

A comparison between positive and native anxiety between of women basketball players ($\epsilon \times 3$) according to the playing roles

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Abstract

The research include on five chapters: First chapter: Introduction and search important as involve to know on comparative between the worry level among basketball players ($\epsilon \times 3$) for women because it a new game and contain on three places in playground and the research aim to know on sport worry degree {easy, difficult} to basketball players ($\epsilon \times 3$) for women in Iraq competitive in Sulamany and contain {24} players. Second chapter: include the theory studies. The researcher indicated to some subjects such as concept of worry and {kinds, sources} and concept of worry in sport filed. Third chapter: Involve on methodology of research and filed procedures, the researcher used the adjectival research. Forth chapter: Include on deals, analysis and discussion the result of research that contains result of sport measure {easy, difficult} for basketball players. Fifth chapter: Include the inference and recommendation. The researcher get to some result as: Find effect worry measurement {easy, difficult} of basketball players by a few rate. And the researcher recommended to continuous work on surmounting the difficult during the training and special the psychological programs such as {fear}.

Keywords: worry level, basketball, players, ($\epsilon \times 3$), women

Introduction

The basketball 3 x 3 is a game from the collective new games which need in which the player to me status training skill , schematics and case psychological good in a confrontation the competition sports , matter which makes interest preparing the player physically and skillfully on side big from importance , as such that abound positions changing and is the usual on her and many more plans defensive and offensive and multiplicity skills kinematic and its diversity as a result to intercept discount and friction the body , and this is the game new in a the middle amniotic where it i entered new to me Iraq and not knowledge adequate for players by law the game increases from difficulty the game and more in an intensity anxiety i have players a ball the basket and confirms) Othman (2001 that pressures mental (anxiety, stress, the fear)I became part from features culture the human contemporary are considered from factors important in a happening anxiety overload i have the individual particularly when be events positions new on the person and not knowledge adequate for this juvenile. i became game a ball the basket(3 × 3)the same trait combative excite irritability psychological continuous and who it causes the increase in it disorder and a glitch in a guidance the correct and this is what we see it through matches a ball the basket where is making player a ball the basket effort physical and nervous gesticulate accompanies that from agitation different because pressures mental the fact on him from puppies sensitivity the game , and effort great and speed and movement persistent and time the onslaught and difficulty laws for being new on players a ball the basket , then confrontation each that factors and overcoming on her and make the win requires prepare the players preparations psychologically integrated , for numbers psychological role important in an investigation results pathogenesis . and anxiety psychological he is one appearances agitation mental , which may be lead the player to me misalignment in a compatibility nervous intramuscular than impact degree on level its performance skilled during the competition sports and upon matches than poses location a threat for stature the gamer. see Mustafa slave peace (1985) anxiety he is (phrase about feeling and feelings strange and saying produce about ill adaptation and not harmony and compatibility whenever no can the individual compatibility between his motives and his needs the basic from side and between indeed which live it once other. Stand out Importance search in a Attempt researcher I hope From Through it Identify On Degree Anxiety Sportsman Of both types (Facilitator And handicap) I have Players The difference Sharing in a championship Iraq roller The basket (3 × 3) for women For the year Scholastic20 19 - 20 18.

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Research Problem: Research problem: No one's life is devoid of anxiety as long as there is great ambition and hopes that need to be fulfilled. Anxiety has several symptoms, the most important of which are mind distraction, loss of appetite for food, poor ability to focus and attention, rapid pulse, respiratory distress, uneasiness, and others. Through the researcher's experience in observing the three players during the training units, he found that sports anxiety has an important role for the players, as it may have a positive momentum and thus push the athletes with more effort, or in another case, it may impede their skilled physical activity.

The problem is that the researcher noticed the coaches 'lack of attention to the athletes' sports anxiety before and during the match, and the lack of scientific knowledge to employ facilitated anxiety states or treat the crippling anxiety situation that affects the players 'performance and results and the team's achievement as a whole. Therefore, the researcher decided to study this case to find the degrees of sports anxiety (the facilitator) in the handicapped female basketball players (3 x 3) in the Iraq Women Basketball Championship.

Research aims: Comparison of sports anxiety (facilitated and impaired) of female basketball players (3 × 3) and according to women's play centers.

Research hypotheses: The researchers assume a statistically significant relationship between the degrees of sports anxiety (facilitated and disabled) among basketball players (3 × 3) and according to women's play centers.

Research areas:

The human domain: Female players from Iraqi clubs participating in the Iraq Clubs Basketball Championship (3x3) for the year 2019-2018 for women.

*The temporal domain :*For the period from 1/12/2018 to 4/20/2019.

Spatial domain: The closed hall in the city of Sulaymaniyah.

Methodology

Research methodology: The researcher used the descriptive approach in the survey method for its relevance to the nature of the research being (it is the collection of information that can later be analyzed and interpreted, and then draw conclusions from it.

Research community and sample: The sample was chosen from the original community that consisted of (72) players from the Iraqi clubs' basketball teams for women, where the sample became (24) players, so that it constitutes (33%) of the original community and they are distributed among the clubs. The survey numbered (4) players chosen randomly from the original community, where they constitute (16%). Table No. (1) Shows the names of the Iraqi clubs participating in the Iraq Championship in Sulaymaniyah (x 3) with basketball.

Table number (1) Show The names Clubs Sharing in a championship Iraq For a ball The basket (X 3) And prepare Players

| T | The names Clubs | Prepare The players |
|--------------|-----------------------------|---------------------|
| 1 | club Diyala Sportsman | 4 |
| 2 | club the girl Sportsman | 4 |
| 3 | club Sulaymaniyah Sportsman | 4 |
| 4 | club Serwan Sportsman | 4 |
| 5 | club Sherban Sportsman | 4 |
| 6 | club Qaraqosh Sportsman | 4 |
| Total | | 24 |

Research tools: For the purpose Investigation Goals And assumptions search Used Tools Convenience to get On the information And data Required Which as such Follows : References And sources Scientific From Libraries And the internet .- a sample search

Scale Anxiety Sportsman The researcher used the Mathematical Anxiety Scale (Facilitator and Disabled) as this test aims to identify the extent to which anxiety contributes to the rise or fall in the level of athlete's performance at different sporting levels, and the test includes 20 statements that the player answers according to the degree of their applicability to his condition in the situations encountered before and during the competition And that is on a scale of five answers (always, often, sometimes, rarely, never) and that the weights of the statements when correcting are respectively (1, 2, 3, 4, 5) Facilitating anxiety consists of ten phrases whose numbers are (16, 15, 14, 12, 10, 9, 7, 4, 3, 1) and crippling anxiety consists of ten phrases whose number is (20, 19, 18, 17, 13, 11, 8, 6, 5, 2) and the degree.

The high score on the final facilitative anxiety dimension for each dimension is the sum of the scores for the statement for this dimension. It indicates an increase in the contribution of anxiety in raising the level of the player's performance, and the low score indicates a decrease in the contribution of anxiety in raising the level of the player. As for the high degree on the crippling anxiety dimension, it indicates an increase in the negative impact of anxiety on the

level of the player's performance, and the low score indicates the lack of negative impact of anxiety on the level of the player's performance.

Exploratory experience: The researcher used the exploratory experience for the purpose of identifying the most important obstacles that may face them during the tests for the scale and for the purpose of the integrity of the basic research procedures.

The scientific foundations for the test (scale): The scale is known, codified and appropriate for the Iraqi environment. It has been applied in many Iraqi studies, including Ammar Darwish Rashid's study entitled (Anxiety and its relationship to the level of achievement of handball players) Therefore, this scale fulfills the scientific foundations (truthfulness, consistency, and objectivity)

Statistical means: In calculating the following (SPSS), the researcher used the statistical bag program: Arithmetic mean - standard deviation - Spearman's correlation coefficient. The researcher also used the equation (TR) to obtain an indication of the significant correlation (Ali Salloum Jawad and others).

Results

1. Analysis of the results

In this section, I show the presentation, analysis and discussion of the results that I came out as a result of applying the measures used by the researcher if Table No. (1) represents the scores of basketball players ($\times 3$) for mathematical anxiety (facilitator) showing the arithmetic mean and standard deviation according to the center of the players and as the table represents (2) The calculated and tabular value of (q), the degree of freedom and the level of error as a sign of the differences (for easy anxiety) and according to the position of the players, while Table (3) shows the arithmetic mean and the standard deviation (for crippling anxiety) and according to the position of the players. Table no. (4) shows the calculated and tabular value of (P), the degree of freedom, and the level of error to indicate the differences (for crippling anxiety) and according to the players center

Table number (1) Shows Circles Arithmetic and distractions Normative To worry Facilitator And just Centers Play

| Totals | the middle Arithmetic | deviation Standard |
|-----------------------------------|-----------------------|--------------------|
| center maker the games number (1) | 30.13 | 5.84 |
| center the corner right (2) | 31.13 | 5.17 |
| center the corner the left (3) | 34.63 | 9.16 |

Table number (2) Show The computed (q) value And tabular And degree Freedom And level The error To signify The nuances of concern Just the facilitator center Play

| Source variance | sum Squares | Degree Freedom | Average squares | The computed (q) value | The level error | Type indication |
|-----------------|-------------|----------------|-----------------|------------------------|-----------------|-----------------|
| between Groups | 89,333 | 2 | 44.667 | 0.925 | 0.412 | Non moral |
| inside Groups | 1013.62 | 21 | 48.268 | | | |
| Total Macro | 1102.958 | 23 | | | | |

Where Represent sum Squares between Groups (89,333) And total Squares inside the group (1013.62) And she was Class between Groups she(2) And inside the group (21) And she was Average Squares between Groups she (44,667) And the inside Groups she (48,268) And it was The differences she (0.925) And she was Percentage Error she (0.412)

Table number (3) Show Circles Arithmetic and distractions Normative (To worry Handicap)And just Centers Play

| Statistical description/ Totals | Arithmetic mean | standard deviation |
|---------------------------------|-----------------|--------------------|
| Game Maker Center No .(1) | 31 | 7.25 |
| Right corner center number (2) | 33 | 6.85 |
| Center left corner number (3) | 36.63 | 8.77 |

Table number (4) Shows the calculated value (q) and tabular And degree Freedom And level The error To signify The nuances of concern Just disabled center Play

| Source variance | sum Squares | Degree Freedom | Average Squares | Value (P) Calculated | The level error | Type indication |
|--------------------|-------------|----------------|-----------------|----------------------|-----------------|-----------------|
| between Groups | 130.083 | 2 | 65.042 | 1.107 | 0.349 | Non moral |
| inside Groups | 1233.870 | 21 | 58.756 | | | |
| Total Macro | 1363.958 | 23 | | | | |

Where Represent sum Squares between Groups (130.083) And total Squares inside the group (1233.875) And she was Class between Groups she(2) And inside the group (21) And she was Average Squares between Groups she (65.042) And the inside Groups she (58.756) And it was The differences she (1.107) And she was Percentage Error she (0.349)

▪ **Discussion of the results**

Through the results obtained by the researcher, through which he aims to achieve the set goals the researcher found that there is no significant variation in the scores obtained by the players as a result of the evaluation established for the measure of sports anxiety as shown in the scores obtained by the researcher as the highest score in it was (58) while the lowest score was (33) with an arithmetic mean of facilitated anxiety is (30.13), (31.13), (34.63) and a standard deviation of (5.84), (5.17), (9.16), as shown in Table No. (1), and this indicates that the players have an anxiety of the medium type and the researcher attributes the reason to the female players' practice of basketball during A long period of time, which is a temporary and objective anxiety that disappears with the demise of the influence. The results of this study are in agreement with all (Muhammad Tijani 1981 and Samreen (1995)). The game is new and there is no pressure on the part of the coach or the public that affects the players and the competition, as well as it has a role because the number of players practicing this game is small and the level of technical and tactical performance is medium and the level of the championship is also average, but this game is new in the world and there are no material incentives or possibilities that increase anxiety And s D. The results of the study agreed with (Jerry 1998) and (Simrin 1995), which indicate that the most important sources of anxiety that affect the players are the material and moral capabilities and incentives, as well as thinking about the national team. Objective anxiety is a reaction to a known external danger.

With regard to the relationship between the variables, Table No. (2) and (4) indicates that there is a non-significant correlation between the positions of the three players in basketball (3 in 3) and below the significance level (0.05) where there is concern between the positions of the three players, but very little so that It does not affect the performance of the players, and the researcher instructs the fact that the players have a close technical level and that the number one and number two are similarly characterized by the level of skill, physical and tactical, meaning that the number one player is distinguished by speed, dribbling, good chucking and cutting, and player number two is distinguished by cutting, correction and good beating. On the results, due to the convergence of the level to player number one and player number two, the results also converged, as for player number three, there was more difference than the rest of the two players because player number three differs in skill and physical level, where player number three has the advantage of good shooting from under the basket and pulling balls either B. Attack or defense, and this difference led to a different anxiety also.

Looking at the results obtained, the average of the squares for the facilitated anxiety among the variables (the centers of the three players), where its value between groups (44,667) and within the groups is (48,268), the differences are (0.925) and the average of the squares for the disabling anxiety, which reached (65.042) and within groups (58.756) and the differences were (1.107), and this indicates that there is no high correlation between them, which indicates that there is no great concern among the positions of the three players. This result is in agreement with the study of Samreen (1995) and Layla's study (1984) and Al-Tuhamy (1990) where this study showed that athletic anxiety during sports competitions increases or decreases among the players because of the technical and material capabilities of the competitions and players, as they are situations that threaten the position of the athlete.

Conclusions

1. The sources of anxiety (facilitator and handicap) came to the basketball players (3 * 3) to a very small degree
2. The study showed the existence of a correlation between the anxiety scale (facilitator and the disabled) and below the significance level 0.05.
3. The presence of the effect of the anxiety scale (facilitator and handicap) on the basketball female players more than when the player in the center (3) left corner.
4. The existence of a mutual influence for each of (the facilitator and the disabled) in a convergent way between the players no. (1_2).

5. Continuous training during exercise and sports units on how to invest the anxiety associated with sports performance.
6. Focus and increase psychological training of female players, especially player no. (3).
7. Continuous work to overcome difficulties during training, especially psychological problems, such as (anxiety and fear).
8. Conducting similar research on players and in more important competitions and tournaments and at a higher technical level.
9. Conducting educational seminars on the various methods of coping with sports anxiety (facilitated and disabled) at various levels by psychologists.

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