

***Preliminary Study on Need Intervention Psychological For Rehabilitation  
Injuries to Athlete Youth Football***

**Putu Satwika Arya Govinda<sup>1</sup>, Rizka Safitri<sup>2</sup>**

*<sup>1</sup>Psychology Association HIMPSI Sports*

*<sup>2</sup>Department of Youth and Sports West Java Province*

*Accepted: 5 Oktober 2025; Revised: 12 November 2025; Published: 15 December 2025*

***Abstract***

*Psychological responses can also be found in injured soccer players. There is limited literature on the availability of psychological interventions that can help athletes return to training and competition after injury in the Indonesian context. This study aims to analyze the need for psychological interventions to support post-injury medical rehabilitation in adolescent soccer athletes. Rapid Qualitative Assessment A survey was conducted with a youth soccer player, a coach, and a physiotherapist to understand the cognitive, emotional, and behavioral responses of youth soccer players undergoing injury rehabilitation. Data analysis was conducted using thematic analysis to generate themes regarding player reactions to injury, support received, and expectations regarding needed psychological interventions. Based on the resulting themes, intervention needs were identified related to managing negative emotions and interpretations due to injury, fostering motivation for recovery and encouraging behaviors that support rehabilitation, and social support. These needs can serve as a reference in determining psychological intervention methods for assisting youth soccer players who experience injuries..*

***Keywords:*** *analysis needs, interventions psychology, rehabilitation injury, youth soccer*

**INTRODUCTION**

Based on research conducted by Prianto (2024), 63% of U14, U16, and U18 soccer players participating in the 2022 EPA competition had experienced injuries. The types of injuries that youth soccer players can experience can also be categorized based on their anatomical region, including upper extremity, head, back and spine, and lower extremity injuries (Ismunandar, 2020). In research conducted by Prianto (2024), the most common areas of injury experienced by youth soccer

players were lower limb injuries, particularly *ankles* and knees. The most common types of injuries were cramps and sprains.

Extensive research has been conducted on the prevalence and physical and physiological impacts of sports injuries in adolescent athletes. However, research exploring the psychological impact of sports injuries is rare. On the other hand, injuries have a significant impact on the careers of young athletes ( Jeong , 2024). Serious sports injuries, particularly those resulting in absences of more than 28 days, have been shown to negatively impact the career development of youth footballers, particularly in the U16 and U18 age groups. Only 24% of athletes in this age group reach the professional level, and prior injury experience significantly reduces this likelihood ( Bangert et al., 2024).

In addition to injuries that are caused by physical contact on the field, overuse Injuries or injuries arising from heavy and repeated training loads without adequate rest, are common among young athletes and can lead to decreased performance in training and competition. Overused injuries will also affect the development of an athlete's career ( Visnjevac et al., 2020).

Although injuries are one of the main factors that determine the careers of young athletes ( Keats et al. , 2012), the psychological aspect in the process of prevention and recovery after injury is often neglected ( Dahab et al. , 2019). Studies providing information on post-injury management mostly focus on the physical rehabilitation process, with only a few providing information on the psychological treatment of athletes. Furthermore, the psychosocial impact of injury can lead to mental health problems, affect athlete motivation, and increase the risk of recurrent injury ( Haraldsdottir & Watson , 2021).

A holistic approach to the injury rehabilitation process has been outlined in *the Integrated model of psychological response to the sports injury and rehabilitation process* ( Wiese-bjornstal et al. , 1998). This model divides the individual injury experience into three stages, namely pre-injury , injury, and rehabilitation stages. This model also divides aspects that can influence the stages of injury into two factors: personal and situational. Personal factors are divided into two sub-factors, namely the type of injury, and self-conditions such as physical condition, sociodemographics , and environmental facilities. The interaction

between personal and situational factors can influence aspects that are basically already present within the athlete such as: physical condition, sports performance, perception of self-ability, perception of pain suffered due to injury, stress, self-confidence and optimism, and the athlete's readiness to return to sports competition.

Concepts and research emphasizing the importance of considering psychological aspects in post-injury adolescent soccer players are expected to help provide an overview of appropriate psychological intervention programs for post-injury adolescent athletes ( Gledhill & Forsdyke , 2021). Psychological interventions such as stress management techniques and cognitive-behavioral therapy (CBT) are effective in reducing anxiety and fear associated with injury. These methods help athletes develop positive thinking and emotion regulation, which are crucial for maintaining motivation and adherence to rehabilitation goals ( Espina , 2022). *Mindfulness practices* and relaxation exercises are also used to manage stress and increase mental resilience, contributing to a more positive rehabilitation experience (Yang et al. , 2021). et al. , 2024).

Based on Psychological Interventions According to the WHO Implementation Manual (2024), practitioners and researchers need to conduct a needs analysis before determining which psychological interventions to administer to a group of individuals. This includes identifying individuals who could potentially benefit from the intervention. Therefore, this study aims to identify the injury experiences of adolescent soccer athletes from the perspectives of players, coaches, and medical personnel ( physiotherapists ). Thus, this study is expected to identify the needs of individuals who would benefit from psychological interventions and determine appropriate interventions to address *socio-psychological issues. concern* due to sports injuries experienced by young soccer athletes.

## **METHODS**

### ***Research Design***

This is study qualitative with design *rapid qualitative assessment*. This design chosen for allows researchers collect in-depth data in time short, which is ideal for objective study this as analysis need beginning intervention psychological. Research design this focus on participants ' understanding on his experience touch

with situation injury football for athletes teenagers. Experience this is what happened then will become reference in identify need intervention psychological for teenage footballers. The research done with method semi- structured interviews.

### ***Population and Sample***

The population of this study was individuals with direct experience with soccer injuries in adolescents. The sample consisted of three different participants to obtain diverse yet complementary perspectives. The three participants were selected using *purposive sampling*. The three participants were:

1. Teenage soccer players who have experienced injuries. The player participant was a member of one of the Elite Pro Academy (EPA) U-16 clubs. This perspective was the primary one to provide researchers with insight into the emotional and psychological experiences and challenges faced during injury and rehabilitation.
2. Age-group soccer coaches. The coach participant was a head coach from one of the Elite Pro Academy (EPA) participating clubs. This perspective provides an external perspective on the injury experiences of youth soccer players. This is expected to provide insight into coaches' observations of their players' injury experiences, how injuries impact team dynamics, and the programs provided for injured athletes, thereby enhancing understanding of the context of youth soccer injury experiences.
3. Professional football team physiotherapist. Participant From the medical team, there is a physiotherapist from one of the League 1 participating teams who handles players of all ages, both senior teams and age group teams. The perspective of medical professionals responsible for the physical rehabilitation of injured players is intended to provide insights into the physiological aspects, the experience of observing the behavior and psychological reactions of footballers during rehabilitation, and the need for intervention that may not be identified by the player or coach.

### ***Instruments or Measuring Tools***

The research instrument used was a semi-structured interview guide developed by the researcher. This guideline served as a guide to ensure the

interview process consistently explored the topics discussed, while still providing space to explore issues that emerged during the interview. The research questions were designed to explore the experiences, perceptions, and needs of each perspective represented in the study (players, coaches, physiotherapists).

### ***Research Procedures***

This research began with a literature review and the formulation of interview questions by the two researchers. The next stage was compiling *an informed consent form*. *consent* and contacting participants. Interviews were conducted online via WhatsApp . Call or Google Meet , depending on participant availability. Interviews were conducted separately with each participant between June and August 2025. The interview process began with a re-explanation of the research objectives, interview procedures, and data use. Recording was conducted throughout the interview with the participant's permission.

The research questions began with questions about the participants' personal information (e.g., competitions they have participated in, their own or their players' injury history, or the age range of players treated by the coach and/or physiotherapist ). The interviews then continued with core questions about the participants' experiences with injuries in youth soccer. After the interviews were completed, the next step was to collect the data and transcribe the interview recordings verbatim. Once the transcription was complete, the researchers analyzed the data and wrote up the research findings

### ***Data Analysis Techniques***

The data collected in the study was then analyzed using thematic analysis. The thematic analysis adopted six steps from Braun & Clarke (2006) to identify, analyze, and report themes within the data. These themes will then be used to formulate psychological intervention needs for injured adolescent soccer players.

1. Familiarization: Researchers read and listen to interview transcripts to gain an understanding of the data obtained.
2. Initial coding: The two researchers then compiled certain codes based on the core answers or statements given by participants in the interview.
3. Theme formation: The codes that have been obtained are then re-analyzed

and grouped to form a particular theme.

4. Theme review: After the themes and underlying codes were formed, the two researchers then reviewed the themes. Each researcher provided notes and reviews to the other on the themes and codes generated through an *inter-coder mechanism. review*.
5. Defining and agreeing on themes: The resulting themes were then agreed upon by both researchers. Each theme was then given a label or name and a narrative to define it.
6. Reporting: The entire analysis is then reported in the form of a description of the research results.

researchers took steps to ensure credibility , confirmability , and transferability . These efforts included :

1. Triangulate sources to ensure *credibility*. A multi -perspective approach involving players, coaches, and physiotherapists was used to validate the findings. It is hoped that each perspective will serve as a reinforcement of the others, providing a holistic picture of the experience and reducing potential participant bias.
2. *Inter-rater review* to ensure *confirmability*. *Inter-rater review* The analysis began with the two researchers independently developing initial codes, then meeting to compare and discuss the codes and themes until consensus was reached. By involving more than one person analyzing the data, it was hoped that conclusions regarding the research themes would be based on the data and minimize subjective bias from any one researcher.
3. Context description as an effort to ensure *transferability*. The opening question regarding the context of experiences related to youth soccer injury situations is intended to generate a narrative about the context and background of the experiences gathered in this study. This is intended to allow readers to determine whether the results obtained in this study can be applied in other contexts .

## RESULTS

The research results found several themes regarding the reactions of young footballers when injuries occur, the forms of support received, and the participants'

hopes regarding injuries in young footballers

### Reaction to Injury

#### Affective Reactions

The first reaction theme encountered was affective reactions, or reactions related to emotions. In general, the emotions felt and observed by those around injured footballers are negative. The first emotion that can arise is **worry**. This worry can stem from several factors, ranging from anxiety about the player's condition to the length of recovery. Both of these factors then culminate in worry about the loss of playing time due to the injury.

" Because it's certain That *pressure* from concern right , [...] so This will continue how long, or his recovery the process how long" - **Physio**

" Worry in meaning that especially Possible players who are not player That Just the players who I play in time That or the players who were prepared , eh at the time exercise right they hope Can become choice mainstay in his team right. Every player right must have thoughts that." – **Coach**

Concerns can also be followed with feeling **disappointed**. The injury experienced often make all chance and planned things player become hampered. According to corner view physio, thing This especially for players with ability potential and medium aiming chance for playing at senior level.

"Then again, what's the name of his playing that's also good, but at the beginning when he found out he had a fracture, then again, maybe there were opportunities that he could have taken, but it turned out because he was injured he couldn't take those opportunities, and usually the type that is a bit quiet, in quotation marks , or for example, more quiet , is more calm , that's actually the storm is bigger." - **Physio**

From the side players, emotions like **upset** and **sad** can also happened. This is especially when He feel Actually injuries suffered can avoided. In case

participants study this, he evaluate that his injury No need happen If just He withdrawn quick after He first time feeling Sick during the match. In other words, the feeling of annoyance that is felt athlete more to reason condition his injury. As for the feeling of sadness Because must pull over mainly felt when undergo treatment, where things This then also caught by the treating physio through observation on expression face player. Besides that, players can also feel emotion **Afraid** will recurrence return injury later day.

" Feeling that sad. angry. upset. annoyed bro yeah, it's annoying that why didn't you change it when you were sick? The same his coach. [...] his feelings when match furthermore No ordered warmup before competing is also annoying, isn't it? ordered warming up, but told to just sit there. " - **Player**

"[...] right guy That seldom show , what ... say lah . but his expression We Can read usually depressed ..." – **Physio**

### **Cognitive Reactions**

Injuries experienced by athletes can also appear in form thoughts on condition his injury. The first thing appear is **perception over the pain ( *pain perception* )**. Pain physical effects caused injury will quantified and assessed intensity by the athletes. The reaction next which can also be appear is a taste **want to know on injury experienced**. Feeling of **wanting** know This Can to condition is good That what is the diagnosis of team medical and how much critical the injury he suffered natural. In addition, the feeling of wanting know on *treatment* that must be lived also often appears in mind player.

"Yes, it's serious very the pain, when moment That finished the pain match 9 from 10" - **Player**

"[...] athletes Certain will ask, [...] usually the question that's ' oh my This why ?', then Again usually We will answer depends condition. Continue to be sure question next ' this how long?' [...] usually Certain will ask that This the process



How many long time” - **Physio**

After get clarity about what happened , what should be done done , as well as how long is the estimate? He must pull over , mind next thing you can do appear is shadow about **disappearance minute playing** . The players who are fight over position or have the opportunity enter the core team will give meaning his injury as barrier . They can feel himself No can show his abilities Because must rest .

"He wants can playing position, but injury Finally he No Can show something and nothing Can compete.” - **Physio**

During the course of rehabilitation, often athletes will receive different programs with colleagues his team. He often not involved in exercise routine, no follow team *meeting*, until must undergo a separate program from player others. This can also be trigger thoughts negative for athletes. One of the things featured coach is How athlete look at himself **isolated from team**. This is Because injuries suffered make it feel No can contribute to the team as well as follow activity separated from his colleagues. In addition, athletes also feel No noticed by the team, which adds feeling isolated from team and make it the more separated from other players as well team in a way overall.

"[...] especially with term time long -term injury there he is feel the term start No noticed or I think until for example his thoughts right until end season he No can play. [...] maybe he feel that when We leave exercise take the bus right only in the mess, then when he met No come along, when other activities no follow, which finally Possible in a way the term automatic he is there too his gloom like that [...]"

- **Coach**

“The end can have an assessment that, 'oh it's your turn Yesterday the term we keep playing, they attention '. But when their injuries No care ' like that right. ”

- **Coach**

Another meaning that was also captured by the trainer is How athlete can perceive **injury is No exercise The same very . In the** prepared program For injured players , coaches who become participants in study This disclose that He still hope injured player still practice part his body that is not injury . In addition to guard fitness , training part other bodies can also ensure muscles his other body is ready support part injured body moment later Already recover and start can trained again . On the other hand , the coach look at a number of the players give meaning injury as condition complete rest . According to coach , thing This can lower involvement player in an actual training program is an integral part of the rehabilitation process .

“So they think that when injury ' okay rest , nothing activity practice ' . Even though It means when our leg injury Still Can gym part hands [...] so meaning on the other hand awareness player when injury must still exercise That Still Still not enough So Still What waiting called The same physio like that Oh , still waiting called The same *masseur* [...] so that It means often very that when There is athletes who have finished simple That difficult For find peak performance . [...] because too long he rest , he 's been too long Possible mentally also feel that ' well, no need practice and so on'.” - **Coach**

Similar meanings also apply observed by the party physio . The difference is, physio also sees meaning in the family players . As a result , the family hope player do other activities during He rest Because injury . In cases certain players who also perceive that injury is moment No exercise can prioritize other activities than follow a recovery program . That Then viewed as things that can hinder the rehabilitation process from the players he handle .

"[...] There is you know for example it turns out 'oh si player This Again injury ' for example it turns out his parents That want to to here , there is activity There is activity that , so that the main program That lost with ... its primary program lost same secondary program ,” - **Physio**

### Behavioral Reactions

Reaction next thing to get in study This is reaction in form behaviors certain behavior first to appear as reaction injury is **look for action ( *treatment seeking* )**. The player who became participants in study This tell How matter the first one he do so feel injury is communicate with physio his team . He communicate his pain and ask for it to be replaced to his coach . On the night after match , he do businesses help First like compress his injury with ice. In addition , he also uses drug outside given by the *masseur* his team . On the side physio , he confess a number of the player he is handle often proactive ask what treatment to do passed For cure his injury . From two angles view this , can concluded that look for action medical is sufficient reaction general done teenage footballers as business look for solution from condition his injury This .

“So the time just felt right That's it ... Time has passed talk to the physio Formerly Initially ' Sis, I can't take it anymore ' his physio That Already talk I can't take it anymore Already ask for change ” - **Player**

“[...] apply ice , apply ice first [...] Yes, compress it use ice. Then at night [...] the same use What That the name used *masseur* - the gel is that .. ” - **Player**

" Even We Not yet love the program, he Already ask this When Again *treatment* - nya ' , ' ini the *treatment* What just ' ... like that ” - **Physio**

On players who have encouragement strong For healed , reaction **Compliance with rehabilitation** is also one of the adequate behavior dominant . Compliance This No only looks from follow a rehabilitation program in a way serious , but also shows enthusiasm and passion For follow rehabilitation . Behavior This assessed by the trainer and physio as reflection from strong desire For quick healed . From the side players , spirit For operate instructions physio during the recovery period is triggered thing from his wish For quick return contribute to the team.

“Yes, so Spirit do what the physio says ” - **Player**

“There are also them the term is desire healed , there are also those who enthusiastic For therapy or massage like that ” - **Coach**

"So if he of course want to recover or It means he there is something he chase obviously , that's it usually he will Enough obey ” - **Physio**

In addition to positive behaviors as shown above, trainer and physio participate observe How a number of the players also showed reaction behavior **isolate self** from team. This is especially for players who experience injury with high *severity*. Isolate observed self more to How He lower intensity interaction social. For example just reaction cold (indifferent) when greeted until more difficult For invited communicate. For coaches, the reaction This Possible related with How the player concerned give meaning that himself isolated from team as well as No cared about, which is reaction cognitive which he also identification in children his suffering foster injury.

“The end cause indifferent to who knows That his friends , to the trainer , or to management . [...] So the behavior more there . the usual Possible he hello with friendly , but sometimes they also indifferent " That's it ." - **Coach**

"[...] Possible rather difficult invited communication , usually so , then yes he will search time alone .. ” - **Physio**

Reaction very contrasting behavior precisely indicated by the player who becomes participants in study this . Instead of interesting self in a way social , he precisely **look for support social** from the people around him . He try relieve feelings negative consequence injury with told his friend who had experience the thing that he feel . Apart from that , telling his parents also felt enough help For relieve feeling negative that he feel . In other words, the reaction behavior in context social in youth footballers can vary greatly .

“ Same story friends , so Friend There is both are like that incident ... because he experience the same thing incident [...] Same with mom too. [...] help Sis , help very helpful very much ” - **Player**

One thing that is worth noting become attention in reaction behavior is How trainer and physio You're welcome look at objective career teenage footballers can differentiate reaction they to injury and rehabilitation process . Both coaches and physio observe that players who have objective a decent career tall will tend more show behavior *treatment seeking* and more involved in the rehabilitation process . Players who show pattern This usually is those who are own will strong break through to the professional level . This is No off from How they want to healed as soon as possible perhaps for progression his career No hampered for too long by the injuries that struck him .

“Which is true only limited to join Elite Pro, he Already feel satisfied and finally yes he Want to injury cake yes flat Just like that . But when There is players who are indeed the term He has high achievement targets , yes right when face injury like this right in a way automatic he want to fast healed and want to fast return play For his team .” - **Coach**

"It could be two things. It could be, 'Well, I 'm satisfied in this position, and, 'Okay, I want to be a senior player, I've reached the senior level, for example [...] then again, sometimes I'm satisfied with the conditions or it's because of the competitive level in the senior level. He can't compete as closely, so yeah . Forget it [...] so sometimes, yeah, never mind [...] well, even if I'm injured, I don't necessarily play, I'm not injured, I don't necessarily play, for example, like that, it can be like that if you don't care." - **Physio**

### **Support for Injured Youth Footballers**

#### **Emotional Support**

Support theme first identified is *emotional support*. Forms emotional *support*

provided including **giving attention** , **giving room telling stories** , and **given room alone** . As discussed previously , injuries to teenage footballers is experience that can trigger reaction negative emotions and cognition . Therefore , **giving room tell a story** is perceived support Enough means for player . Player in study This disclose that How tell his parents and friends capable give relief from feeling negatives that arise together his injury .

“Things to do For reduce feeling negative that is story The same friends [...] Same with mom too. [...] help Sis , help very helpful very much ” - **Player**

Subtheme **giving attention** No off from How reaction isolated from team and reactions emotion negative can accompany injuries in young footballers . For coaches , providing attention especially for the players who have to pull over Because injury is signal that the player still is part from team even though No Can involved in exercise as well as match regular .

" There needs to be more special attention . It's quite difficult for players with long-term injuries to not have or feel like they're being cared for by the coach. [...] When the head coach is concerned, it's usually different; they 'll feel needed on the team. Even if they don't play or train all the time, they'll feel truly cared for by the coaching staff." -**Coach**

As for **the provision room Alone** is support that can given to the player own time processing feelings and thoughts that accompany occurrence injury . This is especially for players who experience injury with high *severity* .

" Usually We if it's quite good severity , even We love time alone . We don't have contact That Possible One daily . After that, for example, [...] we share what we've programmed with him. Let him prepare , let him prepare himself first." - **Physio**

### **Informational Support**

Support theme furthermore is *informational support* or support in the form of

information . This is mainly information about rehabilitation . For example just player tell that He got advice to rest from physio on his team . As for physio disclose that information about plan assessment , diagnosis of injury , and what program will be lived player during rehabilitation injury is a separate SOP which is indeed must given to injured players . In addition to direct to players , information regarding injury status players are also given to team trainer to become consideration intervention more carry on from team trainers to support development players who experience injury . In other words, medical status information is also No direct become support that can given through team coach .

“[...] later the next program what we program That new we share to he ” -

**Physio**

“ Physio ... Advised to rest ...” - **Player**

" Usually I ask the therapist, I ask the therapist , and he usually shares every day . *Information* in the group. So, for example, with the name [...], he wrote something like, "From 1 to 10, it's 5 , at 5. " He needs, for example, 3 days. Every day there are reports on the players . So, for example, when a player is ready to join the team, that's the information given by his therapist ." -**Coach**

### **Tangible Support**

Support theme next is *tangible support*, in help provision facilities by management that can support the rehabilitation process player . Support the facilities in question start from facility medical , work The same with House sick , the presence of professional in charge injury players , up to equipment that supports the rehabilitation process . In view of trainers , facilities complete provided management should will push desire player For healed , which will reflected from the player 's attitude when undergo rehabilitation .

“If it's in [...] then one of them team that has facilities complete like that . So when someone is injured That yes if must operation he direct bring to House sick , must operation continue to stay most waiting timetable the doctor who operated .

Then if for example injuries minor injuries usual , there is physio and not only There is physio , but the equipment is also available all there in the room physiology . So actually there is no reason For athletes specifically football in [...], for have no desire fast For healed like that Because all the facilities there is .” - **Coach**

### **Expectations Regarding the Treatment of Injured Youth Footballers**

#### **Intervention**

Theme of hope first collected is related with intervention . There are several points interventions expected by each participant in study this . From the side players , there are hope intervention related **prevention injury back** . This is specifically about How player hope know how to get the same injury No happen return later day . In addition , players also hope intervention related *self-awareness* For help him know self Alone scara more Good .

" More to What yes , way solve it yes let No back the same incident again , that means the same injury Again so that No injury again ” - **Player**

" More know about psychology like that bro So what yes his name , yes So more know self Alone like that ” - **Player**

From the corner view trainer , expected intervention related with intervention *return to sport* or How injured player can return exercising post-injury . This is mainly related How player return to *peak* performance .

"Then, when he started to rejoin the team, there was a special reaction. There were some players who were able to immediately, what do you mean, immediately be good at training. But there were also those who took a long time to get back to their *peak* performance , to their best performance. Some took a long time, and there were those whose physical condition was limited. That's it , his *endurance* " -**Coach**

Intervention other is interventions aimed at ensuring that **players still feel involved in team** even though currently pull over Because injury . Meanwhile from



corner view physio , **intervention based social support** is expected interventions accepted player For support rehabilitation his injury . Attention from the closest people player felt will be very useful If can given during player fight cure his injury.

" Yes, it's more likely that for me it's more psychological. For me, it means, let alone on the team , in our daily lives at home when we're sick, we want to... pay attention to anything in anything in what is provided lah "That's right. Well, this is this, or what becomes something that players who are injured, especially long-term injuries, might need. That means there is no change in attitude from the coach, from the surrounding environment when he is injured, even when injured or not injured, they feel needed, they feel that their recovery is awaited and so on . " **-Coach**

“So please help , please given know , please love enough attention Because of course Actually in position whatever if in position negative That man That will look for attention . Because you have what anyone right start from children if he Again sad , he will search attention to his parents . We may if in a relationship Possible he if Again this will also look for attention that is unknown That from his girlfriend or from others” – **Physio**

### **Assessment Motivation For Healed**

Theme of hope next is related with assessment . Theme regarding assessment appear in a way exclusive from party physio , where he expect existence A instrument measurements that can be determine in a way objective level motivation a player For healed . This is related with How motivation can determine response player to rehabilitation . In his view , the will For healed usually make athlete more compliant and proactive to interventions provided . Mapping from side psychological , in matter This motivation For healed , he mark will become important data For estimate prognosis and planning intervention recovery for the player in the middle injury.

“[...] Automatic evaluate motivation yeah. Sometimes We evaluate motivation a That what level are we at? We are have no knowledge That For assess the motivation OK What level does it occur at and how? respond to it like What

yeah most We right self-taught Yes , oh so this experience can be I run So Actually it will be so much fun if We know here the level of motivation where is it? si athlete athlete said ” - Physio

## DISCUSSION

This study aims to determine the injury experience of adolescent footballers, which information will be the basis for formulating the need for psychological intervention for athletes who experience injuries. *Based on the rapid test results qualitative assessment* of three parties (injured player, coach, and physio ), themes were found that provide a picture of the reactions of *young footballers* in responding to injuries, what support they receive when injured, and the expectations of the participating parties for young footballers who suffer injuries.

Regarding injury reactions, behavioral, affective, and cognitive reaction themes were identified. These findings confirm Wiese-Bjornstal's (1998) model of psychological reactions to injury. According to the model, the three main responses of athletes when injured are cognitive and affective. appraisal , emotional response , and behavioral response . In behavioral responses , it was found that teenage soccer players who experienced injuries exhibited various coping strategies . These included seeking *treatment*. or proactive coping to passive coping, such as social withdrawal. In the Wiese-Bjornstal model , these reactions are also referred to as behavioral responses that may arise when an athlete reacts to an injury. This indicates that an athlete's behavior when dealing with an injury has a broad scope.

This study also found that coaches and physiotherapists observed that how players respond to injuries can differ depending on their career goals. Athletes with high career goals were observed to be more compliant with rehabilitation and showed enthusiasm and initiative in participating in the healing process. Meanwhile, those who were satisfied with competing at the junior level or felt their careers would not progress much tended to be more passive in their response to injury rehabilitation. *Review* regarding the factors that influence athlete compliance in sports injury rehabilitation, it was noted that motivation from within the athlete is one of the factors that influences athlete compliance in rehabilitation (Goddard et al., 2021) .

Based on the perspectives of the coaches and physiotherapists in this study, those with higher career goals tended to be more motivated to recover. This was evident in their enthusiasm and proactive attitude in responding to the recovery program. Self-motivation also emerged in the experiences of the players participating in this study. Although they did not mention career-related motivations, they cited a desire to return to help the team as their driving force for a speedy recovery and enthusiastic adherence to the physiotherapists' instructions. These findings indicate the need to maintain injured players' motivation to encourage compliance. One way to do this is by linking long-term (career) goals to fuel their enthusiasm for a speedy recovery and return to competition.

In addition to behavioral responses, this study also identified affective (emotional) and cognitive response themes. Negative emotional responses were the dominant emotional responses in this study, such as disappointment, worry, fear, annoyance, and sadness. The emergence of several emotional responses in this study was inseparable from the cognitive responses that also emerged. For example, the cognitive reaction theme of "losing playing time" triggered emotions such as disappointment and worry. Athletes perceived a *loss* or loss of the opportunity to compete and break into the first team. In the Wiese-Brjornstal (1998) model, the perception of "loss" is a form of *cognitive Athlete assessment* of injuries. In this study, young soccer players had the opportunity to compete in competitions like the Elite Pro- Academy (EPA) as a gateway to a professional career. An injury that prevents them from competing and training can be perceived as a lost opportunity, ultimately leading to disappointment. In the eyes of coaches and physios, injured young players also worry about the opportunities they miss out on due to injury.

Another finding concerns the cognitive response themes of "interpreting the injury as a training break" and "being isolated from the team" as responses to the injury. From the coach's perspective, this feeling of isolation from the team stems from how the injured player's routine differs from that of his teammates. He also doesn't participate in team activities such as *meetings*, team, regular training, and even not participating in matches. This can also lead to feelings of being ignored and lead to self-isolating behavior.

Self-isolation is known to often occur as a stress response to injury (Claytor,

2019) . This can be primarily triggered by the perception that the coach and team are disappointed that the player cannot participate, leading to feelings of no longer being part of the group. These feelings and thoughts can occur early in the injury and during the rehabilitation process and can increase with injury severity . This finding is important to note because it provides intervention providers with the need to maintain the injured player's involvement in the team and address the perception of being unnoticed or unneeded by the team due to the injury.

The next theme that was revealed in study This is How support diverse social can accepted teenage footballer who experienced injury . Research previously show that support Social support is very much needed by athletes , especially those who experience injury chronic (Arvinen-Barrow & Walker, 2024; Gledhill & Forsdyke, 2021; McKay, 2021) . Support social play a role as facilitating factors *coping* so that can reduce stress, improve mood, increase motivation in to run rehabilitation , and improve *treatment adherence* (Arvinen-Barrow & Walker, 2024) . Needs athletes who experience injury will support very high social during the rehabilitation process No in accordance with plan or when there is other demands that arise in aspects life athletes (Weinberg & Gould, 2018). Basically presence support appropriate social with need athlete help they in undergoing rehabilitation and transition processes For Ready return practice and compete. However support social can also influential negative if giver support and athletes No own good relationship, less credible his ability in the eyes athletes, and forcing support to athletes (Arvinen -Barrow & Walker, 2024).

In context study this , *emotional support* become theme the most support appear from third perspective different participants. All participants convey existence support emotional acceptance player when face injury with various forms . For example just with give attention and space tell a story until given room For manage his feelings itself . As for support other is support facility from team as well as support information regarding the healing process his injury . Considering various benefit support social revealed in study previously , then support received teenage footballers as it appears in study This can maintained as well as given For support teenage footballer who experienced injury .

That matter the more relevant If We observe themes participants '

expectations related injuries in adolescent footballers. Interventions based support social is one of the theme interventions expected by coaches and physios, primarily *emotional support* in form attention from the closest people players who experience injury. Theme of hope other interventions that emerged from coach is intervention for guard involvement injured player in team. This is not off from how need for make injured player feel still relevant in team. How to make players Ready return to performance peak when has healed from Injuries are also something that comes along expected coach. In addition, the hope will existence intervention for prevent injury happen return participate expressed by the player. Intervention For increase *self-awareness* also plays a role expressed by the player. Interestingly, the physio also triggered it hope related existence assessment for evaluate motivation a player for healed as well as undergo rehabilitation. This is signify that know aspect psychological in self viewed as something useful for athletes who undergo rehabilitation and physiotherapist who handles. Themes the hope that arises in study This show that need teenage footballer who experienced injury No limited to recovery physical, but also includes aspects psychological.

Based on the above findings, it can be concluded that there is a need to manage negative affective and cognitive reactions in injured youth soccer players. Stakeholders can consider interventions known to manage negative emotional reactions, such as *imagery*. and relaxation (Reese et al., 2012) . Both interventions are known to provide outcomes such as reducing negative feelings (frustration, anger, and depression) and overall mood for injured athletes.

Other interventions also noted in the review Reese et al. (2012) above is an Acceptance- based psychoeducational intervention Commitment Therapy (ACT). These interventions can facilitate increased mindfulness and psychological flexibility, thereby enhancing athletes' ability to connect with the present moment and change and/or maintain behaviors that contribute to injury recovery. This study revealed that cognitive responses that need to be managed, such as concerns about playing time and perceived meanings from coaches and physios, reduce player participation in recovery programs (such as that injury means not training at all). Furthermore, thoughts such as injuries that make them feel isolated from the team were identified. These thoughts lead injured players to self-isolation and feelings of

being unneeded by the team. With *mindfulness* facilitated by ACT-based interventions, athletes will focus on accepting their current condition and help them commit to adaptive behavioral changes for their injury recovery.

Furthermore, improving players' perceptions of team involvement can also be a concern for those formulating psychological interventions to accompany medical treatment for youth soccer injuries. Psychological reactions, combined with other antecedent factors such as individual career goals and social support, will determine the success of youth soccer players in post-injury rehabilitation. Interviews with participants in this study demonstrated that athletes with the ability to manage psychological reactions, long-term career goals, and strong social support tended to demonstrate a stronger willingness to undergo rehabilitation than those lacking any of the three aforementioned aspects.

Although the players who participated in this study had practiced *psychological skills* like *positive In his self-talk*, he admitted that he still needed help understanding himself in difficult situations, such as after an injury. This finding aligns with research conducted by Borg (2020), whose interviewees stated that although they (adolescent athletes) needed time to manage themselves alone after an injury, they still felt the need for someone who could provide emotional support, including family and friends. Psychological support from professionals is also fundamental, but recognizing the need for such support is often difficult due to a lack of knowledge about the availability of post-injury psychological support services.

This study also has several limitations. The research method used ( *Rapid Qualitative Assessment* ) has not been able to capture the same depth of data as other qualitative studies, such as case studies. In other words, interested parties seeking deeper insight into the psychological dynamics of the experiences of injured youth footballers can complement the initial findings of this study with more comprehensive follow-up research. The involvement of participants from the perspective of players with long-term injuries is also highly recommended. This is because the perspectives of players represented in this study are those with moderate injuries. The perspectives of coaches and physiotherapists also include observations of players with long-term injuries. Data from the perspective of

players with long-term injuries (e.g., ACL or fractures) can add strength to the triangulation of sources regarding data related to coaches' and physiotherapists' observations of players with long-term injuries.

## **CONCLUSION**

Study This has produce themes reaction teenage footballer who experienced injury support received when injuries, as well as hope related injuries in youth footballers rom the themes said, it was obtained needs intervention psychological that can give help in the rehabilitation process post-injury in athletes youth soccer. Injuries can cause athlete experience emotion negative feelings lost opportunities, reduced involvement in team, and isolated. Information about reaction individual to related injuries with aspect cognitive, emotional, and behavioral can become consideration in apply intervention support to optimize the rehabilitation process physique.

## **THANK-YOU NOTE**

Study This has presented at the National Conference of Football and Science (NCFS 2025)

## **REFERENCES**

- Arvinen-Barrow, M., Pack, S., & Sheadler, T.R. (2024). Social support in sport injury and rehabilitation. In *The psychology of sport injury and rehabilitation* (pp. 258-272). Routledge.
- Bangert , Y., Jaber, A., Trefzer , R., Zietzschmann , S., Koch, K.A., Kern , R., ... & Weishorn , J. (2024). The impact of injury on career progression in elite youth Football — Findings at 10 years . *Journal of clinical medicine* , 13(7), 1915.
- Borg , A. F. (2020). The psychology implications of football-related injury and psychological rehabilitation among athletes ( Master's thesis , University of Malta).
- Braun, V., & Clarke, V. (2006). Using thematic analysis in psychology. *Qualitative Research in Psychology* , 3(2), 77–101. <https://doi.org/10.1191/1478088706qp063oa>
- Claytor, A. W. (2019). *Isolation, Athletic Identity, and Social Support: An Exploration Among Injured Collegiate Student-Athletes* . 1–70. <https://digitalcommons.georgiasouthern.edu/etd>
- Dahab , K., Potter , M.N., Provance , A., Albright , J., & Howell , D.R. (2019). Sport specialization , club sport participation , quality of life , and injury

- history among high school athlete . *Journal of athletics training* , 54(10), 1061-1066.
- Espina , D. A. (2022). Facilitating Psychological Recovery of Student-Athletes at Post-Injury . *International Journal of Research and Innovation in Social Science* , 6(8), 454-461.
- Garcia, M., & Johnson, L. (2019). Tactical awareness and decision -making in youth football . *International Journal of Sport Psychology* , 50 (3), 200–215. <https://doi.org/10.5432/ijsp.2019.0035>
- Gledhill , A., & Forsdyke , D. ( Eds .). (2021). The psychology of sports injury : from risk to retirement . Routledge .
- Goddard, K., Roberts, C. M., Byron-Daniel, J., & Woodford, L. (2021). Psychological factors involved in adherence to sport injury rehabilitation: a systematic review. *International Review of Sport and Exercise Psychology* , 14 (1), 51–73. <https://doi.org/10.1080/1750984X.2020.1744179>
- Ismunandar, H. (2020). Sports injuries in children and their prevention. *Lampung University Medical Journal*, 4(1), 34-44.
- Haraldsdottir , K., Sanfilippo , J., McKay , L., & Watson , A. M. (2021). Decrease sleep and subjective well-being as an independent predictors of injury in female collegiate volleyball players . *Orthopedic journal of sports medicine* , 9(9), 23259671211029285.
- Jeong L, Li D. Psychological Well-Being From Sports Injuries in Adolescence: A Narrative Review. *Cureus* . 2024 Jul 7;16(7 ):e 64018. doi : 10.7759/cureus.64018. PMID: 39109136; PMCID: PMC11302481.
- Keats , M.R., Emery , C.A., & Finch , C.F. (2012). Are we having fun yet ? Fostering adherence to injury preventive exercise recommendations in young athlete . *Sports medicine* , 42(3), 175-184.
- McKay, C.D. (2021). The Mental Impact of Sports Injury. In *The Mental Impact of Sports Injury* . <https://doi.org/10.4324/9781003088936>
- Prianto, BA, Apriantono , T., Ray, HRD, & Solikah, NL (2024). Analysis of injury characteristics in youth elite football athletes in Indonesia. *Retos* , 55, 476-482.
- Reese, L. M. S., Pittsinger, R., & Yang, J. (2012). Effectiveness of psychological intervention following sports injury. *Journal of Sport and Health Science* , 1 (2), 71–79. <https://doi.org/10.1016/j.jshs.2012.06.003>
- Višnjevac , D., Petrović , V., Mitrović , T.R., & Višnjevac , S. (2020). Overuse injuries in young athletes . *Journal of Regional Section of Serbian Medical Association in Zajecar* , 45(1-2).
- World Health Organization . (2024). Psychological interventions implementation manual: integrating evidence-based psychological interventions into existing



services . World Health Organization .

Wiese-Bjornstal , D.M., Smith, A.M., Shaffer , S.M., & Morrey , M.A. (1998). An integrated model of response to sports injury : Psychological and sociological dynamics . Journal of applied sport psychology , 10(1), 46-69.

Yang, S. X., Cheng , S., & Su , D. L. (2022). Sports injuries and stressor-related disorders in competitiveness athletes : a systematic review and a new frameworks . Burns & Trauma, 1.