

Preparing the mental motivation scale for Diyala University boxers

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Abstract

1- 1 The introduction and importance of research

The attention in the sport psychological science began as an important science to achieve the superiority in the sport performance and it is in the front of other sciences to the success of the coach and to develop the sport performance. The importance lies in one of the important concepts in the human personality and it is (The concept of the defensive tricks) and it is from the renew concepts in psychology Science in general and particularly in sport. This is the first study in local and on the Arabic level, the researchers did not find a study about this phenomena and didn't find a measure related to their current research and the environment in which they do the research. So the problem of research is stated in setting up a measure for the defensive tricks as it is one of the negative psychological features which needs a limited measure on Iraqi environment that may help the Iraqi athlete to control the emotions and direct them to serve the performance and use the skillful the physical abilities in a good way. This research is considered an important study for coaches and those who rule the university sport to put psychological and guiding programs that aim to reduce or modify or rise any aspect from defensive aspects in the personality of their players .

The research aims to set up a measure for defensive tricks and know the levels of tricks to the players in sport games and the researchers used the descriptive course to suit the nature of the research, the sample included (330) players who represented (12) colleges and (9) Sport events. As a result, the researchers concluded the effectiveness of this measure , that the players of universities characterized by a high level of defensive bricks and in the defensive aspects like (the psychological suppression, the justification, the compensation , the toppling , the retreating and the reincarnation).

1. The definition of research 1-1. The Introduction and importance of research

The psychology science of sport was started as an important science to get superiority in the performance and to enable the coach to succeed and improve the achievement. There is an effective role for the psychological features in the results of matches and improve the level of players and their abilities in the sport events .

The importance of this research came from this point to state and show one of the important concepts in human personality and it is the concept of the defensive tricks and it is from the renewed concepts in psychology science. The importance of this study is to be considered the first one locally and very rare on Arabic level that the researchers didn't find a study to this phenomena in the players , also they didn't find a suitable measure with their recent research and environment in which the research was performed in a hope that this study will include an important part of this field and to get the benefit from this measure. So the researchers have the following question :

What is the level of defensive tricks and what is the level of its fields at the players of Diyala university teams for sport games ?

1-2 The problem of the research

Many studies stated that some people can stay healthy and keep their physical and psychological health in spite of the problems and pressures , so in according to that, the route of the researches in the field of pressures had been a changed from just a study to the relation between the pressures and their physical and psychological effects to the attention and concentration on the variables which support the person on the vital confrontation or the resistance factors. In another words the environmental and psychological variables which are related with the continuity of physical and psychological integrity even in facing the pressure circumstances that support the ability of the person in facing problems and overcome on them. The problem of research is concentrated in setting up a measure for the defensive tricks which can help the athlete to control the emotions and direct them to serve the performance and invest the skillful , physical and planning abilities on the perfect way. So this research is considered an important study to the coaches and those who work in the universal sport affairs to indicate the level of these features and put and set up guiding psychological programs which aim to reduce or modify or rise every field from the defensive feature fields in the personality of their players.

3-1 The targets of the research

1. Setting up a measure for de defensive tricks of Diyala university teams in the sport games.
2. Knowing the level of the defensive tricks for the players in the sport games .
3. Knowing the level of the defensive tricks fields for the players.

1-4. The hypothesis of the research

1. The rising of defensive tricks level at the players of Dyidauniversity teams
2. The rising of the fields level to the measure of defensive tricks for the players of the Diyala university teams in the sport games.

1-5 The fields of the research

- 1-5-1 The human field : The players of Diyala university teams in the different sport games
2 - The time field in The period from 14.4.2019 till 18-6-2019.
1-5-3 - The place field in The courts and fields in the colleges of Diyala university.

6-1 The definition of terms

The defensive tricks: They are automatism procedures ,non conscious which are done by the player to get rid of the psychological tensions and concern before starting the sport competition and they are caused because of psychological crisis that accompanied the player.

2- The course and the field procedures

This chapter includes a description to the society of the research and the definition of theoretical points that the researchers depend on in setting up the measure which include detention of defensive tricks concept and the fields with in this concept. Then preparing the items of the measure with the analysis, logically and statistically and then checking for the Scientific bases features for defensive tricks measure as well as displaying statistical ways which are used in it .

2-1 The course of the research

The researchers used the descriptive course to suit the nature of research that depend on studying the actuality or the phenomena as it is in reality and care to describe it accurately by specific expression that describes the phenomena and its features or the quantity expression that gives numerical description which explain the size and amount of phenomena (Abbas and others - 2009-74).

2-2 The society and sample of research

The society was comprised from (996) players who represent the teams of Diyala university colleges for (9) sport events . The colleges were the Economy and Administration 88, Art and Education 58 , the Veterinary Medicine 74, the Medicine 58 , Al-Asmaaieduction 74 , the Arts 79 , the Basic Education 100 , the Sciences 61, Al- Quraan sciences 74 , the physical and sport sciences 210. the Agriculture 53. the Engineering 67 and the following table displays that :

Table1

The society and sample of research and the exploring experiments

Details of society	Numbers of the players		The percentage
Total of the society	996		% 100
Sample of the research	330		%33,13
	Percentage	Numbers	
	Sample of setting up	% 20.08200	
	first exploring experiment	% 01.0010	
	Second exploring experiment	% 01.0010	
The stability sample	% 01.0010		
The final applying Sample	100		%10,04

2-2-1 The sample of setting up the measure

This sample was comprised from (200) players from (12) colleges in the research .

2-3 The field research procedures

In order to measure the variable of the main research and it is the defensive tricks, the researchers have set up the measure following a group of scientific steps to set and do the psychological measures to build the tool of research as the following :

2-3-1 Setting up the measure of defensive tricks

There are specific scientific steps to create the psychological measures with the reference standard. One of them the personality measures which supposed to be started by limiting the theoretical themes that the researcher depend upon as the Scientist(Cronbach 1970) referred to the necessity that researchers start to limit the setting up concepts and to get from them the psychological measures before Starting the setting up procedures (Cronbach - 1990-530) as showed in the following:

2-3-1-1 Define and limit the theoretical themes to set up the measure

Through Showing the theoretical frame to the research, the theoretical themes which the researchers depend on was defined because they give a clear vision to check the procedures and stated the following theoretical themes were stated :

- A. The depending of researchers on the theoretical ethical related to defensive tricks.
- B. Using the deciding phrases style in setting up the items of the measure, and it is common in setting up psychological measures (Al-Kubaisi-1987 - 142-143).

- C. The fields and elements of defensive tricks measure are considered as the features that stand alone and can be counted as a total unit which get one degree from the measure because the feature is a group of conducted behaviors that tend to happen together, so the researchers took the following procedures :

2-3-1-2 Limiting the fields which are concluded in the defensive tricks variable.

The researchers have reached to a group of fields that cover this concept. To be sure of the fields that they represent the defensive tricks, the researcher showed them to a group of experts and asked them to limit the theoretical definition for the defensive tricks and the fields and how can cover the psychological variable in table (2). In due to their notes, some fields are amended and some are excluded which were not with a statistical sign by using(Chi Square) at the sign level (0.05).

Table (2)

The results of Chi square about the fields of the defensive tricks

S	The fields	No. of experts	agree	non agree	Counted K ² value	Table K ² value	level of sign
1	Self suppression	15	14	1	11.26	3.84	function
2	justification	15	15	0	15	3.84	function
3	Compensation	15	13	2	8.06	3.84	function
4	Toppling	15	13	2	8.06	3.84	function
5	Retreat	15	13	2	8.06	3.84	function
6	reincarnation	15	14	1	11.26	3.84	function

The value of K2 at the free don degree (1-2) = 1 and the rate error (0.05) = (3.84.).

So the number of fields was become stable with (6) Fields 2-3-1-3 Making the items of measure in a primary form

The items have been made through a number of scientific steps and they were (48) and they were distributed in (8) items for every field.

2-3-1-4 Making the information of the measure

The researcher made the information which included how to answer the items and incite the responsive to be accurate in the answer and not to leave any item with no need to mention the name of the responsive.

2-3-1-5 The correction of the measure

The researcher use and take Lekart style with fifth grades as many of the studies referred to the superiority of the fifth form to reply by players, so this form is better than others (Al-Inzi - 1998:127).

2-3-1-6 The first exploring experiment

(Bachi and others - 2002) referred to the necessity of applying the test in an exploring study on a sample from the society of research to know how it can be suitable and limiting the time to answer (Bahi and others-2002-199). In order to know how it can be clear in the items and information, the measure was applied on a sample of (10) players and were tested randomly from physical education college. The information were clear, the items were clear, and the experiment explained that the time for the answer was (22-28) minutes and in an average of (25) minutes.

2-3-1-7 The statistical analysis for the items

The process of analyzing the items is considered very important because it gives the benefits to measure the human features accurately (Al -Nabhan -2004 -188).

2-3-1-8 The scientific basics for the items

The test of the items with scientific basics standard features enables to set up a measure with good standard features . Most of specialists in the psychological measure refer that the scientific basics features for the items of the measure are very important in limiting the ability of the measure (Holden, et al, 1985-386-389).

2-3-1-9 The distinguished power for the items

The distinguished power for items is from the important standard features to items because it detect ability of items to measure the differences in the feature in which this pattern of measuring is to be done (Ebel-1972-399). After applying on the sample (200) players and correct the responding applications, the power was extracted and the degrees of the players in the sample were arranged from the higher to the lower .The two extreme groups in the total degree were limited in a rate of (27%) in each groups and the number of players in each group was (54) players, the higher degrees were (3.12 - 4.55), the lower were (2.11 -3.82). The (T) test was used for the two independent groups in measuring the difference between them in the degrees of each

item depending on the value of (T) to represent the distinguished power, the table No. 3 show that .

Table (3)The distinguished poorer for the items

S	The higher group = 54		The lower group = 54		The counted standard value
	counting average	Criterion deviation	counting average	Criterion deviation	
1	3.71	1.09	2.47	1.20	4.15
2	3.77	1.02	2.32	1.00	4.22
3	3.22	0.98	2.40	1.17	2.20
4	3.59	1.22	2.08	1.12	2.86
5	4.44	1.16	3.345	1.06	3.32
6	4.55	0.91	3.14	1.11	2.41
7	4.02	1.58	3.24	1.24	4.16
8	4.13	1.46	3.72	1.18	*1.49
9	4.19	1.46	3.00	1.07	6.59
10	3.82	1.19	2.60	0.98	4.16
11	4.16	1.28	3.18	0.98	2.59
12	4.10	1.28	2.32	1.13	4.08
13	3.66	1.06	3.04	1.10	*1.34
14	4.41	0.65	3.15	1.09	4.88
15	3.86	1.15	2.84	1.10	2.98
16	3.75	1.17	2.40	0.88	2.88
17	3.38	0.97	2.41	1.02	2.84
18	4.02	1.45	2.24	1.16	2.65
19	4.00	1.26	2.82	1.18	3.08
20	4.14	1.00	3.02	1.00	4.15
21	4.15	0.84	3.62	0.75	*1.08
22	4.40	0.54	3.34	0.68	4.86
23	4.07	1.14	2.17	1.41	2.24
24	3.12	1.23	2.12	1.27	2.89
25	3.25	0.88	2.41	1.04	4.82
26	3.48	1.15	2.80	1.26	2.23
27	4.21	0.99	3.22	1.135	3.18
28	3.66	1.17	2.50	1.59	2.41

29	3.82	1.12	2.63	1.15	2.66
30	3.80	1.10	3.34	1.10	*0.91
31	3.09	1.14	2.25	1.22	3.23
32	4.10	1.13	3.75	1.31	*1.52
33	3.35	1.33	2.98	1.16	*1.08
34	3.38	1.47	2.58	1.01	2.16
35	3.37	1.04	2.98	1.54	*1.11
36	4.52	1.087	3.11	1.23	3.98
37	4.11	0.78	3.18	1.13	4.47
38	4.10	1.32	3.24	1.09	3.61
39	4.05	1.24	2.37	1.28	2.44
40	3.14	1.23	2.12	1.22	2.89
41	3.22	0.83	2.41	1.04	4.87
42	3.21	1.14	2.80	1.26	*1.32
43	4.20	0.98	3.22	1.35	*1.34
44	3.62	1.47	2.50	1.19	2.42
45	3.62	1.02	2.61	1.18	2.66
46	3.22	1.00	2.90	1.13	*1.01
47	3.19	1.14	2.23	1.25	3.28
48	4.10	1.15	3.28	1.11	3.82

The table value in a degree of freedom (106) at the sign level (0.05) = 1.98

refer to the non distinguished items: 05 Mar 2020 | Revised: 2 *

From the table (3) it was clear that there are (10) items and they are: (8,13,21,30,32,33,35, 42, 43, 46) which are not distinguished because their counted (T) value is smaller from the table (T) value which is (1.98) with a freedom degree (106) and a sign level (0.05) and so there were (10) items excluded from the measure , the annex (2).

2-3-9-2 The Internal consistency

The specialists in psychological measuring field agree on the importance of truth in the psychological measures items because the truth depends on the truth of items . The logical truth for an item can be used in estimating it's representation for the feature to be measured , however the experimental truth is more accurate from the apparently truth because it detects that the item measures the concept itself. The truth of the items is extracted by most of researchers by counting the correlation coefficient among the item degrees and the total degree of the measure and the correlation of the item with internal or external criterion is considered as an indicator to its truth. After excluding the non-distinguished items in the measure, the researcher depended on

the correlation coefficient of Berson to count the item truth between the degrees of each item and the total degree. See table 4 .

Table (4) - showing the correlation coefficient between measure items and the total degree on the measure.

Item	Correlation coefficient	The level of sign	Item	Correlation coefficient	The level of sign
1	0.23	moral	25	11 .0	not moral
2	0.45	moral	26	0.36	moral
3	0.37	moral	27	0.28	moral
4	0.33	moral	28	0.36	moral
5	0.26	moral	29	0.22	moral
6	0.49	moral	30	---	---
7	0.39	moral	31	0.51	moral
8	---	---	32	---	---
9	0.26	moral	33	---	---
10	0.26	moral	34	0.47	moral
11	0.32	moral	35	---	---
12	0.41	moral	36	0.33	moral
13	---	---	37	0.39	moral
14	0.25	moral	38	0.32	moral
15	0.27	moral	39	0.24	moral
16	0.35	moral	40	0.39	moral
17	0.13	not moral	41	0.38	moral
18	0.48	moral	42	---	---
19	0.52	moral	43	---	---
20	0.27	moral	44	0.27	moral
21	---	---	45	0.39	moral
22	0.35	moral	46	---	---

23	0.48	moral	47	0.32	moral
24	0.50	moral	48	0.27	moral

The table value for the correlation coefficient with a freedom degree at a level sing (0.05) = 0.15.9 .

From the table (4) we can see that all items are statistically sigh because their correlation coefficients with the total degree are bigger from the table value for the correlation coefficient at the sign level (0.05) and a freedom degree (198). So the measure stabilized finally at (36) items and in according for that it was stable on six fields and they are : (the self suppression , justification, toppling ,compensation, retreating and the reincarnation).

2-3-10 -1 . The truth of the measure

It means " the ability of the tool to measure what it was made for " (Bahian and Aumran-2007-82) in another words it measures a specific feature and do not measure another thing (Rabaia - 2009 - 113) ,so the researcher depended on the kinds of truth which are explained as the following:

2-3-10-1-1 The apparent truth

The tool can be true if its appearance referred to that and the relation of it's items with the measured behavior. So if the contents and items are identical to the feature which you want to measure, the tool will be more truth (Abbas and others - 2009 262) . To check the truth of fields and items (48), they were submitted to specialists experts for checking, and the (48) items were accepted by the researchers because they were with a statistical sign by using the test of good identification (K^2). Also some amendment were done on some items and the agreement of experts is considered as a kind of the apparent truth (Sanly and Kenneth – 1984-104)

2-3-10-1-2 The logical truth

The researchers checked this kind of truth by reviewing a group of morals and studies related to the defensive tricks and define the fields that cover this concept. Then making the items which express every field and to go on with the ideas of the experts (Ghiselli- 1964 - 344.).

2-3-10 -1 -3 The setting up truth

It is the degree which the test can be done on a feature that the measure was designed basically to test it (Al-Nabhan - 2004 -294.), this truth is considered as the more representative to the concept of truth and it is called sometimes by the concept truth (Rabie - 2009-98)

2-3-1-10-2 Scale Reliability

The coefficient of Reliability offered many of the special statistic indicators related to studied phenomena in which we can judge that used in measuring accuracy of the measure the reliability, it means that the tools of the measure must be on a high degree of accuracy (Al-

Chalbi - 2005 - 113). To count reliability of measure, it was applied on a sample (10) players from Basic Education College.

2-3- 1-10-2 The way of retest

And it is known as the stability reliability , this way is based on applying the measure on a group of persons and then applying it on the same group but in another time later. Then following by counting correlation coefficients among the degrees of persons of the group in the two times (AlNabhan- 2004-238).It is usually that the period of time between the two tests from 2 weeks to 4 weeks (Al-Augaili 2005 - 121), so the test was applied on the same group (10) players after 18 days from the first test. Then the reliability of measure was counted with degrees of first test and Berson coefficient was used between the degrees of the two test and the correlation coefficient was (0.86), this value is considered as a good value for stability of the players responses on the measure .(Ayswi -1985) referred that if the reliability was (0.70) and more, the indicator is considered good for the reliability of measure (Ayswi 1985 -58).

2-3-1-11 Describing the measure of defensive trick in a final form

After checking the standard features which are represented by the truth indicators, the defensive tricks measure became in to the final form comprised from (6) fields and they are : (the self suppression is formed from five items, four are positive (1, 7, 19, 31) and one negative (37) . Justification is formed from six items, one is positive (20) and five negative (2,14,26,38,44) ,compensation is formed from Six items, five are positive (3, 15, 29, 39,45) and one negative (9) , retreating is formed from six items, five are positive (5,23,29,41,47) and one negative (11), toppling is formed from six items , three are positive (10, 22,40) and four negative (16, 4, 28, 34) ,reincarnation is formed from six items, four are positive (6, 12, 24,36) and two negative (18,48). These fields gave (36) items, the positive are (22) items (1,3,5, 6, 7, 9, 11, 13, 16, 17, 18, 19, 20, 22, 24, 25, 27, 30, 31, 32, 34,36), and (14) items are negative (2, 4, 8, 10, 12, 14, 15, 21, 23, 26, 28, 29, 33, 36). The degree of each item is to be (if it applied in a high degree or applied in average degree or applied in a little degree or it cannot be applied, and it is the opposite if the items are negative. The answer is to be done in according to the alternative item from each item of the measure. So the highest degree to be got is (180) and the lowest on the scale, is (36). **2-4.**

The final application for the measure

The researcher applied the measure in the final form on a sample of players (70) from the teams of Diyala university by giving the sample to the measure and explaining the special instruction about how to answer with emphasis on answering all the items as well as truth and secretly

answer to be used only for the scientific research. The period of applying from (14- 4-2019 to 186-2019).

2-5 Statistical means

To achieve the current scientific research, the statistic ways which were used by the auto computer program (SPSS) are .

3-Displaying the results and analyzing with Discussions.

The researcher will display and explain the results that has been reached in according to targets and discussing the results,

3-1 Displaying the results of the individual and group games and analyze them . Table (5)

	The Variables	Average	Criterion deviation	Size of sample
1	Basketball	130,85	44,7	179
2	Volleyball	134,35	37,4	202
3	Football-courts	135,80	38,41	256
4	Force sport game	148,06	33,6	117
5	Fencing	138,96	33-	503
6	Table tennis (ping – pong)	164,04	31,29	105

The table (5) shows us the measuring of the defensive tricks for athletes of individual and group games where the counting average was extracted for the degrees of sample members on the measure of defensive tricks.

The researchers found that the counting average for group games of Basketball was(130.85) with a criterion deviation (44. 7) while the counting average for Volleyball was (134.35) with a criterion deviation (37.4) and Football of courts was (135.80) and a criterion deviation of (38.41) 6 for force games was (138.6) with a criterion deviation (33.6) and for Fencing was (138.96) with a criterion deviation (33.0) and for Table tennis was (164.04) with a criterion deviation of (31.29).

Table (6)

2-3 Displaying the results of games and value of the counted (R) and the rate of wrong and the statistical sign with analysis.

S	Variables	Force game			Fencing			Table tennis		
		R	Rate of wrong	Sign	R	Rate of wrong	Sign	R	Rate of wrong	Sign
1	Basketball	0,056	0,54	Not indicate	0,23	0,08	Not indicate	0,009	0,93	Not indicate
3	Volleyball	0,02	0,78		0,02	0,88		0,34	0,000	Moral
3	Football- courts	0,05	0,55		0,28	0,03	Not indicate	0,05	0,55	Not indicate

From the above table, the value of counted(R) value between the players of basketball and the players of the force games was (0.056) with a wrong rate of (0.54) and this was bigger than (0.05) which refers that the sign level is not significant (not moral) while the results of the counted (R) between the players of basketball and fencing was (0.23) with a wrong rate of (0.08) and it was bigger of (0.05) so the sign level is not significant, the counted (R) between the players of basketball and table tennis was (0.009) with a wrong rate of (0.93) and this is bigger than (0.05) so the sign level is not significant, the counted (R) between the players of volleyball and force games was (0.02) with a wrong rate of (0.78) and it was bigger than (0.05) so the sign level is not significant. The counted (R) between the players of volleyball and fencing was (0.02) with a wrong rate of (0.88) and it was bigger than (0.05) so it is not significant, the counted (R) between the players of Volleyball and table tennis was (0.34) with a wrong rate of (0.000) and it was smaller than (0.05) and this showed that the sign level is significant. The counted (R) between the players of football courts and force games was (0.05) with a wrong rate of (0.55) and it was bigger than (0.05) so the sign level is not significant while the counted (R) between the players of football courts and fencing was (0.28) with a wrong rate of (0.03) and it was smaller than (0.05) So the sign level is significant and the counted (R) between the player of football courts and table tennis was (0.05) with a wrong rate of (0.55) and it was bigger than (0.05) so the sign level is not significant.

3-3 Discussion of the results

The table (6) indicated that the defensive tricks at the individual games are bigger from the group games although that the relation with group games (courts football) with (fencing) was significant and for the favor of individual games and Volleyball with table tennis was significant for the favor of the individual games.

The researchers explained this result that the group games need to collect all the high morals and energies for achieving the targets of the sport competitions, so there must be releasing all physical and psychological abilities in expecting and enduring all the issues during the competition in opposite of the individual games, they have the less of defensive tricks. The importance of defensive tricks is to achieve the self support and the high morale for the player and it can help in the psychological preparation for the player and helps him to achieve the best results without any kind of tension especially from the negative emotions like the fear, the worry and the boredom, (Ausama Kamel Ratib- 2001).

4-1 The conclusions

The researchers have reached the following:

1. The defensive tricks at the players of individual games are higher than the players of the group games.
2. The player of table tennis and fencing are distinguished with higher defensive tricks than the players of the force games

4-2 The recommendations

1. The emphasis on performing the programs and psychological seminars . for all the sport games.
2. Preparing knowledge and behavior programs by the experts and specialists in psychological fields in universities of Iraq.

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- The effect of exercise on high and low intensity zones to improve young weightlifters power and strength

Omar.Saad.Ahmed, 2HayderSoud Hassan, 3Nibras ALI, 4FirasAbdulmunemAbdlrazzaq, 5Hayder Shaker,2019

Annex (1)

The measure of defensive tricks in the final form.

The axis of the measure (the scale)

The self suppression :It is a process that the player does through excluding the experiences and thoughts which conflict with the sport rules and criterions from the level of conscious to non conscious :

The items	extremely agree	little agree	Not agree
Quickly forget the painful situations that you have been Through .			
I have many sport attitudes which prove that I am a successful athlete .			
It is difficult to forget the partiality of the referee against my team .			
I challenge any one who doubts in my skillful and physical abilities and prove that I am in my best situations .			
I feel that the coaches did not give me the real chance in playing			
The media (the informing) has a big role in rising my sport level.			
I am not able to stand the fanatic audience .			
I have the idea to leave the playing from time to time.			