

# MENTAL ALERTNESS AND SKILL SELF AND ITS RELATION TO THE ACHIEVEMENT MOTIVATION OF THE VOLLEYBALL PLAYERS

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## Abstract

Identify the Mental alertness and skill self and the achievement motivation of the volleyball players in the college of physical fitness in Babel University.

Identify the relationship between the mental alertness and skill self and the achievement motivation for the volleyball players in the college of physical fitness in Babel University.

The researchers used the descriptive approach with the scanning technique and the relations for its suitability for the nature of the study problem. The search sample includes the search on the male and female players of volleyball in the physical fitness college who are 22 player and the researchers has chosen 17 male and female players including randomly who are there and who are organized in the exercises with a rate of 77%.

The researchers used the mental alertness, the measure of the skill self and the achievement motivation after they ensured its validity of application if they are applied on search sample in order to get the following results:

1- The volleyball players in the college of physical fitness of Babel University were with quiet low limits in the mental alertness.

2- The volleyball players in the faculty of physical fitness of Babel university is characterized by the skill self and the achievement motivation.

3- The higher the mental alertness of the volleyball players in the faculty of physical education in Babel University, the higher the achievement motivation.

4- The higher the skill self of the volleyball in the faculty of physical education in Babel university, the higher their achievement motivation

Then they recommended the researchers with several recommendations in order to solve their search problems.

**KEYWORDS: Babel. Volleyball. Skill. Achievement motivation.**

## 1. INTRODUCTION

The athletic Psychology was effective in the training and competition matters in all the athletic events locally and Arabic and in the international forums even in the academic universities as it has a team which is represented by players who are should be treated by the perfect psychological dealing. The teachers should use some physiological phenomenon through the athletic events teaching and training.

One of the mental alertness phenomenon which is considered one of the psychological variables which should be found for the volleyball players because the ball's speed during its circulation inside the playground which requires a big mental preparing of players.

The skill self should be found with the volleyball players in the college because of its importance in achieving the victims which led the researchers to search.

The achievement motivation which the male and female students should be enjoyed whether in their practical lessons or theoretical lessons and whether it was teaching or training. We will recognize the psychological variables are very important like the mental alertness and the skill self and the achievement motivation so it is important for the volleyball players to know it in the college of physical fitness, thus the importance of our current search is coming.

**Research Problem:** By following up the researchers for the volleyball players in the faculty of physical education in Babel University. The phenomenon of discipline lack in training by the required seriousness so it leads to search for the level of the mind alertness and the skill self and the achievement motivation and also the mind alertness so it was the problem so the researchers tried to know its real solutions.

### Research Aim:

1- Identify the mind alertness and the skill self and the achievement motivation for the volleyball players in the faculty of physical fitness in Babel University.

2- Identify the relation between each the mental alertness and the self-skill and the achievement motivation for the volleyball players in the faculty of physical fitness in Babel University.

**Search assumption:** There is a real relation between the mental alertness and the sell skill and the achievement motivation for the volleyball players in the faculty of physical fitness.

**Search terms:** the mental alertness: it is a flexible field of the mental ability which is not related to a special point of view, it allows a new and open vision for all the mental and sense experiences without issuing the provisions (11:2).

The skill self: it is an image of the self-athletic concept images related to its performance for the movement skills in the exercise and the matches which may be positive and negative. The skill self may have an expression for the individual about his special movement skills related to his game rather than being an expression of his effectiveness and readiness which lead to skills in training and competition according to the personal perspective. (3:6)

The achievement motivation: it is the player's athletic readiness in order to encounter the athletic competition situations and a trial for excellence in a level or a standard of the excellence by showing a large amount of the activity and effectiveness as an expression of desire in a struggle for excellence. (4:73)

## 2. MATERIAL AND METHODS

The researchers used the descriptive technique by the scanning methods and the relations methods for its appropriateness for the study problem.

**The search society and its sample:** The search sample includes male and female volleyball players in the faculty of physical fitness which are 22 male and female players randomly who are found and organized in the training with a percentage of 77%.

**Search tools:** The psychological tests and measures: they were as the following:

**Mental alertness test:** Tornto measure for the mental alertness was adopted for its transmission to Arabic by Dr. Riyadh Naiel Al-Aasmy (12:2) as the measure consisted of 30 passages which the investigated answered according to five alternatives which are: (always happen, doesn't happen, sometimes happen, often happen, always happen) the degrees (1,2,3,4,5) are given respectively for each positive passage, and (1,2,3,4,5) are given respectively for each negative passage.

**Skill self-measure:** It is the measure which is set by Mohamed Hassan Allawy (9:624-631) and it includes 40 passage which measure the volleyball players' estimation for their movement skills related to the volleyball game and the extent of its efficiency and readiness and formulating positive passages (by the measurement side) and positive (against it) while the answer alternatives of this measure are five which are (never, rarely, sometimes, often, always) the positive passages are (5,4,3,2,1) respectively and the negative passages are otherwise.

**Achievement motivation measure:** For the achievement motivation measure, Haidar Abd El-Reda (2:120) depends on the achievement motivation measure which is applied in the Iraq environment as the measure consists of 30 passage which the investigated is answered according to five alternatives which are (applied on me largely, applied on me moderately, applied on me little, don't applied on me) and it is given the degrees of (5,4,3,2,1) respectively for each positive passage and (1,2,3,4,5) respectively for each negative passage.

\* The interviews: an interview with a number of the experts in the field of the athletic psychological field was done.

\* The field procedures: The researchers have followed several searching steps in order achieve their purposes which are summarized as the following:

**Setting the search standards:** The search standards/ measures (mentioned previously) are displayed for the experts and the specialists (who are mentioned previously) for the purpose of ensuring its validation. The experts has indicates the validation of the three standards passages and its application on the male and female volleyball players who represent Babel university.

No	Name	The major	The work place
1	Prof. Yassen Elwan Al-Tamimy	Athletic psychology	The college of physical fitness- Babel university
2	Rpof. Haider Abd El-Reda	Athletic psychology	The college of physical fitness- Babel university
3	Prof. Haitham Hussein Eid	Athletic psychology	The college of physical fitness- Babel university
4	Prof. Shaimaa Ali Khamis	Athletic psychology	The physical fitness administration- Babel university
5	Prof. Haitham Mohamed Kazim	Athletic psychology	The college of physical fitness- Babel university

**The exploring experiment:** After the researchers ensures the validity of the three standards (the mental alertness, the skill self and the achievement motivation) they have experienced it on a sample of the volleyball male and female players for the faculty of physical fitness in Babel university who are 10 male and female players on 20/ 12/ 2013 in order to get rid of what is called the Expert Error in order to find a constancy value for these standards.

**Psychometric properties:** It was done for the researchers according to the following steps: The standards correctness: It is considered one of the scientific conditions and aspects for the good test, the three standards correctness was ensured by finding the external correctness of it by its display on a group of the experts and the specialists.

**Measures/ standards consistency:** By applying the search standards/ measures which are mentioned previously in the exploring experiment and its application after a week only on 27/12/ 2013 and conducting Pearson correlation then identify the relation between the applications as shown in the table no.1 which show the degrees of the measures/ standards consistency (the mental alertness and the achievement motivation and the skill self).

**Table 1: Shows the degrees for the three standards/ measures which are used in the search**

No	The standards/ the measures	The consistency degree
1	The mental alertness	0.87
2	The skill self	0.91
3	The achievement motivation	0.88

The standards consistency is shown previously for being the consistency degrees are high degrees which are taken into consideration

**Main experiment of the search:** The researchers spread during the training the forms of the three search standards for a sample of the male and female volleyball players who are 17 players after they wrote their instructions and they told the sample not to write their names on the mental alertness standards, the self-skill and the achievement motivation after they have the forms in order to get search results.

**The statistical methods:** The SPSS bag is used.

### 3. RESULTS AND DISCUSSION

Display, analyze and discuss the reality of mental alertness and self-skill and the achievement motivation for the volleyball players in the faculty of physical fitness:

After the researchers spread the forms of the mental alertness test and the measures of the self-skill and the achievement motivation for the volleyball players in the faculty of the physical fitness in Babel University, they found the results as indicated in table no.2:

**Table 2: Indicates the search variables (the mental alertness, the self-skill and the achievement motivation for the volleyball players in the faculty of physical fitness) and its statistical information**

No	The psychological variables	The sample's number	The highest degree	The lowest degree	The degrees ranges	M	S.D
1	The mental alertness	17	96	69	27	80	2.08989
2	The self-skill	17	176	99	77	137.8824	5.87485
3	The achievement motivation	17	106	77	29	91.6471	2.59799

The above table shows that the sample's number was 17 players and also the actual highest degree for the players was on the test of the physical alertness and the two self-skill measures/ standards and the achievement motivation. It also indicates the means and the standard deviations for the three mentioned standards. The means of the players of the mental alertness test was 80 degrees and on the self-skill measure was 137.88 degrees and the achievement motivation was 91.64 degrees.

With regard to the mental alertness, we found that the mean of 80 degrees despite of that it is relatively near the supposed mean which is 90 degrees but it is minimum and it doesn't represent the ambitious level of the volleyball students in the faculty of physical fitness in Babel university who should be characterized by it or they should be characterized by a large mental alertness for keeping up with the theoretical and practical lessons in the college and also the volleyball variables which need suitable mental processes and abilities, they don't have the balanced awareness case which avoids the individuals the sliding in mazes of different and overlapping situations and they don't follow a clear vision in order to accept the physiological and emotional phenomenon for them and they are characterized by the openness to the world of ideas, feelings, the hurting feelings and the sad experiences of the individual so they suffer from the reality more than others. They couldn't live their experience in the present moment in a balanced manner. They don't have a flexible field for the mental ability which allows for a good and open vision on all the mental and emotional experiences. The mental alertness requires the pity of the person and monitoring his ideas and negative feelings and its living instead of its retaining in the awareness besides to the lack of lurching negative provisions for the self (11:3). It is worth mentioning that the weak value of the standard deviation is 2.08 indicates the case of the great similarity between the players in this aspect and the lack of their differences.

And for the self-skill, the mean of 137.88 indicates an excellence degree for the sake of the volleyball players in the faculty of physical fitness in Babel University on the supposed mean which is 120 only. It means that the players are characterized by a positive vision about their skill abilities in the game and the sense of satisfaction for the players' dispersion of their mean and standard deviation which is 5.87 as a weak variable and little differences between the players especially if we knew that the highest degree which we can reach on the standard theoretically is 240.

If we return to the mean of the volleyball players in the faculty of physical fitness in Babel University on the measure of the achievement motivation which is 91.64 degree we find that it is higher than the submitted mean which is 90. If it is near, it embodies an excellence in this transaction for the sake of the players. It is the matter which satisfies the ambition comparing to the variable of the mental alertness and it indicates their approximation of achieving things which the others considered hard and the control of their physical and social environment and controlling, addressing and regulating the ideas, the performance speed, the independency, the others' competition, their excellence and the self- esteem by the capability practicing (7:32).

A simple notice of the table, we find that the standard deviation of the players of the achievement motivation is 2.59. It is a very little degree especially if we knew that the highest theoretical degree is 180 which indicates the lack of these differences which the players are considering in the achievement motivation.

4-2 displaying, analyzing and discussing the nature of the relationship between the mental alertness, the self-skill and the achievement motivation of the volleyball players in the faculty of physical fitness:

To identify if there is a relation between the current search variables of the volleyball players in the faculty of physical fitness in Babel university, the researchers applied Pearson correlation in order to show it, the results was as in table 3:

**Table 3: It shows the relations between the mental alertness, the self-skill and the achievement motivation of the volleyball players in the faculty of physical fitness**

The psychological variables	The mental alertness	The self-skill	The achievement motivation
The mental alertness	1	0.37	0.485
The self-skill	0.37	1	0.769
The achievement motivation	0.485	0.769	1

The relation is significant if the calculated degree is higher than the tabular degree of 0.482 at the degree of 15 under the significant level of 0.05

Through table no.3, it is shown that there is a significant relation between the mental alertness and the achievement motivation for the volleyball players in the faculty of physical fitness in Babel University as the calculated degree of Pearson correlations ism 0.485 despite of the lack of the relation as an indicative degree. It is generally higher than tabular degree of 0,482 at the free degree of 18 under the significant level of 0.05. it is a matter that is hardly natural because the more the players could control their ideas, recall what they want, omit what they want and reduce various Mental disorders of the job and social origin like the Anxiety, depression and stress as they will give their best in the competition situations and they will be fast learners rather than they will give a high standard for the or performance and put the achievement as a personal aim for them. What our opinion is completely true because the current sample will be the degrees in the middle limits in each of the mental alertness and the achievement motivation.

As we noticed from the above table that there is a significant relation which is found strongly between the self-skill variables and the achievement motivation of the volleyball players in the faculty of physical fitness in Babel university as their correlation is 0.769 and it is a clear indication of the calculated degree excellence on the tabular table which is mentioned above and thus we find that the matter is completely intuitive because the self-concept related to the movement skills performance in the exercises which may be positive or negative is an expression for the individual about its movement skills related to his game rather than being an expression of his efficiency and his readiness for performing skills in the training and exercises according to the personal perspective and it is related closely to the players motivation for the achievement and achieving the important competitive targets for them. Table no. 3 indicates the lack of a significant relation between the mental alertness and the self-skills as the calculated value of Pearson correlation is 0.37. It surely gives the minimum value and it means controlling the negative ideas, excluding it and give attention definitely for the following minute without evaluating a mental thing that doesn't have a clear relation with the player's concept of their movement skills.

#### 4. CONCLUSION

- 1- The volleyball players in the faculty of physical fitness in Babel university was in low limits in the mental alertness.
- 2- The volleyball players in the faculty of physical fitness in Babel University characterized by the self-skill and the achievement motivation.
- 3- The higher mental alertness of the volleyball players in the faculty of physical fitness in Babel University, the higher their achievement motivation.
- 4- The higher the self-skill of the volleyball players in the faculty of physical fitness in Babel University, the higher their achievement motivation.

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