

Emotional balance and its relationship with athletic achievement motivation for volleyball players

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Abstract

An aim of current research is to know the relationship between emotional equilibrium and the motivation of the player the plane. The results show that the volleyball players have the motive for sporting achievement. There is a positive relationship between achievement motivation and emotional balance. The emotional balance scale and the mathematical achievement motivation scale can be used by researchers and scholars in this field. It is recommended that the inclusion of training programs for handball teams on training and procedures to strengthen the motivation. The inclusion of training programs for handball teams on exercises and procedures to support and strengthen the manifestations of internal organization, social cohesion, movement cohesion and interaction "" inside and outside the training units. It is necessary that trainers' awareness of psychological variables and their effects on the level of achievement and identifying the level of motivation of the handball teams using the scale in question during periods of the sports season and during the different roles of the league. Identify the level of internal organization aspects of the handball team players using the measures in question during periods of the sports season and during the different roles of the league. The coaches must pay attention to the mental preparation of the players in order to control the emotional arousal and the motivation of achievement and raise them to the optimal level that achieves the high levels. The necessity to rely on one of the mental training methods (according to the response of the players and the available capabilities) to reduce the degree of emotional arousal for the player and make it at the appropriate level (optimal arousal) The use of the two search measures on the players to know the psychological state and justify the behavior.

Keywords: Emotional, balance, athletic, achievement, motivation, volleyball, players.

Introduction

Research problem : Reaching the player to the best level of performance can be prepared and prepared well for the races through the interest in training prepared in advance by the coach, which includes preparation in all aspects as well as preparation for psychological skills , and through the development that has occurred in sports in various sports activities, which is Except the outcome of various scientific researches, studies and efforts that contributed to the advancement of the sports movement, and perhaps the field of sports psychology is one of these fields in sports activity as it was the first of those studies and research in which this science appeared in the study of some psychological phenomena (emotional balance) and their reflection on the motivation of sports achievement. And it turns out that emotional balance affirmatively affects athletic performance. The importance of emotional balance comes from being one of the basic features that are related to the performance and competence of the individual and his ability to persevere, self-control and control with patience and calmness and not to be irritated by any situations, as well as the ability to control his emotions, avoiding anxiety, a trait that the individual acquires through social upbringing, as studies have shown Neurotic parents increase the intensity of their emotions in their children, as the reduction in emotional balance impedes proper social interaction and communication with others, and affects the individual's psychological health, which means wasting his energies and wasting them in what does not harm him or his society except by harm and loses the sources of his psychological and social harmony, and wastes investment opportunities His mental and cognitive abilities to help them perform their functions with high efficiency, and that most social relations between individuals include a mixture of diverse and complex emotions, in which there is anger, blame and distress sometimes, and the exchange of love, affection and admiration at other times (Ibrahim, 1994: 434) . The researcher believes that from Archaeology Negativity For agitations that Makes thinking The individual stops And upset Nor He can To be issued Judgments Healthy It also loses it Ability On Adjust Himself And control in a His will It also makes it vulnerable To

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deceive The rapid And certification Easy Than Makes it Bite Holders In my hands From he is more Steady Emotionally from him Than Lead to me Actions Trivial the reasons Agitation Strong Do not agree With simplicity Field Marshal. With development and progress, it faces many challenges that cause a degree of maladjustment and disruption in social and interpersonal relationships. Social and Interpersonal Self-Relationships Which may affect the motivation of the level achieved by the player, which reflects the extent of his various preparations, and the achievement motivation is considered as the individual's willingness to reach success, Atkinson explained (Atkinson, 1964) That achievement motivation indicators are in:

- Trying to reach the goal and sticking to it.
- Competing with others and what that means in terms of reaching the goal and making an effort.
- To be done in accordance with quality standards in performance. (Atkinson, 1964)

Accordingly, the problem can be determined by the following: the nature of the relationship between the balance of emotional and the motivation of the players the plane?

The importance of the study :Scientific progress is one of the features of our present age as it includes various aspects of life, including the sports aspect, in order to prepare the individual in a comprehensive and balanced preparation in preparation for reaching the higher levels in the chosen sporting activity, and since the preparation of the individual is not achieved without these sciences, modern methods and methods must be developed They contribute to the development of sports, especially volleyball, which require high physical, skill and mental preparation One of the sports games is volleyball, which contains a wonderful mixture of technical performance that has developed in its law and tactical aspects and in the high levels of achievement of players, both physically and psychologically. The ball game volleyball collective games featuring the , players many of the intellectual abilities and qualities of the sports so should improve the integration level of these capabilities in order to achieve a good level as the psychological aspect is complementary to the side of the technically gifted and is the foundation axis in building the team therefore has to be precise in performance And the implementation of these skills in line with the changes in the plans and the change of the game law, which made the rhythm of the game faster than before, as this requires careful training commensurate with the game variables that occur at a high speed commensurate with the relatively small volleyball court . Therefore, the behavior of the player is the goal of those interested in studying psychology and due to the many variables that occur to the player in training and competition, he needs to search for proof of himself, and for this the coach can lead the player to the field but he cannot get the best achievement from him unless he knows emotional balance and motivation. A set of rules and principles, which they can achieve the individual's emotional balance and control of them, the emotional energy had finished in the work c result of an attempt excitement Responses opposition For excitement, it is preferred that Trains The human Himself On Doing case From Relax, Than Works On Calm down status Emotion, avoid Bit in a Your affairs Important in a during Emotion, while avoiding Positions Which Excite Your emotion. (Ahmed, 2000: 68) As seen achievement motivation as representing the quest towards reaching the level of excellence and excellence, and represents the impact of the two events two cognitive function that guide the behavior and function of alertness or arousal, which supplies the individual, and thus the motivation component is essential in the pursuit of the individual towards achieving the same and their emphasis. (Rateb, 1997) So it became a study of motivation the most important great place in various special fields of psychology, both among thinkers, psychologists or modern of them as one of the most important concepts that preceded and found in order to understand and identify problems related to how to reach the desired goals and a model of planning for the emergence of various levels of performance. There is no doubt that there is a disparity in the levels of the players , despite receiving the same training, and for this reason Disparity confirms some coaches that due to the disparity players in the amount of interest to physical (fitness, psychological and achievement motivation sports) and highlights the importance of the research statement of some aspects of the psychological in the event of attention will help to reach the level of advanced in the players during the training performance of racing sports .

Goal of research: An aim of current research is to know the relationship between emotional equilibrium and the motivation of the player the plane.

Research hypotheses:

- 1- There are no statistically significant differences at the level of significance (0.05) between the theoretical average and the arithmetic mean of the scores of volleyball players in emotional balance.
- 2- There are no statistically significant differences at the level of significance (0.05) between the theoretical average and the arithmetic mean of the scores of volleyball players in the motivation for sports achievement.
- 3- There is no statistically significant correlational relationship at the significance level (0.05) between emotional balance and the motivation of mathematical achievement.

Research areas

- 1- The human field: - Sample of youth volleyball players for the season in The Specialist Center at the Ministry of Youth.
- 2 - Time domain: the first semester of the academic year (2019-2020).
- 3- Spatial domain: - The indoor volleyball hall at the Baghdad Specialist Center.

Terminology

Emotional balance Emotional stability: Custom T e (Abdul Fatah, 1984) The situation in which a person is able to perceive the various aspects and his motivations, experiences and previous experiences of success and failure that help him to define and determine the type and nature of the response so that it conforms to the requirements of the current situation and allows for the adaptation of his response in an appropriate manner that ends with the individual being compatible with the environment and positive contribution to its activity. Time ends in a person feeling relaxed and happy. (Abdul Fatah, 1984, 88) Operational definition of emotional equilibrium: a college degree obtained by the respondent through his answer for a measure of emotional equilibrium paragraphs adopted in the current research.

Motivation of athletic achievement Sport Achievement Motivation: (Arnov, 1983) Desire and seek to have overcome obstacles to achieve success in performance. (Arnov, 1983) Definition of procedural: is the willingness of the player to make the effort to achieve a particular goal, by showing a great deal of activity, effectiveness and perseverance to express the desire to fight and struggle for excellence in attitude.

Literature review

First :Emotional balance

The term emotional equilibrium includes two important concepts of psychology, namely, equilibrium, and emotion, the first concept, equilibrium (stability which indicates that a person has a measure of relatively constant energy in an amount that tends to be distributed evenly within the organism, and this fixed amount evenly distributed represents the average state of tension within the organism. Returning to the intermediate state is the equilibrium process, which stabilizes behavior despite disruptive stimuli (Hall and Lindsey, 1978). As for the emotion, it is one of the constituent systems for building the individual, which begins with the biological system and the mental system, and is accompanied by another aspect, which is the emotional aspect that includes a sub-system, the emotional system, whose activity, formation and development begins at the beginning of the child's life, and is affected by the factors of education and family care of the individual during his life (Qaisi, 1997). Emotional balance represents the individual's ability to control his emotions until reaching self and social adaptation without costing him a great psychological effort. (Younes, 2004) The concept of emotional balance is used to describe the state of an emotionally mature person who has flexibility so that his emotional response is appropriate to the situation and consistent with the circumstances of that situation, which is characterized by a certain type of emotional features, meaning that emotional balance in this case involves the compatibility and coherence of the individual's emotional response with the situation he is experiencing (Reber, 1987).

Characteristics of an emotionally balanced person:

The right person psychologically has a balanced emotional and expression control as required by necessity, and in proportion to the situations that call these emotions, and not resort to this suppression of emotions, or hide them or shame them on the one hand, or succumbing to them completely overstating the show in terms of other, if so It helps the individual to face consciously of life's circumstances, not to be disturbed or collapse under pressure. (Al- Sharqawi, 1983) One of the characteristics of the emotionally balanced is high, that they are slow, reluctant, tolerant and calm, and do not make mistakes, and are satisfied, as they are also characterized by flexibility, stability and diligence, and difficulty exposure to depression, and withstand pressure. Whereas individuals who have low emotional equilibrium are described as moody and defensive, irritable, tense, and displaying an emotional outburst. Emotional outbursts, When exposed to pressure or criticism, and the complaint and controversy are exercising argumentative High sensitivity, lack of positive psychological alignment , anxiety, and unbalance insecurity Aggression, fear, despair , self- doubt , low self-esteem (high neuroticism), (Cook, 2005). The study indicates (FU, 2004), (Hamdan, 2010) (Ali, 2011) (The Van, 2011) to a group of the most important features that characterize individuals with emotional balance as follows:

1. Freedom from childish tendencies and tendencies such as selfishness, jealousy and fear.
2. be more tolerant of other less balanced emotional individuals.
3. The ability to control his emotions, and keep away from impulsivity.
4. Not moody nor hypersensitive.
5. Emotional sobriety does not fluctuate or fluctuate for reasons trivial between fun and contraction.
6. He is not affected by trivial stimuli, such as slight criticism or fleeting remark.
7. The ability to restrain his desires, and control his whims.
8. Expressing his emotions in a balanced manner, far from the primitive expressions of children.

Maslow believes that the emotionally balanced personality is characterized by the following:

1. Its ability to make decisions without relying on others.
2. It has a high degree of acceptance of self and others.
3. Realizes facts objectively.
4. Characterized by privacy and not surrender to others.
5. It has the ability to tackle life's problems with courage.
6. Have intimate relationships with other stakeholders.
7. Its dealings with life are democratic. Quoted from (Al- Rubaie, 1994)

Second :Motivation of athletic achievement

Function: Achievement motivation has many functions and these functions are two-way:

The first trend: is that the motivation has a directive function, which refers to the player's choice of activity and continuation of it and building goals to achieve major goals, meaning "it helps the individual to set the choice of means to achieve needs) By putting him in contact with some important stimuli for his survival " (John Wiley, 1984)

The second trend: Why does the player's performance vary despite the stability of his training level, skill and schematic thinking, and this appears in the positive emotional factors that work to show the player's sufficient motivation strength such as excitement, anxiety, fear, and the stimulatory function (Duda, 1987) That is, "the continuation of sporting behavior. (John Wiley, 1984)

Show the importance that when you realize that achievement in sport requires the following:

- 1- Adequate preparation for sports activity.
- 2- Serious training for development.
3. The efficiency of the performance of the evaluation. (Rateb, 1997)

The characteristics of the drive

The motivation focuses on the athlete's predisposition towards the pursuit of success and how special situations affect their desires, emotions, and behaviors. It is considered as a qualitative or special achievement.

And individuals with a high level of achievement motivation tend to have certain characteristics, the most important of which are:

- 1- They care about privilege for the sake of privilege itself, and not the benefits that accrue from it, and the desire to control destiny is inferred from leaving matters to fate and chance.
- 2- Interest in long-term future goals more than others; As they have the greatest possible future perspective.
- 3- When they enter into situations that warrant choice, they usually choose tasks in which success is guaranteed (that is, no challenges that are too high and difficult to achieve).
- 4- They depend on their performance and experience more than on the performance of others, and they do not like leaving things to chance or luck.
- 5- They prefer to travel social mobility and move up in social standing, and are more willing to leave their homeland and adapt themselves to the requirements of social progress.
- 6- They tend to careers that rely on competition and also want to devote hours each day to their professions and trades to achieve their goals.
- 7- They hate educational professions, and they accept professions where there are constant changes and constant challenges, and they hate wasting time, and they are not concerned with the harassment of others.
- 8- They care about time; they have a sense of the importance of time, dedication to work, the pursuit of efficiency in performing the tasks entrusted to them and the constant desire for achievement.
- 9- They have the planning and organizational spirit to reach the goals they pursue.
- 10- They tend to innovate, invent, and innovate, and favor individual responsibility. (Tod, 2014) (Allawi, 2007)

Methodology

Research methodology :The descriptive approach is concerned with collecting accurate and scientific descriptions of the studied phenomenon, a description of the current problem, its interpretation, and solutions to the problem at hand. It has many styles, including the interrelationship studies that include correlational studies, which are used to identify the type of relationships existing between the variables. (Abdel Hamid, 2000)

Study population :What is meant by the study community is "all the vocabulary of the phenomenon that the researcher studies" (Melhem, 2002), or it is "all individuals, things, or people who constitute the subject of the study problem" (Abbas, 2009) The current study population consisted of all the volleyball players of youth category for the season at the Specialist Center at the Ministry of Youth is made up for the academic year (2019-2020), the number of 2 14 players.

Research sample : the sample is part of the community, when it is not possible to study the community as a whole, for technical, economic or practical reasons, its study is replaced by the study of the sample and its characteristics, from which we can deduce the characteristics of the original community from which the sample was taken. (Alhiti, 2004), as the research sample reached (120) youth volleyball players for the season at the Specialist Center at the Ministry of Youth for the academic year (2019-2020)

Two search tools:

First :Emotional balance:

- Formulation of the paragraphs of the Emotional Balance Scale: (62) Paragraphs were initially formulated, while the alternatives to answering the scale were: -

It applies to me strongly, it applies to me, I have no opinion, it does not apply to me, it does not apply to me at all), and I was given weights between (1-5) as in **Table (1)**

answers	Apply to me with a degree Very large	Apply to me Significantly	Apply to me with a degree Medium	Apply to me with a degree Few	Apply to me with a degree Very few
degree	5	4	3	2	1

Validity: it is one of the basic psychometric characteristics of educational standards and tests. A valid test that can be used in light of the goals for which it was set (Abdel Hady, 1999) The researcher has adopted the following procedures to verify the validity of the instrument: Validity is the most standard indicator in any test, and without it, the test is not reliable because it expresses the meter's ability to measure the characteristic that it was prepared to measure (Tyler, 1979). The apparent validity is obtained by presenting the tool or test to a group of experts in the field of research and obtaining an acceptable agreement on the suitability of the tool for measurement (Jenson, 1980: 227).

Presentation of the emotional balance scale, and in the light of their opinions and observations, the following was done:

1- With regard to the validity of the theoretical definition, the researcher made amendments to it based on the opinion of (16) experts, i.e. 84% of the experts.

2- Amending some paragraphs according to the directions of (17) experts, i.e. 89.48% of the experts. Accordingly, the scale consisted of (58) items before extracting its psychometric properties

Exploratory study : The scale was applied to a random sample of volleyball players, as their number reached (30) players , and after the researcher made sure of the clarity of the paragraphs and instructions of the scale and the clarity of the answer alternatives, he set the required time for the answer, which took (30) minutes.

Statistical analysis of paragraphs: psychometrics refer to the importance of statistical analysis of paragraphs because it reveals the accuracy of the scale in measuring what was prepared to measure (Abdurrahman , 1987) , The following was done :

A discrimination paragraph: In order to keep the distinct items in the scale, each of the test items should have a high index of discrimination as much as possible (Ebel, 1979). And I randomly selected sample of excellence where the number of its members (290) player for volleyball. After the correct answers was calculated by the discriminatory power of the vertebrae and in the light of this , the number of forms in each group (78) form, and thus the number of forms under analysis (156) form , has shown that the paragraphs function only (8) vertebrae , and the exclusion of paragraphs became as final It consists of (50) paragraphs .

Validity: In order to verify the validity of the emotional balance scale, two types are used in honesty, namely:
-Content Validity Represented by Face Validity. This was done through the presentation of the paragraphs of emotional equilibrium on the scale of a group of experts and specialists in the field of education and psychology and taking their views on the validity of the paragraphs of emotional balance scale.

- *The validity of the construction:* It was done through the correlation of the score of the paragraph with the total score of the scale, which is to find the correlation between the degree of each paragraph of the scale and the total degree of it, on the (156) forms, which are the same forms that were subjected to statistical analysis, and the results showed that all the paragraphs are of relevance Significant correlation at (0.05)

Stability: Reliability was extracted for the Emotional Balance Scale in two ways:

1 retail midterm way : Ta extend the expense of the stability coefficient of the scale on the basis of hashed into two equal halves and calculate the correlation coefficient between the scores of the two halves, and the common methods in the retail screening procedure ferries that carry sequence individually for ferries that carry an even sequence (Adkinss, 1974:) (Faraj, 1980) Then the Pearson correlation coefficient was calculated and reached (0.72). This value is a good indicator of the stability of the responses of the volleyball players, as the acceptable degree of stability ranges between (0.60 - 0.80) so that the tool becomes acceptable (Jaber, 1989).

2 Alpha Cronbach Method: It is another way to estimate the reliability coefficient values as it depends on the internal construction of the test (Internal Structure (To find out the extent of the homogeneity of the vocabulary (Allam, 2000) and the reliability coefficient extracted in this way shows the consistency of the individual's performance from one paragraph to the next (Cronbach, 1951) (Thorndike and Hagen, 1989: 78). The researcher extracted the stability coefficient for the emotional balance scale in this way on the same stability sample, so the stability coefficient reached (0.86) .

Second :scale the motivation of sports achievement among plane players:

-Drafting the paragraphs : The drafting of (65) paragraph initially , the answer to the scale alternatives were:

)It applies strongly to me, it applies to me, I have no opinion, it does not apply to me, it never applies to me). As for correcting the scale, the researcher gave the alternatives weights that ranged between (1 - 5), distributed to the alternatives of the answer as shown in **Table (2)**

answers	Apply to me with a degree Very large	Apply to me Significantly	Apply to me with a degree Medium	Apply to me with a degree Few	Apply to me with a degree Very few
degree	5	4	3	2	1

Paragraphs validity: The scale was presented to a group of experts in education, and in light of their opinions and observations, the following was done:

1- With regard to the validity of the theoretical definition, the researcher made amendments to it based on the opinion of (16) experts, i.e. 84 % of the experts

2 - Some paragraphs were amended and (7) paragraphs were deleted based on the directives of (17) experts, i.e., (89.48%) of the experts, and accordingly, the scale consisted of (58) paragraphs before extracting its psychometric characteristics.

Exploratory study :The scale was applied to (20) volleyball players, and after the researcher made sure of the clarity of the paragraphs and instructions of the scale, he set the time required for the answer, which took (30) minutes.

Statistical analysis of paragraphs: The researcher followed the following procedures in the statistical analysis:

The researcher calculates the discriminatory power of the paragraphs of the measure by applying it's a stratified random sample reached (290) player for volleyball. The discriminatory power of the paragraphs was extracted, and in light of this, the number of forms in each group reached (78) forms, thus the number of forms subject to analysis would be (156) forms. The results showed that all the paragraphs are distinct except for (17) paragraphs that are not statistically significant, as the tabular T value reached (1.96) with a degree of freedom (154) at a level of significance (0.05). Thus, the measure in its final form consists of (1) 4 items.

Validity: In order to verify the validity of the scale, two types of validity are used:

- Content Validity Represented by (Face Validity) this was done through the presentation of the paragraphs of the scale on a group of experts and specialists in the field of education and psychology and taking their views on the validity of the paragraphs of the scale.

- *The validity of the construction*: It was verified through the correlation of the score of the paragraph with the total score of the scale, which is to find the correlation between the degree of each paragraph of the scale and the total score for it, on the (290) forms, which are the same forms that were subjected to statistical analysis, and the results showed that all the paragraphs Has a significant correlation at the level of significance (0.05) .

Reliability: The reliability of the scale was extracted in two ways:

1 *Retest Method*: The researcher applying e to a sample of 100 players from volleyball, and then re - apply the measure to the players themselves after (21) days after the first application, and the value of the correlation coefficient (0.76) This value is a good indicator of the stability of the answers to the players, The acceptable stability degree ranges between (0.60 - 0.80) for the tool to become acceptable (Jaber, 1989).

2 *Cronbach Alpha* : T depend this method of consistency on the consistency of performance of the individual from a paragraph to another, as it refers to the link between the paragraphs of the power of the scale, as well as they provide us with a good grade of stability in most cases (Faraj, 1980). The researcher extracted the reliability coefficient for the scale in this way on the same stability sample, as the reliability coefficient reached (0 .86).

Results

• Emotional balance in volleyball players:

- To achieve the first goal, the data obtained from the application of the emotional balance scale were collected in its final form, and the arithmetic mean of the volleyball players was found, which reached (165,800) and a standard deviation of (21,151) , as the hypothetical average of the emotional balance scale was calculated (150).), and when compared to the value at the level Tabulated (0.05) and the degree of freedom (119), amounting to (1.98), it appeared that the calculated value (8.186) which is statistically significant at the level of (0.05). Table (3) illustrates these results.

Table (3) the arithmetic mean and standard deviation of the students of the two groups of research in achievement

the sample	SMA	deviation The normative	Degree of freedom	T value	significance
120	21.151	150	119	8.186	0.05

The results indicate that the volleyball players enjoy emotional balance.

- To recognize the motivation of the athletic achievement of the plane players.

To achieve the second goal, the data obtained from an application were collected and the arithmetic mean was found (162) with a standard deviation (19.585).

Also, the hypothetical mean of the scale was calculated and its amount was (138), and by using the T-test for one sample, it appeared that the achieved T value was (13.422) and when compared to the tabular value at a degree of freedom (119)And the amount (1.98), it appeared that the calculated value is greater than the tabular value and is statistically significant at the level of (0.05). And table (4 Explains these results:

Table (4) the arithmetic mean and standard deviation of the students of the two groups of research in achievement

the sample	SMA	deviation The normative	Degree of freedom	T value	significance
120	19.585	138	119	13.4222	0.05

The results indicate that the volleyball players have to Motility athletic achievement.

- **The relationship between Emotional balance among volleyball players and athletic achievement motivation:**

To achieve this goal, the researcher used the Pearson correlation coefficient (Pearson Correlation Coefficient) Between the total scores of the sample individuals on a scale of equilibrium emotional scale Motility athletic achievement , and the results showed a positive relationship between the balance of emotional and motivation athletic achievement and is statistically significant in the sample of current research at the level of (0.05), which any more increases equilibrium emotional T. achievement motivation Mathematical table (5) shows that

Table (5)

The sample	Coefficient factor	T value		Significance 0.05
		Cal.	Meas.	
120	0.18	1.988	1.988	Significant

Interpretation of the results:

- 1- Indicate the general results of that research sample individuals with equanimity and emotional , which is the manifestation of mental health, the researcher believes that this result is close to the logic as it can attribute this to most , but most of the sample have been trained properly.
- 2- That the motivation is working to help the player overcome the state of laziness and deficiencies and lack of activity, and stimulate behavior and direction, and may work in influencing behavior.
- 3- There is correlation between the balance of emotional with the players of volleyball and motivation athletic achievement but this a balance must be in the level can benefit from it and the negatively affect the motivation of the completion of the player and is done through the psychological good preparation by the coach during training periods and to accustom the player on how the face of difficult conditions and controlled without nervous in order to take advantage of this, but positively to increase achievement motivation to achieve good achievement and face the difficulties and concerns about where the player is located and the team as a whole.
- 4- The player's preparation is a good psychological preparation through which he can achieve good balance and achieve effective achievement motivation, otherwise the opposite may happen, and this control depends on the player's experience as sports experience has an important and effective role in controlling unwanted emotional states before races and competition.
- 5- The results showed that the emotional balance of the volleyball players was positive and at an acceptable level. These results confirm that the main role is still assigned to the coach in the upbringing of volleyball players.
- 6- The results of measuring the motivation of plane players in this research showed that they are positive, and the good motivation, pleasure and pleasure that the coach provides to the player and the surrounding conditions have a great role in increasing the player's motivation. Therefore, a successful coach is skilled in regulating the players' physical and psychological energies and how to control and control It is based on the thoughts and feelings of his players during the competition which makes the performance develop in the right direction
- 7- The evaluation of sports performance is based on knowledge of the factors causing it. The more these factors are under the athlete's control and can be controlled, the more the athlete's performance can be developed for the better.

Conclusions

- 1- The results show that the volleyball players have the motive for sporting achievement.
- 2- There is a positive relationship between achievement motivation and emotional balance.
- 3- The emotional balance scale and the mathematical achievement motivation scale can be used by researchers and scholars in this field.

Recommendations:

- 1- The inclusion of training programs for handball teams on training and procedures to strengthen the motivation.

- 2- The inclusion of training programs for handball teams on exercises and procedures to support and strengthen the manifestations of internal organization, social cohesion, movement cohesion and interaction "" inside and outside the training units.
- 3- The necessity of trainers 'awareness of psychological variables and their effects on the level of achievement.
- 4- Identifying the level of motivation of the handball teams using the scale in question during periods of the sports season and during the different roles of the league.
- 5- Identify the level of internal organization aspects of the handball team players using the measures in question during periods of the sports season and during the different roles of the league.
- 6- The coaches must pay attention to the mental preparation of the players in order to control the emotional arousal and the motivation of achievement and raise them to the optimal level that achieves the high levels.
- 7- The necessity to rely on one of the mental training methods (according to the response of the players and the available capabilities) to reduce the degree of emotional arousal for the player and make it at the appropriate level (optimal arousal)
- 8- The use of the two search measures on the players to know the psychological state and justify the behavior.
9. Studies act in a similar for sports achievement motivation and its relationship with positive characteristics, such as a figure of social optimism and hope among athletes.

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Accessory (1) Emotional balance scale

Dear player:.....

On the following pages, you will find a number of paragraphs for some situations and trends whose degree of applicability differs from one person to another. I have put five alternatives to the answer in light of what applies to you the most.

The following example illustrates how to answer:

If you think that this paragraph applies to you to a large degree, please tick) ✓ (On the answer sheet and in front of the aforementioned paragraph.

T	The paragraphs	Ali a degree	Ali a degree	Significant	Ali a degree	Ali a degree	Ali a degree
1	I rush to make my decisions		✓				

The answer to these paragraphs requires you to be accurate and frank.

Check the paragraph number on the answer sheet.

-Rest assured that your answer will be completely confidential that only the researcher will see, and it will be respected and appreciated.

Start answering quickly, do not think too much, and do not leave any paragraphs unanswered.

Researcher

T	Paragraphs	Apply to me with a degree	Apply to me Significant	Apply to me with a degree	Apply to me with a degree	Apply to me with a degree
1.	I like to do something that requires a lot of precision and deliberation.					

2.	I am reprimanded when the coach blames me for a mistake I did not.					
3.	I regained my calm immediately after the excitement disappeared.					
4.	I feel I can control myself in all situations.					
5.	I like to smash things around me when I'm angry.					
6.	I feel that my relationship is not intimate with the players.					
7.	I change my mind to agree with others' opinions, even if they are wrong.					
8.	I reject relationships based on personal interest.					
9.	I build my relationships with others on the basis of love and respect.					
10.	I am looking for excuses to get the training postponed.					
11.	I face those who criticize me without anger or emotion					
12.	I feel bored when I sit in a quiet place.					
13.	My opinions differ with the opinions of others, but do not cancel my relationship with them.					
14.	I feel my thoughts are contradictory and I cannot say which is best for me.					
15.	I feel nervous when I discuss with someone who has a dissenting opinion of mine					
16.	I feel more comfortable when I am alone, apart from others					
17.	I feel happy when I do a favor or a favor to others					
18.	I have the ability to have self-control in difficult situations					
19.	I have the power to convince others of my views					
20.	I feel satisfied with the society in which I live					
21.	I tend to respect the opinions of others					
22.	When I'm angry, I break down some things close to me					
23.	I know the limits of my potential and act accordingly					
24.	Wait before I say my opinion of others					
25.	I find it difficult in harmony with others					
26.	I can discuss opinions opposing me without emotion					
27.	I expect success in the business that I do					
28.	I get angry easily in situations that don't please me					
29.	I feel comfortable when I am with a group that has the same capabilities as me					
30.	I hesitate to come up with any ideas I want					
31.	I can express my thoughts clearly and understandably					
32.	I look to the future with optimism					
33.	I find a justification "to help my classmates at the university".					
34.	I deal with others based on reality					
35.	I expect disasters to happen constantly					
36.	I like to share others' joys and sorrows					
37.	I find it difficult to discuss and express my thoughts in front of others					
38.	I do my homework better than my peers					
39.	I feel comfortable with people in different categories					
40.	I tolerate those who do wrong me					
41.	I feel afraid to discuss some personal matters					
42.	I feel annoyed when my requests are denied					
43.	I benefit from others in fulfilling my desires					

44	I quarrel with some of my classmates at the university					
45	I find it difficult to stick to the university system					
46	I try to calmly address the problems I am experiencing					
47	I feel appreciated by others for my good deeds					
48	I like to be isolated from others					
49	I accept correct opinions from others, no matter who they are					
50	I persevere and make an effort to fulfill my homework					

Accessory (2) Achievement motivation scale

Dear player:

The Roman scholar by the scientific study tagged (balance of emotional and its relationship with motivation athletic achievement among players of volleyball) so put between your hands a set of paragraphs that reflect situations you mark (✓) in front of the words that apply to you note that the information in secret.

Answer instructions:

- 1- Answer the scale truthfully and honestly.
- 2- Never leave any paragraph without an answer.
- 3- Not mentioning names.
- 4- This scale is intended for scientific research purposes only.

T	ferries	to a very large degree	Significantl y	Medium degree	To a small degree	to a very small degree
1.	I rarely succeed in my daily accomplishments.					
2.	I find it difficult to continue playing volleyball after failure.					
3.	I am perplexed by the new situations that I encounter on the field.					
4.	I find it difficult to improve my performance.					
5.	I find it difficult to get up early to exercise.					
6.	The competition between me and my colleagues makes me nervous.					
7.	I don't accept my teammates' advice when playing volleyball.					
8.	I feel that my sport lacks agility.					
9.	I fear difficult situations that I encounter on the field.					
10.	I find it difficult to concentrate while playing volleyball.					
11.	I'm afraid of making mistakes when I play volleyball.					
12.	I resolve to do my best to make a good impression of myself					
13.	When I'm on the court my standards for myself are very low.					
14.	If I am invited while doing volleyball training I find it very arduous to start over					
15.	Training that demands great responsibility I only perform if I am well rewarded					
16.	I think it is very important to reach a prominent position in the sport of volleyball					
17.	When training on something difficult, I give it up very quickly					
18.	On the stadium I admire people who achieve a prominent position in life.					
19.	My good relations with the coaches on the stadium are of a great deal.					
20.	When I start something I do not finish it successfully at all.					
21.	Commitment to training I like to do it very much.					
22.	I find it difficult to try to sleep after losing a competition					
23.	I like the player who trains extra hours to improve his level					
24.	When I make a performance error during a competition I need some time to forget this mistake					
25.	Excellence in sports is not one of my primary goals					
26.	Often I feel dread right before I enter the competition					
27.	Have fun enduring any mission that some of the other players find					

	difficult					
28.	I fear defeat in the competition					
29.	Luck leads to winning more than effort					
30.	Sometimes when I'm defeated in a competition it bothers me for days					
31.	I am ready to train all year long without interruption in order to succeed in my sport					
32.	I can't find it hard to sleep the night I was in a competition					
33.	Winning the competition gives me satisfaction					
34.	Feel nervous before a sports competition					
35.	I prefer to take a break from training in the period after the completion of the official competition					
36.	When I make a mistake in performance it exhausts me throughout the competition					
37.	I have a very high desire to be successful in my sport					
38.	Before I get involved in the competition, I don't have to think about what might happen in the competition or about its results					
39.	I try my best to be the best player					
40.	I can be calm in the moments immediately before the competition					
41.	My goal is to be special in my sport					