TEMPORARY EMBARRASSMENT AND THE RELATIONSHIP BETWEEN THE PERFORMANCES OF SOME BASIC SKILLS WITH THE VOLLEYBALL TEAM PLAYERS IN THE PROVINCE OF DIYALA

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ABSTRACT

The study aimed to found the relationship between the critical time and some basic skills in volleyball. The study tackled the concept of critical stress and its importance in the mathematical aspect. It also discussed some basic skills related to the momentary embarrassment from the point of view of the trainer. Fifteen players of the Diyala Youth Education Team were used in present study. The player was chosen in a deliberate manner due to the cooperation of the coach and the players with the researcher. The candidate's tests were used and presented to the specialized experts. After using the appropriate statistical means, the study was show important conclusions such as significant correlation relationship between the regret and some basic skills of volleyball players of Diyala Youth Education. The most important recommendations are the need for psychological attention to the players and the appointment of a psychologist specialized in sports psychology to accompany the team during the competition as well as training the players to provide psychological skills to cope with the stressful events during the game and to emphasize the importance of critical time in training in teams and sports clubs in the country especially the care of psychological and informative sides of the players. Work to provide the psychological environment for the players and that contributes to the creation of opportunities for creativity and thinking of them, and conduct periodic tests to assess the psychological pressures and embarrassing situations and ways to address them.

Keywords: Volleyball basic skills; Temporary embarrassment; Embarrassment time.


INTRODUCTION

The present study aimed to demonstrated critical situation of the Diyala team in period of study. Because of what passed by the Iraqi sports player from the shocks of life, as a large part of them is unable to understand
what happened during the exposure of our country Iraq of wars and instability in political situations economic, intellectual, social and other factors, which deepened in the minds of the individual Iraqi, feelings of negative differences of intensity and depth towards life in general and the mutual relations between him and others in particular.

**Study Problem**

All persons whose practicing sports activities are susceptible to temporary embarrassment. The specialists in this field, consider that the most disturbing of the critical issues are the people and dealing with them. The study provided some information about the remorse through a measured the suspense of the players and applied it on them, in order to find if this test could to contribute the alleviate of causes, suffering of embarrassment, Confrontation of problems and their role in the achieved skill of volleyball of youth.

**Study Aims**

- Recognize the importance of the embarrassment time to the players of Diyala youth education team in volleyball.
- To identify the relationship between embarrassment time and certain volleyball basic skills.

**Study Hypothesis**

There is a significant correlation between the embarrassment time and certain volleyball basic skills in the players of the Diyala youth education team.

**Areas of study**

- Human field: - players of the team of education Diyala for youth.
- Time domain: - From 1/1/2018 until (1/3/2018)
- Spatial area: -closed Sports hall of Youth and Sports in the province of Diyala.

**Embarrassment time**

This condition may vary in severity, fluctuate and fluctuate over time, and the individual responds to different environmental conditions. These responses occur in every important change in the situation and therefore the critical component Physiological, cognitive(2) and situational (1). The reasons for this are:

- External factors: due to the surrounding environmental conditions such as social obstacles.
- Personal internal factors: arise from a congenital, physical or psychological defect or lack of social skills.

**Volleyball basic skills**

**Transmission**

Strikes are important skills which can be offensive if executed in a good and accurate manner. "This strike is carried out by the player who occupies center (3) of the back line after the referee whistle.

**Severe beating**

The overwhelming beatings of strikes of direct offensive character have a significant impact on the volleyball game, due to its appearance in 1955 in Poland (4).
Wall barrier skill
The skill of the wall of resistance is one of the basic and important skills in the defense process. It is the first line of defense against the attack of the opposing team. It is "a process performed by one or two or three players together from the front zone facing the network or close to it, Arms to intercept the crushed ball from the opposing team's court above the top edge of the net".

MATERIALS AND METHODS
The nature of the problem and the objectives of the research determine the appropriate research method, so the researcher used the descriptive approach (in the style of associative relations) to suit the nature of the research problem.

Research Sample:
The process of testing the sample is one of the main steps to collect data and information. The researcher often selects a society based on the phenomenon or problem of his choosing (ie, the researcher chooses a sample that he believes represents the original society that is being studied with a real representation) A player (youth category) was selected in a deliberate manner and they represent the Diyala team.

Means of collecting information and tools used in research
Means of data collection
Arab and foreign sources and a questionnaire of experts and specialists on research tests (under study).

Machines and tools used in study
Stopwatch and digital camera type Sony (Japanese) and laptop DELL type and (Chinese) made.

Temporary Embarrassment scale:
After the study was introduced to the critical scale, which measures the differences between the individuals, the standard chosen was the one used by the researcher (Bader Mohammed Al Ansari) The researcher (Ban Adnan Muhammad) constructed the scale.

Scale Instructions
It is a measure that is built and used in physical education. It has a high degree of reliability and stability. The researcher will use it on the research sample. The scale consists of (42) (Self-control, lack of self-confidence, negative self-concept, poor concentration of attention, performance anxiety, social avoidance, cognitive anxiety). The number of paragraphs by field is also shown In Table (1) between the paragraphs of the scale of positive and negative
Table 1: Paragraphs of the scale of positive and negative

<table>
<thead>
<tr>
<th>The dimension</th>
<th>Positive paragraphs</th>
<th>Negative paragraphs</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 - emotional control</td>
<td>1-2 3-6</td>
<td>4-5-7-8</td>
</tr>
<tr>
<td>Lack of self-confidence</td>
<td>9</td>
<td>10-11-12 3-14</td>
</tr>
<tr>
<td>Third - the concept of negative self</td>
<td>17-18 19</td>
<td>15-16</td>
</tr>
<tr>
<td>Lack of concentration of attention</td>
<td>22-23 25</td>
<td>20-21-24</td>
</tr>
<tr>
<td>V. Performance anxiety</td>
<td>27-29</td>
<td>26-28-30-31</td>
</tr>
<tr>
<td>Social avoidance</td>
<td>32-33 35</td>
<td>34-36</td>
</tr>
<tr>
<td>VII - Cognitive anxiety</td>
<td>39-41 42</td>
<td>37-38-40</td>
</tr>
</tbody>
</table>

The scores on the responses of the players for each of the paragraphs (42) were given and ranged between (1,2,3,4) and as shown in table (2) the following:

<table>
<thead>
<tr>
<th>the answer</th>
<th>Positive paragraphs</th>
<th>Negative paragraphs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apply to me completely</td>
<td>4</td>
<td>1</td>
</tr>
<tr>
<td>Apply to me heavily</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>Applies to it to some extent</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Do not apply to it</td>
<td>1</td>
<td>4</td>
</tr>
</tbody>
</table>

In order to find the total scores of the scale, the scores obtained by each player were collected in his answer to all the points of the scale. The highest score of the player is (168) and the lowest score is (42). The level of neutrality reached (105). The highest score and lowest score on the scale in the number of paragraphs, and to extract the degree of neutrality combines the highest value and the lowest score and divide the output on two.

**Exploration Experiment of the Temporary Embarrassment Scale:**

The exploratory experiment is a pilot study conducted by the researcher on a small sample before conducting research to select the methods of research and tools, the researcher conducted an exploration experiment on the same (10) players from the Muqdadiya Club were selected randomly on 1/7/2018 at 4:00 o'clock. The purpose of conducting the exploratory experiment was as follows:

- Recognize the adequacy of the measurement points and identify the time taken as well as the diagnosis of obstacles.

**Scientific foundations of the scale:**

**Ratification of the scale:**

The truth is that the test is designed to measure what is measured for measuring or measuring the field or phenomenon studied (1), so the researcher used the apparent honesty.
Validity of the scale:
The truth is that the test is designed to measure what is measured for measuring or measuring the field or phenomenon studied \(^9\), so the researcher used the apparent honesty.

Stability of the scale:
The stable test is the test that gives the same results or give close results if the test is applied in the same circumstances, the test was applied at 4 pm on 2/7/2018 and repeated after seven days on 9/7/2017 and on the same sample.

Implementation of the main experiment:
The researcher distributed the scale on the main research sample of (15) players representing the team of Diyala youth volleyball team on Friday, 10/7/2018 at 4:30 pm and distributed the meter where the scale included instructions for how to answer the paragraphs of the scale with the answer to all paragraphs Measure accurately and objectively.

Method of measuring the performance of some basic skills of volleyball:
The questionnaire is based on a questionnaire to assess the level of performance of the players. This form consists of three basic skills in volleyball and is in the following form (5-1) which corresponds to the level of (excellent - weak) (Very good), (3) for the alternative (good), (2) for the alternative (average) and (1) for the alternative (weak).
The study distributed the form to the trainer and his assistant and the technical supervisor on 25/8/2018. The researcher then relied on the answers given to the player by the trainer, the assistant and the technical supervisor. The study collects the scores to measure the level of performance of the players for the basic skills in volleyball. The total score is three, so the level of the player's performance is scored in light of the performance of the basic skills.

Statistical means
The study used the appropriate statistical means to process the data generated by the statistical pouch program (SPSS).

RESULTS
Mathematical computations
The results of present study show that the mathematical mean for the Diyala team was 100.2 while the standard deviation of the club was 14.82 and the sample size was 15 players. The mathematical mean for the Diyala team was worth (17.53) while the standard deviation of the team (3.02) and the sample size reached (15) players.
Table 3: Mathematical computations

<table>
<thead>
<tr>
<th>Variables</th>
<th>Sample size</th>
<th>Arithmetic mean</th>
<th>standard deviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Critical embarrassment</td>
<td>15</td>
<td>100.2</td>
<td>14.82</td>
</tr>
<tr>
<td>Basic skills of volleyball</td>
<td>15</td>
<td>17.53</td>
<td>3.02</td>
</tr>
</tbody>
</table>

Calculates the value of (t) the scale, the calculated size, the sample size, the degree of freedom and the type of significance at a significant level (0.05).

Table 4: Mathematical computations

<table>
<thead>
<tr>
<th>Significance level (0.05)</th>
<th>The value of (t) is tabular</th>
<th>Calculated value (R)</th>
<th>Free degree</th>
<th>Sample size</th>
<th>Variables</th>
</tr>
</thead>
<tbody>
<tr>
<td>Significant</td>
<td>0.51</td>
<td>0.591</td>
<td>13</td>
<td>15</td>
<td>Critical embarrassment</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>13</td>
<td>15</td>
<td>Basic skills of volleyball</td>
</tr>
</tbody>
</table>

Table (4) shows that the value of the correlation coefficient calculated between the forest and the performance of some of the basic skills of the Diyala breeding team (0.591) is greater than the value of (t) the scale of (0.51) under the degree of freedom (13) and the level of significance (0.05).

**DISCUSSION**

Through the scientific analysis of critical theories of psychology, Gilford has pointed to such a relationship in his model of the environment, which distinguished between mental processes and practical performance and results depending on the type of each to the calendar, and agrees with what he went to With Medinec, which supports the current findings of the researcher in his scientific direction to support the behavioral trend to reach new configurations of specific specifications are useful and valuable meaning as the linkages between a number of stimuli and responses, and the relationship between the stimulant and the response is strong, Embarrassed Situational (10).

**CONCLUSION**

There is a significant correlation between the suspended embarrassment and the performance of some basic skills in the players of the Diyala team in volleyball.
RECOMMENDATIONS

1. The need for the administration and the trainer to introduce psychological preparation within the annual training curriculum for the players
2. Emphasize the importance of critical time in training in sports clubs, especially the development of psychological and cognitive aspects of the players.
3. The necessity of using the stop critical scale used by the researcher by the trainers and periodically to measure the change in the players and the rest of the country teams

ETHICAL CLEARANCE

The Research Ethical Committee at scientific research by ethical approval of both environmental and health and higher education and scientific research ministries in Iraq

CONFLICT OF INTEREST

The authors declare that they have no conflict of interest.

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