



*The percentage of continuous attention contribution to the performance of the right straight punch to the head among advanced boxers*

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**ABSTRACT**

The research included five chapters The **first chapter** contained the introduction and the importance of the research and the problem of research and the objectives of the research and its fields, the researcher noted that the performance of the boxer during the fight and for a long time is affected by the negative trend as a result of feeling effort and fatigue during the match, and this in turn leads to the distraction of the boxer, which is reflected in the level of performance of the boxer and winning the match. The **second chapter** It included theoretical and similar studies, and the researcher touched on several concepts, including the concept of continuous attention, punches and their types, including the right straight punch of the head. The **third chapter** included the research methodology and field procedures and the researcher used the descriptive approach where the research sample (25) players from the category of applicants out of (30) are boxers of the Cheetahs Sports Club in the province of Dhi Qar and were selected in a deliberate way as this chapter included a continuous attention test and a test straight right punch of the head, the main experiment, statistical means. **The fourth chapter** included the presentation, discussion and analysis of the results. Chapter **Five** The conclusions and recommendations included the contribution of continuous attention in the performance of the straight punch right among advanced boxers was good, as the researcher reached the importance of adopting continuous attention in the performance of the straight punch right of the head and in various individual and team games alike.

## **1- Definition of research**

### **1.1 Introduction and importance of the research**

The development of sports games and events in all fields, especially the sports aspect, which has a large, important and essential role for athletes in particular and individuals in general, and one of these games is the game of boxing, which is one of the individual games that play an important role in order to become balanced and integrated personalities by controlling their behavior, organizing their motives, adapting their tendencies, and developing their ability, One of the mental processes that play a role in the possibility of boxers performance of the requirements that he needs in the game of boxing is (constant attention) as the continuous attention is one of the important factors to achieve success, progress and athletic achievement, which is a general phenomenon in physical education and sports sciences, but boxers are characterized by certain manifestations of attention in the performance of offensive skills, and by maintaining a certain level of continuous attention that is used in the performance of punches directed to the competitor as well as the possibility of getting rid of offensive punches of competitors, This is reflected in the boxer's ability to perform offensive punches within the limits of his speed and attention status.

Hence, the researcher sees the importance of the research is reflected in the extent of the contribution of continuous attention in the performance of the right straight punch of the head for boxers advanced in the Cheetahs Club in the province of (Dhi Qar), which benefits the boxers themselves, and specialists in the field of boxing.

### **1.2 Research problem**

Mental processes are an important and influential factor in the level of skill performance of advanced boxers, including the process of alertness, which directs the individual's awareness towards the perceived topics, since attention is a prerequisite for achieving perception and cannot be separated between them, and therefore the boxer will need a certain level of continuous attention to skill and offensive performance during rounds or training, and through watching the researcher for this game, note that the alert if it is at a low level during the rounds negatively affects the boxers, Which is reflected in the level of performance of boxers and the achievement of victory, hence the study of the contribution of continuous attention in the performance of the right straight punch of the head of advanced boxers has a role in improving the level of performance of offensive skills of boxers.

### 1.3 Research objectives

1. Recognize the contribution of constant attention to the level of performance of the right straight punch of advanced boxers.
2. Identify the significance of continuous attention in the performance of the right straight punch for advanced boxers

### 1.4 Imposition of research

1. Constant attention has a contribution to the level of performance of the right straight punch in a sample of advanced boxers.

### 1.5 Research areas

**1.5.1 Human field :** - Boxers of Dhi Qar province (Cheetahs Club)

**1.5.2 Spatial area :** - Panthers Club Hall in Dhi Qar Governorate.

**1.5.3 Time Domain:** 1 /12/2024 to 1/4/2025

#### **2- Research methodology and field procedures**

**2-1 Research Methodology** The researcher used the descriptive approach (correlational studies) in order to suit the nature of the research problem, which is "the study of a phenomenon or treatment of a problem as it exists in the present with the intention of diagnosing it, revealing its aspects, identifying the relationships between its elements through the use of objective tools to collect data, analyze it and interpret its results" <sup>(1)</sup>.

#### **2.2 Research community and sample**

Defines (Wajih Mahjoub, 1993) research sample as "the model that being the researcher overall and the focus of his work on it" <sup>(2)</sup>, was selected sample of (25)

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<sup>(1)</sup> Nouri Al-Shawk and Rafi Saleh: A researcher's guide to writing research in physical education, Baghdad, Higher Education Press, unpublished, 2004, p. 55.

<sup>(2)</sup> Wajih Mahjoub: methods of scientific research and methods, 3rd edition, University of Baghdad, Higher Education Press, 1993, p 181.

players out of (30), and they represent the percentage (83%) represent the community of origin whole, and they are players Club Cheetahs owners of the category of applicants in the province of Dhi Qar, and the ages of (19-21).

### **2.3 Means of gathering information and devices used**

#### **2.3.1 Means of collecting information and data**

- Arab and foreign sources and references
- Exploratory experiment

#### **2.3.2 Devices and tools used**

- DELL TYPE CALCULATOR NUMBER ONE (1)
- Stopwatch number (1)
- 2 boxing gloves

### **2.4 Tests used in research**

#### **2.4.1 Continuous Attention Test<sup>1</sup>**

**Test Description:** The test consists of three secondary scales that contain different paragraphs (**numbers, letters, and shapes**). Two columns are displayed with five groups of numbers, letters or shapes, and in each row there is one or more groups of numbers, letters or shapes, and in order on the left column. The task of the examiner here is to identify and identify critical paragraphs as quickly and accurately as possible, and the task revolves around identifying it, and in the right column all the groups of numbers, letters or shapes specified in the left column, All these three parts consist of (**250**) paragraphs, knowing that the examinee is **allowed**

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(1)Schuhfried GmbH, Previous source (2007/2008):, Austria.P 4-17

only (3) minutes to answer each part with the addition of approximately (4) minutes to instructions and training to solve those paragraphs.

**Duration of application of the test:** The time required to apply each secondary scale of the test is about (3) minutes with the addition of approximately (4) minutes to the instructions and to solve the paragraphs of training on the application of the test.

**Recording and calculating examination scores:** The number of properly solved paragraphs is a measure of cognitive speed, while the percentage of errors calculated from the total number of analyzed paragraphs is a measure of accuracy, and it also shows us the approach of the results of raw grades and standard scores for each test as well as the test as a whole, and the (DAKT) test is mainly used to measure speed and cognitive accuracy, i.e. the quality and quantity of concentration and attention, The main field of application can be in the psychology of selection and classification of individuals

#### 2.4.2 Straight right punch test of the head <sup>(2)</sup>

**Purpose of the test:** To evaluate the performance of the right straight punch of the head.

**Tools used:** (2) boxing gloves – handheld stopwatch – grade granting form – 1 video camera device.

**Test Description:** *The* test is performed by boxers.

First: The boxer performs the straight punch right to the head for a period of (60) seconds.

Second: The boxer performs the right straight punch of the head and the second boxer in the defense process at a rate of (30) seconds and then is switched between the boxers as the first boxer performs defense and the second boxer performs the straight punch right to the head.

**Conditions :**

First: The right straight punch of the head is performed according to the following conditions:

1- Exit punch 2 - follow it with body weight 3 - hit the target.

**Registration :**

First: (10) degrees are calculated to perform the right straight punch of the head, divided as follows:

1- Punch exit (2) degree 2- follow-up body weight (4) degree 3- hit the target (4) degree.

**2.5 Exploratory experiment:** "It is the exploration of the circumstances surrounding the phenomenon that the researchers wish to study, which is the detection of mysterious episodes, as it is one of the important and very necessary means in the implementation of research" (3)

**2-6 Scientific foundations of tests:** - (tests are a means that helps to evaluate performance and compare their levels with objective objectives, as they must have high equations of honesty, consistency and objectivity) (4)

**2.6.1 Validity of tests :** - (The ability of the test to measure what was developed for it or the characteristic to be measured) (5)

**2.6.2 Stability of tests :** - (consistency in results and is considered constant if we get the same results when re-applied to the individuals themselves and in the same circumstances) (6)

**2.6.3 Objectivity of tests :** - (non-difference estimated judgment on something or on a particular subject) (7)

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Mustafa7 Hussein Bahi: previous source , 1999 , p. 56.

2-7 The main experiment The main experiment included conducting the tests used in the research, which are (continuous attention test, right straight punch test) on the members of the research sample, numbering (25) boxers, at the Cheetahs Club in Dhi Qar Governorate, and psychological and skill tests were conducted for young boxers, where the tests were conducted on 1/1/2024, and ended on 1/1/2025, and the same procedures that were applied to the exploratory experiment were taken into account from the availability of all the necessary tools and supplies for research.

**2-8 Statistical means:** - The researcher used the statistical bag (SPSS) version 16.0 to process the data

### 3. Presentation, analysis and discussion of results

3-1 Presentation, analysis and discussion of the results of the continuous attention test and the right straight punch test in the sample of advanced boxers.

**Table (1)**

Shows the percentage of continuous attention contribution to the performance of the straight punch of the head and torso in advanced boxers

Contribution Percentage	Correlation coefficient R	Value f	Deviation	Arithmetic mean	Variables
0.72	0.85	4.25	1.67	7.13	Constant attention
			2.55	6.35	Right straight punch

Table (1) showed that the arithmetic mean of continuous attention (7.13) with a standard deviation (1.67) and the arithmetic mean of the right straight punch among advanced boxers (6.35) and a standard deviation (2.55) and the percentage of continuous attention contribution to the performance of the right straight punch among advanced boxers (0.72) and the calculated value of (P) (4.25), which is

greater than the value of (P) tabular (2.069) at the level of (50.0) and the degree of freedom (23) and this indicates its morale, The researcher believes that the percentage of continuous attention contribution in the right straight punch of the head for boxers (advanced) because it is one of the decisive punches in achieving victory and scoring points, as the ability of boxers to focus and continuous attention enables him to appear at a level of performance characterized by high accuracy. As "mental abilities play an important role in mental processes and employ them in favor of skill performance in many events and sports activities, including boxing and attention, one of these important abilities that work on the success of the application of skills" <sup>(8)</sup>

#### 4. Conclusions and recommendations

##### 4.1 Conclusions

- 1- The contribution of constant attention was good in the performance of the right straight punch of the head in advanced boxers.

##### 4.2 Recommendations

- 2- Adopting the current research tool (continuous attention) in various research and studies because of its role in various individual and group games.
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