Mental Skills and their Relationship to Some Basic Skills of Sword Fencing Players for the Middle Euphrates Clubs in Iraq

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Abstract

The importance of the research lies in identifying the level of mental skills of dueling sword weapon players, due to their close association with the ability to adapt to the different situations required by the struggles and helps us determine the level of basic skills. Of the sword weapon players, the sword weapon, and the extent of the relationship between them and mental abilities for the purpose of modifying weaknesses and developing strengths, which helps us to stand on an important aspect of the psychological aspects that support the efforts of the trainers and those responsible for the training process in raising the sword weapon players to higher levels, and the most important results were not Statistically significant differences appear between the players of the research sample teams in all mental skills. The most important recommendation is the need to work on developing the basic skills of Sword Duel players in a way that ensures advanced levels.

Keywords: *mental skills, basic skills, dueling*

Introduction

The importance of the research lies in determining the level of mental skills of fencing players, due to their close association with the ability to adapt to different situations, and the requirements of different games, as it helps us in determining the level of basic skills of the players [1]. And the extent of the relationship between them and mental capabilities. For the purpose of modifying weaknesses and developing strengths, which helps us stand on an important aspect of Psyc, aspects of bullying that support the efforts of coaches and participants in the training process in raising players to higher levels.

The problem lies, so the researcher decided to study mental skills in order to assess their level, and whether trainers pay special attention or give this aspect special importance or not and its relationship to the skillful performance of swordsmen.

research aims:

1- Knowing the level of mental skills of the sword sword players.

2- Identify the basic skills level of the sword fencing players.

3- Knowing the link between the mental skills and basic skills of Swordplay players.

practical part

The researchers used the descriptive approach, which is defined as "accurate perception and interrelationships between society, trends, tendencies, desires and development, so that the research gives a realistic picture of life, developing indicators and building future predictions." [2].

Research Sample:

The process of selecting the sample is for the purpose of "studying the case of a specific part of a certain percentage of the members of the original community and then circulating the results to the whole society [3]. Therefore, the research community was a player of fencing clubs with a sword fencing weapon in the middle Euphrates in Iraq, which number [6] Clubs from which the researcher chose [4] clubs are the clubs (Samawah, Karbala, Hilla and Kut) because the players of these clubs are distinguished by that they represent the best athletic level among other clubs and are distinguished by "representative characteristics of society and give results

that are close to what the researcher can reach Scans the whole society "4). The number of chosen players is (31) out of (72), or (43.05%) of the original community.

Psychological and skill measurements and tests:

Mental Skills Scale (1):

The questionnaire measures seven important aspects of the mental aspect of athletic performance.

The Mental Skills Questionnaire is used to identify strengths and mental weaknesses in an athlete and to monitor its progress. The basis of this questionnaire is the copy designed by two British researchers in sports psychology - University of North Wales.

1- The ability to imagine and include paragraphs. (1,2, 3, 4)

2- Mental preparation, including paragraphs. (5, 6, 7, 8)

3- Self-confidence, which includes paragraphs (9, 10, 11, 12)

4- Dealing with anxiety, including paragraphs (13, 14,15,16).

5- The ability to focus and includes paragraphs (17, 18, 19, 20)

6- The ability to relax includes paragraphs (21, 22, 23, 24).

7- Motivation, which includes paragraphs (25, 26, 27, 28).

The sum of the degrees of each dimension = 24 degrees and the percentage score is calculated as follows. If a person obtains 14 points from the total number of degrees, his score is calculated as follows:

$$\frac{14}{24} \ 58, 0 \ x \ 100 = 58\%$$

Skill tests:

The legs movements test.

Final application of the scale and skill tests:

After completing the requirements required to prepare a scale (mental skills) and skill tests (legs movements of both types progress and regression and stabbing movement), the final experiment was applied to the research sample of (31) players representing four clubs from the Middle Euphrates clubs with a sword fencing weapon and the scale was distributed to players In the stadiums of those clubs so that the laboratory sits far away from each other to avoid the effect of their response to each other, and the time is taken to answer the paragraphs of the scale has reached

(25-30) minutes and then after that, the skill tests are applied to them on the same day, as a day was allocated for each team due to the teams 'pitches.

The application of the final experiment was commenced on (18-22/ 11/2019) by the auxiliary work team, and it was taken into consideration that the time of conducting the tests, equipment, and tools used is uniform in the application for all teams.

Statistical means

The researcher has adopted the appropriate statistical means and in a way that serves the research using the following:

- The arithmetic mean - Standard deviation - Simple correlation coefficient (Pearson)

- Analysis of variance - percentage.

Presenting and discussing the results:

Present the results of statistical treatments for mental skills:

Present the results of the percentage of the raw scores for the mental skills of the players of the research sample teams:

Table (1). Shows the percentage of mental skills of search club players

Mental skills Clubs	The ability to imagine	Mental numbers	Self-confidence	Dealing with anxiety	The ability to focus	The ability to relax	Motivation
Samawah	% 54	% 61	% 57	% 57	% 59	% 53	% 63
Karbala	% 63	% 61	% 63	% 57	% 59	% 53	% 66
Hilla	% 56	% 52	% 57	% 52	% 48	% 51	% 60
Kut	% 55	% 56	% 60	% 52	% 55	% 57	% 58

Display the results of the arithmetic mean and the standard deviations of the mental skills of the players of the research sample teams:

Table (2) shows the mathematical mean and the standard deviations of the mental skills of the players of the research sample teams

Motivation		The ability to relax		The ability to focus		Dealing with anxiety		Self confidence		Mental numbers		The ability to imagine		Mental skills
A	−S	A	−S	A	−S	A	−S	A	−S	A	−S	A	−S	Clubs
3.00	15.3	3.52	12.7	3.93	14.3	3.8	13.7	3.6	13.8	3.16	14.6	3.1	13.1	Samawah
2.30	16	2.79	12.8	3.14	14.2	3.9	13.7	3.4	15.1	2.54	14.8	3.0	15.1	Karbala
2.35	14.8	2.49	12.2	2.05	11.8	2.0	12.5	1.4	13.7	1.60	12.5	2.0	13.6	Kut
2.26	14.1	2.75	13.7	2.93	13.4	2.5	12.5	3.3	14.4	3.25	13.5	1.9	13.4	Hilla

Present the results of the analysis of variance for the mental skills of the players of the research sample teams:

Present the results of the analysis of variance for the ability to visualize players of the research sample teams

Table (3) shows the results of the analysis of variance of the ability to imagine the players of the research sample teams.

Indication	Value		Average squares	Degrees of freedom	Sum of squares	Source of contrast
	Tabular	Calculated				
Immoral	2.96	0.860	6.028	3	18.084	Between groups
			7.012	27	189.335	Within groups

* The value of (P) tabular at the level of significance (0.05) and degree of freedom (27.3)

Presenting the results of the analysis of variance for the mental numbers of the players in the research sample teams

Table (4). It shows the results of the variance analysis for the mental numbers of the players of the research sample teams.

Indication	Value		Average squares	Degrees of freedom	Sum of squares	Source of contrast
	Tabular	Calculated				
Immoral	2.96	1.263	9.379	3	28.138	Between groups
			7.429	27	200.571	Within groups

* The value of (P) tabular at the level of significance (0.05) and degree of freedom (27.3)

Present the results of the analysis of variance of self-confidence for the players of the research sample teams

Table (5) shows the results of the analysis of variance of self-confidence for the players of the research sample teams.

Indication	Value		Average squares	Degrees of freedom	Sum of squares	Source of contrast
	Tabular	Calculated				
Immoral	2.96	0.307	2.992	3	8.975	Between groups
			9.739	27	262.960	Within groups

* The value of (tabular P) is at the significance level (0.05) and the degree of freedom (27.3).

Present the results of the analysis of variance to deal with anxiety for the players of the research sample teams

Table (6) shows the results of the analysis of variance to deal with anxiety for the players of the research sample teams.

Indication	Value		Average squares	Degrees of freedom	Sum of squares	Source of contrast
	Tabular	Calculated				
Immoral	2.96	0.374	3.832	3	11.495	Between groups
			10.248	27	276.698	Within groups

* The value of (P) tabular at the level of significance (0.05) and degree of freedom (27.3)

Discuss the Results

Table (1) shows that the percentage of mental skills ranged between (48%) for the ability to concentrate among Karbala club players, while the highest percentage of motor skills for Hilla players was (66%) and these percentages in general indicate that a weakness in the ability to use mental skills for a sample Team players, (1). all of them were not of a moral significance, and the researcher believes that this thing makes sense because of the convergence of the players in their scores and ratios in mental skills, as they were not There was not one team significantly distinguished from the other in the use of mental skills and this is due to the training curricula that still focus on the physical, skills and planning aspects more than their focus on the psychological and mental aspects, which may have an impact on the player's performance level on the field, which made the players unable to Use mental skills effectively and in a way that is appropriate to the level. From the stage they reached, "(2) Mental skill is important in the performance of mathematical skills, and it is that which enables the athlete to reach a state of mind that prevents the entry of negative thoughts and distracting from his sports activity.

Conclusions

1- The percentage of mental skills among the sample players decreased in general, as it was the lowest percentage for Al-Hilla Club in the ability to focus by 48%, while the highest percentage was for Karbala Club in the skill to deal with anxiety by 66%.

2- No significant differences emerged among the players of the research sample teams in all mental skills.

3- The appearance of significant differences in the skill of the stabbing movement, while no significant differences appeared in the movements of the legs.

4- There were no significant correlations between the mental skills and the basic skills studied for the players in the research sample teams.

Financial Disclosure: There is no financial disclosure.

Conflict of Interest: None to declare.

Ethical Clearance: All experimental protocols were approved under the Technical Institute in Samawah and all experiments were carried out in accordance with approved guidelines.

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