Psychological aspects of injured and non-injured athletes with some "Descriptive Study - Comparative"national team players

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Abstract :-

The aim of the study was to identify the differences between injured and non-injured athletes in the internal motivation for achievement . It also showed the effects of the injury on the athlete's self-confidence and anxiety. The researcher chose (120) players of the national teams in the Olympic Center in Maadi, and their ages range from 13 to 17 years of (boxing, wrestling and karate). The researcher chose the sample in a deliberate way from sports players (karate - wrestling - boxing) and it was [95] players as a basic sample and (15) players as an exploratory sample. Method: The researcher used the descriptive method "survey method". Results: the researcher found out : There are statistically significant differences between injured and non-injured karate, wrestling and boxing players in the internal motivation to achieve for non-injured athletes. Also, There are statistically significant differences between injured and non-injured players in self-confidence for non-injured athletes . In addition, There are statistically significant differences between injured and non-injured in anxiety for non-injured athletes in the dimension (self-confidence) and for the injured athletes in my dimension (cognitive anxiety and physical anxiety)

Keywords: Psychological aspects, of injured and non-injured athletes, Descriptive Study - Comparative **.**

Research problem and its importance:

Psychology is the study of behavior through human interaction between individuals. The psychology of sports is concerned with the human being as a whole as one unit. Human behavior is multidimensional and multifaceted, and it cannot be separated between the physical, social, mental and psychological aspects. The player during the match cannot rely on the physical and skill side only without relying on other aspects such as mental, social or psychological aspects. The psychological aspect is also considered one of the most important factors that play an important and vital role in achieving the best levels of sport, if it is controlled and if we prepare the individual psychologically before matches and during the training process.

There is a comprehensive positive impact on the individual through his practice of sports, not only in the physical aspect, but also in the social, psychological and mental aspects. However, every activity practiced by the individual is accompanied by a certain amount of possibility of injury (17: 111).

Recently, interest in the topic of sports injuries has increased in the field of sports psychology. As sports injuries represent the main obstacle to

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the development of the heroic sports level, as it confuses the process of the phased development of sports training, and therefore it is impossible to achieve the sports goals targeted to be achieved (5: 12).

The study of human behavior is one of the important sources that provide us with many knowledge and information related to the nature of the human psyche. Human behavior in all its forms is behind a specific motives that push and move it. If these motives are known, it is possible to understand and explain the behaviors and predict the behavior that can be issued by them in certain situations, and from them it is possible to control the direction of this behavior towards certain goals .This is done by creating situations that provoke certain motives that push the individual to perform the tasks that are asked of him (7:128).

And the motive for achievement includes the behavior performed in general and the activity that tends directly towards excellence , and also includes competition and overcoming others in every work or activity (2: 178).

Sports performance is affected by many factors, including the psychological factor, and self-confidence is considered one of the important features in the sports field, due to its direct impact on the performance of the players. Sports confidence as a trait or as a condition is considered one of the most important psychological phenomena that affect the players' performance in a positive way that pushes them to make more effort to face competitive situations in the field of their sports activity, which increases the players' ability to achieve success (16:223).

Positive subjective results in the sports field (such as awareness of success, feelings of adequacy, vanity, and satisfaction) seem appropriate to enhance sports confidence as a trait, given that positive subjective results will increase the degree of certainty of players of their ability to achieve success in their field. On the other hand, negative subjective results Such as (perception of failure, feelings of inadequacy, shame and dissatisfaction) show low athletic confidence as a trait, because it makes players unsure of their abilities to achieve success in sports(16:311).

Anxiety is considered one of the most important psychological phenomena that affect the performance of athletes. While some athletes can control the degree of anxiety, and then the effect of anxiety is positive, pushing them to make more effort, there are others who fail to achieve this, so the level of performance is negative, especially during competition (12: 189).

The difference between anxiety as a state and as a feature appears when Spielberger indicated that anxiety as a state is a temporary emotional state that the individual feels when he perceives a threat in situations, so his autonomic nervous system activates, his muscles tense and prepares to confront this threat, while the anxiety feature is an acquired behavioral readiness. It remains dormant until it is alerted and activated by internal or

external stimuli that provoke a state of anxiety (16:18).

Anxiety is one of the most important symptoms that appear on the athlete as a result of injuries related to sports activity. Anxiety also leads to the appearance of some psychological symptoms on the athlete, such as irritability, weakness in the ability to pay attention, focus, remembering, and mind wandering. It also appears in the form of negative thoughts to anticipate evil and danger, and the possibility of not recovering from injury. This sports injury is linked to other factors, namely a lack of self-confidence, a lack of self-efficacy, a lack of the player's appreciation of his competence, and consequently a noticeable drop in his level of motivation (14: 32, 34).

The researcher concluded that motivation for achievement, self-confidence, and anxiety are the psychological aspects most closely related to sports performance in terms of the impact of injury on it. And he believes that by studying sports injuries and their impact on the psychological aspects, it is possible to identify the strengths and weaknesses of the psychological aspects in the teams and work to confirm and stabilize the strengths and avoid the weaknesses and treat them as much as possible.

The researcher conducted this research to identify the impact of sports injuries on some psychological aspects of the athlete (internal motivation to achieve, self-confidence and anxiety), and the importance and necessity of psychological aspects in the player's return after injury in the

least possible period of time to practice sports activity again. The knowledge of the coach and the player in psychological aspects may help the player to overcome the period of his injury. Rehabilitation until after recovery from injury is only psychological rehabilitation first before it is sports rehabilitation. Rather, the role of psychological rehabilitation comes immediately after the injury so that it does not affect the player later. The importance of this research is also evident in the scarcity of studies, to the knowledge of the researcher, that dealt with the impact of sports injuries on psychological aspects.

research aims:

This research aims to identify:

•The differences between **injured and non-injured** athletes in the internal motivation for achievement.

•The differences between **injured and non-injured** athletes in self-confidence in sports.

• The differences between **injured and non-injured** athletes in anxiety.

Research hypotheses:

In light of the research objectives, the researcher assumes the following:

•There are statistically significant differences between **injured and non-injured** athletes in the internal motivation for achievement among karate, wrestling and boxing players.

• There are statistically significant differences between **injured and non-injured** athletes in the self-confidence of karate, wrestling and boxing players.

• There are statistically significant differences between **injured and non-**

injured athletes in anxiety among karate, wrestling and boxing players.

Terms and concepts included in the research:

Sport Injuries:

Injury is a disruption or obstruction of an external influence on the work of the various tissues and organs of the athlete's body, and this effect is often sudden and severe (6: 163).

Research Methodology:

The researcher used the descriptive method "survey method" as it is the appropriate method for the nature of this research.

Community and sample research:

The research community included the players of the national teams in the Olympic Center in Maadi, and their number is 120 players, and their ages range from 13 to 17 years of (boxing, wrestling and karate). The researcher chose the sample in a deliberate way from sports players (karate - wrestling - boxing) and it was [95] players as a basic sample and (15) players as an exploratory sample, they were distributed as follows:

Table (1)
Description of the research sample

N	sport	uninjured	injured	Total
1	karate	22	13	35
2	wrestling	18	10	28
3	boxing	20	12	32
	Total	60	35	95

The researcher chose these games in this study for the following reasons:

-The researcher chose these games because they are considered sports activities with direct contact.

- The sample members are distinguished by the high level of national teams.

Data collection tools:

To collect the data for the research, the researcher used the following:

	Prepared by	Arabization
Internal Motivation Scale for Achievement	Edward McCauley and Terry Duncan	Hassan Hassan Abdo
Self-confidence scale	Robin Willy Arabization	Hassan Hassan Abdo
The Anxiety Scale	Reiner Martens and others	Hassan Hassan Abdo

1- Internal Motivation Scale for Achievement:

"Hassan Abdo" (1996) Arabized this scale from "Edward Macauey & Terry Duncan" (1989) (76). The scale consists of 18 positive statements, except for the following negative statements 12, 15, 17, 18 distributed over four dimensions: "enjoyment 5 phrases, perceived efficiency 5 phrases, effort 4 phrases, and stress and pressure 4 phrases"(Attachment No. 1).

Scientific coefficients of the scale:
a - Honesty coefficient:

Hasan Abdo (1996) calculated the scale's stability coefficient by means of Cronbach's alpha coefficient, and the alpha coefficient for the enjoyment dimension was (0.78), the perceived efficiency dimension (0.80), the effort dimension (0.84), and the stress and pressure dimension (0.68), and these values It indicates that the

scale has an appropriate stability coefficient.

The researcher calculated the scientific coefficients of the scale from validity and reliability to ensure its validity for application to the survey study sample.

The scientific parameters of the scale in the current research:
Honesty coefficient

Table (2)

Correlation coefficient between the score of each statement and the total score of the dimension that it represents for the scale of internal motivation   (N=15)

Enjoyment		perceived efficiency		effort		stress and anxiety	
phrase	correlation coefficient	Phrase	correlation coefficient	phrase	correlation coefficient	Phrase	correlation coefficient
1	0.74	2	0.85	3	0.87	5	0.66
7	0.75	9	0.85	4	0.83	10	0.82
8	0.82	14	0.83	6	0.94	11	0.87
13	0.78	16	0.84	12	0.91	15	0.81
17	0.68	18	0.70	-	-	-	-

(T) tabular value at the significance level of 0.05 = 0.514.

It is clear from Table (2) that: The correlation coefficients ranged between (0.66 - 0.94), which are statistically significant correlation coefficients.

Table (3)

Correlation coefficient between the total score for each dimension and the total score for the internal motivation scale (n = 15)

N	scale factors	correlation coefficients
1	Enjoyment	0.81
2	perceived efficiency	0.63
3	Effort	0.69
4	stress and anxiety	0.74

(T) tabular value at the significance level of 0.05 = 0.514

It is clear from the following table (3) that the correlation coefficients ranged between the total score for each dimension of the internal motivation scale for achievement and the total score for the scale between 0.63 to 0.81, which are statistically significant correlation coefficients.

B. Stability coefficient:

The researcher calculated the scale's stability coefficient by means

of "Cronbach's alpha coefficient", which was applied to a sample of [15] players not the players of the basic sample, and table No. (5) shows the following result.

Table (4)
The stability coefficient of the internal motivation scaleunder investigation(n=15)

N	Scale factors	Alpha coefficient
1	Enjoyment	0.80
2	perceived efficiency	0.86
3	Effort	0.91
4	stress and anxiety	0.80

(T) tabular value at the significance level of 0.05 = 0.514

It is clear from Table (4) the following: "Cronbach's Alpha" coefficients ranged between 0.80 to 0.91, which are statistically significant correlation coefficients, which indicates that the measure of internal motivation for the achievement under discussion has a high stability coefficient.

2-A measure of self-confidence:

The researcher used the self-confidence scale to measure the situation, which was Arabized by "Hassan Hassan Abdo" (1994) from "Robin S. Vealey" (1986).

Scientific parameters of the scale:
a.   Honesty coefficient:

To verify the validity coefficient of the scale, "Hassan Abdo" (1994) verified the validity of the scale by means of correlative validity. The correlation coefficient between the performance scores and the self-confidence scale in sports was (0.812), and this value is considered appropriate, and thus the scale has achieved an acceptable degree of honesty.

Table (5)
Correlation coefficients between the score of each phrase and the total score of the scale for Sport Confidence Trait (n = 15)

Phrase number	Correlation coefficients	Phrase number	Correlation coefficients
1	0.89	8	0.72
2	0.84	9	0.68
3	0.87	10	0.76
4	0.74	11	0.70
5	0.87	12	0.76
6	0.69	13	0.75
7	0.68	-	-

(T) tabular value at the significance level of 0.05 = 0.514

It is clear from the following table (5) that the correlation coefficients ranged between the degree of each phrase of the self-confidence scale and the total score of the scale between 0.68 to 0.89, which are statistically significant correlation coefficients, which indicates the internal consistency of the scale.

B. stability coefficient:

In order to verify the stability coefficient of the scale, the researcher used the "Alpha Cronbach" coefficient method on a sample of (15) players. Table (6) shows the following result:

Table (6)
The stability coefficient of the self-confidence scale under study (n = 15)

N	Scale	Alpha Cronbach
1	self-confidence	0.94

(T) tabular value at the significance level of 0.05 = 0.514

It is clear from Table (6) that: The correlation coefficient of "Cronbach's Alpha" is (0.94), which is a statistically significant correlation coefficient, which indicates that the self-confidence scale has a high coefficient of stability.

C- Anxiety scale:

"Hassan Abdo" (1994) (21) Arabized this scale "Rainer Marters and others" (1990) (74) in order to measure anxiety among groups of athletes of both sexes.

The scientific parameters of the scale in the current research:

Honesty coefficient:

To verify the scale's validity coefficient, the researcher used the "internal consistency validity" method, and to calculate the internal consistency validity of the self-confidence scale as shown in Table (7):

Table (7)
Correlation coefficient between the degree of each statement of the anxiety scale and the total score of the dimension it represents (n = 15)

cognitive anxiety		Physical anxiety		Self confidence	
phrase	correlation coefficient	phrase	correlation coefficient	phrase	correlation coefficient
1	0.86	2	0.90	3	0.81
4	0.81	5	0.90	6	0.77
7	0.98	8	0.93	9	0.73
10	0.81	11	0.75	12	0.87
13	0.85	14	0.94	15	0.95
16	0.86	17	0.79	18	0.95
19	0.98	20	0.94	21	0.87
22	0.89	23	0.94	24	0.95
25	0.89	26	0.90	27	0.84

(T) tabular value at the significance level of 0.05 = 0.514

It is clear from the following table (7) that the correlation coefficients ranged between 0.73 to 0.98, which are statistically significant correlation coefficients.

Table (8)

Correlation coefficient between the total score for each dimension and the total score for the anxiety scale (n = 15)

N	scale factors	Correlation coefficient
1	cognitive anxiety	0.94
2	physical anxiety	0.95
3	Self confidence	0.85

(T) tabular value at the significance level of 0.05 = 0.514

It is evident from the following table (8) that the correlation coefficients ranged between the total score for each dimension of the anxiety scale and the total score of the scale between 0.85 to 0.95, which are statistically significant correlation coefficients.

B. stability coefficient:

To make sure of the scale's stability coefficient, the researcher used the "Alpha Cronbach coefficient" method. Table (9) shows the following result:

Table (9)

The stability coefficient of the anxiety scale under study (n = 15)

No	Scale	alpha coefficient
1	Cognitive anxiety state	0.96
2	physical anxiety state	0.97
3	self-confidence state	0.95

(T) tabular value at the significance level of 0.05 = 0.514

It is clear from table (9) that the coefficients of "Cronbach's Alpha" ranged between 0.95 to 0.97, which are statistically significant correlation coefficients, which indicates the stability of the scale.

The exploratory study:

The researcher conducted the exploratory study on a sample of (15) players from the same research community and from outside the basic sample at the National Center in Maadi for National Teams from 9/2 to 15/9/2019, where the measures of motivation for achievement, self-confidence and anxiety were completed by the study sample Exploratory for the calculation of scientific transactions.

Basic study:

Table (10)
The application dates of the basic study

N	Players Status	type of sports activity	application dates	
			from	To
1	uninjured	karate	2002 / 11 / 2م	2002 / 11 / 5م
2	injured		2002 / 10 / 29م	2002 / 12 / 27م
3	uninjured	wrestling	2002 / 9 / 29م	2002 / 10 / 1م
4	injured		2002 / 9 / 22م	2002 / 12 / 1م
5	uninjured	boxing	2002 / 10 / 12م	2002 / 10 / 15م
6	injured		2002 / 10 / 12م	2002 / 12 / 25م

Player injuries from the research sample:
1- Karate:
- Dislocation of the thumb.
- A crack in the pelvic joint.
- Lacerations of the lateral ligaments of the foot.
- Tear in the pelvic ligaments.
- Infections between the abdominal vertebrae (4, 5).
2- Wrestling:
- Dislocation of the elbow joint.
- Ear injuries.
- Fractures of the ribs, especially the floating rib.
- Spinal injuries.
3- Boxing:
- finished Strick .
- Dislocation of the jaw joint and shoulder joint.
- Tears in the ligaments of the wrist joint and the ligaments of the neck vertebrae.

- Fractures in the wrist.
In previous sports, players' injuries are second- and third-degree injuries, meaning that they must undergo a qualification period before returning to the stadiums form a week to a month and a half.
Statistical method used:
The following statistical methods were used:
- Mean
- Standard deviation
- Correlation coefficient
- (T) test
- Cronbach's Alpha coefficient.
The researcher will use the significance level (0.05) to ensure the significance of the statistical results of the research.
First, show the results:
1- Results for the first hypothesis:

Table(11)
Significance of differences between injured and non-injured karate players on the measure of internal motivation to accomplish

N	dimensions	Injured (N=13)		Uninjured (N=22)		"T"value	Significance level
		م	ع	م	ع		
1	Enjoyment	15.13	2.59	27.95	1.86	12.18	Significant
2	perceived competence	15.69	1.49	27.14	0.64	11.45	Significant
3	Effort	11.85	0.89	21.59	1.53	20.38	Significant
3	stress and pressure	23.69	1.44	13.09	1.27	22.06	Significant

Tabular "T" value at significance level (0.05) = 2.042

It is clear from the previous table (11): There are statistically significant differences between **injured and non-injured** karate players in the dimensions of the internal motivation for achievement (enjoyment, perceived efficiency and effort) for uninjured players. There are statistically significant differences between **injured and non-injured** karate players in the dimension (stress and pressure) for injured players.

Table (12)

Significance of differences between injured and non-injured wrestlers in the internal motivation scale of achievement (n = 28)

م	Dimensions	Injured (n=10)		Non-injured (n=18)		Value "T"of	Significance level
		م	ع	م	ع		
1	Enjoyment	19.5	1.96	27.11	6.51	7.61	Significant
2	perceived competence	19.3	1.06	28.94	1.83	14.53	Significant
3	Effort	13.6	0.69	23.72	1.13	24.49	Significant
4	stress and pressure	21.6	1.90	12.83	1.42	13.14	Significant

Tabular "T" value is at significance level (0.05) = 2.056

It is clear from the previous table (12): There are statistically significant differences between **injured and non-injured** wrestlers in the dimensions of the internal motivation for achievement (enjoyment, perceived competence and effort) for uninjured players. There are statistically significant differences between **injured and non-injured** wrestling players in the dimension (stress and pressure) for injured players.

Table (13)

Significance of differences between injured and non-injured boxers on the measure of internal motivation of achievement (n = 32)

N	dimensions	Injured (n=12)		Non-injured (n=20)		Value of "T"	Significance level
		م	ع	م	ع		
1	Enjoyment	16.17	1.53	29.25	1.41	23.85	Significant
2	perceived competence	17.08	0.79	28.5	1.57	22.76	Significant
3	Effort	12.92	1.62	22.15	0.75	21.2	Significant
4	stress and pressure	22.83	1.53	10.35	0.93	27.82	Significant

Tabular "T" value at significance level (0.05) = 2.042

It is clear from the previous table (13): There are statistically significant differences between **injured and non-injured** boxing

players in the dimensions of the internal motivation for achievement (enjoyment, competence and cognitive and effort) for non-injured players. There are statistically significant differences between **injured and non-injured** boxing players in the dimension (stress and pressure) for injured players.

Results for the second hypothesis :

Table (14)

Significance of differences between injured karate players and non-injured on the measure of self-confidence   (n = 35)

N	Variable	Injured (n=13)		Non-injured (n=22)		Value of "T"	Significance level
		م	ع	م	ع		
1	self-confidence	68.08	3.93	94.09	2.51	26.01	Significant

Tabular "T" value at significance level (0.05) = 2.042

It is clear from the previous table (14) that there are statistically significant differences between **injured and non-injured** karate players for the uninjured players.

Table (15)

Significance of differences between injured wrestlers and the non-injured in the self-confidence scale   (n = 28)

N	Variable	Injured (n=10)		Uninjured (n=18)		Value of "T"	Significance level
		م	ع	م	ع		
1	self-confidence	72.4	5.7	93.78	6.16	8.58	Significant

Tabular "T" value at significance level (0.05) = 2.056

It is clear from table (15), there are statistically significant differences between **injured and non-injured** wrestling players for the non-injured players.

Table(16)

Significance of differences between injured boxing players and the non-injured in the self-confidence scale   (n = 32)

N	Variable	Injured (n=12)		Non-injured (n=20)		Value of "T"	Significance level
		م	ع	م	ع		
1	Self confidence	70.58	1.51	96.15	3.13	25.7	Significant

Tabular "T" value at significance level (0.05) = 2.042

It is clear from Table (16) that there are statistically significant differences between the injured and non-injured boxing players in favor of the uninjured players.

Results for the third hypothesis:

Table (17)
The significance of the differences between injured karate players and the non-injured on the anxiety scale (n = 35)

م	Dimensions	Injured (n=13)		n=22)(Non-injure		Value of " T "	Significance level
		م	ع	م	ع		
1	cognitive anxiety	29.38	2.14	23.32	1.52	9.49	Significant
2	physical anxiety	24.85	9.26	14.82	1.29	4.86	Significant
3	self-confidence	15.31	1.32	31.05	1.09	37.06	Significant

Tabular "T" value at significance level (0.05) = 2.042

It is evident from Table (17) that there are statistically significant differences between the injured and non-injured karate players in the dimensions (cognitive anxiety and physical anxiety) for non- injured players.

Table (18)
Significance of differences between injured wrestlers and the non-injured on the anxiety scale (n = 28)

N	dimensions	Injured (n=10)		n=18)(Non-injure		Value of "T"	Significance level
		م	ع	م	ع		
1	Cognitive anxiety	29.1	1.79	20.11	0.83	17.19	Significant
2	physical anxiety	27.8	1.23	19.33	1.5	8.47	Significant
3	self-confidence	22.3	1.57	32	1.85	13.31	Significant

Tabular "T" value at significance level (0.05) = 2.056

It is clear from Table 18, there are statistically significant differences between **injured and non-injured** wrestling players in the dimensions (cognitive and physical anxiety) for injured players.

- There are statistically significant differences between the injured and non-injured wrestling players in the dimension (self-confidence) for the uninjured players.

Table (19)
Significance of differences between injured boxing players and the non-injured on the anxiety scale (n = 32)

N	dimensions	Injured (n=12)		n=20)(Non-injure		Value of " T "	Significance level
		م	ع	م	ع		
1	Cognitive anxiety	26.75	1.06	21.75	1.21	11.48	Significant
2	physical anxiety	27.58	0.99	22.05	1.03	13.29	Significant
3	self-confidence	22.67	1.07	30.9	0.91	23.42	Significant

Tabular "T" value at significance level (0.05) = 2.042

It is clear from Table (19) that there are statistically significant differences between the injured and non-injured boxing players in the two dimensions (cognitive anxiety and physical anxiety) for the injured players.

There are statistically significant differences between the injured and non-injured boxing players in the dimension (self-confidence) for the non-injured players.

Second: Interpretation and discussion of the results:

It is clear from the results of the current research (Tables 11, 12, 13) that there are statistically significant differences between the injured and non-injured karate, wrestling and boxing players in the dimensions of the internal motivation scale for achievement: (enjoyment, perceived efficiency and effort) for the non-injured players, and in the dimension (stress and pressure)) for the injured players.

These results show that the internal motivation for achievement is high among non-injured athletes and low among injured athletes in selected sports activities. The researcher attributes this result to the fact that the successful athlete has internal or external motives, or both, that motivate him to increase his achievements and victories. And when he is exposed to a minor or severe injury, he is affected by it, so he has an obstacle that affects his motives, so the player's motives become low, which affects his performance during sports competitions, so he does not have the desire to play.

It is clear ,then , sports injury leads to weak motivation, decreased enthusiasm, and a decrease in the level of morale (34:60).

Through these results, the first hypothesis is achieved, which is:

"There are statistically significant differences between injured and non-injured athletes in the internal motivation for achievement among karate, wrestling and boxing players."

It is clear from the results of the current research (Tables 14, 15, 16) that there are statistically significant differences between the injured and non-injured karate, wrestling and boxing players in the self-confidence scale for the uninjured players.

This shows the importance of self-confidence for athletes in general, as it is one of the most important psychological aspects that help them to do their best during competitions. This result agrees with the fact that the injured athlete performs poorly as a result of caution and care, and this may affect his self-confidence (4: 189).

In this regard, the behavior of the player returning from injury is characterized by caution and care that leads to poor performance and this negatively affects self-confidence in addition to pressure and frustration (45:75).

Through these results, the second hypothesis is achieved, which is: "There are statistically significant differences between injured and non-injured athletes in the self-confidence of karate, wrestling and boxing players."

It is clear from the results of the current research ,Tables (17, 18, 19)

that there are statistically significant differences between the injured and non-injured karate, wrestling and boxing players in the dimensions of anxiety scale: (cognitive anxiety and physical anxiety) for the injured players, and in the dimension (self-confidence) for the non-injured players.

It is shown by these results that non-injured athletes are characterized by low anxiety and good performance as a result of their internal motives that motivate them to continue competing with high self-confidence, so their anxiety is the motivating concern that helps to perform well in competitions, and vice versa for injured athletes.

This was confirmed by "Mohammed Hassan Allawi" (2007) that the injury had a significant impact on the heightened anxiety of the injured player before the sports competition (4:22).

This result is similar to the result of the study "Suad Tadros" (2003) (17) and " Leddy, Lambert & Ogles " (1994)(72).

The result of the study "Eileen Urdy and others" (1997) (80) indicated that the reactions as a result of injury are separation and loneliness, fear and anxiety, loss of confidence, and poor performance.

Through these results, the third hypothesis is achieved, which is: "There are statistically significant differences between injured and non-injured athletes in anxiety among karate, wrestling and boxing players."

It becomes clear, now, that: There are differences between the non-injured athletes and the injured athletes in the

variables under consideration for the players of the selected sports activities.
- These differences appear in the high motivation for achievement and self-confidence of non-injured athletes in sports activities and their low anxiety.
 - These differences also appear in the high anxiety of the injured athletes in the same sports activities and the decrease in both the motivation for achievement and their self-confidence.

First, the conclusions:

In light of the research objectives and hypotheses, and within the framework of the scientific method used, and within the scope of the research sample, as well as statistical analysis and presentation and discussion of the research results, the researcher was able to reach the following conclusions:

- There are statistically significant differences between injured and non-injured karate, wrestling and boxing players in the internal motivation to achieve for non-injured athletes in the dimensions (enjoyment, perceived efficiency, and effort). And for the injured athletes in the dimension (stress and pressure).

- There are statistically significant differences between injured and non-injured karate, wrestling and boxing players in self-confidence in sports for non-injured athletes.

- There are statistically significant differences between injured and non-injured karate, wrestling and boxing players in anxiety for non-injured athletes in the dimension (self-confidence) and for the injured athletes

in my dimension (cognitive anxiety and physical anxiety).

Second: Recommendations:

Throughout the objectives of the research and its extracted results, and in light of the limits of the sample, the researcher can recommend the following:

- The necessity of conducting research dealing with the relationship of sports injuries with other psychological aspects, as the researcher noted that the impact of injuries on psychological aspects is one of the important topics, but it was not addressed as it should be.

- The need to develop psychological rehabilitation programs for players as soon as the injury occurs.

- The necessity of conducting educational seminars and courses that explain the impact of sports injuries on the psychological aspects of injured players, whether or not they are injured.

- Attention should be shown to the presence of psychologists in sports clubs, so that they can perform the role of psychological rehabilitation for injured players as soon as the injury occurs, in addition to the coach.

- Paying attention to young people in terms of educating them to avoid sports injuries and their impact on psychological aspects, and the resulting bad experiences that haunt the youngster in his sports life.

- Conducting continuous psychological tests to evaluate the psychological aspects of athletes.

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