

The Motivation Of Athletic Achievement And Self-Confidence And Their Relationship To The Exact Performance Of My Handling And Handball Skills For Emerging Players At Age (15-17)

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Abstract

Sports education is an important field and an effective tool in the preparation and physical and mental upbringing of individuals through the development of their physical and intellectual capabilities and capabilities for active participation in the service of society. The evolution of the sport movement and the expansion of its base reflect the civilizational face and the overall advancement of the game.

1 Introduction to research

1 – 1 Introduction and importance of research:

Handball is one of the most popular group games, although the game has been up-to-date compared to the rest of the games in the few years. This spread is due to the evolution of the game through the rapid performance of basic skills and the diversity of team group plans, and under the integration of different sciences such as metrology, physiology, motion science, psychology and sports education.

Explain why it does not continue and evolve. The coach will not be able to get the best of the player unless he knows and promotes his motivation for the achievement and builds his self-confidence and performance by continuing to train and creating recurring success opportunities commensurate with the player's physical, psychological, skill and mental abilities.

The nature of handball performance depends on the quality of the player's ability to perform basic skills. The importance of the research lies in the psychological setting aspect. The researcher felt that the relationship of both the motivation of athletic achievement and self-confidence to the exact

performance of the handball skills of the emerging players is highlighted. 15-17), whose final results may contribute to a modest effort by providing coaches and handballers with some facts about how important the psychological preparation aspect is.

1 – 2 Search problem:

The psychological factor is one of the basic elements of training, which has not received sufficient attention in the field of sports training. Each activity has its own psychological characteristics, which are distinct from other types of sports activity, whether it be specific to the nature and components of this activity or to the character of the player engaged in such activity, and the motivation of athletic achievement and self-confidence are emotional and psychological features whose responses affect the accuracy of the performance, particularly my skill and the hand.

The subject matter of the study, if not interpreted in the correct way, and through the experience of the researcher, has long observed that the training of club handball players has not led to satisfactory results for the game, since the training is focused solely on physical, skill and planning training, without sufficient psychological attention and insufficient knowledge of the relationship of this factor to the performance and behavior of the athlete, particularly the reputation of the athlete's motivation and self-confidence.

The researcher noted that there are many important psychological traits that require study, explanation and interpretation in handball. In addition, there is no study of two psychological features, the motivation of athletic achievement and self-confidence, and an attempt to determine the exact relationship of each with the performance of the handball skills of the young players at 15-17 years of age.

1 – 3 Research objectives:

1. Recognize the impulse relationship of athletic achievement by accurately performing the handball skills of emerging players at the ages of 15-17.
2. Recognition of the relationship of self-confidence with motivation with the accurate performance of the handball skills of emerging players at the ages of 15-17.

1 – 4 Research areas:

1 – 4 – 1 Human field: Players of the National Sports Talent Care Centre of the Iraqi Ministry of Youth and Sports.

1 – 4 – 2 Time From 5/7/2020 to 15/10/2020.

1 – 4 – 3 Area: Closed room of the National Centre for the Care of Sports Talent in Handball, Ministry of Youth and Sports, Baghdad.

2 Research methodology and field procedures:

2 – 1 Research curriculum:

The method "is the way a researcher studies the problem to discover the truth" (1: 1978: 23), the researcher used the descriptive method to fit the research objectives.

2 – 2 Search sample:

The research community was selected from the National Center for the Care of Emerging Sports Talent Handball Players with Ages (15-17) year, total number of players (181) Players representing 8 positions throughout Iraq except the Cordistan region and participants in the 2019-2020 sports season, the researcher selected 95 players (52.486%) in the intentional manner and those who have shown their desire and willingness to carry out search tests as selected (8) Players as a pilot sample were excluded from the final working sample.

2 – 3 Search devices and tools:

The researcher used the following (Arabic and foreign sources and references, personal interviews, an impulse measure of achievement, a measure of self-confidence, a test of the accuracy of double handling on the wall in 15 attempts, a test of the accuracy of the aim on the eight squares on the wall, a number handball. 10, gauge tape, whistle, colored ribbons, colored chalk, an individual scoring form for the mathematical achievement impulse scale, an individual scoring form for the self-confidence measure, an individual scoring form for the test scoring accuracy of the performance of the handling and handball skills).

2 – 4 Tests used in research:

2 – 4 – 1 Mathematical Achievement Impulse Measure: 1987: 568)

The researcher used the mathematical achievement impulse measure that he developed. (Tutko and Richard Richard develop), which aims to identify selected features associated with high-level athletic performance, and the scale consists of (55) Phrase: the player answers the words of the scale and on a five-step scale (I agree very much - I agree very much - I agree moderately - I agree very little - I agree very little) A degree is awarded (5, 4, 3, 2, 1). Positive and (1, 2, 3, 4, 5) negative paragraphs.

2 – 4 – 2 Measure of self-confidence: 1995: 101)

The researcher used the mathematical self-confidence measure, which consists of (13) A phrase answered by the player through a nine-point scale that determines the trait of mathematical self-confidence, with scores ranging from. (13-117) The high score on the scale indicates that the player has a high degree of athletic confidence, while the low score indicates a low degree of athletic confidence for the player.

2 – 4 – 3 Test accuracy of double handling on the wall during 15 attempts: 2003: 98)

Purpose of the test: Test handling accuracy.

Instruments: a handball number (10); a level wall with two circuits in diameter (36 cm) whose position is higher than the ground (175 cm); distance between them (1 m); a whistle; a clock; and a circle marked on the ground with diameter (100 cm), the centre of which is a distance away from the walls (11 m).

Performance specifications: The test begins upon hearing the whistle the lab stands inside the circuit. The lab handles the ball whitewashed from above the shoulder level to the wall within the boundaries of the two circuits respectively and from persistence during (15) attempts.

Conditions: Handling on the wall level within the boundaries of the two circuits will follow over the shoulder level and the test supervisor will give the extra balls to the player during the test time.

Registration: The number of balls within the circle shall be calculated, respectively. If the ball enters twice in succession in the same circle, the second attempt shall not be counted, even if it is true, and the attempt shall be counted as valid if three quarters of the ball enters the circle.

As shown in figure 1 below.

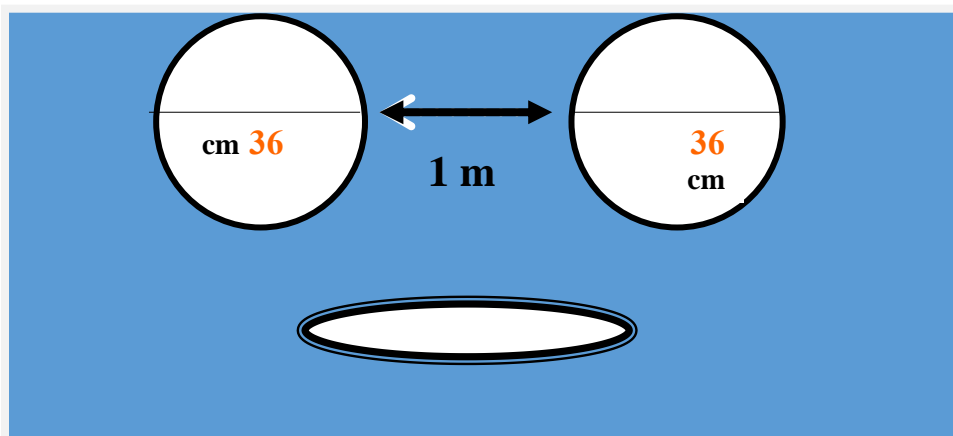


Figure 1: Double handling resolution test on the wall within 30 seconds

2 – 4 – 4 Test the accuracy of the aim on the eight squares on the wall: 2001: 82)

The objective of the test is to measure the accuracy of the target.

Instruments: a handball number (10), a level wall with target dimensions and 8 squares with square dimensions (27 cm), with square distribution on the right, center, left, upper and lower directions, gauge bar, whistle, colored stripes, and colored chalk.

Performance specifications: From a distance of 9 m, the laboratory directs the ball from above the shoulder level and from the constant, trying to aim at each square with one attempt and with the aim.

Conditions: You must be the player's man before the line on the ground from a distance.

The attempt is calculated in case the ball enters or three quarters of it in the square.

Inscription: The following scores are given to the upper and lower angles of each square (5), either to the right and left squares (4), and to the upper and lower middle squares per square (6). As shown in figure 2 below.

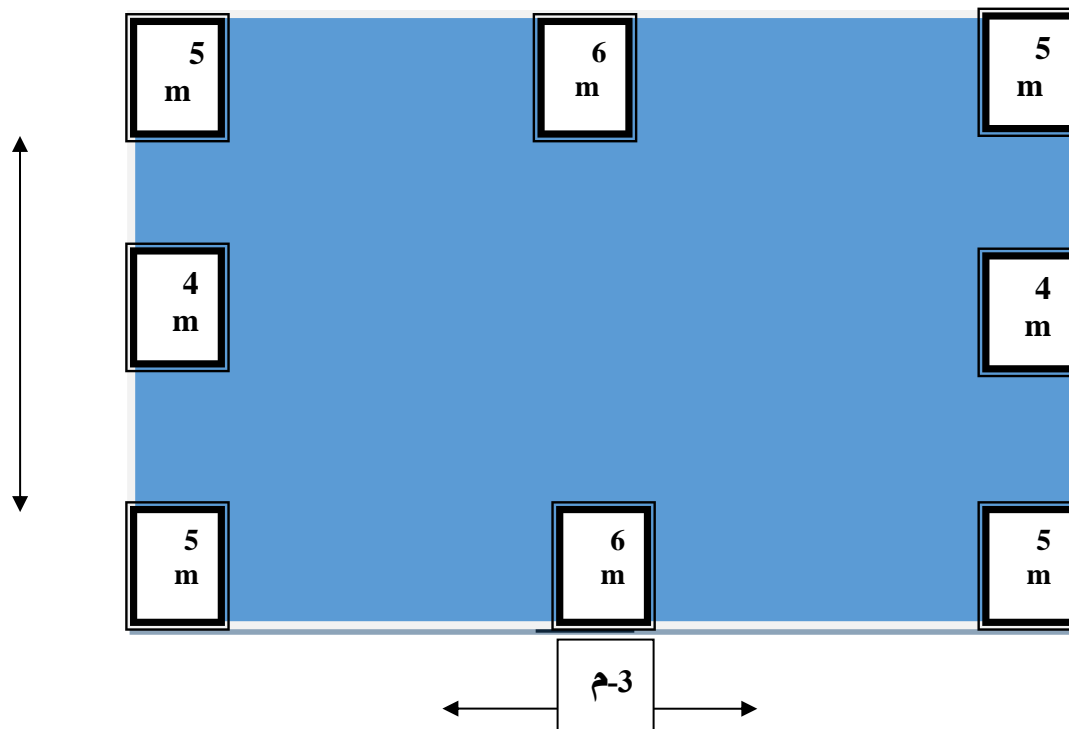


Figure 2: Target accuracy test in the eight squares on the wall

2 – 5 Scientific bases for psychometrics and professional testing:

The researcher has extracted the scientific basis for the two psychological measures and the two professional tests nominated for final employment and application, despite their validity and relevance to the Iraqi environment.

1. Credibility the psychometers and the skill tests:

The researcher presented my metrics (motivation of mathematical achievement and self-confidence) as well as tests measuring my skills (handling and aiming with handball) to experts in tests, measurements, sports psychology and handball to assess their suitability to the research sample. They all agreed at 100% on their validity, which indicates that they have apparent credibility.

2 Persistence of psychometers and skill tests:

The researcher calculated the stability of the mathematical achievement impulse in a manner (Test and re-test) and the Alpha Kronbach method by applying it to (8) Players emerging from handball, participants in the 2019-2020 sports season and from outside the sample. (Test and re-test method) Pearson's simple correlation factor was used between the two application scores and

the calculated value was (0.864), which has a calculated signal level (Sig) of 0.002, which is smaller than the approved semantic level of. (0.05) in the statistical programme (IBM SPSS) indicating that the scale enjoys a high stability factor (6: 2020: 204), while the value (alpha-Cronbach coefficient) was extracted For internal consistency, the idea of this method depends on the extent to which the paragraphs are related to each other within the scale, as well as the correlation of each paragraph to the scale as a whole, and it has reached its calculated value. (0.922) at the level of the denotation (Sig) and the adult (0.000) which is smaller than the level of the dependent and adult semantics 0.05 indicating that the scale enjoys a high stability factor (6: 2020 : 291)

The measure (self-confidence) used the method (testing and re-testing) And the alpha-Cronbach method, too, in the test and re-test method. Pearson's simple correlation factor was used between the two application scores and reached the calculated value. (0.837) which is of a calculated level of significance (Sig) and adult (0.000) which is smaller than the level of the adult dependent connotation 0.05 indicating that the scale enjoys a high stability factor, and a value has been extracted The Alpha Kronbach coefficient for internal consistency has reached its calculated value (0.944) at a calculated denotation level (Sig and adult (0.000)) that is smaller than the dependent denotation level (0.05) indicating that the scale enjoys a high stability coefficient.

Also, the tests (double handling on the wall in 15 attempts) And (the accuracy of the eight squares on the wall) their stability was calculated in a way. (Test and re-test) Pearson's simple correlation factor was used between the grades of the first and second tests and the very calculated value was reached respectively. (0.875, 0.868) which are of calculated significance level (Sig) and adult respectively (0.001. 0.000) which is smaller than the level of the dependent denomination of 0.05, indicating that the two tests enjoy a high stability coefficient.

3 The main experiment:

The researcher conducted the main experiment on 20/7/2020 by distributing scale forms (Motivation for Athletic Achievement and Self-Confidence) on 95 players of the National Centre for Caring for Emerging Sports Talent in Handball at Ages15-17) in Iraq with the exception of Kurdistan region and a participant in the 2019-2020 sports season, the importance of the search was explained to the sample of the research and the accuracy of the answer to all the paragraphs of the measures.

Thus, two tests (double handling on the wall during 15 attempts) and the shooting on the eight squares on the wall) were conducted with a handball on the search sample, depending on the effective positions in Iraq.

Statistical laws:

The computer software (IBM SPSS Statistics Ver26) was used to extract:

1. Percentage.

2. Arithmetic medium.
3. Standard deviation.
4. Pearson's simple correlation factor.

4 Analysis and discussion of results:

Presentation of psychological and professional tests:

Note from table (1) the arithmetic circles and standard deviations of all study variables: the value of the arithmetic medium of a scale (Motivation of mathematical achievement) (231.614) with standard deviation (8.535) while the arithmetic median value of the scale (self-confidence) (108.251) with a standard deviation (4.628), or the value of the arithmetic medium (To test the accuracy of double handling on the wall in 15 attempts) 3.00 with a standard deviation (1.671) while the value of the arithmetic medium was (To test the accuracy of the aim on the eight squares on the wall) (12.501) with a standard deviation (7.523).

Table 1: Computational Circles and Standard Deviations of Psychometers and Skill Tests

Variables	Standard Deviation	Arithmetic Medium
Mathematical Achievement Impulse Measure	8.535	231.614
Self-Confidence Measure	4.628	108.251
Testing the accuracy of double handling on the wall in 15 attempts	1.671	3.00
Target accuracy test on the eight squares on the wall	7.523	12.501

The researcher extracted the relationship between the Mathematical Achievement Impulse and (Self-confidence) With my test (double handling on the wall in 15 attempts) And (testing the accuracy of the aim on the eight squares on the wall) with handball through the use of Pearson's simple correlation factor law. A morally significant relationship has been found between a scale. (Athletic achievement motivation) With my test (double handling on the wall over 15 attempts) And (testing the accuracy of the aim on the eight squares on the wall) by handball, because all are valued. (R) calculated, which were respectively (0.884, 0.857) of significant level (Sig) and the adult respectively (0.001, 0.002), which are smaller than the adult dependent semantic level 0.05 which indicates a morally significant relationship with the accuracy of my skill (handling and aiming) with handball, as shown in table 2.

A morally significant relationship was also found between a scale. (Self-confidence) With my test (double handling on the wall in 15 attempts) And (testing the accuracy of the aim on the eight squares on the wall) by handball, because all are valued. (R) calculated, which were respectively

(0.862, 0.891) of significant level (Sig) and adult (0.000, 0.000), respectively, which are smaller than the level of the adult dependent semantics 0.05 which indicates a morally significant relationship with the accuracy of my skill performance Handball, as shown in table 2 as well.

Table 2: Correlation coefficients between mathematical achievement impulse measures and self-confidence with the accuracy of my skill performance (handling and aiming) with handball.

Tests	Accuracy of handball skill performance			Accuracy of handball skill performance		
	Significance	Sig	Target accuracy test on the eight squares on the wall	Significance	Sig	Testing the accuracy of double handling on the wall in 15 attempts
The Motivation of Mathematical Achievement	yes	0.002	0.857	yes	0.001	0.884
Self-confidence	yes	0.000	0.891	yes	0.000	0.862

Discussion of results:

The researcher's conclusion is that there is a moral relationship between my yardsticks. (Motivation of achievement and self-confidence) Accurately performing my skill (handling and aiming) with handball through my test (Double handling on the wall during 15 attempts) and (Target accuracy test on the eight squares on the wall) Handball is a logical consequence of the fact that emerging handball players have developed the ability to evaluate themselves objectively as they are, and through continuous exercise in training modules, as well as through the information they receive from the coach or colleague during competition during friendly matches or daily matches during training units between members of the single team, as well as through motivation and constant encouragement, they have this ability, which is reflected in a positive way at their discretion.

Also, the players' knowledge of their skilled self-esteem gives them self-confidence and confidence, thereby enabling them to focus and be precise towards fulfilling duties and unleashing as much of their sensory and mental potential as they do their emotional balance and relationships

to behave carefully in order to win games. The researcher also attributes his finding to the appearance of the moral relationship between the motivation of athletic achievement and the test. (Double handling on the wall during 15 attempts) and (Target accuracy test on the eight squares on the wall) Handball is a logical consequence that emerging handball players are highly motivated by the fact that they enter games and have an internal drive to win and beat the rival team.

The performance of handball players depends on the internal factors that the player, while implementing the handball skill, becomes self-reliant and dependent on his or her previous experience during training, and handball skill is a highly unaffected component of the outcome of the match.

In addition, the fact that the player is taken for granted in his public life, in the early stages of training, up to the automatic stage, that the many iterations of skill, the length of the game, the possibility of performing it without an opponent, the freedom to handle the ball without the stability of the place do not restrict the player's movement, and that the player has a broad vision and several options for directing the ball. On the one hand, it does not depend on the success of the handling skill.

The researcher's conclusion is consistent with what he points out. (Osama Kamel 2000) "Self-confidence affects the strategy of play and is linked to the concept of play to win or avoid loss. Although these two concepts are similar, but lead to two very different modes of play. Athletes who are confident tend to play for the gain. They are usually not afraid to try and initiate and have control and benefit from the conditions of the competition. 2000: 306)

The accuracy of the performance of a handball shot is a particularly difficult situation, since the player's ability to perform such a skill requires the player's good emotional experience. The researcher's conclusion is consistent with what he points out. (Mohamed Hassan Allawi 1998) quoted in Philly Studies 1986, "High mathematical confidence is one of the most important factors that characterizes individuals with high achievement motivation. (Self-confidence) is similar to the concept of internal motivation or motivation to succeed under the Completion Need Theory because a player with high confidence has more motivation to accomplish "(10: 1998: 287), and also agrees with what he referred to "When the player fails to control attention and focus, the psychological fatigue becomes more than the physical fatigue caused in the Mecanzoic breakdown. 2003: 280)

Osama Kamel 2000 also pointed out that self-confidence affects the strategy of play and is linked to the concept of play to win or avoid loss. Despite the similarities between these two concepts, but they lead to two very different modes of play, the athletes who are confident tend to play for the gain and are usually not afraid to try and initiate and have control and benefit from the conditions of the competition, either if the athletes 2000: 306)

She agrees with the findings of a study (Ahmed Mohammed and Maisa Ahmadd1992) that "motivation for achievement is a motivation that engenders an individual to compete in situations of excellence and excellence. 1992: 169), and agrees with his reference (Mohamed Hassan Allawi 1998) that the motivation for achievement is the willingness of an individual to compete in a position of achievement in the light of a certain standard or level of excellence, as well as the desire to fight and struggle to excel in positions of achievement and which results in a certain type of activity, effectiveness and perseverance (10: 1998: 251)

It also agrees with the reference (Kamal Bakshash and Ralph Rezullah 1981) "In any motor activity, movement is one of the methods of compatibility of the body with its external surroundings, which in turn depends on the activity of the muscles whose work is regulated by the nervous system" (8: 1981: 72), the researcher also considers that the screaming and uttering of some inappropriate phrases therefore affect the accuracy of the aim, which requires complete control without increased stress or nerve stress, in order for the properly directed neurotransmitters from the neurons in the brain to reach all parts of the body. This is consistent with what she referred to (Ale Zahir 2004).

During the physical effort, successive and continuous neural signals are issued to the neural pathways in the brain that help to send signals from one neuron to another and to muscle tissue through the neural axis. 2004: 85) .

Conclusions:

1. There is a moral correlation between the motivation of athletic achievement and the accuracy of handball skill performance for emerging players aged 15-17.
2. There is a moral correlation between the motivation of athletic achievement and the accuracy of handball skill performance for emerging players aged 15-17.
3. There is a moral correlation between self-confidence and the accurate performance of handball skills for emerging players aged 15-17.
4. There is a moral correlation between self-confidence and the accuracy of handball skill performance for emerging players aged 15-17.

Recommendations:

1. Conduct similar studies to study other psychological traits not covered by the current study.
2. Conducting similar studies to study handball skills not covered by the current study.
3. Inclusion of psychological preparation in training as well as physical and skill preparation in handball.
4. The need for trainers to devote a specific aspect of their training modules to improving the motivation of achievement and self-confidence of emerging handball players.
5. Conduct a similar study at other levels not covered by the current study and the gender kidney.

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