

3<sup>rd</sup> International Conference on

# SPORTS MEDICINE AND FITNESS

October 05-06, 2017 Barcelona, Spain

## The psychological profile of youth male soccer players in different playing positions

**Amira Najah**

Aspetar Hospital, Qatar

The purpose of this study was to investigate selected psychological skills of male youth soccer players in different playing positions. This study examined possible positional differences of 180 male youth Tunisian soccer players between the ages of 15 and 19 years old from different clubs of 1st and 3rd youth class divisions. The subjects were divided into three playing positions, namely, forward (n=60), midfield (n=60) and defense (n=60), and compared with regard to 12 psychological skills measured by means of the Ottawa Mental Skills Assessment Tool (OMSAT-3). Results yielded significant differences between basic and psychosomatic subscale scores of the players in different playing positions. Forward players consistently outperformed the other positional groups in motivation, confidence and activation. Defense players outperformed the other positional groups in relaxation, while midfield players showed the lowest psychological skill levels. The results of the study provided support for the hypothesis that positional differences in terms of psychological skills existed. More specifically, statistical evidence suggested that youth soccer players could be differentiated as a function of psychological skill and the position that they played on the team.

### Biography

Amira Najah has obtained her PhD in Clinical and Sports Psychology from The Faculty of Humanities, University of Tunis Al Manar. She is working as a licensed Psychologist at Aspetar Orthopedic and Sports Medicine Hospital, Qatar. She is also an academic contributor to the Athlete Learning Gateway (International Olympic Committee) platform and has conducted several researches to study the mental side of non-performing athletes. Later, she focuses on the study of religion and spirituality roles in mental health of athletes with anterior cruciate ligament injury.

amiranejah@yahoo.fr

### Notes: