THE RELATIONSHIP OF KINETIC SATISFACTION WITH THE ACCURACY OF THE TWO SKILLS OF DEFENDING THE COURT AND BLOCKING IN VOLLEYBALL FOR YOUNGER PLAYERS

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ABSTRACT

The purpose of this paper is to identify the kinetic satisfaction of the young players in the Kufa Sports Club, as well as the accuracy of the research sample's performance of the skills of defending the court and blocking in volleyball, in addition to the relationship between the kinetic satisfaction of the research sample and the accuracy of the skills of defending the court and blocking in volleyball. The researchers also used the descriptive approach using the survey method and correlational relationships because it is the best and most preferred method to reach the objectives set. The selected research sample was determined by a deliberate method for the younger players in the Kufa Sports Club for the sports season (2020-2021), which numbered (12) players out of a total of (16) players who represented the research community. After processing the results statistically, the researchers drew several conclusions, including there is a significant correlation between kinetic satisfaction and the accuracy of the research sample’s performance for the skills of defending the court and blocking the volleyball, where the research ended with many recommendations, including emphasizing support for the concept of motor satisfaction for athletes through the use of methods of psychological preparation, bio-stimulation, motivational support for fans, clarity of goals, and others, as well as conducting similar studies that include other skills in the game of volleyball that are not used in this current study.

I. INTRODUCTION:

The tangible progress in the sports field in recent years did not come from a vacuum, but was based on following scientific foundations, which was the result of numerous experiments, and then following the factors that contribute to raising sports levels, which requires following those factors affecting the level of performance so that the athlete, whether he is a student or a player who keeps pace with progress and achieve higher levels. Where tests and measurements in the sports field are of great importance, they give those in charge of this field evidence of the level reached by the athletes so that the problems that stand in their way can be addressed and progressed so that the results they achieve are well and distinct.

Volleyball is one of the sports that require the player to have some physiological qualities that enable to continue training and play hard while performing motor skills with high efficiency and a high level of accuracy. Where motor satisfaction occupies an important place in sports sciences and sports psychology in particular because it helps determine the type of behavior that is expected to occur in the future and also contributes to directing the individual’s desires and motives towards practising some sports activities without others, as it is the outcome of the emotional goals that the player feels towards an activity. Certain, the more distinguished and successful the player is, the higher the degree of satisfaction in his movements and performance.

Through the foregoing, the current research is an attempt to identify the kinetic satisfaction and its relationship to the accuracy of some defensive skills in the game of volleyball, including the skills of defending the court and the blocking, so it is a good attempt in the field of scientific research and the sports field.
Volleyball is one of the sports that is distinguished by its difficult skillful performance, which depends on the individual and collective efforts of the players. In addition, they enjoy many psychological characteristics, such as self-confidence, speed of decision-making, strong will, and others, which contribute to making their skill performance be distinguished by fluidity, accuracy and compatibility in most times. Where the concept of kinetic satisfaction is one of the important psychological concepts for every learner, and often competent trainers and teachers seek to support the self or support the satisfaction of the educated individual, thinking that the educated individual’s self-evaluation is the key to motivation for learning and success, where the concept of kinetic satisfaction affects many Positive emotions in the educated individual, this raises self-confidence, which in turn provokes enthusiasm and pleasure in playing, as well as makes the skills of the educated individual be distinguished by accuracy, fluidity and compatibility in performance, and this makes him loving the activities he performs, thus achieving his desires, ambitions and goals.

Research problem:

The problem of the research emerges in the lack of dependence of coaches and teachers in the sports field on enhancing the concept of motor satisfaction and linking it to the accuracy of the performance of kinetic skills in sports, especially in volleyball, so the researchers considered studying the concept of kinetic satisfaction and its relationship to the accuracy of some of the special skills in the game of volleyball.

II. RESEARCH OBJECTIVE:

- Identifying the kinetic satisfaction of the research sample of the younger players in the Kufa Sports Club
- Identifying the accuracy of the performance of the two skills of defending the court and blocking in volleyball.
- Knowing the relationship between the kinetic satisfaction of the research sample and the accuracy of the performance of the two skills of defending the court and blocking in volleyball.

Research methodology and field procedures:

Research Methodology:

The researchers used the descriptive approach in its survey style and correlational relations because it is the best and easiest method to reach the objectives of the research.

Community and sample research:

The research community included the junior players in volleyball for the Kufa Sports Club in the Governorate of Najaf, which numbered (16) players, and the final application sample included (12) players, with a percentage of (75%) from the original community, and (4) players were selected from the research community to the exploratory experiment and they are outside the main experiment.

Field research procedures:

Exploratory experience:

The researchers conducted the exploratory experiment on 7/1/2021 on a sample of (4) players from the same research community and on the Kufa Sports Club court. The purpose of the exploratory experiment was:

- Know the time taken to perform the test.
- Ensure the scientific basis of the tests.
- To identify the difficulties that researchers may face in the course of their work and to develop appropriate solutions to them.
• Ensure the validity of the devices and tools used.

• Ensure the adequacy of the assistant work team.

• Identify errors in advance before conducting the main experiment.

Kinetic Satisfaction Scale:
It is a scale consisting of (30) phrases and is suitable for the age group of the research sample. This scale is answered by the player and the answer is gradual (applicable: to a very large degree, to a large degree, to a moderate degree, to a small degree, to a very small degree), and the correction process is. The scores determined by the examinee are summed for all of the scale expressions, and the closer they are to the maximum score of (150) degrees, the more this indicates an increase in the individual’s kinetic satisfaction.

Court defence skill tests:
- The technical performance test of the playing court defence skill:
  • The objective of the test: evaluating the technical performance of the skill of defending the court of volleyball through the three sections of the skill (preparatory, main, and final).

  • Tools used: a legal volleyball court, (3) legal volleyballs, and a pre-prepared performance evaluation form.

  • Performance specifications: The three seats are placed in the positions (2, 3 and 4) respectively and at a distance of (50) cm from the net, as an assistant stands on each seat holding the ball with both hands above the level of the net, at a height of (30) cm, and the lateral distance between the three seats is equal and is (2.25) (A meter and the student stands in the center (3), and when the start signal is given, he begins to move towards the center (4) to perform the skill by touching the ball over the net with both hands and then returning to the center (2) to perform the same skill, respectively.

  • Performance conditions: Each sample is given (3) consecutive attempts.

  • Registration: The three attempts of each sample are photographed and then presented to three assessors with expertise and competence for the purpose of evaluating them. Each assessor is awarded three marks for each laboratory according to the chosen division, by awarding (3) degrees for the preparatory section, (4) for the main section, and (3) Grades for the final section, noting that the total score for each attempt is (10) degrees, after which the best score for each assessment is selected, and by extracting the average for the best three degrees, the final score for each sample is calculated.

- Test the accuracy of the skill of the blocking wall in the game of volleyball:
  • Purpose of the test: to measure the accuracy of the skill of the blocking in volleyball.

  • Tools used: a legal volleyball court, (5) legal volleyballs, colored adhesive tape to divide the opposite court.

  • Performance specifications: The sample stands in the center (3) in front of the net and at a distance of (50) cm from the net and in the position of preparation for the blocking process, as the coach performs the skill of crushing hitting from the opposite court and the sample performs the blocking skill according to the previously agreed upon method.

  • Performance Conditions: Each tester has (5) consecutive attempts and the crushing blow must be good in each attempt.

  • In the center (2) two steps.

  • In the center (3) three degrees.
In the center (4) two steps.

Outside these areas (zero) of degrees.

Registration: The sample will be given the marks it has obtained in the five attempts. Note that the maximum score for the test is (15) degrees.

Field experiment procedures:
The researchers began conducting the field experiment, which included the tests of the defending of the court and the wall of the volleyball wall and the measure of motor satisfaction on 3/14/2021 on the research sample of the junior players in the Kufa Sports Club for the sports season 2020-2021, which numbered (12) players and on the closed sports hall of the club Kufa Sports.

Statistical methods: - The search data was processed through the Statistical Package for the Social Sciences (SPSS).

Presentation, analysis and discussion of the results:

Presenting the results of the performance of the research sample for the tests of the defending the court and blocking in volleyball for younger players kinetic satisfaction scale:

Table (1) shows the arithmetic means and standard deviations of the tests of the two skills of defending the court and the blocking and the measure of kinetic satisfaction of the sample included in the research.

<table>
<thead>
<tr>
<th>Tests</th>
<th>Measuring unit</th>
<th>Mean</th>
<th>Std. Deviations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Technical performance of the skill of defending the court</td>
<td>Degree</td>
<td>6.65</td>
<td>0.34</td>
</tr>
<tr>
<td>Accuracy of court defense skill</td>
<td>Degree</td>
<td>16.98</td>
<td>1.88</td>
</tr>
<tr>
<td>Technical performance of the skill of the blocking</td>
<td>Degree</td>
<td>6.96</td>
<td>0.77</td>
</tr>
<tr>
<td>Blocking Skill Accuracy</td>
<td>Degree</td>
<td>16.88</td>
<td>3.47</td>
</tr>
<tr>
<td>kinetic satisfaction</td>
<td>Degree</td>
<td>114.83</td>
<td>1.57</td>
</tr>
</tbody>
</table>

Presenting the results of the relationship between the two skills of defending the court and the blocking of the volleyball, and the kinetic satisfaction of the research sample:

Through the statistical treatments conducted by the researchers on the results of the research sample members in each of the two skill tests and kinetic satisfaction, the researchers found that there is a high correlation, and significant significance between each of the aforementioned statistical parameters, as shown in Table (2).

Table (2) shows the relationship between each of the kinetic satisfaction of the members of the research sample and their skill performance in each of the two skills of defending the court and the blocking in volleyball.

<table>
<thead>
<tr>
<th>skills</th>
<th>correlation coefficient (R)</th>
<th>Type sig</th>
</tr>
</thead>
<tbody>
<tr>
<td>defending the court</td>
<td>0.80</td>
<td>Sig</td>
</tr>
<tr>
<td>Blocking</td>
<td>0.85</td>
<td>Sig</td>
</tr>
</tbody>
</table>

III. DISCUSS THE RESULTS:

Through the results presented in the above tables, which show that there is a significant correlation between the tests of technical performance and accuracy of the skills of the blocking and the defending the court in volleyball with kinetic satisfaction, the researchers attribute these results to the great importance of kinetic satisfaction in the field of sports as it helps in determining The player’s inclinations and impulse to practice sports activities, and success in performing sports activities is linked to satisfaction and pleasure, and they are among the motivational incentives to pay attention to motor activity, as sports activities play a positive role for the players in them,
whether in terms of physical, skill, psychological or other \(^{(3)}\), it is certain that the athlete accepts to practice These activities that he has a positive attitude through, and he stays away from the practice of sports activities that he has a negative attitude towards.

Where the greater the motives, the benefit, and the appropriate conditions that the player obtains from performance, the greater enthusiasm and drive to make greater effort in his performance, so we see many people lack happiness, success and pleasure in their lives because of the circumstances that hinder them in achieving some of the ambitions drawn, which leads to imbalance and satisfaction About themselves, and this is reflected in their performance and poor level directly \(^{(4)}\), where the feeling of satisfaction in terms of the level of skill performance is one of the dimensions that sports psychologists are interested in because success in performance raises the level of ambition of the educated player and makes him feel a kind of satisfaction and satisfaction with Self.

It also indicates that the positive past experiences of the educated player that achieve success and satisfaction in any activity lead to increased willingness and desire to continue practicing this activity, which provides a better opportunity to improve sports skills and a feeling of happiness and satisfaction as a result of achieving the goals \(^{(5)}\).

IV. CONCLUSIONS AND RECOMMENDATIONS:

Conclusions:
- There is a significant correlation between each of the skills of defending the playing field and the blocking in the volleyball and the kinetic satisfaction of the members of the research sample.

Recommendations:
- Emphasis on strengthening the concept of kinetic satisfaction for athletes through the use of psychological preparation methods such as vital conversations, support for fans, clarity of goals and others.
- Conducting similar studies for other skills in volleyball that are not used in the current study
- Conducting similar studies on other team games that include different age groups.

REFERENCES:
3. Najah Mahdi Shalash and Akram Mohamed Sobhi (2000); Kinetic Learning, University of Mosul, Dar Al-Kutub for Printing and Publishing.