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Social support and its relationship to the skill performance of some throwing skills among Romanian youth wrestlers

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ABSTRACT

The research aimed to identify the relationship between social support and skill performance of some throwing skills among Romanian wrestlers for young people ages (18-20) years, and the researcher imposed a statistical correlation between social support and some throwing skills among Romanian youth ages (18-20) years, and the researcher used the descriptive approach to suit the research mechanism, and the research sample included Romanian wrestlers for young ages (18-20)) year for the Police Sports Club, and their number (16) was deliberately selected, and the researcher used the social support scale that he built (Anwar Nabil Shehab Ahmed 2022)), and devices and tools were used in the work of the research, and statistical treatments through the statistical bag (SPSS), and the results were presented and discussed, and the researcher concluded that there is a significant relationship between social support and skill performance of some throwing skills among members of the research sample, and the researcher recommends the need to apply this scale to different games and samples, the need to conduct Guidance programs on this psychological variable, this variable must be linked with other variables and on different games and categories.

1 - Definition of research:

1.1 Introduction and importance of research:

Scientific progress in recent years has witnessed a remarkable and significant development in the sports field, as individual and team games have developed increasingly in all aspects and methods of training, education and psychological aspects, which led to achieving the best levels and results in international and Olympic sports competitions through sports sciences that were harnessed to serve sports performance . At the level of that, there has been no development and progress in the behavioral sciences, but the start of interest and resort to scientific methods and foundations by relying on measurement and experimentation, as measurement is one of the accurate scientific foundations in the accurate objective description of phenomena, especially if the description is quantitative, because quantitative and digital factors facilitate the process of comparison objectively away from individual subjectivity, and at the same time his description of the phenomena is accurate, will get complete satisfaction , The concept of social support is the individual's need for help from others, whether from family, relatives, friends or those who deal with them who may need them in time of adversity and adversity, "as social support includes a variety of types of assistance and assistance provided by individuals, family, friends, neighbors and others to the individual" (Al-Asadi: 2002: 21), this has aroused the interest of many researchers in social psychology, as it is considered one of the most important components of society and ensure its unity, for what It has a special importance in the life of the individual and society, where many research and studies indicate that social support reduces the impact of pressure, so it seems that individuals who are in stressful situations react less physically severe when they are in the company of other people (d Fido and F: 2001: 81), Freud also emphasizes the importance of social support in removing and reducing the individual's enthusiasm for isolation in addition to its preventive effect in protecting him from exposure to life pressures (Hassan: 1995: 2), and the game of wrestling of the sports that won the approval and acceptance and presence of the masses is not a little because of the intensity of the conflict and competition and the skills implemented by the wrestlers, which is characterized by aesthetic form and artistic movements and this generated love and passion among the masses for this game, and in recent years there has become a wide interest in this sport through the organization of tournaments, training courses, external participations and joint meetings with foreign teams, not to mention the interest in the training aspects where countries, including Iraq, began to establish training courses for their coaches And that the interest in the development of this game is not limited to the physical, skill and tactical aspects, but to the psychological aspect and the maintenance of social relations between the members of the participating delegation and between the players, where the psychological programs pour into preparing wrestlers for championships and they are in a state of compatibility, balance, psychological stability and social support because the wrestler may face many pressures and problems during the competition, and these aspects have an

impact on his psychological status and this reflects negatively on his skill performance, and through the role he plays Social support and behavioral aspects in developing the psychological and skill capabilities of wrestlers and upgrading them by supporting them, where researchers and specialists resorted to studying behavioral factors that have an impact on the level of performance of the wrestler, and thus access and access to factors, concepts and analyzes that would lead to improving and raising the level of their skill performance, as the training process as well as competition are affected by the physical effort exerted by the wrestler and this has to do with the psychological aspect, which is at the same time related to the aspects Moral as well as social, which is obtained by wrestlers through family, friends, training staff and those concerned with the team, these positive factors will have a positive impact on the level of performance during the match, hence the importance of the current research by studying the variable of social support and knowing its impact on the level of wrestlers, and providing uncle and assistance to fly the training process through the coach and wrestler, and knowing the levels of these psychological factors in terms of the benefit of them in order to prepare it psychologically, and thus access To an optimal and better level of performance during competitions and championships.

1-2 Research problem:

Social support is the important and basic element to raise the players to the farthest possible point in terms of the level of performance, as it represents the key to enhancing the level of performance, as it represents an auxiliary factor for the player through his use of methods and strategies that enable him to provide the best performance, as most of the working coaches focus on how to provide support and support to the players, so we find that many of the negative results that occur and coaches could not know how to deal with players, especially the age groups. The inability of coaches to know the role played by social support and harnessed in the service of players, and through that the researcher found the study of this problem despite the lack of what was written in this aspect with regard to the level of sports, (according to the knowledge of the researcher) where he noted that the search for these factors and variables through previous studies and that they are almost scarce, and therefore the researcher decided to study this problem by studying the relationship between the variable social support and the skill performance of some Throwing skills among a sample of Romanian wrestlers for young people aged (18-20) years.

1-3 Research Objective:

1.3.1 Identify the relationship between social support and skill performance of some of the throwing skills of Romanian wrestlers for young people aged (18-20) years.

1-4 Imposing Research:

The existence of a significant correlation between social support and skill performance of some throwing skills among Romanian wrestlers for young people aged (18-20) years.

1-5 Research Areas:

1-5-1 human field: a sample of Romanian wrestlers for the Army Sports Club ages (18-20) years.

1-5-2 Time range: from 1/1/2024 to 10/2/2024

1-5-3 Spatial area: the training center of the club

2. Research Methodology and Field Procedures:

2.1 Research Methodology:

The choice of the appropriate approach with the nature of the research problem and its objectives is one of the necessary and important requirements in scientific research, the research method is "that intellectual organization overlapping in the scientific study is the intellectual steps taken by the researcher to reach the solution to a particular problem (Al-Shawk and Al-Kubaisi: 2004: 51) so the researcher used the descriptive approach in a survey way and correlation relations to suit the nature of the problem.

2.2 Population and sample of research:

The process of selecting the sample has a close relationship and link to the nature of the society from which it was taken as it represents "part of the original community or the model on which the researcher conducts his entire work" (Mahjoub: 2001: 163) so the research community was chosen in a deliberate way and they are wrestlers Romanian clubs Baghdad number (120) wrestler The research sample has been selected randomly and by (16) wrestlers weight (60-66) for one group, and the sample of exploratory experience from outside the research sample for the scale and skills and they are (6) wrestlers from Police Sports Club, which represents (13.33%) of the original community.

2. 3 Sample homogeneity

For the purpose of verifying the homogeneity of the sample, the researcher has resorted to some procedures to adjust the variables, although the selected sample is from close age stages in order to prevent indicators that affect the results of the experiment in terms of individual differences for the individuals of the sample. In order to ensure the homogeneity of the members of the research sample, the researcher conducted a test of the torsion coefficient in the variables (weight, height, chronological age and training age) and the rest of the variables under research, and the values of the torsion coefficient were all confined between (+3, -3), and this means that the sample was homogeneous as shown in Table (1).

Table (1)

Shows the homogeneity of the members of the research sample in the variables (weight, height, chronological age and training age) and the torsion coefficient of the research variables

Torsion coefficient	Standard deviation	Broker	Arithmetic mean	Unit of measurement	Variables
0,000	3	63	63	kg	Weight
- 0,60	2,5	164	163,5	poison	Length
- 0,209	0,799	19	18,833	year	Chronological age
0,517	2,901	20	20,5	month	Training age

2. 4 Tools, means and devices used in research tools and means:

In order to complete the research and solve his problem, the researcher used some of the tools and devices necessary to achieve the objectives of his research, which "are the tools of the researcher under which he can collect data and solve the problem to achieve the objectives of the research" (Mahjoub: 1993: 179)

2 . 4 . 1 M e a n s o f c o l l e c t i n g i n f o r m a t i o n

- ❖ Arab and foreign sources.
- ❖ Personal interviews.
- ❖ Observation .
- ❖ Tests and measurements.
- ❖ Auxiliary work team ^(**) .

2 . 4 . 2 T o o l s a n d d e v i c e s u s e d i n r e s e a r c h

- ❖ Medical scale to measure weight (kg) Chinese-made.
- ❖ Tape to measure the length .
- ❖ Stopwatch number (3).
- ❖ Whistle .
- ❖ Wrestling doll number (3).
- ❖ Rubber ropes cut each piece (3) meters number (18) pieces.
- ❖ Wrestling rug .
- ❖ May wrestling number (18).
- ❖ Wrestling shoes (18) pairs.
- ❖ Scientific manual calculator type CATIGA (1).
- ❖ DELL Laptop Calculator (1).

2.5 Research Procedures:

2. 5. 1- Determining the scale of social support:

After reviewing many studies, literature, references and personal interviews, in order to find a tool to measure the social support of the players and know the relationship between social support and skill performance of some Roman wrestling skills. The researcher chose the social attribution scale for the researcher (Anwar

Nabil Shehab Ahmed Al-Azzawi 2022) as it is newly built, and it was built on basketball players, and the researcher extracted the scientific foundations of the scale after presenting it to those with experience and competence Appendix (2) to indicate the validity of the scale for the research sample.

2. 5. 2 Scale used in research: (1)

The scale was built by the researcher (Anwar Nabil Shehab Ahmed Al-Azzawi) consists of (40) paragraphs, the researcher has deliberately built a scale of social attribution to rely on the theory of behavior analysis in the book Psychology of Personal Relations in (1998) for the world (Fritz Hider) Fritz Haider, and this theory is based (that individuals need to support each other in order to improve their performance, behavior and actions and they need to strengthen others) It is one of the theories of social psychology and focuses on the study of the performance of the individual and the role Which is played by the social environment in motivation, learning and self-organization, applied to basketball players, and paragraphs distributed over four areas are (family support - coach support - and friends axis - and club management support) and that the highest expected degree of the scale reached (200) degrees and the lowest expected degree reached (40) degrees and the hypothetical mean of the scale is (108)

A- Axes (areas) of the scale :

(four) axes were extracted for the scale of social support for basketball players based on the results of statistical analysis, and the paragraphs of the scale amounted to (40) paragraphs distributed on the axes as follows:

First: The first factor was called the axis (family supports) and contained (10) paragraphs.

Second - The second factor was called the axis (support of friends) and contained (10) paragraphs.

Third - The third factor was called the axis (support of the trainer) and contained (10) paragraphs.

Fourth - the fourth factor called the axis (support management of the club) and contained (10) paragraph.

B- Method of correcting the scale of social support and calculating grades:

In order to obtain the total score of the scale obtained by the respondent on the scale of social support, five alternatives were identified in front of each paragraph, which are (always, often, sometimes, rarely, never) corresponding to the scores (5, 4, 3, 2, 1), as the total score of the respondent was calculated by collecting the scores for all paragraphs of the scale.

C - The theory on which the previous study was based in the construction of the scale:

The researcher in the construction of the scale of social attribution to rely on the theory of behavior analysis in the book psychology of personal relationships in (1998) for the world (Fritz Haider) Fritz Haider, and based on this theory (that individuals need to support each other in order to improve their performance, behavior and actions and they need to strengthen others) It is one of the theories of social psychology and focuses on the study of the performance of the individual and the role played by the social environment in motivation, learning and self-organization, and that the text of this theory is that the individual Performs good behavior and outstanding performance when motivated and reinforced, and this theory has evolved where it sees that the individual can realize social situations with the presence of prior reinforcement has the individual the ability to anticipate the results so he can build and organize appropriate behaviors in the individual makes his own effort to improve performance through support and social support from others significantly.

2. 5. 3 Presentation of the scale to those with experience and competence* :

After determining the scale, it was presented to those with experience and competence for the purpose of deliberating with them regarding the ability of the scale and achieving the required objectives, in addition to the clarity of the phrase used in the subject, and its reformulation and adaptation to suit the research sample and no paragraph was deleted by the experts and Appendix (3) shows the experts who were presented to them.

2. 5. 4- Exploratory experiment of the scale:

The exploratory experiment is "a practical training for researchers to find out for himself the negatives and positives that meet him during the experiment to avoid them in the future " (1) (Mandalawi: 1989: 157) The researcher conducted with the assistant team (*) an exploratory experiment on 10/1/2024 on (5) a player from

Experts and specialists:

Prof. Kamel Abboud Hussein, Faculty of Physical Education – University of Diyala – Sports Psychology – College of Physical Education and Sports Sciences, Diyala University

Prof. Muslim Hassab Allah – Faculty of Physical Education – University of Diyala – Sports Psychology – College of Physical Education and Sports Sciences – University of Diyala

Prof. Dr. Aghrid Salem Abdel Reda – Al-Mustansiriya University – Student Activities – Sports Psychology

Prof. Shaima Abed Matar – Sports Psychology – Gymnastics – Faculty of Physical Education and Sports Sciences – Al-Mustansiriya University

Prof. Yasar Sabah Jassim Al-Nuaimi – Sports Psychology – Basketball – College of Physical Education and Sports Sciences – Diyala University

Prof. Dr. Ali Samum Al-Fartousi – Test and Measurement – Basketball – Faculty of Physical Education and Sports Sciences – Al-Mustansiriya University

Prof. Dr. Hamdan Rahim Raja Al-Kubis – Training – Wrestling – Al-Isra University College.

outside the research sample did not participate in the main experiment and the purpose of conducting the exploratory experiment was as follows:

1. Identify the appropriateness of the paragraphs prepared for this purpose.
2. The extent of the clarity of the paragraphs to the interrogator and the degree of his response to them.
3. Ensure that the scale instructions are clear.
4. Calculating the response time and the time it takes for the respondent to answer the paragraphs of the scale.
5. Answering the questions of the respondents about the paragraphs of the scale.

2 . 5 . 5 Psychometric properties of the scale:

2. 5. 5. 1 Authenticity of the paragraphs of the scale:

The most important honesty conditions of the good test, the honest test is the one that succeeds in measuring what was developed for him and the researchers relied on virtual honesty as he pointed out (Eble 1972) in this area that "the best way to ensure the sincerity of the tool is to decide a number of specialists the extent of coverage and comprehensiveness of the paragraphs of the scale of aspects of the characteristic to be measured (PP555 : Eble, R.L. (1972:)) For the purpose of ensuring the sincerity of the scale presented the researcher scale paragraphs to the gentlemen experts and arbitrators and specialists in general psychology and sports psychology and in measurement, evaluation and wrestling Appendix (2) has been using percentages as a criterion on the extent of the sincerity of the scale for the purpose for which it was developed as the opinions of the gentlemen experts agreed by (90%) on the validity of the paragraphs of the scale to represent the phenomenon to be measured and did not delete any paragraph by experts as it indicates (Bloom et al., 1983) to "The researcher must obtain the percentage of agreement of experts in the validity of the paragraphs and the possibility of making amendments by at least (75%) (Bloom et al.: 1983: 126)

2 . 5 . 5 . 2 Stability:

Stability is one of the important conditions for a good tool in the sense of "if repeated measurement operations of the individual showed a degree of stability and stability coefficient, a coefficient of correlation between the scores of individuals in the test in the times of different procedures (Bahi: 1999: 50) and that there are some sources indicate "that this application between the two tests of stability ranging between (10-20) days (Salman: 2008: 66) After collecting the forms, they were statistically processed using the rank correlation coefficient (Siberman), and it was found that the scale has a very high degree of stability, so the researchers used the method of re-testing the psychological hardness scale, as he applied the scale to the sample of the exploratory experiment and reapplied the scale to the

same group with an interval of 7 days from the first application, as the number of the sample of the exploratory experiment reached (5) players from outside the main sample of the research on 13/1/2024, which coincides with Saturday, and the test was re-tested on 20/ 1/2024 coincides with Saturday, where the value of the correlation coefficient was 0.88, which is a high correlation coefficient.

2. 5. 5. 3 Objectivity:

It is intended that the questions for the various members of the sample are far from interpretation or controversy, and the researcher presented the questionnaire form to a group of research sample who were excluded from the main experience, they confirmed its clarity and did not differ in the meaning of the questions they have, which achieved the objectivity of the test, which is intended "non-interference of the researcher's subjectivity and beliefs in the test results (Abdel Rahman and Abdel Dayem: 1999: 153)

2. 6 Determine the most important basic throwing skills from above the chest and their tests:

The researcher resorted to identifying the most important basic throwing skills from above the chest that the Romanian wrestling player needs through his personal follow-up and his work in this field and his academic study in addition to consulting the opinions of experts and specialists in this sport has been chosen on these skills, namely:

1. The skill of throwing from above the back by encircling the head and holding the arm (hand and head) from a standing position.
2. The skill of throwing from above the back by holding the arm with both hands and turning and throwing from above the back (porter item) from standing
3. Test the skill of throwing from above the chest to the back by holding the arm with both hands from standing.

4. 2. 6. 1 Measuring the level of skill performance:

For the purpose of measuring the level of skill performance and following the best scientific methods, which are closely related to the training process, as the grab was divided into three sections and each section was determined grades as follows: the primary section (preparatory) (4) degrees, the main section (3) degrees, and the final section (final) (3) degrees, and through a form prepared for this purpose, an appendix (2) is seen, where the wrestler performs two attempts to hold the desired application and records the best attempt and evaluates the executed grab. The researcher has adopted specialized international referees to evaluate the performance of the grab and has been On (25/1/2024) on Thursday Appendix (3).

2. 6. 2 Skills tests selected to measure skill performance (Nassif et al.: 1990: 57)

3. 6. 2. 1 Testing the skill of throwing from above the back by encircling the head and holding the arm (hand and head) from a standing position¹ (Nassif et al.:1990: 91: op. cit.)

Purpose of the test: Measuring the skill performance of the selected grab:

Tools used : Wrestling mat - wrestling mayo - wrestling shoes - whistle - stopwatch

Performance Description:

Preparatory part: The attacker grabs the upper **arm of his opponent** and encircles the head with the other hand and then turns to the left side and second his knee to pull him forward.

Main part: The attacker continues the process of pulling, then stretching at the level of the knees to raise his opponent above his back.

Final part The striker continues the process of dragging and turning to drop his opponent on his back and complete control of him in the dangerous situation.

Test Conditions:

1 The opposing player must be of the same weight as the tested player.

2- Two attempts are given and the performance is evaluated on the best attempt.

How to register:

The laboratory is recorded for the preparatory part (4) degrees, for the main (3) and for the final (3) degree of degree, and the total score is (10) degrees and the wrestler must obtain (7) degree or more, and if he obtains less than (7) degrees is considered weak,

2. 6. 2. 2: Testing the skill of throwing from above the back by holding the arm with both hands and turning and throwing from above the back (porter item) from a standing position (Nassif et al.: 1990: 96: already mentioned source) Measuring the skill performance of the selected grab.

- Purpose of the test: Measurement of skill performance

Tools used: wrestling mat - wrestling mayo - wrestling shoes - whistle - stopwatch.

Performance Description:

(*) Referees and assessors of skill performance :

Ali Qasim – Olympic referee – Iraqi Central Wrestling Federation

(*) Mehdi Sawadi Mahdi – international first-class referee. Iraqi Central Wrestling Federation.

(*) Jawad Kazem Hoteihat – International Referee – Iraqi Central Wrestling Federation

Preparatory part: The striker holds his opponent's arm with both hands and then turns to pull him forward until his balance is disturbed

Main part: continues the process of pulling over the shoulders to drop him from above his back to the front on the ground.

Test Conditions:

- 1- The opposing player must be of the same weight as the tested player.
- 1- Two attempts are given and the performance is evaluated on the best attempt.

How to register:

The laboratory is recorded for the preparatory part (4) degrees, for the main (3) and for the final (3) degree. The total score shall be (10) degrees and the wrestler must obtain (7) degrees or more, and if he obtains less than (7) degrees is considered weak,

2. 6. 2. 3 Test of throwing from above the chest to back by holding the arm with both hands (kidnapping) (Nassif et al.: 1990: 112: op. cit.)

Purpose of the test: To measure the skill performance of the selected grab.

Tools used: wrestling mat - wrestling mayo - wrestling shoes - whistle - stopwatch - wrestling shoes.

Performance Description:

Preparatory part: The striker with his left hand the right arm of his opponent and then reinforces it with the right hand and then turns under the center of gravity of his opponent's body

Main part : The attacker continues the process of curving backwards, raising his opponent above his chest.

Final part: When the opponent's back touches the rug, the attacker begins to rotate without overdoing the process of grasping and controlling to subdue his opponent to the ground

Test Conditions:

- 1- The opposing player must be of the same weight as the tested player.
- 2- Two attempts are given and the performance is evaluated on the best attempt.

Registration method: Recorded for the laboratory for the preparatory part (4) degree and for the main (3) and for the final (3) degree degree, and the total score (10) degree and the wrestler must get (7) degree or above, and if he gets less than (7) degree is considered weak, ie has a low level of skill performance.

2. 6 . 3 Exploratory experience of skills:

The researcher conducted his exploratory experiment on Saturday, 27/1/2024 on (6) wrestlers of the same category and weight were selected from outside the research sample in the main random way, and the exploratory experiment was

conducted as "a practical training for the researcher to find out the negatives that meet him during the tests to avoid them (Al-Mandalawi et al.: 1987: 107), and the purpose of this simple experiment was to know and indicate the validity of the devices and tools used in the study? In addition to determining the sufficient and appropriate time and according to the level of the research sample in order to avoid the obstacles facing the researcher during implementation. The exploratory experiment aimed at adding to the above:

1. Knowing the time of performance of technical performance tests.
2. Adjust the tools and devices used during the tests.
3. Training the assistant team to perform tests.
4. Adjusting the camera's mode, distance and height to shoot the technical performance test
5. Calculation of scientific coefficients for tests used in research.

The researcher came up with several results of this experiment, including:

1. Determine the time of each test and the special time for all tests.
2. Adjust the camera's distance, height and distance from the switching area.
Develop treatments for the negatives that may face the work team during the performance of tests. Determine the safety and security means and tools used during the tests.

2 . 6. 4 Scientific foundations of skill tests:

A. Authenticity of the test:

Honesty (is to measure the test or scale what was prepared to measure) (Ahmed: 1999: 330) The researcher relied in extracting the sincerity of the tests in his study on the apparent honesty, where the researcher only presented the candidate tests to a group of experts and specialists mentioned in Appendix (3), experts have agreed on the sincerity of the tests in achieving the purpose for which they were developed, and thus proved the researcher the sincerity of his tests, knowing that these tests codified and have already been used in previous studies.

B. Test Stability:

The stability of the test is intended to give the same results if it is re-applied to the same sample in two different periods and in similar circumstances (Al-Gharib: 1970: 653)

The researcher used the method of re-testing to find the stability coefficient of the test, as he applied the tests to (4) wrestlers on 29/1/2024 on Monday and then re-applied the tests to them after a period of seven days on 5/2/2024 on Monday and under the same conditions, and from their results, the researcher found the stability coefficients of the tests and their statistical significance and as It is shown in Table 1.

c. Objectivity of the test:

Objectivity means "the stability of the results of the autonomy of the constituent, if more than one arbitrator gives the score to the same test, the results of the evaluation must be asymptotic, (Al-Zahir: 1991: 21) and means achieving the objectivity of the test, which means "non-interference of the subjectivity of the researcher and his

2.7 Research procedures (main experiment):

2.8 Statistical means:

3. Presentation, analysis and discussion of results:

Table (2)

Standard deviation	Arithmetic mean	auditions
1,58	27,12	Social Support
Standard deviation	Arithmetic mean	Skill Performance Test
3,34	36,62	Skill number 1 hand and head
2,88	36,06	Skill No. 2 Porter item of standing
3,11	36,12	Skill No. 3 Both hands above the chest

Shows the value of the correlation coefficient between the variables studied and the calculated and tabular value of (t)

Skill No. 3 from above the chest with both hands		Skill number 2 porter item parking		Skill number 1 hand and head		Skill Performance Test Game Skills Social Support
Calculated (t) value	Correlation coefficient	Calculated (t) value	Correlation coefficient	Calculated (t) value ^(*)	Correlation coefficient	
7,82	0.90	5,38	0.82	4,84	079	
The tabular value of (t) at the degree of freedom (14) and the level of significance (0.05) is (2.14)						

Through Table (3), we found that the arithmetic mean of the test (social support test) with an arithmetic mean (27.12) and a deviation (1.58).

The skill tests were the arithmetic mean (for skill No. 1 hand and head) (36.62) and a standard deviation of (3.34) while (skill No. 2 porter item standing) was mean (36.06) and deviation (2.88) while it was (skill No. 3 above the chest with both hands) with an arithmetic mean (36.12) and a deviation of (3.11).

After calculating the correlation coefficient (t) between the social support test and skill tests, the values of the correlation coefficient for the test (social support test) with the skill of the hand and head (1) by (0.79) and the same test and the skill of the porter was a standing item (2) by (0.82) while it was with the skill of above the chest both hands (3) by (0.90), which indicates a positive and strong correlation at the same time.

Through this, it is clear to us from the above and through the review of the results of the research Table (4) that the values of the correlation coefficient between (social support test) and the test of skills surveyed have recorded high values of the correlation coefficient and good at the same time, **and the researcher attributes** to this is that the answers of the members of the research sample on the paragraphs of the scale of social support were realistic and logical at the same time and confirmed through the results obtained where the researcher had a role in explaining and clarifying the mechanism of answering the paragraphs to the members of the sample, He believes that this work facilitated the method of marking and their understanding of the paragraphs of the scale was clear and credible to a good and high degree. It is considered one of the most important components of society and ensure its unity, because of its special importance in the life of the individual and society, where many research and studies indicate that social support reduces the impact of pressure, it seems that individuals who are in stressful situations have less severe physical reactions when they are in the company of other people (d Fido and F: 2001: 81), Freud also emphasizes the importance of social support in removing and reducing the enthusiasm of the individual in isolation in addition to its preventive impact in Protect him from exposure to the pressures of life (Hassan: 1995: 2),

The researcher believes that psychology has a close link to many areas of life, including the sports field through psychological variables, especially the social variable, which has an important role through the process of support and support received by wrestlers before and during tournaments by coaches, colleagues, the public, the media, as well as parents, which have a positive return and a close relationship to achieving results, and confirms ((Sarason)The individuals who are provided with low social support are anxious and dissatisfied with their lives and are more emotionally exciting, (:130-133: pp etal198 3 (sarason) And through the numbers of Roman wrestlers for competitions in order to highlight their skill abilities up to higher levels, so the psychological and moral support and support is very important and must be in light of the characteristics that characterize the sport of wrestling, which is the

property of this game, which where the competitions take place in large places and inside the halls on The mat of the fight and the presence of the public near the place of the fight and this matter is a double-edged sword in addition to the difficulty of technical performance, so the wrestlers must be psychologically prepared through specialized psychological programs that are concerned with psychological support and social support that are related to performance in solving psychological topics to reach them to the stage of sports promotion.

4. Conclusions and recommendations:

4.1 Conclusions: The following conclusions have been reached.

1. Psychological support and support have a correlation with futsal skills in raising the level of performance and achieving results
2. The scale of social support a major role in the speed of response to its paragraphs.
3. The support provided by trainers, the public, the media, parents and colleagues has positive factors at the level of skill performance and skills

4.2 Recommendations

In light of the conclusions, the researcher recommends the following:

1. Adopting psychological tests as a basis for building training curricula that develop skill performance in wrestling.
2. Focus on including psychological measures in general and social support in particular and train players on them in order to identify the problems that guide them and find solutions to the crisis
- 3- Activating the role of psychological variables, including social supports, and their goal
- 4- Building measures on other samples and other individual and group games and for both sexes to serve the game and players

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Appendices

Appendix (1)

The scale of social support in its final version of (Anwar Nabil Shehab Ahmed Al-Azzawi 2022)

At all	Rarely	Sometimes	Often	All the time	Paragraphs	t
					I find my friends close to the time of crisis	1
					I feel comfortable when the coach is satisfied with my performance	2
					The club's management continuously follows our training and the level of development of the team	3
					The coach uses the style of authoritarianism and dictatorship in his dealings with team members	4
					My trust in my friends is high and they are with me in all circumstances and all times	5
					The coach tries to exhaust all our physical energy during training	6
					The club's management is keen to pay our financial allocations on time and reward us when winning	7
					When the coach gets angry with me, I feel frustrated.	8
					My friends ease my feeling of stress and anxiety before the game	9
					My family supports me even in case I lose	10
					The club's management is keen to reward me for my outstanding performance	11
					The presence of my family near me makes me feel safe and secure	12
					My friends take into account my circumstances in all cases and pull my buttons	13
					The club's management provides us with continuous support	14
					The coach resorts to following the principle of reward and punishment in his dealings with the team	15
					The support of my friends makes me feel reassured and raises my spirits	16

					The club's management is working to extend a helping hand in case we go through financial hardship	17
					The coach gives us advice during training and matches	18
					I feel let down if my friends don't attend the game	19
					The club's management is strict in its decisions in the event that we stop training or lose	20
					I have the encouragement and support of my family on a permanent basis	21
					My friends follow my performance in every match and provide advice and guidance constantly.	22
					I do better when my family attends the game	23
					The club's management is keen to follow up on everything related to the team	24
					I turn to my family to solve my personal problems	25
					My family takes into account my interests and desires and supports me constantly	26
					My friends constantly give me advice	27
					The coach follows up all our belongings with the club management	28
					My family provides me with the right psychological atmosphere, especially before the matches.	29
					The club's management equips us with all the training and match supplies in a way that befits the club's reputation	30
					My family is keen to be with me during tournaments to support and encourage me	31
					My friends get sad and help me when I get sick	32
					The coach works to raise our spirits before the game	33
					My family helps me to get my work done continuously	34
					The club management provides me with a means of transportation during training and the match	35
					My family encourages me to continue training	36
					The coach shares our joys and sorrows with us	37
					My friends are affected when I lose	38
					The coach encourages social relations between the players	39
					The club management stands by me in case I pass by a distress	40