



REVIEW ARTICLE

PSYCHOLOGICAL HESITATION AND ITS RELATIONSHIP TO THE ABILITY TO MAKE DECISIONS FOR INDIVIDUAL AND TEAM SPORTS PLAYERS

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ABSTRACT

Players face a number of negative psychological phenomena that can affect their performance or achievement during the championship and competition, foremost of which is the state of psychological hesitation and the resulting negative evaluation by them of their athletic performance. **Aim:** The current research aims to identify the relationship between psychological hesitation and the ability to make decisions among individual and team sports players. **Methods:** The researcher used the descriptive approach due to its relevance to the nature of the study. The study sample included individual and team sports players in Minia Governorate, and the researchers selected a random sample of (79) players. **Materials:** One of the most important tools used is the psychological hesitation scale and the decision-making scale prepared by the researchers. **Results:** The most important results indicated that there is a statistically significant relationship between psychological hesitation and the ability to make decisions among individual and team sports players.

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INTRODUCTION

The psychological hesitation is the reason in many cases of failure. We can see a player hesitating to perform a skill even though he is fluent in that skill, because the hesitating of this kind cannot come spontaneously, and the reasons for this hesitation can be in the player himself, or that it comes from external sources. And the player always needs to confirm himself, and this confirmation consists of the success experiences that he gets and through which he increases his confidence. But gaining self-confidence is not an easy job, and its foundation is the positive psychological mood, which is at the forefront of the reasons for the optimism of the player and his effort required to achieve the required level. Perhaps we find a player with a distrust, collapsing in front of his teammates for the simplest reason and delegating his luck to the simplest criticism of his teammates, for example. The trainer is also an important component of cultivating self-confidence, especially if he himself is highly confident in himself. The athlete tends to imitate the model and to emulate his coach or colleagues. The ability to make decisions is considered one of the most important administrative activities, and the Researchers agree that decision-making is the most important and most common activity carried out by players, and every training or competition, players make regular decisions.

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GaryDessler&Jean Philips (2008) indicate that decision-making is the process of choosing between alternative working methods. By informing the researchers of many scientific references and previous studies, the researchers did not find a study that dealt with psychological hesitation and its relationship to the ability to make decisions among individual and group sports players, which called the researchers to carry out this study.

MATERIALS AND METHODS

Method of the research: The researchers used the descriptivemethod (surveying method) with its steps and procedures forits appropriateness to achieve the research goals.

Community and sample of the research: Community of the research is represented of the individual and team sports players in Minia Governorate, Upper Egypt. The researchers selected a random sample of (79) individual and team sports players.

STATISTICS

An SPSS statistical package (version 22) was used to analyze the data. The collected data was processed usingthe percentage, correlation coefficient, Cronbach Alpha, estimated balance, the relative weight, the percentage and chi square.

Table 1. Correlation coefficients between psychological hesitation and decision-making ability

	Psycho. Hesitation (ph)	(ph) individual sports	(ph) team sports	Decision- making (dma)	(dma) individual sports	(Dma)team sports
Psychological hesitation (ph)	1.00					
(ph) individual sports players	.447	1.00				
(ph) team sports players	.331	.284	1.00			
Decision-making ability (dma)	.423	.247	.209	1.00		
(dma) individual sports players	.347	.332	.169	.481	1.00	
(dma) team sports players	.220	.188	.308	.397	.176	1.00

Tabular value (t) at the level 0.05 = 0.165

RESULTS

Table (1) presents the Correlation coefficients between psychological hesitation and decision -making ability of the research sample (79) individual and team sports players.

It is shown from table (1) the following: There is a significant correlation between psychological hesitation and the ability to make decisions among individual and team sports players between (.169) and (.447).

DISCUSSION

It is shown from table (1) the following: There is a significant correlation between psychological hesitation and the ability to make decisions among individual sports players (.481), and among team sports players (.397). It means that the ability to make decisions helps the individual and team sports players to reduce psychological hesitation. This enables the player to exert maximum effort and achieve the best results, whether in training or during competitions.

Conclusion

This Study indicated that there is a statistically significant relationship between psychological hesitation and the ability to make decisions among individual and team sports players.

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