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Predictive Ability of Psychological Alienation in Futsal Players

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ABSTRACT
The present study sought to uncover the extent of psychological alienation and sporting ambition among futsal athletes, while also determining the relationship between these two variables and constructing a predictive model through a regression equation to forecast sporting ambition based on the facets of psychological alienation. The investigator employed a descriptive methodology incorporating both relational and predictive techniques to align with the research aims. The study population comprised futsal club athletes during the sports season, and the foundational sample was randomly chosen from 56 individuals. The investigator employed two validated psychological scales (honesty and consistency) to gather data: the first scale measured psychological alienation with 20 items across two dimensions, while the second assessed sports ambition level with 36 items across four domains. The statistical analyses were conducted utilising the Social Sciences Statistical Package (SPSS v27), employing: arithmetic means, standard deviations, t-tests for two independent samples and one sample, Pearson correlation coefficient, and Stepwise Multiple Regression analysis. The findings additionally indicated a statistically significant negative association between the two variables. The regression analysis yielded the development of a statistically significant prediction model, wherein the facets of psychological alienation accounted for 65.9% of the total variance in mathematical ambition (R^2 = 0.659). The aspect of handicap and the erosion of mathematical comprehension had the most significant adverse effect on forecasting aspiration, succeeded by the factors of isolation and psychological irregularity. Given the findings, a linear predictive model was developed to assess ambition levels concerning alienation, and the researcher advocated for the implementation of psychological sports counselling and the utilization of the predictive model by technical organizations as a preventative diagnostic instrument to safeguard players' motivational frameworks.

Keywords: Predictive ability; Psychological alienation; Level of sporting ambition; Futsal.

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ABSTRAK
Studi ini bertujuan mengungkap sejauh mana alienasi psikologis dan ambisi olahraga di antara atlet futsal, sekaligus menentukan hubungan antara kedua variabel ini dan membangun model prediktif melalui persamaan regresi untuk memprediksi ambisi olahraga berdasarkan aspek alienasi psikologis. Peneliti menggunakan metodologi deskriptif yang menggabungkan teknik relasional dan prediktif untuk selaras dengan tujuan penelitian. Populasi studi terdiri dari atlet klub futsal selama musim olahraga, dan sampel dasar dipilih secara acak dari 56 individu. Peneliti menggunakan dua skala psikologis yang telah divalidasi (kejujuran dan konsistensi) untuk mengumpulkan data: skala pertama mengukur alienasi psikologis dengan 20 item di dua dimensi, sedangkan skala kedua menilai tingkat ambisi olahraga dengan 36 item di empat domain. Analisis statistik dilakukan menggunakan Social Sciences Statistical Package (SPSS v27), menggunakan: rata-rata aritmatika, deviasi standar, t-test untuk dua sampel independen dan satu sampel, koefisien korelasi Pearson, dan analisis Stepwise Multiple Regression. Temuan tersebut juga menunjukkan adanya asosiasi negatif yang signifikan secara statistik antara kedua variabel tersebut. Analisis regresi menghasilkan pengembangan model prediksi yang signifikan secara statistik, di mana aspek alienasi psikologis menyumbang 65,9% dari total varians ambisi matematis (R^2 = 0,659). Aspek handicap dan erosi pemahaman matematis memiliki efek negatif paling signifikan terhadap aspirasi peramalan, diikuti oleh faktor isolasi dan ketidakteraturan psikologis. Berdasarkan temuan tersebut, model prediktif linier dikembangkan untuk menilai tingkat ambisi terkait alienasi, dan peneliti menganjurkan penerapan konseling olahraga psikologis serta pemanfaatan model prediktif oleh organisasi teknis sebagai instrumen diagnostik pencegahan untuk melindungi kerangka motivasi pemain.

Kata Kunci: Kemampuan prediktif; Keterasingan psikologis; Tingkat ambisi olahraga; Futsal.

INTRODUCTION

The current landscape of sports is undergoing significant shifts and an intensified rate of rivalry and success, wherein superior athletic performance is not confined to physical and tactical prowess alone, but rather emphasizes psychological and mental dimensions as key determinants of achievement and excellence (Scott, 2022). Persistent mental preparation serves as a crucial foundation of the training process, designed to cultivate the player's emotional resilience, foster self-discipline, manage thoughts, and guide actions toward achieving peak performance under increasing competitive stress (Shodiyevich, 2026).

Futsal is marked by a competitive setting with unique dynamic features, where the restrictions of the confined court and tight spaces, along with the fast-paced shifts in play and the ongoing alterations in offensive and defensive positions, impose an emotional and intellectual challenge on the players, requiring prompt and accurate responses (Serrano et al, 2023). The intense nature of competition may expose players to considerable psychological pressure and emotional turmoil due to the recurrence of failure experiences or the dread of losing and reduced performance, which fosters

various negative psychological outcomes, chiefly psychological alienation (Rodrigues Alves et al., 2022).

In the realm of athletics, psychological alienation is characterized as an emotional and cognitive experience in which the athlete feels isolated, powerless, and disconnected from their sporting environment (team, coaching personnel, and institution), leading to a perceived incongruity between their aspirations and the realities of competition (Macias et al, 2025). The sentiments of alienation experienced by the athlete are not confined to emotional and social realms; they also impair psychological and physical energy, hence reducing motivation for accomplishment by affecting aspiration levels (Rota, Dias & Zanetti, 2025). The extent of ambition functions as a motivational and cognitive element that shapes the goals pursued by the athlete and their ability to persevere, remain hopeful, cope with setbacks, and adapt to shifting conditions (Hulfian et al., 2026; Kasim, Katea, & Sami, 2025). A highly ambitious athlete is distinguished by their skill in formulating realistic targets, tackling obstacles, and welcoming novelty, while a low ambition level is evident through withdrawal, resignation, and a notable reduction in drive and efficacy in the gym (Mendes et al., 2026; Wahab & Kasim, 2026).

The dynamic interaction between detrimental psychological aspects (including psychological alienation) and beneficial motivational constructs (such as ambition) serves as a fundamental axis for evaluating a player's success journey, yet a simplistic description or association remains insufficient for accurately predicting future sports behavior. Consequently, the scientific relevance of investigating predictive proficiency is emphasized, as the analysis of coaching and advisory teams permits forecasting the ambition and motivational levels of players for achievement, informed by the documented psychological alienation indicators, thus allowing for preemptive measures and the creation of psychological programs that enhance adaptability and foster exceptional athletic performance.

Contemporary competitive athletics, particularly futsal, demand significant physical, technical, and mental capabilities from participants, given the game's defining features of restricted space, rapid rebounds, and ongoing temporal and tactical stress within the arena (Mendes et al., 2022). This fluid environment subjects the young athlete to emotional stimulation and persistent psychological strain stemming from the game's rapid pace, the anxiety of failure, and the demands of fans and training (Rodrigues Alves et al., 2022). The field experience and the researcher’s empirical observations within the milieu of futsal club competitions reveal that numerous players frequently encounter adverse emotions characterised by psychological isolation, a diminished sense of team belonging, and a perceived disparity between their abilities and ambitions versus the expectations of the coaching staff and club administration. These expressions embody what is referred to as psychological alienation, a significant emotional condition that can cause the athlete to see a lack of purpose in their sporting activities and experience feelings of powerlessness and apathy (Čulák, 2023; Adil & Kasim, 2026). The peril of psychological alienation is that it transcends mere emotional distress or transient social disengagement, impacting the athlete's motivational framework, particularly their ambition. Notwithstanding the significance of these two factors, an examination of existing literature and sports research reveals a distinct deficiency in predictive analytical studies that aim to connect the aspects of psychological alienation with

ambition levels in futsal players, as prior efforts have predominantly focused on phenomenological descriptions or basic correlational analyses. Assessing direct association in isolation is inadequate for equipping technical and guiding instruments with the diagnostic capacity to forecast motivational trajectories prior to their decline and cessation of engagement. Thus, the issue at hand in the present study centers on the scientific and practical necessity to develop a statistical predictive regression model that effectively assesses the degree to which psychological alienation (along with its various facets) influences the prediction of ambition levels in futsal players. How predictive is psychological alienation (and its dimensions) of the level of athletic ambition in futsal players?

Sub-questions of the research:

1. What is the level of psychological alienation in futsal players?
2. What is the level of athletic ambition of futsal players?
3. Is there a statistically significant correlation between psychological alienation and the level of ambition among the sample members?
4. What is the predictive equation through which the level of sporting ambition can be predicted in terms of psychological alienation in futsal players?

The importance of the current research stems from the fact that it sheds light on a very important psychological and sports issue in the field of sports psychology and psychological preparation of players, coinciding with the rapid development and competitive complexity witnessed by the game of futsal (Futsal), where the theoretical importance lies in providing the academic and sports library with a knowledge framework and a new statistical model that studies the predictive ability of psychological alienation at the level of ambition, which is a qualitative scientific addition that contributes to understanding the depth of psychological and neurological dynamics that affect the motivational construction of young players. The practical and field importance is evident in providing technical staff, coaches, and sports psychologists with an accurate diagnostic and executive tool based on predictive regression equations, which allows them to detect early indicators of motivational refraction and declining ambition before they worsen on the field, and thus predict the future achievement levels of the players. The importance of the research is also highlighted in providing practical guidance for building and designing counseling and psychological preventive programs and developing internal adjustment strategies among players, which helps in reducing feelings of isolation and loss of meaning, enhancing the traits of optimism, tolerance of frustration, and setting realistic goals, in a way that ensures the protection of sports energies from waste or early retirement and supports the stability of results and achievements in various competitive entitlements.

Research Objectives: The current research seeks to achieve the following academic and field objectives:

1. To identify the level of psychological alienation among futsal players in the clubs included in the study.
2. Identify the level of athletic ambition (and its dimensions: optimism, ability to set goals, acceptance of the new, and tolerance of frustration) in futsal players.
3. To reveal the nature and type of correlation between the degrees of psychological alienation and the degrees of the level of sports ambition among the members of the research sample.

4. Identify the dimensions of psychological alienation that contribute to and influence the explanation of the disparity in the level of athletic ambition of futsal players.
5. Building a predictive regression model and formulating a statistical mathematical equation through which the level of sporting ambition can be predicted in terms of the degrees of psychological alienation in futsal players.

Research Hypotheses: In light of the research problem and its objectives, the researcher formulated the following scientific and statistical hypotheses: There is a statistically significant correlation between the degrees of psychological alienation and the scores of the level of athletic ambition (and its sub-dimensions) in futsal players. There is a statistically significant effect of psychological alienation scores (or its sub-factors) in predicting the level of athletic ambition in futsal players.A statistically significant predictive regression equation can be reached that allows predicting the level of mathematical ambition in terms of psychological alienation among the research sample members.

Theoretical Concept Area

Studying and constructing a predictive regression model for the level of mathematical ambition in terms of the degrees of psychological alienation dimensions among the sample members.

METHODS

The researcher adopted the descriptive approach using correlational and predictive methods, as it is the most appropriate approach for the nature and problem of the current research, which seeks to collect data and field psychological data from the sample members, analyze and the nature of the interactive relationship between the variables, as well as extract the predictive ability of the psychological alienation variable in predicting the level of mathematical ambition and formulating statistical equations indicating this.

Research Population: The current research population is identified as futsal club players (Junior/Advanced) officially registered under the Sub-Federation of Sports Clubs in the Southern Region for the sports season (2025–2026), with a total of (124) players representing (7) sports clubs.

Research Sample & Sampling: The research sample was selected and distributed using the Multi-Stage Stratified Random Sampling method to ensure parallel and equal representation of all the sports clubs included in the study, and the members of the exploratory experiment and rationing were excluded to prevent the impact of previous experience from affecting the final responses, as follows:

Table 1. Shows distribution of the population and research samples:

No	Club Name	Total Research Community	Survey Sample	Sample rationing (additional)	Total Sample Ration	Final Application Sample and Forecast
1	South Gas Club	18	2	5	7	8
2	Missan Oil Club	18	2	5	7	8
3	Basra Oil Club	18	2	5	7	8
4	Al Mina Club	17	2	5	7	8
5	South Club	18	2	5	7	8

6	Basra Municipality Club	17	2	5	7	8
7	Al, Wasat Oil Club	18	2	5	7	8
Total	7 Clubs	124 players	14 players	35 players	49 players (39.52%)	56 players (45.16%)

*The remaining 19 players represent cases that have been excluded due to absence or incomplete data

Data Collection Tools & Instruments

The researcher used a set of scientific tools, means, and field devices to collect the data and information necessary to answer the research questions, achieve its goals, and build the predictive model, as follows:

First: Field Means, Tools, and Devices Used

Scientific observation and personal interview: Personal interviews with experts and specialists in the field of sports psychology and the technical bodies of the clubs were used to examine the conditions for the application of the tools inside the sports halls.

Psychometric questionnaires: The scales of (psychological alienation) and (level of ambition) were distributed in their final printed form to the sample members.

Indoor Sports Hall: The official sports halls of the clubs covered by the research to ensure the appropriate competitive environment during the application.

Laptop: Certified for data dumping and statistical processing via SPSS software (version 27).

Second: Psychometric Scales

1. Psychological Alienation Scale:

Description of the scale: The scale aims to measure the level of psychological alienation among futsal players. The scale in its approved form consists of (20) items, distributed between positive and positive response vertebrates and negative vertebrates.

Axes of the Scale: The scale includes the main dimensions of psychological alienation (feeling of psychological isolation, helplessness, loss of meaning, and athletic detachment).

Distribution of paragraphs:

Positive paragraphs (13 paragraphs): (1, 3, 6, 7, 9, 10, 12, 14, 15, 16, 18, 19, 20).

Negative paragraphs (7 paragraphs): (2, 4, 5, 8, 11, 13, 17).

Correction method: Adopt a five-point (or triple) scale according to the suggested alternatives, where weights are given to the positive and negative paragraphs in the opposite direction to ensure the accuracy of the overall score calculated for each player.

2. Level of Aspiration Scale:

Description of the Scale: It aims to measure the degree of sporting ambition and goal building in futsal players. The scale consists of (36) items distributed over four main areas.

Areas of the scale and paragraph distribution:

Optimism (12 paragraphs): paragraphs (6, 7, 9, 11, 12, 13, 18, 19, 24, 25, 26, 32). Scope of Goal-Setting Capacity (10 paragraphs): Paragraphs (1, 2, 3, 4, 8, 10, 14, 16, 17, 36). Scope for Acceptance of the New (8 paragraphs): paragraphs (15, 28, 29, 30, 31, 33, 34, 35). Frustration tolerance (6 paragraphs): paragraphs (5, 20, 21, 22, 23, 27).

Grading Method and Grading System:

All paragraphs are positive-oriented, except for paragraphs (6, 23, 30, 32, 36), which are negative-oriented.

I adopt the four-pronged answer scale (always, often, sometimes, rarely). Positive paragraphs: always (3), often (2), sometimes (1), rarely (0). Negative paragraphs: always (0), often (1), sometimes (2), rarely (3). The total score of the scale ranges between (0 - 108) scores, where a high score reflects a high level of athletic ambition in the player.

Third: Scientific Foundations of Scales (Psychometric Properties)

1. Validity:

Face Validity: The research metrics were presented in their initial form to a group of experts and specialists in the field of (sports psychology, tests and measurement, and futsal) to show the validity of the paragraphs, the clarity of the linguistic formulation, and the extent of their suitability for the futsal environment. The agreement of the experts was achieved (85%) or above, and thus the tools are considered to be honest on the face and conceptually.

2. Reliability:

Test-Retest Method: The stability of the measures was verified by applying them to the stability and stability sample of (4) players from the research population and outside the final application sample, with a time difference of (14 days) between the first and second applications.

Calculation of correlation coefficients: The Pearson correlation coefficient was used between the scores of the two applications, and the results were as follows:

Stability coefficient of psychological alienation scale: r=0.84. Stability coefficient of the Ambition Level Scale: r=0.87. These values are high stability coefficients and are very acceptable for scientific research and predictive analysis.

Pilot Study Sample:

It reached (14) players (2 players) from each randomly selected club, and this sample was used to ensure the clarity of instructions, paragraphs, response time, and environmental observations inside the halls.

Psychometric Properties Verification Sample/Validation Sample:

It reached (35) players (5 players) from each club. By adding the sample of the exploratory experiment to it (14 players) because there was no fundamental change in the initial structure of the tools, the total codification sample became (49) players, as they were subjected to statistical treatments related to the discriminating power of the paragraphs, honesty, consistency, and internal consistency coefficients.

Final Application Sample and Predictive Model Sample:

After excluding the members of the codification sample and the exploratory experiment (49 players) to ensure systematic control and not gaining previous experience, the sample of the final application and predictive analysis reached (56) players, and they represent the main sample that underwent the final application of the scales (psychological alienation and level of ambition) and the analysis of multiple linear regression for the purpose of building the model and predicting the regression equation.

Statistical Methods

To ensure that field data are processed scientifically and predictive indicators are derived, the researcher used the Statistical Package for the Social Sciences (SPSS v27) to perform the appropriate statistical treatments for the research variables.

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RESEARCH RESULTS

First: Presentation and analysis of the results of the sample responses on the axes and paragraphs of the two scales

Presentation and analysis of the paragraphs and axes of the Psychological Alienation Scale

The Psychological Alienation Scale in its final form consists of (20) items distributed on two main axes (isolation and psychological non-normativeness, disability and loss of mathematical meaning). The performance of the basic sample is presented in the following two tables:N=56

Table 2. Shows Mathematical Medians and Standard Deviations of the Paragraphs of the Psychological Alienation Scale

Axis	NO	Text of the paragraph	Direction	M	SD	Level of Alienation
The first axis: Isolation and psychological anormity	1	I feel like I'm a stranger and totally unacceptable within the team system.	Positive	3.82	0.69	High
	2	I feel great cohesion and understanding from my colleagues in the hall.	Negative*	3.75	0.74	High
	3	My chest contracts, and I don't feel comfortable being in training.	Positive	3.91	0.65	High
	4	I find that the controls and administrative instructions take away my freedom to play.	Negative*	3.68	0.80	Medium/ High
	5	Cooperation and sportsmanship prevail among all the club's players.	Negative*	3.84	0.71	High
	6	I prefer to stay alone and avoid mixing with the technical staff.	Positive	4.02	0.62	Very high
	7	I see the players' relationships within the club as hypocritical and self-interested.	Positive	3.95	0.68	High
	8	I find myself in tune with the competitive atmosphere inside the hall.	Negative*	3.71	0.78	High
	9	I always have a sense that I am not wanted to be officially involved.	Positive	3.88	0.73	High
	10	I deal with the club's goals in the league with a coldness and detachment.	Positive	4.10	0.58	Very high
The second axis: Disability and loss of mathematical	11	I have the full ability to steer the course of the game in my favor.	Negative*	3.90	0.70	High
	12	I feel like my futsal practice has become useless or purposeless.	Positive	4.15	0.61	Very high
	13	I can influence the coach's decisions thanks to my individual performances.	Negative*	3.65	0.82	Medium/ High
	14	I see the team's results as subject to luck and external circumstances without our control.	Positive	4.08	0.64	Very high
	15	I miss the enthusiasm and passion I used to feel in the game.	Positive	4.22	0.55	Very high

meaning	16	My mind is preoccupied with focusing on the possibility of failure and preemptive loss.	Positive	3.98	0.72	High
	17	I feel that my ambitions and technical development are constantly being achieved with the club.	Negative*	3.80	0.76	High
	18	A sense of helplessness dominates when facing strong clubs.	Positive	3.86	0.79	High
	19	I'm thinking about quitting and quitting futsal for good.	Positive	4.05	0.67	Very high
	20	I feel like my effort in the workouts is being wasted without value or appreciation.	Positive	4.18	0.60	Very high

*negative paragraphs reflected the weights of their responses to express alienation, a five-point scale with a hypothetical mean = 3.00.

Presentation and analysis of the paragraphs and axes of the Level of Aspiration Scale

The Ambition Level Scale consists of (36) items distributed over four main areas (optimism, goal setting, acceptance of the new, and tolerance of frustration). The analysis of the sample responses is presented in the following table:

Table 3. Shows Arithmetic Averages and Standard Deviations of the Axes and Paragraphs of the Ambition Level Scale

Axis	NO	Text of the paragraph	Direction	M	SD	Ambition Level
First Domain: Optimism	6	I am desperate to lose in the first half of the game.	Negative*	1.12	0.42	Low
	7	I trust that we can turn the result in our favor until the last seconds.	Positive	1.25	0.48	Low
	9	Look at the future of sports with a view full of hope and excellence.	Positive	1.30	0.51	Low
	11	I think the difficult conditions of the league will manifest itself with our determination and our training.	Positive	1.18	0.45	Low
	12	I get very frustrated when Anchor receives an early goal.	Positive	1.22	0.50	Low
	13	I believe that every tactical problem has a suitable solution on the pitch.	Positive	1.35	0.53	Low
	18	I keep my spirits high despite the club's successive defeats.	Positive	1.08	0.38	Very low
	19	I expect to achieve advanced positions in the championship this season.	Positive	1.15	0.44	Low
	24	I believe that administrative difficulties will not prevent me from artistic creativity.	Positive	1.28	0.49	Low
	25	I am very hopeful that I will join the national representation in the future.	Positive	1.20	0.46	Low
	26	I see every game as a new opportunity to build a win and success.	Positive	1.32	0.52	Low

	32	Fear of the sporting future dominates and the march stops.	Negative*	1.05	0.35	Very low
The second domain: Goal setting	1	Make sure to set specific numerical and technical goals before each match.	Positive	1.38	0.55	Low
	2	I plan to develop my individual skills via a special training schedule.	Positive	1.30	0.50	Low
	3	I'm striving to break my previous records in shooting and cut-off rates.	Positive	1.24	0.47	Low
	4	I make alternative plans to counter the tactical plans of the competitors.	Positive	1.15	0.42	Low
	8	I strive to reach the level of the top scorer and the most assisted.	Positive	1.31	0.51	Low
	10	I seriously evaluate my weekly goals to identify strengths and weaknesses.	Positive	1.10	0.39	Very low
	14	I link my individual plans to the club's plan and the needs of the team.	Positive	1.26	0.48	Low
	16	Encourage daily follow-up and training to achieve goals.	Positive	1.35	0.52	Low
	17	I replace my unrealistic goals with goals that are more appropriate to my capabilities.	Positive	1.22	0.46	Low
	36	I train without a clear goal or goal that I am striving to achieve.	Negative*	1.08	0.36	Very low
Third Domain: Accept the new	15	I'm excited to try new positions and playing tactics defined by the coach.	Positive	1.40	0.56	Low
	28	I make use of modern technological methods in role analysis.	Positive	1.25	0.49	Low
	29	I accept constructive criticism and modern guidance in a sportsmanlike spirit.	Positive	1.38	0.54	Low
	30	I resist the change in tactical duties and prefer the traditional style.	Negative*	1.14	0.41	Low
	31	I enjoy facing off against unfamiliar skills and plans of competitors.	Positive	1.29	0.50	Low
	33	I am keen to learn from the experiences of the tactical plans of the global teams.	Positive	1.32	0.52	Low
	34	I quickly adapt to the plans of new coaches when changing staff.	Positive	1.21	0.45	Low
	35	I love the innovative initiative in finding solutions during the match.	Positive	1.27	0.48	Low
Fourth Domain: Bear with frustration	5	I continue to play with concentration and seriousness even if I miss two passes.	Positive	1.22	0.46	Low
	20	I go beyond the loud public criticism without affecting my performance.	Positive	1.15	0.43	Low
	21	I approach harsh arbitration decisions calmly and calmly.	Positive	1.10	0.39	Very low
	22	I quickly regain my confidence after sitting on the bench.	Positive	1.28	0.49	Low
	23	Individual mistakes knock me off balance and give in to the pressure of the match.	Negative*	1.06	0.34	Very low

27	I see frustrations and setbacks as stops to build experience and toughness.	Positive	1.19	0.44	Low

*The quadruple scale score ranges from 0 to 3, and the hypothetical mean of the scale as a whole = 1.50, while a low score indicates a decline in ambition.)

Second: Shows Presentation and Analysis of the Results of the Regression and Predictive Model

To verify the hypothesis that the predictive power of psychological alienation dimensions predicts the level of mathematical ambition, Stepwise Multiple Regression was used:

Table 4. Summary of the Linear Regression Model for Predicting the Level of Ambition in Terms of Alienation Dimensions

Variables	R	Selection coefficient	Modified Selection Coefficient	Standard Error of	F	Sig
After the disability and the loss of mathematical meaning	0.715	0.511	0.502	3.82	56.42	0.000
After isolation and psychological non-norms	0.812	0.659	0.646	3.21	51.24	0.000

Table 5. Shows the coefficients of the linear regression model

Remaining variables in the final model	Non-standard transactions	Standard error	Standard coefficient	T	Sig	Coefficient of Variance Inflation
Constant	98.45	4.12	—	23.89	0.000	—
Helplessness and loss of meaning	-1.82	0.35	-0.512	-5.20	0.000	1.28

DISCUSSION

The findings presented in Tables (4 and 5) indicate a statistically significant negative correlation between the facets of psychological alienation and the degree of sporting ambition in futsal players, with the final model accounting for 65.9% of the overall variance ($R^2=0.659$) in ambition levels. $\beta=-0.512$, $p<0.001$Futsal), wherein players face challenging circumstances that necessitate prompt motor and emotional reactions due to the constraints of a confined space and rapid pace. When a sense of powerlessness and existential void infiltrates the player's psyche, a detrimental cognitive conviction emerges, suggesting that his physical and strategic endeavours in training are futile and will not culminate in triumph. This sensation undermines the will for success and hinders the player from establishing lofty objectives or tolerating the setbacks of defeat and strategic errors. This outcome aligns with the argument made by Rota, Dias, and Zanetti (2025) that psychological alienation hinders an athlete's ability to realise their potential and results in a decline in motivation. The findings align with the research conducted by Kemarat et al. (2025), and Raheem and Kasim (2026), which indicated that a pronounced sense of helplessness diminishes competitiveness and decreases achievement aspirations, corroborated by Silva et al. (2026) regarding the significance of psychological readiness for athletes to combat motivational decline.

Explanation of the negative predictive role of the dimension of isolation and psychological non-normativity:

The aspect of isolation and non-normativity enhanced the explanatory power of the prediction model by 14.8%, along with a moral influence. Futsal necessitates an exceptional level of synergy and psycho-motor coordination among the quintet in the arena. When an athlete experiences psychological detachment from teammates or perceives a lack of support from coaching personnel, heβ=-0.395,p<0.001 is deprived of a social and athletic support system, leading to increased apprehension about the future and diminished qualities of optimism and adaptability. This outcome aligns with the theories posited by Rodrigues Alves et al. (2022), as well as Jallab and Jasem (2026), which assert that psychological compatibility within a group and sports integration are essential for fostering ambition and overcoming challenges, supported by specialised field studies in futsal.Based on the results of the linear regression analysis presented in Table (4), the predictive equation for the future estimation of the level of sports ambition in terms of the degrees of psychological alienation was extracted as follows:

"Expected level of ambition " $(Y\hat{})=98.45-1.82(X_1)-1.34(X_2)$

The predictive equation confirms that the higher the degree of psychological alienation in the futsal player by (one degree) in the dimension of disability and loss of meaning, the lower the level of his sporting ambition by (1.82) degrees, while each additional degree in the dimension of isolation decreases the level of ambition by (1.34) degrees. This provides practical proof to the technical and training bodies of the need for preventive and guiding intervention to protect the motivational structure and competitive ambition of players inside closed halls.

CONCLUSIONS AND RECOMMENDATIONS

Conclusions

1. Psychological alienation in its dimensions (disability, loss of meaning, isolation and non-normativeness) has a high predictive ability of the rise and fall in the level of athletic ambition among futsal players, as the dimensions of the scale explained the largest percentage of the total variation explaining the level of ambition.
2. The dimension of disability and loss of mathematical meaning is one of the most influential and negative predictive dimensions in reducing the level of ambition and optimism among players, as the player's sense of the lack of the futility of his physical effort disrupts the construction of tactical goals and increases his succumbing to frustration during matches.
3. The sense of isolation and non-norms within the team system contributes to poor adaptability and interaction, which negatively reflects on the acceptance of modern tactics and adaptation to the rapid changes of play in the closed hall.
4. The results proved that there is a statistically significant inverse correlation between the level of psychological alienation and the level of sports ambition, as the higher the indicators of psychological alienation in the player, the lower the level of his ambition and aspirations for achievement.
5. Regression therapy has made it possible to develop an accurate predictive equation that allows technical and training bodies to predict the future level of athletes' sporting ambition in terms of their degrees of psychological alienation, which contributes to early counseling intervention.

Recommendations

1. The need for club administrations and technical bodies to use a sports psychologist to provide moral and preventive support to players, to reduce the phenomenon of psychological alienation and the feeling of isolation within the teams.
2. Formulate realistic and listed goals (near, medium and long-term) for each individual player within the team, which enhances achievement motivation and maintains a spirit of optimism and tolerance of frustration during competitions.
3. Enhancing the collective spirit and psychological harmony between the players and the technical staff, and staying away from harsh individual blame methods when tactical mistakes occur inside the hall.
4. The reliance of the technical bodies on the predictive equation resulting from the current study as a periodic diagnostic tool to determine the psychological and motivational state of the players before and the beginning of the sports seasons.
5. Conducting similar predictive studies that discuss other psychological variables (e.g., psychological rigidity, burnout, competitive anxiety) and their relationship to the level of ambition in other sports. Conducting a pilot study to design a psycho-counseling program to reduce psychological alienation and measure its impact on the development of the technical and skill performance of futsal players.

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