

# THE PSYCHOLOGICAL SECURITY AND ITS RELATIONSHIP WITH THE PERFORMANCE OF SOME OFFENSIVE SKILLS IN VOLLEYBALL FOR STUDENTS OF FOURTH STAGE /FACULTY OF PHYSICAL EDUCATION

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## Abstract

The need for the psychological security is more important than any other need and comes in the forefront of the psychological needs after the physiological needs that represented by Maslow in the form of pyramid-shaped with seven needs and so the psychological security is necessary for the player as the "psychological stability is a requirement for competition and represented by the psychological security of the player, as the psychological security is considered an important condition that must be met for the player not to ensure the relationship with the coach, but to ensure satisfaction and motivation towards the practice of physical activity. The psychological security is one of the psychological manifestations that facing players in the current era which overfilling with complexities and problems and requirements and the pressures of everyday life, which is "the issue of overlap between the concept of security and a sense of lack of fear and a sense of satisfaction and psychological comfort as the person which is psychologically secure is the one who feels that his needs saturated and that the basic ingredients of his life is not at risk and human which is psychologically secure is in equilibrium and self -compatibility. From the above, the importance of the current research lies in the identification of the psychological security and its relationship with some offensive skills of volleyball, as well as to identify the relationship between him and some of the basic skills of volleyball, as the player who is psychologically secure has a good health and balanced personality and this helps to prepare the player to perform the skills well to reach the best level far from the kinds of stresses that inherent the training process, so the researcher depended on the psychological security scale and applied it on a sample of the volleyball players have reached the psychological importance of the security of the player and reached to the importance of the psychological security of the player and its reflection on the level of the skilled and tactical performance

**KEYWORDS:** Psychological Security. Offensive skills. Overwhelming beating. Transmitter.

## 1. INTRODUCTION

The volleyball game considers one of the grouped interesting games that favorable for kids and adults because of its inherent effects and speed and suspense as a result of the development the level of players physically, skilled , and tactical and psychologically, as it requires a highly perfection of the individual basic skills on one hand and to coordinate the work with the same team members on the other hand, the skilled performance of the good athletic games is a common result of many factors that reach the performance to the highest level, such as the work of the coach and officials on sporting activities and the necessary supplements for the training process and the healthy environment and the mental state of the athlete and other factors, and the psychological aspect considers one of the complex factors that coach or others cannot control on it as being one of the internal factors of the player character , and may see some players feel the lack of psychological security highly which has an effect on the technical level of and the precisions performance, and causes decrease in the skilled and physical energy level.

The psychological factor in the sporting field considered one of the basic components of the science of training and that so any training period no matter how long can not be useful without the intervention of the psychological conditions in it which has a positive influence on the skilled and tactical performance of the team , the psychological security factor is one of the foundations which helps students to perform skills properly which reflecting the required benefit and in a positive direction, the researcher noted as he is coach at the College of physical Education that there is weakness in the skilled and tactical performance of the students of the fourth stage of volleyball which will reflect negatively on the training of generations of leaders in schools also noted attention with the physical and

skilled training without paying attention with the psychological aspect of the skill, which is the closest way to get to the good level of the students.

**Aim of the research:** To identify the relationship between the psychological level of security and performance of some offensive skills in volleyball.

**Research hypothesis:** The presence of statistically significant relationship between psychological security and performance of some offensive skills Volleyball 1.

## 2. MATERIAL AND METHODS

The researcher used the descriptive method by two methods of connective relations due to its suitability with the nature of the research

**The research sample:** The research sample included on the (30) students from the fourth stage at the Faculty of Physical Education, University of Diyala that have been chosen randomly .The percentage of the research sample (44.46%) which is suitable to represent the research community in a real and honest representation ratio.

**Search procedures:** The researcher conducting skilled tests and answering on paragraphs of the psychological security scale on Sunday 16/02/2014 at the Faculty of Physical Education Hall, University of Diyala as it has been answered to paragraphs of scale which amounting to (25) paragraph which is gradated into three gradients (yes, no, not sure) as shown in attachment (1), then the sample perform the skilled tests in volleyball which is about two tests (the overwhelming beating, the transmission from the top or bottom)

## 3. RESULTS AND DISCUSSION

To achieve the first objective of this research, which aims to identify the level of psychological feeling of security among students of the fourth stage of volleyball, the researcher founded the differences between the arithmetic means and the premise mean of the results by using the R test of one sample as shown in Table (1)

**Table 1: shows the mean and standard deviation of the research sample in the psychological security**

The statistical indicators The researched variable	The arithmetic mean	The standard deviation
Overwhelming beating	21.860	1.996
Transmitter	6.320	1.585
Psychological security scale	62.070	5.656

Through tables (1) note that the arithmetic mean of skill of overwhelming beating was (21.860) and the standard deviation of (1.996) as the arithmetic mean of transmitter (6.320) and the standard deviation of (1.585) while psychological security ; the arithmetic mean reached to (62.070) and the standard deviation of (5.656)

Displaying the results of the relationship between the psychological security and the two skills; overwhelming beating and transmitter by volleyball analyze and discuss them.

**Table 2: shows the relationship between the arithmetic mean and standard deviations and the value of calculated (r) for the research variables and the level of significance.**

variables	A	SD	The calculated value of (r)	The tabulated value of (r)	Significance
the psychological security	62.070	5.656	0.390	0.395	Non -significant
The overwhelming beating	21.860	1.996			
The psychological security	62.070	5.656	0.289	0.381	Non - significant
The transmitter	6.320	1.585			

From table (2) note that the value of calculated (r) reached to (0.390) which is smaller than the tabulated value (0.395) which means that the relationship between psychological security and skill of overwhelming beating is insignificant at the degree of freedom (29) and with the level of significance (0.05), the negative relationship means that the student is unable to perform the skill very well because of the lack of a sense of security during performance of skill and fear from the surrounding circumstances, such as increasing the height of the network and the presence of bulwark of the opposing team as well as a small volleyball court and the lack of reaching the student to the good technique because this skill one of the hardest technical skills of the game and the motor performance requires

continuous training modules with practice and repetition, and this agrees with what is said by (Kamel Taha Alwis) ; mastering athletic skills would affect and be affected by the psychological factor , which is built mainly on perfecting the skills that need to pass in all learning and stability stages (Kamel Taha Alwis 188: 1991) and the researcher believes that the irregularity of the students in permanence and the difficult conditions experienced by the students and the lack of equipment and abilities with weakness of the exercises of skill led to the weakness of psychological security of the students which reflected negatively on the skilled performance of students

As can be seen from the table that the relationship between psychological security and the skill transmitter was not significant also, the value of calculated (r) amounted to (0.389) which is smaller than the tabulated value of (t) (0.381) and with the degree of freedom (29) and with the level of significance (0.05) and the researcher attributes the reasons for the lack of tools and equipment used in the educational and training process and lack of security in the performance of the skill as the student not reached to the good technique of the performance, as well as the lack of learning and training units of the student and lack of time that spent in learning and perfecting the performance of this skill as the self-confidence feature in sport one of the most important psychological aspects that affect the performance of the players in a positive way as motivate them to make the effort to meet the competitive positions in the field of athletic activity and achieving success and can also have a negative impact on them and impede the performance because of uncertainty about the ability to achieve success in the field of the athletic activity (Hana Abd Al- Wahab Hassan and Nagwa Mahmoud Waly, 1993.)

#### 4. CONCLUSIONS

1. There is weakness between the psychological security and skill of overwhelming beating at for the research sample members.
2. There is weakness between the psychological security and skill of transmitter for the research sample members.
3. Find a sample that has a low level of psychological security.

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#### 6. APPENDAGES

**Attachment 1: the psychological security scale**

Rank	Paragraphs	Yes	Not sure	No
1	Do you like others			
2	Do you lack self-confidence			
3	Is your determination easily frustrate			
4	Do you feel comfortable with others			
5	Do you feel Non-friendliness with most people			
6	Are you generally a happy person			
7	Do you often suffer from what you do			
8	Do you have enough faith in yourself			
9	Do you usually consistent with others			
10	Do you have the feeling that you burden on others			
11	Do you find difficulty to express about yourself			
12	Do you feel that life is a big burden			
13	Do you fear from inferiority			
14	Do you usually feel with high spirits			
15	Are you consistent with the opposite sex			
16	Is your feel hurts easily			
17	Do you feel that you are comfortable in this world			
18	Are you worried about the level of your intelligence			



19	Do you feel that people are comfortable with you			
20	Do you usually feel satisfied			
21	Do you act on your nature			
22	Do you have a fear from the future			
23	Was your childhood happy			
24	Can you be in harmony with others			
25	Do you tend to fear from the competition			

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