


RESEARCH ARTICLE		<b>The importance of psychological preparation for athletes participating in the Olympic Games and its contribution to achieving title</b>
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<b>Issue web link</b>	<a href="https://imcra-az.org/archive/385-science-education-and-innovations-in-the-context-of-modern-problems-issue-11-vol-8-2025.html">https://imcra-az.org/archive/385-science-education-and-innovations-in-the-context-of-modern-problems-issue-11-vol-8-2025.html</a>	
<b>Keywords</b>	psychological preparation, the Olympic Games	
<b>Abstract</b> The study aimed to learn about the importance of psychological preparation for athletes participating in the Olympic Games and the contribution of psychological preparation in achieving titles and winning medals. For this purpose, the researchers designed a survey consisting of 14 questions distributed to a sample of 16 coaches and after the statistical analysis using a good matching test enough, the researchers reached that the coaches have knowledge and formation that allows them to prepare psychological preparation for the athletes in games Olympic, and the use of psychological preparation techniques is one of the hidden factors that contribute to crowning titles and winning medals according to the opinion of the coaches The study recommended the need to use psychological preparation within the annual plan for training and provide the necessary capabilities for its programming and the establishment of this broad cognitive field by including the profession of sports psychological report in sports teams, especially at the level of elite teams.		
<b>Citation.</b> Marouf, S., Zemam, A., Derradji, A., Amina. D., (2025). The importance of psychological preparation for athletes participating in the Olympic Games and its contribution to achieving titles.. <i>Science, Education and Innovations in the Context of Modern Problems</i> , 8(11), 266–273. <a href="https://doi.org/10.56352/sei/8.11.19">https://doi.org/10.56352/sei/8.11.19</a>		
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Received: 12.01.2025      Accepted: 17.05.2025      Published: 30.08.2025 (available online)		

## 1- Introduction and problematic of the study:

The psychological preparation of the athletes participating in the Olympic Games is very important to ensure the best performance and improve their performance in competitions. This preparation aims to build athlete's confidence in himself, enhance his ability to withstand pressure, improve focus, as well as develop feelings control skills.

Psychological preparation is an important field of mathematical psychology and is mainly related to the high level

sport, and the interest in psychological preparation has taken from one Olympic course to another with curricula and health scientific methods through mathematical psychology and this matter has become an integral part of the training process and is very important, says "Orlick" in his study that what is characterized by sports heroes from others to rely on self-motivation, motivation and sacrifice with a large part of life during life Training and preparing for competition, as many studies have confirmed, such as "Greenspan et Feltz 1989", which emphasized psychological effects on improving performance in official competitions

The field sports psychology is one of the most important information that entered the field of sports training, which contributes a great deal to developing and developing capabilities for the athlete, as there is a great role for mathematical psychology for the player reaching the highest mathematical mattresses by studying the sports character and knowing the best ways that make this or that athlete at his best to accept training doses as well as meeting the opponent in the best condition and thus overcoming it

He must reach the higher levels in competitive sport that requires hours of daily training in accordance with the requirements of talent and genetic readiness with a codified training program according to scientific and physiological foundations in addition to an important matter, which is psychological potentials and can also be developed through psychological training programs

In a study conducted by 235 Canadian athletes who participated in the Olympic Games, Plos Angeles and Sarajevo, that 75 athletes obtained a medal, they were able to know the psychological factors that allow winning and set one goal to reach it, which is to develop their mental capabilities during their preparation for the Olympic games

(Orlick et Partington 1988)

And if we accurately follow the competition of the Olympic Games and the physical and nervous effort that the athletes exert and the different emotions, and if we look at the training methods and prepare it psychologically and know the psychological pressure that occur Desired.

**Through this we raised the following question:**

**General question:**

Do coaches realize and focus on the psychological preparation for athletes in the Olympic Games?

**Partial questions:**

- Do the coaches focus in their training on the preparation of the athletes psychologically?

. Does the use of psychological preparation contribute to upgrading and achieving titles according to the opinion of the coaches?

**2- General hypothesis:**

Football coaches realize the value and importance of psychological preparation for athletes participating in the Olympic Games

**2-1 Partial hypotheses:**

- The coaches participating in the Olympic Games have knowledge and training that allows them to prepare psychologists psychologically

- The use of psychological preparation contributes to upgrading and achieving titles, according to the opinion of the coaches

### 3- Study objectives:

- Each scientific research has a series of goals that the researcher seeks to reach, and in our research a set of goals we must reach and prove
- Learn the importance of activating the coach's psychological role and his impact on achieving goals in the Olympic Games
- Knowing the effect of psychological preparation on the level of the athletes' performance and its contribution to achieving victory and winning medals and titles.

Psychological preparation for the sports training program for athletes participating in the Olympic Games

### 4-Previous and similar studies

#### 4-1 First study:

Study the thesis of Dr. Kwash Munira entitled "The reality of psychological preparation for the national elite participating in the Olympic Games.," Daly Ibrahim, Algeria, 2015 This study aims to draw the attention of officials on the sports sector on the need to form specialists in sports psychology and sports psychological counseling with high field efficiency, and integrate them into the process of integrated training of sports clubs, especially elite. And a questionnaire was used as a way to collect information on a case study of the coaches and sports elite athletes participating in the Olympic Games London 2102, and among the most important results are several conclusions that may be the beginning of the formulation of other research topics, in order to establish this broad cognitive field, which is still suffering from a lack of attention, and ambiguity in concepts and technologies by those concerned in the Arab countries in general and Algeria in particular.

#### 4-2 The second study:

Golden study, D and others Al Et D GOULD. Entitled "Developing some psychological features of the Olympic heroes, Journal of Applied Studies for Sports Psychology 2002 Publishing House. Ins Québec and the descriptive curriculum was used by using a psychological test battery on 10 Olympics players from America who won 32 Olympic medals during 7 Olympic courses and one of the most important results reached in psychological features (the ability to adapt and control anxiety .

### 5-Words in the study

#### 5-1 Psychological preparation:

It is an inseparable complementary process from the integrated preparation of the student, which includes skilled physical preparation,

Cognitive, moral, as it is necessary to plan for it in the long and short term

#### 5-2 Olympic Games

The Olympic Games are among the most important achievements that the Olympic movement brought and is a competition between two athletes in individual or collective meetings and not between countries, and the Olympic Games are especially especially in the International Olympic Committee, as they have all the rights that have to do with them, organizers, exploit them, broadcast and reproduce by any means (1997 P64 P6).

### 6-Field search procedures:

The descriptive approach, which is defined as a study, was used to try to analyze, interpret and present a reality of phenomenon, or try to analyze the content of the documents to reach conclusions or generalizations related to reality or describing the tasks and responsibilities related to the work or job (Wael Abdul Rahman, 2007)

**7- Study sample:** Some coaches participating in the Olympic Games

**8- Study tools:**

**questionnaire in research:**

The questionnaire is a set of written questions that promise with the intention of obtaining information or opinions of the researchers about a specific phenomenon or position.

In social sciences that require obtaining information, beliefs, perceptions or opinions of individuals (Mahmoud Obaidat, 1991)

**1- The scientific conditions of the tool**

The sincerity of the content (arbitrators): The sincerity of the questionnaire means making sure that it will measure what is prepared to measure it, as it means "the inclusion of the questionnaire for all the elements that must be included in the analysis on the one hand, and the clarity of its paragraphs and vocabulary on the other

To make sure of the sincerity of the study tool, we used the sincerity of the arbitrators as a tool to make sure that the questionnaire measures what was prepared for him, as we distributed the questionnaire to a group of professors from the University of Al -Jilali Bounaqam Khamis Miliana. Depending on the observations and directions made by the arbitrators, we made the amendments agreed upon by most of the arbitrators, as some of the phrases were deleted and the formulation of others was changed.

After making sure of the sincerity of the questionnaire, we went directly to the trainers who were chosen to carry out this study, as the questionnaires were distributed to 16 coaches.

**9- Statistical methods used in the study:**

The study group relied on statistical methods of the percentage as a statistical method that serves the topic in order to take the codified form  $\chi^2$  test

$$\chi^2 = \sum \frac{(O_i - E_i)^2}{E_i}$$

**10- Research fields:**

**10-1 Timetable:**

This research was conducted in the year 2023

**10-2 Spatial field:**

The field study was conducted on and specifically a group of coaches who supervised the athletes participating in the Olympic Games and even preceded coaches through the email service and the Google form.

**11-View and discuss the results:**

The hypothesis 1: The coaches of the participants in the Olympic Games have knowledge and composition that

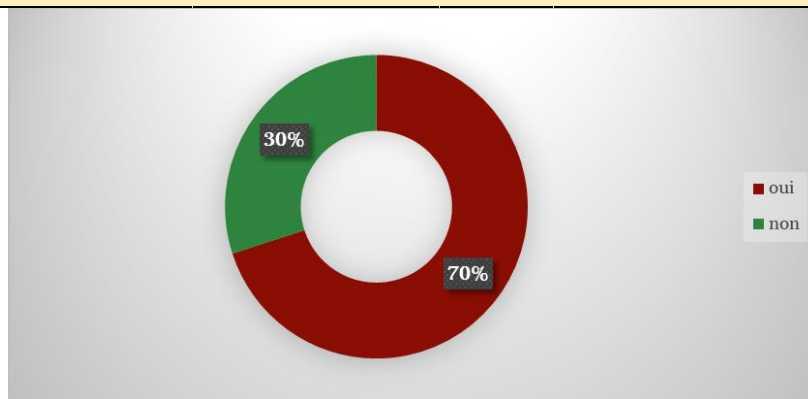
allows them to prepare the athletes psychologically

**The first question:** Do you think psychological preparation is one of the elements of success in the Olympic Games competition?

**The aim of the question:** to know how important the psychological preparation of the athletes participating in the Olympic Games.

**Table No.: 01** shows the importance of psychological preparation for athletes participating in the Olympic Games

Significance	Significance level	Degree of freedom	Calculated $\chi^2$	p.c	Repetition	Answer
$\chi^2$ table						
significant	0.05	1	3.84	4.00	70%	Yes
					30%	no
					%100	the total



- Form No. 01 explains the answers of the trainers about the first question

**Table analysis:**

Through our analysis of Table No. (01) and graphic (01) it is clear to us that the majority of coaches participating in the Olympic Games are aware of the value and importance of psychological preparation for the players, and therefore the value of the calculated as 4.00 while the value of the ka square is at the level of 0.05 and the degree of freedom was estimated at 1.84 and therefore the teams are statistically indicated

**Interpretation of results:** By presenting and analyzing the results of the first question, we note that the value of the calculated as 4.00 while the value of the al -Majul (3.84) is at a level of 0.05 and the degree of freedom was estimated at 1 and accordingly, the difference is statistically indicative, these results came to express that most of the coaches are aware of the value and importance of the psychological aspect and this matter is due to several reasons, including their formation and their graduation in sports training high level And their study of theoretical standards during their formation.

**The second question:** Is there a psychological record of the technical preparation for the athletes?

**The aim of the question:** to know the possibility of a physical report specialized in the technical team of the sports teams.

**Table No. (02)** shows the presence of the psychological report during the psychological preparation of the athletes

Significance	Significance level	Degree of freedom	$\chi^2$	Calculated $\chi^2$	p.c	Repetition	Answer
table							
significant	0.05	1	3.84	6.25	%19	03	Yes
					%81	13	no
					%100	16	the total

Form No. 02 explains the answers of the trainers about the second question

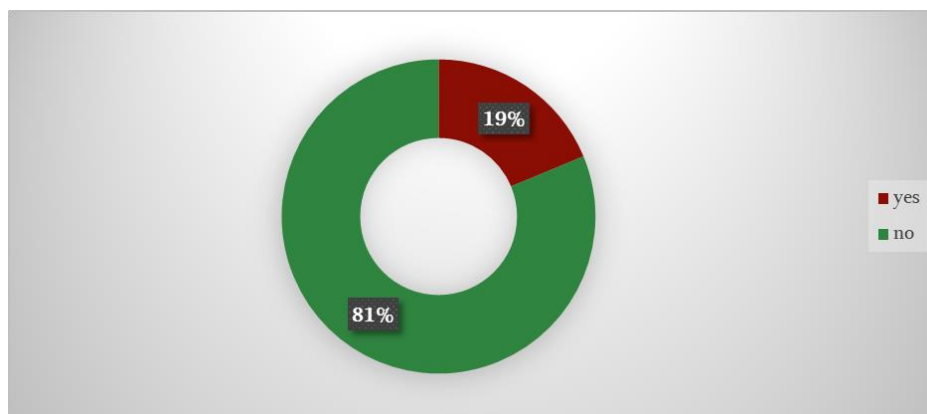


Table analysis:

Through our analysis of schedule No. (02) and graphic representation No. (02) it is clear to us that the majority of coaches deny the psychological preparation for athletes without the presence of a specialized psychological report, and this is evidence that 81 % is greater than the remaining percentage of the trainers and estimated at 19 % who do not have the participation of this field, and therefore the value of the calculated CASURI is 6.25 while the value of the CHO is at the level of 0.05 and degree Freedom was estimated at 1.84, and therefore the difference here is statistically indicated.

**Interpretation of the results:** By presenting and analyzing the results of the second question, we note that the calculated value of the calculated as 6.25, while the CAMULA (3,84) is at the level of significance of 0.05 and the degree of freedom was estimated at 1 and accordingly, the difference is statistically indicative, these results came to express a lack of psychological preparation, that is, the absence of a specialized psychological report and the trainer performs these tasks.

**The hypothesis 02:** The use of psychological preparation contributes to upgrading the level of athletes and

achieving titles according to the opinion of the coaches

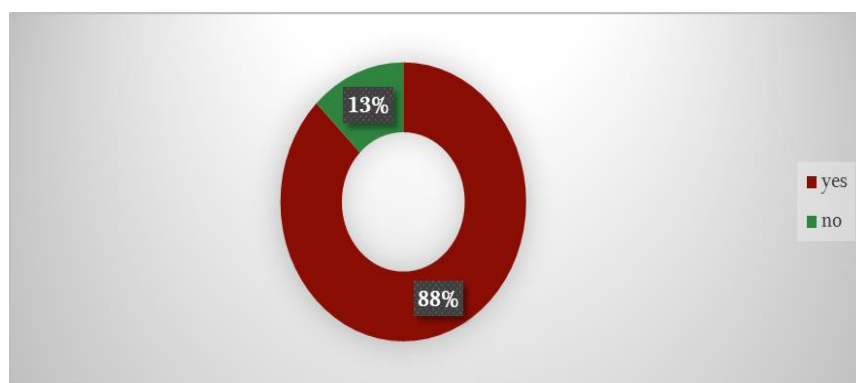
According to the opinion of the coaches

**The third question:** In your opinion, is the psychological numbers that you do with the players contributes to upgrading their performance?

**The aim of the question:** The coach's opinion on the effectiveness of psychological preparation in upgrading the level of athletes and winning medals

**Table No. (03)** shows the opinion of the coaches on the effectiveness of the psychological preparation in raising the level of athletes

Significance	Significance level	Degree of freedom	Calculated $\chi^2$	p.c	Repetition	Answer	
$\chi^2$ table							
significant	0.05	1	3.84	09	%87.5	14	Yes
					%12.5	2	no
					%100	16	the total



Form No. 03 explains the answers of the coaches about the third question

#### Table analysis:

Through our analysis of schedule No. (03) and graphic representation No. (03) it is clear to us that the majority of coaches realize the importance of psychological preparation in raising the level of performance of athletes, and this is evidence that 87.5% is greater than the remaining percentage of coaches and estimated at 12.5%, and therefore the value of the calculation of the calculated 09 while the value of the calculus as a sign of 0.05 and the degree of freedom was estimated at 1 It reached 3.84, and therefore the difference here is statistically indicated.

Interpretation of the results: By presenting and analyzing the results of the second question, we note that the value of the calculated as calculated 9 while the value of the cabinet (3,84) at the level of 0.05 and the degree of freedom was estimated at 1 and therefore the difference is statistically significant, these results came to express the extent of the coaches' conviction of the importance of psychological preparation in training and preparation of athletes in the Olympic games to improve their level and achieve more Medal and honoring their homeland

#### 12- Conclusions and illustrations

Despite the importance of psychological preparation, it remains not up to the required level in the absence of a

specialized psychological record

- Those in charge of sports and training must ensure a qualitative training in psychological preparation strategies and to open a specialized composition of a psychological record.
- And the coaches' awareness of the importance of psychological preparation in preparing and developing players, which is a positive matter that allows the formation of players and their support in their sports competitive career
- It is necessary to form specialists in psychological psychological preparation, i.e. the proposal of the project to form the level of the level of Misance and the professional master, and this is to accompany the best for athletes by a specialist

Providing a greater number of psychologists, because today the victory and the loss is based on parties only

### Acknowledgment

The authors would like to extend their sincere gratitude to the participating coaches who generously shared their insights and experiences, which were invaluable for the completion of this research. Special thanks are also due to the institutions of STAPS University of Chlef, STAPS University of Djilali Bounaama, and STAPS University of Bouira for their academic support. The authors also appreciate the constructive comments and encouragement provided by colleagues and reviewers, which helped to strengthen the quality of the study.

### Conflict of Interest

The authors declare that there is no conflict of interest regarding the research, authorship, or publication of this article.

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