

Effects of demographic variables on rebellion and psychological status of football players

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Abstract: Sports psychology is considered an important science, which explains the progress of both sports training and competitions. Rebellion is a social behavior pattern that occasionally happens in sports communities. Demographics, as well as qualifications and central positions of players on the playing field, may affect psychological status and overall athletic performance. The purpose of this study was to examine the relationships of certain selected demographic variables with psychological and rebellious traits of football players. A major focus of this study was on data related to football players' views, such as family structure, socioeconomic status (SES), and influence on psychological and rebellious traits. A total of 88 of healthy football players aged 15 to 18 years from different clubs (Al Hilal Saudi, Al Nasr, and Youth Club) were randomly enrolled in this follow-up study. A pre-validated rebellion questionnaire was used to evaluate rebellion and SES of the players. Based on rebellion scores (RS), the participants were classified into three groups: the normal group ($RS \leq 41$, $n=32$), mild group ($RS=42-20$, $n=30$), and moderate group ($RS \geq 120$, $n=26$). In total, 36.4% of the study population ($n=32$) had normal RS with a mean of 38.62 ± 6.3 , and 63.6% of the population ($n=56$) had RS above the cutoff of 41; they were classified as mildly fatigued (score= 104.4 ± 12.3) and moderately fatigued (score= 151.88 ± 18.2), respectively. Compared to players with normal RS, SES, family size, parental education level, and player education level, and central position on the playing field were significantly correlated with RS in players with both mild and moderate RS. The data showed that RS was positively correlated ($p=0.001$) with socio-economic indicators, qualification, experience, and central playing position. Psychological disorders and higher rebellion were reported in 63.6% of the study population. In football players with mild and moderate rebellion, RS was significantly correlated with educational status of both players and their parents, position played, SES, family size, and family income. In addition, players with low SES were more likely to display higher rebellion scores, poorer physical attitudes, and poor sports performance, whereas players with high SES were more likely to display strong sports performance and more obedience to coaches' decisions.

تأثير المتغيرات الديموغرافية على حالة التمرد والحالة النفسية للاعبين كرة القدم

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الكلمات المفتاحية: علم النفس الاجتماعي ، التمرد ، الوضع الاجتماعي والاقتصادي ، علم النفس الرياضي ، لاعبي كرة القدم.

ملخص البحث: يعتبر علم النفس الرياضي علماً مهماً يسعى للتطوير كل من التدريبات الرياضية والمسابقات. وحيث أن التمرد هو نمط سلوك اجتماعي يحدث أحياناً في المجتمعات الرياضية. فقد تؤثر التركيبة السكانية، وكذلك المؤهلات والمراكز للاعبين في الملعب على الحالة النفسية والأداء الرياضي العام، وكان الغرض من هذه الدراسة هو دراسة العلاقات بين بعض المتغيرات الديموغرافية المختارة والسمات النفسية للتمرد للاعبين كرة القدم. كوان التركيز الرئيسي لهذه الدراسة على البيانات المتعلقة بأداء لاعبي كرة القدم، مثل هيكل الأسرة، والحالة الاجتماعية والاقتصادية (SES)، والتأثير على السمات النفسية للتمرد. تم تسجيل ما مجموعه 88 من لاعبي كرة القدم الأصحاء الذين تتراوح أعمارهم (15 : 18) عاماً من أندية مختلفة (الهلال السعودي، والنصر، ونادي الشباب) بشكل عشوائي في دراسة المتابعة هذه. تم استخدام استبيان تمرد تم التحقق من صحته مسبقاً لتقييم التمرد SES للاعبين. بناءً على درجات التمرد (RS)، تم تصنيف المشاركين إلى ثلاث مجموعات: المجموعة العادية (RS ≤ 41، n = 32)، المجموعة الخفيفة (RS = 20-42، n = 30)، والمجموعة المتوسطة (RS ≥ 120، n = 26). إجمالاً كان 36.4% من مجتمع الدراسة (العدد = 32) لديهم RS طبيعي بمتوسط 38.62 ± 6.3 ، و 63.6% من السكان (n = 56) لديهم RS فوق الحد الأقصى البالغ 41، تم تصنيفهم على أنهم مرهقون بشكل خفيف (الدرجة = 104.4 ± 12.3) ومتعبون بشكل معتدل (الدرجة = 151.88 ± 18.2)، على التوالي. مقارنةً باللاعبين ذوي RS العادي، SES، حجم الأسرة، مستوى تعليم الوالدين، ومستوى تعليم اللاعب، والمركز في الملعب كان مرتبطاً بشكل كبير مع RS في اللاعبين الذين لديهم RS المعتدل. أظهرت البيانات أن RS ارتبطت ارتباطاً إيجابياً (p = 0.001) والمؤشرات الاجتماعية والاقتصادية، والمؤهلات، والخبرة، ومركز اللعب. كشفت عن اضطرابات نفسية وتمرد أعلى في 63.6% من مجتمع الدراسة. أما لاعبي كرة القدم ذوي التمرد الخفيف والمعتدل، ارتبطت RS بشكل كبير بالحالة التعليمية لكل من اللاعبين وأولياء أمورهم، ومركز اللعب، وحجم الأسرة، ودخل الأسرة. بالإضافة إلى ذلك كان اللاعبون ذوو مستوى SES المنخفض أكثر عرضة لإظهار درجات تمرد أعلى، ومواقف بدنية ضعيفة، وأداء رياضي ضعيف، في حين كان اللاعبون ذوو SES المرتفع أكثر عرضة لإظهار أداء رياضي قوي وطاعة أكبر لقرارات المدربين.

Introduction

There is no doubt that childhood and adolescence are the most important stages in human life. During these times, human personality is shown to be fully featured and characterized. In the childhood and adolescent periods, certain patterns of socialized ethics, such as physical, psychological, and social characteristics, are acquired efficiently.¹⁻²

Social psychology studies the social behavior of the individual and its reaction to the surrounding community. Normal individuals are those who significantly interact with society and are able to maintain good social relationships with others in the same community.³⁻⁵

Sports psychology is considered an important science for processing both sports training and competitions. It deals with the characteristics, attributes, and behaviors of the athletes, which are consequently considered the main bases of sports activity in sports competitions.⁶⁻⁸

Football is one of the most well-known popular games that depends on a community or group of players and could be a good field to study to understand the social behavior of players in order to achieve higher levels of sports performance. Also, it provides an opportunity to learn about the patterns of social interaction and effects of exchange between the players themselves, as well as their relations with the coach and the referees.⁶⁻⁸

As previously reported, adolescence is one of the most sensitive age periods in development as it is accompanied by physiological changes and determines one's personality. This helps an individual to understand him/herself, as well as one's emotional and intellectual maturity. This would thus be a good area in which to examine the tendency for power-seeking rebellion and independence in various forms.^{3,7-10}

Previously, it was suggested that both abuse and neglect can lead to various rebellious tendencies in adolescents, such as indifference, disrespect, and abuse of law and order, but such insurgency may take on a positive form if the goals of independence and self-reliance are attempted.⁷⁻⁸ Rebellion is a pattern of social behavior that can be directed to various positive goals, such as power outor rebuild rebellious adolescents to achieve their goals and restore a measure of authority.^{7,8,11,12}

Previous research has shown that most people are forced to rebel against their situations; to assert their individuality, they want to be free of the control of traditions or reject prevailing values. In addition, it was shown that rebellion may appear in the form of total refusal to carry out the required work.^{3,11-13} Several factors affect the psychological statuses of football players, including socio-economic status, family size, qualifying experience, and position played on the field. These parameters may affect performance and increase the rate

of rebellion against decisions and instructions of the coach.¹³⁻¹⁷

Previous studies have revealed that the socio-economic status (SES) of an individual influences their habitual physical activity and plays an important role in achievements in every area of life, including performance in sports.¹⁸⁻¹⁹ SES is a combined economic and sociological measure of a person's work experience and an individual's or family's economic and social position in relation to others based on income, education, and occupation.²⁰

The SES of an individual may influence opportunities, the desire to excel, choices of activities, and success. Considerable research has been conducted on the SESs of athletes in team sports versus individual sports.¹⁴⁻¹⁸ It was also reported that low-SES teens were less physically active than high-SES teenagers. In all societies, people in high income, high education, and high-status occupational groups have the highest rates of active sports participation, attendance at sporting events, and watching of sports on television.^{17-18,21}

In this regard, the purpose of this study was to examine the relationship of selected demographic variables with psychological and rebellious traits in football players. A major focus of this study was to obtain relevant data relative to football players' views, such as regarding family structure, SES, and the effects on their psychological and rebellious traits.

Materials and Methods

Participants

A total of 88 of healthy football players aged 15 to 18 years old from different clubs (Al Hilal Saudi, Al Nasr, and Youth Club) were randomly enrolled in this follow-up study. Football players who had serious acute or chronic health problems, such as diabetes, endocrine disorders, cardiovascular disease, systemic infections, musculoskeletal disorders, concentration problems, or psychological disorders (such as depression or post-traumatic stress disorder) were excluded from this study. Based on rebellion scores (RS), the participants were classified into three groups: the normal group ($RS \leq 41$, $n=32$), mild group ($RS=42-120$, $n=30$), and moderate group ($RS \geq 120$, $n=26$). "At a statistical power of 86% and a significance level of ≤ 0.05 , the sample size of the study was estimated to be 88 participants to compensate for an estimated 16% dropout rate." This study was approved by the Research Ethics Committee of King Saud University, and all participants gave signed informed consent.²²

Demographics, baseline SES, and rebellion indicators of all participants are shown in table 1.

Table (1). Baseline demographic characteristics, Socioeconomic Status, and rebellion parmters of football players (n=88).

Variables	Reblesion score (41- 205)			P-value
	Normal (≤ 41 , n=32)	Mild (42-120, n=30)	Moderate (≥ 120 , n=26)	
Age (years)	16.8 \pm 1.6	16.2 \pm 1.5	16.8 \pm 1.8	0.15
BMI (BMI (kg/m ²))	18.4 \pm 3.6	18.54 \pm 4.7	18.9 \pm 5.1	0.11
Socioeconomic Status (n,%)				
Low (≤ 3000 SAR)	3 (0)	15(26.6)	16(61.54)	0.001
Medium (3000-4500 SAR)	15 (56.3)	8(50)	6(23.1)	
High (≥ 5000 SAR)	14 (43.7)	7(23.4)	4(15.4)	
Family size				
Small (0-2)	28 (87.5)	12 (53.3)	9 (34.6)	0.01
Big (≥ 5 members)	4(12.5)	18 (46.7)	17(65.4)	
Parent education				
High (university)	26 (81.25)	18 (60)	14(53.4)	0.01
Low (no- university)	6(18.75)	12(40)	12(46.6)	
Qualification of players(n,%)				
Level 1	0(0)	17 (56.7)	19(73.1)	0.001
Level 2	21 (65.6)	10(33.3)	5(19.1)	
Level 3	11(34.4)	3(10)	2(7.8)	
Experience	7.16 \pm 1.8	5.16 \pm 1.2	3.65 \pm 2.6	0.001
player center				
level 1	19(59.4)	8(26.6)	4(15.4)	0.001
level 2	6(18.7)	5(16.6)	8(30.8)	
level 3	7 (21.9)	17(56.8)	14(53.8)	
Reblesion paramters				
Lack of commitment	7.15 \pm 3.1	16.6 \pm 5.7	24.6 \pm 6.1	0.001
Refuse advice	6.13 \pm 1.8	17.63 \pm 6.3	26.7 \pm 3.8	
Abnormal relationships	6.6 \pm 1.5	18.16 \pm 4.7	27.11 \pm 7.4	
Selflessness	5.6 \pm 3.1	20.4 \pm 4.9	23.62 \pm 2.7	
Loss of emotional balance	6.7 \pm 4.1	14.5 \pm 3.7	25.7 \pm 6.1	
Feeling of persecution	6.53 \pm 2.4	17.13 \pm 4.8	24.96 \pm 3.7	
Total RS (41-205)	38.62 \pm 6.3	104.4 \pm 12.3	151.88 \pm 18.2	

Values are expressed as mean \pm SD; the unpaired t- test was used for within and between groups. Values at $p < 0.05$ were considered statistically significant; BMI: body mass index;

Assessments of Rebellion Status

“A prevalidated rebellion questionnaire was used to evaluate the degree of rebellion among football players”.²² “The validity and reliability of rebellion questionnaire was performed by the 7-day test-retest reliability by using Pearson’s r and Spearman’s rho statistics. It has been proposed that test-retest reliability coefficients of 0.80 or higher for these statistics are indicative of acceptable test-retest reliability”.²³

“The participants were classified according to their rebellion scores into three groups: the normal group (RS \leq 41, n=32), mild group (RS=42-120, n=30), and moderate group (RS \geq 120, n=26) as mentioned previously”.²²

“A prevalidated questionnaire was used to estimate SES among participating football players. The questionnaire included socio-demographic data on football players’ ages, genders, ethnicities, and residencies. Four indicators were used to characterize SES: father’s education, mother’s education, family size, and family income; the indicators were rated on a five-point Likert scale, except for family income, which was rated on a four- point Likert scale. The rating options were as follow: parents’ education (1=less than high school, 5=postgraduate), family size (1=0-2, 5=more than 5), and family income (1=25000 SAR, 4= \geq 75000 SAR). The calculation and scoring of SESs were performed as previously reported”.²³⁻²⁴

Assessments of socio-demographic status (SES)

Statistical Analysis

SPSS software (Statistical Package for the Social Sciences, version 18.0, SPSS Inc. Chicago, IL, USA) was used to perform the statistical analyses (NCES, 2008). “The qualitative variables were presented in terms of frequencies and percentage, and the quantitative variables were presented using mean and standard deviation. For analyses within the groups, we used a t-test for paired data. The unpaired t-test was used for within- and between-groups analyses”.²¹ “The comparison and correlation of the studied parameters were investigated using both Student’s t-test and Pearson’s correlation coefficient; the values at $p < 0.05$ were considered statistically significant”.^{21,25}

Results

A total of 88 healthy football players participated in this study. The degree of rebellion among football players was estimated using a prevalidated questionnaire (Table

1). Rebellion measurements showed that 36.4% of the study population (n=32) had normal RS with a mean of 38.62 ± 6.3 , and 63.6% of the study population (n=56) had higher RS above the cutoff of 41; they were classified as mildly fatigued (score= 104.4 ± 12.3) and moderately fatigued (score= 151.88 ± 18.2). The parameters of rebellion were lack of commitment, refusing advice, abnormal relationships, selflessness, loss of emotional balance, feelings of persecution; these were shown to be significantly ($p=0.001$) higher among players with moderate and mild RS compared to the control group football players, as shown in table 1. Football players with moderate RS were shown to be exposed to more non-static psychological disorders than the mild and normal subjects (Table 2).

Table (2). Correlation between socio-economic indicators, qualification, experience, player center, and students’ rebellion score levels among football players (n=88).

Rank	Demographic indicators	Reblesion score (41- 205)					
		Normal (≤ 41, n=32)		Mild (42-120, n=30)		Moderate (≥ 120, n=26)	
		R	P	R	P	R	P
1	Socio-economic indicators	0.185	0.001	0.312	0.0	0.512	0.01
2	Qualification	0.265	0.001	0.125	0.0	0.132	0.01
3	experience	0.135	0.001	0.317	0.0	0.154	0.01
4	player center	0.245	0.001	0.158	0.0	0.158	0.01

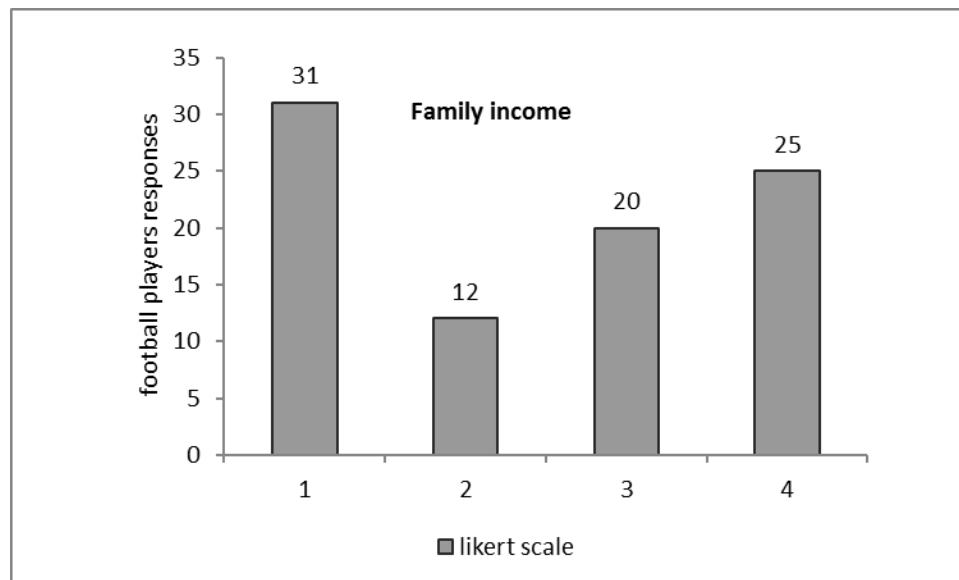


Figure (1). football players’ responses on family income (n=88).

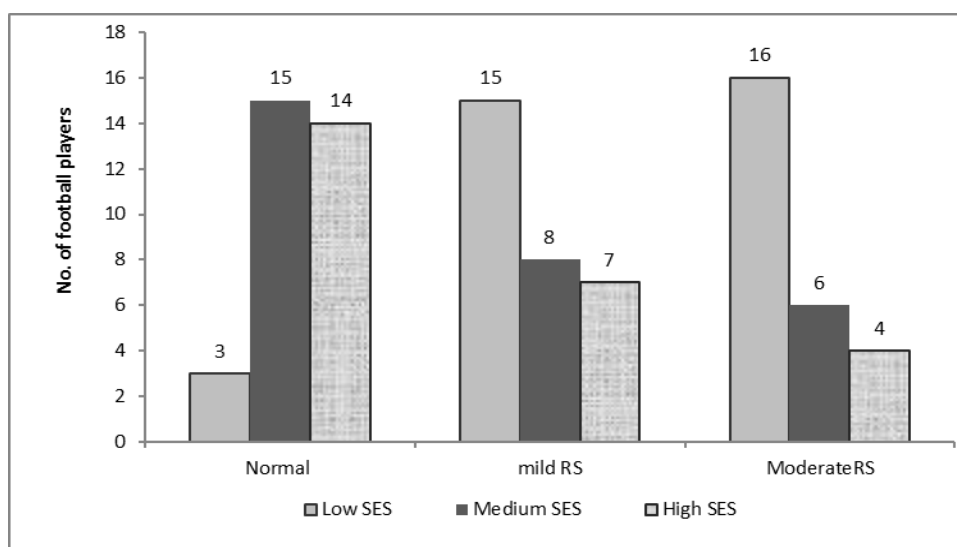


Figure (2). football players' responses among the Socio-economic categories (n=88).

Socio-economic categories, particularly age, BMI, SES, family size, parental education, and players' education, and position played on the field, were estimated in this study. No significant change was reported in age or BMI between the studied groups. The data showed that most of the players surveyed had parents with university degrees (65.9%), while 34.1% had lower education levels.

SES scores were evaluated on a Likert scale (1 to 4), with scores of four indicating families with higher SES and scores of one indicating lower SES. Average SES was indicated by scores of two or three, as shown in figure 1. Almost 28.4% of the players in this study were from high-income households (more than 5000 SAR per month), whereas 71.6% of them reported lower to medium income. They were classified into low (38.6%, ≤ 3000 SAR) and

medium (32.95%, 3000-4500 SAR) family income groups. Medium- to higher-income households were frequently reported among players with both normal and mild RS compared to those of moderate RS ($p=0.001$), as shown in table 1, figure 1, and figure 2. Moreover, 44.32% of the students had relatively big families (more than five family members).

In addition, qualification, experience, and position (center) of players were significantly related to RS. Players with mild and moderate RS showed lower qualifications (level 2 and level 3; $p=0.001$), lower experience ($P=0.001$), and, for the most part, played non-progressed positions, especially center (2, 3; $p=0.001$), as shown in table 3.

Table (1). Anthropometric and demographic measurements of the subjects classified according to the use of smartphone addiction scores (mean \pm standard deviation).

Parameters	Hours of phone use/day			
	1-2 hrs/day	2-3hrs/day	3-5 hrs/day	≥ 5 hrs /day
No (%)	20 (13.3)	18 (12)	50 (33.3)	72(48)
Age (Years)	18.9 \pm 1.8	19.3 \pm 1.3	18.8 \pm 1.7	19.3 \pm 1.5
Gender (M/F)	8/12	8/10	21/29	32/40
Weight (kg)	64.6 \pm 3.8	78.6 \pm 6.3 ^a	81.5 \pm 2.3 ^b	89.5 \pm 3.7 ^c
Height (m)	1.45 \pm 2.1	1.58 \pm 1.6	1.65 \pm 5.1	1.76 \pm 4.6
BMI (kg/m ²)	17.8 \pm 1.6	19.5 \pm 1.7 ^a	22.8 \pm 6.3 ^b	26.8 \pm 2.8 ^c
WHR	0.48 \pm 0.5	0.56 \pm 1.3 ^a	0.68 \pm 3.1 ^b	0.79 \pm 4.8 ^c
WHtR	0.51 \pm 0.6	0.59 \pm 0.91 ^a	0.86 \pm 0.65 ^b	0.92 \pm 0.78 ^c

Statistical analyses by One-way ANOVA with Dunnett post-hoc test. ^a $p < 0.05$, ^b $p < 0.01$, ^c $p < 0.001$. BMI, body mass index; WHR,

waist to height ratio; WHtR: Waist-to-height ratio.

Table (2). Association between smartphone use, neck pain, and hand discomfort among physical exercise university students based up on hours of phone use/day (M±SD).

Parameters	Hours of phone use/day			
	1-2 hrs/day	2-3hrs/day	3-5 hrs/day	≥ 5 hrs /day
SAS	42±18.6	62.8±21.6 ^a	115.3±25.6 ^b	169.4±26.5 ^c
NDI	18.3±0.48	25.7±0.89 ^a	38.1±1.6 ^b	58.4±2.3 ^c
CHDQ	15.2±5.6	22.4±8.3 ^a	38.1±3.8 ^b	52.9±6.3 ^c
VAS pain score	5.1±3.7	9.3±3.7 ^a	15.3±6.1 ^b	22.3±7.4 ^c

SAS: Smartphone addiction scale; NDI: Neck disability index; CHDQ: Cornell hand discomfort questionnaire; VAS: Visual Analogue Scale. ^ap < 0.05, ^bp < 0.01, ^cp < 0.001.

Table (3). Correlation between smartphone use abduction with adiposity, neck pain and hand discomfort analysis among physical exercise university students (M±SD).

Parameters	SAS use adduction scores							
	1-2 hrs/day		2-3hrs/day		3-5 hrs/day		≥ 5 hrs /day	
	R	P	R	P	R	P	R	P
Adiposity (BMI/ WHtR)	0.123	0.01	0.365	0.001	0.214	0.001	0.251	0.001
NDI	0.615	0.01	0.714	0.001	0.418	0.001	0.618	0.001
CHDQ	0.384	0.01	0.478	0.001	0.517	0.001	0.478	0.001
VAS pain score	0.215	0.01	0.356	0.001	0.419	0.001	0.511	0.001

Data are R (spearman). SAS: Smartphone addiction scale; NDI: Neck disability index; CHDQ: Cornell hand discomfort questionnaire; VAS: Visual Analogue Scale; BMI, body mass index; WHtR: Waist-to-height ratio.

Figures:

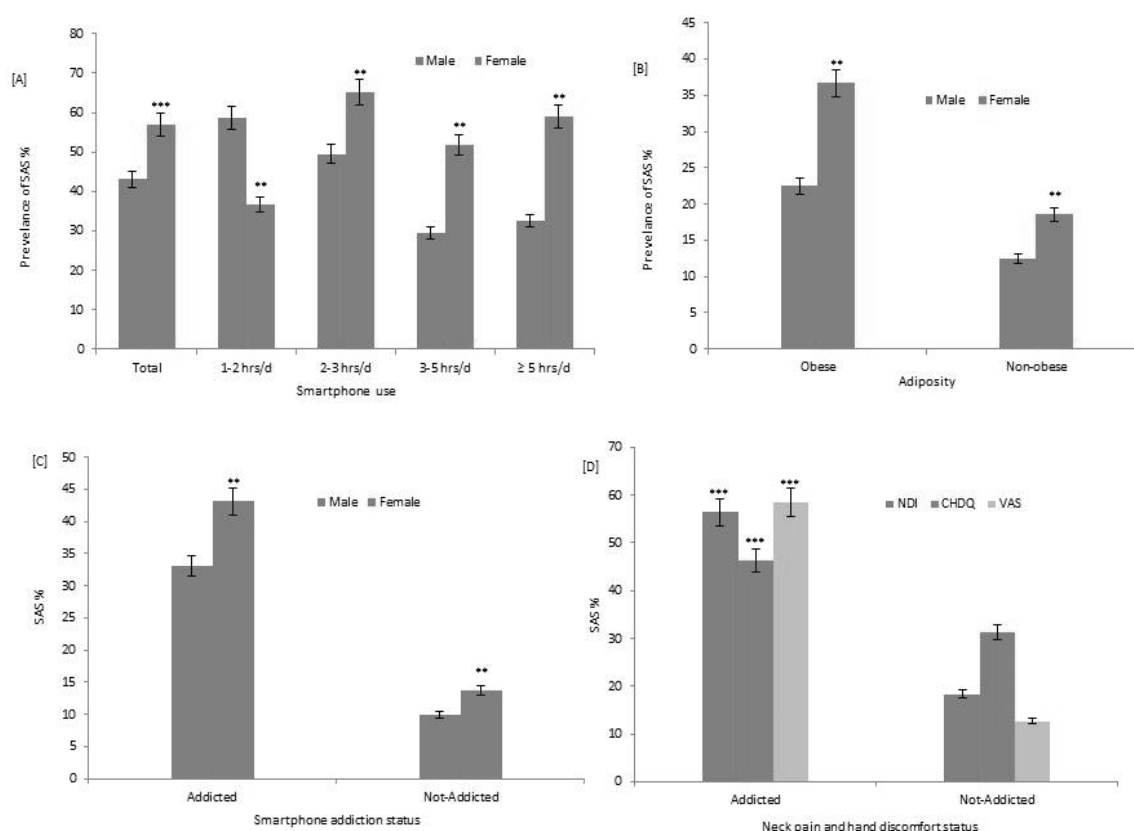


Figure (3). Factors and musculoskeletal discomfort associated with smartphone addiction (SAS score %) in physical exercise university students; [A]: females showed higher significant rates of smartphone use (SAS scores) compared to males; [B]: Adiposity was significantly more associated with SAS-addiction in females than males; [C] : Also, females showed addiction rates than males; [D]:In both genders, smartphone use addiction was significantly associated with neck pain and hand discomforts as measured by NDI, CHDQ, and VAS anlage scores. ** $p < 0.01$, *** $p < 0.001$.

Correlations between socio-economic indicators, qualification, experience, central playing position, and rebellion score among football players were statistically estimated in all participants ($n=88$) (Table 2). RS correlated positively ($p=0.001$) with socio-economic indicators, qualification, experience, and playing center. Football players with moderate RS showed significant influences ($p=0.001$) on playing performance from unfavorable socio-economic indicators, qualification, and less experience, which may affect the level of obedience to the coach and overall performance.

Discussion

In this study, rebellion and its unfavorable consequences on qualification, experience with football, and overall athletic performance were discussed in terms of its relations with SES, family size, parental education, players' education, and position played on the team were estimated. Rebellion measurements showed that 36.4% of the study population ($n=32$) had normal RS with a mean of 38.62 ± 6.3 , and 63.6% of the study population ($n=56$) had RS above the cutoff of 41; they were classified as mildly fatigued (score= 104.4 ± 12.3) and moderately fatigued (score= 151.88 ± 18.2).

Previous research reports have shown that players need more than physical ability to perform efficiently in sporting competitions.¹⁻³ Players in sporting competitions need both physical and psychological ability to understand and accept coaches' decisions. However, other factors,

such as SES, family size, parent education, and players' education play significant roles in the rate of responding to coaches' decisions. Thus, there is a relationship between psychological rebellion and achievement of independence among adolescents, as they are more rebellious when orders are related to their personal behavior and take positions that are different from those they are forced to perform.^{1-3,7}

Also, some reports have suggested that abuse, insults, and ridicule by coaches encourages aggressive tendencies and violent behavior among players, along with the social consequences.¹¹⁻¹³ In addition, there are factors related to the characteristics of sporting competitions, and these factors (competitive position), which are a source of rebellious behavior by players and affect their success in the presence of frustration, have a direct relationship; defeated teams tend to rebel against winning teams.⁹⁸⁻¹⁴

Thus, we can say that the challenge facing athletes today, along with talent, physical, and artistic abilities, is the need to prepare a good psychological mind in order to excel mathematically.¹³ In adolescence and childhood, psychological rebellion and self-esteem are higher; the most important reason for a teenager to rebel is that they feel that there is a danger to their freedom and independent entity, whether the threat from family, school, or society, along with statistically significant differences based on gender. Also, society, especially in terms of completion style, increased rebellion.²⁵⁻²⁶ Some studies built educational programs to reduce the psychological rebellion of adolescents and to understand such programs' effects on reducing rebellion, as well as to detect significant differences according to gender.²⁶⁻²⁹

Also, some studies have shown that most players are exposed to psychological events during training and competition because of their nature. This may be due to social and demographic changes in players families or their society. These collectively produces or leads to the emergence of rebellion in the form of the verb; in other words, it is the creation of the inner workings of the individual.²⁸⁻³¹

In this study, the data obtained showed that SES, family size, parent education, players' education, and football position played were significantly correlated with degree of rebellion. RS were correlated positively ($p=0.001$) with socio-economic indicators, qualification, experience, and position (playing center). Our data are in line with the facts suggested about SES, which depend on a combination of variables, including occupation, education, income, wealth, and place of residence,³² and their effects on psychology and overall performance among adolescents, especially within competitive communities such as sports. Many psychological factors such as SES, attitudes, motives, spectators, self-concept, motivation, and adjustment affect participation and performance in games and sports.³³⁻³⁵

In our study, players with normal RS were from families with parents who had higher educational degrees. This was consistent with previous studies showing that higher levels of education are associated with better economic and psychological outcomes (i.e. more income, more control, and greater social support and networking).³⁶ Also, other studies agreed that players whose fathers did not have high school degrees reported shorter duration of sports involvement and higher rates of psychological disorders than those whose fathers had achieved high school degrees or above;³⁷ conversely, other results showed that there is no link between educational levels of fathers or mothers with efficiency, psychological status, and overall physical performance among adolescents.³⁸

The results of this study also showed that performance was significantly decreased among football players with moderate RS ($p=0.001$) compared to players with mild and normal RS. Unfavorable SES, qualification, and experience were shown to affect psychological traits, which may consequently affect the degree of obedience to the coach, losing sports matches, and reducing overall performance.

Consistent with previous studies, the present study revealed a significant positive correlation between players'

sport activities, family income and size, and income, which was shown to reflect the level of living of a family.³⁹ Specifically, there is no doubt that type, amount, and timing can dramatically affect sports performance,⁴⁰ and that most parents with higher incomes spent more money on their children's sports and athletic equipment.⁴¹ In the light of higher SES, lower rebellion, and more positive associations with sports, these traits were found to be most prevalent among individuals from high-income households.⁴² Also, consistent with our results, family structure can also influence the psychological status of players and their participation in sports, especially if there are two parents who can share the responsibility of facilitating their child's sports participation.⁴³⁻⁴⁴ The highest sport participation was seen in families with fewer family members with the presence of both parents.⁴⁴

Conclusion

Psychological disorders and greater rebellion were reported in 63.6% of the study population; football players showed mild to moderate rebellion, which was significantly correlated with SES, educational status of parents and players, family size, position played on the sports field, and family income. In addition, players with low SES were more likely to display higher rebellion scores, lower physical attitudes, and poor sports performance, whereas football players with high SES were more likely to display strong sports performance and more obedience to coaches' decisions.

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