

# The orientation towards sports competition and its relationship to the Jerk performance for the first stage students in the College of Physical Education and Sports Science, University of Baghdad

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## ***Abstract***

*When a person has a strong motivation to obtain a goal, obtaining this goal that satisfies his motivation is considered as a reward that causes him a feeling of pleasure and contentment, and failure to obtain this goal is considered a type of punishment that causes him to feel pain or distress. The human being by his nature, tends to cause pleasure and avoids what causes him a pain, and for this reason, people naturally inclined to learn responses or actions that lead to success and avoid responses that lead to failure.*

***Keywords:*** Jerk performance, sports competition, Physical Education and Sports Science

## **I. Introduction**

Hence, we find that mental health is a positive condition that includes enjoying the health of the mind and body in the sports field. We see that the individual's tendencies, or desires are important to get his responses to a game, negatively or positively, so therefore, physical activity with all that it contains of activities and skills of standing and influencing the behavior, tendencies, and desires of the individuals involved psychologically, healthily, and socially "(Walid Thanoon and others, 2004,182). The weightlifting game is among the most prevalent activities or sporting activities among young people at this time being the first factor in showing the fine and ideal body that increases self- confidence ; this game was practiced at various levels in the adolescence stages among youths, especially students of the College of physical education and sports science ,University Baghdad.

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The trend towards this game has become interesting for workers in the sports field as well as Iraqi universities, so many tournaments have been held at the level of college students, as it is one of the important pillars that contribute to building a broad base for a coherent scientific generation that contributes to creating creative and human aspects for members of society. Both studies were used, the study of (Safa Abdel Wahab Ismail (2012), where this study aimed to find the ratio of the effect of mechanical variables on the dynamic path of weighting in clear and Jerk for young lifters.

"Saad Nafea and Mu'tasem Munim 's study (2010) that aimed to know the values of mechanical strength of weighting y for successful and unsuccessful attempts at the stages of pulling weighting in clear and jerk performance for the advanced weighting lifters from Baghdad clubs ; this study emphasized training the element of ability in various exercises such as the application of the auxiliary exercises to the clear and jerk performance .

Khaled Mohammed and Muhammad Al-Qur'an study (2011) that aimed to identify the effect of intensity change on some biomechanical variables in the performance of two methods of squatting for Jordanian weightlifting players, and the study emphasized the effect of intensity difference clearly on all variables.

The importance of the research lies in identifying the mechanical ability index according to the type of each genetic image in order to achieve the accurate orientation towards the sport of weightlifting based on the proper selection in a manner commensurate with the genetic nature of the weightlifters, and this matter will be placed in the hands of our coaches and those concerned for the purpose of benefiting from it in determining the best of players in a way that suits the weightlifting sport.

The importance of research on the subject of orientation toward sports competition and its relationship to the performance of high jerk for the first stage students in the College of Physical Education and Sports Science University of Baghdad is highlighted.

The research problem lies in attempting to study this trend by knowing the individual differences towards sport competition among students practicing the weightlifting game for the purpose of selecting the competent elements to represent the Baghdad University team in this game.

The research aims to identify the state of orientation towards sports competition and its relationship to the performance of high jerk for students of the College of Physical Education and Sports Science, University of Baghdad.

## **II. Method and tools**

The descriptive approach was used in this research, which depends on showing the aspects of the subject of the study, and this approach was adopted because it is the most suitable for the current study.

### III. The research sample

The process of selecting the research community is closely related to the nature of the research from which the sample is drawn, as it "represents the part of the community that is chosen according to scientific rules and principles that correctly represent the community" (Hazza Muhammad Al-Hazza, 1992, 21) where the research community is among the first stage students in College of Physical Education and Sports Science / University of Baghdad, they were deliberately chosen in light of their practice of weightlifting and their participation during the end of the second semester, where the sample reached to (20) students.

The measure of orientation towards sports competition: (Muhammad Hassan Allawi, 44)(

This scale was originally developed by "Shire and Carver in 1994 and it was codified and prepared its Arabic image by (Muhammad Hassan Allawi). The scale consists of (12) paragraphs and (4) alternatives (Strongly agree - Agree - Disagree - Strongly disagree) and the degrees of these alternatives are ( 4 - 3 - 2 - 1). The scale was presented to experts and specialists in the field of psychology and sports psychology.

Instructions: Put a mark () in front of the paragraph that describes your condition accurately and answer each statement truthfully in light of how you feel and apply to you.

Serial	Phrases	Strongly disagree	Disagree	Agree	Strongly agree
1	I expect to win many sports competitions.				
2	I do not get angry quickly during sports competition.				
3	If there are bad things that can happen in sports competition then it will happen.				
4	I always look at the positive side of sports competitions.				
5	I am always optimistic about my performance in sports competitions.				
6	I always try to improve my sports level.				
7	I spend my free time thinking about the next sporting				

	competition.				
8	I don't always expect to win my sports competition.				
9	In sports competition, things don't always go the way I would like.				
10	I am very interested in knowing everything about other competitors.				
11	I think every defeat I have in sports is a situation that does not last long				
12	In many sports competitions, I do not expect to win.				

Exploratory experience:-

The researcher has conducted the exploratory experiment on a sample of (5) players from the research sample, on Monday, February 19, 2018, at the Weightlifting Hall in the College of Physical Education and Sports Science / University of Baghdad, as the researcher has distributed the forms to the players and paragraphs of the scale have been explained and clarified and how to answer them, and then make test of achievement with the lifting jerk . The objectives of the experiment are

1. Knowing the time spent for the answer, which was 10 - 15 minutes
2. Knowing the problems and difficulties that the researcher may encounter in the main experiment
3. Knowing how to apply the research test and difficulties facing the researcher.

**IV. Research application procedures:**

The researcher has distributed the questionnaire (\*) to the research sample for the purpose of explaining their opinion regarding the acceptance of the paragraphs or not as well if there were paragraphs that need to be modified. After fixing the appropriate paragraphs from the opinions of experts and specialists, the form was finalized and distributed to the study sample where it was distributed (20) Questionnaire directly by the researcher for the study sample, and everyone showed their enthusiasm for the importance of the topic, which included (12) paragraphs and their answers ranged between (30-40) degrees according to the maximum degree of the scale of (48) degrees. The closer the answer level to the player approaches this the degree the player is more inclined towards optimism towards athletic competition.

Jerk Weightlifting achievement test by the International Weightlifting Federation, 200,69 -

- Test name: Jerk lifting

The purpose of the test: To measure the maximum force to accomplish the jerk lift.

Devices and tools: two regular iron bars weighing (20) kg. Different weights. Wooden platform for performance.

Performance description: The bar (weighting bar) or the weighting is placed in front of the legs of the lifters horizontally, as the lifters take the starting position and the lifters begin to pull the iron upright next to the body passing through the knee, which is called the first pull, then the pulling of the bar is completed until it reaches the last quarter in the thigh area to touch the thigh bar. Then the strength and speed are increased until it reaches the stage of pulling the weight to the maximum extent possible so that it can drop and fall under the bar and then the lifter begins to descend by moving the two legs side and twisting the elbows quickly to receive the bar on the collarbones and shoulders and then rise quickly. After the lifter rises up the bar stands stably as the knees are stretched and the elbows are forward indicators taking into account maintaining an appropriate height level allowing the lifter to move comfortably then begins to go down to gain an acceleration distance, push the bar with the legs of the two men, and land under the bar with the arms fully extended, then join the two legs on one straight line and wait for the referee's signal to end the lift.

Recording: recording the result of the best attempt with the highest possible weight of three attempts

The researchers has used the Social Sciences Statistical Package (SPSS) to extract the results for the research.

Serial	Tests	Mathematic mean	Standard deviation
	The measure of sports competition orientation	33.26	2,80
	Achievement test by jerk lifting	40.55	1.66

Table (3) shows that the arithmetic mean (the scale of the trend toward mathematical competition) was (33.26) and the standard deviation (2.80). As for the achievement test with the jerk lifting, the mathematic mean was (40.55) and the standard deviation was (1.66).

Presenting the results of the trend towards sports competition and its relationship to the achievement of jerk lifting

(Table 2 )

It shows the correlation between the measure of the orientation towards sports competition and its relationship to achievement by jerk lifting .

Serial	Variables	Correlation coefficient	Tabular value	Statistic indication
1	The measure of the orientation towards sports competition and its relationship to achievement by jerk lifting .	0.708	0.387	Spiritual
2				

\* Below the significance level (0.05) and freedom degree 18

Table (1) (2) shows that the arithmetic mean of the scale of the orientation towards sports competition is (33.26) and it constitutes (69.29%) of the maximum degree of the scale, which indicates that the research sample has a good degree of orientation toward sports competition and this is what the results have proven. While the value of the simple correlation coefficient Pearson for the measure of the orientation towards sports competition and its relationship to achievement of high jerk reached (0.708) and through observation of the two values we see them above the tabular value of (0.387), under the level of significance (0.05).

Where it is known that the degree of significance would be at its highest value when it gets closer to (1) and vice versa, which indicates that the correlation is significant between the measure of orientation towards sports competition and its relationship to achievement of jerk lifting .

The researcher attributes this to the nature of the activity that is characterized by excitement, suspense, and competition is the most important factor for this activity, since the player competes with himself first to increase the weight lifted and then compete with colleagues to show his muscular ability and thus increase the motivation to achieve high numbers in the high jerk , where we notice most players are very interested in the great muscle mass of their bodies as a kind of aesthetic that may serve the skillful performance of weightlifting effectiveness. Where (Singer) indicates that “motor skill and achievement are only achieved by the presence of special physical capabilities” (Singer, 1990,221) that the training of muscle strength and the observation of muscles improvement within a few weeks can be attributed to neurological changes that help the muscle to reach achievement ( Komi (1991,386). The researcher has also considered the element of comfort between performing repetitions and weights lifting for the research sample, as (Hamdi Abdel Moneim and Mohamed Abdel Ghani) indicate that "giving adequate comfort in codifying the training load used to suit the level of the trained player and the goal of training" (Hamdi Abdel Moneim, 1999 , 86).

The researcher has concluded from the above results that the arithmetic means indicate that students of the College of Physical Education and Sports Science / University of Baghdad have a good orientation towards sport, and that practical lessons and training modules after lectures received by students were of benefit

in showing them a good level and the need to pay attention to psychological aspects and motivations and tendencies towards sports competition because it raises the level of performance of players, and that there is a good correlation between the orientation towards sports competition and its relationship to the performance of high jerk .

The researchers has recommended the importance of going towards sports competition and working to build and develop it among the college students in all sports, and the need to have trainers and teachers informed of the importance of the concept of sports competition in the sports field and its impact on players in order to work on its development among players .Besides psychological tests should be adopted in trainings and making them to a good level, after the end of the warm-up and the beginning of the competition.

The appendices

#### Competition Orientation Scale

Prepared by: Shire and Carver Definition: defined by : Muhammad Hassan Allawi

Player Name: Stage:

Player Age:

Instructions: Place a mark (□) in front of the paragraph that describes your condition accurately and answer each statement truthfully in light of how you feel and apply to you:

Serial	Phrases	Strongly disagree	Disagree	Agree	Strongly agree
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10	I am very interested in knowing everything about other competitors.				
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12	In many sports competitions, I do not expect to win.				

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