

The Effect Of Mental Stress On The Results Of Iraqi Volleyball Clubs

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ABSTRACT

The sample is (89) volleyball players from deferent seven clubs in Iraq, between the ages of 17 and 28 years (22.18 M, 1.56 SD), who have experience in various domestic and international volleyball competitions, the questionnaire was distributed and their answers provided On the paragraphs of the questionnaire before the start of the Iraqi volleyball competition, the research problem lies in several questions, including whether volleyball players suffer from a state of exhaustion or physical exhaustion as a result of their exposure to mental stress?

Does bad concentration and difficulty of controlling on emotional and physiological responses affect the result of the match?

The research aims to identify the degree of mental stress among volleyball players, and the impact of the degree of mental stress in each match result, the limits of the search are determined in the players of Iraqi volleyball clubs participating in the gathering held in the city of Erbil on 24/1/2020, (89) players from the clubs (Al-Jaish, Al-Daghara, Peshmerga, Southern Gas, Police, Erbil, and Al-Bahri), and scale forms were distributed to the players in the hall of the Erbil Sports Club, the results showed a high impact of mental stress, and the sub-domains were psychological, physical, and cognitive , A significant positive impact on the results of some infidels Nautical and Southern Gas were assessed, but the effect was negative on the results of the remaining teams.

Keywords: mental stress: Iraq clubs: volleyball.

1. Introduction

The interest in the psychological aspect began to increase in recent years after it was found that there is a close relationship between psychological factors and performance and the level of sports shown by the player, and vice versa leads to fluctuation or a decrease in the level of performance in training, or competition and the consequent

exposure of the player to multiple confusion as a result Increasing pressure in training and spending on energy, psychological skills are one of the psychological factors that the player needs constantly to know the level of his capabilities and psychological preparations and assess his psychological condition, and when looking at the game of volleyball and the nature of its practice in terms of the small pitch, , speed of performance shows the study importance of psychological skills for volleyball players, as the player who has high psychological skills is performing well and with the least possible errors, and given that sports competitions constitute a stressful position for athletes and cause them tension, this requires a high degree of mental balance, which requires a high degree Among the psychological skills and good behavior in competitive stressful situations ⁽⁷⁾.

The player's arrival at his best level lies in his good readiness for sporting competitions and when the level of players is close in terms of physical, skill and planning aspects, the psychological factor is the one that decides the outcome of the match, and this is what ⁽⁶⁾ emphasized in their indication that the competitive level and increase the opportunities for friction and expertise The field for players increases their self-confidence ⁽⁶⁾.,Snyder's study (1979) indicated that stressful conditions cast a shadow over the lives of individuals and society alike, including players, as societal conditions affect their professional lives, making them feel the mental stress that is a form of psychological pressure that they are subjected to ⁽⁵⁾.,The importance of studying mental stress has increased due to the difficulty in concentrating it, which affects a person's performance of his duties and daily activities, and it may reach the person's inability to continue his work at the usual or satisfactory level ⁽⁴⁾. Also, continuing to work and do multiple tasks with cognitive requirements for a long time usually leads to mental stress, and then affects performance. She notes that many accidents and errors, for example, have been linked to the mental stress a person is exposed to ⁽¹⁾.,Sports games are now characterized by competitive privacy and as volleyball is one of the games that features variable motor performance and requires the ability to respond quickly to changing circumstances in the game, in addition to that it abounds in many situations and psychological pressures that are characterized by its intensity and speed, which will affect the skill performance The player's plans are then in the match outcome ⁽²⁾.

The research problem lies in several questions, including whether volleyball players suffer from exhaustion or physical exhaustion as a result of their exposure to mental stress. Does the condition of poor concentration and difficulty controlling emotional and physiological responses affect the outcome of the match?,The research also aims to identify the degree of mental stress among volleyball players, and to identify the effect of the degree of mental stress in the outcome of each match.,The limits of the search are determined in the volleyball club players participating in the gathering held in the city of Erbil on 24/1/2020, and the number (89) is distributed among clubs (Al-Jaish, Al-Daghara, Peshmerga, Southern Gas, Police, Erbil, and Al-Bahri), and it has been distributed Scale forms on the sample in the hall of the Erbil Sports Club.

2. Methods:

The sample consisted of (89) volleyball players distributed over seven clubs in Iraq, between the ages of 17 and 28 years (M 22.18, 1.56 SD), who have experience in various domestic and international volleyball competitions, as the questionnaire was distributed and their answers provided. On the questionnaire paragraphs before the volleyball competition begins. The tools used in this research were the mental stress questionnaire prepared by (Sarab Kareem Rasan) as well as a demographic information sheet that contained data on the player's age, experience, and the club's name.

The mental stress scale consists of (44) items, divided into three areas (physical, psychological, and cognitive), and each field contains (15, 13, 16) items, respectively, and in front of each paragraph there are (5) alternatives to answer Which applies to me to a very large degree, applies to me to a large degree, applies to me to a medium degree, applies to me a little, applies to me a very small degree, and takes the grades (5, 4, 3, 2, 1) respectively, and they were The highest score that the respondent can obtain (220), the lowest degree (44), and theoretical average of (132) degrees, and through previous research it was found that the questionnaire has a high internal consistency coefficient, with a coefficient V Reliability ranging from 0.79 to 0.89 for each subdomain ⁽⁹⁾, and in this study, was found (Alpha Cronbach) labs, testing and re-testing of the questionnaire to be (0.87) and (0.89) respectively.

The questionnaire was distributed to the players of seven clubs during the volleyball competition in the Iraqi city of Erbil, as the primary data and the mental stress questionnaire were distributed to the players, the instructions for the questionnaire were clarified, and the information and answers are for scientific research purposes only, the time ranged from 10 to 15 minutes to answer the questionnaire before the start of volleyball competitions.

The SPSS version 24 software package was used for statistical analysis. Multiple contrast analysis was used to measure the relationship between mental stress and the outcome of the game.

3. Results:

The results extracted from the answers of the volleyball players under study showed that the highest score (217) and the lowest degree (45), with an average score (125.9326), and a standard deviation (49.38250). Standard scores revealed that (20.22%) of the players had high mental stress, (65.18%) of the players had moderate mental stress, and (14.60%) of the players had little mental stress, (Table 1).

The results showed that there is a high impact of mental fatigue, and the psychological, physical, and cognitive sub-domains were a big positive effect on the results of some teams, such as the marine team and the South Gas, but the negative effect on the results of the rest of the teams, (Table 2).

4. Discussion:

Some volleyball players use positively stressful stress with all three areas. Their cognitive and psychological abilities helped to engage in the match despite their somewhat negative physical attitudes, however, the scale positively affected some teams and negatively with other teams, and thus these results confirmed the results of Fletcher and Hunton ⁽¹²⁾, which were associated Use the psychological factor positively in its study with the explanation of the cognitive factor, explaining the differences in psychological direction and intensity, the different ways of using psychological and cognitive skills for athletes in the match, which affects their levels of physical factor, this is confirmed by ⁽¹⁰⁾ and ⁽¹¹⁾ That showed more prosperous athletes have more self-confidence in competitions. Consequently, they experience less mental stress and negative reactions to errors. The psychological factor was also seen as a factor that could facilitate performance ⁽¹³⁾, ⁽¹⁶⁾, ⁽¹⁴⁾, ⁽¹⁵⁾ The results of the current study also show that coaches can use a number of psychological and cognitive skills for athletes so that the latter can explain mental stress and how to deal with it, and it should be noted that volleyball is a sport that involves different circumstances and requires special psychological and cognitive skills, and mental skills also play an important role In the success of volleyball players in explaining mental stress, therefore, coaches can be advised to focus on psychological and cognitive skills as well as physical skills to assist athletes during training and competition. This study was conducted on a sample of volleyball male players, however, similar research could be done to examine female and deferent age groups.

5. Conclusions:

- ❖ Mental stress has the effect of volleyball players.
- ❖ The level of mental stress is average for volleyball players.
- ❖ Volleyball players with high mental stress were affected negatively by the clubs' results.

6. Practical applications :

1. Interest in psychological preparation for volleyball players.
2. Good psychological preparation leads to a good skill level.
3. Keeping volleyball players away from psychological stress.

7. Acknowledgement

There has been no external financial assistance with this project.

Table (1) shows the degree of mental stress among volleyball players

T	Z	D	N	T	Z	D	N
35.23	-1.48	53	46	67.83	1.78	214	1

38.67	-1.13	70	47	67.63	1.76	213	2
53.86	0.39	145	48	37.66	-1.23	65	3
41.51	-0.85	84	49	40.7	-0.93	80	4
37.26	-1.27	63	50	50.01	0	126	5
35.23	-1.48	53	51	42.72	-0.73	90	6
60.34	1.03	177	52	39.69	-1.03	75	7
59.13	0.91	171	53	66.01	1.6	205	8
60.34	1.03	177	54	40.09	-0.99	77	9
43.94	-0.61	96	55	49.2	-0.08	122	10
56.7	0.67	159	56	52.65	0.26	139	11
39.89	-1.01	76	57	67.23	1.72	211	12
66.62	1.66	208	58	55.68	0.57	154	13
46.57	-0.34	109	59	50.82	0.08	130	14
36.65	-1.34	60	60	65.61	1.56	203	15
51.23	0.12	132	61	59.73	0.97	174	16
40.09	-0.99	77	62	39.08	-1.09	72	17
67.83	1.78	214	63	59.53	0.95	173	18
68.44	1.84	217	64	55.89	0.59	155	19
46.98	-0.3	111	65	42.52	-0.75	89	20
50.01	0	126	66	58.92	0.89	170	21
39.48	-1.05	74	67	37.26	-1.27	63	22
36.45	-1.36	59	68	42.52	-0.75	89	23
56.9	0.69	160	69	43.33	-0.67	93	24
35.03	-1.5	52	70	33.81	-1.62	46	25
56.09	0.61	156	71	55.08	0.51	151	26
49.81	-0.02	125	72	42.32	-0.77	88	27
53.25	0.33	142	73	44.14	-0.59	97	28
48.39	-0.16	118	74	58.72	0.87	169	29
67.83	1.78	214	75	37.86	-1.21	66	30
38.47	-1.15	69	76	44.55	-0.55	99	31
50.82	0.08	130	77	55.48	0.55	153	32
45.76	-0.42	105	78	33.61	-1.64	45	33
59.53	0.95	173	79	46.57	-0.34	109	34
49.41	-0.06	123	80	40.29	-0.97	78	35
36.65	-1.34	60	81	59.73	0.97	174	36
56.09	0.61	156	82	52.85	0.28	140	37
46.77	-0.32	110	83	54.87	0.49	150	38
51.43	0.14	133	84	52.44	0.24	138	39
53.25	0.33	142	85	47.58	-0.24	114	40
57.3	0.73	162	86	41.91	-0.81	86	41
63.58	1.36	193	87	68.24	1.82	216	42
36.65	-1.34	60	88	57.51	0.75	163	43
51.03	0.1	131	89	59.53	0.95	173	44
54.06	0.41	146	45				

Table (2) shows the multiple variance analysis of the mental stress scale

Tests of Between-Subjects Effects

Source	Dependent Variable	Type III Sum of Squares	df	Mean Square	F	Sig.	Partial Eta Squared
Model	Psychological	191095.327 ^a	7	27299.332	141.863	0.000	0.924
	Physical	279868.763 ^b	7	39981.252	151.611	0.000	0.928
	Knowledge	280929.782 ^c	7	40132.826	130.254	0.000	0.917
groups	Psychological	191095.327	7	27299.332	141.863	0.000	0.924
	Physical	279868.763	7	39981.252	151.611	0.000	0.928
	Knowledge	280929.782	7	40132.826	130.254	0.000	0.917
Error	Psychological	15779.673	82	192.435			
	Physical	21624.237	82	263.710			
	Knowledge	25265.218	82	308.112			
Total	Psychological	206875.000	89				
	Physical	301493.000	89				
	Knowledge	306195.000	89				

a. R Squared = .924 (Adjusted R Squared = .917)

b. R Squared = .928 (Adjusted R Squared = .922)

c. R Squared = .917 (Adjusted R Squared = .910)

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