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## ORIGINAL

# THE INTEGRATION OF NEURO-LINGUISTIC PROGRAMMING FOR OPTIMAL SOCCER PERFORMANCE IN PORTUGAL

**Tiago Mendes**

Department of Sports Science, Instituto Politécnico de Setúbal, Setúbal, Portugal

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### ABSTRACT

The subject of this article is integrating neuro-linguistic programming (NLP) approaches to improve football play in Portugal. The research aims to determine the integration of neuro-linguistic programming for optimal soccer performance in Portugal. The psychological discipline of NLP, which emphasises the relationship between language, behaviour patterns, and goal achievement, provides practical methods for improving players' mental toughness and all-around on-field performance. The research was based on primary data analysis to determine the data using SPSS software and generate results, including descriptive statistics, correlation coefficient analysis, chi-square analysis and regression analysis. Neuro-linguistic programming is the main independent variable, and optimal soccer performance is the main dependent variable. Using visualization, anchoring, language patterns, goal planning, and stress management strategies, athletes may cultivate a strong mental structure that facilitates optimal abilities. Coaches greatly aid NLP techniques and offer direction and encouragement to enable players to reach their greatest potential. Portuguese football teams can gain a competitive edge by adopting NLP, which promotes a positive culture, efficient communication, and a sense of shared objectives among players. Overall, the research found a positive and significant relationship between them. The possibility of incorporating NLP into football training and performance in Portugal is highlighted in this research, which might help build well-rounded athletes who possess exceptional physical and psychological qualities.

**KEYWORDS:** Integration (II), Neuro-Linguistic Programming (NLP), Optimal Soccer Performance (OSP), Portugal (PP)

## 1. INTRODUCTION

The processes are performed by coordination within the nervous system, which includes multiple information sensory and motor impulses. Integration happens when people or things previously separate are brought close together. For example, there is an accumulation of students from all the elementary schools in any area at a new middle school. Integration is an antonym of set apart. The origin of motor impulses within the giant pyramidal cells or Bet cells of the motor area, such as the precentral gyrus of the cerebral cortex. In the corticospinal tract, motor impulses are the upper motor neurons.

In neuro-linguistic programming, parts integration is a very powerful technique (Stroeken, 2024). This technique plays a very significant role in solving the conflicts that a person is facing internally and achievement of calibration. It completely describes the idea that a person has different aspects of his personality, which require different needs, values, beliefs, and behaviors. Integrated neuro-linguistic programming is a psychological phenomenon that inquiries into the connection between neurological processes, language, and patterns of behavior(Krause). This psychological approach aims to increase personal development and communication skills. The main focus of linguistics programming is to enhance understanding of factors related to a person's actions (Latorre-Román et al., 2023).

These points help people develop their personal skills. Here is an example of parts integration neuro-linguistic programming: consider an orchestra in which every part performs its role for its complete performance. If any of those parts do not play well with the others, then a serious problem will appear if you are conducting that orchestra or are in the audience(De Bruyckere, Kirschner, & Hulshof, 2019). Just like other therapies, Neuro-linguistics involves the use of effective and extremely positive communication. Neuro-linguistic programming can be done by adhering to the four pillars of WISDOM: rapport, behavioral flexibility, and well-formed outcomes. In this phenomenon of Neuro-linguistic programming, someone's thoughts and behaviors can be changed to achieve desired results(Gallicchio, Cooke, & Ring, 2017). This can see anxiety reduction by using this technique. It can also improve overall well-being. The neuro-linguistic programming was first started in the 1970s. After its initiation, its popularity has become widespread day by day.

Soccer is a game played on a field between two teams, with eleven players in each team, with the object of propelling the round ball into the opponent's goal by using a kick or hitting the ball with any body part except hands and arms, which is called association football. If anyone wants optimal performance in Soccer, it requires full physical fitness, strength, endurance, agility, and the application of many other necessary strategies to meet the energy demands and increment in performance(Shi, 2013). The teams with

extremely high performance in Soccer can be fast playing, fast passing, and one-touch football, which seems very athletic. Soccer players are very fit because they practice a lot on the training pitch. It's a very tough task to continue it for 90 minutes. All of these phenomena can be seen during the action phase of top teams. To improve the performance of anyone while playing Soccer, he should first focus on building a solid foundation of stability and flexibility(Lin, Lin, Ling, & Lo, 2021). After that, one should work on speed and skill before using strength and power training. Along with this, training the brain is also necessary for improving decision-making and holding action. The points of high intensity in Soccer are goal and education. Maintaining high levels of physical and mental intensity is of great interest. The key requirements of playing Soccer are the performance of movements at maximal or near maximal speed and continuous repetition during the whole period of the match. If anyone wants to have stamina just like a soccer player, it isn't recommended to perform 15 to 20 sprints of 20-30 meters each with a break of 30-60 seconds between(Tavares, Serpa, Horta, & Rosado, 2017).

Portugal is a proud honour of a rich soccer culture deeply penetrated in skill, strategy, and success. Portugal's soccer expertise is obvious in its history of producing elite players and achieving exceptional success on the international stage. The importance of mental preparation in achieving success on the field cannot be dominated in Portugal's soccer landscape. Elite Portuguese soccer players have been known to use psychological techniques such as self-talk, imagination, goal setting, and relaxation to magnify their performance. This focus on mental skills highlights the importance of psychological preparation in optimizing players' abilities and elevating their game. Players can increase their focus, boost confidence, manage pressure effectively, and make better decisions during gameplay by cooperating with these techniques in the training and match routines. The integration of mental preparation techniques into training procedures not only enhances individual player performance but also contributes to the overall success of the Portuguese soccer team. Portugal's rich soccer culture is twin with a strong emphasis on mental preparation, where elite players use physical techniques to maximize their potential and work hard on the field (Maia, 2023).

Scamper sequence corresponds with match play because normally, Soccer is played in quick 10-30 yard bursts. During the game, there are also some points where players sprint at a consistent pace for 30 to 60 seconds. Within the sports science community, positive development plays the role of a framework for various investigations. When observed in detail, it came to the attention of many researchers who analyzed the performance of youth coaches in positive development(Bailey, 2017). But now, much interest can be seen in the explorations of high-performance coaching, and the complexity of coaching performance is responsible for forgetting this step. Players represent that they need different stages of development, and positive development has its specific

role within this particular environment. This study was done to understand the viewpoints of football coaches related to the importance of positive development during high-performance coaching. There were ten participants involved in the study, and all were male. They were Portuguese football coaches, and they trained athletes between the ages of 16 and 39 years of age (Santos et al., 2017). Results showed that coaches gave top priority to the aspects of winning and on-field performances according to their coaching philosophy. But they also understood the importance of positive development.

Coaches also envisage that a determinant role is given to youth coaches in this domain. The concept of coaching about positive development was just like it is an overarching framework that can be used within the developmental spectrum. It delivers the idea that positive development has a significant role in high performances, such as teamwork, respect for others, and transformation towards other life domains. In this field of promotion, educational courses of coaching should be designed in such a way that it can help coaches in the development of strategies that they can upgrade positive development (Aires, 2016).

### **1.1. Research Objective**

The main purpose of this study was to clarify the role of positive development in the technical and physical styles of play that are performed at home or away from home and their integration with team quality.

## **2. Literature review**

Researchers claim that neurolinguistic programming works by combining the principle of linguistics with neurological approaches. To determine the difference between linguistic and neurological, an approach is studied to determine the behavioral approach patterns. self-confidence in sports players is positively built by training them using the strategies of NLP.

Betterment in athlete performance in particular sports is improved using the NLP-based strategies (Akbarzadeh, Vaezmousavi, & Zareian, 2018). studies reveal that human behavioral activities are determined through neurological processes. The NLP approach is most suitable for developing a desired behavioral pattern in an individual. shaping an athlete's behavioral activities is essential for improving his performance in sports. NLP provides athletes of different sports with mental training skills (Archana & Kannadasan, 2024). studies suggest that various English-speaking training is provided to students of various programs in different countries across the globe.

Peer coaching helps provide English-speaking training to students in sports and other fields to make them fluent in English (Barreno Silva, 2019). studies explain that teachers face difficulties while teaching students

because of bad behavioral activities of some students in the classroom. to effectively provide knowledge to students, teachers use behavioral management strategies. These strategies help teachers tackle students with different behavioral patterns (Bates, Bailey, & Lever, 2019). studies suggest that in some educational institutes, EFL teachers face problems in teaching students. Teachers use the NLP approach to overcome these problems and train students based on the student's learning pattern (Caballero & Rosado, 2018). studies predict that different institutes aim at providing solutions related to the mental health problems of people. Among these institutes, Samadhi Coaching is a mental health solution-providing coaching institute (de Freitas, 2022). Studies predict that coaching programs have been widely used in many countries around the world because of the importance of these programs in improving athletes' game-playing skills. Coaches' programs have recently been introduced in many countries, like Portugal.

The coaching programs introduced in Portugal help train the coaches to become professionals in their field (Fontes & Dello Russo, 2019). Scholars explained that the use of smart technology has increased in recent years and has advanced a large number of fields across the world. The sports field is now advanced using the smart technology approach. Also, tracking the athlete's performance in the sports field through smart wearable devices makes it possible to determine the athlete's game-playing skills. All the fitness-related activities of athletes are monitored using smart devices.

The sports-based training programs developed using smart technology aim to boost the overall athlete's performance (Gonçalves, 2019). studies show that irrational beliefs in individuals are identified using the NLP methodology. moreover, the process through which the brain processes information is understandable through the approach of NLP. The information related to the brain processing system helps improve an individual's self-confidence (Gran, 2021). studies elaborate that the mental ability of youth belonging to different age groups is impacted differently by NLP.

The mental health of young football players is enhanced using the NLP approach (Hussein, Saloumi, & Ameer, 2023). Studies show that NLP is used in building the brand and developing various quality products (Josephson, 2022). Also, software developers use the neurolinguistic approach to develop the PRS. the software developed based on a linguistic approach helps determine the behavioral patterns (Júnior, Santos, Mendonça, Corumba, & Farias, 2021). Scholars have determined that coaching-based programs are implemented in various educational institutes.

Great leaders are built using coaching programs. Developing coaching programs based on the NLP approach is very cost-effective and can be implemented in many educational settings. Students' learning ability is

enhanced by engaging them in NLP-based learning programs(Kudliskis, 2023).scholars' studies reveal that the imagery ability of athletes improves through imagery-based training programs. These programs are useful in training the fin swimmers.

The fin swimmers learn to adjust the water pressure while swimming using the knowledge gained through imagery training sessions. The psychological health of fin swimmers moves through imagery training programs. Also, the performance of athletes in swimming sports gets stabilized by the influence of imagery training(Lin et al., 2021).Scholars explain that humans' thinking process is assessed using NLP. The NLP works by converting the thinking process into an understandable language. Each individual's thinking process is unique. To understand the thinking process of each individual, it is essential to use a tool that translates or interprets human thought processes.

The NLP tools are used to interpret human thoughts into an easily understandable comprehensive language (Mazur, 2021). Studies reveal that robotics systems are employed to understand the complexity of human behavior. The behavioral mapping process is carried out by using different AI and NLP-based tools. These tools help improve human robotics interaction. The improvement in human robotics interaction then helps develop social communication skills in humans. Also, the synthetic psychology approach also greatly influences neuroscience (Saini & Shabnam, 2022).scholars' study suggests that highly trained coaches can influence the positive developmental process in athletes.

Portugal's football coaches play a significant role in the positive development of training programs for football athletes. also, athletes' positive development process is fostered by providing coaches with sports-related educational programs(Santos et al., 2017).Studies claim that most sports athletes are from rural areas, and thus, these athletes face problems in understanding the commands given by their English-speaking coaches.

The approach is used in sports training programs to enhance the athlete's command comprehension ability. enhancing the athletes' performance is the key significant feature of NLP in sports coaching programs(Sharma & Sharma, 2022).Studies predict that PES is the substance used by athletes to improve their performance in sports. The PES are extremely dangerous for health and can be life-threatening.

TPB is a framework used to assess the behavior changes athletes undergo after using the PES. This framework also explains the psychological features that attract gym users to take PES(Tavares et al., 2017).studies explain that a lot of people face problems in explaining the reason behind their mental health problems.to understand the reason behind the mental health problems

in people, the use of AI-based NLP is made psychologists dealing with people's mental health issues (TEIXEIRA, 2022).

### **3. Methodology**

The research determines the Integration of Neuro-Linguistic Programming for Optimal Soccer Performance in Portugal. The research is based on primary data analysis. These data are collected from different research questions related to independent and dependent variables.

The neuro-linguistic programming is the main independent variable, and optimal soccer performance is the main dependent variable. For measuring the research study, the SPSS software was used to generate results that included descriptive statistics, correlation coefficient, regression analysis, and the chi square analysis, which also explain the model summary result between them.

#### **3.1 Overview of Neuro-Linguistic Programming(NLP)**

The importance of mental skills in sports performance, particularly in Soccer, cannot be broad. Mental readiness is crucial to an athlete's success, especially in high-pressure situations like competitive matches. Elite athletes often rely on mental skills to enhance their performance and separate themselves from non-athlete players. Neuro-linguistic programming (NLP) provides a unique approach to increasing athletic performance by improving an individual's understanding of circumstances constructively.

Utilizing all five senses: auditory, visual, tactile, gustatory, and olfactory. NLP helps athletes to sense their surroundings better, resulting in improved performance on the field. The connection made by NLP between neurological processes, vocabulary, and behavioral patterns can be transformative for soccer players in Portugal. NLP techniques like reframing content, establishing rapport, increasing emotional control under pressure, and boosting confidence can empower players to excel in their sport.

By fixing up unconscious thinking and behavior patterns through NLP, players can raise their focus, confidence, decision-making abilities, and overall mindset on the field. This mental limit can be the key to unlocking a player's full potential and achieving high performance in Soccer matches. Mental skills are integral to sports performance, and neuro-linguistic programming presents a valuable tool for soccer players in Portugal to enhance their game by sharpening their mental accuracy, boosting confidence levels, and improving decision-making under pressure.

#### **3.2 Importance of Mental Skills in Soccer Performance**

Mental health plays a critical role in the performance of Soccer players

in Portugal. The mental feature of the game is progressively recognized as a key factor in achieving success on the field. Elite Portuguese Soccer players often bring into service physical techniques such as self-talk, pictography, goal setting, and Relaxation to enhance their performance. Mental skills help players polish their focus, boost confidence, manage pressure effectively, and make better match decisions. The Importance of Mental Preparation in Soccer, emphasizing the impact of mental tiredness on players' psychophysiological responses and cognitive performance. The challenges faced by Portuguese athletes during the COVID-19 pandemic have clarified the importance of maintaining mental well-being to manage stress, anxiety, and depression associated with description in sports practices. Mental health is a critical component of soccer performance for players in Portugal. By focusing on mental preparation, utilizing physical techniques, and addressing mental well-being challenges, players can optimize their performance on the field and enhance their overall success in sports.

### **3.3 Integration of NLP for Optimal Soccer Performance:**

Neuro-linguistic programming (NLP) has been integrated into the performance of soccer players in Portugal to boost their mental skills and increase their on-field performance. Integrating NLP in Portugal's Soccer landscape emphasizes the importance of mental preparation and physical education techniques in achieving success in the field. By influencing NLP practices, players can experience personal and professional transformation, improving their overall performance and contributing to their success in the sport.

NLP Techniques can significantly improve the mental skills of Soccer players in Portugal, contributing to improved performance on the field. Utilizing these NLP practices, players can develop a range of mental capabilities that are important for success in Soccer. NLP can help players eliminate self-doubt and boost their confidence levels. By encouraging a sense of self-assurance and positivity, NLP enables players to believe in themselves, stay focused on their goals, and participate in matches with a winning mindset.

It can also help enhance players' ability to maintain focus and concentration during matches. Players can make split-second decisions and react effectively to dynamic game situations by filtering out distractions and focusing on critical cues. NLP techniques can improve players' decision-making skills on the field. By submerging players in the principles of NLP, they can enhance their communication patterns, language nuances, and cognitive processes, leading to more effective and strategic decision-making during gameplay. Integrating NLP techniques into the training and preparation of soccer players in Portugal can lead to enhanced mental skills, improved performance, and a more enjoyable soccer experience for players at all levels



of the game.

Table 1

DESCRIPTIVE STATISTICS					
	N	MINIMUM	MAXIMUM	MEAN	STD. DEVIATION
NEURO-LINGUISTIC PROGRAMMING 1	51	1.00	4.00	1.6471	.71620
NEURO-LINGUISTIC PROGRAMMING 2	51	1.00	3.00	1.4314	.57463
NEURO-LINGUISTIC PROGRAMMING 3	51	1.00	3.00	1.4510	.57667
NEURO-LINGUISTIC PROGRAMMING 4	51	1.00	3.00	1.4706	.61165
OPTIMAL SOCCER PERFORMANCE 1	51	1.00	3.00	1.5098	.57871
OPTIMAL SOCCER PERFORMANCE 2	51	1.00	3.00	1.3529	.52244
OPTIMAL SOCCER PERFORMANCE 3	51	1.00	3.00	1.5882	.63801
VALID N (LISTWISE)	51				

The above results represent that descriptive statistical analysis results describe mean values, standard deviation rates, and minimum value and maximum value of each indicator, including dependent and independent variables. The descriptive statistic also represents the research observation factor of 51 for measuring the Integration of Neuro-Linguistic Programming for Optimal Soccer Performance in Portugal. The overall minimum value is 1.000, and the maximum value is 3.000. The research describes that neuro-linguistic programming 1 is the main independent variable. The result shows that the mean value is 1.6471, the standard deviation rate is 0.71620, which shows a 71% deviation from mean values. Similarly, the neuro-linguistic programming 2,3 and 4 are all considered as a factors of independent result described that mean values are 1.4706, 1.4314, 1.4510. These are all present positive average rates of independent variables the standard deviation rates are 0.57 and 0.611. It presents that 57% and 61% deviate from the mean. The Optimal soccer performance 1,2, and 3 are dependent variables for measuring the Integration of Neuro-Linguistic Programming for Optimal Soccer Performance in Portugal. The mean values are 1.5098, 1.3529 and 1.5882. These values show positive average rates. The standard deviation rates are 57%, 52%, and 63% deviate from the mean. According to the descriptive statistic, the minimum value is 1, and the maximum value is 3.00 for each indicator. Using neuro-linguistic programming (NLP) for the best football performance in Portugal could be interesting. NLP is a psychological method that focuses on using language

and behavior patterns to accomplish particular objectives. When used in sports, especially football, NLP approaches can improve a player's mental concentration, confidence, and on-field performance. There are explain how Portugal may incorporate NLP into football performance and training:

1. Visualization Techniques: NLP highlights the role that visualization has in accomplishing objectives. Football players may be trained to mentally see themselves performing certain moves, such as finishing passes, scoring goals, and defending against opponents. Coaches might include visualization exercises in training sessions to assist players in psychologically preparing for games and enhancing their confidence.

2. Anchoring procedures: To assist people in instantly accessing desired emotional states, NLP uses anchoring procedures. During a game, soccer players might employ anchoring to instill feelings of relaxation, confidence, or resolve. When needed on the pitch, players may quickly reach the desired frame of mind by using anchors that coaches can establish with them, such as particular gestures or phrases.

3. Language Patterns: One of the many useful communication techniques that NLP teaches is the use of language patterns to change behavior. Positive and encouraging language patterns are useful for coaches to motivate players and boost their self-esteem. Players may also be taught effective self-talk techniques to boost resilience and performance by substituting positive affirmations for negative thoughts.

4. Goal-Setting and Reframing: NLP advocates for people to make specific, attainable goals. Football players can establish both short—and long-term objectives for their growth and success. Coaches may assist players in identifying roadblocks or self-limiting ideas that could impede their development and using reframing strategies to change their viewpoint and overcome these difficulties.

5. Performance Review and Feedback: NLP highlights the value of feedback for developing oneself. Players can benefit from coaches' constructive criticism in a way that promotes introspection and lifelong learning. Coaches may assist players in pinpointing areas for growth and creating action plans to improve their abilities and performance by concentrating on certain behaviors and results.

6. Handling Stress and Pressure: During games, soccer players frequently experience high levels of pressure, which can affect how well they play. NLP methods, such as stress reduction techniques and relaxation exercises, can support athletes in maintaining composure and concentration under duress. Players may perform at their peak when it counts most if coaches educate them how to control their emotions and have an optimistic outlook.

### 3.4 Correlation coefficient analysis

Table 2(a)

		CORRELATION						
		NEURO- LINGUISTI C PROGRA MMING 1	NEURO- LINGUISTI C PROGRAM MING 2	NEURO- LINGUISTI C PROGRAM MING 3	NEURO- LINGUISTI C PROGRAM MING 4	OPTIMAL SOCCER PERFORM ANCE 1	OPTIMAL SOCCER PERFORM ANCE 2	OPTIMAL SOCCER PERFORMAN CE 3
<b>NEURO-LINGUISTIC PROGRAMMING 1</b>	Pearson Correlation	1	-.157	.054	.158	.202	-.141	-.018
	Sig. (2-tailed)		.271	.706	.267	.156	.322	.900
	N	51	51	51	51	51	51	51
<b>NEURO-LINGUISTIC PROGRAMMING 2</b>	Pearson Correlation	-.157	1	-.176	.208	.228	.082	.276*
	Sig. (2-tailed)	.271		.216	.144	.108	.566	.050
	N	51	51	51	51	51	51	51
<b>NEURO-LINGUISTIC PROGRAMMING 3</b>	Pearson Correlation	.054	-.176	1	-.330*	.136	.059	-.083
	Sig. (2-tailed)	.706	.216		.018	.340	.683	.562
	N	51	51	51	51	51	51	51
<b>NEURO-LINGUISTIC PROGRAMMING 4</b>	Pearson Correlation	.158	.208	-.330*	1	-.013	.096	.045
	Sig. (2-tailed)	.267	.144	.018		.926	.504	.753
	N	51	51	51	51	51	51	51

Table 2 (b)

		CORRELATION						
		NEURO- LINGUISTIC PROGRAMMING 1	NEURO- LINGUISTIC PROGRAMMING 2	NEURO- LINGUISTIC PROGRAMMING 3	NEURO- LINGUISTIC PROGRAMMING 4	OPTIMAL SOCCER PERFORMANCE 1	OPTIMAL SOCCER PERFORMANCE 2	OPTIMAL SOCCER PERFORMANCE 3
<b>OPTIMAL SOCCER PERFORMANCE 1</b>	Pearson Correlation	.202	.228	.136	-.013	1	.054	.417**
	Sig. (2-tailed)	.156	.108	.340	.926		.704	.002
	N	51	51	51	51	51	51	51
<b>OPTIMAL SOCCER PERFORMANCE 2</b>	Pearson Correlation	-.141	.082	.059	.096	.054	1	-.035
	Sig. (2-tailed)	.322	.566	.683	.504	.704		.806
	N	51	51	51	51	51	51	51
<b>OPTIMAL SOCCER PERFORMANCE 3</b>	Pearson Correlation	-.018	.276*	-.083	.045	.417**	-.035	1
	Sig. (2-tailed)	.900	.050	.562	.753	.002	.806	
	N	51	51	51	51	51	51	51

\*. Correlation is significant at the 0.05 level (2-tailed).

\*\* . Correlation is significant at the 0.01 level (2-tailed).

The above result describes the correlation coefficient analysis result, which describes the Pearson correlation. The significant analysis also shows the number of observation rates of each factor related to the independent and dependent factors for demonstrating the integration of neuro-linguistic programming for optimal soccer performance in Portugal.

The overall result shows that there are some positive and some negative correlations between dependent and independent variables. The significant rates are 0.322, 0.566, 0.050, 0.002, 0.26, etc. It shows 32%, 56%, 5% and 100% significant values between them.

Table 3

MODEL SUMMARY				
MODEL	R	R SQUARE	ADJUSTED R SQUARE	STD. ERROR OF THE ESTIMATE
1	.378 <sup>a</sup>	.143	.068	.55854

a. Predictors: (Constant), Neuro-Linguistic Programming 4, Neuro-Linguistic Programming 1, Neuro-Linguistic Programming 2, Neuro-Linguistic Programming 3

The above result represents the R values, R square values, the adjusted R square values, and the standard error of the estimated values of regression model 1. The result describes that the R-value is 0.378, and the R-square value is 0.143. It shows that 14% of the adjusted R square value is 0.068. Also, the standard error of the estimated value is 0.55, which represents the 55% estimated value between them.

Table 4

ANOVA <sup>a</sup>						
MODEL		SUM OF SQUARES	DF	MEAN SQUARE	F	SIG.
1	Regression	2.395	4	.599	1.919	.123 <sup>b</sup>
	Residual	14.350	46	.312		
	Total	16.745	50			

a. Dependent Variable: Optimal Soccer Performance 1

b. Predictors: (Constant), Neuro-Linguistic Programming 4, Neuro-Linguistic Programming 1, Neuro-Linguistic Programming 2, Neuro-Linguistic Programming 3

The above result shows that the ANOVA test analysis result represents the sum of square values, the mean square values, and the F statistic as the significant values of the regression and residual models sum of squares value is 2.395, 14.350, 16.745. The mean square value is 0.599 and 0.312, showing 59% and 31% mean square rates.

The F statistic value is 1.919 sho, which is a positive F rate, and that significant value is 0.123 sho, which means there is a 12% significant level between them. The linear regression shows a direct Integration of Neuro-Linguistic Programming for Optimal Soccer Performance in Portugal.

### 3.5 Least Square Linear Regression Analysis

Table 5

		COEFFICIENTS				
MODEL		UNSTANDARDIZED		STANDARDIZED	T	SIG.
		COEFFICIENTS		COEFFICIENTS		
		B	Std. Error	Beta		
1	(Constant)	.596	.428		1.393	.170
	Neuro- Linguistic Programming 1	.204	.114	.252	1.780	.082
	Neuro- Linguistic Programming 2	.310	.144	.308	2.156	.036
	Neuro- Linguistic Programming 3	.156	.147	.155	1.062	.294
	Neuro- Linguistic Programming 4	-.062	.142	-.066	-.439	.662

a. Dependent Variable: Optimal Soccer Performance 1

The above result demonstrates that linear regression analysis the result describes that unstandardized coefficient analysis includes beta and standard error. The result also presents that standardized coefficient analysis included beta values, representing each independent variable's t statistic and significant values.

Optimal soccer performance 1 is the main dependent variable, and neurolinguistic programming 1 is the main independent variable for measuring the Integration of Neuro-Linguistic Programming for Optimal Soccer Performance in Portugal.

The result shows the beta value of neuro-linguistic programming 1 is 0.204, the standard error value is 0.114 the t statistic rate is 1.780. also, the significant value is 0.082, showing a positive and 8% significant relation between optimal soccer performance and neuro-linguistic programming.

Similarly, the neuro-linguistic programming 2,3 and 4 are all factors of independent variable results representing that t statistic values are 2.156, 1.062, -0.439, the significant values are 0.036, 0.294 and 0.662 shows that 3%, 29% and 66% significantly level between them. The result shows that the standard error rate of independent variables is 0.144, 0.147, and 0.142, with positive error values between them.

### 3.6 Chi-Square

Table 6

TEST STATISTICS							
	NEURO- LINGUISTIC PROGRAMMIN G 1	NEURO- LINGUISTIC PROGRAMMIN G 2	NEURO- LINGUISTIC PROGRAMMIN G 3	NEURO- LINGUISTIC PROGRAMMIN G 4	OPTIMAL SOCCER PERFORMANC E 1	OPTIMAL SOCCER PERFORMANC E 2	OPTIMAL SOCCER PERFORMANC E 3
<b>CHI-SQUARE</b>	33.471 <sup>a</sup>	24.824 <sup>b</sup>	23.412 <sup>b</sup>	21.529 <sup>b</sup>	20.588 <sup>b</sup>	32.118 <sup>b</sup>	15.176 <sup>b</sup>
<b>DF</b>	3	2	2	2	2	2	2
<b>ASYMP. SIG.</b>	.000	.000	.000	.000	.000	.000	.001

a. 0 cells (0.0%) have expected frequencies less than 5. The minimum expected cell frequency is 12.8.

b. 0 cells (0.0%) have expected frequencies less than 5. The minimum expected cell frequency is 17.0.

The above result describes the test statistical analysis result representing that chi-square values, and significant values of each variable included dependent also independent the neuro-linguistic programming 1,2,3 and 4 shows that 33.471, 24.824, 23.412 also that 21.529 these are shows that positive chi-square values. Its significant rate is 0.000, showing an overall 100% significant level between them the optimal soccer performance 1,2 and 3 represents chi-square values of 20.588, 32.118 and 15.176. It shows that positive chi-square values between the overall result shows a direct and significant relationship between the Integration of Neuro-Linguistic Programming for Optimal Soccer Performance in Portugal.

### 4. Conclusion

In general, the incorporation of Neuro-Linguistic Programming into football instruction and performance in Portugal has promise for improving players' mental abilities, self-assurance, and general on-field performance. Teams may get an advantage over their competitors and assist players in realising their full potential by implementing NLP techniques into coaching practices and player development initiatives. Integration of mental skills and a neuro-linguistic programming(NLP) Mix is crucial for achieving optimal soccer performance among players in Portugal.

Players can improve their confidence, focus, decision-making, pressure management, and overall enjoyment of the game by emphasizing mental preparation, physical techniques, and NLP practices. The importance of mental skills and neuro-linguistic programming(NLP) in achieving optimal soccer performance is most important in the development and success of soccer players. Integrating mental training techniques can significantly increase players' mental capabilities, including increasing confidence, improving focus, and enhancing decision-making while managing pressure effectively.

The combination of mental skills training and NLP practices provides a comprehensive approach to developing Soccer players' mental residence and performance capabilities. By practicing these techniques effectively, players can unlock their full potential, excel on the field, and achieve optimal soccer performance at individual and team levels. In conclusion, there is great potential for improving football players' mental abilities and overall performance on the pitch in Portugal if Neuro-Linguistic Programming (NLP) approaches are incorporated into training and performance. Coaches and players may maximize football performance by utilizing the concepts of NLP to harness the power of goal setting, visualization, anchoring, language patterns, and stress management. Players may create a solid mental framework that promotes resilience, confidence, and attention through organized NLP activities, which will help them play at their best during games.

Coaches are essential in assisting athletes to use NLP techniques because they offer direction, criticism, and encouragement to help them reach their full mental potential and overcome obstacles. Portuguese football teams may obtain a competitive edge by implementing NLP. This is because it can enhance player performance on an individual basis and create a cohesive team culture based on positivism, efficient communication, and common objectives. The application of NLP in Portuguese football can help create well-rounded players who thrive on and off the pitch as it continues to improve and become more widely accepted in sports psychology practices globally.

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