

Some types of sports anxiety and its relationship to the accuracy of the skill performance of the players of the school teams in basketball

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Abstract

The purpose of this paper is to identify the degrees of the dimensions of the sports anxiety scale (facilitating anxiety and crippling anxiety) among young basketball players in school sports teams, and identifying the type of relationship between the dimensions of the sports anxiety scale (facilitating anxiety and crippling anxiety) with the skills of young basketball players in school sports teams. The two researchers used the descriptive approach in the survey method for its suitability to the objectives of the study. The research sample was represented by the young basketball players of the school sports teams (2017-2018), which numbered (108) players, who were chosen in a deliberate way. One of the most important results reached by the researcher is that: The existence of a significant difference (facilitating anxiety) youth basketball skills for Baghdad governorate clubs in the cases of high or low degree of dimension, the presence of teams with a moral significance (Crippling anxiety) skills in youth basketball for Baghdad governorate clubs, and there is a significant difference between the total score (sports anxiety scale) with the two skills in basketball for youth for Baghdad governorate clubs. One of the most important recommendations recommended by the researchers is that: Necessity of paying attention to the findings of the current study of the importance of knowing the degree of sports anxiety for each player and the extent of its impact on skill performance in basketball, necessity of conducting similar studies to identify the type of relationship between sports anxiety and offensive and defensive skills in basketball, which were not addressed in the current study, and necessity of conducting similar studies that deal with other psychological variables that were not addressed in the current study, and try to find out the relationship with basic skills in basketball and in both sexes.

Introduction:

Sports achievement is related to the implementation of duties and plans and overcoming the problems and difficulties faced by the athlete, which requires each player to make extraordinary efforts to achieve achievement. It leads the player to an imbalance in neuromuscular compatibility, which clearly affects the level of skill performance during sports competitions.

As these scholars see that human behavior, especially in winning and losing situations, is greatly affected by the level of Anxiety that characterizes the individual, so the psychological state is very important for basketball players because of the exciting features of this game represented in the rapid movement of the ball that requires quick kinetic responses

and that These responses need psychological stability that helps to perform them accurately and quickly to achieve the desired goal of that movement.

Research importance:

The importance of the research is that it is an attempt to find out this feature and limit it as much as possible in the belief of the two researchers to develop the player's level in this game because of this feature's impact on the skill level of young basketball players.

Research problem:

Anxiety is one of these psychological aspects that affect the level of performance, which leads to confusion of the player when performing, which reflects negatively on his level in particular and the situation of the team in general when implementing plans by the coach, and Anxiety is not a chronic phenomenon but rather psychological conditions that appear in general when applying plans by the coach,

Anxiety is not a chronic phenomenon, but rather a psychological condition that appears in the player under certain conditions and conditions represented by psychological exhaustion, which makes the player to be characterized by convulsions, instability, feelings of weakness, loss of self-confidence, escape from performing exercises, fear of the opponent and the competition itself, so the researcher believes that the research problem enables In the low level of young basketball players during matches and exercises as well, which may be caused by the state of Anxiety they are going through despite their levels that may be good and indicated by their coaches.

Research objective:

- Identifying the degrees of the dimensions of the sports anxiety scale (facilitating anxiety and crippling anxiety) among young basketball players in school sports teams.
- Identifying the type of relationship between the dimensions of the sports anxiety scale (facilitating anxiety and crippling anxiety) with the skills of young basketball players in school sports teams.

Research hypotheses:

- There is a significant difference between the dimension of (facilitating anxiety) with my basketball skills for school teams in Baghdad governorate in the case of high or low degree of dimension.
- The existence of a significant difference between (facilitating anxiety) with my basketball skills for school sports teams.
- The existence of a significant difference between the total score (for the sports anxiety scale) with my basketball skills for the school sports teams of the Baghdad governorate clubs.

Research fields:

- Human field: Young basketball players for school sports teams (2017-2018)
- Time field: (5/8/2018) to (23/9/2018)
- Spatial field: Indoor sports halls.

Research methodology and field procedures:

Research Methodology:

The two researchers used the descriptive approach in the survey method for its suitability to the objectives of the study.

Community and sample research:

The research sample was represented by the young basketball players of the school sports teams (2017-2018), which numbered (108) players, who were chosen in a deliberate way.

Means of collecting information:

The means of collecting data and information included (Arabic and foreign sources, tests and measurements, an individual registration form for the sports anxiety scale, a registration form for basketball skills test scores, a legal basketball court, a colored tape to measure distances, a rope, an electronic calculator, and basketballs number (10)). , whistle , statistical means .

Tests used in the research:

The tests used in the research were the dimensions of the sports Anxiety Scale (facilitating anxiety and Crippling anxiety), all of which are applied to the Iraqi environment and which have been addressed in many studies and research.

First // Facilitating anxiety and crippling anxiety test for athletes:

The (facilitating anxiety test and the Crippling anxiety test for athletes) was used which was prepared by (Allawi, and Radwan. 1987) under the achievement anxiety test, which was developed by (Albert and Haber), and the test aims to identify the extent to which anxiety contributes to raising or decreasing the level of the athlete's performance in sports competitions. It is used from the age of (16) years and over, and the test includes: (20) Sentences and the individual athlete responds to each statement according to the degree of its applicability to his condition in the situations he encounters before or during the sports competition, on a scale of (5) degrees (always, often, sometimes, rarely, never), and the test consists of (after Facilitating anxiety), which consists of (10) phrases whose numbers are as follows (1, 3, 4, 7, 9, 10, 12, 14, 15, 16).

It consists (crippling anxiety) of (10) phrases whose numbers are as follows (2, 5, 6, 8, 11, 13, 17, 18, 19, 20). The weights of the phrases are as follows:

(5) points are awarded for answering (always), (4) points for answering (often), (3) points for answering (sometimes), (2) points for answering (rarely), and (1) points for answering (Never), and that the final score for each dimension is the sum of the degrees of expressions related to this dimension, and the high score on the (facilitated anxiety) indicates an increase in the contribution of anxiety in upgrading the individual's level of athletic performance, and a low score on this dimension indicates the lack of anxiety's contribution to upgrading the level of anxiety individual athletic performance.

The high degree on the (crippling anxiety) indicates an increase in the negative impact of anxiety on the level of the individual's athletic performance, and the low degree on this dimension indicates the lack of negative impact of anxiety on the level of the individual's athletic performance.

Skill tests:

Birnback test (basketball skills) in basketball (Allawi and Radwan. 1987):

Scientific bases for the scale and skill tests:

Despite the honesty of the Sports Anxiety Scale and basketball skills tests for the Iraqi environment, the two researchers were not satisfied with that, so they extracted the scientific bases for them as follows:

Honesty of the scale and skill tests:

The two researchers presented the dimensions of the sports anxiety scale (disabled anxiety, facilitator anxiety) and the skill tests used in the study to experts and specialists in sports psychology, tests, measurement and basketball to assess their suitability to the research sample. They all agreed on the honesty of the scale and skill tests, which indicates that they enjoy the honesty of the content.

Scales stability

The two researchers calculated the stability of the (Sports Anxiety) scale “in three ways: (test and re-test) (Al-Qaisi. 2020). In addition, the (split half) method (Al-Qaisi. 2020) and the method (Alpha Cronbach’s coefficient) (Al-Qaisi. 2020) “by applying it to (12) players representing the housing sports club in basketball for youth and they were excluded from the main work sample. (Testing and retesting method) Pearson’s simple correlation coefficient was used between the two applications’ scores and the calculated value was (0.811), which has a significance level (sig) of (0.002) which is smaller than the approved significance level of (0.05), which indicates that the scale has a coefficient of High stability.

As for the (half-splitting) method, the paragraphs were divided into two groups, the group of paragraphs that carry odd numbers and the group of paragraphs that carry even numbers, and by using the Spearman correlation coefficient between the degrees of the odd paragraphs and the degrees of the even paragraphs, the researcher obtained the calculated value of (0,800), which represents the internal consistency of half The test was therefore corrected by the (Spearman-Brown) equation and the scale's stability coefficient became (0.887), which indicates that the scale has a high stability coefficient.

The value of (Cronbach's alpha coefficient) was also extracted for the internal consistency to identify the extent of the correlation of the paragraphs with each other within the scale, as well as the correlation of each paragraph with the scale as a whole.

The calculated value of (0.914) was reached at the significance level (Sig) of (0.000) which is smaller than the approved significance level of (0.05), which indicates that the scale has a high stability coefficient.

As for the stability of the tests (chest passing and passing over the head), the (test and re-test) method was used by applying them to (12) Al-Iskan Sports Club basketball players for youth and using the Pearson correlation coefficient between the degrees of the two applications, the calculated value for them respectively reached (0.843/ 0.800), which are of significance level (Sig) respectively (0.000-0.001) which are smaller than the approved significance level of (0.05), which indicates that the two tests have a high stability coefficient.

Main research experience:

The main experiment was conducted on 5/9/2018, as the two researchers distributed sports anxiety scale forms to the youth basketball players of Baghdad governorate clubs and

participants in the 2017-2018 sports season, as well as conducted skill tests related to measuring basketball skills.

Statistical methods: The search data was processed through the Statistical Package for the Social Sciences (SPSS).

Results and discussion:

Presentation and analysis of the results of the sports anxiety scale and basketball skills

After completing the data distribution and collection, the two researchers unloaded the data in order to treat it statistically, as the values of the arithmetic means, standard deviations, the median, and the value of the torsion coefficient of the sports anxiety scale and basketball skills were extracted, as shown in Table (1).

Table (1) shows the Arithmetic means, standard deviations, median, and the value of the slant factor for the dimensions of the sports anxiety scale and basketball skills

No.	Study variables		Mean	Std. Deviations	Median	Skewness
1	Sports Anxiety Scale	Facilitating anxiety	41.980	1.776	41	0.526
		Crippling anxiety	37.811	3.624	40	0.420
		Overall score for the scale	83.516	7.572	86	0.780-
2	Basketball	Chest passing	20.615	3.970	20	0.685
		Passing over the head	77.111	4.041	80	0.154-

It is noted from Table (1) that the arithmetic mean of the dimensions of sports anxiety (facilitating anxiety, Crippling anxiety) amounted to (41,980-37,811) respectively, with a standard deviation of (1,776-3,624), respectively, as well. 78,111) respectively and with a standard deviation (3,970 - 4,041), respectively.

Presentation, analysis and discussion of the relationship of dimensions of sports anxiety with basketball skills:

In order to achieve the goal of the second research, the two researchers extracted the relationship between the dimensions of the Sports Anxiety Scale with my basketball skill by using the Pearson Simple Correlation Coefficient Law and it became clear that all the sport Anxiety Scales (Facilitating Anxiety, and CripplingAnxiety)

It was signed with the basketball skills of the youth of the school teams because all the calculated (R) values all had P-values, which are denoted by the symbol (Sig), which is smaller than the approved and predetermined value of (0.05), which indicates their enjoyment All of them morally and there is a relationship with my skills in basketball for youth and the total score as well as shown in Table (2).

Table (2) shows the correlation coefficients between the dimensions of the sports anxiety scale with basketball skills for young people in school teams

Scale	DimensionsScale	Chest passing	Passing over the head
Sports Anxiety Scale	Facilitating Anxiety	0.513	0.423
	Level sig	0.000	0.000
	Crippling Anxiety	0.467-	0.442-
	Level sig	0.001	0.000
overall score for the scale		0.529-	0.514-
Level sig		0.000	0.000

Discuss the results:

The result that the two researchers reach with the emergence of the moral relationship between the dimensions of the sports anxiety scale (facilitating anxiety, and the Crippling anxiety) with my skills in basketball for youth is a logical result, as the meaning of the presence of a high degree on (facilitating anxiety) it indicates an increase in the contribution of anxiety in upgrading the skill performance of young basketball players for school teams with the skills of Chest Passing and Passing over the head, and the low score on this dimension indicates the lack of contribution of anxiety in improving the level of performance of the individual athlete. high score on (crippling anxiety) indicates an increase in the negative impact of anxiety on the level of skill performance of young basketball players with the skills of thoracic and overhead handling, and the low degree on this dimension indicates the lack of negative impact of anxiety on the level of individual athletic performance. This explains the emergence of the significant correlation relations in the cases of positive and negative correlation with the skills of Chest passing and Passing over the head in basketball.

It is noticed from Table (2) that there is a significant correlation between the dimension of (facilitating anxiety) with my skills (Chest passing, passing over the head), in basketball due to the fact that the calculated (R) value was respectively (0.513 - 0.423) and they are of the significance level (Sig) respectively (0.000 - 0.000) and they are smaller than

the value of the approved significance level (0.05), and it was also found that there is a correlation relationship Negative significance between the dimension of (Crippling anxiety) with my skills in basketball, as the value of (R) calculated in a row was (0.467 - 0.442) respectively due to the fact that the significance level values, which are symbolized by (Sig) are (0,001- 0.000), which are less than the value of the level of The approved significance is (0.05), and it was also found that there is a negative significant correlation between the total score of the sports anxiety scale with my skills in basketball. The -value (Sig) is (0.000— 0.000) which is less than the value of the significance level (0.05), the meaning of the presence of a significant negative sign means that one of them is measured in the opposite direction to the other, which means that the (sports anxiety) scale has a significant impact on the performance of my youth basketball skills, that is, in the case of lowering a degree after (Crippling anxiety) and in the total score (for the sports anxiety scale) There is an increase and improvement in the performance of my skills in basketball for youth, but in the case of a high degree after (disabled anxiety) and a rise in the degree of (sports anxiety), it leads to a decrease in the level of performance of the skills of serving and receiving serving in basketball for young people. As the performance needs to think and infer on the right place in the opposite court, as you need to focus thinking in implementing it in the right way and in the right place in the opposing team's square (Zeid. 1997).

The two researchers believe that if any young basketball player has high confidence, he will have excellent skill performance when performing my skills, excellent when performing my basketball skills, and the result that was reached is consistent with what was indicated to him (Qatami.2000). That every motive behavior comes as a result of the confidence that the player has, that the motive's control over the player or individual's thinking and performance makes him always in an unbalanced psychological state it is a goal behavior in which the individual is energetic and active. It also mentions (Dagher and Saleh.2000) "The achievement motive is closely related to trust, as the behavior of the individual and his performance of any task demand does not come except through the presence of trust in the individual or the player. An individual's motive is his behavioral guide stemming from his desire for that behavior.

The result also agrees with what was mentioned (Ibrahim.2008) "that high anxiety can sometimes lead to a bad psychological effect on the player instead of being a factor in his compatibility". As (Al-Huri.2008) indicates that, the emotional state of the athletes is affected by the factors of the external environment of the place of competition, the public and internal thoughts and emotions, which lead to a loss of control and which leads to increased anxiety.

Conclusions and recommendations:

Conclusions:

- The existence of a significant difference (facilitating anxiety) youth basketball skills for Baghdad governorate clubs in the cases of high or low degree of dimension.
- The presence of teams with a moral significance (Crippling anxiety) skills in youth basketball for Baghdad governorate clubs.
- There is a significant difference between the total score (of the sports anxiety scale) with the two skills in basketball for youth for Baghdad governorate clubs.
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Recommendations:

- Necessity of paying attention to the findings of the current study of the importance of knowing the degree of sports anxiety for each player and the extent of its impact on skill performance in basketball.
- Necessity of conducting similar studies to identify the type of relationship between sports anxiety and offensive and defensive skills in basketball, which were not addressed in the current study.
- Necessity of conducting similar studies that deal with other psychological variables that were not addressed in the current study, and try to find out the relationship with basic skills in basketball and in both sexes.

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