



## مجلة جامعة ذي قار لعلوم التربية البدنية

مجلة علمية محكمة تصدرها كلية التربية البدنية وعلوم الرياضة



### The relationship between mood patterns and the success realizations of handball players of Sumer University

Ali Fadel Salem

College of Physical Education and Sport Science, University of Thi-Qar, Thi-Qar,  
64001, Iraq  
ali92fs@utq.edu.iq

#### Abstract

The importance of research through the development of mood patterns and their relationship to the realizations of success among handball players at Sumer University (mood patterns) is an emotional state or continuous trend for some time that is arousable and divides into two kinds of fun and depressed that the roots of interest in the topic of mood patterns for personal analysis. Hence, the importance of the problem of research in finding out the different mood patterns of handball players at Sumer University is highlighted by the fact that the mood with its windows and engines is a frightening source of sports personal displacement from its correct, rational and distinctive path if its orientation is adjusted and its effects controlled. Objectives of the study : To prepare a scale of mood patterns in handball players at Sumer University and to identify differences in mood patterns in handball players at Sumer University and the nature of the relationship between mood patterns in handball players at Sumer University. The curriculum: used the descriptive curriculum in the survey method, linkages and comparative studies because it attributed the curriculum and facilitated it in solving the problem of research and achieving the study's objectives. Communities and Sample Research The sample was chosen in a deliberate manner in order to achieve the research objectives. The research community was a handball player at the University of Sumer with 20 players, where the total community was 24. The sample ratio was 83% of the total community for research. Among the most important conclusions is that the most important voluntary qualities for handball players are the pursuit of purpose, courage and

perseverance. The method of theoretical lectures is the most widely used training method followed by the method of training pregnancy in the development of voluntary qualities. No trainers use more than one method in training voluntary qualities.

### مستخلص البحث

تكمن أهمية البحث من خلال تطوير الانماط المزاجية وعلاقتها بإدراكات النجاح لدى لاعبي كرة اليد في جامعة سومر (الانماط المزاجية) هو حالة انفعالية أو اتجاه مستمر لبعض الوقت يتسم بالقابلية للاستثارة ويقسم الى نوعين المرح والمكتئب أن جذور الاهتمام بموضوع الانماط المزاجية للتحليل الشخصية . ومن هنا تبرز أهمية مشكلة البحث في معرفة تباين الانماط المزاجية للاعبين كرة اليد في جامعة سومر الضغوطات باعتبار ان المزاج بنوافذه ومحركاته يعتبر مصدراً مخيفاً لأزاحه الشخصية الرياضية عن مسارها الصحيح والعقلاني والمميز اذا ما تم ضبط توجهاته والتحكم بتأثيراته إذ من الممكن ان يسلك نزعة سلبية تميل إلى الانفراد والتراجع الرياضي وعدم الرغبة بالتحدي والخوف من المجهول مما يتطلب معرفة الانماط المزاجية وتباينها للاعبين كرة اليد ومدى ارتباطها بمعرفة ادراكات النجاح ومواجهة الضغوط الشديدة وتدعيم الثقة بالنفس . هدفت الدراسة اعداد مقياس الانماط المزاجية لدى لاعبي كرة اليد في جامعة سومر و التعرف الفروق في الأنماط المزاجية لدى لاعبي كرة اليد في جامعة سومر و طبيعة العلاقة بين الأنماط المزاجية لدى لاعبي كرة اليد في جامعة سومر. المنهج استخدمه الباحث المنهج الوصفي بالأسلوب المسحي والعلاقات الارتباطية والدراسات المقارنة كونه انسب المناهج وايسرها في حل مشكلة البحث وتحقيق اهداف الدراسة. مجتمع وعينة البحث تم اختيار العينة بالطريقة العمدية تحقيقاً لأهداف البحث وكان مجتمع البحث من لاعبي كرة اليد في جامعة سومر وكان عددهم (٢٠) لاعبا حيث كان المجتمع الكلي (٢٤) وكانت نسبة العينة ٨٣٪ من المجتمع الكلي للبحث. ومن اهم الاستنتاجات ان الصفات الارادية الاكثر اهمية بالنسبة للاعبين كرة اليد هي السعي الى الهدف و الشجاعة و المثابرة . ان طريقة المحاضرات النظرية اكثر الطرق التدريبية استخداما تليها طريقة الحمل التدريبي في تطوير الصفات الارادية . عدم استخدام المدربين لأكثر من طريقة في تدريب الصفات الارادية .

### Introduction to Research.

#### Introduction and importance of research:

Sport gives the right opportunity for the athlete to present his skills and the continuous way to develop these skills by identifying many levels of knowledge of achievement and the individuals have the motivation to display these components. - Skills as many athletes find sport an opportunity to build and increase the effectiveness of those ingredients - skills by meeting the various challenges demonstrated by the nature of sports competition. The realization of the balance between various challenges, skill acquisition and sports competition is achievable. This is what we call the development of performance efficiency. The

outcome of sport is external, internal and other mood factors. External factors come in many forms such as. (earning, winning, getting money) It can be less obvious, but no less meaningful and meaningful things like knowledge motivation. Internal factors mean different factors of self-fulfillment, expressing a sense of ability, potential, emotional control and compatibility. This is what an athlete gets by autonomous mathematical proof. The mood means the key to harmony with sporting attitudes with the athlete's abilities, skills, experience and knowledge are the right creative doors of mind, optimism and positive expectations with little modesty.

Some athletes possess high capabilities in self-leadership, decision-making, attitudinal resolution and behaviour direction in the right direction, focus and emotional efficiency, and employ all abilities in order to realize the realities of success and achieve goals. This is unsafe during their possession of a special mood pattern that can influence sporting attitudes and processes and uncommon. Hence the importance of research in the study of mood as the focus of conflict within the personality of volleyball players is the real cutter of any activity and apparent behaviour if it is qualified with mastery and professionalism so that it avoids deviation and emotional and nervous imbalance and thus extinguishes sporting efficiency and also varies.

### **Search Problem**

There is no doubt that for every reason there is a consequence and that every reaction and man by nature cannot be isolated from the outside world. So he has to deal with others as much as he can practice avoidance behaviour. But his mood remains open and his mood is vulnerable to being influenced and influenced. Sports culture is especially important by understanding and knowing the realities of success and emphasizing the principles of internal proof of sport .

Hence the importance of the problem of research in finding out the different mood patterns of handball players at Sumer University since the mood with its windows and engines is considered to be a frightening source of sports personal displacement from its correct, rational and distinctive path if its orientations are adjusted and controlled by its effects .

### **Objectives of the research are**

\*Preparing a mood scale for handball players at Sumer University

\*Differences in the mood patterns of handball players at Sumer University

\*The nature of the relationship between the mood patterns of handball players at Sumer University

### **Imposed research**

\*There are real differences in mood patterns among handball players at Sumer University.

Having a real relationship between mood patterns and handball players at Sumer University.

### **Areas of research**

the human field: handball players at Sumar University for the academic year 2023 – 2024.

Assignor Alzamani's: 1/12/2023 to 20/4/2024.

Spatial Area: Closed Sports Hall in Sheikh Market.

### **Research curriculum and field procedures:**

#### **Research curriculum:**

The curriculum is "the scientific path taken by the researcher to solve his research problem. The nature of the problem imposes a particular approach to getting to the truth". The researcher will use the descriptive curriculum in the survey method, linkages and comparative studies as he has attributed the curriculum and facilitated it in solving the problem of research and achieving the study's objectives.

#### **Community and Sample Research:**

The sample was chosen in a deliberate manner in order to achieve the objectives of the research.

The research community was a handball player at the University of Sumer, Dhu Qar governorate. The number of players was 20. The total community was 24. The sample was 83% of the total community for research.

#### **Research methods, devices and tools used:**

In order for the researcher to complete their work fully, the tools and means to assist them must be used and "all the means and tools from which the researcher will draw at every stage of his research".

### **Research methods:**

Arab and Foreign Sources and References.

2. Psychological metrics.

3. Questionnaire

### **Tools used:**

1. Computer

2. Pens

### **Procedures for determining variables:**

### **Mood scale be prepared:**

For the purpose of identifying the mood patterns of handball players at Sumer University, the researcher surveyed the scientific sources and references and adopted the mood pattern scale prepared by Mohamed Hassan Allawi to identify the mood patterns in the study sample consisting of 30 paragraphs.

### **Exploratory experience:**

"The exploratory experiment is a mini-experiment by the researcher to tell the extent to which the validity of the main experiment has changed and its importance lies in identifying the negatives that the researcher will face to avoid in the main experiment."

The researcher surveyed the mood patterns of handball players at Sumer University in the closed room on a sample of 7 players in order to identify the most important difficulties and constraints that the researcher may face during his major experiment and to know the time needed for students' responses to the scale paragraphs. The response took between (10 -15) minutes to all paragraphs of the scales.

### **Main experience:**

The researcher began applying the mood pattern measures and the realizations of

success to handball players at Sumer University. The two measures took two days on Sunday and Monday (4 and 5/3/2024).

### Correction

Presentation, analysis and discussion of results, presentation, analysis and discussion of the reality of mood patterns. In pursuit of the first objective of the study, the researcher sought to extract the values of the computational circles and standard deviations and evaluated the dimensions of the mood patterns of handball players at the University of Sumer in order to identify the reality of the mood patterns in the individuals of the research sample, thereby achieving the first goal of the study and table .

Table No (1)

**Shows the values of computational circles and standard deviations to the mood patterns of research individuals.**

Indicative level 0.05	Value (t) tabular	Value (t) calculated	Degree of freedom	Standard error	Standard deviation	Medium	Sample Size
D	2.042	2.57	19	0.427	1.543	104.300	20

### Degree of freedom n-1 at 0,05

Table 1 also shows that there are moral differences in the variable mood patterns of handball players at Sumer University. The calculated value (t) (2.57) is greater than the value (t) of the tabular (2,042) and below its indicative level (0.05) and a free degree (19). Consequently, there are statistically significant differences between mood patterns.

Through computational medium (104,300) and standard deviation (1,543) there is a real relationship between mood patterns and handball players at Sumer University.

### Conclusions and recommendations:

## **Conclusions**

Through the research findings, the researcher reached the following conclusions:

The most important adjective for handball players is the pursuit of purpose, courage and perseverance.

The method of theoretical lectures is the most widely used training method followed by the method of training pregnancy in the development of voluntary qualities.

No trainers use more than one method in training voluntary qualities.

## **Recommendations:**

Emphasize the importance of voluntary qualities in general and recipes of pursuit of purpose, courage and perseverance in particular.

Emphasize the need to use the method of theoretical lectures and training pregnancy as an important method of training for voluntary qualities.

The need to address other psychological aspects of actions in other similar studies.

## Sources and references

First: - Arab Sources

Osama Farouk Mustafa: Entrance to Behavioral and Cognitive Disorders, T1, Oman, Meseer Publishing and Distribution House, 2011.

Thair Ahmed Ghabari, Khaled Mohammed Abu Shaira: Personal psychology, T1, Oman, Arab Society Library for Publishing and Distribution, 2010.

Sami Mohamed Melhem: Measurement and Evaluation in Education and Psychology, T3, Amman, Halloun University, Al-Mesrah Publishing and Distribution House, 2005.

Aida Taib Muhammad Hussein Kattanani: Belonging, Leadership and Personality, I, Amman, Dar Jarir Publishing and Distribution, 2010.

Abdelaziz Abdelmadjid Mohammed: Psychological Preparation Series for Athletes Psychological Energy, T1, Cairo, Dar Alsoom Publishing and Distribution, 2008.

Fayez Abdel Hadi Ayid: Psychology of the Mood between Revelation and Forced Persuasion, T1, Oman, Safa Publishing and Distribution House, 2011.

Qassim Hassan Hussein: Sports Psychology: Principles and Applications in Training Science, 1, Mosul, Higher Education Press, 1990.

Leith Mohamed Ayyash: Knowledge Style and its Relationship with Creativity, T1, Oman, Safa Publishing and Distribution House, 2009.

Maamoun Saleh: The personality is built by the composition of her troubled patterns, Ta 'aman, Osama Publishing and Distribution House, 2011

Mohammed Hassan Allawi: Encyclopedia of Psychological Tests for Athletes, T1, Jordan, Helwan University, Book Center for Publishing and Distribution, 1988.

Mohamed Hassan Allawi, et al.: Psychological Preparation in Handball Theories Applications, T1, Cairo, Book Center for Publishing and Distribution, 2008

Marwan Abdelmadjid Ibrahim: Sport for All, T1, Amman, Culture House for Publishing and Distribution, 2004.

Wajih Mahjoub: Methods and Curricula of Scientific Research, 1, Baghdad, **Book House for Publishing and Distribution, 1988.**