

Attention Focus and Its Relationship to the Accuracy of Performing Prepare from Above the Head Forward in Volleyball for Female Students

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Abstract

The objective of the research is to identify the nature of the focus of attention accurately performing prepare from above the head forward in volleyball for female students, as well as to find the relationship between the focus of attention and the accuracy of performing prepare from above the head forward in volleyball for female students. The research sample consisted of (20) female students in the third stage. The two researchers adopted the attention focus scale consisting of (18) items, as well as testing the accuracy of performing the prepare from above the head forward. On the main research sample, and after extracting the data and processing it with the appropriate statistical means, the two researchers reached several conclusions, the most important of which are: the members of the research sample enjoyed a good amount of concentration of attention and the accuracy of performing the prepare from above the head forward in volleyball, as well as the existence of a significant correlation between the concentration of attention and the accuracy of The performance of the prepare from above the head forward among the members of the research sample. In the light of the research findings, the researchers recommended the necessity of conducting periodic tests to measure the concentration of attention among the female students in a continuous manner, as well as the application of skill tests and the accuracy of performing the prepare from above the head forward and the rest of the volleyball skills on the students on a regular basis.

Keywords: Focus, attention, precision, performance, and volleyball.

Introduction

Mental cycles assume a significant part in dominating essential abilities and fostering their exactness in many games and games, and among these cycles is the centralization of consideration, which is one of these significant cycles that deals with the outcome of applying different abilities and furthermore assists with growing speedy answers for individual and aggregate abilities, much of the time It requires fast arrangements and a high grouping of consideration to foster proper answers for the circumstances that happen during the exhibition. Prior to playing out the developments, you should zero in on the presentation and its exactness for the understudy to get a decent place that assists him with playing out the abilities impeccably.¹ Volleyball is one of the games that is portrayed by factor engine execution and requires the capacity to answer rapidly to changing conditions in it, in addition to that it includes many situations and psychological pressures that are characterized by their intensity and speed, which would affect the skillful performance, so the teacher must plan early in The use of mental skills during educational units, so that the student can achieve the best possible skill performance.²

The skill of prepare from above the head forward is one of the offensive skills in volleyball, the success of which depends on several factors, the most important of which is focusing the player's attention on the movements he will perform to deliver the ball to the well-prepared player and accurately. Perform the prepare upside down and find the relationship between these two variables.³

Research problem

Through the work of the two researchers in the field of education and teaching of volleyball, and their follow-up to the educational units of volleyball in the College of Physical Education - University of Babylon, they noticed that the students face several difficulties in performing the number skill from above the head forward, due to its difficulty and its interdependence with the rest of the other skills, and that The accuracy of

performing this skill needs high concentration in order to reach the desired goal, which is the accuracy of performance. Hence, the problem of the study appeared for the two researchers, which can be summarized by the following questions: What is the nature of the concentration of attention among the students of the third stage in the College of Physical Education and Sports Sciences - University of Babylon?, Is there a relationship between the concentration of attention and the accuracy of performing prepare from above the head forward in volleyball for female students?

Research objectives

1. Identifying the nature of attention focus and the accuracy of performing prepare from above the head forward in volleyball for female students.
2. Finding the relationship between the concentration of attention and the accuracy of performing prepare from above the head forward in volleyball for female students.

Research hypothesis

- There is a significant correlation between the concentration of attention and the accuracy of performing prepare from above the head forward in volleyball for female students.

Research methodology

The researchers followed the descriptive approach using the two survey methods and correlational methods for its suitability to the research objectives.

Research sample

The research sample was determined by the third-stage female students in the College of Physical Education and Sports Sciences - University of Babylon, who numbered (20) students, who were chosen randomly by lottery from a community of (28) students, and thus the percentage of the research sample is (71.43%).

Research Procedures

- **Determining the Attention Focus Scale:** The researchers adopted the Attention Focus prepared by the researcher,⁴ and the scale consists of (18) items with a graduated scale according to the Likert method (always, often, Sometimes, never, and with regard to calculating grades, they are awarded according to a four-graded scale (1,2,3,4). Therefore, the maximum degree of the scale is (72) degrees, and the minimum degree is (18), with a hypothetical average of (45) degrees.
- **Choosing to test the accuracy of performing the prepare from above the head forward in volleyball:** To choose the test for the accuracy of performing the prepare from above the head forward in volleyball, a special questionnaire was prepared that includes a group of special tests, and this questionnaire was presented to a group of experts and specialists in the field of (volleyball, tests and measurement), to determine the appropriate test for the research sample.⁵
- **Pilot study:** The two scientists led an exploratory examination to gauge consideration concentration and test the precision of performing get ready from over the head forward on an exploratory example of (8) haphazardly chose female understudies from outside the principal research test on 12/13/2022, in At ten AM in the shut games lobby in the School of Actual Training and Sports Sciences at the College of Babylon, and the trial was directed to accomplish a few goals:⁶
 1. Clarity of the sections of the scale and its directions.
 2. The appropriateness of the test for the exploration test.
 3. Knowing the time taken to answer the things of the scale and stepping through the examination.
 4. The chance of the associate group during the utilization of the scale and testing.
 5. Identifying the troubles that the scientists might look during the use of the scale and the test.
 6. Finding the logical reason for the scale and test.

Scientific foundations of the scale and test

1. The validity of the scale and the test: The validity of the scale and the test was verified by preparing a questionnaire for the scale and another for the test, and they were presented to a group of specialized experts in the fields of (sports psychology, motor learning, volleyball) who judged The validity of the items of the scale and the validity of the test, as they agreed on all the items of the scale as well as the test, with an agreement rate of (100%) for both the scale and the test.
2. The stability of the scale and the test: The stability of the scale and the test has been verified as follows:⁷
 - A. Scale stability: To extract the results of the scale's stability, the researchers divided the scale into two parts, and the correlation coefficient was calculated between the scores of the individual paragraphs and the scores of the even paragraphs that make up the Attention Focus Scale, which has 18 paragraphs. The value of the simple correlation coefficient (Pearson) between the two halves was calculated. (R) calculated (0.78) and since this indicator means half of the paragraphs, it is necessary to use the (Spearman Brown) equation to know the value of the stability coefficient for all the paragraphs.
 - B. The stability of the test: In order to extract the stability of the tests, the test and re-test method has been adopted.

The first application for the test was conducted on 12/13/2022, and the second application for the test was repeated on 12/20/2022, that is, after (7) days had passed from the first application, which was conducted on an exploratory sample of (8) female students from outside the main research sample. The stability coefficient is (0.82) at the level of significance (0.05), which indicates the stability of the test.

3. The objectivity of the scale and the test:⁸ The researchers chose the multiple-choice method for the attention focus scale, and since this type of scale has a clear solution key, then two correctors or arbitrators do not differ, which gives the scale high objectivity, as well as testing accuracy. The performance of prepare from above the head forward in volleyball is highly objective, because its instructions and the way it is recorded are specific and clear, and no two differ from it.
- The main experiment: The scale and test were applied to the fundamental exploration test of (20) female understudies on 3-5/1/2023 at ten AM in the shut games lobby in the School of Actual Training and Sports Sciences at the College of Babylon. Scale first, and afterward apply the above forward exactness test with the volleyball.

Results and Discussions

- Presenting the results of focusing attention and the accuracy of performing prepare from above the head forward in volleyball for the members of the research sample, and analyzing and discussing it.

Table 1. Shows the arithmetic means, standard deviations, and theoretical mean of focusing attention and accuracy of performing overhead and forward prepare

S	Variables	Units	Mean	STD	theoretical medium
1	Focus attention	Degree	62.79	3.75	45
2	Accurate performance of the prepare from above the head forward	Degree	20.34	2.26	15

Table (1) shows the values of the arithmetic mean, standard deviations, and the hypothetical mean of focusing attention and the accuracy of performing prepare from above the head forward in volleyball among the research sample individuals, as the results showed that the value of the arithmetic mean for focusing attention is (62.79) with a standard deviation of (3.75), while the theoretical mean The scale is (45) degrees, while the results showed the mean and accuracy of performing the prepare from above the head to the front is (20.34) with a

standard deviation of (2.26), while the theoretical mean of the scale is (15), and the researchers attribute the reason for this to the presence of practice to perform this offensive skill of Research sample members, as "practice and effort through training and continuous repetitions are necessary in the learning process, and training is a key factor in the process of the learner's interaction with the skill and control of his movements and achieving consistency between the movements and components of the skill in proper sequential performance at an appropriate time and it increases the learning and development of the skill And mastering it."⁹ in addition to the fact that the same sample members enjoyed a good amount of attention focus, and the researchers attribute the reason for this to the fact that the skills of the volleyball game, especially the offensive skills (prepare from above the head forward) take place in different environments. In which the student is under different training and performance pressures, as "focusing attention is one of the mental processes that play an important role in the performance process, due to its great influence on the learner's behavior, emotions, and responses during the practice of all kinds of sports skills, so the learner must have a great deal of concentration of attention in order to be able to Proper and accurate transition from changing conditions during performance."¹⁰

- **Introducing, dissecting and talking about the consequences of the connection between's the grouping of consideration and the exhibition of get ready from over the head forward in volleyball for the exploration test**

Table 2. Shows the results of the value of the simple correlation coefficient (R) calculated between the concentration of attention and the accuracy of performing prepare from above the head forward in volleyball for the research sample members

S	Variables	Units	(r) Calculated	Indication type
1	Attention Focus- Accurately performing the prepare from above the head forward	Degree	0.73	Sig.

Table (2) shows the consequences of the worth of the straightforward connection coefficient (r) determined between the convergence of consideration and the precision of performing plan from over the head forward in volleyball among the examination test people, as the outcomes showed that the worth of the determined connection coefficient (r) is (0.73), which is more noteworthy than its worth The even worth of (0.05) at the degree of importance (0.05) and underneath the level of opportunity (18), which demonstrates the presence of a connection between's these two factors.¹¹ The main process in directing the individual's awareness in various behavioral situations, and it is also the process through which he acquires many skills, and the formation of many behavioral habits that achieve a great deal of compatibility in the environment in which he lives. ¹²Students care that their performance is accurate and at an acceptable level and focus their attention on the method of technical performance of this skill and get rid of many errors that may accompany their performance Time includes reaching the goal or the time period required to complete the task." ¹³ and this result is consistent with the study , which showed a relationship between football skills Plane and focus of attention.¹⁴

Conclusions

1. The study sample members enjoyed a good amount of attention focus.
2. The members of the research sample enjoyed a good degree of accuracy in performing prepare from above the head forward in volleyball.
3. The existence of a significant correlation between the concentration of attention and the accuracy of performing prepare from above the head forward in volleyball among the research sample.

Recommendations

1. The necessity of conducting periodic tests to measure the concentration of attention of the students in a continuous manner.
2. Applying skill tests, prepare from above the head forward, and the rest of the volleyball skills to female students on a regular basis.

3. Emphasizing the role of focusing attention as an important mental variable in developing the skillful performance of female students' volleyball skills.
4. Conducting many studies and researches on topics dealing with other manifestations of attention and other mental variables related to the accuracy of performing volleyball skills and other sports for both sexes.

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