

THE EFFECTIVENESS OF A COUNSELING PROGRAM (NOT DIRECTED) TO REDUCE PSYCHOLOGICAL STRESS AND DEVELOP SOME DEFENSIVE SKILLS FOR VOLLEYBALL PLAYERS WITH SPECIAL NEEDS

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Abstract

What distinguishes the volleyball game for the rest of the other games it depends on mental capabilities as far as dependent on physical capacity, and when most of the volleyball skills are consecutive and a series requires a high level of precision and performance, and therefore the goal is to identify the level of psychological counseling program in learning Some defense skills in the players with special needs of the volleyball. (10) and the other was an officer (10), after a series of field measures of ensuring the validity of tests under study, beginning the researcher by conducting the main experience and applying tests and using the researcher appropriate statistical means using the statistical bag (SPSS) and showing the researcher The extension of guidance programs is a major role in the development and development and development skills The use of encouragement is a positive role in increasing the effectiveness of players for defensive skills

Keywords.: counseling program; psychological stress ; defensive skills for volleyball .

1 -1 Introduction and Importance of Research:

The development and development comes through the acquisition and care of the capabilities and capacities and profiles to increase their participation and contribution to building society, and that volleyball game for people with special needs is one of the sports with disabled players, most of the world's countries to develop and continuously for arrival at the high levels In that case other gyms, the volleyball game for the disabled sport is kinetic to a great deal of career and psychological interest to those who exercise them, where they are involved in their body, especially nervous muscular and respiratory device, the skill, nervous and flexible compatibility and flexibility come in addition to This sport is needed to develop the level of preparing players in all physical and final aspects of any game associated with programming and proper planning for training curricula.



From investing their results for the purpose of judgment, evaluation and guidance regulated, and is a science Psychological guidance, as well as sports training and mathematical science, integrated unit.

Also, for psychological trends and pressures can be changed and modified by getting rid of some of them and replacing them with new directions that are in line with behavioral patterns, because the player grows and grows his mental energies and acquires new directions and may adjust some of his old directions or get rid of some of them and that the process of relieving the psychological pressure of the disabled volleyball players requires increasing effects Supporting the new direction and reducing the anti -counter or both.

Through the foregoing, the importance of the research lies in harnessing the psychological (non -directed) educational guidance in the educational and training process in order to achieve its goals, which is to improve some defensive skills, through an indicative program based on the method of realistic treatment, using a set of techniques that would modify or Reducing the pressure on the disabled volleyball players because of its great importance in helping to improve the defensive skills for the players, and this is what the researcher tries to stand with and make sure of his studies.

1-2 Research Problem

In order to promote the volleyball game level for people with special needs towards the best and the importance of guidance programs had to identify and improve some defensive capacities and skills that rise at the level of players with special needs, and through the researcher's experience to watch and leach the sports club by the plane for people with special needs. Actual programs for testing of players 'capabilities, especially what is vulnerable in the development of appropriate training curricula for various categories, which are commensurate with law variables and game requirements, as well as evaluation of players' performance on the scientific method.

1 -3 Research Objective;

- 1 - Preparation of a psychological guidance program (non-prompt) for the players of the Bundling Club of the Volleyball for People with Special Needs.
2. Identify the impact of the guidance program in a practical treatment in alleviating psychological pressure for players



3- Learn about the effect of relieving psychological pressure in improving the defensive skills capabilities.

1-4 hypotheses Research:

1-For the indicative program in the style of realistic treatment, a positive impact on reducing psychological stress and developing some defensive skills for volleyball players for people with allotropes.

1-5 Research Areas:

1-5-1 The human field: Al -Daghara and Al -Kufa club players for people with volleyball needs

1-5-2 Time domain: represented by the time period from 10 / 10 / 2021 TO 15 / 2 /2022.

1-5-3 The spatial domain: closed hall for Al Dagara Sports Club

2- Research Methodology:

The researcher in his studies will serve the pilot approach to the equivalent groups of volleyball players sitting as the best and easier curriculum in achieving this goal as the experimental curriculum "seeks to collect data from community members to try to determine the current situation of society for a particular variable

2 -1 Society and Sample of Research:

The research community with volleyball players represented the sitting position, belonging to the Al -Daghara club, which numbered (10) players and the Kufa Club from the Najaf governorate, who numbered (10) players. They were divided into two groups, a experimental group, who are the players of the Al -Daghara Club and a control group, who are the Koufa club players by the reality (10) A player for each group, as the independent variable (the counseling program) is applied to the experimental group, while the control group leaves without a program . The researcher holds the homogenous and equivalence of the search community and as shown in table (1).



Table (1) The Homogenous and equivalence of control and experimental groups

| No | variables | control group | | | experimental group | | | T value | coefficient |
|----|-------------------------|--------------------|--------------------|----------|--------------------|--------------------|----------|---------|-------------|
| | | Average arithmetic | deviation standard | skewness | Average arithmetic | deviation standard | skewness | | |
| 1 | psychological stress | 22.44 | 1.67 | 0.321 | 21.89 | 0.678 | 0.678 | 1.023 | random |
| 2 | Passing from the bottom | 3.44 | 1.41 | 0.423 | 3.75 | 0.201 | 0.201 | 0.987 | random |

2-2 Tools and means of collection of information:

The researcher has used the following tools and means:

- Arab and foreign sources.
- Psychological pressure gauge
- Personal interviews.
- Field visits .
- Expert opinion questionnaire to determine the most important farmers defensive.
- Tests and measurements.
- Testing form tests for volleyball players - seating.
- Volleyball playground, flying balls, measuring bar, whistle,
- Computer Dell.

2-3 Select Search variables:

After determining the survey of many scientific sources on identifying candidate defense capabilities, which are commensurate with the special status of volleyball players from sitting, and for the purpose of choosing some of these capacities a questionnaire has been distributed to some experts. By choosing the radical defensive skilled capabilities and express any observation that the competent expert is necessary, and after collecting the questionnaire, the following defense capabilities were nominated:

2-3-1-1 Psychological measurement: -

Select the fields of scale by the researcher after seeing literature on psychosocials and pressures related to pressure, including frustration, emotional balance and mental tensions.



2-3-1-2 Scrolling test from arms:

Purpose of test: Measure the laboratory capacity on the speed of scrolling, and the amount of scrolling is able to scroll from hand.

The tools and appliances used for the scale: The wall paints for the ground is a parallel line. Again ... Thus performance lasts for 30 tha, uses the same former shape except the step drawn on the wall.

Registration: Calculates the number of times the ball for the wall in 30 Sec (just attempts only according to the previous terms) and then hit x 3 (per pass three), and the final test is the number of correct attempts in 30 Sec.

2-4- The scientific foundations of the tests:-

First- honesty:

The researcher concluded the sincerity of the content (the content), and through the questionnaire that was distributed on (5), from the specialists, and who indicated the validity of the test through the following: (The test is valid if it achieves (100 %), from the total opinions of experts to agree to represent the test For the phenomenon he measures). After collecting and emptying the data, the researcher used the (CA2) test, and the results showed the acceptance of the two test nomination to achieve more values than the value of (CA2) of the Table (3.84), at a degree of freedom (1), and the level of significance (0.05). Table (2) shows the validity of the two tests.

To confirm the validity of the test, the researcher has been achieved from the (virtual) honesty, by evaluating the specialists who indicated the validity of the two tests through: (the test relationship on the surface, the nature of the test, the test instructions and the contexts of its application, the time allocated to the test).

Table (2) It shows the validity of the candidate test

| Test | Answer Number | | Q2 Value | | Significance of the difference |
|---|---------------|------------|------------|-------|--------------------------------|
| | accept | Not accept | Calculated | table | |
| Moving test from the bottom with the arms | 5 | - | 5 | 3.84 | moral |

Second - Stability:

The researcher has tried to find the stability coefficient to test under search (scrolling test from the bottom), by finding the relationship of the link between its results, with the results of a second image of an equivalent test for it, meaning the use of the method (equivalent images). After calculating the correlation coefficient (Spearman), between the degrees of the two images, it appeared that the link is moral, because the value of the t_i -calculated test for the connotation significance came to the amount of (2.778), which is greater than the tabular value of (1.860), at a degree of freedom (4), And the level of significance (0.05), which indicates the enjoyment of the test under a high degree of stability, schedule (3).

Table (3) It shows the stability coefficient for the test (the accuracy of the long correction), applied to the sample of the exploratory experience

| Test | | Stability | T value | | coefficient |
|---|---|-----------|------------|-------|-------------|
| First picture | Second picture | | Calculated | table | |
| Test Moving test from the bottom with the arms | Correcting overlapping rectangles drawn on the wall | 0.81 | 2.778 | 1.860 | moral |

Third: - The validity of the psychological tension scale:

To reveal the discriminatory ability of the psychological pressure scale under research, the researcher conducted a comparison of the test results of the sample of exploratory experience. Each paragraph of the scale and the Test (T) was used, for two independent eyes after dividing them into two higher groups and the Donia group (50 %), and when comparing the calculated (T) value that was limited between (4.23 - 7.439) with a tabular value of (1.860), at a degree of freedom (18), and the level of significance (0.05), the statistically indicating T - indicated is an indication of the distinction of the scale of psychological tension. As for the stability of the psychological tension, it was used as the midterm retail and the extraction of the correlation coefficient for half of the test, as it reached (0.81). For the sake of obtaining the fullest test, the researcher applied the Spearman Brown equation that it appeared that the amount of Spearman Brown reached (0.89).



2-5-1-Tribal Test:-

The tribal measurement of the research sample (control and experimental) was conducted at three in the afternoon of Wednesday 11/10/2021 in the closed hall of Diwaniyah and the Kufa Club.

The conditions related to the tests were installed in terms of location, time, tools used, method of implementation and the assistant team for the purpose of achieving the same circumstances or as close as possible from the conditions of post measurement

2-5-2-The Guidance Program:

To achieve the research goal of identifying the impact of the guiding program on the psychological pressures of the fighter club players (sitting), it is necessary to build a guiding program that is compatible with the nature of that goal. And the numbers of the guiding program, the researcher carried out the following procedures:

1. Determine the philosophy on which the guiding program is based.
2. In order to reach the individual to the aspiration of society and its institutions.
3. General goals in achieving the psychological pressure of volleyball players through the guiding program
4. Preparing a list of problems:

By analyzing the scale phrases, a number of problems were identified for the purpose of determining the guiding needs, and in light of this the following problems were identified:-

- 1- Weak self-confidence
- 2- Weak self-will.
- 3- Weak social interaction.
- 4- Weak self-confirmation

The sample calendar is made on three types:

1. The first calendar: It was conducted by the implementation of the counseling program, which is the tribal test.
2. Structural evaluation: It is summarized by conducting the evaluation process at the end of each session by asking some questions to the players while discussing their homework.
3. The final evaluation: It is summarized in the procedures carried out by the researchers after the start of the implementation of the guiding program



represented by the post -test to determine the change in the psychological pressures of the two control and experimental groups through the comparison between the grades of the tribal and post -dimensional measurements.

Table (4)
It Shows the indicative sessions and the date of their convening 2-5-3 The post test:

| N0 | session | Session title | Date |
|----|----------------------|---|----------------|
| 1 | First session | Editorial | 2021 /10/15 |
| 2 | second session | The importance of the psychological factor for athletes | 2021/10/ 18 |
| 3 | third session | The importance of the psychological factor for athletes | 2021 /10 / 22 |
| 4 | Fourth session | Explanation and explanation of the meaning of psychological approach and counseling | 2021 /11 /2 |
| 5 | Fifth session | Explain the importance of psychological pressure for players | 2021/ 11 / 10 |
| 6 | The sixth session | The state of lack or weakness of psychological compatibility | 2021 /11 /17 |
| 7 | The seventh session | Training to stop negative ideas | 2021 / 11 / 25 |
| 8 | The eighth session | Training in the skill of mental perception | 2021 / 12 / 3 |
| 9 | The ninth session | The importance of the self -confidence factor | 2021 / 12 / 11 |
| 10 | The tenth session | The ability to make decisions | 2021/12/14 |
| 11 | The eleventh session | Decreased psychological pressure in the volleyball game | 2021/12/18 |
| 12 | The twelfth session | The closing session | 2021/12/25 |

The post -examination test was conducted on Sunday, 4/1/2022, after completing the period of the non -directed counseling program, and the researcher was keen to provide the conditions of the tribal test and its procedures followed for the test

2-6- Statistical means:-

The data obtained was processed using the statistical method that is compatible with the study objectives to find out the results through the use of the statistical bag (SPSS).



3- Presenting, analyzing and discussing results

3-1 - Presenting the results of the differences in the variables under study for the tribal and post -postpones of the control group, analyzing and discussing them

Table (5) It shows the differences between the tribal and post -postpones of the control group in the variables under study Table (T) value at a degree of freedom (9) and a significant level of $0.05 = 2.26$

| VERABLE | Measurement Unit | pre-test | | post-tests | | T value | Level of significance |
|-------------------------|------------------|----------|-------|------------|-------|---------|-----------------------|
| | | M | S | M | S | | |
| psychological stress | Degree | 45 | 10.77 | 54.33 | 10.22 | 2.08 | Not moral |
| Passing from the bottom | Degree | 3.44 | 1.41 | 5.54 | 0.88 | 4.51 | moral |

In data extracted for members of the research sample, Table (5) shows the differences in the values of variables under study in the tribal and post -records of the control group. 2.26) At the degree of freedom (9) and the level of significance (0.05), which indicates the randomness of the differences between the tribal and post -records of the group control of psychological pressure, and this indicates that the level of tension for the control group has not changed between the tribal measurement and the post -measurement and the researcher explains that the training curricula of some trainers She did not pay attention to the indicative programs that address psychological factors, including psychological stress As for the scrolling test from the bottom, the calculated (T) value was (4.51), which is greater than the highly gratitude (2.26) at a degree of freedom (9) and the level of significance (0.05), which indicates the moral differences between the tribal and remote records of the control group, and this indicates it. The level of scoring was better in the postgraduate measurement of it in the tribal measurement, and the researcher explains that these differences that occurred were the result of the traditional approach prepared by the trainer, through repetition and repetition, and that the main axis training that can be achieved by the desired goals by reaching the sports individual to the best levels (Muhammad Ali Al -Qat, 2002, 83) Because any exercise is a positive return in the



level of skill performance if the nature of the exercise tends to develop performance

3-2 - Presenting the results of the differences in the variables under study for the tribal and post -test leaderships of the experimental group, analyzing and discussing them

Table (6) It shows the differences between the tribal and post of the experimental group in the variables under study

| VERABLE | Measurement Unit | pre-test | | post-tests | | T value | Level of significance |
|-------------------------|---------------------|----------|-------|------------|------|------------|--------------------------|
| | | M | S | M | S | | |
| psychological stress | Degree | 44.5 | 13.97 | 68.25 | 5.18 | 5.16 | moral |
| Passing from the bottom | Degree | 3.75 | 0.75 | 7.20 | 0.15 | 17.88 | moral |

Table (T) value at a degree of freedom (9) and a significant level of $0.05 = 2.26$

In data extracted for members of the research sample, Table (6) shows the differences in the tribal and remote records of the experimental group of psychological pressure and scrolling from the bottom and using the (T) test for the interconnected samples to extract the differences. (2.26) At a degree of freedom (9) and the level of significance (0.05), which indicates the moral differences between the tribal and post -records of the experimental group of the two variables, and this indicates a reduction in the level of tension and psychological pressure of the experimental group and the researcher explains that the sample regular training during the tipping program period and preparation The appropriate conditions for training, which indicates the effectiveness of the unwilling guidance program in controlling tensions and mitigating them for volleyball players (sitting) because they adopt scientific and realistic methods to interact with the players and employ their capabilities appropriately towards the goal of the guiding program based on the correct behavioral strategy and this is what (Ibrahim Abdel Sattar) confirmed a psychological method that tries to adjust behavior and control of mental disorders through infringement For the method of thinking and his perceptions for himself and his environment (Ibrahim Abdel Sattar and others, 1993, 342), and this is therefore reflected in the accuracy of performance because when the player is in a good psychological situation he will provide him with a good situation in the performance of the skill and planning side, and this was confirmed

by (Mahmoud Abdel -Fattah) Mental practice as a more effective cognitive strategy than non -practice and must be used in complementary ways with physical practice to give better results (Mahmoud Abdel -Fattah Othman, 1995, 243).

3-3 Show the results of the differences in the variables under study for the post-measurement of the two groups controlling and experimenting with and discussing them:

Table (7)

It shows the differences between the post -measurement of the two controlled and experimental groups in the variables under study

| VERABLE | Measurement Unit | pre-test | | post-tests | | T value | Level of significance |
|-------------------------|---------------------|----------|------|------------|------|------------|--------------------------|
| | | M | S | M | S | | |
| psychological stress | Degree | 54.33 | 10.2 | 68.25 | 5.18 | 4.20 | moral |
| Passing from the bottom | Degree | 5.54 | 0.88 | 7.20 | 0.15 | 6.42 | moral |

Table (T) value at a degree of freedom (18) and a significant level of 0.05 = 2.10

In data extracted for members of the research sample, Table (7) shows the differences in the postal measurement of the two control and experimental groups of psychological pressures and the accuracy of the scoring and the use of (T) test for the interconnected samples to extract the differences. 2.10) At the degree of freedom (18) and the level of significance (0.05), which indicates the morality of the differences in the post measurement between the two control and experimental groups and the benefit of the experimental group of psychological pressures and the accuracy of the scroll. From the above, we can say the effectiveness of the guiding program in controlling the relief of pressure and tensions from it for volleyball players, as there are differences of moral significance for the experimental group after the implementation of the guide program. Recalin the cognitive structure and is based on the assumption that psychological tensions are the result of non -adaptive thinking patterns. The counseling program used to rebuild these knowledge aspects related to lack of adaptation, as well as the use of the skill of stopping negative thinking in the guiding program, has been the great impact of changing the wrong beliefs that players face Likewise, many of the emotional responses and psychological



disorders, the most prominent of which are psychological tension, "largely depend on the existence of wrong beliefs that the individual shows about himself and the world surrounding him, and this is what is recognized by contemporary behavioral psychotherapy (Jamal Al -Khatib, Ali Al -Hadidi, 1996, 309) and for this We note that the method used in the guiding sessions has changed the players 'thinking towards the Positive thinking has been taught and trained to think positively. The guide program has proven its effectiveness, especially because it contains skills and techniques that have brought about a state of adaptation and psychological balance with psychological pressures and control that the players may suffer from and therefore this was reflected in the skill of the accuracy of the scoring and this helped to obtain The differences are clearly in the post measurement between the control and experimental groups and for the benefit of the experimental group.

4- Conclusions and Recommendations:

4-1 CONCLUSIONS:

- 1- The techniques and strategies used in the guiding program have an effective effect on modifying or pressures and psychological tensions of volleyball players from sitting.
- 2- The researchers found that there is a clear interaction among volleyball players with the guiding program, as it is a new scientific phenomenon
- 3- The need for volleyball players, especially those with special needs, to psychological counseling and guidance programs to help them reduce psychological tensions.

4-2 Recommendations:

- 1- Benefit from the extension program for the current research to conduct similar studies on players in other sporting events.
- 2- The necessity of holding qualitative lectures in reducing pressures and psychological tensions of volleyball players (sitting) through psychological counseling professors and sports psychology.
- 3- Activating the role of psychological counseling in all sports clubs in its preventive and therapeutic aspects.



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APPINDEXE (1)

It explains the vertebrae of the scale that was applied to the sample Dear player In front of you a group of phrases that you face that indicate your behavior in your gym and what you are required to:

1. To answer frankly and clearly by placing a mark () in front of each phrase that suits you (applies to me very much, applies to me in a large degree, applies to me to a moderate degree, applies to me in a small degree, does not apply to me at all). We would like to remind you that there are no correct answers and wrong answers. Every answer is correct as long as it expresses your opinion in yourself sincerely.

Note that your answer is only seen by the researcher and is used for scientific research purposes and there is no need to mention your name.

2. Do not leave any phrase without an answer to put a mark (one) in front of each phrase and we wish you this successful and successful occasion.

| 1 | Paragraphs | apply to me very much | applies to me in a large degree | apply to me to a moderate degree | applies to me in a small degree | does not apply to me |
|----|--|-----------------------|---------------------------------|----------------------------------|---------------------------------|----------------------|
| 2 | I feel completely relaxed before the match. | | | | | |
| 3 | My heart fails when I enter the stadium and has a large audience. | | | | | |
| 4 | My ethnic pants when I am subjected to embarrassing situations in the match. | | | | | |
| 5 | I feel comfortable when the coach speaks with me in my own affairs. | | | | | |
| 6 | On the day of the match, I feel very tired. | | | | | |
| 7 | I can make a quickly decisive decision in sudden situations. | | | | | |
| 8 | My appetite remains good even on the day of the match. | | | | | |
| 9 | I can remember the events in the match well. | | | | | |
| 10 | I often suffer from sleeping before the match. | | | | | |



| | | | | | | |
|----|---|--|--|--|--|--|
| 11 | I can imagine what can happen in the match before its beginning. | | | | | |
| 12 | I feel dry throat and pharm | | | | | |
| 13 | I feel the need to enter the bathroom for many times before the match. | | | | | |
| 14 | I feel my ability to accomplish the required duty at a high level. | | | | | |
| 15 | I feel happy when the coach or my colleagues guides me to my mistakes. | | | | | |
| 16 | I can focus my attention even when the match is running unplanned. | | | | | |
| 17 | I speak calmly and confidently with the ruling, even when it makes a | | | | | |
| 18 | I have a sleep disturbance before the match. | | | | | |
| 19 | I control all of my movements, whatever the situation is embarrassing or suddenly | | | | | |
| 20 | I feel I have enough energy to do the required duty | | | | | |
| 21 | I lose the ability to focus the more audiences. | | | | | |
| 22 | The distinction between the players in treatment by the coach is annoyed. | | | | | |
| 23 | It is easy for me to distinguish the minutes of things. | | | | | |
| 24 | My body temperature rises unusually when you are entrusted with a certain responsibility. | | | | | |
| 25 | I tend to extract hair (head, mustache, eyebrows, ... etc) or pass my touches on him with strength when I think about an important topic. | | | | | |
| 26 | A fight between the team's singularity causes me stomach pain. | | | | | |
| 27 | Prior to the match, I feel sudden muscles (cramps, cramps ...). | | | | | |
| 28 | I feel control and calm, even if you are at the opposing team stadium. | | | | | |



| | | | | | | |
|----|--|--|--|--|--|--|
| 29 | I feel pressure in my head as if to explode when he made something wrong. | | | | | |
| 30 | I feel exaggerated reactions to emergency variables. | | | | | |
| 31 | I find it difficult to focus attention when performing my duty in the match. | | | | | |

