

Relationship of some mental abilities with the level of performance of young players weightlifting

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Abstract

The research aims to identify some mental abilities and their relationship to the level of performance of young players in the weightlifting game.

The researchers used the descriptive approach, and conducted a sample of the youth clubs (Diyala, Al-Khalis, Al-Muqdadiya) for the year (2019 - 2020), who numbered (36 players). By weightlifterunder research on a group of experts specialized in the field of weightlifting, testing and measuring game and then conducting the exploratory experiment for the purpose of identifying obstacles to research and then conducting the main experiment as the researchers supervised mental ability tests over a period of three days and on 14/8/2019, until 16 8/2019 during the course of club players performing training units in the weightlifting halls during the training period and after that the analysis of the tests was done for the sample examined in the cranes in question.

Then the results were presented, analyzed and discussed, and it was concluded that there is an immoral relationship, which confirms that the research sample needs to be followed, as the results reflected a clear weakness of the members of the sample with mental abilities, so the lifters who use their mental abilities well will be positively reflected on the performance of the high net and Snatch And obtaining high achievement, which means that technical and skill performance is related to physical and mental capabilities

The researchers recommend that the coaches need to pay attention to mental abilities when following the performance of their players in order to contribute to raising the level of technical and skill performance of the players.

Key words : *mental abilities , performance , players weightlifting.*

I. Introduction

The great sporting achievements in the Olympic weightlifting were not a coincidence, but the result of sound and long-term planning, depending on the scientific methods in education and training, as reaching high levels of sports in all activities depends on the symbiosis and the upgrading of many physical, skill and mental requirements.

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The relationship between mental aspect and artistic performance in all events and sports is a matter of concern for coaches and players, due to the success or failure of the player on the compatibility of mental and skill capabilities.

And the game of weightlifting is one of these individual games that are characterized by a high level of achievement and thanks to the knowledge of the various training sciences and reliance on scientific research in the investigation to reveal the most accurate details in the educational and training scientific for the purpose of reaching important and sincere results in a manner that guarantees the advancement of the Quartet level towards the best achievement.

Mental abilities are one of the basic and important requirements in the game of weightlifting, as it is an individual game characterized by artistic performance and kinetic sequence, as well as being a game characterized by muscular strength and physical abilities, all of these factors combined lead to an increase in the mental or mental burden that falls on the Quartet, so it is The higher the level of mental abilities, it will reflect positively on the performance of the Quartet.

Through the foregoing, the importance of the mental abilities of the quad lifters, sensorykinesthetic, and speed of kinetic response is evident, as the development of these abilities will be greatly reflected in the performance of the quartets during achievement and then respond well to the sudden situations that occur during lifting Heavy during competition, which requires quick instant decision-making, and then continues to play effectively without landing.

Through the foregoing, the importance of research lies in knowing the relationship between some mental abilities and the level of technical performance and achievement for Diyala clubs, in order to give an accurate scientific indicator for coaches of the importance of including these important mental abilities when developing curricula and training programs; Because it will really contribute to achieving the high achievement and then improving the performance accuracy.

Research problem:

Each sporting activity or game has mental capabilities that are different from other games, consistent with the nature of this game's performance and its law. Through the researchers' observation of the performance of the weightlifting players, they found that there is a weakness in the level of performance of the regular lifting of the weightlifting of players in Diyala clubs, due to the lack of interest on the part of most coaches with special mental capabilities, as well as the deficiency in organizing the educational and training process and including these important capabilities affecting The level of technical performance and achievement.

In a serious scientific attempt by researchers in order to raise the level of the game within the Diyala Governorate clubs, he decided to study the relationship between some mental abilities and the level of performance of the young quartets for Diyala Governorate clubs, as this study is an important indicator for the benefit of coaches when developing vocabulary of educational units and their suitability with mental capabilities , For the purpose of handling future errors in a manner that enables them to achieve an optimum performance level.

Research objectives:

- Learn about some of the mental abilities of the players in Diyala clubs by lifting weights.
- Identifying the level of performance of Snatch and Clean &jearkweights in Diyala clubs.
- The relationship of some mental abilities to the level of performance of Snatch and Clean &jearkwith weightlifter in Diyala clubs.

Research hypothesis:

- There is a significant relationship between some mental abilities and the level of performance of Snatch and Clean &jeark weightlifting clubs in Diyalaclubs..

II. Research Methodology

The researchers used the descriptive method using the relational relations method.

Research community and samples

The research sample was chosen intentionally, as the research community included players of clubs (Diyala, Muqdadiya, Al-Khalis) by lifting the weightlifters participating in the governorate championship, while the research community represented five clubs. The number of members of the research community is (52), while the research sample reached (36), and the percentage of the number of respondents from the research community (69.23%).

Research Tools

To provide a set of devices and tools necessary for the purpose of using them to solve the problem, whatever those tools, and to make sure that these tools are suitable for research to achieve hypotheses. In fact, the researcher used the devices, tools and means that helped the researcher to conduct his research, as follows:

- tape measure.
- Figures number (6).
- Weight lifting hall with all its tools - colored tape.
- Sony video camera.
- Computer.
- stopwatch..

The Testes

Measured variables:

- **Test methods of attention.**
- **The perception test - kinesthetic.**
- **Rapid motor response.**

Applied Test

The main experiment was conducted on the research sample as follows:

The researchers supervised the mental abilities tests for three days, on 14/8/2019, until 16/8/2019, during the course of the club players performing training units in the weightlifting halls during the training period, and after that, the tests were analyzed for the research sample.

III. Results and discussed

View and discuss search results:

Table (1) shows the values of the arithmetic mean, standard deviations, median, standard error and torsional coefficient of mental capacity variables.						
Variables	measruing unit	A	Std	Mediator	Standard error	Coefficient of torsion
Test methods of attention.	Degree	132.728	7.783	132.000	1.280	0.44
- The perception test - kinesthetic.	Degree	1.870	0.077	1.880	1.880	0.110
- Rapid motor response.	Degree	9.888	1.189	10.000	0.198	0.225

Table (2) shows the correlation between the skill of high Snatch and some mental capabilities				
Variables	measruing unit	Correlation coefficient	error percentage	Significance
Test methods of attention.	Degree	0.039-	0.81	Non Sign

- The perception test - kinesthetic.	Degree	0.155	0.37	Non Sign
- Rapid motor response.	Degree	0.381-	0.02	Non Sign
shows the correlation between the skill of high Clean & jerk some mental capabilities.				
Test methods of attention.	Degree	0.087-	0.71	Non Sign
- The perception test - kinesthetic.	Degree	0.098	0.57	Non Sign
- Rapid motor response.	Degree	0.112-	0.51	Non Sign

Discuss the results of the correlation between performance (high net and high lift) and some mental capabilities of the research sample.

Through the results that appeared in Table (1) and (2) between the performance of the high net and the kidnapping and mental capabilities we found that there is an unrelated relationship, which confirms that the research sample needs to be followed, as the results reflected a clear weakness of the members of the sample with mental capabilities, so the lifters Those who use their mental abilities well will be positively reflected on the performance of high net and kidnapping and obtain a high achievement, which means that the technical and skill performance is related to physical and mental capabilities. "The physical and skill condition only does not reflect the level of the player in general, but what he needs is the degree of mental maturity And his keen awareness of his capabilities and potentials^{1,2}".

As a result of the weak ability of the methods of attention and perception (sense - kinesthetic), the researchers believe that training of the research sample teams is almost devoid of exercises for developing the mental capabilities of the players. That: "Good preparation is a step by which the player can achieve an achievement or change a result".^{3,4}

IV. Conclusions and recommendations

Conclusion

Through the above presented results and the researcher's analysis and discussion of these results, he reached the following conclusions:

- The presence of a statistically insignificant relationship between the elevation of the nitrate and the mental capabilities under study (methods of attention, sensorymotor perception, and motor response).
- The presence of a statistically insignificant relationship between the height of the abduction and the mental capabilities under study (methods of attention, sensory-motor perception, and motor response).
- From the above two points, it becomes clear to us that there is an effect on the level of performance and achievement, given that mental capabilities are important in this.

Recommendations

Through what has been concluded, the researcher recommends the following recommendations:

- The need for coaches to pay attention to mental abilities when performing their players in order to contribute to raising the level of technical and skill performance of players.
- Emphasis on the Central Weightlifting Federation of the need to open training courses, especially international ones, in order to contribute to raising the efficiency of the Iraqi coach, which will reflect positively at the game level on the Arab, Asian and international levels.
- The necessity of conducting similar studies on other categories in order to be able to balance the results of research and other research to produce a scientific outcome confirming the reality of the level of the game in Iraq

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