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Psychological integration and its relationship with the accuracy of shooting from the wing position of the handball players of Kufa Club

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ABSTRACT

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Handball is one of the widely practiced sports and occupies a good position because it is a fun game and contains defensive and offensive skills that players must learn and master greatly in matches, and psychological integration is one of the important topics that negatively or positively affect the level of game development and achieving the best achievements and results, as it receives increasing attention among psychologists in general because of its great importance in achieving proper psychological development, whose positive effects are represented in the integration of people. It is also one of the important and basic concepts related to the human personality, his mental health, and his adaptive relationship with the social environment, as human beings differ in terms of their physical and mental abilities and personal capabilities in various fields, as well as psychological integration includes the ability of a person to change his behavior and habits when he faces a problem or It is a basic criterion for mental health and an important pillar in the formation of the individual's personality that helps him to face obstacles and facilitates the performance of the required skills during learning.

Whereas, psychological integration Key Factors Influencing in The direct level of player performance, The player's lack of enjoyment will negatively affect his performance. The researcher went through this experience, especially after noticing the weakness of the players of Kufa Club for the applicants in this regard, which makes them They face psychological stress Great during the matches, This is what made the researcher Fighting this The problem is to find ways to address it by finding the relationship between psychological integration and the accuracy of aiming from Pavilion Center For the players of Kufa Sports Club The researcher used the descriptive method to suit the nature of the problem and applied the research to the players of Kufa Sports Club for applicants, and after presenting the psychological integration form to experts in the field of psychology, data analysis and extracting results, the researcher reached some conclusions, including, The value of psychological integration was average among the players of Kufa Handball Club, Van There's a connection Link Significance between psychological integration and accuracy of aiming from Pavilion for Players Handball for Kufa Sports Club.

1- Introducing the research :

1-1 Introduction and Importance of the Research :

Handball is one of the games with high physical requirements that needs an integrated preparation so that the player can bear the physical and psychological burdens he faces during the match.

It is one of the widely practiced sports and occupies a good place among the rest of the games because it is a fun game and contains defensive and offensive skills that players must learn and master to a great extent and then perform them in matches.

Psychological integration is one of the important topics that can negatively or positively affect the level of development of the game and the achievement of the best achievements and results, as it is one of the main factors affecting the level of performance of players, it achieves internal and external harmony and harmony of the various aspects of the human personality in general and the sports personality in particular, and the integration between them occurs, and that the lack of integration of the athlete in return will show it. We can say that the study of psychological integration and its relationship to the accuracy of shooting from the center of the wing is one of the important things that the coach and psychotherapist must be familiar with in order to predict the level of the player and be able to interpret. And knowing his psychological state through his reflection on the performance inside the stadium.

Hence the importance of research in identifying the relationship between psychological integration and the accuracy of shooting from the wing among the handball players of Kufa Sports Club.

1-2 Research Problem :

With the rapid progress that has taken place in psychology in modern times, sports psychology has become an important place among the branches of this science, and psychological integration has played a great, influential and effective role in the emergence and stability of the principles of sportsmanship among players, which is one of the important things to deal with the situations that the player goes through in his daily life and during his performance of sports skills, including the skill of shooting from the center of the wing, as it is the skill and the most difficult place to shoot. Accordingly, it was necessary to pay attention to this skill by the researchers to improve the level of the best technical performance of the winger players, and through the experience of the researcher being a former national team player and a former continental referee, he found that the winger players in the Kufa Club for Applicants face psychological pressures and the inability to face them, especially during the matches due to the lack of psychological integration, which prompted The researcher went into this problem to find ways to address it by finding the relationship between psychological integration and the accuracy of shooting from the wing center for handball players in Kufa Club.

1-3 Research Objective :

- ✓ Identifying the reality of psychological integration among the wingers in Kufa Sports Club.
- ✓ Identifying the nature of the correlation between psychological integration and the accuracy of shooting from the wing among the handball players of Kufa Sports Club.

1-4 Imposing the Research :

- There is a statistically significant relationship between psychological integration and shooting accuracy from the wing among handball players of Kufa Sports Club.

1-5 Research Areas :

1-5-1 Human Field: Kufa Sports Club players for the season (202-3-2024).

1-5-2 Temporal Range : From (10/1/2024) to (5/6/2024)

1.5.3 Spatial Domain: The closed hall of Kufa Sports Club .

3. Field Research Procedures:

3-1 Research Methodology :

The researcher used the descriptive method in order to suit the nature of the problem and its ability to achieve the research objectives, as it is "the most honest approach to solving many scientific problems in a practical and theoretical manner" (Allawi & Rateb: 2000: 213), and it is also "the accurate visualization of the mutual relations between society, trends, desires, and development so that the research gives a picture of the reality of life, setting indicators and building future predictions" (Van Dalen: 1984: 319).

3-2 The research community and its appointees:

"One of the scientific matters that the researcher must take into account is to obtain a sample that represents the original community in a real and honest way" (Van Dalen: 1984:319), so the research sample was selected from the research community represented by the players of Kufa Sports Club for the season 2023 / 2024, and they were selected in a deliberate way, "as it consists of certain vocabulary that properly represents the community" (Mahjoub: 1990:181), since the club in question has The number of players in the wing reached (15) players.

3-3 Tools, Devices and Aids:

3.3.1 Instrumentation Instruments:

1. One HP laptop .
2. Legal handballs (10).
3. Indicators (10).
4. Legal handball goal + legal handball court .
5. Targets measuring 40 x 40 cm (2) hung.
6. Electronic Stopwatch (2).
7. One Sony Video Camera .

3.3.2 Means of Information Collection:

1. Arab and foreign sources and references.
2. Personal interviews and experts to whom the questionnaire was presented.
3. Tests and Metrics.
4. Questionnaire Forms .
5. The Internet.
6. Observation and experimentation.
7. Test results registration forms for players .
8. Statistical Methods.

3-4 Identifying Research Variables :

After consultation between the researcher and a number of psychologists, specialized experts and coaches in handball, and after reviewing the scientific sources and previous researches, psychological integration and correction from the wing center was selected to conduct the study, where the researcher used the psychological integration scale prepared by (Zahraa Muhammad Hadi: 2007: 227), which consists of (32) phrase, and the alternatives to answering the phrases were (always, sometimes, never) and the answer weights were (1-2-3), and the researcher also used the following test:

3.4.1 Tests used in the research:

- **Shooting from the wing of the flight (10 balls from the (6) meter line : (Abu Zeid and Al-Shafi'i: 2007: 223)**

- **Purpose of the test:** Accuracy of aiming from flight .

Tools: (10) Hand Balls + Curtain to Close the Goal with four squares representing the four corners of the goal measuring (40 x 40) cm.

- **Method of performance:** The player chooses two squares to aim at, one upper and the other lower and on one diameter, the player stands behind the line of (6) meters holding the ball, and when giving the signal (whistle), the player approaches and aims at one of the two squares, then catches another ball and aims at the other square after hearing the signal and continues like this until he finishes the ten balls (five balls on each square).

- **Rules:** The player's aim is done within (3) seconds after the whistle.

Registration: The player is given a score for each correct shot inside the specified box.

3-5 Exploratory Experiment:

The researcher conducted the survey study on (3) players from the research community and from outside the main sample of the research, and this was done on Wednesday, 10/2/2024, and the purpose of conducting the survey study was to identify the extent of the research sample's understanding of the phrases of measuring psychological integration included in the scale and to identify the difficulties that may appear during the application of the test and work on their convergence. The researcher reached the understanding of the research sample of the phrases included in the scale, and determined the expected time for the application of the scale, in light of the results of the survey study of the scale, and the time of the measurement was determined at (15) minutes, as well as the researcher confirmed the ability of the sample to perform the test.

3.6 Main Experience :

The test for the research sample was conducted on (Sunday) 28/4/2024, where the psychological integration measurement forms were distributed to the members of the main application sample, which amounted to (15) players representing

Kufa Sports Club in the closed sports hall of the club , and the shooting test was conducted from the pavilion .

3.7 Statistical Methods :

The Social Sciences Statistical Package (SPSS) was used.

4- Presentation and discussion of the results :

4-1 Presentation of the results of the research variables :

Table (1)

Statistical description of the results of the research sample members in the studied variables

Significance	SIG Coefficient	Correlation coefficient	Standard deviation	Arithmetic mean	Unit of Measurement	Variables	t
Morale	0.000	0.78	6.18	49.22	degree	Psychological integration	1

Morale			4.46	7.36	reiteration	Aim from the wing	2
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Table (1) shows us that the arithmetic mean of psychological integration was (49.22) while for the correction from the wing it was (7.36), and the standard deviation of the integration was (6.18) while for the correction was (4.46), and the correlation coefficient for both variables was (0.78), and the significance of both was significant.

4-2 Discussion of the results of the variables:

After presenting the data and extracting the results for the variable (psychological integration and aiming from the wing), as in Table (1), the researcher found that the sample has above average psychological integration compared to the hypothetical mean of the scale.

This result can be explained that the players have a good level of psychological integration and this is due to the harmony and self-integration and positive adaptation of the sample members, as sports institutions in general have a basic and effective role in psychological upbringing, they are considered a tool of building an integrated and psychologically compatible sports personality. This is through the involvement of players in multiple competitions as well as daily training, which leads to the integration of the player's self and the making of friendly relations with his fellow players, psychological integration is a positive psychological development that indicates psychological maturity that helps the individual to overcome negative habits, and the sources indicate that Individuals who possess high psychological integrity have self-confidence, the ability to take responsibility, perceive and interpret situations positively, as well as individuals who are characterized by integrity are less prone to frustration and are able to meet their requirements and desires and be more in harmony with others, and they have the ability to always face life and be flexible in behavior and modify it when facing new situations and problems. (Murad: 2020: 73)

The researcher believes that the primary attention should be given to the athlete and his mental health before the interest in the gain, and here (Ratib: 1997: 189) points out that "excessive attention to the gain rather than the interest in the athlete expresses the excessive focus on the necessity of the gain (winning) regardless of what the athlete feels will be one of the factors that increase the psychological pressure on him, and therefore theThis problem is exacerbated when we treat the athlete as a means to achieve victory and do not care about his needs, from the perspective of the psychological numbers and the mental health of the athlete, attention should be given first to the athlete and then victory comes in the next stage."

Also, the nature of the motor and skill performance of shooting from the wing generates a kind of boredom and boredom in the player as a result of his involvement in scoring in particular and the match in general, where he is always waiting for the ball and does not take the initiative to start the attack or direct shooting without creating a vacuum by his colleagues, which puts him in an unstable psychological situation and makes him feel that he is not important in the match, and therefore he must have psychological integration that helps him understand the strength of his position and the great role that awaits him as soon as the opportunity is given to him by Group. Failure to take into account this issue generates negative sensations and then the player loses his knowledge of the details of his body position in terms of the angle of the arm, the force of thrust, the final touches of the ball at the fingertips, and the movement of the wrist

in directing the ball towards the goal, and then leads to the involvement of excess muscle groups on the muscle groups concerned with the work. (Abu Zayd and al-Shaafa'i, 2007: 194).

Here it is worth mentioning that any of these simple relationships, by which we mean the relationship of psychological integration and functional indicators with significance in a statistical function ... We can find simple predictive equations for it, i.e., predicting the value of excitation by knowing the degree or measurement of any of these variables, and from this we have the opportunity to know the predictive equations. (Al-Naahi: 2005: 100)

In order to complete the intended purpose of this research, and to meet the requirements of the goal of the relationship between the degrees of psychological integration and shooting from the wing, the simple correlation coefficient (Pearson) was used between the scores of the players, and the results resulted in achieving a value of the correlation coefficient of (0.78) This is a value with a good significance, especially when knowing the coefficient of (sig) (0.000), which is less than (0.05).

The researcher attributes this moral correlation to the fact that players who have psychological integration often integrate their efforts in satisfying their skill and educational needs in order to perform the best results, and they have the ability to establish healthy relationships with others and interact positively with them, as well as satisfying psychological needs in self-esteem, respect, adaptation and compatibility to achieve psychological integration and reach the desired goals. Psychological integration in its dimensions excludes cases of stress and anxiety when performing sports activities, as it is characterized by self-control and appreciation of responsibility in exerting effort to reach the best results. (Aliyah Hameed, 2013: 102)

The psychological integration of students has a clear positive impact on the performance of offensive skills in handball, as self-confidence, self-esteem, courage, facing environmental conditions and their awareness of the reality of their existing abilities enable them to perform a high level in offensive skills in handball in general and shooting from the wing in particular, as studies confirm that psychological integration helps its owner to be successful in his work, regardless of the type of this work, although the level of performance requires elements such as the availability of physical fitness elements except This does not diminish the importance of psychological integration in relation to the level of performance in all sports activities, whether individual or team.

Thus, we conclude that there is a strong and direct correlation between Psychological integration Correction by Pavilion for Players handball in Kufa Club Sports .

5. Conclusions and Recommendations :

5.1 Conclusions :

1. The presence of educational experiences and educational and psychological information in the players supports psychological integration.
2. The value of psychological integration was good among the wingers in the Kufa Handball Club .
3. There is a moral correlation between psychological integration and shooting from the wing for handball players in Kufa Sports Club.

5.2 Recommendations :

- 1- Adopting the research results and benefiting from them by handball coaches to know the psychological effects of poor psychological integration of handball players and then treat them.
- 2- Paying attention to the development of psychological integration through the use of various programs and methods because it has a great impact on the performance of sports skills in general and handball in particular .
- 3- Activating the role of the psychotherapist in the teams in developing the psychological integration of their players.
- 4- Conducting similar studies in psychological integration on other activities , as well as using other psychological measures on the same sample.

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Accessories (1)

Shows the Psychological Integration Scale

At all	Sometimes	All the time	Phrases	t
			I have many social relationships and I still aspire to a lot	1
			I go to great lengths to help my colleagues perform handball skills	2
			I like to work a lot of challenge	3
			Ask questions in the module to learn new things	4

		I'm trying to come up with tactical solutions myself	5
		I like to learn new skills	6
		I plan to learn new things	7
		I try to think about the skill so that I understand it myself	8
		I like to learn hard skills	9
		He seems to be active and energetic.	10
		I don't get confused when I'm with important people.	11
		I attend my training on time	12
		I feel good when I exercise	13
		My training is not affected by my personal problems	14
		Take things simple and without complexity	15
		My self-confidence decreases when my athletic performance is not good	16
		My confidence in sports knows no boundaries	17
		I can maintain a high level of self-confidence during sports competitions	18
		I find it difficult to organize my affairs	19
		I don't mind dealing with people whose way of thinking is different from mine.	20
		I don't enjoy the style my coach follows during training	21
		I have no desire to learn the opinions of those who are experienced in social problems	22
		Make sure to attend cultural, scientific and social events	23
		I am confident that my colleagues will cooperate during training for the good of the team	24
		Benefit from the skill that explains to me in a variety of ways	25
		I participate in the preparation of scientific, artistic and sports exhibitions	26
		I like to visit scientific fairs and sports festivals	27
		I'm quick to identify potential issues	28
		I am interested in following up on sports investment	29
		Work to improve sports economic reform programs	30
		Know exactly how and when to achieve what I want	31
		Collaborate with my teammates to achieve good results during competitions	32