, University of Babylon. The scale consists of 16 items distributed across two domains: harmonious and compulsive. The response options are five: always, often, sometimes, rarely, and never. The scoring key for the harmonious passion items is 1, 2, 3, 4, and 5, and for the compulsive passion items, it is 1, 2, 3, 4, and 5. The hypothetical mean of the scale is 48. A score higher than the hypothetical mean indicates a greater level of sports passion among the participants.<sup>2</sup>

Some items were modified to suit the research sample and presented to a group of experts and specialists in sports psychology, numbering (11), to demonstrate the validity of the modified items. After processing the data using (Chi2), it was found that all items were acceptable because their calculated value was higher than their tabulated value of (3.84) under a significance level of (0.05) and a degree of freedom of (1).

### PILOT TEST OF THE COPING COMPETENCE AND SPORTS PASSION SCALES:

- The pilot test of the Coping Competence and Sports Passion scales was conducted on a sample of (12) volleyball players from Al-Mahnaweya Club on Friday, March 7, 2025. The average time for completing the two scale items was (21) minutes, thus making the scales ready for application to the main sample. 2-Application of the Coping Competence and Sports Passion Scales:

The Coping Competence and Sports Passion Scales were applied to a sample of (82) volleyball players from clubs in Baghdad Governorate, from Friday, March 14, 2025, to Saturday, April 5, 2025.

- Psychometric Properties of the Scales:
  1. Scale Validity: The scales relied on face validity. This type of validity was confirmed when the items of both scales were presented to a group of experts in the field of sports psychology, each of whom provided their opinion on the validity of each item.
  2. Scale Reliability: In order to verify the reliability of the scales, the researchers used the split-half method. This method is based on dividing the items of the scale into two equivalent parts and then calculating the correlation coefficient between the scores of these two parts. Al-Jalabi (2005) believes that this method is suitable when the items of the scale are homogeneous, that is, they measure one characteristic or trait. Therefore, it measures the homogeneity between the items, i.e., internal consistency. The variance of error that this method measures is the heterogeneity of the two halves of the scale, and it does not measure the overall homogeneity of the scale because it divides the items into two parts. Therefore, it is a reliability coefficient for half of the test or scale, and therefore the reliability coefficient extracted by calculating the correlation between its scores should be corrected using Spearman's equation,<sup>3</sup> and in order to verify this method on the main sample of (82) players, the items of the two scales were divided into odd and even items, and then the reliability coefficient of the half of the scale was calculated between the scores of the individuals on the two sections of the scale using Pearson's correlation coefficient, and then the correlation coefficient was corrected using Spearman's equation, and the reliability coefficient appeared to be high for the two scales, and Table (1) shows this.

**Table 1.** shows the reliability coefficient using the split-half method

Measurements	Half the stability coefficient	overall stability coefficient
Competence in confrontation	0.811	0.896
Sports passion	0.817	0.899

### STATISTICAL METHODS:

The Statistical Package (SPSS) version (24) was used to process the statistical results (arithmetic mean, standard deviation, variance, Spearman's equation, goodness of fit test (chi2), simple correlation coefficient (Pearson), t-test for a single sample).

### RESULTS AND DISCUSSIONS

- **PRESENTATION, ANALYSIS, AND DISCUSSION OF THE RESULTS OF THE COPING COMPETENCE AND SPORTS PASSION SCALES:**

**Table 2.** Shows the statistical features of the Coping Competence and Sports Passion scales

Measurements	Mean	Hypothetical mean	STD	Calculated value of (t)	Level of significance
Competence in confrontation	96.110	72	5.238	41.684	0.000
Sports passion	63.781	48	3.827	37.344	0.000

Table (2) shows the results of the confrontation efficiency scale, as the arithmetic mean reached (96.110) and the standard deviation (5.238). After comparing the arithmetic mean with the hypothetical mean, it was found to be higher than the hypothetical mean. To test the statistical significance of these differences, the t-test was used for a single sample. The calculated t-value appeared as (41.684), which is statistically significant at a significance level of (0.05) and degrees of freedom of (81). This shows that volleyball players possess the efficiency to confront the circumstances and challenges that arise during the player's performance, and it is one of the basic factors that affect the results of matches and the level of performance in general. Liu et al. (2017) argue that the more prepared an individual is to face stress and problems, the stronger their resilience and healthy adaptation to adversity will be, which in turn enhances their coping efficiency.<sup>4</sup> On the sports passion scale, the mean was 63.781 and the standard deviation was 3.827. Comparing the mean to the hypothetical mean revealed that it was higher. To test the statistical significance of these differences, a one-sample t-test was used. The calculated t-value was 37.344, which is statistically significant at the 0.05 level with 81 degrees of freedom. This indicates that volleyball players possess a strong sports passion, which is an important factor in considering the practice of their favorite sport as enjoyable and meaningful, aiming to positively impact the player's life. Shaheen et al. (2020) believe that passion is positively correlated with feelings of psychological well-being and satisfaction. Life for athletes and preventing experiences that negatively affect the athlete's psyche, and predicting the athlete's emotional and affective state in their future lives, according to their success or failure in sports competitions.<sup>5</sup>

- **PRESENTATION, ANALYSIS, AND DISCUSSION OF THE RESULTS REGARDING THE CONTRIBUTION OF SPORTS PASSION TO COPING EFFICIENCY:**

**Table 3.** shows the significance of the correlation coefficient and the contribution of sports passion to coping efficiency

Variables	Correlation coefficient value	Contribution percentage	degrees of freedom	standard error	Calculated value of (F)	Level of significance	Result
Competence in facing challenges; sportsmanship	0.788	0.617	80-1	3.242	131.451	0.000	Sig.

Table (3) shows a significant correlation between coping efficiency and athletic passion. This indicates a strong, positive, and direct relationship between them; that is, the higher the degree of coping efficiency, the higher the degree of athletic passion. It also shows that the contribution of athletic passion to coping efficiency was high, as confirmed by the calculated F-value of (131.451), which indicates a large common difference between them, as evidenced by the significance level of (0.000).

The researchers believe that athletic passion is the primary motivator that enhances a player's ability to effectively handle stressful and challenging situations during a match. Sport passion increases resilience, flexibility of the mind, and athletes are willing to work harder and go extra miles to realize excellent performance. This has direct effects on their capabilities to manage the pressure and use the opportunity during the matches, making them more flexible and ready to fulfill the requirements of the competitive games. In addition, passion in sports alleviates stress and anxiety, which provide sports with a feeling of pleasure and attachment to the sport. This helps in better management of reactions and an increased degree of concentration in difficult matches. According to Shaheen et al. (2020), sports passion refers to the strong sense of the desire to participate in a particular activity that individuals enjoy, appreciate, and value and in which they spend their energy, time, and efforts on the regular basis.<sup>5</sup> Coping efficiency is a key variable reflecting an athlete's ability to handle difficult and changing situations during matches, especially in highly competitive games. In these situations, athletes must react quickly and effectively to the pressures and threats they may face during competition and possess the ability to... Resilience and adaptability in the face of demanding situations, and overcoming challenges with determination and perseverance, whether from the opposing team or from the competitive environment, including the audience. Jawad (2024) believes that players' ability to adapt to changing circumstances and new events helps them deal with these events cognitively and behaviorally to achieve psychological and cognitive balance. Confrontation is a crucial aspect of an

athlete's personality, protecting them from pressures and problems and enabling them to overcome them. It is a powerful force that helps players overcome challenges and is an integral part of achieving growth and efficiency.<sup>6</sup>

- PRESENTATION, ANALYSIS, AND DISCUSSION OF THE RESULTS OF PREDICTING CONFRONTATION EFFICIENCY BASED ON SPORTS PASSION:**

**Table 4.** shows the predictive equation for confrontation efficiency based on sports passion

Variables	Transactions		Calculated value of T	Level of significance
	Nature of the constant coefficient	Value of the constant coefficient		
Sports Passion (Independent)	A	27.278	4.536	0.000
	B	1.079	11.465	0.000
Predictive Equation	Confrontational efficiency = (value of constant coefficient + value of constant coefficient (b) × degree of athletic passion)			

Table (4) of the predictive equation shows that the expected level of coping efficiency can be determined through sports passion. The table reveals the significance of the regression coefficient, which is tested at a value of (t) and is significant at the (0.000) level. This indicates a high probability of predicting coping efficiency through sports passion. The following example illustrates this:

If we assume that a player's score on the sports passion scale is (64), then their expected score for coping efficiency would be as follows:<sup>7</sup>

$$\text{Coping Efficiency} = (27.278) + (1.079 \times 64) = 27.278 + 69.056 = 96.135$$

This score is very close to the sample mean for coping efficiency, given that the mean was (96.110). This indicates the predictive capability, as players with a high level of sports passion exhibit higher levels of self-confidence and understand how to manage situations effectively during matches. This enhances their ability to handle unexpected situations. Samia and Abdelkader (2025) consider passion a driving force that explains the continuity of activity and plays a key role in effective participation and performance, even when faced with obstacles and difficulties.<sup>8</sup>

## CONCLUSIONS:

1. The differences in the coping efficiency and sports passion scales for volleyball players are significant, favoring the achieved mean.
2. Sports passion plays a pivotal role in enhancing the coping efficiency of volleyball players through the significant positive correlation between them.
3. Sports passion contributed significantly to the coping efficiency of volleyball players.
4. Sports passion contributes to building a more resilient and capable athletic personality.
5. A predictive equation for coping efficiency based on sports passion for volleyball players can be developed.

## RECOMMENDATIONS:

1. Researchers should utilize the two scales used in this study. And specialists to measure the variables for which it was designed.
2. To enhance the players' passion for sports, given its significant role in improving their competitive abilities.
3. To foster sports passion by developing scientifically based training programs, thereby improving competitive ability.
4. To focus on developing sports passion and competitive ability through the psychological preparation of the players.
5. To conduct future studies related to competitive ability and sports passion in other sports, as well as a number of psychological variables among students and players.

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