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مجلة علمية محكمة تصدرها كلية التربية البدنية وعلوم الرياضة



Psychological hesitation and its relationship to sports injuries in the game of volleyball for students

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ABSTRACT

The research aims to identify the psychological frequency of students through the use of a scale for the researcher (Dr. Alaa Kazem Armout Al-Yasiri) entitled (psychological frequency and its relationship to the accuracy of the performance of the skill of overwhelming beating from the back area of volleyball) University of Qadisiyah and consists of (51) paragraphs, where it consists of four axes: the educational axis, the physical axis and the axis of self-confidence And the axis of motivation and also the researcher used to identify sports injuries by presenting them to experts with experience and specialization in the field of sports medicine and physiology, and the research sample consisted of (100) students from the College of Physical Education and Sports Sciences - University of Diyala, and the descriptive approach was used for the nature of the appropriate research, and the data was processed using the statistical bag (spss) The researcher concluded that there is an inverse relationship between the variables of the research as the psychological frequency has an effective role in the performance of motor skills and also has an impact on sports injuries resulting from the psychological state of the student when performing the motor skill in terms of the wrong technique as a result of its association with the psychological state of the student in terms of readiness to learn and wrong performance and psychological effects and the study recommended the use of the variable psychological frequency in other skills and sports.

1- Introduction and importance of research:

Sports psychology is one of the important topics with a direct impact on the development and improvement of the level of performance in athletes, and it is an important axis of scientific studies in the field of physical education . It is the real indicator of the progress of society and the correctness of its intellectual and humanitarian approach, and that this progress is only a natural reflection of the diligent search for modern technical methods and means used in studies and research, as this research has affected human knowledge factors of advancement and superiority, and this appeared through miraculous achievements, especially in the sports field, and in order to develop these games, appropriate modern methods and methods should be employed, which are based on several sciences related to sports, including sports psychology, which He has a great contribution to the development of these games .

Volleyball is a sports game that has gained its popularity through the simplicity and ease of its practice and has become possible to practice it in more than one place, and volleyball gains its importance through its practice by both sexes and of different age groups

As the development that occurs in various fields, including the field of physical education, highlights the need to keep pace with what has emerged from it, especially after physical education has become one of the important measures

Between nations and their civilized concept as a result of the prominent role that the field of scientific research takes through the study, analysis and understanding of various fields and sciences of physical education, including the field of sports psychology, which is an influential aspect in the level of learning sports skills as well as its direct impact on competitions and high sports achievement, and this effect is clearly manifested when practicing sports events that are dangerous and fear of potential injury in them, which is also characterized by the difficulty of learning and performance according to their own requirements The skill aspect and the conditions in which it is performed, "This is why we see a lot of athletes may fail to achieve a certain athletic achievement or note the delay in the process of learning a sports skill as a result of the psychological reality experienced by the player or learner, as many research and psychological studies have confirmed (that many of the known mental illnesses as well as sports failures and lack of obtaining good sports results are due to many psychological factors and reasons (Raysan Khuraibit Majeed and Nahida Rasan: 1988

Hence, the importance of the research emerged through attention to the psychological aspect and knowledge of the reality of psychological hesitation among students of the Faculty of Physical Education and Sports

Sciences when performing a skill that is difficult to perform psychologically, causing possible sports injuries as a result of wrong performance or technique that is not good and other things, and thus this research is an attempt to identify the injuries expected to occur during the game of volleyball for students.

2- Research problem:

The psychological preparation of the athlete has a great impact on the level of achievement and sports performance, through which the athlete's maximum ability can be launched, and the psychological frequency feature is one of the psychological features that have a significant impact on achieving sports achievement, as the lack of goals when the game, especially in the plane, may lead to the loss of easy opportunities often be The team desperately needs to win the match, as the player who delays in playing for reasons and psychological motives exposed to it during the performance in the play leads to this result to failure and loss and thus negatively affects the result of play and through the observation of the researcher for this psychological aspect that the player is going through and found a number of injuries to the players resulting from psychological hesitation or psychological state experienced by the player, From the above, we can formulate the research problem in the form of a question (is there a relationship between psychological frequency and sports injuries of players).

3- Research Objectives:

- 1- Identify the psychological frequency through the psychological frequency scale of the research sample.
- 2- Know the expected sports injuries that occur during the game of volleyball.
- 3- Know the relationship between psychological hesitation and sports injuries for students.

4- Research Areas:

- 1- **Human field:** students of the Faculty of Physical Education - Diyala University - third stage.
- 2- **Spatial field:** playgrounds and halls of the Faculty of Physical Education .
- 3- **Time range :** for Ghutra from 1/10/2024 to 5/11/2024 AD

5- Define terms:

- 1- **Psychological hesitation :** It is the inability of a person to take a position or express an opinion on an issue or a specific event, which leads to a state of confusion, discomfort and tension (Ahmed Amin: 2006).

Or psychological hesitation: It is a psychological characteristic that affects the individual athlete at certain times and not others (Nizar Al-Talib and Kamel Taha: 1993)

2- **Sports injuries** : It is the impact of a tissue or group of tissues by an external, internal or subjective influence, which leads to disruption of the work or function of that tissue. External influence such as the player colliding with his teammate, the ground or the tools. Self-effect is the injury of the player himself as a result of a wrong performance or lack of warm-up. Al-Tikriti, Wadih Yassin: 1998).

2- Theoretical framework:

2.1 Psychological frequency:

This trait is one of the important psychological features and cases that play a fundamental and effective role in controlling high sports achievement and one of the basic elements in learning motor skills on the sports side because good psychological preparation contributes to overcoming many emotions, conflicts and psychological crises experienced by the individual in the circumstances of public life, especially in the sports aspect such as the atmosphere of high competitions and learning difficult skills that include the risk side such as the skill of jumping vertically to the water (on the feet).

It is noted that psychological hesitation does not accompany the individual athlete at all times, but appears with different situations of difficulty, which requires decisiveness or assertion in determining the decision to perform the required or leave it, which is one of the psychological emotions that must be studied and analyzed so that the reality and concept of researchers and choose ways to address them.

2-1- 1 - Factors affecting the emergence of psychological hesitation : (Nizar student and Kamel Taha: 1993)

- 1- boredom
- 2- Knowing the goal
- 3- Knowing the person's ability and success
- 4- Reward and encouraging words
- 5- Attractiveness of effectiveness and negative trend
- 6- Thinking under great psychological burdens
- 7- The negative relationship with the physical education teacher
8. Introversion
9. Previous experience
- 10-Physical area
11. Negative impact of others
12. Training Status
13. Place of Competition
14. Audience
- 16- Sudden change in daily habits
17. Level and importance of competition

18- Warm-up

19. Provision of security personnel

2.1.2 Sports injuries:

Sports medicine is one of the sciences that serve sports in general by maintaining the health and safety of the player and preventing and reducing the occurrence of injury to ensure that the player continues to practice sports activity, as well as the necessity in the rehabilitation of the athlete and his return to the stadiums at the same level (Hayat, 11,1996).

The competition between strong teams, whether in individual or team games, and the existence of competition between players and teams leads to injuries and their increase day by day, as (Watins) believes that sports injuries pose a great threat to athletes in high-level teams, as more statistics indicate their increase in the second half of this century (Watins, 1996, 43)). In addition, sports injuries are important parts of modern sports medicine, they are closely related to a range of sports sciences (Qaba, 183, 1989), and that sports injuries are exacerbated by increased training, intense competition and participation in sports activities, as well as by pressure on joints, ligaments and tendons, and this happens for non-professional athletes.

The prevention and reduction of sports injuries is based on basic pillars and elements, namely: -

-Picking.

- The efficiency of the sports coach of the faculties of the university.

- Efficiency and quality of sports fields.

2.1.3 Causes and factors leading to the occurrence of sports injuries:

Knowing the factors that lead, prevent, prevent and diagnose injury allows the student to practice a longer period of sports activity, and the factors leading to injury are summarized as follows:

- * The factor of repetition and for a long time, in addition to the narrow and repetitive range of motion, all of this leads to burdens on the musculoskeletal and articular systems as well as on the articular ligaments.
- * Lack of regular training and the unwillingness of the student players to work and physical effort, and thus the arrival of sports students to the stage of injury.
- * Repeated performance of movements leads the student athlete to be exposed to the process of rotation, bending and twisting, which requires the speed of reaction to sudden movements.
- * Exacerbation of the injury in the student due to misdiagnosis and neglect of the injury and the continuation of sports activity, which leads to a chronic injury that is difficult to treat.

* The injury may occur as a result of high physical effort that exceeds the student's tolerance and thus a large burden on the musculoskeletal system, and this may happen to the upper or lower limbs, depending on the type of sports activity.

In addition to the above, here are other causes of sports injuries, and perhaps the most important main reasons for the occurrence of sports injuries are:

- 1- Lack of interest in warming up in a correct scientific manner.
- 2- Wrong training that is not based on accurate scientific foundations.
- 3- The trainer does not notice the student while performing the exercises.
- 4- Inadequate pitch.
- 5- Inappropriate choice of training time.
- 6- Lack of positive rest after performing exercises.
- 7- The student's lack of knowledge of sports injury (medical education).
- 8- The presence of psychological or social factors that can increase the incidence of infection (Qaba, 1989, 5)

2- Previous studies:

1- **Jamil Kazem Jawad's study** entitled (Building a psychological frequency meter among swimming learners when performing the skill of jumping vertically to the water on the feet) The study aimed to build and apply a questionnaire form to measure psychological frequency when performing the skill of vertical jumping (on the feet) to the water among students of the first stage in the Faculty of Physical Education / University of Qadisiyah The use of the descriptive approach in the style of standard studies and the survey method to suit the nature of the problem of the research sample on students of the first stage / College of Education Sports / University of Qadisiyah for the academic year (2007-2008) and the number of (200) students, and was excluded students who were absent from the first and second educational unit to teach this skill as well as the exclusion of students who failed who learned to perform the skill and the exclusion of students who did not master the sport of swimming well, as well as the exclusion of the members of the construction sample and the number of (30) students, the number (120) students represented the sample of the application in the research who were selected randomly

Conclusions Psychological frequency scale when performing the skill of jumping vertical to the water (on the feet) designed by the researcher from (32) paragraphs distributed on five axes are (the axis of performance, the axis of education, the axis of physical, the axis of self-confidence, the axis of motivation) and students are characterized by high degrees of psychological frequency when performing the skill of jumping vertically to the water (on the feet).

2- Study of Majid Fayez and Qasim Khawila (1997)

(An analytical study of common sports injuries among athletics players in Jordan) The study aimed to identify the most common sports injuries among athletics players in Jordan, and to identify the most common injuries in each athletics event to identify the most exposed areas of the body and the causes of this injury. The research sample consisted of (48) players from first-class clubs in Jordan. The

researchers found that muscle contraction is one of the most common injuries, and that the pelvis and lower limb of the most vulnerable parts of the body, then the upper shoulders that insufficient warm-up is one of the most common causes of injury followed by excessive training.

3- Salameh's Study, Bahey El-Din Ibrahim (1997)

(The relationship of some morphological and physical variables and physical pattern with common sports injuries for sports students) The study aimed to identify and classify sports injuries suffered by students of the Faculty of Physical Education, physical patterns and the relationship of sports injuries with physical and morphological variables under research The study was conducted on (84) students (42) of whom were exposed to injuries and recurred, (42) The results showed that the most frequent injuries are muscle injury and joint injuries The thin pattern The results of the study showed the most susceptible patterns.

3- Search Procedures:

- 3-1 **Research Methodology** : The researcher used the descriptive approach in the survey method to suit the nature of the research.(Mohammed Hassan Allawi: 1999).
- 3-2 **Research population and sample** : The research community consists of all students of the Faculty of Physical Education, Diyala University - the third stage for the academic year 2023-2024, whose number is (210) students, a sample consisting of (100) students was randomly taken who represent the research sample, as in the following table.

Percentage	Reconnaissance	Research Sample	Research Community	Variables
47.61%	10	100	210	Third Stage Students Physical Education

3-3 Tools used in research:

- 1- Scientific sources and references
- 2- Internet
- 3- Personal Interviews
- 4- Observation
- 5- Sports Injuries Form
- 6- Psychiatric frequency meter

3-3 Search Tools:

- 1- Identification of sports injuries:

A questionnaire was prepared for students who practice volleyball, consisting of (20) items distributed on four axes (training status, overload, clothes, equipment and playground, psychological state), and it was presented to a group of experienced and specialized people (sports medicine experts and training physiology), and their observations were made on it and the paragraphs of the questionnaire were approved.

1- Believe the tool.

The credibility of the tool is the degree to which it measures the dimensions or areas of the tool, not most of the measurement of its purpose, and therefore the validity of the tool is the degree of availability of data related to the problem of research or study and the extent to which the tool measures, or linking the tool to the degrees of the similar tool or presenting it to relevant experts or specialization where it was approved and by a high percentage (80%).

2- -Tool stability:

To ensure the stability of the resolution for some areas of sports injuries, the stability of the tool was calculated by internal consistency using the Cronbach alpha equation, where the stability coefficient was (0.80) for its paragraphs, and this value indicates the stability of the resolution tool.

3- Accuracy correction standard

The response grades were distributed on the paragraphs of the questionnaire according to three categories showing the degree of student practice for all areas of the questionnaire, and they were as follows: from (1-3) degrees, and the range was relied upon as the basis of the standard, as the highest degree (3) and the lowest degree (1), the range between them (2.5), and when dividing the range on the three responses, the share of each response is (0.5), where the highest degree of the questionnaire is (60) and the lowest degree is (20) with an average hypothetical (40). When distributed, the higher the percentage of scores, the higher the level of injuries, and if the degree decreases, the level of the research sample decreases.

2 Psychiatric frequency meter:

The researcher chose the psychological frequency scale prepared by the researcher (for the researcher (Dr. Alaa Kazem Armout Al-Yasiri) entitled (psychological frequency and its relationship to the accuracy of the performance of the skill of overwhelming beating from the back area of volleyball) University of Qadisiyah and consists of (51) paragraph, where it consists of four axes are the educational axis, the physical axis, the axis of self-confidence and the axis of motivation) for students of faculties of physical education, which measures psychological frequency in the sports field in general After a slight procedure for some paragraphs that suit the subject of the research in terms of the game of volleyball to be studied with the exact specialization in the paragraphs of the form, the researcher reached

the development of a form that contained (51) paragraphs and after presenting them to the experts, it included a number of axes (educational axis, physical axis. The axis of self-confidence, the axis of motivation).

3 Method of correction of the psychological frequency meter :-

The scale consists of answer alternatives of five alternatives where the alternatives are positive from (5-1) and vice versa the alternatives are negative, and in order to extract the total score of the scale, the scores obtained by the respondent in his answer to the paragraphs of the scale are collected (51) so the highest score that can be obtained is (255) degree and the lowest score is (51) The degree of neutrality is (137.5) Which can be obtained by adding the scores of the answer alternatives.

4 The sincerity and stability of the scale .

The concept of stability is one of the basic concepts in the scale and must be present in the scale or test in order to be usable" and is intended that the test gives us the same results when reapplied to the individuals themselves (Mustafa Bahi: 1999, p. 23).

In order to verify the sincerity of the test, the researcher presented the scale to a group of arbitrators and specialists in the field of educational psychology, measurement and evaluation in order to arbitrate the scale and in light of the results became the scale in its final form on (51) items , and also the Pearson correlation coefficient was calculated for each of the areas of the scale for the scale where it reached (0.91) It is statistically significant, and the stability coefficient reached (0.82), using the Crowe coefficient of Nabach alpha reached which is a good and acceptable stability coefficient for the stability of the scale .

5 Scientific foundations of the scale:

Scientific foundations of the scale

constancy	Honesty	Scale
0.82	0.91	Psychological frequency

3-5 Exploratory Experiment:

The researcher conducted an exploratory experiment on (10) students of the Faculty of Physical Education and Sports Sciences for the psychological

frequency scale , from Wednesday, 10 / 23/2024 in the halls of physical education, and the purpose of this experiment was the following

- 1- Recognize the time it takes to test .
- 2- Answer any inquiry
- 3- Gauge Instructions
- 4- Ensure the scientific transactions of the tests.

3-6 The main experience of the scale and resolution :

After completing the requirements required to prepare the psychological frequency scale and the sports injuries form, the final experiment was applied to the research sample of (100) students representing the research sample, and the scale was distributed to the students in their places of presence and in their playgrounds so that they sit far from each other to avoid affecting their answer to each other, and the time taken to answer the paragraphs of the scale And also the sports injuries form, and the results were treated statistically by the researcher and the assistant work team on 10/28/2024.

3.7 Statistical Methods:

The researcher used the statistical bag for data processing (SPSS).

4- Presentation and analysis of results:

Know the relationship between psychological hesitation and sports injuries for students.

To achieve the objective of the research to find out the correlation between the psychological frequency meter and the identification of sports injuries

Table (2) shows the relationship of psychological frequency with the results of the identification of sports injuries for volleyball players

Sports Injuries					Sample Application
Relationship direction	Moral	Sig grade	Correlation coefficient	Number	
Direct	Moral	0.000	0.943	100	Psychological frequency
Significant at a significance level ≤ 0.05					

It is clear from the above from Table No. (2) that the values of the impact relationships between the psychological frequency scale and the identification of sports injuries in the game of volleyball positive relationships at the macro level and at the level of all sub-dimensions and at the level of moral (0.05), and this supports the acceptance of the hypothesis that "there is a significant impact relationship between psychological frequency and sports injuries in volleyball players.

We note that the Pearson correlation coefficient between psychological frequency and sports injuries amounted to (0.943),

which is a positive value, and this means that the correlation between them is a direct correlation, meaning that the higher the level of psychological frequency of the player, the more sports injuries they have and vice versa, and the result of the correlation was statistically significant at the level of significance ($\alpha = 0.05$) and therefore there is a correlation between the research variables, This is confirmed by the study (Mahyoubi Radwan) in the conclusion of a study on the state of psychological imbalance in the athlete because of the psychological hesitation that the player has, which makes him feel anxious and nervous when recalling the competition and training and loss of status and injury itself only and that most athletes attribute their sense of anxiety to the injury itself, which explains more related psychological state to their physical condition.

Conclusions and recommendations:

1- Conclusions:

- 1- The results of the study showed a correlation between psychological frequency and sports injuries for the research sample and in the direct direction, where the greater the psychological frequency of the student, the greater the likelihood of sports injuries.
- 2- Lack of training experience and lack of self-confidence lead to increased psychological hesitation of the student and thus lead to sports injury.
- 3- The psychological and physical aspect has a key role in avoiding sports injuries
- 4- Equipment, tools, equipment, playground floors, lighting and technical aspects also have a direct impact on the occurrence of sports injuries to students.

2- Recommendations:

- 1- Focusing on the psychological aspect of students or players as an important part of the general preparation .
- 2- Raising the student's morale, enthusiasm, perseverance and challenge develop their self-confidence .
- 3- Attention to the preparatory part (public and private warm-up) is important for the player or student before the match.
- 4- Conducting similar research and studies.

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Psychiatric frequency meter

5	4	3	2	1	Paragraph	t
					I hesitate when I feel weak in the skill to be performed	1
					Willpower is my motivation for good performance	2
					I hesitate when I do sports activities that I don't like and don't want	3
					I hesitate to perform sports movements if I feel that they cause me injuries	4
					I have previous experience and experience that makes me not hesitate to perform exercises and sports	5
					My feeling of fatigue and fatigue makes me hesitate to practice exercises and sports	6
					My self-confidence makes me not hesitate to play the game	7
					I hesitate when some people make fun of me	8
					The presence of equipment, assistance and assistants makes me not hesitate to play sports	9

					The weakness of my relationship with the coach makes me hesitate to play the game	10
					I have vitality and activity that helps me play the game	11
					Because I have a high psychological preparation, I practice sports without hesitation	12
					My courage makes me not hesitate to perform various sports movements	13
					The complexity of the devices and the difficulty of the movements make me hesitant to perform	14
					When I know the purpose of the game, I don't hesitate to play it.	15
					I hesitate to play the game when I feel not training	16
					I do not hesitate when I am calm and psychologically stable	17
					I hesitate when I feel like a failure	18
					I have cases where I feel that I don't want to play sports	19
					I feel reluctant to play the game when I don't get moral incentives	20
					My practical and theoretical experience makes me not hesitate to play sports	21
					I hesitate when I expect that my level will not be at the required level	22
					My fear of the effectiveness or the device causes me hesitation in performance	23
					My feeling of boredom keeps me away from playing sports	24
					Worry about the performance of the event	25
					I don't care about the result of the match	26
					I hesitate when my pulse rises before the game	27
					My personality is the reason for my hesitation.	28
					When I'm asked to make a decision, I'm slow to make it.	29
					The importance of the competition makes me participate in it	30
					The sudden change in daily habits makes me not want to perform sporting events	31
					Being stressed makes me hesitant to perform	32
					I hesitate when asked to compete with a player or players with fame	34
					My discomfort with some referees makes me hesitate to perform the duty assigned to him in the competition	35
					Repeated failures cause me to hesitate to exercise	36
					My physical preparation is not good because of my hesitation in performance	37
					My feeling of confusion and instability makes me reluctant to play the game	38

				I can't control my nerves in critical situations.	39
				My physical style makes me hesitate to play and exercise	40
				When my warm-up isn't good, I don't want to play the game.	41
				When I have a morale, it makes me a player who is not hesitant to perform.	42
				I hesitate when I hear words of slander	43
				My shyness is the reason why I hesitate to play the game	44
				The poor quality of sportswear during the game makes me hesitate to perform	45
				I'm optimistic by nature.	46
				Climatic conditions make me hesitant	47
				I don't feel hesitant when I have the spirit of hope to win.	48
				I hesitate when I'm frustrated.	49
				My struggle does not make me hesitant in performance	50
				I feel hesitant to perform or practice when watching the audience	51

Sports Injuries Identification

3	2	1	Paragraph	t
			Injuries occur when practicing sports activities	1
			The irregular exercise in training leads to injury	2
			The ability and readiness of the player to play and good preparation can avoid injury	3
			A good warm-up before the start of play reduces the risk of injury	4
			Overload in training and not taking breaks between exercises increases the incidence of injury	5
			The technique that is not good in performance results in injuries	6
			Using inappropriate equipment or incorrect technology leads to injury	7
			When I am exposed to stress or psychological pressure, the percentage of injury increases	8
			A fall or a strong blow results in injury	9
			Get help when I'm injured	10
			Stop playing when I'm injured.	11
			When I feel mild or moderate pain, ask for a switch or stop performing	12

			When I wear tight and uncomfortable clothes and equipment, injuries occur to me	13
			The use of protective means such as helmets , condoms and gloves reduces the rates of injury	14
			The floors of the stadiums and the bad yards result in injury	15
			Attention to the psychological aspect is important to avoid injuries	16
			Sports injuries lead to a decline in the level of the player or team	17
			Injuries lead to high body temperatures	18
			Keep playing when I have a body injury.	19
			When the injured player leaves the field, the opposing team beats with numerical superiority	20