



RESEARCH ARTICLE

Psychological hesitation in performing touch among Paralympic players in the Salma Hussein Al-Jumaili Championship

Noor Hatem ALHADDAD ¹ and Ali Radhi Abdul HUSSEIN ^{*2}

¹College of Physical Education and Sport Sciences for Women / University of Baghdad, Iraq.

²General Directorate of Education in Najaf / Ministry of Education, Iraq.

*Corresponding author: allitufaly1@gmail.com

Abstract

The goal of the study is to measure the degree of psychological hesitancy experienced by the Olympic fencers competing in the Salma Hussein Al-Jumaili Championship during touch performances. The study made the assumption that psychological reluctance differs between male and female players. To fit the nature of the research, the researchers adopted the descriptive technique in the comparison procedure. The research community was identified as players participating in the Salma Hussein Al-Jumaili championship, they represent the population and the research sample only. Forms that do not meet the conditions were excluded from them, so their number reached (70) students. They were chosen intentionally and the tools used in the research were the psychological hesitation scale. The researcher used the appropriate statistical treatment and the researchers concluded that there is psychological hesitation among the Paralympic fencing players in a manner close to the hypothesized mean. There is more psychological hesitation for female players than for male players, and this is what the results showed. Therefore, the researchers recommend that coaches pay attention to the psychological preparation of Paralympic fencing players in general and fencing in particular in order to gain control and self-confidence in order to get rid of psychological hesitation. Pay attention to increasing the confidence of Paralympic fencing players and their ability to make decisions. To prevent psychological problems and hinder their performance.

Keywords

Psychological hesitation, Paralympic, Championship Salma Hussein

INTRODUCTION

Fencing for the disabled has entered the field of competitive sports for the disabled since the last century in the Arab world. It is a popular sport loved by the disabled and is considered a fine movement sport that develops the capabilities of the disabled person and the elements of his special physical fitness, in addition to the psychological addition of specific focus, confidence and self-reliance because the disabled person depends on his hand and limb (Al-Haddad, 2023). The upper arm holding the sword, the trunk muscles, the shoulders, and the second arm for balance, any healthy player will find it extremely difficult to fencing on a wheelchair if he sits on it, as the lower extremities are extremely

important in this sport for his attack and defense, and reaching high athletic levels requires obtaining complete and accurate information about the performance and activity of the players in all situations of play, which This is done through the results of the players during the competition, by which we mean tracking the performance during the match (Hamoudi, & Malih, 2012).

Reaching the pinnacle of achievement in a tournament in any type of sporting activity is linked to a continuous and integrated series of procedures and steps based on scientific foundations and objective means (Aziz, & Al-Haddad, 2022). The most important thing is the psychological characteristics of the player, as they affect his results. Psychological hesitation hinders the player

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from concentrating and gathering his strength during performance because he is busy thinking about performing (Al-Haddad, 2022). Or not performing it, an internal conflict is generated within the fencer. This conflict is caused by the player's reluctance to perform, because he has lost confidence from himself, and the fencer who does not have self-confidence is unable to perform the stab to take the touch. Therefore, the importance of the research lies in identifying the difference in the psychological hesitation of touch performance between male and female players in the Salma Hussein competition held in the training center in the Paralympic Committee hall in the Ministry of Youth and Sports on 16-19/12/2022.

The problem with the research is that psychological hesitancy is one of the fundamental psychological states that is fundamental and effective in controlling high sporting achievement because good psychological preparation helps in overcoming many of the emotions, conflicts, and psychological crises that an individual athlete encounters in daily life, especially in the sporting aspect like the competition environment. attaining lofty goals and learning difficult abilities that involve danger led the researchers to decide to shed light on the psychological reluctance, especially among the Olympic fencing competitors (Star & Malih, 2012). The study's objective is to measure the psychological hesitancy experienced by both male and female Paralympic competitors in the Salma Hussein Championship. According to the idea, there are no differences between male and female players' psychological reluctance to make contact (Abdul Razzaq, & Al-Haddad, 2024).

MATERIALS AND METHODS

Research Methodology

To address the issue with the current research, the researchers employed the descriptive approach and the comparative method. This study was performed by adhering to the Helsinki Declaration. Ethical approval of the study was obtained from University of Baghdad, Iraq Ethics Committee. Participant provided informed consent, with the volunteer form covering research details, risks, benefits, confidentiality, and participant rights. The research strictly adhered to the ethical principles of the Declaration of Helsinki, prioritizing participant's rights and well-being in design, procedures, and confidentiality measures.

Research community and sample

The participants in the Salma Hussein Al-Jumaili tournament, who represented the 13 governorates of Babil, Diwaniyah, Salah al-Din, Dhi Qar, Wasit, Diyala, and the clubs Al-Wisam, Al-Dhari, Al-Ishraq, Al-Shumukh, and Ashnouna, were identified as the research community by the researchers. There were 60 male and female players in the tournament.

Field research techniques

Procedures for the psychological hesitation scale:

The psychological reluctance scale was developed based on a measure created for gymnastics students at the College of Physical Education (Yasser Ahmed, 2013). For Paralympic athletes, a psychological reluctance scale was created. The scale, which measured psychological hesitancy, included forty items. There were (14) unfavorable things and (26) good ones. To modify the scale to evaluate psychological reluctance, the scale was given to experts and professionals.

Exploratory experience:

Three players from the Al-Thari Club in Baghdad participated in the experiment one month prior to the competition, and it was used to test the sample's comprehension of the scale's phrases and determine whether the response contained any significant ambiguity in order to catch any issues before the scale's main application process.

Scale correction:

There are (40) items total on the psychological reluctance scale, with (26) positive and (14) negative items. The positive items were examined in the paragraphs (5-4-3-2-1) while the negative items were reviewed in the paragraphs (1-2-3-4-5). The greatest score for a response on the scale was (189) and the lowest score was (49) based on the five-point answer possibilities.

Scientific characteristics of the scale

Validity of the scale

This means that "the test measures what it was designed to measure and does not measure anything else (Mustafa Bahi, 1999). Apparent Validity. This type of Validity was achieved when the psychological hesitation scale was presented to a group of experts and specialists in the field of sports psychology, as well as its discriminatory ability, which was not included in the research to increase the number of research papers.

Reliability of the scale

One of the requirements for the scale to be accurate is that it be reliable. According to (Huda

Jalal Muhammad, 2008) reliability is the capacity of a test to provide the same findings when administered a second time to the same subjects under same conditions. The Cronbach alpha equation was used to derive dependability using the Cronbach alpha approach. The psychological hesitation scale has a reliability value of (0.81), which is a strong indication of the scale's stability.

Main experiment

A psychological hesitation questionnaire was distributed to male and female fencing players participating in the Salma Hussein Championship before the start of the competition. It took 10-17 minutes to answer the psychological hesitation questionnaire. After completing the psychological

hesitation test, they prepared to warm up and prepare for the competition.

Statistical methods

A statistical program was used in the statistical analysis of the data obtained. Arithmetic mean, standard deviation, frequency, minimum and maximum values were used in statistical representations of the data. Independent Samples T-test were used in the analysis of normally distributed data.

RESULTS

Results presentation, analysis, and debate Presentation of the results and analysis of the level of psychological hesitatio

Table (1) shows the level of psychological hesitation among Olympic fencing players

	One-Sample Test					
	Test Value = 120					
	t	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
				Lower	Upper	
Psychological hesitation	14.529	59	.000	2.36667	2.0407	2.6926

At degrees of freedom (59) and significance level (05.0)

According to Table 1, it appears that the psychological hesitation scale was applied to (60) male and female Olympic fencers, as the data revealed that the calculated (t) value of (14.52) with an error level of (0.00) is less than the significance level of (0.05) which means that there are statistically significant differences between the

hypothesized mean of the scale and the sample mean are in favor of the sample mean.

Presenting the results and analyzing the differences between male and female Olympic fencing players on the psychological hesitation scale

Table (2) shows the means, standard deviations, calculated (t) value, and error level

	Group Statistics				
	Gender	N	X	SD	Std. Error Mean
Psychological hesitation	1.00	15	122.4000	0.98561	0.25448
	2.00	45	121.6889	1.18364	0.17645

Std. Deviation (SD), Mean (\bar{x})

DISCUSSION

It was shown from Table (2) that the arithmetic mean of the psychological hesitation of male and female players was (121.6889), with a standard deviation of (1.18364). The arithmetic mean of the psychological hesitation of male and female players was (122.4000), and the standard deviation was (0.985). The value of the T between the psychological hesitation of male and female players was (-4.1632).

It appears from Table (2) that there are differences between male and female players in psychological hesitation due to the effect of psychological hesitation on performance, because psychological hesitation makes the player not confident in himself regarding his performance, and creates a kind of fear and confusion for him when taking the touch, so he cannot score a touch if he is hesitant, so the successful coach must To develop the student's abilities by how to deal with his psychological problems and get rid of the hesitation that occurs in

the student during performance, since psychological hesitation is “a psychological state that characterizes the individual when he tries to make his decisions, especially if this decision is fateful, so he hesitates in making the decision for various reasons such as fear, lack of confidence, or boredom” (Qaba, 1999). It makes a player his inability to take a touch, which depends on increasing the player’s self-confidence in order to gather all his physical and psychological strength for the success of his performance, which ends with taking a touch. Psychological hesitation hinders the player’s thinking to gather his psychological energy, because of the fear and hesitation that occurs in him, and he is born a kind of psychological conflict that distracts his thoughts and makes him unable to perform the shot required of him, since “fear and psychological conflict are forms of psychological emotions that affect the athlete’s achievement” (Kamel, 1981). According to what was mentioned, the lower the psychological hesitation of the players, the greater the success. They perform better. Here, the coach must work on the psychological preparation of the players to remove their psychological hesitation while confronting the opponent, whoever he may be (Jawad and Jassim, 2008).

Conclusions

There is a psychological hesitation among Paralympic fencing players that is close to the hypothetical mean. There is a psychological hesitation for female players a little more than for male players, and this is what the results showed.

Recommendations

The coaches’ interest in the psychological preparation of Olympic players in general and fencing in particular in order to gain control and self-confidence in order to get rid of psychological hesitation. Using the psychological hesitation meter on other games. Paying attention to increasing the confidence of Paralympic fencing players and their ability to make decisions to prevent psychological problems and their hindering their performance.

Conflict Of Interest

No potential conflict of interest relevant to this article was reported.

Ethics Statement

This study was performed by adhering to the Helsinki Declaration. Ethical approval of the study was obtained from University of Baghdad, Iraq Ethics Committee.

Author Contributions

Study Design: NHA and ARAH; Data Collection: NHA and ARAH; Statistical Analysis: NHA and ARAH; Data Interpretation: NHA and ARAH; Manuscript Preparation, NHA and ARAH; Literature Search: NHA and ARAH. All authors have read and agreed to the published version of the manuscript.

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