



The impact of attention-focusing exercises on the skill level of judo players

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Abstract

The concentration of attention helps to reach the higher levels because of its influence, clarity and mastery of the psychological aspects of the motor skill parts, and reaching the degree of mastery of motor skills is not only related to training qualifications but also to the ability of the individual to focus attention, the research was conducted on a sample of (10) players in the category of juniors at Diyala Sports Club.

The experimental approach was used to suit the nature of the research, and the researcher conducted the 6-week pre- test, which was conducted after-testing for the same group with the same pre- testing procedures.

The research found that the exercises adopted by the researcher have a positive effect on focusing attention in emerging judo players aged 15-16 years and that the development of attention focus helps to develop skill performance (the skill of Morte Sionaki) on focusing attention and achievement.

The research recommended the use of T. exercises to increase attention focus and introduce attention to sports programs with mental goals and mental abilities.

1.1 Introduction to and importance of the research:

1.1 Introduction to research and the importance of:

Reaching the higher levels in the field of sports education in general and specialized activity in particular can be achieved at a high level if the skill requirements can be focused on the appropriate skill according to the requirements of some physical, motor and mental abilities.

Judo players are preparing human wealth that must be discovered, nurtured and preserved, and the process of discovering some skill performance has been subject to the lack of use of scientific methods through long stages of human civilizational development where it relied on passing observation, personal experience and other methods not scientifically regulated,

specialists in the field of sports have been interested in directing their efforts to the most appropriate scientific methods and methods to bring players to the higher levels of sports, and prepare judo like other competitive sports that require Some physical and skilled abilities and mental abilities that qualify players to reach the highest levels, because there are many factors, including the way the skilled judo players and wrestling players perform as a result of their convergence with the skill performance of some musks, which is one of the most prominent technical skills, so you must check well when performing skill using scientific method based on the focus of attention also helps to reach the higher levels and has an impact on the accuracy of skill in psychological terms as well as reaching a good degree of mastery Al-Mahari because it is linked to the player's ability to focus attention on skill accuracy and mental control qualifies the player to reach the higher levels.

1.2 Search problem:

Through the follow-up of the researcher and being a work in the field of training and a former coach in judo sport and jeddah lack in the preparation of curricula and training programs from the mental and skill levels, hereached the need to conduct a study that contributes to the development of mental aspects especially focus and attention to the development of skill performance and that the focus of attention is an important factor in acquiring skill and developing it and paying attention to him his effective role in stirring or stimulating ideas to interact in order to push the body to prepare and prepare physically and mentally before The performance of the tasks assigned to him, attention is the factor that leads to the success of the plan drawn during games or competitions the researcher saw that there is a clear lack of skill performance of movements in terms of accuracy and concentration of attention before performance, which prompted the researcher to go into this field and develop the motor abilities of skill performance and develop the focus of attention in the performance of skills for judo players and the importance of research lies in linking the mind and performance it needs the strength of focus and perception and link with each other, which is This exercise contributes to the extent to which attention focus affects skillful¹performance.

1 Sinoun, Mu'ayyuf: Sports Psychology, Mosul, Mosul University Directorate Press, 1987, p. 63

1.3 Search goals:

- 1- Learn about the impact of attention-focusing exercises on skill level
- 2- Developing the focus of attention among players

1.4 Search duties

1. There are statistically significant differences in the results of the post-test of the experimental group in the performance of the skill of Moret Seo Naki

1-5 Areas of research:

1-5-1 Human Field: Diyala Judo Club Players 15-16 Years Old

1-5-2 Temporal Domain: 1/12/2019 - 1/10/2020

1-5-3 Spatial Area: Diyala Sports Club Training Hall

2. Research methodology and field procedures:

2.1 Research approach:

The researcher used the experimental approach of the same group and many researchers resorted to conducting experimental research in the field due to the advantages of this approach of counting, because it is the appropriate method for the nature and purpose of this study.

2.2 The research community and its sample:

The research community consisting of (14) Diyala players reached the number of players group experimentation (10), and the researcher chose the reconnaissance sample on which the reconnaissance experiment applied (4) players

2-3 search tools:

The researcher used the collection of data/ the following means: -

2.3.1 Means of information collection:

Arab and foreign sources and studies.

- International Information Network (Internet)

Similar studies and research.

Note.

- Resolution.

Data collection and unloading forms

- The auxiliary team.

2.3.2 Tools and devices used in the research:

- KENKO manual electronic calculator number (1) Chinese origin.

- Dry pens.

- Two mobile phones type (I phone 6 for photography and timing.

- Computer (TOSHIBA type)

Judo Suit - Judo Whistle Rug

2.4 Field search procedures:

2.4.1 Identifying variables under study

2.4.1.1 Physical variables

The researcher identified the exercises focusing attention only physically variable for research and because of its important effect for judo players¹ especially in competitions some of them.

2.4.1.2 Skill variables

In order to identify the special skill variables of judo players, the researcher collected information and accessed scientific references in order to identify the most important hand-throwing skills (T-Waza) used by judo players "consisting of (15) skills" ... (According to the divisions of Uday Tariq al-Rubaie) ⁰².

It was presented to the nine judo experts and specialists after collecting forms, unloading data and treating them statistically.

Table(1)
Shows hand-throwing skills (T-Waza)

to	Skill variables	Relative importance	Validity
1	Morte Sionaki	100%	✓
2	Tai Ouchi	95.6%	×
3	Kata Kroma	26.7%	×
4	Nucky Skoy	40%	×
5	Okay, Ottoshi.	20%	×
6	Sumi Otoshi	26.7%	×
7	Obi Ottoshi	26.7%	×
8	Seo Atoshi	28.9%	×
9	Yama Arashi	20%	×
10	Murthy Carey	15.6%	×
11	Kojiki and Tawa Atoshi	17.8%	×
12	Kabisa Kaishi	15.6%	×
13	Ogi Mata Skyshi	46.7%	×
14	Koji Kaishi	31.2%	×
15	Ebon Sionaki	95.6 %	×

1- The B.B. Sahar Mustafa, following a proposed training program to develop the focus of attention in Talmed at the age of 10-12 halal sports education lesson, master's thesis.

Tishreen University School of Sports Education Syria 2014 p. 64-81

2- Uday Tariq !Judo - History - Education - Arbitration, II. Beirut: United World, .2011, p. 82

2.4.1.9 The main reconnaissance experiments:

2-4-1-9-1 reconnaissance experiment:

The researcher conducted the first reconnaissance experiment on Wednesday, 5/12/2019 on (4) players who did not participate in the main experiment were selected in the random way from the same community as well as the category and weight and the aim of the reconnaissance experiment was to identify the appropriateness of the tests for the search sample and the time taken to apply each test and to know the difficulties facing the application of tests and to ensure the availability and validity of the tools and devices used and train the auxiliary team^{0.*}

The second reconnaissance experiment was conducted on Wednesday, 8 December 2019, conducted on the same sample (4) players, and was aimed at identifying the working time and comfort needed for the exercises developed by the curriculum for the purpose of knowing the starting line and implementing the curriculum.

- 1- Know the clarity of instructions for exercises and skill.
- 2- Detect and try to modify the mysterious and unclear exercises of the sample members.
- 3- The researcher benefited from this step by calculating the time it takes for the exercises as the answer time ranged from (1-2) minutes.

As the performance of the tests for the reconnaissance sample of 4 players was filmed and presented to arbitrators^(*) number ^(*) in private for the purpose of evaluating the performance of the players in the forms for the tests under study ^(**), the researcher used the simple link factor (Pearson) between the calculation circles of the assessment grades of the arbitrators of the reconnaissance sample, to find the correlation factors as in table(2):

Table (2) showing the correlation factor between the two referees
2.4.1.9.2 The main experience

Test name	The correlation factor between the two referees	Level of significance	Significance
Morte Sio Nucky's skill	0,975	0,00	Moral

(*) Auxiliary staff

Amjad Mohamed Ali judo coach

Ali Sabbar Rashid coach of Diyala Club

Saleh Ali Shalal is an elected player national

Table(3)

Shows mathematical circles and standard deviations of pre- and post- tests

to	Variables	Unit measurement	Pre- test		Post- test	
			Q-	±	Q-	±
1	Morte Sio Nucky's skill	degree	5.100	1.197	6.800	0.789

Table(3)shows themathematical circles of statistical parameters of the research variables inthe pre- and post- tests of the experimental group, as the computational average in the pre- test of skill(5.100)and the standard deviation(1.197)and thecomputational medium in the post- test of skill (Morte Seo Naki) is (6.800)and standard deviation (0.789)

Table(4)

Shows the values of differences in computational circles and their deviation and the value of (t) calculated between the pre- and post- tests of the experimental group

t o	Variables	S-F	P	Calculate d	Ratio Error	Significance
1	Morte Sio Nucky's skill	-1.700	1.160	4.636	0,001	Moral

Moral at \leq error rate (0.05)

Table4shows thevalue of the average differences and deviations and the value (t) calculated between the pre- and post- measurements of the research variables of the experimental group, the average differences between pre-measurement and the post- measurement of skill(-1.700)and the deviation of capacity differences(1.1.700) 160)the calculated value(4.636)and theerror rate (0.001) which is smaller than the error rate (0.05) this means that there are morally significant differences between pre- and post- testing and in favor of post- testing.

3.1 Discussion of the results of the pilot group for pre- and post- tests

The researcher instructed the morale of the test results for the experimental group in table4to the exercises prepared by the researcher and then presented them to the experts of the game judo, which I returned according to ziad focusattention in theemerging players.

The development of different skills is associated with the ability of the individual to focus attention and it affects the clarity and mastery of the technical aspects of the procedure of motor skills, and is an important basis for the success of skills, as confirmed by (Khaled Abdel Meguid, 1989)

pointing out that (high degree of mastery of sports skills is not only related to training qualifications but also to the ability of the individual to focus attention and the ability to contribute consciously to the individual in controlling his motor skills)¹

Attention in the field of sports plays an active role in mastering the skills of mobility and mobilization of psychological forces, and the focus of attention is an important manifestation of attention, which has been shown to have an impact on the skillful performance of sports activities and can be used in the process of psychological preparation of competition, as (Hashim Suleiman, 1988) refers to the emphasis of sports psychologists on the importance of focusing attention as the peak of tactical readiness in training and competitions and due to this must be taken into account the habit of the athlete to focus his attention in During the training process so that work on the development and development of the ability to withstand the focus of attention in the branches of competitions)²

1.5 Conclusions

Through the research procedures, the researcher has reached the following conclusions:

- 1- Special attention-focusing exercises have an effective effect in developing the skill performance of emerging judo players.

Recommendations:

- 1- Preparing special exercises for other skills that develop some different motor abilities for young and advanced players.
- 2- Prepare different exercises to develop other motor qualities.
- 3- Preparing attention-focusing exercises for young and advanced players.

1 Al-Basati, God's command: Source mentioned above P. 202.

2 Al-Dulaimi, Nahda Abdul Zeid: Saad Hammad, and others: the impact of motor compatibility exercises in the development of the accuracy of some volleyball skills and their relationship to attention focus Magazine Babylon University - Volume 19 Issue - 3, 2011, p. 48

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