Mindfulness and its Contribution to the Performance of the Frontal Pronation Skill on the Horizontal Bar of Gymnastics for Students

Zaid Sami Yasir[1], Yassin Alowan Ismail[2], Osma Abdel Moneim Jawad[3]

[1]Ph.D., Student, [2]Prof., Faculty of Physical Education and Sports Sciences / University of Babylon Iraq

Abstract

The study aimed to identify the level of mental alertness and the numerical values of the results of the performance of the frontal pronation skill on the mind apparatus of the gymnastics of the students, and to identify the percentage of the contribution of the mindfulness to the performance of the front pronation skill on the mind apparatus of the gymnastics of the students, the descriptive approach in the method of relational relations was adopted on a sample of (82) students deliberately chosen (89.13%) from their community represented by the third stage students in the Department of Physical Education and Sports Sciences at the College of Basic Education / Al-Mustansiriyah University who are continuing in the official working hours for the academic year (2020/2021), in addition, the specialized mental alertness scale was approved by students of faculties and departments of Physical Education and Sports Sciences, and a video recording to test students' performance of the frontal pronation skill on the barbell device in your gymnastics, and the researchers applied these two tools to the sample and process its results with the (SPSS) system to be the extracts and applications in that the third stage students in the Department of Physical Education and Sports Sciences in the College of Basic Education need to improve the level of mental alertness and improve the level of their performance of the frontal pronation skill on their horizontal bar, mindfulness is positively related, contributes, and influences the improvement of their performance level for this skill, and it is necessary to intensify efforts between teachers of gymnastics and specialists in sports psychology and their cooperation in support of raising the level of mental alertness according to scientific, non-improvisational foundations because of its important role in improving the performance of the frontal pronation skill on horizontal bar device.

Keywords: *Mindfulness, performance, frontal pronation, skill, gymnastics*

Introduction

Mindfulness is defined as "a state of sensory awareness that is characterized by a different and effective way that leaves the individual open to the new and sensitive to both context and perspective." [8] It is also defined as "a state that includes cognitive encapsulation in a cultural, emotional, psychological, and spiritual way." [6] It is also known as "a deliberate continuation of the present of mind. It includes two aspects, the first of which is awareness and the second is attention, awareness increases through general surveying and continuous and permanent monitoring of experience, while attention increases the degree of feeling the experience and focusing on it. " [7] also," Mindfulness is distinguished from mindlessness, and that behavior occurs outside the control of experience, it falls into the manipulation of tendencies. She is unconscious of the context of time, and mental negligence occurs with little or no conscious awareness. " [9] mental preparation has many benefits, as preparation works as a restoration of previous procedures for the individual's performance, and this preparation prevents forgetfulness due to the periods between training units. The learners who restore their activities during training periods are better prepared for the following training modules as well as their results

are better, as for mental preparation and attention to level high achievement generates new ideas that improve performance. "(Muhammad, 1998) mindfulness / Mindlessness is distinguished from other concepts by how they perceive information, mindfulness and controlled processing require the individual to interpret the information in an emotional way. Mindfulness also requires a classification of the information before performing its cognitive processing, because controlled processing is the emotional processing of information in a limited context, and it is an emotional awareness of a larger context in which information such as the performance of the individual is understood in standardized test, as the processing of information of the statistical type may be considered crucial to understanding the context of the results. Nevertheless, analyzing the results in a vigilant manner requires the individual to put into his perspective the results of other studies and the contents of the results and balance the results with previous performance, as well as the ability to interpret the results. He has a broader perspective of the situation he is facing [10]. Mindfulness has many benefits, the most important of which is that it enhances the individual's sense of the meaning of life and explores its meaning, and it improves the individual's sense of cohesion because awareness, moment by moment, may facilitate openness to experiences and a sense of them, and it enhances the individual's sense of the ability to manage the surrounding environment by strengthening qualitative responses to confront Pressures, and it gives more focus, when attention is focused, the individual gains a lot of strength, confidence and control in all aspects of life and its areas, so the focus that comes from mindfulness improves performance levels at work, it works on the openness of the self towards the spiritual dimensions, the individual's increasing awareness of inner freedom and awareness that this feeling connects more with a sense of purpose that transcends people and opens the way directly to choosing life beyond its physical dimension and opening the self to the spiritual dimension (Mace, 2008) (Mindfulness consists of four dimensions alertness to distinction), openness to novelty, orientation in the present, awareness of multiple perspectives [9], as motor performance in sports activities requires a high degree of coordination in the sense of ability. To show appropriate motor actions in certain circumstances based on previous motor experiences or mastered skills, in other words, the athlete's ability to act in motion in the face of different conditions during performance. [1] The process of kinetic linking is through the athlete's ability to coordinate the partial movements of his body with each other in space and time, and the movement and performance of this coordination when confronting the competitor or using the tool. (Hoffmann, 2012).

Research problem :

Through the work of researchers in the academic field in university teaching, they noticed a weakness in the performance of the front pronation skill on the mind apparatus in the sense of humankind among the students, which by their retreat from improving it could lead to preventing the achievement of the objectives of the lessons in the department, this is one of the problems that require finding solutions in the sports field, especially in this sports educational environment, which prepares specialized outputs that serve in various sports institutions and formations, so that the research problem lies in an attempt to answer the question of the following problem: Does mindfulness relate, contribute, and affect the performance of the frontal pronation for students?

Research objective:

Identify the level of mental alertness and the numerical values of the results of the performance of the frontal pronation skill on the mind apparatus of your homemaking among students, and the percentage of the contribution of the mindfulness to the performance of the frontal pronation skill on the mental device of the gymnastics of students.

Research hypotheses :

The researchers assume that there is a significant correlation between the results of the mindfulness scale and the results of the frontal pronation test on the mindset of the students' gymnastics.

Methodology

The researchers used the descriptive approach to solve this problem.

Research community and sample:

The limits of society are represented by students of

the third stage in the Department of Physical Education and Sports Sciences in the College of Basic Education / Al-Mustansiriyah University who are continuing in the official working hours for the academic year (2020/2021) of (92) students from whom (82) students were intentionally chosen at a rate of (89.13%), and (10) Students of the exploratory sample (10.87%) for achieving the research objectives.

Measuring tools and procedures:

The researchers used the mental alertness scale specialized in students of colleges and departments of physical education and sports sciences (Zaid, 2020) with a total score ranging between (32-160) and a hypothetical medium of (96), which is one of the paper and pen measures that the higher its degree, the better the phenomenon, and as shown in Appendix (1), the researchers also adopted video imaging to test students' performance of the frontal pronation skill on the knuckle system in the gymnastics and evaluate it from (3) judges of (10) degrees, and the researchers verified the apparent validity of the self-sufficiency scale from external sources with more than (80%) of the (15) arbitrators' agreement, which resulted in keeping it as it is without any modifications, in addition to verifying the stability by applying it to the exploratory sample of (10) by the half-segmentation method by (Getman) factor of equal parts, which reached (0.846) at a level of significance (0.05) and a degree of freedom (8), and then applying the scale and the skill test on the application sample the age of (82) teachers for the period extending from Sunday (22/12/2019) until Thursday (30/1/2020), the researchers verified that the results were processed using the Statistical Package System (SPSS) version (V_{26}) by automatically extracting each of the percentage values, the arithmetic mean, the standard deviation, the stability parameter (Gtman), the t-test for one sample, and the linear (regression) factor. (Linear Correlation Coefficient, Contribution Ratio, Standard Error of Estimation, Match Quality) (F) Test, and(Linear Regression) T-Test.

Discuss the Results

Table (1) shows the results of the level of the two variables of the study in comparison with the hypotheses for each of them.

variables	Total marks	Hypothetical Mean	Mean	Std. Deviation	(T) value	Sig level	Sig type
Mindfulness	160	96	74.01	12.987	15.332	0.000	Sig
Skillful performance	10	5	2.85	1.572	12.361	0.000	Sig

The unit of measurement (degree) n = (82) degree of freedom (81) significance level (0.05) D. If (Sig)> (0.05)

Table (2) shows the results of the simple correlation coefficient, the linear regression, the contribution rate, and the standard error.

Impactful scale	Affected by the test	R	(R)2	Contribution rate	Standard error
Mindfulness	Skillful performance	0.853	0.728	0.725	0.825

Table (3) shows the results of (F) test to check the quality of fitment of the linear regression model(R^2) .

Impactful scale	Affected by the test	Variance	Total squares	Freedom degrees	Average squares	(F) value	Sig level	Sig type
Mindfulness	Skillful performance	regression coefficient	145.768	1	145.768	214.066	0.000	Sig
		Error	54.476	80	0.681			

Significance level (0.05) n = (82) The value of (F) is a function if the value of (Sig)> (0.05)

Table (4) shows the results of the estimates of the fixed limit and the slope (effect).

Affected	Variables	b	Standard error	(T) Value	Sig level	Sig type
Skillful performance	Fixed limit	-4.792	0.53	9.034	0.000	Sig
	Mindfulness	0.103	0.007	14.631	0.000	Sig

Significance level (0.05) n = (82) (t) significant value if (Sig) score> (0.05)

We note from the results of table (1) that the level of each of the two desired variables exceeds the hypothesis for each of them, as the results of table (2) show the relationship of the association and the contribution of mindfulness to the performance of the frontal pronation skill on the mind apparatus of your hominies, whose significance is confirmed by the results of table (3) with the quality of this reconciliation linear regression, as for the rest of the contribution of (0.275), the researchers attributed it to random, unexamined factors. The results of table (4) came to confirm the effect of mindfulness on the performance of the frontal pronation skill on the mind apparatus in the gymnastics system. The researchers attribute the emergence of this result to the role of mindfulness, which is a psychological factor that supports the skill factor and its role in it to enable students to direct the necessary motor programs for skillful performance according to units that support it. His mental alertness in being open to new in the classroom environment of your gymnasium. Devices that are characterized by the diversity of stimuli, which are supported by his mental alertness by orientation towards the present and awareness of these multiple stimuli, so that he can control his skillful performance through his selection of the stimulus that helps him in the performance and reduces his mental distraction or stress him. Thus, this result confirms that the greater the level of mental alertness, the better the level of skill performance of the front pronation skill on the mind apparatus of your gymnast. Because when we focus our attention, we gain more control and power in all areas of our lives. Focusing on mindfulness improves our performance at work, in study, in social life and even in entertainment, and everything we enjoy. Food, music, art, books, sports, dance, sex. It improves greatly when we have the ability to relax, be free from stress, and bring our full physical and mental awareness to our senses, and when we are alert about our inner being, we will have a heightened ability to notice the state and changes of our true feelings, especially the negative ones. This gives us a greater ability to deal with these feelings in a conscious and fruitful way more and more every time. Mindfulness about our feelings helps us understand ourselves more and free ourselves from the influence of harmful emotional habits. This also helps to create a breathing space for our emotions that helps them out and appear instead of accumulating in the subconscious and producing emotional or psychological problems in later stages (Tony, 2011). Mentally alert individuals do not necessarily take a risk, as the mentally alert individual is context sensitive, and while individuals are conscious in exploring and experimenting with information technology, they are also in a continuous way that they can benefit you from knowledge so that they can benefit you. 2004).

Conclusions

- Third-year students in the Department of Physical Education and Sports Sciences in the College of Basic Education need to improve their level of mental alertness.

- Students of the third stage in the Department of Physical Education and Sports Sciences in the College of Basic Education need to improve their level of performance of the frontal upstart skill on the mind device of your gymnastics.

- Mindfulness is related, contributes and influences positively to the improvement of their performance level of the frontal upstart skill on the mind

apparatus of the gymnastics of the third stage students in the Department of Physical Education and Sports Sciences in the College of Basic Education.

Recommendations:

- It is necessary to intensify efforts between gymnastics teachers and specialists in sports psychology and their cooperation to support raising the level of mental alertness according to non-improvisational scientific foundations because of its important role in improving the performance of the frontal upstart skill on the mind apparatus of your gymnast.

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Conflict of Interest: None to declare.

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