

The relationship of Biorhythm in its four cycles with the results of the volleyball transmissions among the participants in the 2019 Golden Square championship

Dr. Nidaa Yasir Farhood¹ , Prof. Dr. Abdul Jalil Jabbar Nasser²

Abstract:

The aim of the research is to identify the relationship of Biorhythm with its four sessions (physical, emotional, mental and intuitive) to the level of transmission in volleyball in terms of the transmission being unsuccessful or successful and also if the transmission is positive influencing or negative is not affecting as well as the possibility of achieving the direct point Ace. The research sample consisted of 8 players .They represents the teams participating in the Iraqi Golden Square Championship. The results showed that there is no statistically significant correlation between the cycles of Biorhythm and the level of transmission according to the mentioned variables, as the researchers stressed that there is a great exaggeration in the level of the impact of Biorhythm at the technical level of athletes, as well as their assurance that the changes What happens as a result of Biorhythm cycles is not the level that leads to a change in technical performance or a change in the results of matches.

Keywords: Biorhythm , volleyball , Golden Square championship , transmissions.

I. Introduction:

Biorhythm represents the changes that occur regularly in the short term for the individual and through which they show effects on physical, mental and emotional activities, and these changes are related to the genetic aspect on one side and the external environment on the other side. The word Biorhythm is derived from the Greek words Bio meaning life and Rhythm means (regular moments). Scientific methods are often used to draw Biorhythm or circadian rhythms that are believed to affect the internal systems of a person as well as his daily behavior (Saket, Kaushik, & Gurmit, 2011).

¹ College of Physical Education and Sports Science , University of Baghdad , nidaa.yasir@gmail.com .

² College of physical education and scientific sport/ University of Baghdad . jaleelabdd@gmail.com

In the fifties of the last century, some Arab researchers pointed out that the Biorhythm is "ripple in the nature and level of physical activity through responses to the internal and external changes of the various body systems" (Dahab and Jaber, 1955, page 26). The research is still valid in these changes and the accompanying phenomena. Many specialists in the physiological aspect of man have adopted the theory that there is a temporal rhythm that affects humans. They have set for this theory a scientific basis and many studies have emerged that confirm the importance of studying Biorhythm of a person and knowing its effects, whether negative or positive.

Studies indicate that there are four main cycles that affect human activities, as the human activity is subject to three cycles, whose frequency will be as follows: (23) days for the physical cycle, (28) days for the emotional cycle, (33) days for the mental cycle, and (38) days for the intuitive course. (Zareian, Rabbani, & Saeedi, 2014). All these cycles start from the hour of birth and continue to rhythm throughout the life span of a person. (Suleiman, 2008, page 266). Biorhythm is defined as a system of succession, repetition, and compatibility of human functional movement (Ahmed, 1999, page 464).

For more detail, the circuits of Biorhythm give a visualization of the processes of the natural cycle, the appearance of which is related to the rotation of the Earth around its axis, its rotation around the sun, and the rotation of the moon around the earth. Also, the presence of a vital rhythm that controls the behavior of the individual where during his daily life he/she is exposed to cycles that affect him (Dahab, Bureqa, and Abdul Hamid, 1995, page 125),

The four cycles (physical, emotional, mental, and intuitive) include two zoons, the rise and fall, and there is the critical zoon and zero point. In the 23-day physical cycle, it is divided into (11.5) days for the positive zoon and (11.5) for the negative zoon, as it affects health in general. In addition to the muscular strength and general endurance, the individual in it is ready for the hard work and for relatively long periods of time. As for the negative stage, it represents what resembles hospitalization, and the individual is in a state of decline in the physical level.

As for the emotional cycle, which lasts (28) days, it is divided into (14) days for the positive zoon and (14) for the negative zoon and influenced by mood and creative conditions and feelings of optimism and emotion. In positive days the individual is optimistic and psychologically balanced and tends to be creative and cooperate with others and be Low level in all variables above in negative days.

The third session is the mental cycle, which lasts (33) days. It is divided into (16.5) for the positive zoon and (16.51) for the negative zoon and influenced by variables of memory, mental abilities, level of intelligence and level of ambition. Also rises in positive days and decreases in negative days, and finally the cycle represents the intuition, which lasts (38) days and is divided into two positive and negative zoons, each for a period of (19) days.

The variables of feeling, motives and intuitive abilities as well as the so-called beyond consciousness are affected in this cycle, and in all previous sessions, their beginning is from the zero zoon and then begins

to rise until the positive peak reaches. Then , it begins to decrease to reach the critical point, which is the point of intersection between the stage for positive and negative stage. Then, the negative phase begins, which decreases to reach the top of the decline in the negative zoon, then returns to rise to reach zero point. The critical point represents the most dangerous zoon of the previous zoons. (Saket, Kaushik, & Gurmit, 2011, p. 209), and Figure 1 represents zoons of Biorhythm cycles according to (Zareian, Rabbani, & Saeedi, 2014, p. 14).

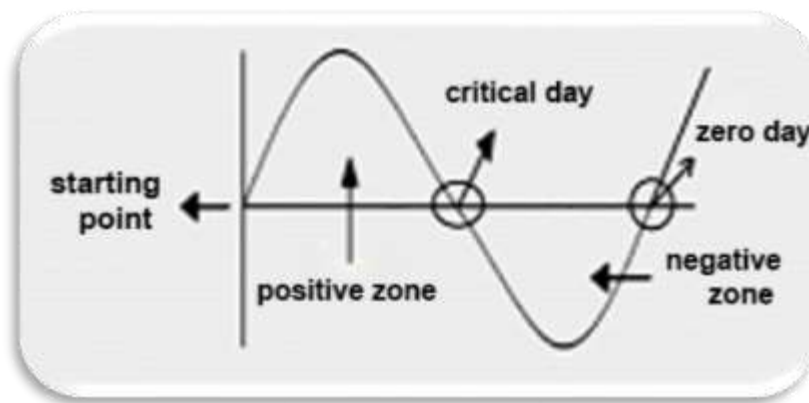


Figure (1)

Zones of Biorhythm cycles (Zareian, Rabbani, & Saeedi, 2014, p. 14)

In the sports field, the interest in the subject of Biorhythm and its effects on the athletic achievement has become clear, and this matter has taken a serious nature, especially when preparing training curricula for athletes. The recent period has witnessed an increase in the use of software for the identification of Biorhythm cycles for athletes individually, and then the distribution and intensity of exercises according to athletic sessions of each athlete. El-Sayed Ali, (2010) indicates that athletes compete on different days and these days are not in a similar health, physical, mental, or emotional state, and these situations can directly or indirectly affect athletic performance. One of the most important offensive skills in volleyball is the serve skill, which represents one of the basics of predicting victory for the team in volleyball. (Peña, Buscá, & Serra, 2016).

The purpose of this study is to identify the importance of knowing Biorhythm cycles for athletes and the extent of their impact, negatively or positively. The researchers focused on identifying the impact of Biorhythm cycles on the success rate of the transmission skill.

In this study, the two researchers tried to answer the following question: Do Biorhythm cycles in terms of top, bottom and critical points have a negative impact on skill performance in terms of transmission success and failure in volleyball?

Through studying the previous efforts of the researchers, there has been an increase in interest in Biorhythm cycles from a research point of view, as several studies have been published that study the effect of Biorhythm of the athlete, as Ibrahim and Mohamed Said, (2018) indicated that there are positive returns

in the case of relying on the Biorhythm Physical and mental education when teaching sports skills, as the tops of these cycles are the best time to learn skills, especially difficult motor skills. These cycles must be taken into account to reduce the risk of injuries.

(Saket, Kaushik, & Gurmit, 2011) indicated a significant effect of the days when Biorhythm was at critical points in injuries of AGRA employees.

In the study of (Al-Houry, 2007), it was found that the record numbers in activities (100, 200, 400, 1500, 3000, 5000, 10,000) meters were recorded during the synchronization of two of the three sessions of Biorhythm (physical, emotional and mental) in the aegis phase while it was one course in the negative phase.

As for the study of (Khattab, 2009), which was conducted on Al-Toz club players in basketball, it confirmed that the level of players in skill tests is better than psychological skills on the day of the summit of Biorhythm. Also stressed that the lack of differences between skill tests and tests for psychological skills in the day of the bottom for Biorhythm, and also indicated that the level of players in skill tests is better on the day of the summit mental Biorhythm than on the bottom day.

In a study of (Abboud, 2010) that was done on weightlifting players in Basra Governorate and the aim of this study was to identify the difference between morning and evening training. The results showed that there is a variation in physical abilities (strength, flexibility and balance) when morning and evening training. The physiological indicators affected both morning and evening times, and on the other hand. Also, the study of (Abdul Hussein and Hassan, 2014) indicated that Biorhythm of Iraqi coaches was studied, as the researchers noted that there is no difference between individual games coaches and teams of teams games in terms of being affected by vital rhythm cycles. The age and training age are not related to the effects produced by the Biorhythm cycles.

II. Method and tools:

The two researchers adopted the descriptive approach by designing the correlational relationships for its medical suitability of the problem and the method of solving it. The researchers installed the Easy Biorhythm Calculator v.3.00 program, which is produced by the White Stranger Group. Figure (2). This program is one of the free programs because the user must enter the name in the field designated and then set the date in which to identify the pregnancy cycles. Then the results appear either in the form of a chart as in Figure (3), or by numbers and percentages as in Figure (4).

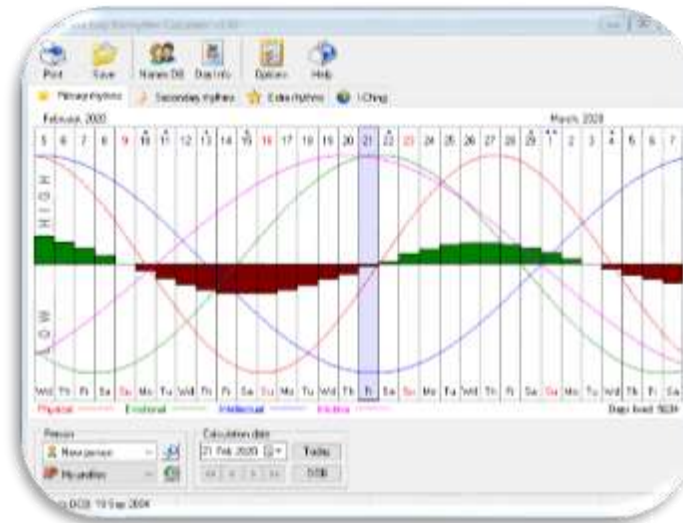


Figure (2) Easy Biorhythm Calculator v.3.00

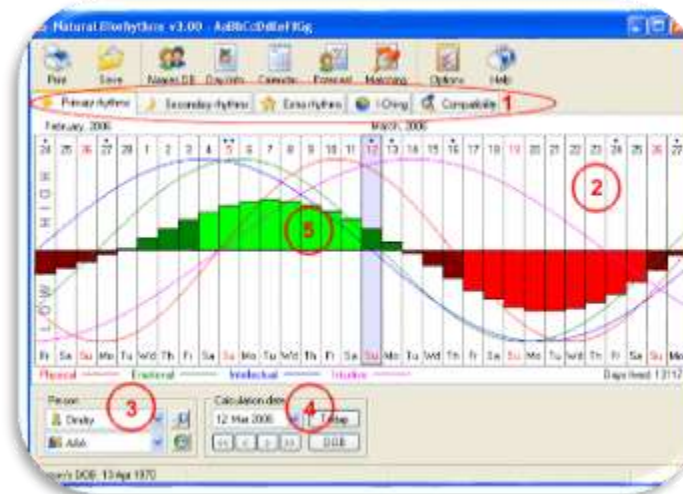


Figure (3) showing the results in the form of graphical lines

In Figure 3 the number 1 represents the transition between the cycles of Biorhythm, the number 2 and 5 lines represent the level of Biorhythm and the number 3 represents the name of the person required and the number 4 represents the day the identification of Biorhythm is required.

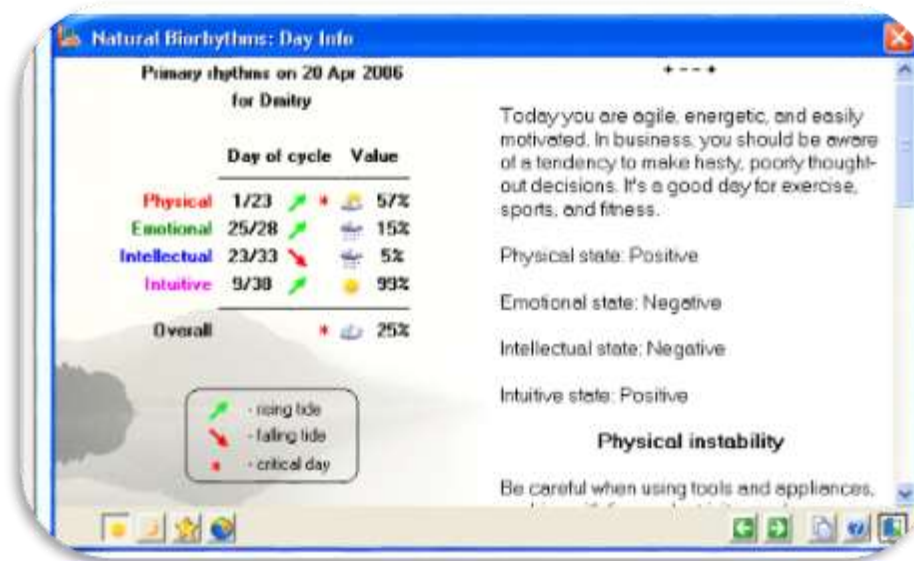


Figure 4

Show results digitally

Figure (4) shows the sequence of the day in one session for each of the four sessions and the percentage value for the level of each session. The percentage 100% represents the highest level and the value of 0% represents the lowest level and also shows the critical point in the form of a star in the event that this day has a transition from the low level to the higher level, and vice versa, also shows the final level result.

The researchers entered the generations of all the members of the sample in the name DB field and the generations of the players were confirmed by the player's ID card. After that the researchers took a copy of the match registration form in which the results of all technical events that occur in volleyball matches such as attack, reception and dispatch for each player are established. Of the players participating in the matches, the researchers' work was limited to the skill of the transmission only, as the number of attempts performed by the players ranged between 10 - 18 transmissions in each match, and the researchers took into account the number of transmissions for each player, as the players were approved within the research sample if they achieved 12 transmissions up or down 3 transmissions.

To obtain the results of the research, the researchers emptied the results of the eight players who were in the sample, who are from the police, peshmerga, air force and southern gas clubs, and these clubs represent the participants in the Golden Square Championship for 2019. After the introduction of the generations of the research sample of 8 players, the days in which each match occurred separately. Then, compare them to the results obtained from each match registration form.

The registration form includes multiple variables, which are: the total number and represents the number of transmissions that the player made in the match. Also, it includes the number of failed transmissions (in the network or outside the field) as well as the number of negative transmissions which are the transmissions made by the player and which the opposing team is able to receive and pass (deliver them)) To the uploader with appropriate accuracy . The researchers also see in the registration form the number of positive transmissions, which are the ones that the competing team was unable to receive and pass (deliver) to the up loader in an accurate manner, and also the registration form shows the number of transmissions that have achieved a direct point (ACE).

III. Results:

Table (1)

Biorhythm results using Easy Biorhythm Calculator v.3

Intuitive	Intellectual	Emotional	physical	Match No	player
38	97	15	3	first	first
97	59	97	97	second	
89	9	76	63	third	
16	97	34	6	first	second
11	59	15	70	second	
54	9	76	94	third	
99	9	92	30	first	third
62	27	56	94	second	
16	81	3	24	third	
30	19	56	94	first	fourth
3	93	3	2	second	
38	91	56	43	third	

62	5	85	86	first	fifth
99	36	66	1	second	
70	88	8	57	third	
97	5	66	76	first	sixth
70	36	85	3	second	
23	88	24	70	third	
62	95	8	99	first	seventh
3	23	92	14	second	
11	1	85	19	third	
89	68	8	97	first	eighth
84	2	92	24	second	
38	19	85	10	third	

Table (2)

It represents the results of the overall transmission skill, failed transmissions, negative and positive transmissions, and transmissions that have achieved a direct point

ACE Direct point	Positive transmissions	Negative transmissions	Unsuccessful transmissions	Total Of transmissions	No
3	4	4	3	14	1
2	5	5	0	12	1
6	2	2	4	14	1

0	2	3	4	9	2
2	3	5	1	11	2
3	1	3	3	10	2
3	4	1	1	9	3
0	8	4	5	17	3
0	6	1	7	14	3
2	3	2	3	10	4
1	2	1	1	5	4
2	2	2	3	9	4
2	4	4	1	11	5
5	5	3	3	16	5
1	3	5	2	11	5
0	2	6	2	10	6
0	0	9	1	10	6
0	1	5	4	10	6
1	1	1	6	9	7
0	1	5	4	10	7
2	0	1	2	5	7
0	5	7	5	17	8
0	3	6	3	12	8
0	2	3	6	11	8

ACE Direct point	Positive transmissions	Negative transmissions	Unsuccessful transmissions	Statistics	
0.02	0.22	0.09	0.02	Pearson Correlation	physical
0.94	0.29	0.66	0.92	Sig. (2-tailed)	
0.21	-0.16	0.13	-0.32	Pearson Correlation	emotional
0.34	0.46	0.55	0.12	Sig. (2-tailed)	
-0.21	0.06	-0.08	0.20	Pearson Correlation	Intellectual
0.31	0.78	0.70	0.36	Sig. (2-tailed)	
0.31	0.31	0.31	-0.19	Pearson Correlation	Intuitive
0.14	0.13	0.14	0.38	Sig. (2-tailed)	
**. Correlation is significant at the 0.01 level (2-tailed).					
*. Correlation is significant at the 0.05 level (2-tailed).					

IV. Discuss the results

The researchers used the Pearson Correlation coefficient to achieve the goal of the research, which was concentrated in identifying the extent of the impact of Biorhythm cycles in the level of the transmission skill during volleyball matches according to the number of attempts and the percentage of the failed ones and the level of its influence on the opposing team either positively or negatively (Ace).

Through the Pearson Correlation Relationship, the results showed that there was no strong correlation relationship under the significance level of (0.01) or under the level of (0.05) for all Biorhythm

cycles of physical, mental, mental and intuitive with search variables which are (Unsuccessful failed transmissions, Positive transmission and ACE direct point).

Although there are many studies that confirmed the presence of the effect of the circadian Biorhythm cycles on the athletic individual, and pointed to the effectiveness of Biorhythm on the internal systems of the body, which gives the athlete a greater physical possibility, this possibility may lead to an increase in muscle productivity that often leads to an increase in athletic performance, or may affect it negatively (Baouche, Baizid, Laidani, & Saidi, 2017).

The skill of the dispatcher requires a physical ability at a certain level, as not having this physical ability negatively affects the performance of this important skill. Previous research has emphasized that Biorhythm cycle affects the level of the physical condition negatively and positively at other times and this leads to a malfunction in the skill performance . (Sharma, 2011) and (Pilianidis, Tokmakidis, Kabitsis, Mavromatis, and Kioumourtoglou, 1993)

On the other hand, other studies confirmed that athletes are not affected by the circuits of Biorhythm, as Brian & Karen (20112) emphasized that there is no evidence yet of this relationship and Neubave & Freubenthaler (1995) confirmed this.

The internal Biorhythm of the human body are not as easy as some envision, as it is a complex mixture in which many variables enter. Each device has its own rhythm and the sum of Biorhythm of the physical systems constitutes the overall Biorhythm of the human body (Khion, 2010). This is consistent with the study (Dahab, Bureqa 'and Abdel-Hamid, 1995) which confirmed that each physiological function in the human body has its own Biorhythm, and that other Biorhythms are limited to the duration of that activity and not to its nature and characteristics.

Hence, the increase and exaggeration in the role of Biorhythm on the human being may be correct if we dealt with the human being in daily life. As for its effect on the athletes, this is the opinion of the researchers unjustified. The physiological and physical effects of Biorhythm cycle are also affected by the level of the player in terms of training age and training programs to which the player has undergone, as well as the level of the competing team, as well as the general level of the tournament, the place of the tournament, the audience and the importance of the game. And since the players participating in this tournament are elite players (the Golden Square), meaning that the level of the players participating in it is the finest players and that they have a long experience, and this matter has reduced the effects of Biorhythm cycles on the players.

Thus, the researchers conclude that the effects of Biorhythm on the athletes 'body are not necessarily that it constitutes a key factor for success and failure, despite the researchers' belief that there are such effects on the human body. But these effects do not materially change as a result of performance and that these effects cannot cause major changes in Levels of physical abilities or other abilities.

It is also not correct to attribute some of the usual technical errors that occur during the game to the effects of Biorhythm, as these mistakes involve many variables such as fatigue and the technical level as well as the level of the competitor.

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