



Psychological security and its relationship to the performance of some basic skills in handball

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Abstract:

Psychological security is one of the most important psychological manifestations facing players in the current era full of complexities, problems, requirements and pressures of daily life, which is "the issue of the overlap between the concept of security and a sense of lack of fear and a sense of satisfaction and psychological comfort, the psychologically safe person is the one who feels that his needs are satisfying and that the basic components of his life are not at risk and the human being psychologically safe is in a state of balance and psychological compatibility , and we may see some players They feel very high psychological insecurity that ultimately affects the technical level and accuracy of skill performance, and there is a change in physical energy and skill, and we see others characterized by a reasonable degree that can be important motives that push him enthusiastically and seriously to compete, win and achieve goals.

1- Introduction

1.1 Introduction and importance of the research:

Interest in sports psychology began as an important science to achieve excellence in sports performance, and it comes at the forefront of science that helps the success of the coach and the development of sports performance, and psychological manifestations have an important role in the results of matches, as they affect the level of performance of players and their abilities when they implement technical and tactical duties.

Man in general and athlete in particular is a social being whose existence is linked to his interaction with others, regardless of whether it is a positive or negative interaction, he may devote much of his life to helping and making others happy or live a selfish existence putting his personal interests above all considerations.

The skill performance of good sports games is a common product of many factors that bring performance to the highest level, such as the work of the coach and officials on sports activities, the necessary requirements for the training process, the sound environment, the psychological state of the athlete and other factors, and the psychological aspect is one of the complex factors that the coach or others cannot control among the players as they are internal factors of the players' personality.

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others characterized by a reasonable degree that can be important motives that push him enthusiastically and seriously to compete, win and achieve goals.

Providing an environment free of danger and threat and believes that failure to satisfy the needs of security will make the individual tense and incompatible psychologically and socially and unable to achieve himself, which is a new problem of attention and study.

1.2 Research problem:

One of the basic pillars of training that did not receive sufficient attention in the field of sports training, is the psychological factor and one of the psychological emotions whose responses affect the accuracy of skill performance is psychological security, that what the students of the College of Basic Education / Department of Physical Education and Sports Sciences in particular faced from the difficulties and obstacles due to the difficult conditions that passed on the governorate, which generated a state of instability and regularity of study in a sound study environment that makes the student receive the correct information, install it and benefit from it In the future, through research and information collection, it was noted that there is a weakness in the skill performance of students of the fourth stage in handball, and this in turn will reflect negatively on their performance in the teaching process and the lack of transfer of motor knowledge and correct technique to students in schools in the future, as attention is focused on physical, skill and tactical training without sufficient attention to the psychological aspect and lack of knowledge of this aspect with the performance of students, especially the psychological security factor, which is one of the foundations The mission helps in the integrated preparation of students in general, in order to contribute to improving the level of student performance for the better.

1.3 Research Objectives:

1. Identify the level of psychological security among students of the fourth stage - College of Basic Education / Department of Physical Education and Sports Sciences Research sample.
2. Identify the relationship between psychological security and the level of performance of some basic handball skills among students of the fourth stage - College of Basic Education / Department of Physical Education and Sports Sciences Research sample.

1.4 Research hypothesis:

1. There is a correlation between psychological security and the level of performance of some basic handball skills among students of the fourth stage - College of Basic Education / Department of Physical Education and Sports Sciences research sample.

1.5 Research Areas:

- 1.5.1 The human field: (25) students from the fourth stage of the Faculty of Basic Education, Department of Physical Education and Sports Sciences

1.5.2 Time Domain: Period from 15/1/2023 to 1/4/2023.

1.5.3 Spatial field: The internal hall in the College of Basic Department of Physical Education and Sports Sciences.

3 Research methodology and field procedures

3.1 Research Methodology:

The researcher used the descriptive approach in the style of correlational relationships for its suitability and the nature of the problem to be solved, being "studies that are interested in detecting the relationships between two or more variables to know the extent of the correlation between these variables and express them in digital images[1]

3.2 Research Sample:

The research sample included (25) students from the fourth stage students in the Faculty of Basic Education, Department of Physical Education and Sports Sciences, who were randomly selected, and represent (10.86%) of the research community represented by fourth-stage students in the Faculty of Basic Education, Department of Physical Education and Sports Sciences for the year 2021-2022, which numbered (230) students.

3.3 Methods, devices and tools used in research:

3.3.1 Means of collecting information:

The researcher used the means through which he could obtain the data and information required to solve the research problem and achieve its objectives, and the things that the researcher used are:

1. Arab and foreign sources and references.
2. Psychological security scale.
3. Personal interviews*.
4. Questionnaire forms to determine (some basic skills - basic skills tests).
5. Skill tests.
6. Statistical means.

3.3.2 Devices and tools used in research:

1. Electronic computer type (Pontium 4).
2. Handball yard.
3. Handballs number (10).
4. The number (6).
5. Pens number (25).
6. Manual stopwatch.
7. Legal handball goal number (1).
8. Square correction accuracy (40×40) cm.

3.4 Field Broadcasting Procedures:

3.4.1 Psychological security scale:

The psychological security scale designed by him[5] has been adopted, and the scale includes (25) phrases in which the examinations are asked to describe his feeling before (performance) for a certain period determined by the researcher (week, days or hours, for example) on a scale listed from three scales (yes, no, unsure) as the list does not have a total degree and takes into account when applying the title of the list as (psychological security), so that the desirability and bias of the responses of the examinees to the statements of the list can be reduced. As described in Appendix (1)

Patch:

- The positive statements in the scale carry the sequence number (1, 2, 5, 6, 7, 8, 9, 12, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25).
- The negative statements on the scale carry sequence number (3, 4, 10, 11, 13).

Positive statements are corrected as follows:

Yes = three degrees, unsure = two degrees, no = one degree.

The statement in the negative is corrected as follows:

Yes = one degree, unsure = two degrees, no = three degrees.

3.4.2 Identification of handball skill tests used in research:

3.4.3 Tests used in research:

First: Tabtaba Test:

Running in Zakzak for a distance of (30) m [3]:

Objective of the test: Measure the level of dribbling skill

Tools : five signs, stopwatch, handball.

Method of performance: Five signs are fixed on the ground in a straight line, the distance between every two, (3) m and draws the starting and finishing line at a distance of (3) meters from the first sign, the player stands behind the starting line, when the signal to start, the player bounces the ball with running in a zigzag shape between the signs back and forth until he crosses the finish line.

Scoring: Calculates the time recorded back and forth from the moment of start until the player crosses the finish line .

Second, the correction test[3]:

- Tools (6) legal handballs.
- Number (4) square accuracy of correction (40×40) cm.
- Two squares are hung each in one of the top two corners of the goal.
- Two squares each are fixed in one of the lower corners.

How to perform: The player stands in the area facing the goal directly behind the line (6) meters and directs the balls one after the other into any of the upper and lower squares, so that three balls are aimed at either of the upper two corners or both together and the other three balls to either of the lower two corners or both.

- It is taken into account that the ball passes from inside the squares with correction is not raised for the upper squares and not rolled for the lower squares.
- The shooting is from stability or movement to reach the line of (6) meters so that it is in contact with the ground at the moment of the exit of the ball from the hands of the shooter.

Sign up:

- The number of throws in which the ball passes from the upper and lower squares is calculated and it meets all the conditions shown.
- The number of throws entering the goal is converted into degrees.

3.4.4 Exploratory experiments:

3.4.4.1 First exploratory experiment:

The first exploratory experiment was conducted on Sunday, 1/3/2023, on a group of fourth-stage students, numbering (8) students and from outside the research sample, and included the distribution of the scale and the answer to its paragraphs by them, and the purpose of conducting this exploratory experiment was:

1. Identify the extent to which students understand the paragraphs of the scale.
2. Identify incomprehensible paragraphs.
3. Identify the time it takes to answer the paragraphs of the scale.
4. Identify the linguistic integrity of the paragraphs.
5. Identify the efficiency of the assistant work team.

3.4.4.2 Second exploratory experiment:

The second exploratory experiment was conducted on Monday, 14/3/2024, on a group of (5) students of the fourth stage, and it included the results of the tests used in the research, and the purpose of conducting this exploratory experiment was:

1. Suitability of tests for the research sample.
2. Difficulties facing respondents in conducting tests.
3. The efficiency of the assistant team.
4. The appropriate place for the arbitrators to sit (the degree of skill performance).
5. Safety of tools and devices used in the implementation of tests.

3.4.5 Field actions:

Application of the scale: Psychological security

On Sunday, 20/3/2023, the scale was distributed to the members of the research sample at exactly ten o'clock in the morning at the Faculty of Basic Education, Department of Physical Education and Sports Sciences, and the researcher adopted the forms that were answered correctly and neglected the forms that did not meet the conditions of the scale, as the researcher and members of the assistant team took into account the following:

1. Explain the paragraphs of the form to the research sample and answer the students' questions.

2. Emphasize not consulting among themselves and leave side conversations when filling out the form.
3. Choose the answer that describes the student's sincere feeling and reassures him that the form is confidential and used for scientific research purposes only.
4. Answer the paragraphs of the scale and not neglect any paragraph.
5. Commitment to the specified time of (15) minutes.
6. Do not answer with more than one choice to any paragraph.
7. Neglect of forms that did not meet the above conditions.

3.4.7 Conducting skill tests:

On Monday, 22/3/2023, after answering the paragraphs of the psychological security scale, skill tests were conducted by the members of the research sample in the closed hall of sports at the College of Basic Education / Department of Physical Education and Sports Sciences, represented by the correction and handball tests, and the researcher took into account avoiding the negatives that faced the tests in the exploratory experiment.

4 Presentation, analysis and discussion of results

4.1 Presentation of arithmetic means and standard deviations of research variables:

Table(3)

Mean and standard deviation values of search variables

Standard deviation	Arithmetic mean	Variables
1.859	20.960	Pampering
1.458	5.280	Correction
5.837	59.080	Psychological security

4-2 Presentation and discussion of the results of the psychological security variable:

Table (4)

Shows the arithmetic mean, standard deviation and level of feeling psychological security of the research sample

Students Level Psychological security	Test Criteria Original	Deviation Normative	Average Arithmetic

<p>Since the arithmetic mean of the sample falls within the category (39-69), students suffer from a sense of high psychological insecurity.</p>	<p>39-69 High Insecurity 31.38 Insecurity 25-30Tilt for insecurity 12-24 Medium 9.11 Propensity for Security 6.8 Sense of security 0 – 5 High sense of security</p>	<p>5.837</p>	<p>59.080</p>
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Table (4) shows the level of feeling of psychological security of the research. This result is consistent with the results of many studies and scientific sample and research such as the study [6-10] which found that secondary school students feel a loss of psychological security 0 and the study [5] which found that university students have a high sense of psychological insecurity, but at the same time it differs with the study 15-of both [11] as they found that university students are characterized by a high level of psychological security.

This result can be explained in light of two reasons, the first is related to (the psychology of the adolescent) because students at the university level fall into the late adolescence period and this period is characterized by physiological changes that qualify them to leave the world of primary adolescence, but these changes are not matched by changes as quickly in his method of dealing with them at home or university, and this enters them into conflict and tension, which negatively affects the level of their sense of security. [15-20].

The second reason is related to the conditions experienced by our Iraqi society as a result of the fierce war, which left heavy losses in lives and property, and then the spread of chaos and lawlessness in light of the continued occupation in general, and the security situation experienced by Diyala Governorate in particular, which forced to convert the college site to more than one place (College of Engineering / 2006, Teachers College / 2006, Local Administration Stadium / 2007) All this made the students of the Faculty of Physical Education - the fourth stage (research sample) feel by losing psychological security.

4-3 Present, analyze and discuss the relationship between psychological security and the skills of tabtaba and handball shooting.

Table(4)

Values of the relationship between psychological security and the level of performance of the skill of handball

Significance	T Tabular	Calculated t	±	Going to	Variables
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Immoral	0.337	0.360-	5.837	59.080	Psychological security
			1.859	20.960	Pampering skill
Immoral		-0.257	5.837	59.080	Psychological security
			1.458	5.280	Aiming skill

* Value (t) at the level of significance (0.05) and degree of freedom (23)

The researcher attributes this negative relationship to the fact that the student cannot perform the skill correctly unless he has a sense of good performance and reassurance that he performs it correctly and without errors and this feeling makes him fall into performance errors without the ability to correct them.

The main reason, according to the researcher's opinion, is that the students of the fourth stage did not organize their work properly, because the security conditions and the lack of stability due to the continuous change of the official location of the college made them not take the teaching doses completely with the lack of a sound study environment and a lack of equipment, teaching aids and playgrounds that would prove the basic skills properly and correctly for students, which caused students to not have the basic skills correctly and access to the mechanism of performance, which makes them feel safe High psychological towards performance of these basic handball skills.

The researcher agrees with both Hana Abdel Wahab and Najwa Mahmoud Wali that "the feature of self-confidence in sports is one of the most important psychological manifestations that affect the performance of players positively, as it pushes them to exert more effort to face competitive situations in the field of their sports activity. To ensure their success, it can also negatively affect to contribute to performance impairment because they are not sure of their abilities to achieve success in the field of sports activity[20-25]

5 Conclusions and recommendations

5.1 Conclusions:

According to the results of the research, the researcher concludes the following:

1. The level of psychological security among the members of the research sample is low.
2. The presence of a weakness in the level of skill performance in the skills of correction and tabtaba in handball among the members of the research sample.
3. The existence of a negative correlation between the level of psychological security and the level of performance of the skills of Tabtaba and shooting in handball among the members of the research sample.

5.2 Recommendations

The researcher recommends:

1. Paying attention to the level of skill performance among the members of the research sample and emphasizing that the learner has reached the stage of mastery in performing basic skills in sports.
2. Encourage students with poor performance of basic skills and urge them to exert more effort and focus during lectures.
3. Conducting periodic tests to determine the level of psychological security of students to diagnose the defect in the level of skill performance.
4. Conducting similar research using the psychological security variable in the level of academic achievement and in other sports for students of faculties of physical education.

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Appendix No. (1)

Psychological Security Scale

All of	Not	Yes	Paragraphs	t
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it	sure			
			Do you feel comfortable being with ?others	1
			Do you like good for others	2
			?confidence-Do you lack self	3
			?Do you get discouraged easily	4
			Do you usually feel friendly ?towards most people	5
			generally a happy person Are you	6
			Do you mean often what you do	7
			Do you have enough faith in yourself	8
			Do you usually get along with ?others	9
			Do you have a feeling that you are a burden to others	10
			Do you find it difficult to express yourself	11
			Do you feel that life is a heavy burden	12
			Do you worry about feeling ?inferior	13
			?Do you usually feel in high spirits	14
			Do you get along with the opposite sex	15
			?Does it hurt your feeling easily	16
			comfortable in this Do you feel ?world	17
			Are you worried about your IQ	18
			Do you feel like people are ?comfortable with you	19
			Do you usually feel good	20
			?Are you acting like yourself	21
			?Is there a vague fear of the future	22
			?childhood happy Was your	23
			?Can you get along with others	24
			Do you tend to fear competition	25