

THE EFFECT OF SELF-CONFIDENCE EXERCISES TO RAISE THE PERFORMANCE LEVEL OF THE SMASH SERVE AND SMASH SPIKING SKILLS IN VOLLEYBALL FOR JUNIORS

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Abstract

The importance of research came through a statement of the role of self-confidence in the performance of the smash serve and smash Spiking skills, as well as the delivery of scientific information for trainers and workers in building a core base of the volleyball from small age groups on the role of these exercises and how to reduce fear and anxiety. The smash serve and smash Spiking of basic and important skills that changed many results in the current global tournaments when they are successful, how long the opponent side of the opponent is due to the defense of these two skills, but the difficulty of implementing it is in its first education or implementation, which is born, fear Trust in performance, this is a research problem.

The Research Objectives Were

- 1 - Preparation of self-confidence exercises to raise the performance of the smash serve and smash Spiking skills volleyball for juniors .
- 2 - Identify the effect of self-confidence exercises to upgrade the performance of the smash serve and smash Spiking skills volleyball for juniors.

The Most Important Conclusions Were:

1. The use of self-confidence exercises is important and fundamental to upgrading the performance of the smash serve and smash Spiking skills the volleyball for juniors.
- 2 - Training small age groups essential to raise confidence and learner in applying a difficult skill performance as the smash serve and smash Spiking skills the volleyball for juniors .

The most important recommendations:

1. Adoption of self-confidence exercises in training for small age groups as important and fundamental to upgrading the performance of the smash serve and smash Spiking skills volleyball for juniors .
2. Emphasize the training of small age groups is essential to raise confidence and learner to apply difficult skill performance as the smash serve and smash Spiking skills volleyball for juniors .

Keywords: Self-confidence exercises; smash serve ;smash Spiking .

1 -1 Introduction and Importance of Research:

Communities in promoting the scientific and educational aspect, which is the basic base of promoting learners from kindergartens until higher levels, as learners are equipped with the diverse and professional science that serves society through the construction of a learner generation in all educational, social and economic specialties On the sports side, concerned in building a sports base in various sports is a valid building and synthesis. Therefore, the psychology of Sanding Sciences on motor learning and athletic training to build highly confident sports and far from worrying and fear in performing any difficult skill and in a sports game. The volleyball game is why its audience and practitioners are a sports games in longing for their practitioners, especially difficult skills, including , smash serve and smash Spiking which needs high psychics, especially novices being afraid of failure and fall in implementation, requiring the development of exercise It increases psychological trust in its practice.

Hence the importance of research through the statement of the role of self-confidence in the performance of the smash serve and smash Spiking skills, as well as the delivery of scientific information for trainers and workers in building basic baseball from small age groups on the role of these exercises and how to reduce fear and anxiety.

1-2 Research Problem

The smash serve and smash Spiking the basic and important skills that changed many results in the current global tournaments when successfully successful, how long the opponent side of the opponent is to go back in the defense of these



two skills, but the difficulty of implementing it is in its first education or execution, which is born and confidence and not confidence In performance. Through the experience of humble researcher in volleyball and in the psychological side there was weakness in performing my smash serve and smash Spiking skills because of the lack of confidence arising from fear and anxiety. These two skills

1 -3 Research Objective

- 1 - Preparation of self-confidence exercises to raise the performance of the smash serve and smash Spiking skills
- 2 - Identify the effect of self-confidence exercises to upgrade the performance of the smash serve and smash Spiking skills .
3. Differences in the results of tribal and diminishing tests and the groups of the control and experimental in upgrading the performance of the smash serve and smash Spiking skills.
4. Identify the differences in the results of dimensional tests between the control and experimental groups in upgrading the performance of the smash serve and smash Spiking skills .

1-4 hypotheses Research:

1. There is a positive impact of self-confidence exercises in upgrading the performance of the1. There is a positive impact of self-confidence exercises in upgrading the performance of the smash serve and smash Spiking skills.
2. There are significant differences between the results of tribal and post- tests and for both control and experimental groups and prompt tests in upgrading the performance of the smash serve and smash Spiking skills
3. There are significant differences in the results of post - tests between the control and experimental groups and the benefit of the experimental group in upgrading the performance of the smash serve and smash Spiking skills. .
4. There are significant differences between the results of tribal and diminishing tests and for both control and experimental groups and prompt tests in upgrading the performance of the smash serve and smash Spiking skills
5. There are significant differences in the results of dimensional tests between the control and experimental groups and the benefit of the experimental group in upgrading the performance of the smash serve and smash Spiking skills



1-5 Research areas:

1-5-1 Human field: juniors players in specialized schools in the volleyball of the Directorate of Youth and Sports Branch of Basra for the year 2020/2021 .

1-5-2 Time domain: represented by the time period from 9 / 11 / 2020 TO 13 / 1 /2021.

1-5-3 The spatial domain: Volleyball center for Youth and Sports Basra / .aboalkaseeb.

2 - Theoretical studies:

2-1 Self -confidence:

"Self-confidence is one of the basic personality attributes, and this attribute is not limited to a specific area of adaptation, but is associated with general adjustment areas, and Gilford has reached this outcome. Is linked to behavior, and assumed that self-confidence belongs to the group of factors representing positive and negative trends towards things, and about himself and towards the social environment (Amin alkhuli& Mahmoud Annan: 2001)

3- Research methodology:

The researcher used the experimental approach with the design of equivalent and experimental control groups to address the search problem and achieve its objectives.

3 -1 Society and sample of research:

Select the search community forbidden players in specialized schools Department of sports talent for youth and sports branch of the Basra branch for the year 2020-2021. The sample of the 20-player research was chosen and 50% of the research community, the sample was divided into two groups in the random manner (an officer and conflict), which amounted to each group 10 players, and the samples were housed within each group and equivalent of the two groups and as in Table (1)



Table (1) The homogeneity and equivalence of depressions and experiments in research variables

Tests & Measurement	Control group			Experimental group			T value	Sig
	M	S	d/f	M	S	d/f		
Age/ year	8.245	0.564	6.48	8.654	0.687	7.938	1.381	Indulgent
Mass/ kg	25.245	1.245	4.931	25.64	1.356	5.288	0.644	Indulgent
Length/ cm	120.32	3.245	2.696	120.47	3.654	3.033	0.093	Indulgent
Self-confidence degree	80.235	2.654	3.307	80.45	2.457	3.054	0.179	Indulgent
smash Spiking degree	10.256	0.451	4.379	10.541	0.653	6.194	1.079	Indulgent
Smash serve degree	11.254	0.654	5.811	11.325	0.478	4.22	0.262	Indulgent

(T) table valued at the level of 18 and under the level of signal $0.05 = 1.734$

3-1 Means of collection of information, tools and devices used in research:

- Arab and foreign sources.
- Tests and measurements used.
- Scientific observation.

3-1-1 Tools and devices search used:

- Volleyball court legal.
- Airplane balls (10).
- Medical balance.
- Tape measuring length (10) meters.

3-2 Field research procedures:

3-2-1 Determination of search variables:

The researcher identifies the search variables of tests and measurements of self-confidence in accordance with previous sources and references.

1-Self-confidence scale: The measurement of Robin (Osama Kamel: 2011)" and included (13) Poverty TRAI 1986A list of trying to measure self-confidence in sports "and aware where (Robin Violi: 1986) is designed to try to measure self-confidence Sport Condense Inventory", there is an important deportation of the achievement and consists of (13) phrase, the dynasty responds to measuring 9 points in terms of specifying the degree of self-confidence that is generally

competing when competing In the past field, compared with another player, whether in his frank or in another team, with the highest degree of self-confidence in general, and (Mohammed Hassan 1995) has been translated and entrenched.

Registration: Either an expense of self-confidence in the two examiners is through the collection of paragraphs whenever the sum of these Great Degrees approaches (117) as much as it has more self-confidence and vice versa. (Khaleda Ibrrahim: 2010)

3-2-2 Tests Smash serve & smash Spiking :

3-2-2-1 The accuracy of the Smash serve in volleyball : (Ahmed Abdel Moniem & Moammed Sobhby : 1997)

- The objective of the test: - Measurement of long accuracy serve.
- Tools: - volleyball court, balls,
- Performance Specifications: - From the place for serve, the player performs serve of about half of the other stadium so that five parts of the region and ten for the region (b) and ten third of the region.
- Registration :-
- Three points per true serve fall in the ball inside the selected box.
- Two points for each serve are true in which the ball is located inside the square next box.
- Top degree for testing (45) degrees

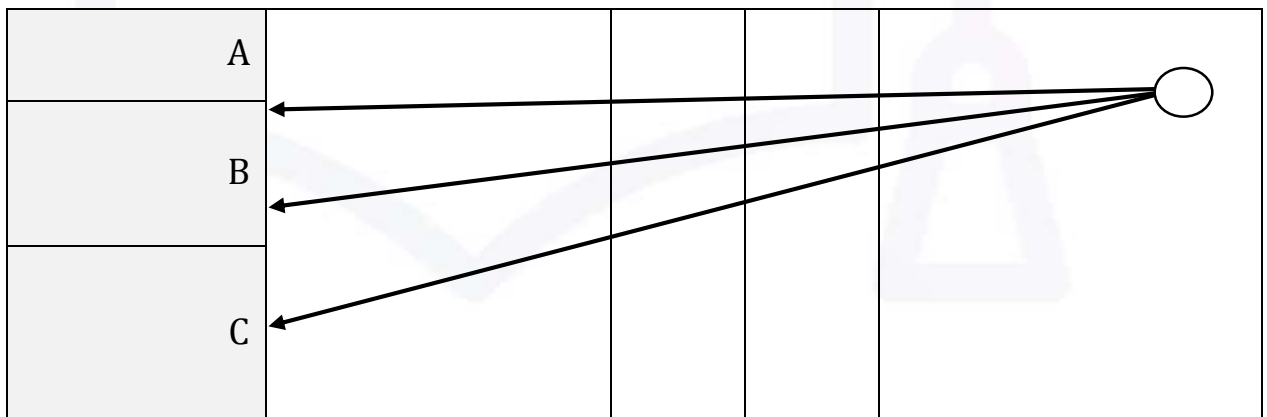


Figure (1) demonstrates the test accuracy of the serve performance of the ball

3-2-2-2 Test the skill of smash Spiking in volleyball (6: 60: 2019) (7: 209:1996)

Testing: Precision measurement for smash Spiking skill



Used tools: ball launcher, legal volleyball playground, volleyball (5) and colored bar to divide the opposite pitch as shown in the following format.

Performance Specifications: The player performs the skill smash Spiking from the 4th center. The balls are preparing its balls from the Center (3) and the player is testing skill.

Performance Terms:

- For each player (5) consecutive attempts on the area (A)
- For each player (5) consecutive attempts on the area (b)

Registration:

- (4) Points for each smash Spiking blow where the ball is located on the area (A) or (b)
- (3) points for each smash Spiking strike where the ball is on the planned area
- (2) Points for each smash Spiking where the ball is located on the area (a) and (b)
- (0 zero) for each smash Spiking falls outside the stadium.
- total degree for each area is (20) degree where the Great Class of the two regions (A) and (B) are (40) degrees

3-3 Exploratory experience:

The researcher conducted a reconciliation experience on (9/11/2020) on some of the original sample to see the appropriate exercise for sample personnel by applying some exercises and the assurance of exercises used to know the severity, size and convenience required for its performance.

3-4- Scientific principles for tests:

The testing of scientific foundations, stability, stability and objectivity was approved and applicable in previous research and studies.

3-5 Mean experience:

3-5-1 Tribal tests and measurements: Tests and tribal measurements were conducted on 16/11/2020

3-5-2 Self-confidence exercises used:

Suggested exercises are prepared using routes that raise self-confidence in addition to encouraging exercises, and exercises were applied for (8) weeks(appendix 1) . The exercises were applied in the main section of the main

trainer's program for the Trial Group. The control group was adopted on the trainers' exercises.

The severity (80-90%) ranged using the high-fatty training method and the volume was adopted according to time and rest by pulse, exercises were applied from Duration 17/11/2020 and to 12/1/2021

3-5-3 post- tests: Tests and tribal measurements were conducted on 13/1/2021

3-6 Statistical means: The SPSS system has been used to process:

- Accounting circles - standard deviations - Difference coefficient - test (T) for interrelated samples - test

3- View and Discussions:

3.1 View the results of tribal and post-tests of the control group and discuss them:

Table (2) The calculation and standard deviations and value (T) are calculated for tribal testing of control group

Skill Tests	pre-test		post-tests		Standard error	T value	Level of significance
	M	S	M	S			
Self-confidence degree	80.235	2.654	82.68	0.657	0.698	3.502	moral
Smash serve	10.256	0.451	12.65 6	0.654	0.557	4.308	moral
Smash Spiking	11.254	0.654	13.98 1	0.475	0.744	3.665	moral

(T) table valued at the level of(9) and under the level of signal 0.05 = 1.833

Table (3) The calculation and standard deviations and value (T) are calculated for tribal testing of Experimental group

Skill Tests	pre-test		post-tests		Standard error	T value	Level of significance
	M	S	M	S			
Self-confidence degree	80.45	2.457	84.678	0.678	1.224	3.517	moral
Smash serve	10.541	0.635	12.236	0.867	1.2241	3.783	moral
Smash Spiking	11.325	0.478	15.478	0.478	1.056	3.932	moral

(T) table valued at the level of(9) and under the level of signal 0.05 = 1.833

Table (4) Explains the dimensional values between the experimental and control groups in the tests used

Skill Tests	Control group		Experimental group		T value	Level of significance
	M	S	M	S		
Self-confidence degree	82.68	0.657	84.75 6	0.678	6.611	moral
Smash serve	12.656	0.654	15.23 6	0.867	7.127	moral
Smash Spiking	13.981	0.478	15.47 8	0.687	4.384	moral

(T) table valued at the level of(18) and under the level of signal 0.05 = 1.734 Through tables (2) and (3) and (4) show us that the experimental and control groups have improved the basic skills of the Smash serve and smash spiking, as the values were calculated in per- tests better than in tribal- tests and this indicates there Moral differences between the two tests.

For the control group, its improvement has been improved and developed to the use of appropriate exercises and the sample regularity in the application and continue to apply exercise which continuous training and this will certainly help develop and improve the real mathematical success through the combination of knowledge and practice of activity and it is necessary to meet every mathematical information and knowledge Which belongs to the game they practice and it is not reasonable if the individual exercises activity and confidence without an ammunition of knowledge helps him on this and the "cognitive aspect may be the decisive dimension between an individual and another."(Amin alkuli : 2001). As of "The goal of the sports training process is to reach the mathematical individual to the highest level of mathematical achievement or activity in which the player is allocated." (Marwan Abdel Majid & Mohammed Jassim Al-Yasri, : : 2010)

For the experimental group, its improvement and development of essential skills as a result of the use of induction in the psychological side, which is self-confidence through exercises, self-confidence. Neighborhood on tapes his confidence, and the ideas," feelings and behavior are affected by each other, whenever performance distinguishes more confidence, increased feeling and confidence. " (Osama Kamel : 2011)

The nature of exercise has also been competitive atmosphere and this also increases self-confidence in performance as these exercises lead to keeping away from the state of indifference as the player has the best performance to compete with his colleague and this will enable him to try to overcome his colleague, and in this confirms ("Competition is contributing to a voluntary contribution to the development of individual capabilities and developing its skills, and that of the Conditions of Learning Current Education for Skill, if education is in the contest template) (Nahedah Abd Zeid : 2011)" Training for small groups raises its future confidence and this is an essential condition for promoting the level of novice players", which works to "improve education and face, for the preparation of a conscious generation that is comprehensive and creative, instead of receiving the information and does not know how to solve it Its advantages are easily and accurately in detail, for a group of ideas and organization questions followed by the teacher when teaching creative and critical thinking skills (Abdul Rahman & Taha Ali : 2008).

4- Conclusions and Recommendations:

4-1 CONCLUSIONS

1. The use of self-confidence exercises is important and fundamental to upgrading the performance of the smash serve and smash Spiking skills volleyball for juniors.
- 2 - Training small age groups essential to raise confidence and learner in applying a difficult skill performance as the smash serve and smash Spiking skills volleyball for juniors.

4-2 Recommendations

1. Adoption of self-confidence exercises in training for small age groups as important and fundamental to upgrading the performance of the smash serve and smash Spiking skills volleyball for juniors.
2. Emphasize the training of small age groups is essential to raise confidence and learner to apply difficult skill performance as the smash serve and smash Spiking skills volleyball for juniors .

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APPINDEXE (1) A model of exercises used Week: First Hardness: 80%
Training Module (1) Total Exercise Time: 30-32 minutes

chapter	Time mint	practice	size	Rest	
Mean	4.00	1- Self-confidence exercises are encouraging and displaying images and application form for smash serve and pinking	2×2	Between duplicates	Between groups
	1.54	2 - smash serve areas on land painted on the ground.	2×10	120-130 HR/M	120/110 HR/M
	1.33	3. The player performs the skill of the smash pinking at the Center No. (1) towards the Center No. (5) at the Stadium	3×8		
	1.27	The player performs the skill of the smash pinking at the Center No. (1) towards the number (6) at the opposing stadium	2×5		
	1.11	Performance serve between players in competitive way.	3×10		