



## The Relationship between Psychological Alienation and Physical and Skill Self-Esteem in Female Volleyball Players of Iraqi University Teams

Mohammed Khalid Mohammed Dawood

[mohammedkhaled@uomosul.edu.iq](mailto:mohammedkhaled@uomosul.edu.iq)

College of Physical Education and Sport Science/ University of Mosul

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### Abstract

This study aims to:

- Study psychological alienation among female volleyball players on Iraqi university teams.
- Assess physical and skill self-esteem among female volleyball players from Iraqi university teams.
- Explore the link between psychological alienation and physical and skill self-esteem among these players.

#### Methodology:

The researcher used the descriptive method because it suited the nature of the study. The research sample consisted of female volleyball players participating in the Iraqi Universities Championship finals for the 2024/2025 academic year, representing the following universities: University of Mosul, University of Al-Hamdaniya, Northern Technical University, University of Nineveh, Al-Mustansiriyah University, University of Diyala, Islamic University, University of Basra, Al-Farahidi University, and University of Al-Mustaqbal. The sample included 88 players out of 109, which is 80.73% of the research population.

Data were gathered using scales that measure psychological alienation as well as physical and skill self-esteem. The researcher analyzed the data using statistical tools, including mean, standard deviation, percentage calculations, skewness coefficient, and Pearson's simple correlation coefficient. All analyses were performed using SPSS.

#### Results:

- The research sample showed a high level of psychological alienation, as determined by comparing the mean scores to the hypothetical average of the scale.
- The research sample exhibited low levels of physical and skill self-esteem, as determined by comparing the mean scores to the hypothetical averages of the respective scales.
- An inverse correlation was found between psychological alienation and physical and skill self-esteem.



## مجلة الراافدين للعلوم الرياضية

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### الاغتراب النفسي وعلاقته بتقدير الذات البدنية والمهارية لدى لاعبات منتخبات الجامعات العراقية بالكرة الطائرة

محمد خالد محمد داود

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الكلمات المفتاحية:	استخدم الباحث المنهج الوصفي لملاءمته لطبيعة البحث، أما عينة البحث فقد تكونت من
الاغتراب النفسي	منتخبات الجامعات العراقية بالكرة الطائرة (طالبات) المشاركين بنهائيات بطولة
الذات	الجامعات العراقية للعام الدراسي ٢٠٢٤/٢٠٢٥ وهم كل من (جامعة الموصل، جامعة
كرة الطائرة	الحدانية، الجامعة التقنية الشمالية، جامعة نينوى، جامعة المستنصرية، جامعة ديالى،
المراسلة:	الجامعة الإسلامية، جامعة البصرة، جامعة الفراهيدي، جامعة المستقبل) والبالغ عددهم
الاسم: محمد خالد محمد داود	(٨٨) لاعبة من أصل (١٠٩) لاعبة، ويمثلون نسبة (٨٠.٧٣٪) من مجتمع البحث، وتم
<a href="mailto:mohmedkhaled@uomosul.edu.iq">mohmedkhaled@uomosul.edu.iq</a>	جمع البيانات باستخدام مقياس الاغتراب النفسي وتقدير الذات البدنية والمهارية، وتم
	معالجة البيانات التي حصل عليها الباحث باستخدام (الوسط الحسابي). الانحراف
	المعياري. قانون النسبة المئوية، معامل الالتواء معامل الارتباط البسيط) وتم استخراج
	هذه الوسائل بالاعتماد على نظام الـ (SPSS) وفي ضوء المعالجة الاحصائية استنتج
	الباحث مايلي:
	- يمتلك افراد عينة البحث درجة عالية من الاغتراب النفسي وذلك من خلال
	مقارنة قيم الأوساط الحسابية مع قيمة المتوسط الفرضي للمقياس.
	- يمتلك افراد عينة البحث درجات منخفضة من الذات البدنية والمهارية وذلك
	من خلال مقارنة قيم الأوساط الحسابية مع قيمة المتوسط الفرضي
	للمقياسين.
	- وجود علاقة ارتباط عكسية بين الاغتراب النفسي والذات البدنية والمهارية.

## **1- Definition of the research:-**

### **1-1 Introduction and importance of the research:**

The development achieved in various sports fields is the result of research, studies and various sciences that participated in the progress of the sports movement. Among those sciences that contributed to this development is sports psychology, which has a great and clear effect, as well as its connection with the rest of the theoretical and applied sciences in the service of the sports aspect, as it is one of the pillars on which the training process is based, in addition to other training elements, as it aims to build the athlete's personality and help him in control his thoughts and emotions in order to achieve the best level of performance with different competition conditions (Rateb, 2007, 23), and this is done by targeting the psychological aspects and variables that affect the individual's behavior. Psychological alienation is one of the most important psychological variables that sports and social psychologists have been interested in, and they have emphasized its existence as a psychological and social phenomenon that has a negative effect on athletes and in various sports, and this is what (Mohammed et al, 2020) indicated, that psychological alienation is one of the emotions associated with the athlete's personality, affecting his relationship with athletes and his continuation of training, in addition to the clear effects it leaves, which are represented by the strangeness of his thoughts and emotions and the feeling of helplessness in performing motor skills for all sports, whether individual or team (Mohammed et al, 2020, 4692), and also alienation represent a general experience that is prevalent in varying degrees among individuals, which has led to increased interest among psychologists and researchers in this topic due to the cases of estrangement between the person and his self that it causes. It is viewed as "a psychological and social concept at the same time. The social concept focuses on the social processes that lead to alienation, while the psychological concept focuses on the subjective feelings of alienation. Psychological alienation occurs in particular due to the interaction between psychological and social factors, i.e. due to conflicts between motives and controls (desires), between social Criteria" (Zorcec et al., 2023, 80), therefore, the concept of self is also one of the important psychological concepts that affect the level of performance of the athlete, as it plays an important role in enhancing the player's motivation to achieve, in addition to representing a trend that reflects the athlete's idea of himself and his personal experience and the extent of his sense of his value and competence, as the individual realizes some facts during it. The need to feel self is one of the most important duties for individuals who practice sports, as the more the athlete enjoys high self-confidence, the more he can set goals for himself that are consistent with his abilities, and this is what (Hartutia et al,

2020) indicated that the concept of self reflects an image of the individual's beliefs about himself, which includes physical, psychological, social, emotional, ambitious and achievement characteristics (Hartutia et al, 2020, 159), in addition to focusing on cognitive and motor processes, which is what volleyball players need in general. Based on the above, the importance of the current research that deals with knowing psychological alienation and its relationship to the physical and skill self for Iraqi university volleyball teams players, as a study that contributes to identifying the extent of the influence of these variables with each other, which if paid attention to will help the player acquire the components of an integrated sense of personality and self-recognition and perform physical, motor and skill aspects at appropriate rates and reach an advanced level of performance during sports competitions.

### 1-2 Research problem:

Paying attention to the psychological state of players is one of the necessary aspects to raise their level. Through it, it is possible to identify the negative aspects and problems that affect their physical and skill level and the extent of their awareness of themselves. The phenomenon of alienation is one of the most important psychological and social problems that affect the level of players' performance and the main reason that limits their continuation of practicing their sports activity or the inability to perform motor skills and their appreciation of their physical and skill self. This is a result of not feeling safe and secure and this leads to a feeling of isolation and separation from others, and frustration in achieving sports results. This applies to all sports, including volleyball. Hence, the problem of research in answering the following question arises.

- Is there a relationship between psychological alienation and the physical and skill self of volleyball players, given that the concept of psychological alienation is one of the important psychological variables that influences the players' behavior and their physical and skill abilities?

### 1-3 Research objectives:

This study aims to identify:

- Psychological alienation among female players of Iraqi universities volleyball teams.
- Physical and skill self of Iraqi universities volleyball team players.
- The relationship between psychological alienation and physical and skill self among female volleyball players of Iraqi university teams.

#### 1-4 Research hypothesis:

- There is a significant relationship between the physical and skill self-esteem of female volleyball players of Iraqi universities teams.

#### 1-5 Research Domains:

**1-5-1 Human Domain:** the Iraqi universities volleyball teams (female students) participating in the finals of the Iraqi Universities Championship for the academic year 2024/2025,

**1-5-2 Time Domain:** The period from 4/26/2025 to 5/4/2025.

**1-5-3 Spatial Domain:** Individual Games Hall/College of Physical Education and Sports Sciences/University of Mosul, Northern Technical Hall/Northern Technical University.

#### 1-6 Definition of terms

- **Psychological alienation:** Psychological alienation is defined as the individual's feeling of isolation, loneliness, separation from oneself, lack of belonging to others, loss of self-confidence, feeling anxious and tense, rejection of social values and standards, distance from family life, and suffering from psychological pressures, i.e. the person feels as if he belongs less and less to the world in which he lives. (Zorcec et al, 2023, 80)
- **Physical Self:** "The athlete's ability and expectation of his latent capabilities through his positive understanding of himself and his appreciation of his weaknesses and strengths in a way that serves to enhance and develop his personality and self-confidence."  
(Taha, 2015, 309)
- **Skilled self:** "It is defined as the individual's expression of his image of himself through the various sports skills he performs, specific to a game, and he considers it a source of influence on the surrounding environment." . (Ali, 2018, 372)

The researcher defines the variables of the research procedurally as it is the degree obtained by the respondent through his answers to the paragraphs of the scales (psychological alienation, physical self, skill self) each separately

## 1- Research procedures:-

**2-1 Research Methodology:** The researcher used the descriptive approach with the survey method because it is suitable for the nature of the research.

**2-2 Research population and sample:** The research population consisted of the Iraqi universities volleyball teams (female students) participating in the Iraqi Universities Championship for the academic year 2024/2025, namely (University of Mosul, University of Hamdaniya, Northern Technical University, University of Nineveh, University of Mustansiriya, University of Diyala, Islamic University, University of Basra, University of Al-Farahidi, University of the Future), with a total of (109) players. The research sample consisted of (88) players representing (80.73%) of the original research population, as (15) players were excluded for not completing the questionnaire forms, and (6) players were excluded for participating in the exploratory experiment. Table (1) shows some information about the research sample members.

Table (1)

Shows the research population, sample, excluded players and their percentages.

Universities	Number of players		The excluded		Main research sample	Its percent in population
	Total	Testers	For not completing questionnaire	Exploratory experiment		
Mosul	١٤	١٤	—	٣	١١	%١٠,٠٩
Hamdaniyah	١٢	١١	١	١	١٠	%٩,١٨
Technology	١١	١١	—	١	١٠	%٩,١٨
Nineveh	٩	٧	٢	١	٦	%٥,٥٠
Mustansiriya	١٢	٩	٣	—	٩	%٨,٢٥
Diyala	١٠	٨	٢	—	٨	%٧,٣٤
Islamic	٩	٧	٢	—	٧	%٦,٤٢
Basra	١٢	١١	١	—	١١	%١٠,٠٩
Farahidi	١٠	٨	٢	—	٨	%٧,٣٤
Future	١٠	٨	٢	—	٨	%٧,٣٤
Total	١٠٩	٩٤	١٥	٦	٨٨	%٨٠,٧٣
Percent	%١٠٠	%٨٦,٣٢	%١٣,٧٦	%٥,٥٠	%٨٠,٧٣	

**2-3 Data collection methods:** Given the comprehensiveness of the study to measure psychological alienation, physical self and skills, it was necessary to use the questionnaire as a method of collecting data, as follows.

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### **2-3-1 Psychological Alienation Scale (Scale Description and correction):**

The researcher used the psychological alienation scale prepared by (Hussein, 2008), which consists of (48) paragraphs divided into positive and negative paragraphs, and the answers to the paragraphs of the scale are according to five alternatives: (strongly agree, agree, sometimes agree, disagree, strongly disagree), and weights are given to the degrees (1, 2, 3, 4, 5) respectively for the positive paragraphs, and weights are given to the degrees (5, 4, 3, 2, 1) respectively for the negative paragraphs, and thus the highest degree of the scale is (240) and the lowest degree is (48), with a hypothetical mean of (144).

### **2-3-2 Physical Self Scale (Scale Description and Correction):**

The physical self-esteem scale designed by Alawi et al, was used, which consists of (26) items. This scale measures a number of physical characteristics of volleyball players. The answers to the scale items were through five alternatives (always, often, sometimes, rarely, never). The scale is corrected by using five alternatives for the positive and negative items, as the weights of the scores are given to the alternatives (always, often, sometimes, rarely, never) (1, 2, 3, 4, 5) respectively for the positive items, and the weights of the scores are given (5, 4, 3, 2, 1) respectively for the negative items. The highest score for the scale as a whole was (130), while the lowest score was (26), with a hypothetical mean of (78). (Alawi et al, 1998, 144).

### **2-3-3 Skill Self Scale (Scale Description and Correction):-**

The skill self-esteem scale designed by Alawi et al, was used to assess the volleyball player's estimation of his motor skills. The scale consists of (40) items that measure a number of motor skills of volleyball players. The answers to the scale items were through five alternatives (always, often, sometimes, rarely, never). The scale is corrected by using five alternatives for the positive and negative items. The weights of the scores are given to the alternatives (always, often, sometimes, rarely, never) (1, 2, 3, 4, 5) respectively for the positive items and the weights of the scores are given (5, 4, 3, 2, 1) respectively for the negative items. The highest score for the scale as a whole was (200) while the lowest score was (40), with a hypothetical mean of (120). (Alawi et al, 1998, 144).

**2-4 Scientific foundations for the measures used in the research:** Although the scales used in the current research have scientific foundations of validity and reliability and were applied to the Iraqi environment in previous scientific studies after conducting scientific

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(\*) Dear experts to whom the standards were presented.

- Prof. Dr. Nazem Shaker Al-Watar/ Sports Psychology/ University of Mosul - College of Physical Education and Sports Sciences.
- Prof. Dr. Muayad Abdul Razzaq Hasso/ Sports Psychology/ University of Mosul - College of Physical Education and Sports Sciences.
- Prof. Dr. Nagham Mahmoud Al-Obaidi/ Sports Psychology/ University of Mosul - College of Physical Education and Sports Sciences.
- Prof. Dr. Issam Mohammed Abdul Redha/ Sports Psychology/ University of Mosul - College of Physical Education and Sports Sciences.
- Asst. prof. Dr. Rafe Idris Abdul Ghafoor/ Sports Psychology/ University of Mosul - Department of Student Activities.
- Asst. prof. Dr. Mahmoud Matar Al-Badrani/ Sports Psychology/ University of Mosul - College of Physical Education and Sports Sciences.
- Asst. prof. Dr. Mohammed Khair Al-Din Saleh/ Sports Psychology/ University of Mosul - Department of Student Activities.

transactions for them, the researcher in the current study sought to verify the validity and reliability of the scales in order to ensure their validity and suitability for the target sample, as the validity of the scales (psychological alienation, physical and skill self) was verified by presenting them to a group of experienced and specialized people (\*) in the field of sports psychology, and after collecting the questionnaire forms and emptying them, it was found that there was an agreement rate of (100%). As for stability, the researcher verified the stability of the scales using the (split-half) method on a sample of 30 players who were randomly selected from the basic research sample. The number of paragraphs of each scale was divided into odd and even paragraphs, and the correlation coefficient between the scores of the two halves was found using the Pearson method. The value of the correlation coefficient was (0.80), (0.78) and (0.82) respectively for the scales (psychological alienation and physical self and skill). After that, the correlation coefficient was corrected using the Spearman-Brown equation. When applying this equation, the value of the stability coefficient for the scale as a whole reached (0.88), (0.87) and (0.90) respectively, which is a high stability that can be relied upon in applying the tool.

**2-5 Exploratory experiment:** To identify the negatives that researchers will face and in order to avoid them in the main experiment, the exploratory experiment was implemented on 27-28/12/2025 on a sample consisting of (6) players from the original research population, constituting (5.50%) of the

research population, and they were not included in the final application of the scales. The aim of the study was as follows:

- The extent to which players understand, and comprehend the vocabulary of the criteria paragraphs.
- Work obstacles facing researchers.
- Answering inquiries and questions, if any, and calculating the time taken to answer the scales.

The results of the experiment showed that there was no ambiguity in the paragraphs or inquiry about the scales' paragraphs, and the average time allocated to answer the scales' paragraphs was (24-30) minutes.

## 2-6 Final application of the scales:

After verifying the required scientific specifications of (validity and reliability) for the research tools (the psychological alienation scale, the physical self and the skill scale), they were applied to the research sample starting from 5-26/10/2024 with the assistance of trainers from the aforementioned Universities.

**2-7 Statistical methods:** The Statistical Package for Social Sciences (SPSS) was used to extract the statistical methods: arithmetic mean, standard deviation, one-sample t-test, simple correlation coefficient (Pearson) and Spearman-Brown equation, in addition to the percentage law and the hypothetical mean law.

## 3- Display and analysis of results:-

Based on the data obtained when applying the psychological alienation scale and the physical and skill self scales to the individuals of the main research sample, and after conducting statistical analyses of them, the results reached in the current research will be presented in accordance with its objectives and those results will be discussed as follows:

**3-1 The first objective:** Psychological alienation among the players of the Iraqi universities volleyball teams.

Table (2)

shows the arithmetic means, standard deviations, hypothetical mean values, and the calculated (T) for the psychological alienation scale.

Variable	players Number	Arithmetic mean	Standard deviation	Hypothetical mean	(T) Value	SIG value
Psychological alienation	88	153.87	14.093	144	4.431	0.000

Through our observations of Table (2), we found the following:

The arithmetic mean value for the research sample members in answering the psychological alienation scale reached (153.87), with a standard deviation of (14.093), and when comparing the arithmetic mean value with the hypothetical mean value of (144) using a single sample (t) test, we found significant differences in favor of the arithmetic mean, as the calculated (t) value reached (4.431), with a significance level of (0.000), which is smaller than the approved significance level of (0.05). This indicates that the research sample members possess a high degree of psychological alienation.

**3-2 The second objective:** Identifying the physical and skill self of the players of the Iraqi universities volleyball teams.

Table (3)

shows the arithmetic means, standard deviations, hypothetical mean values, and (T) calculated for the physical and skill self-esteem scales.

Variable	players Number	Arithmetic mean	Standard deviation	Hypothetical mean	(T) Value	SIG value
physical self	88	76.92	7.141	78	0.952	0.347
Skill self		118.17	20.33	120	0.568	0.573

Through our observations of Table (3), we find the following:

- The arithmetic mean value for the research sample members in answering the physical self-esteem scale was (76.92), with a standard deviation of (7.141). When comparing the arithmetic mean value with the hypothetical mean value of (78) using a single sample (t) test, it became clear to us that there were no significant differences between the arithmetic mean and the hypothetical mean, as the calculated (t) value was (0.952), with a significance level of (0.347), which is greater than the approved significance level of (0.05). This indicates that the research sample members have a low degree of physical self-esteem.
- The arithmetic mean value for the research sample members in answering the skill self-scale reached (118.17), with a standard deviation of (20.33), and when comparing the arithmetic mean value

with the hypothetical mean value of (120) using a single sample (t) test, it became clear to us that there were no significant differences between the arithmetic mean and the hypothetical mean, as the calculated (t) value reached (0.568), with a significance level of (0.573), which is greater than the approved significance level of (0.05). This indicates that the research sample members have a low degree of skill self.

**3-3 The third objective:** Identifying the relationship between psychological alienation and physical and skill self among female volleyball players of Iraqi universities teams.

Table (4)

shows the relationship between psychological alienation and physical and skill self

Variable	players Number	Arithmetic mean	Standard deviation	Computed (r) value	SIG Value
Psychological alienation	88	153.87	14.093	-0.409	0.009
physical self		76.92	7.141		
Psychological alienation		153.87	14.093	-0.351	0.026
Skill self		118.17	20.33		

Through our observations of Table (4), we find the following:

- The calculated value of (r) between psychological alienation and physical self-reached (-0.409) with a significance level of (0.009), which is less than the approved significance level of (0.05), and this indicates the existence of significant (inverse) relationship between these two variables.
- The calculated value of (r) between psychological alienation and the skill self-reached (-0.351) with a significance level of (0.026), which is less than the approved significance level of (0.05), although it indicates the existence of significant (inverse) relationship between these two variables.

#### 4-4 Discussion of research results:

As we notice from Table (2) and by comparing the arithmetic mean value with the hypothetical mean of the psychological alienation scale, we see that it was greater than the hypothetical mean value, we find that the individuals in the research sample of players on whom the scale was applied enjoy a high degree of psychological alienation, and this is a result that affects them negatively. Players who have a high score are exposed to psychological

disorders, and the researcher believes that the reason for this is due to their misconceptions and fear of the competitor, in addition to the coaches and the lack of preparation of the players for the tournament in advance and the lack of a supportive environment, whether from family, friends or even the team, and their lack of harmony or forming relationships between them and the lack of participation and gathering only at the time of the match, which creates a state of feeling of isolation, which affects their level of performance and achievement and indifference to the type of relationship between team members, especially if the players are marginalized or criticized within the team, and

this is what was confirmed by (Al-Sayed, 1992), who believes that athletes who suffer from psychological alienation suffer from tension, dissatisfaction, and social isolation, in addition to a sense of helplessness in training or competition and an inability to direct their sports activity. In contrast, athletes who do not suffer from psychological alienation have good psychological health and are characterized by social interaction and the ability to achieve their set goals (Al-Sayed, 1992, 174). This result is consistent with what was reached by (Abbas and Bajay, 2013), which indicated a high level of alienation among kickboxing players in the age group (16-12) years.

As for Table (3), we find that the individuals in the research sample enjoy a low degree of physical and skill self-esteem, through comparing the arithmetic mean value with the hypothetical mean of the scale. The researchers attribute the reason for this to the players themselves, as they tend to submit to their coaches and their demands in order to avoid situations that cause them embarrassment and tension during matches.

As for the relationship between the research variables, through Table (4), we see that the relationship between psychological alienation and physical and skill self-esteem is an inverse relationship, meaning that the higher the level of psychological alienation, the lower the esteem of the physical and skill self-esteem, and vice versa. The researcher believes that this result is logical, considering that high alienation is a negative state, as it leads to a feeling of despair, loss of belonging, and distancing from themselves. These feelings affect their view of their bodies and skills, which leads to a decrease in the level of their physical and skill abilities and failure to achieve their goals, while the esteem of the physical and skill self-esteem works to make (players) see themselves in a positive way that contributes greatly to highlighting their abilities and readiness in various fields, and this is what was confirmed by (Zorcec et al, 2023) that alienation is the transfer of conflict between the self and the surrounding world. When individuals suffer from psychological

alienation, they may feel disconnected from others and society, which leads to feelings of despair, helplessness, and low self-esteem. As a result, their belief in their ability to perform well in various areas of life may decrease, which may exacerbate their feelings of psychological alienation. On the other hand, individuals who have high levels of abilities and self-efficacy tend to be more motivated and proactive in pursuing their goals even in the face of challenges and obstacles (Zorcec et al, 2023, 82). Finally, the relationship between alienation, the physical self, and the skill self is not just a one-way causal relationship, but rather a complex interaction between psychological, social, and physical factors, as each affects and is affected by the other, and working to promote and encourage physical activity has an important role in reducing feelings of alienation and thus enhancing the quality of life in general.

#### **4- Conclusions and recommendations:**

##### **4-1 Conclusions:**

- The research sample individuals have a high degree of psychological alienation, as can be seen by comparing the values of the arithmetic means with the hypothetical mean value of the scale.
- The research sample individuals have low degrees of physical and skill self-esteem, as can be seen by comparing the values of the arithmetic means with the hypothetical average value of the two scales.
- There is an inverse correlation between psychological alienation and physical and skill self.

##### **4-2 Recommendations:**

- The necessity of directing teams to focus on training and good preparation and to remove psychological factors that diminish the team's status and affect their level of performance, such as anxiety, tension and frustration.
- The necessity of providing psychological support to the players to get rid of the pressures they are exposed to from the family, the audience or the coaches and to form social relationships with the rest of the team members, which creates a state of harmony and compatibility among them.
- The need to enhance the sense of connection and belonging among female players, and to promote values that prioritize social support and empathy to prevent the phenomenon of psychological alienation.

- Conducting scientific research and studies on psychological alienation with other psychological variables for both genders and on individual and team games.

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