

BIO-RHYTHM WITH ITS PHYSICAL AND PSYCHOLOGICAL SESSIONS THROUGH POSITIVE PHASE AND ITS RELATIONSHIP TO THE ACCURACY OF SCORING AND HANDLING OF HALL FOOTBALL PLAYERS

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Abstract

research objectives focused on the identification of the nature of the physical and psychological performance sessions of physical and psychological bio rhythm during the positive phase to the hall football players as well as the knowledge of the scoring and handling precision, and then finding out the correlation between the nature of the physical and psychological performance to the sessions of physical and psychological bio rhythm during the positive phase to accurate scoring and handling with the hall football players, the researchers used a descriptive approach with survey manner and relational relations for its suitability to the nature of the research problem, the research sample was tested which composed of all players of municipal Sports Club hall football team and their number (8) players representing (33%) of the research community amounting to (24) players representing the players of municipal club, Hilla Club and players of Babylon University team for hall football, the homogeneity of the sample has been confirmed in terms of (chronological age and training age-), with the use of electronic method for calculating the bio rhythm with its physical and psychological sessions for each player, tests were conducted to research sample specific to physical and skill abilities and emotional arousal scale at the closed sports hall in the Faculty of Physical Education, University of Babel, as the researchers set up a date for the physical and psychological sessions in the positive phase of each player and in the light of this selection, the proper time was chosen to start testing with the help of support staff and in accordance with the timings , and to treat the results, the researchers used appropriate statistical methods, and in the light of the results obtained the researchers concluded some findings of most importance is that the level of players performance in skill and physical tests achieved the best result in the positive phase of the two sessions, physical and psychological, Also, the players level in emotional response scale achieved a better result in the positive phase of the two sessions, physical and psychological, and in the light of the found conclusions, the researchers recommend the need for the introduction of trainers in courses to learn to identify the bio rhythm in its various sessions (physical , intuitive, mental and psychological), and it is necessary to learn the skills and training on it during the positive phase of bio-rhythm of its physical and psychological sessions, with conduction of further studies and research on other bio rhythm sessions like mental or intuitive.

KEYWORDS: Bio-rhythm. Physical session. psychological session. positive phase. accuracy.

1. INTRODUCTION

The hall football game is one of the games, which had been popular in recent years in Iraq in general and for women in particular, and it has attracted the attention of many specialists in this game as they seek to develop it and bring it to advanced levels, and this game is based on the basic components of physical, mental and technical skills ability "the physical qualities and basic skills is a prerequisite for each game of the mass games but it differs from game to another, according to the nature of the performance and the requirements of each game and these requirements need to be provided in the practitioners of this game so that they can progress in training and access to high levels of sports." (Abu Zeid, 2005)

And without owning a good fitness, players cannot achieve the plans or do that duties entrusted to him by the coach to the fullest, as the hall football game requires that's the player has a very high level of fitness and skills that enable him to use it in different game circumstances. studies and research, dealt with the physical , psychological and physiological variables in its general nude concepts that have a clear direct link to athletic performance with great interest while the variables which didn't take its share in this interest is the biological organized variables unseen to the player like bio rhythm which affects performance positively when it is on the top of its session and affects it negatively when in its landing stage and usually it is linked to external stimuli and internal influences (genetic), it is generally accepted that this bio-rhythm rises in some hours of the day and decreases in other hours it has entered the bio-rhythm in the sports field to invest player entry in the positive phase, or when it is at its peak to support of sports training process and get the player to the best levels of skill performance and the employment of the individual differences of the players through the prior knowledge of the proper time to participate in the competition, especially when the effect of this relationship is direct to training and competition, as is the case in the mass games, including the hall football game.

The research problem lies in the presence of a fluctuation in the level of physical and skill performance of the players of hall football where you can see them once with a high performance level and once again it falls in the competitions so bio-rhythm was identified by its physical and psychological sessions to determine its relationship to accurate scoring and handling of hall football players, so the researchers felt to identify the nature of the physical and psychological performance to the bio rhythm physical and psychological sessions during the positive phase of hall football players as well as the knowledge of the scoring and handling precision, and finding the correlation between the nature of the physical and psychological performance to bio rhythm physical and psychological sessions during the positive phase to accurate scoring and handling with the hall football players.

2. MATERIAL AND METHODS

Approach in survey manner and relational ties due to its suitability to the nature of the research problem.

3.1 research sample: -the research sample was selected represented by all the players of Municipal Sports Club hall football team and their number (8) players representing (33.33%) of the research community's (24) players represented by the players of Municipal Club, Hilla Club and players of the University of Babel hall football team, homogeneity of sample was confirmed in terms of (chronological age and training age) as shown in table 1.

Table 1 shows the homogeneity of the sample in chronological age and training age training variables

No	variables	M	SD	Manner	Torsion coefficient
1	chronological age/ year	20.56	1.75	19	0.89
2	training age/ year	5.49	1.22	4	1.22

2.2 Tests: - the following tests were adopted :-(Appendix 1)

1. Transitional speed test (Ahmed Abdel Dayem Alwazir, Ali Mustafa Taha, 1999)
2. Flexibility test (Ali Salum Jawad al-Hakim, 2004)
3. Explosive ability test the of the two legs (Ali Salum Jawad al-Hakim, 2004)
4. Scoring test (Hossam Said Almoemn.2001)
5. Handling test (WeSam Shamel kamel 2007)

Third: - psychiatric session measurement: Researchers Displayed a set of psychological scales to choose the psychological variable proper to sample and the psychological cycle of bio-rhythm (Appendix 2) on a group of experts and specialists (Appendix 2) It was agreed upon the emotional response measure, which was also presented to the experts and the professionals themselves and they have agreed on all its paragraphs.

- Scale name: - emotional response: -The scale consists of (29) paragraphs and correction key of five alternatives which are (always, often, sometimes, rarely, never) and its degrees to positive paragraphs (1,2,3,4,5) and negative paragraphs (5, 4,3,2,1) and thus the upper degree of the scale is (145) and lower degree is (29) The theoretical median of the scale is the (87).

Fourth: Calculation of bio rhythm: - electronic method was used for calculating the bio rhythm with its physical and psychological sessions for each player

2-testing performance method: - tests were carried out to research sample of special physical and skill abilities and scale of emotional arousal in the closed sports hall in the Faculty of Physical Education, University of Babel.

2-4. major Experiment: -The major experiment was carried out from 05/23/2014 until 07/01/2014, as the researchers set up a date for physical and psychological sessions in the positive phase for each player and in the light of this selection the right time was chosen to begin physical and skill tests and emotional arousal scale with the help of Assistant team according to timings.

Statistical methods: -

Researchers used the following statistical methods :-(Melhem, 2005) (Wadeea Yassin and Hassan Mohamed 1999).

-Arithmetic mean.- standard deviation.-Manner- Torsion coefficient simple correlation coefficient (Pearson).

3. RESULTS AND DISCUSSION

Table 2: shows the means, and standard deviations of the physical and skill tests and emotional arousal measure among research sample members

variables	M	S. D
Transition speed / sec	4.74	0.21
Flexibility / degree	19.89	4.17
The explosive force of the two legs / cm	32.41	4.19
Scoring accuracy / degree	12.95	2.11
Handling accuracy / Number	11.84	.74

Emotional response / degree	127.69	3.45
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Table 3 shows the calculated and tabular values of the correlation coefficient (r) among the bio rhythm with its physical session and accurate scoring and handling in the research sample

Physical tests	Scoring accuracy	Handling accuracy
Transition speed / sec	0.91	0.92
Flexibility / degree	0.92	0.91
The explosive force of the two legs / cm	0.89	0.9

Tabulated (r) value at the degree of freedom () and below significance level of (0.05)

Table 4 shows the values of the correlation coefficient (r) between the calculated and tabular bio rhythm with its psychological session and accuracy of scoring and handling in the research sample

Psychological test	Scoring accuracy	Handling accuracy
Emotional response / degree	0.89	0.92

Tabulated (r) value at the degree of freedom () and below significance level of (0.05)

through what was shown in the table (3), the researchers found that the performance skills of the scoring and handling skills has achieved significant correlation results with the physical abilities, the researchers attribute the cause of these relations to that the player need to good skill in dealing with the ball and the position and to accuracy, speed, power, and this is what has been confirmed in "The football player needs to precision and power in scoring as his need to the scoring speed as the player need speed in the implementation process, especially at that moment that she has the chance of implementation before the rival embarrass him or narrows the scoring angle (Walid Khaled, 1999), in addition, in the positive phase of the physical session of bio-rhythm and its proximity to the psychological session the player will be at her best performance skills, on this basis, the sources refer to "taking advantage of the days in which the positive intersection is close to summit of the physical and psychological sessions, whether in training or competition because the player in this day will be at her best physical and psychological conditions"(Hind Mohammed Farhan, 1998), and in the psychological session of bio-rhythm, the researchers noted that the relations between the physical abilities and tests of the precision of scoring and handling skills and emotional response may differ, this is because that strain source is the central nervous system and this device is positively influenced in the positive phase, especially at the top of the bio rhythm in psychiatric session and this explains the moral correlation coefficients in most of the physical , technical and psychological tests and this is because the player is able to appreciate things correctly to avoid injuries because the details of technical performance is linked to and associated with the ability of the player to understand and focus, which is in the best form at this stage, and this is what has been confirmed in that "the athlete at the top of the psychological session is characterized by good mood, optimism and creativity". (Bernard Gittelson, 1990), for the scale of the emotional response, it achieved significant correlation with the physical abilities tests, the researchers believe that the positive stage, especially in its peak during the physical session helped to increase the focus and decrease tension and so we got this result from the response.

4. CONCLUSION

1. The performance level of the players in the skill and physical tests has achieved the best result in the positive phase of the two physical and psychological sessions.
2. The players' level in the emotional response scale achieved the best result in the positive phase of the two physical and psychological sessions.
3. There is a significant correlation between scoring precision and handling in hall football players through positive phase and bio rhythm of the two physical and psychological sessions.
4. There is a significant correlation between the emotional response of the players of hall football during the positive phase of bio-rhythm of the two physical and psychological sessions.
5. There is a significant correlation between physical tests among players of hall football during the positive phase of bio-rhythm of the two physical and psychological sessions.

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6. APPENDAGES

Appendix 1 shows the tests used in search

- 1. Transition speed.
2. Sprinting test to a distance of 20 m.
The goal of the test: -measuring transition speed in sprinting.
-Used tools: -sprinting field or space with a length of at least 50 m and width of at least 5 m
(2) Stopwatch, a whistle to start.
- Performance properties: -The player stands behind the higher starting line in the allocated area and when he hears the start signal he kicks off at full speed up to pass the finish line.
- Test directions: -to find the spirit of competition , the test is carried out for each of the players taking in mind the harmony between them.
Each player is given only one attempt.
Test management:
-recorder: doing the call of names firstly and recording the test performance time secondly .
-Timer: -gives start and end sign with the timing and viewing the correctness of performance.
-recording: - The player calculates time to the nearest 1/ 100 of a second from giving the start signal and till passing the end line
- Handling Flexibility.
- The test of bending the trunk from standing.
- The goal of the test: - measuring the range of quadriceps muscles flexibility of the front bending movements from standing position.
- tools used: - a wood scale or ruler of 20 cm length divided by lines into units, each unit equal to 1 cm, and preferably the staging limits to be in range of 10 cm.
- A Seat, chair or a flat table bearing the weight of the player (tested) without the occurrence of vibration.
- Performance method: -the tested player takes standing position on the edge of the seat or table so that the feet are touching the sides of the scale. The tested player bends the trunk forward down so the fingers become in front of the scale and from this position the tested player tries to bend the trunk to the maximum possible extent strongly and slowly noting that the fingers are in one level and to move to the bottom parallel to the scale.
-Recording method: -The tested player mark is the maximum point on the scale that he can reach from the position of bending the trunk forward down.
- It is best to give the tested player two or three tries as a way to warm-up and train to the test before measurement (before ascending to the table).

3-explosive ability test of the two legs.

- Test name: - vertical jump test from persistence (of sergeant).
- Goal Of the test: - Measurement of the explosive power of the two legs.
- Tools Used: -a board installed on the wall so that the lower edge is high over the ground (150 cm), and to include afterwards (151-400 cm), pieces of chalk.
- Performance criteria: -The tested player holds a piece of chalk, then stand so that her arm holding chalk is next to the blackboard, then the player lifts her arm to its full extension to make the chalk mark on the blackboard and record the number that the mark was placed in front of it, from a standing position the tested player swings her arms forward up and then forward down with knees stretched for vertical jump to the maximum distance they can access to make another sign with arm fully extended, the number that the second mark is placed in front of it is recorded.
- Recording method : -each tested player has two attempts, the best of them is recorded, the distance between the first and second mark reflects how much the tested player have of the explosive power of the two legs measured by (cm).

4- Test of counterattack handling on the wall for 20 seconds.

- The goal of the test: -measurement of handling precision.
- Tools used: - smooth wall and an area of 1.5 m × 2,20 m is marked on it, and a line is determined in front of the wall on a distance of (3m), hall footballs of number (3), an electronic timing clock.
- Performance Method: - After hearing the start signal, the tested player standing behind the starting line kicks the ball to the wall and kicks it again after bouncing from wall and so on until the end of the test period.
- The rebound ball from the wall is not kicked, unless behind the starting line.
- If the ball came out of the tested player control, he takes one of the two other balls non-stop.
- Kicking the ball can be with either foot and with any part of it.
- Record: - the number of correct kicks of the ball toward the wall within 20 seconds is recorded as it she is given two attempts and the best of them is calculated.

5-test of scoring toward the goal divided by degrees of distance of (6 m).

- The goal of the test: - scoring accuracy measurement.
- Tools used: -a measuring tape, hall footballs of the number (3) , the goal divided by the ropes to (9) sections , whistle , constructive model and registration form.
- Performance method: -the tested player stands at a distance of (6m) from the goal and when given the start signal he begins scoring.
- Recording: - the tested player is given (3) attempts where grades are calculated according to location.

Appendix 2 shows the questionnaire
 Prof. Dr. Mr. :te

Researchers wants to conduct the research (bio rhythm with its physical, psychological sessions and its relationship to accurate skilled performance among hall football players) and because of your great scientific expertise in the field of your jurisdiction, please if you would check on one of the psychological variables to identify the nature of the psychological state of the player during the two bio rhythm sessions physical and psychological, by putting the tick (☑) in front of the variable that you see convenient, with adding or putting any other psychological variable in this regard.

With thanks and appreciation

Researchers

Name- :

Academic Title- :

Specialization- :

Place of work- :

Signature- :

Date- :

no	Psychological variable	test	
	Self-esteem	fit	Does not fit
	Emotional response		
	self-toughness		
	Self-Stress		
	Psychological security		
	Competition concerns		
	Add any other Psychological variable		

Appendix 3 shows the emotional response scale

Dear player: There is a scale consisting of (28) paragraph, please read the paragraphs carefully and answer as appropriate appreciation from your opinion putting mark (☑) in front of the alternative index.

Thank you for your cooperation Researchers

no	statement	usually	often	sometimes	rarely	never
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1	I Do not consider my play of value unless it is approaching the best level of mine.					
2	I got fear from aggressive competition.					
3	Simple harassment could distract my focus during the game					
4	I can keep my thought quiet during the match					
5	I am confident of my ability to perform.					
6	I Apologized when I'm on fault and unsuccessful in the game.					
7	I think of the game plan before the game.					
8	I express my opinion frankly, if I had some remarks about the game.					
9	My nerves are strong (iron) in the course of the game.					
10	I Lack confidence in my performance during the match.					
11	I do not care what errors I committed in the course of the game.					
12	I want to be the best player in the game.					
13	I prefer to smile in the face of competitor players' anger in order not to go over in it.					
14	I Play in extempore way without having a plan in my mind to play.					
15	I expect to win the game.					
16	My mistakes in the game make me in a bad state for several days.					
17	I Commit to fixed system either in training or in the game.					
18	I prefer Playing with the players who render the game struggle.					
19	I'm afraid of defeat even before the game begins					
20	I take full responsibility in the game.					
21	I hurry the transition from one method to another trying to improve my performance.					
22	I think about the errors that might occur in the game more than thinking of play.					
23	Any external comment affects my performance in the course of the game.					
24	I Enjoy the critical time in the game because I can do well in it					
25	I'm trying to search for multiple methods in order to be more efficient in my performance.					
26	I enjoy playing in the game despite committing many errors.					
27	I'm Characterized by insisting on playing.					
28	During the game, I'm trying to isolate my thinking completely of what is going on around me.					

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