

ANALYTICAL STUDY FOR THE PSYCHO-PHYSIOLOGICAL DISORDER AND ITS RELATION TO THE PERFORMANCE SKILL FOR THE HANDBALL PREMIER LEAGUE PLAYERS

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ABSTRACT

The sport competition is considered the main place where the player physical, physiological, technical, skillful, psychological ability is showed, and also his readiness to achieve the winning in a contest ruled by the game rules and often these sport competitions characterized with the appearance of the high nervous tension and anger that reflect on the players, as the physiological and physical readiness are considered as a main two circles of the good player preparation series, and both of these series affect the one another negatively and positively. The preparing of the player for a high level on the psychological, physical, physiological arena, create a case of the physical stability and self and movement control, later it create heavy desire and the high readiness to join the contest and overtake the difficulties that the players can face, and the physical case can be affect the psychological case and vice versa under the normal circumstances for a adapted stable personality, these two researchers used the Premier League handball players that their number is (64) player so the research sample formed percentage of 33,33%. From the community ratio and they used a psycho-physiological and skillful tests for the handball and the relation between them, and the researchers reached a moral relation between skill and the psycho-physiological variables.

KEY WORDS: HANDBALL, PSYCHOLOGY, PHYSIOLOGY, TRAINING.

INTRODUCTION AND THE IMPORTANCE OF THE RESEARCH:

The sport competition is considered the ideal arena where the player's physical, physiological, technical, skillful, psychological ability, as well as his readiness to win in a contest ruled by the game rules can be displayed. Often these sport competitions are characterized by the appearance of the high nervous tension and anger that are reflected on the players, as the physiological and physical readiness are considered as the main two circles of the good player preparation series, and both of these series affect the one another negatively and positively. The preparing of the player for a high level on the psychological, physical, physiological arena, creates a case of the physical stability and self and movement control, later it create the heavy desire and the high readiness to join the contest and overtake the difficulties that the players can face, and the physical case can be affect the psychological case and vice versa under the normal circumstances for a adapted, the psycho-physiological readiness is one of the main important essential components in the training unit without them it is impossible to achieve the winning, so the psychophysiology science in the sport is counted of the most important information that accessed the sport arena, and that has the huge share in reaching the player to the highest by using the best ways that make him in the best of his psychological and physiological condition so he can face the contest, as the handball game need to the psycho physiological preparedness so the performance of the players can develop during the game, the handball game is considered one of the contest game that involve the direct confrontation between the players and one of the factors that recognize the handball player is his psychological, physiological, physical, cohesion during carrying out the skill to achieve an attacking plan and make a point against the other player. Hence, the research importance came by introducing the accurate scientific information for some psycho-physiological disorder that resulted from the psychic reaction that affects the human

body so it is important for the player to access the competition with the best available amount of the psycho-physiological competence, so he can face the hardness and the difficulties of the game.

THE RESEARCH PROBLEM:

Human body is considered as a mean between the outer environment and the self as a psychological entity. Disorders, emotions and the stress lead to imbalance in the body and psycho-physiological disorder as a reaction to the physical, psychological, physiological variables. The body affects the psychological mood and the behavior. Also the emotional mood affects the body and the body organs. This is showed in the relation between the reactions and the nervous system that these reactions go to by the (hipotlamous) and the autonomic nervous system that translates the tension conveyed to it into psycho-physiological variables. The poor psychological preparation will bring about fear and anxiety for the players. This will be reflected on the player's skillful and physical and psychological performance. Poor physical preparation will bring a feeling of incompetence in doing the correct performance which would be reflected negatively on their psychological stability and the mutual affection between them. The problem here will be specified in tackling the level of the psycho-physiological symptoms and on the performance skills for the Premier League handball player as well as the nature of the psychological shape and the performance of the handball players.

The research objective is to recognize the levels of psycho-physiological disorder the Premier League handball players, the results of skill tests for the Premier League handball players, and the relation between the psycho-physiological symptoms and the performance of Premier League handball players. We would like to clarify what the psycho-physiological disorder term means, the symptoms that appear on the players such as; tension, stomach disorder, the blood and respiratory circle, and sleep disorder. Or they are a group of a the psycho-physiological disorders which are the result of number of psychological factors which symptoms take bodily or organic forms (Mohammad Hassan Alawi, 1988, 24).

METHODOLOGY:

The researchers used the descriptive method by using the survey for its suitability with the research objectives, nature of the problem. The main objective of the descriptive researches is describing the variable as it is in the present time without interference from the researcher (Adnan Awadh, 2008, 18)

THE RESEARCH COMMUNITY AND SAMPLE:

The objectives that the researchers put in their research and the Procedures they used will explain the nature of the sample they will use (Raysaan Khraibet, 1987, 41). So, the research sample was chosen purposefully from the Premier League handball players amounting the number of (64) players. Therefore, the research sample reached 33, 33% from the research community.

THE PSYCHO-PHYSIOLOGICAL DISORDER SCALE:

The Psycho-physiological disorder scale was used for the player who was prepared by (Mohammad Hassan Alawi 1978, page 194-195) Annex no (1), that consists of (40) items a (30) of them were specified for the scaling of the negative case and (10) were specified for the scaling of the positive case and the paragraphs (4,8,12,16,20,24,28,32,36,40) and the answer is made by choosing one of the a lot replacements nod these paragraph are (a lot, little, never happened) and when correcting the scale acre should be made for the three positive responses in the case (never happened) and two points for the case (little) and one point for the case (a lot).

THE SKILLFUL TESTS FOR THE HANDBALL PLAYERS:

1. THE TARGETING TEST IN THE HANDBALL:

(The accurate targeting from??/ and head level ball) (Samir Yosif Mit'eb 2004, page 133) the aim of the test is to measure the targeting skill. The player does this by two steps or three the standing on the line (seven) meter and aim at a squares of the accurate target of the head level till it is sent three times balls on each square of these squares simultaneously. The laboratory register the numbers of tries result from the targeting, that the ball access these squares.

2. HANDLING AND RECEIVING TEST

The handling from the head level to the wall level for a (30) seconds in a distance of (3) meter. (Samir Yosif Mitieb) , the purpose of the test is to measure the handling skill. The player stands in front of a line drawn on the ground for distance of (30) seconds. The correct number of the handling of the ball to the wall is counted and the receiving of it only.

THE RESEARCH MAIN EXPERIMENT:

After completing the scientific requirements of the scale , the researchers carried out the research by handing out the psycho physiological measurement forms besides the skill tests for the (targeting) and the (handling and the receiving) from 10/2/2014.

DISPLAYING AND DISCUSSING OF THE RESULTS:

The display of the psycho-physiological level results for the Premier League handball players.

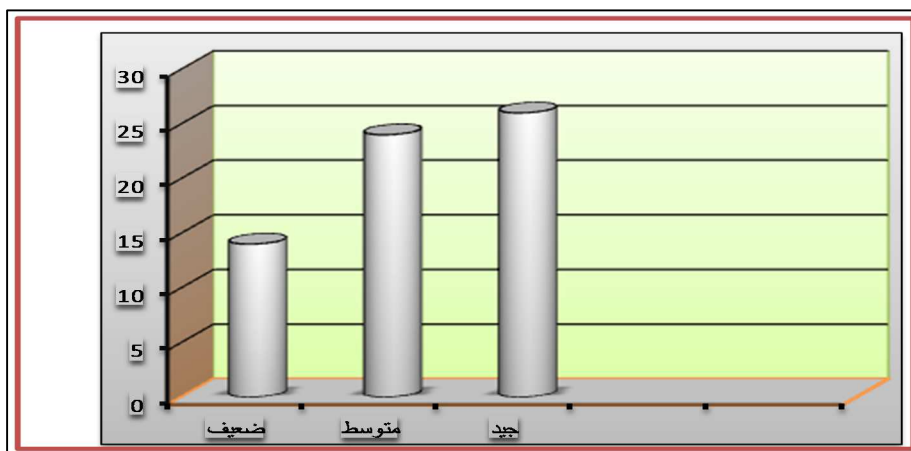


Figure (1) the psycho physiological scale levels

Table (1) between the raw degrees, levels, number, percentage, for the psycho physiological scale.

PERCENTAGE	NUMBER	LEVEL	RAW DEGREE
% 21,875	14	WEAK	93.34 – 120
%37,5	24	MODERATE	66.68 - 92.34
%40.625	26	GOOD	40 – 65.68

Between the no (1) table, the (weak) level at the raw degree (21,875 %) as the layers number reached in this level is (14) player in a percentage of a (% 18.03).

This table also clarifies the (moderate) level at the raw degrees from (92.34 - 66.68) as the player number reached (26) player in a percentage of (%40.625). The reason for this poor level, is for the psycho-physiological disorder case of the coach as a result of his important role in moving the practicing operation and direct it toward achieving a goal actively, as the coach is the responsible for directing and motivating the players and increase the physical, skillful, planning, psychological level in a perfect way, and providing all the appropriate materialistic, psychological possible conditions, therefore all these responsibilities is given to the coach obligatory, as he must have the ability to hold the responsibility and to work accurately otherwise, the affect will be negative on the player specially the unprofessional player who is the most facing to the bad consequences, and because of not caring about the practicing method (poor planning, and poor program application), specially at the period near to the contests and with the use of fearing factors against the players by the coach to achieve a certain goal, all these factors are producing a psychological affects that increase the tension of the player specially before the contest. And here (Amaar Abdul Rahmaan) referee that practicing operation that reflect on the players specially, therefore the coach must be patient in the difficult situation and to face the anger with

quietness and patience and the coach must feel the players anger as the anger create a kind of sensitivity and tension between the coach and the player and result to the hard feeling and animosity (Amaar Abdul Rahmaan Qabaa). The sport medicine, 1999, page 32), and as to the appearance of the moderate level of the psychological disorders, they are coming from the coach who is planning the good practice for the physical, skillful, planning attributes and ignoring the physical mood that make inseparable part of the training case, as the coach focus on achieving the high performance by using ways and new developing methods, but because the coach doesn't take care of the players and his co-workers, and also don't care about his work to improve the relation with them, as the player is facing a lot of a troubles out of the sport arena such as a studying, emotional problems. All of the above things will force the coach to understand the players conditions and work to harden the relation with them. in this regards, (Jalaal Al- Abaady) mentions that leadership is a social case came from a joined interaction of the human existence, as the joined existence for the human create the need to adjust and organize the relation that originate by the social interaction operation, and especially in the coach work as a father and a teacher, as the sport provide a huge ways of the interaction and social cohesion and the showing sound value, (Jalaal Ubaid et al., 1989, p. 66) As for the good level, it is a natural result came from the care of the players on the hard and accurate work for achieving the goals.

So, we find the role the coach is taken which is making two cases, the first one is to deal with each player as an independent unit and different from the other player, as the education and learning and the habits, mood, human nature, ways of thinking in these things, are considered the secret of the hardness of the training operation, as it is difficult to find to persons even the twins are agreed in every things and the second point is forcing the coach to deal with the team as a one organized entity existed in all of its abilities and energies despite what he contain from a contrast and difference trying to launch these energies toward the existed targets, therefore the coach must have a leading skills help him in achieving the training operation affectively. And here (Mufti Ibraheem) that the sport training operation and its success depend on the basis of the availability of the specified attributes, abilities, skills in the coach (Mufti Ibraheem Hamaad,1998,27).

And by these skills, the coach will be able to deal with each person and try to develop his personality by the good physical qualifications as well as the psychological attributes that activity need. This is what (Mufti Ibraheem, 1998, page 234) in describing him the personality as a (dynamical organize inside the person for the psychological-body organizing that specify the interaction and the nique rhaviour with the environment). And also he assured that the achieving of a high level of the sport arena require a specified degrees of the personality attributes as with the contentious environment are characterized in difference from the other environments.

ANALYZING AND DISCUSSING THE FACTORS OF THE SKILL OF THE RECEIVE AND HANDLING BY THE HANDBALL.

Table (2) clarifies the arithmetic mean and the standard deviations for the skill tests.

NO	THE TEST	THE MATHEMATICAL AVERAGE	THE CURVED CRITERION
1	the handball targeting test	4,796	1,197
2	the receive and handling test	25,953	2,756

We notice from table (2) the value of the mathematical average for the targeting accuracy skill for the Premier League handball players, this average has reached (4,796) and a curved criterion at (1,197) that refer to the most of the research sample person's results, were good. And this is clear by the mathematical average they have achieved, and the researchers attribute these results because that they are matched with the increase of the technical performance level of the game, as the players were from the Premier League.

The technical performance the handball is considered as the player's ability to use the physical, psychological, moving, planning aptitude, in match with the needs of the contests according to the personal and group performance in performing the duty depending on the experiment and the knowledge, also it is counted a basic part in the sport training operation and the player perfect achieving of the work (Qassim Hasan Husain, 1998, page 590) and as to the handling and the receive skill their mathematical average were (25,953) and their standard deviation is (2,756) and it is an indicator for the improve of the performance in this skill and it is a normal

matter and natural lead to the achieved performance by the players and the training under a simple circumstances and fixed , and also the gradual in the performance speed and repeat in for a lot of times as long as the load of the training is matched to the player ability besides the change in the training circumstances and as what is similar to the contest performances.

SHOWING AND ANALYZING AND DISCUSSING THE PSYCHO PHYSIOLOGICAL SCALE AND ITS RELATION WITH THE PREMIER LEAGUE HANDBALL PLAYERS.

Table (3) shows the arithmetic mean and the standard deviation and the joining factors for the scale of the psycho-physiological and the performance skill.

THE STATISTICAL INDICATOR THE VARIABLES	THE MATHEMATICAL AVERAGE	THE STANDARD DEVIATION	THE COUNTED (R) VALUE	THE STATISTICAL MEANS
For the psycho physiological disorders	93,968	12,339	0,409	moral
the targeting by handball	4,796	1,197		
The receive and the handling	25,953	2,756	0,321	

It is to be noted here that the (asgi) value for the psycho physiological variable has reached and the targeting (0,001) and for Psycho-physiological and receive and the handling (0,010)

The current study resulted in the finding that there is a moral connection between the psycho-physiological disorder and the performance skills. This confirms the importance of the psycho physiological variables as a result of the physical variables in the different game condition as the psychological stability reflects positively on the human body and also on the skilled variables, that help increasing the level of the handball game performance,, as this game player is moving his hand after during and before the match and head case is recognized with some psycho physiological psychological symptoms that recognize it from the other cases, and also each case of the different game cases is affecting in ascertain case on the sport man performance level (Dhiyaa Khai-aat and Nawfaal al-Haaie, 2001, p.66). As this case will lead to increase the nervous irritation in in a different centers of the central nervous system besides the weakness in the depression operation that lead to slowing or stopping the nervous irritation that reflect negatively on the player performance (Qassim Al-Mandalawi and Wajeih Muhij).

CONCLUSION:

The research sample has obtained three levels the psycho-physiological scale: (weak-moderate-good). The skilled tests, on the other hand, obtained a good results as the mathematical average for the targeting accuracy for the Premier League handball players have reached (4,796) and a standard deviation at (1,197). Secondly, the receive and handling skill mathematical average was (25,953) and its standard deviation was (2,756). There is a real connection relation between he psycho-physiological and the targeting and the receiving in handball. The researchers recommended the importance of focusing on the psychological issues for the players that reflect the reaction of the physical, skilled variables in a positive way by the development occurring to them in the training units and during the matches, the researchers recommend giving enough time the training units to the skilled side in the handball game as the extra time give a role in enhancing the player level of performance- the researchers also recommend to carry out a similar researches for another games.

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APPENDIX NO (1)

The psychological disorder symptoms scale:

TERM NO	TERMS	A LOT	LITTLE	DON'T HAPPENS
1.	a feel of tiredness in your body			
2.	drink water a lot			
3.	feel an internal tension			
4.	almost quiet			
5.	notice the increase of the swatting in the hand			
6.	easy to be angry from things counted in other days silly			
7.	feeling dizzy			
8.	can sleep as usual			
9.	feeling pain in the head			
10.	feeling of shake in some of your body limbs (hands, legs)			
11.	getting upset if some of your requests were refused			
12.	feel optimistic			
13.	feel afraid from the injury during the game			
14.	feel an extra heart beats			
15.	feel that your nerves are tense			
16.	feel that you are in a best mood			
17.	get upset when the coach advise you to arrange some plans set before			
18.	get a pressure in your stomach			
19.	feel that you are instable			
20.	accepting the blame from the other in a friendly manner			
21.	get insomnia sometime			
22.	get upset and angry for the smallest things			
23.	your appetite to eat is lesser than usual			

24.	you are stable and care free			
25.	feel an extra heart beats			
26.	feel anxious			
27.	feel depressed			
28.	feel that you are motivated			
29.	feel some pain in your body			
30.	extra breathing			
31.	can not concentrate			
32.	extra food appetite			
33.	feel pessimistic			
34.	feel of a dry mouth			
35.	feel a head ache			
36.	can listen to the troubles of your friends without anger			
37.	feeling sensitivity toward the blame			
38.	a lot of urinating			
39.	feeling depressed			
40.	normal breathing			

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