

THE PSYCHOLOGICAL FREQUENCY AND EMOTIONAL RESPONSE AND THEIR RELATIONSHIP WITH THE STRAIGHT PUNCH (LEFT AND RIGHT) FOR THE ADVANCED BOXING PLAYERS

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Abstract

The psychological preparation of the athlete considered one of the important columns that included in the training process as well as the other training requirements, so during the follow-up and experience of the researcher for tournaments (federal and university and local communities in Iraq) noted that the psychological emotions (psychological frequency and emotional response) have an impact on the skills of the players and the results of the boxers (negative and positive) as well as coaches not giving sufficient attention to the psychological requirements, and research problem concentrated by answering the following question what is the relationship between stress and emotional response and its relationship with the straight jab (left and right) of the applicants boxers.

The researcher concluded that the performance of the straight punch (left and right) is not affected by the emotional and psychological hesitation of them. As well as the lack of significant differences between the emotional response and the psychological frequency and the left straight punch which shows the different levels of skills and the difference in the tactical and physical and cognitive levels.

KEYWORDS: THE PSYCHOLOGICAL FREQUENCY. THE EMOTIONAL RESPONSE. BOXING. SKILL. PUNCH.

INTRODUCTION AND IMPORTANCE OF THE RESEARCH

competition in individual sports and in groups means the desire to progress and to win and to get the best sporting achievements, as required to achieve this victory implementation of duties and movements and to overcome the problems and psychological difficulties faced by the players through the possession of the will and self-confidence.

The psychological tension and emotional response in the life of the sports considered one of the psychological factors that are exposed and that may affect by it's severity and by repeated exposure to negative effects on his health, "which are stressful situations able to blow behavioral disorder which may be severe and lasts for a long time (Osama Sayed Abdel Zaher AL-Asfar 2004) and the effects of these stressful situations vary according to the psychological composition of the individual, some have the ability to cope with the heaviest situations efficiently and others exposed to the physical diseases and emotional disturbances sharply as a result of some of the problems of life. The recent researches characterized by finding relationships between psychological aspects and basic skills for the purpose of arriving to optimal solution and knowing their impact on others , it has to be an emphasis on the psychological aspects because of its impact on the individual games, especially with the force games (direct contact) that need to high concentration to find correct solutions relying on the individual capabilities of the player

which be of significant impact on the level of skill. And boxing game is one of individual games, which is characterized by the diversity of their basic skills, the complex and the essential (defensive and offensive), and depends on what the player exert of the physical capabilities (skill and mental) to achieve the best results are characterized by the size of the many emotions as they grow by increasing the importance especially in tournaments and competitions because of the negative effect of emotions cause severe damage when the win not happen and the psychological emotions play a great impact in the life of athlete because they are related to personality and behavioral traits and motivations and needs.

This interaction is not limited to just respond to the multiple sporting situations in training and competitions but often the player acquire in this interaction experiences and perceptions of himself and others, the psychological frequency has an important role in the competitions where as a psychological condition with a direct impact on the performance of the athlete which makes studying it and knowing it's level and it's relationship with some variables necessary and provides for the coach the opportunity to direct the psychological preparation and guidance of the player which makes the level of psychological frequency less severe and impact on the level of the athlete . The psychological frequency considered one of the most important features of psychological characteristics.

The importance of research is examining the emotional response among players and boxing as well as to identify the psychological frequency they have as well as the nature of the relationship between emotional response and the psychological frequency of straight punch players (left-wing and right-wing).

RESEARCH PROBLEM

The preparation of the athlete psychologically is one of the important columns that included in the training process as well as the other training requirements, during the follow-up and experience of the researcher for tournaments (federal and universal and local communities in Iraq) noted that the psychological emotions (psychological frequency and emotional response) have an impact on the skills of the players and the results of the boxers (negative and positive) as well as coaches not giving sufficient attention to the psychological requirements, and research problem concentrated by answering the following question what is the relationship between stress and emotional response and its relationship with the straight jab (left and right) of the applicants boxers.

RESEARCH OBJECTIVES

- To identify the psychological frequency and it's relationship with the straight punch(left and right)
- To identify the emotional response and it's relationship with the straight punch (left and right).
- To identify the relationship of both psychological frequency and emotional response with the straight punch (left and right) for the advanced boxing players.

RESEARCH HYPOTHESES

- Existence of a relationship of significance in the psychological frequency of and it's relationship with the straight punch (left and right).
- Existence of a relationship of significance in the emotional response and it's relationship with the straight punch (left and right).
- The lack of significant correlation in both the psychological frequency and emotional response and their relationship with the straight punch (left and right).

RESEARCH METHODOLOGY

The researcher used the descriptive approach by the survey way due to it's suitability in achieving the objectives of the research.

RESEARCH COMMUNITY AND IT'S SAMPLE

The sample was selected by the intentional way from the research community which is component of the team of Diyala University of boxing, where the number of participants and for all weights (74) boxer from various colleges where the sample was represented by (44) players who represent the percentage of (62%) from the original community. The governor players excluded which totaling (5) players selected in the exploratory experience.

THE SCALE OF PSYCHOLOGICAL FREQUENCY

The researcher used a scale of psychological frequency which prepared by (Mohamed Adel Rashidi 1986) and legalized by (Firas Hassan), which consists of (29) paragraph of the five alternatives (apply to always, apply to, apply to sometimes, does not apply to, does not apply to totally) and given grades (5-1), which is legalized scale and very modern and that levels of this scale are (145-116), very high frequency, (115-87) high-frequency, (86-58) the average frequency, (57-30) acceptable Frequency, (29) and below the weak frequency .

THE SCALE OF EMOTIONAL RESPONSE

The researcher used a scale of emotional response, which is legalized scale and putted by Thomas. Ottko (Thomas .A. Tutko) in the year (1976) and re-put it's arab copy (Mohammad Hassan Allawi 1987) and (Mohamed Al-Arabi Shamoon), which consists of (42) paragraph, and for each paragraph (5) alternatives to answer is (always, often, sometimes, rarely, never). The degrees of these alternatives, less degree (1) and the highest degree (5) provides an opportunity for the player to express trends in (7) separated features with impact in the field of physical education, namely, (the desire, determination, sensitivity, adjust the tension, confidence, personal responsibility, self-control).

It is a legalized scale on the Iraqi environment, although levels of emotional response is divided as follows: (210-165) the response is very high, (164-127) high response. (126-85) medium response, (84-43) an acceptable response, (and 42) and below the response is weak.

DETERMINATION THE BASIC SKILLS OF THE BOXING GAME

The basic skills Have been identified which are of the psychological variables more influential "than others, and as shown in Table (1).

Table (1) Explains the basic skills accredited in search

The basic skills	The relative importance	The final arrangement
The straight punches (left and right)	91.3	1

10. DETERMINATION THE BASIC SKILLS THE OF THE TESTS OF THE BOXING GAME

After selecting the most important basic skills, (Abdul Karim AL-Morjani, 1998), the special tests with the chosen skill has been selected and approved by experts and has a high proportion of agreement which the researcher depended on it.

The basic skill	The tests	The percentage
The straight punch(left and right)	Boxing with the mate	91.3%

SPECIFICATIONS OF THE TESTS

TEST OF THE PERFORMANCE OF THE LEFT STRAIGHT PUNCH

THE PURPOSE OF THE TEST: evaluating the performance of the left straight punch.

DESCRIPTION OF PERFORMANCE: The exercise done by two testers:

The first one do the left straight punch for a period of (30) seconds.

The second one do the left straight punch down in front of the first tester, and testers are switched as the first one do for the trunk and the second one do the left straight punch upward.

THE QUALIFICATIONS: Punch exit –follow it by body weight –accuracy of target infecting

REGISTRATION: calculating (10) degrees for the left straight punch performance-oriented up and down, divided as follows:

1. Punch exit (2) degree.
2. Following it by the body weight (4) degree.
3. Accuracy of target infecting (4) degree.

TEST OF THE PERFORMANCE OF THE RIGHT STRAIGHT PUNCH

The purpose of the test: evaluating the performance of the right straight punch to the right of the head and trunk.

Description of performance:

Exercise done by two testers:

The first one do the right straight punch to the top for a period of (30) seconds.

The second one do the right straight punch to the bottom against the first tester and then the testers switched as the first one do to the bottom and the second one do the right straight punch to the top .

Qualifications:

- Punch exit –following it by the body weight –accuracy in the target infecting.

Registration: calculating (10) degrees to perform the right straight punch destined to the top and bottom are divided as follows:

1. punch exit (2) the degree
2. Following it by the body weight (4) the degree 3.accuracy in target infecting (4) degree.

FEILD PROCEDURES

The researcher distributed the questionnaire form on the players in the research sample in the university championship which held at the Hall of boxing in the Faculty of Physical Education / University of Diyala on (19.02.2014 - Wednesday and up to 20.2.2014), and have been done at the first day of the tournament and at nine o'clock am in the same hall ,weighing the boxers and then the test of straight punch (left and right) performed, and after that the lottery was conducted between colleges.

Participation and then the playoffs began and then the date of the final bout adjusted for the second day of the above tournament and the researcher followed the following steps:

- Distribution the scale on the boxer before (30) minutes of the bout.
- Emphasis on neutrality during answering.
- Removal any external stimulation can affect the answer of the boxer.

Table (3) shows the value of the calculated (R) between the psychological frequency and the left straight punch of the boxing players.

The variables	The arithmetic mean	The standard deviation	Value of (R)		The error ratio	Significancy
			calculated	tabulated		
The psychological frequency	141.36	36.24	-.442	0.28	.003	significant
The leftist	7.04	1.38				

Value of tabulated(R) with level of significance (0.05) and the degree of freedom (42)

The table shows (3) the value of calculated (R) between the psychological frequency and the left straight punch of the boxing players for the research sample, since the value of calculated (R) between the psychological frequency and left straight punch (-0.442) which is greater than the value of tabulated(R) amounting to (0.28) with level of significance (0.05) and the degree of freedom (42) which is a function morally.

Table (4) shows the value of calculated (R) between the psychological frequency and the right straight punch of the boxing players.

The variables	The arithmetic mean	The standard deviation	Value of (R)		Ration of error	Significancy
			calculated	tabulated		
The psychological frequency	141.36	36.24	-.424	0.28	.004	significant
The rightist punch	6.59	1.08				

Value of tabulated(r) with level of significance (0.05) and the degree of freedom (42).

The table(4) shows the value of calculated (R) between the psychological frequency and the right straight punch of the boxing players for the research sample, since the value of tabulated(R) amounting to (0.28) with level of significance (0.05) and the degree of freedom (42) which is a function morally.

Table (5) display the value of calculated (R) between the emotional response and the left straight punch for boxing players.

The variables	The arithmetic mean	The standard deviation	Value of (R)		Ratio of error	Significancy
			calculated	tabulated		
The psychological response	93.15	20.60	.480	0.28	.001	significant
The leftist punch	7.04	1.38				

Value of tabulated(R) with level of significance (0.05) and the degree of freedom (42)

Table (5) shows The value of calculated (R) between the emotional response and the left straight punch of the boxing players for the research sample, since the value of calculated (R) between the emotional response and the leftist punch of the boxing players (0.480) which is greater than the value tabulated(R) which is amounting to (0.28) with level of significance (0.05) and the degree of freedom (42) which is a function morally.

Table (6) the value of calculated (R) between the emotional response and the right straight punch of the players boxing.

The variables	The arithmetic mean	The standard deviation	Value of (R)		Ratio of error	Significance
			calculated	tabulated		
The psychological response	93.15	20.60	.500	0.28	.001	significant
The rightist punch	6.59	1.08				

Value of tabulated(R) with level of significance (0.05) and the degree of freedom (42)

The table (6) shows the value of calculated(R) between the emotional response and right straight punch of the boxing players for the research sample, since the value of calculated(R) between the emotional response and the right straight punch boxing players (0.500) which is greater than the tabulated value (R) which is amounting to (0.28) with level of significance (0.05) and the degree of freedom (42) which is a function morally.

DISCUSSION THE RESULTS

From the tables (3), (4) the results of the value of calculated (R) between the psychological frequency and emotional straight punch (leftist and rightist), which is greater than the value of tabulated (t) with level of significance (0.05) and the degree of freedom (42) which is a function morally.

The reason why there is a significant correlation between the emotional frequency and the punch (leftist and rightist) is due to the level of emotional frequency of the boxing players because it's degree sandwiched between (86-58), and this level does not affect the chosen skill, and the experience of the boxing players contributed in reducing the ratio of emotional frequency they have, than if the players are new in the sport of boxing, in the sense that the more experienced player through practice and training, the emotional frequency reduces. Where the performance of the correct punch and in the right place and within the correct punch specifications reduces errors and increases punctuation against rival.

Where the players believe that they are better than their true potential and others are demonstrating confidence but internally acquires them feelings of failure and fear, In another case and during sports competitions some players reach to the case of non-confidence in themselves and their abilities, which have a direct impact on the player's performance negatively, but it is better and optimized to be there is a balance between those two cases mentioned among the players and this reaches the player to the desired level of self-confidence, as that the boxing player need to adjust the frequency for the purpose of controlling his motor performance because controlling the frequency means " (Osama ratib 1997 sees) the ability to cope effectively on what is happening to the player of concern and treatment of stress and strong feelings in a positive way "(1) also his positive appreciation for himself keeps him away from the tensions and become more controlled on his performance, as that the recipe desire has big role and effective with the boxing players in strengthening the personal motivation and self-practice for playing and dedication during the training for success and excellence and appearing with the best level to provide the highest level of art during the competition (Nizar student, 2000 says) that "the players with the high degree of this factor are seeking to achieve victory and high achievement and enjoyment in the best parade and the extent of commitment and accuracy in the implementation of their duties during the match."

While for the two tables (5), (6) the results of the value of calculated (R) between the emotional response and straight punch (leftist and rightist), which is greater than the value of tabulated (R) with level of significance (0.05) and the degree of freedom (42) which is a function morally. The researcher attributes that due to the boxing players have medium emotional response for being sandwiched between the degree of (126-85) and this response has effect on the punch (leftist and rightist), and because of the chosen skill is one of the attacking skills for the sport of boxing and needs a high level of emotional response, and to calm and poise and focus to be able to do plead-

ing punch to the opponent player. the level of emotional response indicates to that whenever indexes of the emotional response rose initially to be up to the moderate , the greater the degree of quality of performance is called a point termed the best performance and after this point, the increase in the index of emotional response lead to a decrease in the quality of performance gradually . Many of the studies in the field of psychological sports supported this model for application in the field of sports and describes (Nizar Al-Talib, and Kamel Luis 2000), in principle, with the addition of some modifications in order to fit many of the changing attitudes in the field of multi-motor performance. While (Mufti Ibrahim Hammadi, 1998) says that the emotional response varies from player to another with certain degrees and those differences due to several reasons, including differences in both maturity and genetics and the impact of the environment, nutrition, sleep and rest, and the level of fitness and disease and motivations " .

CONCLUSIONS

1. 1 The performance of the left and right straight punch is not affected by the emotional response and psychological hesitation they have.
2. 2 lack of significant differences between the emotional response and the psychological frequency and the left straight punch which means the different levels of skills and the difference in the physical, cognitive and tactical levels.

RECOMMENDATIONS

1. 1 using training modules which include modern practical theoretical exercises and for the purpose of development of the psychological and cognitive capacities of the boxing players.
2. 2-emphasis on the involvement of the players in local competitions designed to improve their own emotional responses and reduce their psychological frequency as well as an emphasis on the use of left and right straight punch.
3. 3 strengthen the confidence and the will of the players themselves in order to achieve their goals.

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