

## **Future Anxiety and its Relationship to the Level of Adaptation to Social Life Among Ancient Athletes**

**\*Dr/ Ayman Salah El-Din Mohamed Bakr**

### **Introduction and research problem:**

Anxiety about the future is a feature of this era. The development and progress of civilization and technology and the rapid successive changes in various aspects of life have contributed to making the person stand bewildered and anxious in the midst of this civilized wave looking for tranquility and self-soothing, but he does not find it, and strives to achieve his goal in life with the difficulty of having Possibilities and appropriate conditions to achieve this, which resulted in many forms of distress and turmoil that reduce its efficiency, and increase anxiety and a sense of danger from the future.

Both Ahmed Ezzat (2009 AD) and Aaron Beck (2000 AD) agree that anxiety about the future is a type of anxiety that poses a threat to the health and productivity of individuals, as it appears as a result of complex life conditions and the increasing pressures of life and demands of life, and this anxiety may be of a high degree and lead to To the imbalance of the individual, which has the greatest impact on him, whether in terms of mental, physical or behavioral. (62:2) (25:5)

Zainab Shukair (2005) and Atef Al-Husseini (2011) mention that future anxiety is one of the anxiety systems that float through the times, where there is a recognition that future anxiety is caused by different social

and cultural factors that differ according to different situations (9:5) (15:12)

And Iman Sabri (2003) believes that future anxiety means a state of tension, uncertainty and fear of desired changes in the future, and in its extreme case, it may be a threat that something unreal will happen to the person (8:34)

Muhammad Allawi (2012) and Mahmoud Anan (2000) stress the importance of the future, saying that the future is a major component of a person's behavior, and the ability to build long-term personal goals and work to achieve them is an important characteristic of human beings. (15:63)(47:17)

Mahmoud Yahya (2000 AD) indicates that heading towards the future is a positive concept, while future anxiety is a negative concept, while if the concept of future anxiety is taken from the preventive point of view, it becomes a positive concept, meaning that the person here defines his areas of fear from the future, especially after he has been trying To prepare psychological and mental defenses for them in order to be able to confront them successfully, then he must improve his social and economic level, and his level of self-esteem and abilities should be correct and realistic, in order to overcome living crises (54:18)

---

\* Assistant Professor, Department of Psychological and Social Sciences and Sports Assessment - Faculty of Physical Education - Helwan University

Osama Ratib (2008 AD) considers that adaptation to social life plays a pivotal role in determining the degree of control over perturbing thought patterns. An individual who believes that he has a high ability to control potential sources of threat does not have disturbing thought patterns, while the A student who believes that he has a low ability to control these threats develops a high degree of anxiety and focuses on his inability to cope, and realizes that many aspects of his environment are fraught with dangers (52:4)

According to Driscoll (2005 AD), one of the most important theoretical and practical concepts in modern psychology is that which Bandura developed under the name of quality of life or the individual's beliefs about his abilities to successfully perform a certain behavior, or a set of behaviors, and these beliefs affect the individual's behavior, performance and feelings, Bandura also stresses that the individual's beliefs about his self-efficacy are formed through the cognitive awareness of personal abilities and multiple experiences, whether direct or indirect (60:2)

And through the practice of sports activities, it may provide great opportunities for the development of the individual's concept of himself and the feeling of success in overcoming the difficulty of motor performance, and this is the whole concept of social life, and the successful sports experience works to increase the individual's self-knowledge and the concept of the individual may change by practicing sports activities programs Therefore, the quality of social life is

one of the important psychological variables that may play an important role in the competitive field and have a positive impact on the individual's performance in sports competitions

And some of them have the ability and ability to overcome the psychological state that he suffers during the period of injury and get out of it with the least losses, and they view it as (the setback of a horse) and soon re-integrate and return to its natural state, whether in general social life or sports life, and this type of coexistence is consistent with injuries that often have a long period of time, which leads to him retiring and away from the lights and stadiums!

The results of several studies (6), (14), (16), (19) indicated that the low quality of social life is an important manifestation of the problems of anxiety and fear, and that there is an inverse relationship between anxiety about the future, the more anxiety the individual has, the lower the adaptation. With his social life and the references of these studies to the existence of a correlation between high future anxiety and low level of social life among individuals and with the increase in the number of retirees in sports activities and the extent to which athletes fear not to return or the difficulty of returning to the natural state before injury and through the presentation, the researcher saw the importance of identifying On future anxiety and its relationship to the level of adaptation to social life among ancient athletes.

#### **Research goal:**

The research aims to identify future anxiety and its relationship to

the level of adaptation to social life among ancient athletes

**Research hypotheses:**

- There is a direct, statistically significant relationship between the dimensions of the future anxiety scale among the retired athletes.

- There is an inverse relationship with a statistical significance between the dimensions of the measure of the quality of social life among the retired athletes.

- There is an inverse relationship with a statistical significance between the dimensions of the future anxiety scale and the level of the retired athletes.

**Some of the terms included in the search:**

**Future anxiety:**

Arafa Atef Massad (2011 AD) “A sentimental situation related to the future in which the individual prepares to try to adapt and deal with events and dangers” (13: 122)

**Quality of Social Life:**

The individual’s feeling of contentment and happiness, his ability to satisfy his health, psychological and social needs, and his good management of free time and benefit from it (82:26)

**Research plan and procedure**

**Research Methodology**

The researcher used the descriptive method for its relevance to the nature of this research and to achieve its objectives and hypothesis.

**Research sample and community:**

The research community included the football players who retired from the Premier League clubs with different injuries from several clubs (Al-Ahly- Zamalek- Al-Muqawwal- Al-Ittihad- Enppi) and their number reached (60) players registered with the Egyptian Football Association, and the researcher By choosing a random sample that is outside the basic research sample among the members of the community, its number was (10) retired players, in order to conduct the exploratory study and find scientific transactions for the tools used in the research, while the rest of the community members, numbering (50) of the players, were considered a basic sample for research.

**Conditions for selecting a research sample**

- \*The players must be key players in the team.

- \*That the period of treatment of the injury exceeds (4-8) weeks.

The consent of the research sample to enter into the research experience.

**Table (1)**

**Statistical characterization of the research community in the dimensions of the future anxiety scale n = 60.**

Variables		Average	Mediator	standard deviation	skew modulus
future anxiety scale	emotional aspects	31.91	31	3.2	0.853
	physical aspects	41.821	41	3.90	0.630
	social aspects	42.11	42	3.20	0.103
	mental aspects	32.17	30.1	3.17	0.426

It is clear from Table (1) that the values of the skew coefficients of the research community ranged between (0.103 and 823), i.e. confined between (-\+3), which indicates that the research sample is free from non-moderate distributions and reassures the researcher of the homogeneity of the research community in the dimensions of future anxiety scale.

data collection tools

1- Future Anxiety Scale: Prepared by (the researcher) Annex (4)

2- Quality of Life Scale: Wafaa Arab Issues (2005)

1- Future Anxiety Scale

#### **A- Steps to build a future anxiety scale:**

(1)The researcher reviewed the theoretical framework and previous

studies related to future anxiety in the field of psychology in general and anxiety in the field of sports training in particular.

(2)Asking an exploratory question (open) to identify anxiety about the future, as the researcher prepared a form that was distributed to (10) of the retired players, and the form included asking the following question: Do you have anxiety about the future as a former football player?

(3)Determining the proposed dimensions of the future anxiety scale

#### **Presentation and discussion of the results:**

First: Presentation and discussion of the results of the first hypothesis:

**Table (2)**

**Frequencies, arithmetic mean, standard deviation and relative weight of all expressions of the future anxiety scale among football players, the research sample (emotional side) n = 50**

Axis	Phrases	Agree		Not agree		SMA	Standard deviation	Relative weight
		Repetition	Rate	Repetition	Rate			
Emotional side	1	35	70%	15	30%	1.29	0.21	60.21%
	2	40	80%	10	20%	1.176	0.25	58.11%
	3	43	86%	7	14%	1.26	0.65	61.02%
	4	15	30%	35	70%	0.441	0.14	60.01%
	5	22	44%	28	56%	0.644	0.32	64.87%
	6	11	22%	39	78%	0.323	0.41	68.2%
	7	15	30%	35	70%	0.441	0.98	58.32%
	8	25	50%	25	50%	0.735	0.65	64.02%

It is clear from Table No. (2) that the relative weight of the future anxiety scale for the emotional aspect dimension of the retired footballers reached from (58.11% to 68.20%), and this indicates that the level of anxiety in the research sample is high and the researcher attributes this result to their

severe injuries at the beginning The season, which may lead to a ban on participation until the end of the current season, in addition to a weak position among the team members and the technical staff, and the lack of interest in him by the club's management as a non-essential player

and the loss of interest in him by the club's fans led to him feeling a state of dissatisfaction and fear, which He clearly showed in his emotional behavior.

This is consistent with what Zainab Mahmoud Shukair (2005 AD) indicated that anxiety is one of the basic human emotions and a natural part in the mechanisms of human behavior, and it represents one of the most important disorders affecting the health and future of the individual, in addition to its negative impact on various areas of life. Anxiety is one of the main factors Affecting the human personality, and the issue of anxiety was and still is one of the most important topics that always imposes itself on the jurisprudence of researchers in psychological sciences because of its importance, depth and connection with the emotional aspects of the individual.(9)

The results of this study agree with the study of Iman Sabri (2003 AD) that the athlete is exposed during the exercise of the sports activity to

various situations that lead to psychological injury. Some changes occur in the athlete's psychological characteristics that affect the athlete's motor behavior as a result of the change that affects his various emotions, especially in the emotional aspect. (54:8)

The researcher believes that football, with its popularity and interest from officials and fans alike, and the interest in selling its employees compared to other sports, led to high psychological pressures on players to get out of the spotlight they enjoy as one of the main members of the team and their fear of being injured. It deprives them of all these privileges.

The results of this study agree with the study of Sherine Ahmed Youssef (2010) (11) and Mahmoud Shamal Hassan (1999) (16) on the high level of emotional tension among retired people, the lack of future in life activities and the need to develop psychological programs to reduce their level of negative emotions.

**Table (3)**

**Frequencies, arithmetic mean, standard deviation and relative weight of all expressions of the future anxiety scale among football retirees, the research sample (physical aspect) n = 50**

Axis	Phrases	Agree		Not agree		SMA	Standard deviation	Relative weight
		Repetition	Rate	Repetition	Rate			
physical appearances	9	45	90%	5	10%	1.323	0.47	61.85%
	10	43	86%	7	14%	1.264	0.32	64.20%
	11	40	80%	10	20%	1.176	015	63.84%
	12	45	90%	5	10%	1.323	0.32	63.72%
	13	40	80%	10	20%	1.76	0.254	59.62%
	14	15	30%	35	70%	0.441	0.84	61.32%
	15	45	90%	5	10%	1.323	0.65	61.06%
	16	35	70%	15	30%	1.029	0.26	60.22%
17	15	30%	35	70%	0.441	0.94	67.01%	

It is clear from Table No. (3) that the relative weight of the future anxiety scale for the physical aspect dimension among the retired footballers reached from (59.62% to 67.01%), and this indicates that the level of anxiety in the research sample is high and the researcher attributes this result to the injury they were exposed to and entry in a period of rest and recovery with psychological distress that led to a decrease in their health level, they had some access to psychological and physical comfort at the same time. Thinking constantly, even in times of growth, and its repetition through the applicable standards, led to physical fatigue observed on the retired players.

Ghaleb Muhammad Ali (2009) indicates that one of the physical symptoms of future anxiety includes an increase in heart rate, in addition to some cases of fainting and dizziness, in addition to some temporary physical variables limited to dry throat, difficulty swallowing with indigestion, cases of chest pain and general weakness. (62:1)

Mahmoud Abdel-Fattah Annan (2000 AD) mentions that the individual

reaches a state of anxiety on a form to check the pleasure and pleasures of life and to live a normal life, in addition to disease and loss of appetite, and the matter develops into the occurrence of the most common underwriting and entering into a state of isolation and exposing him to sedatives and analgesics that help him to continue Action.(52:17)

Through the application of the phrases of physical symptoms, the researcher sees that entering into a state of future tension from not sleeping comfortably and feeling a headache in continuing to think, loss of appetite and various injuries to the body to reach a state of fatigue and physical play, all of these symptoms were the result of a state of fear of the future and the cause disappears.

The results of this study agree with the study of Ibrahim Mahmoud Ibrahim (2003 AD) (1), Ghaleb Muhammad Ali (2009 AD) (13) on the importance of using negative and positive motor programs in reducing psychological stress before reaching the stage of physical exhaustion.

**Table (4)**  
**Frequencies, arithmetic mean, standard deviation, and relative weight of all future anxiety scale expressions for soccer retirees, research sample (social aspect) n = 50**

Axis	Phrases	Agree		Not agree		SMA	Standard deviation	Relative weight
		Repetition	Rate	Repetition	Rate			
social aspects	18	25	50%	25	50%	0.735	0.36	63.25%
	19	27	54%	23	46%	0.794	0.87	61.25%
	20	30	60%	20	40%	0.882	0.14	60.12%
	21	15	30%	35	70%	0.441	0.74	60.47%
	22	10	20%	40	80%	0.294	0.32	61.32%
	23	10	20%	40	80%	0.294	0.47	64.22%
	24	15	30%	35	70%	0.441	0.32	62.32%
	25	20	40%	30	60%	0.588	0.87	61.24%
26	35	70%	15	30%	1.029	0.15	60.74%	

It is clear from Table No. (4) that the relative weight of the future anxiety scale for the social aspect dimension among retired football players amounted from (60.12% to 64.22%), and this indicates that the level of anxiety in the research sample is high, and the researcher attributes this result to the injury they were exposed to and the distance From the stadiums for the period of the injury and the lack of interest in them and entering into a stage of social isolation from those who care about them, whether fans or members of the club, and the process of mixing with colleagues was limited, which led to a decrease in the level of feeling the social evil of people

Wafa Muhammad (2009 AD) mentions that one of the social symptoms of future anxiety is the speed of making decisions that are not implemented, with a strong tendency to self-criticism and placing strict requirements on what must be done, in addition to a state of disorder in his compatibility with others, as he tends to isolate and distances himself from social interactions and appears not to

The ability to make a constructive adaptation to circumstances, people and social situations, and this explains the speed of answering the questionnaire for measuring the level of future anxiety in the research sample. (19)

The researcher believes that completing rehabilitation programs collectively after injury may lead to a reduction in the level of social isolation among the retired players and have an effective role in reducing the level of future anxiety, as social participation

In this regard, Wafa Muhammad Ahmadain (2009) (19) points out the importance of psychological care for the retired because of its key role in the stages and speed of recovery and their absence of other negative psychological symptoms.

The results of this study agree with Wafaa Muhammad Ahmadain (2009) (19) in the importance of developing a strategy from the state in taking into account the retired people, putting them in the light of consideration, integrating them into society and benefiting from their experiences.

**Table (4)**  
**Frequencies, arithmetic mean, standard deviation, and relative weight of all future anxiety scale expressions for soccer retirees, research sample (mental aspect) n = 50**

Axis	Phrases	Agree		Not agree		SMA	Standard deviation	Relative weight
		Repetition	Rate	Repetition	Rate			
mental aspects	27	20	40%	30	60%	0.558	0.47	58.98%
	28	10	20%	40	80%	0.294	0.36	61.02%
	29	20	40%	30	60%	0.588	0.12	61.11%
	30	35	70%	15	30%	1.029	0.584	62.47%
	31	30	60%	20	40%	0.882	0.21	63.21%
	32	10	20%	40	80%	0.294	0.36	61.47%
	33	45	90%	5	10%	1.323	0.84	62.24%
	34	40	80%	10	20%	1.117	0.91	60.22%

It is clear from Table No. (4) that the relative weight of the retired

football players was (58.98% - 63.21%), and this indicates that the

level of anxiety among the research sample is high, and the researcher attributes this result to their severe injuries at the beginning of the season, which may lead to deprivation In participating until the end of the current season and thinking about returning to the stadiums even before the completion of recovery and negative thinking about them as a result of being injured and losing their value on the field

The results of this study agree with the study of Mahmoud Hassan (1999) (16) that the mental disorders accompanying a state of future anxiety, represented in the tendency to fanaticism and extremism in judgments, as well as adopting attitudes and beliefs about self and life that are not based on logical evidence such as authoritarianism, and

ideological rigidity, which prevents them from judgment Independent and the use of logic instead of emotions.

The results of this study agree with the study of Ibrahim Mahmoud Ibrahim (2003 AD) (1), Iman Sabry (2003 AD) (8), Sherine Ahmed Youssef (2010 AD) (11) in the presence of a relationship between the level of anxiety levels and some aspirations among the research samples, both players or students.

Thus, the first hypothesis has been achieved, which states that there is a direct, statistically significant correlation between the dimensions of the future anxiety scale and the retired football players with a high athletic level.

Second: Presentation and discussion of the results of the second hypothesis:

**Table (5)**

**Frequencies, arithmetic mean, standard deviation, and relative weight of all phases of the quality of life scale for football retirees, research sample n = 50**

Phrases	Never apply		Slightly applicable		Medium applicable		Very applicable		SMA	Standard deviation	Relative weight
1	10	20	15	30				40	0.883	0.51	23.89%
2	12	22	14	28	5	10	19	38	0.791	0.21	25.63%
3	8	16	15	30	11	22	16	34	0.66	0.32	26.32%
4	9	18	12	24	10	20	19	38	0.791	0.15	23.52%
5	12	24	10	20	8	16	20	40	0.833	0.21	26.22%
6	3	6	15	30	10	20	22	34	0.916	0.17	27.14%
7	17	34	3	6	6	12	24	48	0.750	0.120	26.32%
8	15	30	10	20	10	20	15	30	0.625	0.225	25.12%
9	10	20	18	36	8	16	14	28	0.583	0.274	23.54%
10	15	30	12	24	8	16	15	30	0.625	0.32	23.14%
11	12	24	10	20	8	16	20	40	0.833	0.25	25.32%
12	12	24	14	28	5	10	19	38	0.791	0.47	21.85%
13	24	48	6	12	3	6	17	34	0.708	0.265	29.57%
14	9	18	12	24	10	20	19	38	0.791	0.25	26.78%
15	12	24	10	20	12	24	16	32	0.666	0.287	27.95%
16	15	30	15	30	8	16	12	24	0.500	0.162	27.62%



**Follow Table (5)**  
**Frequencies, arithmetic mean, standard deviation, and relative weight of all phases of the quality of life scale for football retirees, research sample n = 50**

Phrases	Never apply		Slightly applicable		Medium applicable		Very applicable		SMA	Standard deviation	Relative weight
17	10	20	15	30	7	14	18	36	0.75	0.32	28.11%
18	21	42	9	18	10	20	10	20	0.416	0.14	29.62%
19	15	30	15	30	10	20	10	20	0.416	0.154	25.67%
20	11	22	19	38	5	10	15	30	0.625	0.21	24.33%
21	17	34	18	36	5	10	10	20	0.416	0.32	27.62%
22	10	20	20	40	10	20	10	20	0.416	0.185	26.32%
23	15	30	15	30	10	20	10	20	0.416	0.32	25.16%
24	10	20	15	30	7	14	18	36	0.75	0.172	23.44%

It is clear from Table No. (5) that the relative weight of the retired football players amounted to (29.62%), which is the phrase No. (18), and this indicates that the level of self-efficacy of the research sample is low, and the researcher attributes this result to their severe injuries at the beginning of the season, which It may lead to a ban on participation until the end of the current season.

The researcher believes that the quality of life of the individual is an important basis for determining the level of his motivation, the level of his psychological health, and his ability to achieve personal achievement. The level of quality of life affects the quality of the activities and tasks that the individual chooses to perform, the amount of effort he exerts to accomplish a task or activity, and even the length of the resistance that the individual shows in front of the obstacles that stand in his way.

In this regard, Ahmed Muayyad Hussein (2011 AD) points out that the quality of life is generated from life experiences and from people we take

as role models. The concept of quality of life is one of the concepts of modern psychology developed by Bandura, who sees that the individual's beliefs about his self-efficacy appear through the cognitive awareness of personal abilities and experiences Therefore, the quality of life can determine the path that he follows as behavioral measures, either in an innovative or stereotypical form, and this path can indicate the extent to which the individual is convinced of his personal effectiveness and his confidence in his capabilities that the situation requires over years of doing Reactions to life's challenges and training to deal with them with flexibility and perseverance (6:3)

The results of this study agree with what Alan Qader (2004 AD) indicated that quality of life is not only an assessment of an individual's ability, but also the beliefs that an individual develops regarding his ability to complete a task successfully and the development of quality of life as a result of the close tripartite relationship between the environment, personality traits and behavior, where

quality of life affects the completion of a task. Task and Action Actively Participating This understanding of quality of life correlates with the individual's ability to complete the assigned task (2:7)

Kamal Aref and Suad Abdel Karim (2001 AD) point out that a low sense of quality of life is linked to depression, anxiety about the future or helplessness in these individuals. With regard to thinking, a strong sense of competence facilitates cognitive processes and performance in different places, including the quality of decision-making and academic achievement, and when It is about action (preparation of action) Self-related knowledge is a key component of the process of enthusiasm and quality of life. It can improve or hinder motivation. People with high quality of life choose difficult tasks and set themselves higher goals and stick to them (14)

The researcher believes that the players who retire are optimistic or pessimistic scenarios that are compatible with their level of quality

of life. At work, we find those with high quality of life invest more effort and persevere for a longer period, and when setbacks occur, they recover more quickly and maintain continued commitment to their goals and have the ability to choose and explore their environments and create new unlike Low quality of life The results of this study agree with the study of Ahmad Muayyad Hussain Ali (2011) (3), Al-Hamidi Muhammad Dhahhan (2003) (6), Kamal Aref, Suad Abdel-Karim (2001) (14) on the importance of psychological preparation for players in Improving the level of their quality of life because it is related to the level of performance and achievement in performance.

Thus, the validity of the second hypothesis, which states that there is an inverse relationship with a statistical significance between the dimensions of the quality of life measure and retired football players with a high athletic level, has been validated.

### **Third: Presentation and discussion of the results of the third hypothesis:**

**table (6)**

#### **Correlation matrix between future anxiety scale dimensions and quality of life level n = 50**

<b>quality of life future anxiety</b>	<b>emotional aspects</b>	<b>physical aspects</b>	<b>social aspects</b>	<b>mental aspects</b>
quality of life level	*0. 42-	*0. 42-	*0. 79	*0. 69

The significance of the correlation coefficient at the significance level of 0.05 = 0.211 Table (6) indicates that there is a statistically significant negative relationship between the future anxiety scale and the quality of life scale in my dimension (emotional aspects- physical aspects) (-0.42) and there is a positive direct relationship between the future anxiety scale and the quality of life scale in my dimension (social aspects- mental aspects) among the players, where it reached (-0.42)

The researcher believes that the explanation of the existence of an inverse relationship between the dimensions of (emotional aspects - physical aspects) of the future anxiety scale and the measure of quality of life may be due to the fact that if the player's quality of life decreases, he increases his anxiety about the future and fails to accomplish his work, which puts pressure on him and with the increase Negative pressures and experiences in tournaments are expected to lower the level.

The researcher believes that being always pessimistic about future situations, negative prediction of expected problems, lack of ability to face the future, and feeling insecure, and therefore cannot achieve itself. All of this affects emotional aspects, while the high level of ambition contributes to achieving the goals that the player sets for himself in order to protect him from situations threatening self-esteem. Which develops a higher motivation to work in training, and football is one of the sports that require the player to have self-control and emotional stability to reach higher levels.

Sherine Ahmed Youssef (2010 AD) points out that future anxiety represents one of the types of anxiety that poses a danger in the life of the individual, which represents fear of the unknown resulting from past experiences (and present as well) experienced by the individual that make him feel insecure and anticipate danger and feel unstable and cause this situation something From pessimism and despair that may eventually lead to a real and serious disorder such as

depression or a serious neuropsychiatric disorder, which in turn affects the level of quality of life (11:14)

The results of this study agree with the study of Ibrahim Mahmoud Ibrahim (2003 AD) (1) that future anxiety is an unpleasant emotional experience that occurs to the individual in cases of vague fear and negative prediction of the events that will occur, so he feels tension, distress and constriction when thinking about it, which leads to a weakness in the ability of The individual is unable to achieve his goals and ambitions and the feeling that life is not worthwhile, and also feeling disturbed and unable to focus and secure towards the future.

Zainab Mahmoud Shukair (2005 AD) (9) states that future anxiety can be observed in individuals through the biological and physiological reactions that appear on the individual such as shortness of breath, dry throat, cold extremities, high blood pressure, fainting, muscle tension, Indigestion, worrying about the future does not make the individual lose touch with reality, but he can practice his daily activities, realizing the illogicality of his actions, but in severe cases, the individual spends most of his time to overcome his fears, but to no avail.

The researcher also believes that the explanation of the existence of a positive correlation between the future anxiety scale and the quality of life scale is due to the issues and problems related to the future that reflect the self-image, psychological tension and motivation of the study due to the successive changes witnessed by

society that affect individuals and various aspects of life.

Sayed Al-Tawab (2003 AD) indicates that the state of anxiety is associated with the presence of many negative thoughts in the mind of the individual, such as his belief that it is impossible to obtain what he wants in the future and that he cannot avoid or face the bad things in his life. This all leads to a weakness in the quality of life that is closely related With deficiency, lack of focus and a feeling of weakness, and thus the quality of life is one of the important factors that affect its effective ways in facing anxiety. (52:10)

Atef Massad Al-Husseini (2011) states that future anxiety has a negative impact on the behavior and personality of the individual, and this in turn negatively affects his life and aspirations for the future, making him a person who lives for his day in an atmosphere of fear, sadness, anxiety and pessimism about what the future will bring and what the unknown holds, and if such a thing happened. You see him resorting to self-defensive means (suppression, displacement, etc.) as means to belittle these negative situations, and we see him using his social relations as a means to secure his own future. This influence may extend to the individual's personality to make him a rigid and intransigent person, irritable and not accepting the opinion of others around him It leads to situations of collision with others so that he does not leave him a friend to remain in his isolation, sadness and pessimism, and thus he is unable to achieve himself, unable to decide on

matters and hesitant in making his decisions, exposed to mental and physical collapse (51:12).

In this regard, Shereen Ahmed Youssef (2010) (11) points out that among the mental symptoms of future anxiety are distraction, mental wandering, disturbances in the power of observation, a disturbance in memory, a disturbance in thinking in terms of smoothness, content, and verbal flow, in addition to mental alertness to danger and weakness. The ability to mentally focus and control thoughts indicating danger in the mental arena.

The results of this study agree with the study of Ibrahim Mahmoud Ibrahim (2003 AD) (1), Iman Muhammad Sabry (2003 AD) (8), Sherine Ahmed Youssef (2010 AD) (11) in the presence of an inverse relationship between the level of future anxiety and the quality of life of individuals.

#### **Abstracts:**

- 1- There is a high level of future anxiety among the retired football players, the research sample.
- 2- The presence of a low level of the quality of life of the retired football players, the research sample.
- 3- There is a statistically significant correlation between the dimensions of the future anxiety scale and the quality of life of the retired players

#### **Recommendations:**

- 1- Working on spreading health and psychological awareness of the aftermath of injury.
- 2- The need to direct specialists to address the issue of anxiety about the future that players suffer from, and to

take some measures that would benefit in reducing the level of anxiety about the future among the retired players.

3- Interest in building different scales to study the status of retired football players.

4- It is necessary to pay attention to the application of this scale with different dimensions of future concern on other mathematical samples to confirm the results of this scale and rely on it.

#### References

**1- Ibrahim Mahmoud Ibrahim Badr (2003) (b):** "The level of orientation towards the future and its relationship to some disorders among university youth, a comparative study between Egyptian and Saudi samples." The Egyptian Journal of Psychological Studies. Volume13-Issue 40, pp.34-82.

**2- Ahmed Ezzat (2009):** The Origins of Psychology, Arab Thought House, Jordan.

**3- Ahmed Muayyad Hussein Ali (2011 AD):** "Building a Skill Self Scale for Handball Players in the Northern Region of Iraq, published scientific research, Journal of Physical Education Sciences, Issue IV, Volume IV.

**4- Osama Kamel Ratib (1998 AD):** "Psychology of Sport" Concepts - Applications, Arab Thought House, Cairo.

**5- Aaron Beck, translated by Adel Mustafa (2000):** Cognitive Therapy and Emotional Disorders, Cairo, Dar Al Afaq Al Arabiya.

**6- Al-Hamidi Muhammad Dhaihan (2003 AD):** "Self-esteem and its relationship to aggressive behavior among middle school students in Al-Riyadia City, Master's thesis, Naif

Academy for Security Sciences, Saudi Arabia.

**7- Alan Qadir Rasoul,** "Self-concept and its relationship to competitive behavior and technical skill performance among football players, Ph.D. thesis, Salah al-Din College, Iraq, 2004 AD.

**8- Eman Mohamed Sabry (2003)** "Superstitious Thinking among Adolescents and its Relationship to Future Anxiety and Achievement Motivation." Seventeenth Psychology Conference, Egyptian Society for Psychological Studies, Cairo University.

**9- Zainab Mahmoud Shukair (2005):** "The Future Anxiety Scale" 1st Edition. The Anglo-Egyptian Library. Cairo.

**10- Sayed Mahmoud Al-Tawab (2003):** Educational Psychology of Learning and Teaching, Cairo: The Anglo-Egyptian.

**11- Shereen Ahmed Youssef (2010 AD):** Building a future anxiety scale and its relationship to the level of ambition of fencing players, published scientific research, Journal of Sports Sciences, College of Sports Education, Zagazig University.

**12- Atef Massad Al-Husseini (2011):** Future anxiety and treatment with meaning, Dar Al-Fikr Al-Arabi, Cairo, 2011.

**13- Ghaleb Muhammad Ali Al-Mashikhi (2009):** Future anxiety and its relationship to quality of life and level of ambition among a sample of university students, a study in the Department of Psychology - College of Education - Umm Al-Qura University.

**14- Kamal Aref, Suad Abdel Karim (2001 AD):** "A comparison of physical and physical self-concept between female handball and volleyball players, published scientific research, Journal of Physical Education, Volume Ten, Number Four, College of Physical Education, University of Diyala, Iraq.

**15- Muhammad Hassan Allawi (2012 AD):** Sports Psychology and Physical Practice, Arab Thought House, Cairo.

**16- Mahmoud Shamal Hassan (1999):** "Future anxiety among university graduates." Arab Future magazine, No. 249, pp. 70-85.

**17- Mahmoud Abdel-Fattah Annan (2000):** Advanced Readings in Sports Psychology: Theories- Applications- Analytics, Anglo-Egyptian Library, Cairo.

**18- Mahmoud Yahya Saad (2000 AD):** Applied Mathematical Psychology, Dar Al Maaref, Cairo.

**19- Wafaa Muhammad Ahmadine (2009):** future anxiety and its relationship to body image and self-concept in cases of amputation after the war on Gaza, Master's thesis, College of Education, University of Gaza, Palestine.