

Focus attention and relationship with the performance of some basic skills on the balance-shifting device in your women's technical gym.

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Abstract

The first section included the introduction and the importance of research as, attention and focus are one of the important mental abilities that the learner needs in your gym during performance, which has an important role to play in evaluating performance, and gymnastics is one of the most comprehensive sports in focusing attention because it is self-reliant and self-assessment of the individual whether player or learner, as well as the devices used that are difficult (difficult skills) on the learner. Focus and attention is one of the priorities of the sport of gymnastics devices, which negatively or positively affect the performance, and here lies the importance of research on the mental ability to focus attention on the player or educated for the sport of gymnastics on the devices and in the second part was the share of the methodology of research and its field procedures that the researcher used the descriptive method in the way of related relationships to suit the nature of the problem but the third part is the presentation and analysis and discussion of the results reached by the researcher and in the fourth part is what the researcher concluded from the results of the researcher User search and recommendations recommended in order to raise the search to the required level.

Keywords: Focus attention, basic skills, middle roll, rear roll, saddle-stepping on the balance beam in your women's art gym.

1- Introducing research:

1.1 Introduction and the importance of research:

Scientific progress is one of the advantages of our time, as it included all aspects of life, including the psychological aspect relative to the sports side in all games, which interacted with the natural and human sciences to prepare the individual comprehensive and balanced preparation in preparation for reaching the high levels in the sporting event. One of the psychological aspects that the beginner or learner needs in your gym is the actual abilities (attention focus) which is one of the abilities that the learner needs during performance, which has an important role in evaluating performance where it depends on accuracy, coordination, attention and focus during skill performance ⁽¹⁾, and gymnastics is one of the most comprehensive sports in focusing attention because it is self-reliant and self-assessment of the individual whether player or learner as well as the devices used that are difficult (difficult skills) on them The learner. Focusing and attention from the priorities of the sport of gymnast's devices that negatively or positively affect performance and gymnastics is one of the individual games that needs high potential.

In terms of skill and psychology to get the achievement and here lies the importance of research in finding the relationship between

Focus attention and some basic skills on the balance-based device in your technical gym.

1-2 Research problem: There is a weakness in the level of performance of female students in some skills on the balance model as well as the difficulty of the device and the skills performed but due to the lack of focus and attention to skill and the space and height of the device, which is a major factor in learning skills.

1-3 search goals:

- 1- Learn about the focus of attention among second-stage students at diyala University's Faculty of Physical Education and Sports Sciences.
- 2- Learn about the relationship between focusing attention and performing some basic skills on the balance model in your artistic gym.

1.4 Search issatisfied:

There is a statistically significant relationship between focusing attention and performing some basic skills on the balance model in your technical gym.

1.5 Areas of research:

1-5-1 Human Field: Second-grade students at the Faculty of Physical Education and Sports Sciences/Diyala University/2019.

1.5.2 Temporal Domain: 6/7/2019 to 11/12/2019.

1-5-3 Spatial Field: Gymnasty Hall / Faculty of Physical Education and Sports Sciences / Diyala University.

2- Research methodology and field procedures:

2.1 Research approach:

The researcher used the descriptive approach in the method of correlational relationships to suit the nature of the research problem as it includes a scientific diagnosis of problems or phenomena as much as objective tools are available and then expresses this diagnosis with linguistic and mathematical symbols controlled according to tight regulation.²

2.2 The research community and its sample:

The research community is defined as (all the vocabulary of the phenomenon addressed by the researcher in his study)⁽³⁾ so the research community was identified from the 84 second-stage students in the Faculty of Physical Education and Sports Sciences of Diyala University, and the research sample is defined as (that part of the original community through which the actual data necessary for the experiment can be obtained)¹ Therefore, the researcher selected the sample of

the research of the second-grade students in the Faculty of Physical Education and Sports Sciences Juma Diyala, 40 students in the deliberate manner.

2.3 Means of gathering information:

- 1- Arab and foreign sources.
- 2- Note.
- 3- Attention focus selection form.

2-4 Devices and tools:

- 1- The gym in college.
- 2- Balance viewer.
- 3- The simplest four sticks.
- 4- Rise plate (glove).
- 5- Dry pens to answer the form.

2.5 Reconnaissance experiment: Defined as a "mini-experiment similar to the real experience" as the survey experiment may not be conducted on the same sample members because they will be affected by training in the reconnaissance experiment and this effect will affect the test result. ⁽⁵⁾ And (10 students) were randomly tested from the community of origin and applied to them on 20 July 2019 in order to:

- 1- Make sure the attention-focus scale test is appropriate for the search sample.
- 2- Overcome the mistakes that occur about the implementation of the scale news.
- 3- Diagnosis of the negatives and constraints facing research.

2.6 The main experience:

The researcher conducted the main experiment on the sample of research consisting of (50) students from the second stage in the Faculty of Physical Education and Sports Sciences on 26 July 2019 where the researcher:

1- Assessing the level of skill performance.

After testing some basic skills on the balance beam (middle front roll _ kart will _ landing in the Arab jump) the skills were evaluated by the teachers of the subject of the gymnast and it serves as a jury and evaluation of performance through a form prepared by the researcher for these skills (middle roll _ rear roll _ saddle prostrating) where each skill was evaluated from (10) degrees by the courts.

2- Choose the Borden attention-focus scale:

The research required the use of the test of the concentration of attention modified by Horse Taha (1971) ⁽⁶⁾ in the field of sports for the purpose of determining the concentration of attention after presenting it to the expert gentlemen, to suit the nature of the research problem, the scale is a form containing (31) lines of Arabic numbers distributed in groups each group consists of (3-5) numbers and each line contains (10) groups and the number of numbers per line equals (40) numbers and therefore the attention focus scale test contains (1240) numbers in

All form, which has been developed in an elaborate order and sequence, as well as taking into account its status, should be irregular in its distribution and uneven in order to avoid line transfers.

Method of carrying out the test: The laboratory holds the scale sheet in his hand and when he hears the word (start) he flips the scale sheet at the moment the clock is turned and the laboratory begins to induce and write off the number (97) for example and starts with the first line to the last line one following the other from left to right, the test time is only one minute and when you hear the word (stand) the laboratory puts a vertical mark on the number at which this stops in the case of quiet mode or focus attention in the mode of noise.

A light device was used to give 60 flashes of light and a flash per minute, the same test as before, but using the device and the one-minute noise state.

2.7 Correction method and extraction of results:

The number of numbers marked in the quiet mode is taken from the number of numbers marked in noise mode and then shows us the focus of attention to the laboratory.

2.8 Statistical means:

The researcher used the statistical bag (Spss).

3- View, analyze and discuss results.

Table (1) shows the unit of measurement, eye size, computational medium and standard deviation of search variables

to	Variables	Unit of measurement	Sample size	Q	on
1	Concentration of attention	degree	50	4.56	4.92
2	Front roll	degree		4.92	1.77
3	Background	degree		5.36	1.69
	Going up	degree		5.12	1.72

Table (1) shows that the computational medium of attention concentration was (4.56) and a standard deviation (4.92) in the skill of the forward roll reached the computational medium (4.92) The standard deviation (1.77) and the rear roll were the computational medium (5.36) and the standard deviation (1.69) while the skill of the ups and downs reached its computational average (5.12) and its standard deviation (1.72)

Table (2) shows the correlation coefficient, error ratio and indication of search variables

Link coefficient	Focus attention	Percentage of mistakes	Significance
Front roll	0.373	0.008	Moral
Background	0.349	0.013	Moral
Going up	0.361	0.006	Moral

Table (2) shows that the skill of the front roll got the focus of attention (0.373), the ratio of error (0.008) and the moral significance, but the skill of the rear roll was the focus of its attention (0.008) 349) the error rate (0.013) and also moral reasons, but the skill of the avant-garde focuses its attention is (0.361), the error rate (0.006) and the moral significance.

The researcher attributes this morale in skills tests due to the high concentration of attention they had in addition to the good test of the quality of the exercises selected that gave the student the ability to focus attention and freedom in movement and move smoothly and speed well and interact with skill, which in turn contributed to learning some skills (front roll, rear roll and prologue which are essential to learning the skills of the balance model for girls, as confirmed by (Hashim Yasser) ⁽⁷⁾

Motor performance is through information previously found in motor memory that has been summarized.

Also, the appropriateness of the measure of focus of attention helped the students to speed up learning and develop their skills, and this is what was done by Maya Hassan Diwan and Hassan Farhan ⁽⁸⁾ that the methods or measures in their design depend on the mutual relations between the teacher and the student and the goal of these relationships reflects the development of teaching and special educational behavior and there is no preference for educational method or educational measure because each measure has its objectives, systems and applications, It should be consistent with the learner's desire, the school and age stage and his suitability for the required effectiveness or skill and the available possibilities.

4- Conclusions and recommendations:

4.1 Conclusions:

- 1- The use of the attention focus scale has had an effective effect in improving some basic skills, learning to roll forward, roll the background and look at the girls' balance model.
- 2- Giving the initiative to the students in carrying out some of the duties of the lesson, which increases their self-confidence and emotional stability and increase their ability to focus and constant attention in denying the duties on the best possible and thus the development of the psychological and skills aspect of them.

4.2 Recommendations:

- 1- Conduct a similar study to use the attention focus scale for the rest of the skills, other devices and other games and for all age groups.
- 2- Attention to mental abilities during the educational unit, which in turn helped to teach basic skills on the balance model for girls.
- 3- The need to adopt different exercises during education, which has a positive impact on increasing learning among female students.

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