

Psychological Confusion and Its Relationship to Some Psychological Features of Taekwondo Players

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Abstract

The importance of the research lies in the identification of psychological frequency and some psychological features that players face in taekwondo competitions and to find the degree of correlation between them, and the problem of the research was through the work of researchers in the field of the taekwondo game. One of them has different psychological characteristics from the other, so the researchers decided to study this problem by determining this frequency, determining the psychological characteristics, and then knowing the relationship between them and whether there is an effect of one of them on the other to develop appropriate solutions in the service of Taekwondo players, and the research objectives were to prepare the psychological frequency scale, And the identification of psychological frequency and some psychological features of advanced Taekwondo players, and knowledge of the relationship between psychological frequency and some psychological features of advanced Taekwondo players, the researchers used the descriptive approach on some Taekwondo players in the Najaf Sports Club for the sports season (2019-2020) of (30) A player through the results of the results, the researchers reached the following conclusions. The players of the Iraqi Premier League with Taekwondo appeared as having an amputation. A weak psychological and high self-confidence trait, which increased their motivation for achievement in the competition, the players showed high psychological energy optimal for advanced Taekwondo players, which reduced their psychological reluctance to compete, and the presence of an inverse moral correlation between psychological hesitation and some psychological features (self-confidence - psychological fluency) For players of the Premier League Taekwondo.

Keywords: *psychological frequency, psychological features, taekwondo*

Introduction

The importance of the research lies in the identification of psychological hesitation and some psychological features that players face in taekwondo competitions and to find a degree The connection between them, and the research problem was through the work of researchers in the field of the game of Taekwondo.

(¹) They noticed that the majority of Taekwondo players suffer from a psychological frequency that differs from one player to another and that No one of them has different psychological characteristics from the other, so the researchers decided to study this problem by determining this frequency and determining the psychological features, and then knowing the relationship between them and whether there is an effect of one of

them on the other to develop appropriate solutions in the service of Taekwondo players, and the research objectives were to prepare the psychological frequency scale Knowing the psychological frequency and some psychological features of advanced Taekwondo players, and knowing the relationship between psychological frequency and some psychological characteristics of advanced Taekwondo players(²).

practical part:

The researchers used the descriptive approach on some of the Taekwondo athletes in the Najaf Sports Club for the sports season (2019-2020), which numbered (30), players. To achieve the research objectives in preparing the psychological frequency scale of taekwondo players, the researchers followed the following steps:

Procedures for preparing the psychological frequency scale:

Preparing the initial formula for the psychological frequency scale:

Preparing the initial version of the scale required several procedures, starting with the process of preparing the scale paragraphs, determining the method and foundations for drafting paragraphs, starting to drafting paragraphs, and finally preparing the scale instructions, and the following is a description of those procedures:

Preparation of paragraphs of the psychological frequency scale:

To prepare the appropriate scale paragraphs to measure the concept of psychological frequency according to what is reflected in the theoretical definition of psychological frequency, the researchers conducted a comprehensive review of the relevant previous measures:

Determine the method and principles of drafting paragraphs of the psychological frequency scale:

The developed Likert method was relied on in formulating alternatives to the scale paragraphs, and it is similar to the multiple-choice method, which is considered one of the common methods of measurement and research, as it presents the respondent with a position and asks him to determine his answer by choosing an alternative from several alternatives with different weights.

Perhaps what distinguishes the use of this method is as follows:

- 1- It is characterized by flexibility due to a large number of alternatives.
- 2 - It has high reliability and reliability.
- 3- It reduces guesswork and chance factor. ⁽³⁾

Formulation of paragraphs of the psychological frequency scale:

By analyzing the responses of the survey sample members to the questionnaire and in light of the theoretical definition and the use of studies and measures related to the psychological frequency scale and its components, (60) paragraphs were formulated

distributed into (5) areas, and each paragraph represents one position on the situations that the players face in the form of positive and negative expressions Each position includes three alternatives to the answer and grades are given from (1-3) ⁽⁴⁾

Determining the validity of paragraphs of the psychological frequency scale:

After the researchers finished formulating the paragraphs of the scale in its initial form, it was presented to the experts and specialists in educational and psychological sciences and sports psychology to demonstrate their validity and identify the positive and negative paragraphs, as well as if they need to be modified or transferred to a field other than the field to which they belong and the possibility of merging some paragraphs Similar.

To ensure the validity of the adjustments made by the researchers, the scale was presented again to some experts and specialists, to approve the modifications, and it obtained an agreement rate (100%) and accordingly, the psychological frequency scale was fixed according to the opinions and observations of the experts and specialists. ⁽⁵⁾

Preparing answer instructions on the psychological frequency scale:

The instructions for the psychological frequency scale were prepared that explain how to answer its paragraphs. It was taken into account in preparing the instructions to be clear and easy to understand. To increase clarity, the instructions included a special model on how to answer the paragraphs of the scale. The important thing is to answer all the scale paragraphs frankly and their answers will be completely confidential It is for scientific research, and the researchers presented in the instruction sheet a template for the answer to facilitate the subject's answer. The answer instructions were placed on the scale without explicitly referring to the scale name or the name of its fields.

Exploratory experience:

To ensure the clarity of the instructions of the psychological frequency scale and the clarity of its paragraphs to the players and to know the time taken for their answers, as well as to identify the conditions

for applying the scale, a survey sample of 10 players from Najaf club was applied randomly, and it became clear from this experience that the scale instructions and phrases are clear. The researchers did not face any difficulties with the exploratory sample, and the time it took to answer the psychological frequency scale ranged between (12-16) minutes with an average of (14) minutes, and thus the psychological frequency scale became ready for application to the construction sample.

Basic Experience:

The basic experiment was done by applying the psychological frequency scale to the building sample to conduct a statistical analysis of its paragraphs to select the valid paragraphs and exclude the invalid based on their discriminatory ability, as well as extract the indicators of validity and reliability of the scale. The researchers applied their scale to the building sample of 144 players. They represent some clubs of the Iraqi Premier League with Taekwondo for the sports season (2015-2016) in the period from 12/8/2015 to 29/8/2015, and the researchers stressed the need to read the instructions and paragraphs accurately and answer all the paragraphs honestly and honestly, and more than one opportunity to meet the researchers was invested. Construction sample through training and matches.

Correction of the psychological frequency scale:

To find out the players' answers on the psychological frequency scale, the correction key prepared for this purpose was used, which means (the tool by which the examiner reveals the answers that indicate the existence of the result that is being measured) (1), and the total score was calculated based on the sum of the weights of the answers for the scale and adult paragraphs (34 paragraphs in which the answer for positive paragraphs (always) was given three degrees, while for the answer (sometimes) two degrees and the answer (never) only one score, and the correct opposite of the negative paragraphs, so the highest score that can be obtained ((102) and the lowest score (34).⁽⁶⁾

Psychometric properties of psychological frequency scale:

Verification of the standard characteristics of the scale is one of the basic requirements for it, and the two

attributes of validity and reliability can be one of the most important characteristics, even if honesty is more important than consistency because an honest scale is fixed while the fixed scale may not be honest.

Validated psychological frequency scale:

Honesty is a broad concept that has several meanings that differ according to the use of the test, and truthfulness is intended to measure what the test is designed for.⁽⁷⁾

The researchers adopted two types of validity to ensure the validity of its scale, namely:

Validated content:

It is considered the most important type of honesty in the achievement tests and is related to the answer to the question, and this type of honesty was achieved when the psychological frequency scale was presented to a group of experts and specialists in the field of educational psychology and sports psychology to confirm the validity of the scale paragraphs and the extent to which these paragraphs represent the axes that measure them, and thus The invalid paragraphs were deleted and the valid paragraphs that gained the support of most experts and specialists were preserved, as well as amending and merging some paragraphs.

Stability of the psychological frequency scale:

A static test is a test that has a high degree of accuracy, mastery, consistency and objectivity in what was put to measure, and the stability of the test means that it is not affected by the change of external factors or conditions, which indicates the stability of the response of the individual no matter what circumstances change.

To verify the stability of the psychological frequency scale, the researchers used the following methods:

Halftone segmentation method:

This method relies on splitting the scale after applying it to a certain group into two equal parts, and this method has advantages that are.

1 - The examiner avoided the problem of re-examination or preparation of an equivalent image for the test.

2 - It cancels the effect of changes in the status of the scientific, psychological and health examiners that affect the level of his performance for the test.⁽⁸⁾

The half-segmentation method is one of the most used stability methods, due to its economy in effort and time, and the researchers adopted the data of the individuals of the basic sample of (131) players, as the paragraphs of the scale were divided into two halves, individual and even paragraphs, and the consistency of the degrees of the two halves was verified through Extracting the F-value for them, as their calculated value reached (1.08) degrees and when compared to the tabular value of (P) at two degrees of freedom (130-130) and the level of significance (0.05) amounting to (1.36), its statistical significance was revealed and thus we have verified the homogeneity of the two halves Scales of the scale, and the correlation coefficient between the sum of the scores of the two halves was extracted using the Pearson method by the Statistical Package for Social Sciences (spss), as the correlation coefficient was (0.853), and since the extracted correlation coefficient means stability for only half of the test, and in order to obtain complete stability for the test, the researchers applied the equation Cyberman - Brown, and thus the value of the test reliability coefficient was (0.920), which is a high reliability index of the test.

The scale of some psychological features (self-confidence - psychological fluency):

The researchers used a questionnaire for measuring sports self-confidence on the players of the research sample, a list of the self-confidence trait, designed by Robin Vealy, the Arabization of Muhammad Hassan Allawi, and the psychological fluency of the researcher, Howayda Ismail Ibrahim (2005) Building a scale of psychological fluency for players of excellent class volleyball clubs in Iraq by identifying (9) areas of the scale Through it, (6) areas were identified by experts and specialists and a definition of each field was set in preparation for collecting and preparing the paragraphs, after which (96) paragraphs were initially drafted, and then the initial formula of the scale was presented to a group of experts to judge the validity of the paragraphs in their measurement of psychological fluency. Through this, a section of the paragraphs was deleted and some paragraphs were replaced and corrected. As a result, (41)

paragraphs remained distributed over the scale areas.

The exploratory experiment of the two measures:

To know the clarity of the instructions, paragraphs, and alternatives to answering by the research sample, determining the necessary time, and identifying the difficulties that may face the application process and thus avoiding them when applying the two scales in their final form, presenting and applying the scale to a sample consisting of (10) players chosen randomly and by lot, per hour. The second noon on Sunday 5/8/2015 in the places of their training, and it was found from the pilot experiment that the instructions were clear by the research sample and that the time taken for the application was between (17-18) minutes for a questionnaire to estimate the psychological frequency, as for the application of the scale of some features The psychological approach was (17-20) minutes. Either the answer alternatives were appropriate for the individual sample level as well as the paragraphs. Thus, the two scales with its instructions, paragraphs, and answer alternatives became ready for application to the sample.

The final application of the two scales:

After preparing the final form of the research criteria and after ensuring their validity and consistency, the basic sample for the research of (131) players from the Iraqi Premier League Taekwondo was determined. The two scales were applied to the players during matches and their movement between governorates from 4-12 / 10/2015, after which a procedure was conducted. The application of the researchers In addition to the assistance of the assistant staff, the researchers and the assistant staff who work with him explained the objectives of the research and its importance to the members of the sample and emphasized the necessity of answering all questions carefully, accurately and honestly in addition to answering the questions and inquiries they ask about the vocabulary and clarity of the two scales. The two measures were taken by the researchers and the data was filled out by relying on the keys of the questions, thus making all the raw scores as the test results, after which the scores were converted to final scores.

Statistical methods: The researchers used the Statistical Package for the Social Sciences (SPSS)

Results

The relationship of the psychological frequency with psychological characteristics of advanced Taekwondo players: -

Table (1): The presentation of the results of the correlation between psychological frequency and some psychological characteristics of advanced foot players shows

Indications	the value of the correlation	the value (t) of the significance of the calculated correlation coefficient	significant
The psychological frequency - self-confidence	0.44	6.25	moral
Psychological frequency - psychological fluency	0.31	4.16	moral

The tabular correlation coefficient (t) has a significant value of (98.1) at the degree of freedom (129) and the level of significance (05. (0)).

It can be seen from Table (1) that the value of the correlation coefficient computed between psychological frequency and the self-confidence characteristic of advanced Taekwondo players reached (0.44) and upon inferring the significance of the correlation (t t), the significant value of the calculated correlation coefficient of (25.6) appeared, and when compared With the tabular value of (98.1) and at the level of significance (05.0) and the degree of freedom (129) it was found that the computed value is greater than the tabular value, as it indicates that there is an inverse significant correlation between psychological hesitation and self-confidence trait, and this result appears to be logical and this means that The more players are characterized by good self-confidence and mutual relations, they are less prone to psychological hesitation, and the researcher attributes the reason for this relationship to the fact that the advanced players in Taekwondo had knowledge of their good abilities and capabilities. Therefore, the psychological state appeared at its best, which leads to players bearing the pressure of training away from fear and anxiety, if Players who have a high feeling for their clubs push them to exert more effort to achieve the goals set, and you see them merging with the club group in a cooperative social life where such people are seen and the group is an

extension of that It matters and that life with them is part of their personalities, which creates a state of courage in making critical and accurate decisions).⁽⁹⁾

Also, the value of the correlation coefficient computed between the psychological frequency and the psychological fluency characteristic of advanced Taekwondo players amounted to (31.0) and upon inferring the significance of the correlation (t t), the significant value of the calculated correlation coefficient of (16.4) appeared, and when compared with the tabular value of (98.1) At the level of significance (05.0) and the degree of freedom (129) it was found that the calculated value is greater than the tabular value, and this confirms that the psychological frequency of the players will gradually decrease as a result of the increase in the optimal psychological energy in training and competitions, and the psychological variables play a role in the player’s assimilation and gaining good psychological fluency To move away from competition anxiety and play a good masterful performance through repetition and success experience by following the scientific method that achieves the goals set by coaches, experts and educators to reach the best level of performance.

Conclusion

Through the results of the results, the researchers reached the following conclusions:

1- The players of the Iraqi Premier League appeared with Taekwondo, describing them with weak psychological hesitation and high self-confidence, which increased their motivation for achievement in the competition.

2- The players showed optimal psychological energy high for advanced Taekwondo players, which reduced their psychological reluctance to compete.

3- There is an inverse moral correlation between psychological hesitation and some psychological traits (self-confidence - psychological fluency) of the Taekwondo Premier League players.

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Conflict of Interest: None to declare.

Ethical Clearance: All experimental protocols were approved under the Ministry of education and all experiments were carried out in accordance with approved guidelines.

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