

Emotional arousal and its relationship to visual perceptual speed and accuracy of defending skill of the volleyball court

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Abstract

The researcher conducted the current study in order to identify the relationship of emotional arousal, visual perceptual speed, and the accuracy of the skill of defending the court in volleyball, (16) Years, and the research aimed to identify emotional arousal, visual perceptual speed, and the accuracy of the skill of defending the court in volleyball, and to identify the relationship of emotional arousal with visual perceptual speed, and the accuracy of the skill of defending the court in volleyball. Emotional and visual perceptual speed tests and the accuracy of the preparation skill in volleyball, which are codified and applied to the Iraqi environment, and after processing the data statistically, the researcher concluded that there is a correlation between the research variables Emotional arousal, visual perceptual speed, accuracy of defending the court with volleyball, and possession players excitability emotional positive Medium which Working Action motivation in performance, and operate the condition Mental positive on me more in Speed realize variants surrounding by playing result to consciousness full performance, and that Skill Defense About pitch from skills the basic hard which require Preparation Myself And my mind In addition to me preparation physical And the skillful in order to Investigation Best performance and defense About strikes overwhelming for the team rival.

Keywords: *emotional arousal, visual perceptual speed, accuracy of the skill of defending the court in volleyball.*

Introduction

The world is constantly striving to achieve progress in the mathematical level, reach higher levels, and achieve achievement through conducting studies and scientific research. Sports psychology is one of those sciences that have a basic and active role in preparing the player psychologically in order to control his emotions and employ them in a positive way that works as motivation to achieve Achievement, and the game of volleyball is one of the collective sports that is characterized by the multiplicity of different situations that require the player to adapt to the changing situations that are accompanied by emotions during the match. It has its own stimuli, appearances, functions, and results, and the stimuli of emotion may be in some sensory perceptions, or in some ideas or perceptions, or they may be some of the internal states of the individual himself" (Ghazi Valid and others, 2014: 275) and it also means that it is a group of psychological and physical reactions that make a person cheerful, distinguished, and with a high degree of awareness" (Yassin Alwan and others, 2018: 209) And that the interaction factor between the athlete and the surrounding external stimuli makes him in a state of continuous excitement during training and competition that requires a high degree of awareness and awareness in order to deal with these stimuli and control them, and the volleyball player needs the availability of mental and cognitive processes. Sensory stimuli" (Ali Youssef, 2015: 94). The process of perception and analysis of stimuli quickly and accurately relies on visual perception and the ability to process visual perceptions. It requires quick understanding of the visual model or form presented" (Abdul Wahed Hamid and Haider Hamed, 2015: 48) and also means "the ability and speed to distinguish different shapes, sizes, colors and directions" (Olfat Hussein, 2012: 113). It is considered a skill Defense About pitch from skills defensive the mission against strikes overwhelming strobe in Section posterior from pitch and cover wall Repel and blows deception and cover proces attack for the team Competitors that require a high level, accuracy, focus, quick awareness of the opposing team's movements, high reaction speed, and integrated psychological preparation.

Hence the importance of the research in identifying the relationship between emotional arousal, visual perceptual speed, and the accuracy of the skill of defending the court in volleyball. The research aimed to:

- Identify emotional arousal, visual perceptual speed, and the accuracy of the court defense skill in volleyball.
- To identify the relationship between emotional arousal, visual perceptual speed, and the accuracy of the skill of defending the court in volleyball.

As for the research problem, it was formulated by questioning as follows:

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- Is there a relationship between emotional arousal, visual perceptual speed, and the accuracy of the skill of defending the court in volleyball?

Research methodology and field procedures:

Research Methodology:

Choosing the appropriate approach helps the researcher to achieve the objectives of the research. Therefore, the researcher used the descriptive approach in the way of correlational relationships to suit the nature of the problem. It is "the process of collecting data to determine whether there is a relationship between two or more quantitative variables and to determine the degree of this relationship by finding the correlation coefficient between those variables." (Muhammad Abdel Aal and others, 2015: 239).

Research community and sample:

The research community was chosen by the intentional method, and they are the youths of the Diyala Training Center for Volleyball Education, and their number is (59) players. (6) players were excluded from the main sample for their participation in the reconnaissance experiment, and (3) players were also excluded for not attending the test. The final application sample was chosen in a way Randomly (25) players represent a percentage of (42.37 %) of the research community.

Tests used in the research:

Emotional arousal scale:

After seeing the researcher on many sources and scientific studies The researcher used the emotional arousal scale prepared by (Ghazi Valid et al., 2014: 275-278) and applied to the Iraqi, which is a one-dimensional scale, as consists From (4 8) paragraph and alternatives the answer Triple It is (always, sometimes, rarely) negative grades are given grades (1-2-3) in good, positive grades are given (3-2-1) and the respondent's grade is calculated by adding the grades of the alternatives he chooses in all paragraphs to be higher Degree Gets on her player (144 degree) and less Degree (4 8) and average hypothetical (96) degrees. Appendix (1)

Visual Perceptual Speed Test: (Wissam Riyad, 2019: 645-646)

The name of the test: visual perceptual speed test for the skill of defending the court in volleyball.

The purpose of the test: measuring the visual perception speed of the skill of defending the field.

Tools used: a legal volleyball court with its accessories, 3 volleyball balls, a stopwatch, (electric light bulletins of different colors (small LEDs) installed on a parallel volleyball net for centers Region Front (4, 3, 2) with dimensions (3×1), Wires and adapters And a point electric), as well illustrated in Figure (1).

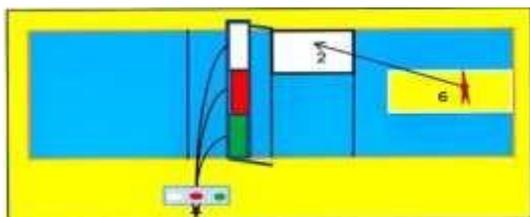


Figure (1) illustrates Test the speed perceptual for skill Defense About pitch method Performance: standing player lab in center (6) and at Arrival the ball to me player The lab is working the coach or the assistant with lighting light (exciter optical) fixer on me the network from painting Pressure control on him to rise lab subtly Defense About pitch and directive Before Center Which It was completed Illuminated by the bulletin optical delusion center (4, 3, 2), and duration what between Moment Appearance of exciting Moment Get up Defensive player About pitch for the ball and direct it to me Center Which It was completed Appearance of exciting photosynthesis is called Visual perceptual speed for skill Defense About pitch.

Conditions Performance:

- 1- Must that Lead player three Efforts successful.
- 2- Giving lab the time enough from Without Determination time try the one.
- 3- Observance Timing the good from Before the coach or the assistant seated on me painting control By illuminating the light (exciter optical).

Registration: Done measurement This is amazing the speed About road time Which it takes lab from Moment Recognition exciting Visual and do subtly Defense About pitch And delivery to me Center Which It was completed routing and access the ball mechanism from During hour Timing.

number Attempts: each laboratory three Efforts for every Area Complete Selection better time for this attempts.

Test the accuracy of the skill of defending the court with volleyball from Center (6) (Nahida Al-Dulaimi et al., 2015: 115-116)

- Noun The test: accuracy Skill Defense About pitch from Center (6):
- The goal from Test: measure Accuracy Skill Defense About pitch from Center (6).
- the tools Used: playground the ball The Plane, ribbon To determine Regions, ribbon measure, (10) balls airplane legal.
- specification Performance: does the coach set up the ball to hitter So he headed the ball Toward The lab does by defense from Center (6) directed the ball Toward Center (2) District (A).

Registration: calculated grades for the laboratory in the three Efforts And as Come:

- (4) degrees for every attempt falling off In which the ball inside Zone (A)
- (3) degrees for every attempt falling off In which the ball inside Area (b).
- (2) Two degrees for every attempt falling off In which the ball inside area (h)
- degree one for every attempt falling off In which Elk: inside area (d)
- (zero) from grades At Dropp off the ball Outside This is amazing Regions.
- since Dropp off the ball on me Line shared between two regions We count Degree Region top.
- The attempt in which the tester commits a legal error shall be cancelled.
- The total score for the test is (40) points, as in Figure (2).

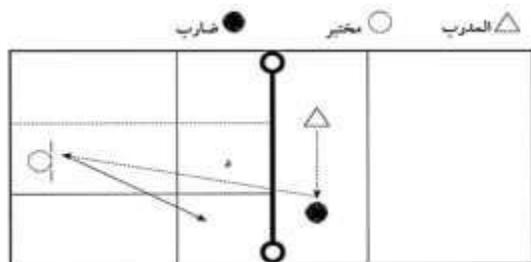


Figure (2) shows the accuracy of the volleyball court defense skill test

Experience survey:

Has been done Experience reconnaissance for variables The study was conducted on a sample of (6) players in the closed hall of the Directorate of Youth and Sports in Diyala on 2/11/2019. By distributing the emotional arousal scale, then conducting the visual perceptual speed test and the accuracy of the skill of defending the court in volleyball. And it was Target Including:

1. Get acquainted on me Obstacles that may be face Researcher.
2. Convenience scales and tests used Damn search.
3. The readiness of equipment and tools and their safety.

Experience the boss

It was completed conducting Experience the boss on me a sample search Which were randomly selected and adult There are (2 5) players day Friday 8/11/20 19 __ apply standard Emotional arousal Then a test of visual perceptual speed and a test of the accuracy of the preparation skill with the ball The Plane The closed hall of the Directorate of Youth and Sports in Diyala after that It was completed plural data and unloaded to analyze it statistically.

Statistical means :

- The researchers used the following statistical methods according to the ready-made SPSS package:
- Arithmetic mean, standard deviation, Pearson correlation coefficient

View and analyze results And discuss it:

Table (1)

It shows the values of the arithmetic mean and standard deviations of the search variables, emotional arousal, visual perceptual speed, and the accuracy of the volleyball preparation skill.

T	variants	measruing unit	Arithmetic mean	standard deviation
1	_ Emotional arousal	Degree	117.08	13,850
2	visual perceptual speed	a second	1,747	0.066
3	Accuracy of the skill of defending the field	Degree	33.88	1,676

From Table (1) it was found that the arithmetic mean of emotional arousal (117.08) and the standard deviation (13.850) the arithmetic mean of perceptual speed (1.747) and the standard deviation (0.066) as well as the arithmetic mean of the accuracy of the skill of preparing volleyball (33.88) and the standard deviation (1.676).

Table (2)

Shows the values of the correlation coefficient and the level of significance The research variables include emotional arousal, visual perceptual speed, and accuracy of volleyball preparation skill

T	variants	Emotional arousal	indication
1	visual perceptual speed	**0. 521	moral
2	Accuracy of the skill of defending the field	*0.419	moral

The results of the current study showed in Table (2) the existence of a significant correlation between the variables of the study, emotional arousal, cognitive speed, and the accuracy of the skill of defending the court in volleyball, as the value of the correlation coefficient between emotional arousal and cognitive speed was (0.521**), and the value of the correlation coefficient between emotional arousal and accuracy Defense skill (*0.519), and this achieves the goal of the research.

The researcher attributes the significance of the correlation between the research variables to the fact that the psychological preparation during the training units along with the physical, skillful and tactical preparation helped to make the players able to control anxiety and emotion during exercise and competition and to reach a degree of emotional arousal that is compatible with the requirements of performance and competition, which works as motivation To achieve the best performance, and this is considered one of the basic requirements for the volleyball player. The nature of play and the continuous change in playing positions require moderate emotional arousal commensurate with the requirements of performance. Most of the motor duties" (Muhammad Al-Sayed, 2019: 113) and this is consistent with the study (Shaimaa Ali, 2008: 9) "that good excitement dissipates anxiety and tension among players and that the optimal rate of excitement leads to effective behavior and performance", and sports experience plays an active role in Controlling and controlling emotions and regulating them in accordance with the level of performance required "The athlete's experience has an effective role in controlling emotional states" (Risan Khraibet, 1998: 179), and emotional arousal is associated with cognitive speed in an inverse relationship, that is, the more emotional arousal is at an ideal level, the more it helps to quickly increase the awareness of the stimuli around it and respond to it accurately in accordance with the performance requirements, as "regulated emotions lead them to perceive the variables in ways consistent with the requirements performance" (Ahmed Ezzat, 2009: 145), and the volleyball player mainly obscures the sense of sight and the response to various visual stimuli. The Plane Especially when performing the skill of defending the field, as it is considered sun skills defensive the mission against strikes overwhelming strobe in Section posterior from pitch and cover wall block, and blows deception and cover proces attack for the team rival, And for this the Defense equals in its importance With attack and he from harder skills in the ball The Plane, where It require" level high from Power and agility and ability on me Speed Reply Action and speed of visual perception focus for a while long, and endurance and daring and courage in Utilization the body At performance Rollers and flying and slip to save balls distant" (Ali Moustafa Taha, 1999: 151)., "The response to visual stimuli in the fastest time plays an important role in the accuracy of performance" (Soichi Ando, 2010:3), and another important factor for the player defending the court in volleyball is the visual-kinetic synergy that has an active role in the speed of perception and the accuracy of performance. Good eye coordination and hand And the eye and foot The performance of volleyball players depends on me Speed Reply verb Visual and response Fine motor performance of

motor duty ” (626: 2012 Sebastian & Daniel,) and this in turn achieves accurate performance of the skill of defending the field and full control of the ball.

Conclusions

Distance purpose results search Present reach out researcher to me conclusions following:
 morale link between variables search Present Emotional arousal, visual perceptual speed, and accuracy of numbers skill with the ball the plane.
 Players have a medium positive emotional arousal that acts as motivation in performance.
 Status works Mental positive An increase in the speed of realizing the variables surrounding the game as a result of full awareness of performance
 that The skill of defending the field is one of the difficult basic skills that requires psychological and mental preparation in addition to physical and skillful preparation in order to achieve the best performance and defend the crushing blows of the opposing team.

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Appendix (1) Emotional arousal scale

Dear Student..... Respected

He wants researcher Procedure study to get acquainted on me Emotional arousal for volleyball players And in front of you a group from paragraphs that you measure Emotional arousal and each a paragraph three alternatives (always, sometimes, rarely), between your hands this questionnaire Please the answer about her With all Truth sincerity, service Search Scientific, note that the information it will be Secrecy No come out on her but researcher Just With considerate reading All a paragraph in a form good and not to leave any phrase Without Answer put Mark (√) in field appropriate.
 Noun Player:

Age:

T	Euphrates	Always	Sometimes	Scarcely
1	my work during training Best Much from The competition			
2	I care about very the work at maximum my energy			
3	I feel Enabled in Attitudes Intense competition.			

4	keep with my mind with a plan the match in detail.			
5	I be nervous And concerned Before competitions important.			
6	Annoys me that Watch my work People important.			
7	I feel hardly sleep Before competition.			
8	gets distracted my attention during competition.			
9	Follow system appointed When get ready to compete.			
10	I feel fear severe at getting close Competition positions.			
11	I punish Myself When committed Errors Simple			
12	miss the control on me My thoughts Before competition.			
13	I get easily confused and excited before the competition.			
14	My work gets better the harder the challenge			
15	achieve Best Action When I be nervous And worried			
16	achieve Best performance When I be relaxed.			
17	Enjoy by competition More from training.			
18	setter goals for my work for every training.			
19	setter goals for my work for every competition.			
20	increase My nervousness whenever increased number audience.			
21	hard Ali Recovery Attention if I committed Errors during competition.			
22	investigate Better performance when I know with the required resolution his performance and when Complete that			
23	committed More from errors When increase The competition			
24	Criticism Administrators to me display My ability on concentration Attention in Match.			
25	Help me some unrest in stomach during training And it increases during The competition			
26	feel with fear Who Nothingness performance what in I can in competitions important.			
27	I need Some time before The competition for a purpose setup mental			
28	I care about visualization mental to all positions associated by competition Before its beginning.			
29	I find difficulty in focus Attention when Tasir The competition on me syntax not chart to her			
30	investigate Better performance when feel encouraged Officials.			
31	I can Remember Everyone things that happened in The competition distance its expiry.			
32	I can visualization the mental To compete (see / feel) on syntax Which Loved that is being my work in it.			
33	I can during Warm up - and wait Beginning Match - focus in a form positive in The competition coming.			
34	feel after End The competition it is was I can that older more.			
35	setter targets for my performance for every training.			
36	Take care on excitement My competitors Talk enable me that.			
37	if exposed for a decision Wrong Who Referee I can concentration Attention Once other.			
38	I feel by need to me login bathroom times many Before competition.			
39	I feel by weakness And asthenia Before the match directly.			
40	I try Avoid the thinking in The competition coming when causes it that for me from nervousness redundant.			
41	I feel No I can Male any something accept The competition directly.			
42	be performance continuously Strong or in limits my abilities			
43	Enjoy by practice more Who The competition look Because she Less pressure for performance.			
44	if Happened that dispersion Attention during The competition I quickly what I can concentration my attention Once other.			
45	It increases My nervousness About The usual if attend one persons important to watch My performance.			

46	I think a lot in How performance And the performance the one I want in it when be away About practice and competition.			
47	I can that I see / feel clearly performance skills the t You want clockwork mentally			
48	It worries me thinking others in level My performance.			