

Performing Some Offensive and Defensive Skills in Relation to the Multidimensional Anxiety of ALtadamon Basketball Players

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Abstract--- *The present research aims to identify the level of multi-dimensional anxiety and evaluate the performance of some offensive and defensive skills of advanced players in Hilla basketball club and to identify the nature of the relationship between multidimensional anxiety and the performance of players ALtadamon advanced basketball, the researcher used the descriptive method of survey methods and case study, included A sample of the research on the players of ALtadamon Club (14) basketball applicants. Using the statistical bag (SPSS), the research came up with a set of conclusions, including the reduction of multidimensional anxiety in the players. One of the most important recommendations is to emphasize the importance of studying multidimensional anxiety as a personal situation whose responses affect the athlete and to determine the influential dimension in performance.*

Keywords--- *Some Offensive, Defensive Skills, Multidimensional Anxiety.*

I. INTRODUCTION

The sport development in the various sports activities is the result of various researches, studies and scientific efforts that contributed to the progress of the sports movement at all levels. Perhaps the field of sports psychology is one of these important areas in sports activity, as the first of those studies and research started by this science is the study of sports personality followed by studies in some psychological phenomena (such as anxiety, fear and emotional arousal) and their relationship to Consequently, the focus began in earnest and wide on the psychological state of anxiety during training and sporting competitions and try to develop them in order to serve to reach the best possible level, and therefore the levels of anxiety represented by behavioral readiness, which drives the athlete to perceive non-hazardous situations such as training and sports competitions. However, they are threatened, so the motor response is different depending on the realization of the situation.

The practice of basketball, whether during training or competition exposes the player to a lot of different situations and stresses, which are often accompanied by excitement and excitement, especially during the competition, so the preparation and psychological preparation has become a necessary and urgent process for the player in order to be able to control his emotions and control his actions including Helps to increase and increase the efficiency of performance by enhancing the confidence of the player himself and increase the sense of security and psychological stability to raise or increase the efficiency of performance during the competition.

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From all of the above, the importance of research in the knowledge of the level of multidimensional anxiety (physical - cognitive - emotional - self - confidence - social) as well as assess their skill performance and know the relationship between them and the performance evaluation of the players of AL tadamon basketball advanced.

The issue of anxiety occupies a major position in the field of psychology in general and the field of sports psychology in particular as a case with clear and direct effects indicating the imbalance of psychological and physical functions, as it is one of the most important problems addressed by sports psychology, as it represents one of the basic dimensions of emotional experiences, and therefore seen It is one of the most important psychological phenomena that affect the behavior of the athlete, and there is a difference in the degree of anxiety before the circumstances of psychological tension related to sports competitions and during and after, as the thinking situation raises tension and tension before it affects the personal functions of the athlete, but the actual friction that position For the effect and the degree of decline and high level of anxiety that depends on the type of sports activity.

Through the follow-up of the researcher to the Iraqi basketball league matches, it was noted that the players vary their level of performance from one game to another due to attention to the technical and physical aspects without adequate attention to the psychological aspect, especially the multi-dimensional concern, which is one of the foundations of the integrated preparation of the player and the team up to contribute to the level of preparation of players towards The best, therefore, the researcher considered to go between the multiple dimensions of anxiety and its relationship to the performance evaluation of players ALtadamon basketball advanced.

Research aims

1. Identify the level of multi-dimensional anxiety among ALtadamon basketball players.
2. Evaluating the performance of some offensive and defensive skills of the players basketball club ALtadamon applicants.
3. Identify the relationship between multi-dimensionsanxieties and evaluate the performance of ALtadamon basketball players.

Hypothesis

There is a statistically significant relationship between multidimensional anxiety and performance evaluation of ALtadamon basketball players.

Research fields

The human field: Al-Tadhamon basketball players, applicants for the 2018-2019 season

Timeframe: Duration from 5/9/2018 to 20/1/2019.

Spatial domain: The martyr's happiest thanksgiving hall for the Iraqi Basketball Association.

II. RESEARCH METHODOLOGY

The researcher used the descriptive method of survey methods and correlative relationships to suit the nature of the study.

Community and Research Sample

The research community included (14) ALtadamon basketball players advanced, and the sample of the research was (10) players who were named as contributors to the game, and (4) players were excluded because they did not contribute effectively in the games and were selected for the exploratory experiment.

Research Methods and Tools

- Arab and foreign sources and references.
- Expert questionnaire for standards.
- Multidimensional anxiety scale.
- Computer type (HP) number (1).
- Electronic manual calculator type (CASIO) number (1).
- Stationery and stationery (papers and pens).

III. FIELD RESEARCH PROCEDURES

Procedures for preparing a multidimensional anxiety scale

The multidimensional anxiety scale was prepared according to the scientific steps to prepare the measurements followed by the researcher, namely:

Determine the goal of preparing a multidimensional anxiety scale:

The goal is to identify the level of multi-dimensional anxiety among ALtadamon basketball players applicants category.

Selection of anxiety scale

The researcher chose the scale prepared by (Morteza KazemEbadi, 2015), a measure applied to a sample of members of the Central Olympic Sports Federations, where it consists of (76) paragraph for each paragraph three alternatives (yes, sometimes, no) and weights alternatives answer is (3, 2, 1) Paragraphs of the scale were divided into (5) dimensions (physical, cognitive, emotional, self-confidence, social), and table (1) shows the number of paragraphs for each dimension.

Table 1: Dimensions and number of paragraphs of anxiety scale

S	Dimensions of scale	Paragraph numbers	Number of paragraphs
1	Physical dimension	14-1	14
2	Cognitive dimension	28-15	14
3	Emotional dimension	46-29	18
4	Dimension of self-confidence	61-47	15
5	The social dimension	76-62	15
Total number		76	76

Determination of the validity of paragraphs of the multidimensional anxiety scale

Paragraphs of the scale were presented to a group of experts and specialists (9). All paragraphs of the two metrics got full agreement in their validity in measuring what was prepared for them, because the calculated value of (Chi square) is greater than the corresponding tabular value for them.

Preparation of Multidimensional Anxiety Scale Instructions

The correct answer is to put instructions to facilitate the respondents correct answer, as was emphasized the simplicity of words and clarity of meanings and the emphasis on accuracy and honesty answer and hide the real purpose of the scale and inform respondents that their answers are confidential and for the purpose of scientific research only.

Examples of the scale were developed showing how to respond to the paragraphs, giving respondents an opportunity to inquire if necessary and not leaving anything vague in front of them, and giving them enough time to read the instructions.

Exploratory experiment Multidimensional anxiety scale

The scale was applied to a sample of (4) players from ALtadamon basketball club applicants on Wednesday, 12/9/2018. The scale is ready to be applied to the sample for the purpose of statistical analysis of (76) items.

The main concern scale multi-dimensional experience

The scale was applied to the sample of (10) players on Saturday 5/1/2019 in the the happiest Thanksgiving room closed.

Multidimensional anxiety correction

Have been identified correction multi-dimensional image of the initial anxiety scale key according to the balance of a three-estimate (yes - sometimes - do not) have the following weights of the alternatives given a (3, 2, 1) degree, reaching Great grade scale (228) degrees and degree Minor (76) Degree.

Coefficient of internal consistency

The value of this indicator was extracted using the Pearson correlation coefficient between the score of each paragraph and the total score of the scale for all (10) members of the sample by SPSS.

Psychometric characteristics of two-dimensional anxiety scales

1. The validity of the scale: The use of the sincerity of the content, as this type was used when presenting paragraphs of the scale and alternatives and instructions to a group of experts and specialists in the field of sports psychology to confirm their validity.
2. Stability of the scale: The researcher used the method of half the fragmentation as the paragraphs of the scale were divided into individual and even paragraphs, as the calculation of the variability of individual paragraphs and even paragraphs and subject to a factor (f), and we find that the difference is not statistically significant and this means the homogeneity of individual paragraphs and even, The Pearson correlation coefficient between the two halves of the scale was calculated as 0.84. This score means stability for half of the test and in order to obtain the stability of the whole test, the researcher applied the Spearman-Brown equation and showed a value of 0.85 which is a high value indicating the stability of the scale.

IV. PERFORMANCE EVALUATION

The researcher selected the most important skills that enter in winning, and these skills between the skill of defensive and offensive, in addition to playing time as an indicator of the effectiveness or contribution of the player in making a win for the team, and the researcher relied on the statistical program adopted by the Iraqi Central Basketball Association (the Commission of Statistics), Based on the statistical team in each game, which is held on several stadiums in Iraq and document these results on a website prepared for it. The researcher chose the results of ALtadamon Sports Club basketball which is (play time, points, final passing, defensive follow-up, offensive follow-up) for the statistics of (16) games.

V. RESULTS

Table 2: Shows the mean and standard deviation of the search variables

Statistical transactions	Anxiety scale	Time	Points	Final passing	Defensive follow - up	Offensive follow - up
Mean	163.233	252.46	85.11	17.75	31.88	15.88
SD	6.24	114.74	55.45	16.04	18.19	9.33

As shown in Table (2) and Figure (1), the arithmetic mean of the multidimensional anxiety scale was 164.125 and when compared to the hypothetical mean of 157, the sample was found to have a degree of multidimensional anxiety above average. Less ability to control behavior loses its flexibility and inertia generally seizes the responses of the individual in different situations and the individual needs to do more to maintain appropriate behavior appropriate in different situations of life "(Allows: 280, 1992) The researcher considers this is a moral concern and this affects Negatively on the level of performance as the higher the level of anxiety among the players Negative impact on performance.

It also shows the mean and standard deviations for each of (time, points, final passing, defensive follow-up, and offensive follow-up) for the performance of ALtadamon Sports Basketball Club applicants for the matches he played for the Iraqi Premier League (2018-2019) and the number (16) games.

Table 3: Shows the correlations between variables

Variables	Correlation coefficient	Significance level	Statistical function
Multidimensional anxiety x time	0.9	0.002	Sig.
Multidimensional anxiety x points	0.79	0.020	Sig.
Anxiety Multidimensional x Passing	0.71	0.047	Sig.
Multidimensional anxiety x defensive follow - up	0.42	0.305	Non sig.
Multidimensional anxiety x offensive follow - up	0.6	0.116	Non sig.
Time x points	0.86	0.996	Sig.
Time x passing	0.79	0.019	Sig.
Time x defensive follow-up	0.64	0.086	Non sig.
Time x offensive off	0.62	0.102	Non sig.
Points x Passing	0.73	0.039	Sig.
Points x Defensive follow-up	0.82	0.012	Sig.
Points x Offensive follow-up	0.77	0.025	Sig.
Passing x Defensive follow-up	0.41	0.305	Non sig.
Passing x offensive follow-up	0.27	0.513	Non sig.
Defensive Follow-up x Offensive Follow-up	0.84	0.009	Sig.

Table (3) shows that there is a strong inverse correlation between the multidimensional anxiety and the time, points and final passing. There is a weak non-significant inverse relation between the multidimensional anxiety and both the defensive and offensive follow-up. Defensive and offensive, the researcher attributes this to the result of negative thoughts accumulated by the players as a result of the perception of natural attitudes as dangerous situations, and different emotions for many aspects of the physiological changes of the internal organs of the body such as physical changes such as fatigue and fatigue They are involuntary responses, psychological factors and fear of poor level presented by the players in front of their fans, fear of confusion in the performance and speed of nervous tension and jittery during the competition, thinking of the negative views of the fans in the level of their performance, causing them to waste points and lose their team, which makes them more vulnerable Anxiety and fear associated with their permanent presence in the center and their exposure to those atmospheres and conditions associated with sports competition, which makes them more emotional and anxiety, because of their psychological situation affected by the surrounding circumstances and the atmosphere of competition, which in turn affect the sports performance, which led to the decline of the team Z ninth place after he held the first centers in the league.

Captain (1990) recalls that psychological factors in sports competitions play an important role in determining the quality of performance and the level of achievement achieved by the player because psychological emotions are affected by the circumstances and the atmosphere of competition, which in turn affect the performance of sports, and often accompanied by a sense of excitement high And anxiety affecting the athlete's performance. (Captain: 1990, 55).

Table (3) also shows that there is a strong positive correlation between time and each point and final passing, and there is a weak non-significant correlation between time and both defensive and offensive follow-up. Defensive and offensive, there is a weak non - significant correlation between the offensive passing and follow - up and defensive, and there is a strong correlation between the positive and defensive follow - up attack. The researchers found that the current results are the outcome of (16) games played by the team and the outcome of winning (5) games and loss (11) games, achieving (1094) points and was (1191) points.

VI. CONCLUSIONS

1. The study showed that the degree of multidimensional anxiety level was above the mean.
2. The impact of multi-dimensional concern on the results of the performance of the club ALtadamon basketball applicants.
3. There is a strong inverse and moral correlation between the multidimensional anxiety and between both the time and points and final passing skill skilled.

VII. RECOMMENDATIONS

1. Attention to psychological preparation, like other aspects of training.
2. Emphasizing the interest in studying multidimensional anxiety as a personal situation whose responses affect the athlete and determine the dimension affecting performance.

3. Know the relationship of the impact of multidimensional anxiety on the accuracy of the skills performance of the rest of the other sports because of its importance in the psychological preparation of athletes.
4. The use of psychological training methods, such as mental and relaxation training, because of its effect on overcoming many dimensions of anxiety

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