Quantify the contribution of personality traits according to the risky cognitive method versus caution in performing the skills of rolling up and landing a human wheel on the balance model device in your artistic gym for female students.

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Abstract

The study of personality and knowledge of its features is the main source of knowledge of the manifestations of human behavior because the subject of personality is an important topic that the psychology touched on to study so far and the personality is distinguished from other subjects of psychology by emphasizing the complex organization within the individual that general psychology addresses individual psychological functions such as perception, learning and motivation

And emotion. The subject of individual differences between students helps to know the personality traits and predict what will be the behavior of the student in the face of the complex consent in his life and knowing the cognitive methods characteristics of educated individuals is a contributing factor in determining the appropriate educational method for them in dealing with the information and difficulties that they may face during the learning process and the skills of the rise rolling and landing human wheel on the balance model of skills that are difficult for the student to perform with high mastery and that this difficulty is the result of Performance thinking disorders due to individual differences in personality traits and cognitive methods possessed by educated individuals. And in that came the objectives of the research and as it comes:_

1-   Learn about the distinctive cognitive method of the research sample (risk-caution)
2-   Identify personality traits according to people with a cognitive approach to risk versus caution
3-   Recognize the performance of my skills to roll and land a human wheel on a casual device according to those with a cognitive approach risk versus caution
4-   Identify the relationship between personality traits and perform the skills of rolling up and landing a human wheel on a balance model device according to those with a cognitive approach risk versus caution
5-   To identify the contribution ratio of personality traits and the performance of the skills of the rolling up and landing human wheel on the balance model device according to those with a cognitive approach risk versus caution.

The descriptive curriculum was used in the survey method and appropriate correlations to apply the research, but the research sample was represented by a sample of third-stage students in the Faculty of Physical Education and Sports Sciences University of Diyala for the academic year -2019-2020 and the scale (personality traits) and the scale (risk versus caution) and the tests of rolling up and landing a human wheel on a casual device in the technical skull of the students.

The research results related to the link between the attribute scale were presented, analyzed and discussed

Balance in the technical gymnasts of female students and the researchers reach a set of conclusions and recommendations before researching personal traits, risk and caution.

1-1   Introducing research
1-1-   Introduction to research and its importance

The world witnessed a rapid development in the various fields of life, which has caught the countries of the world in a struggle to reach the best levels among the countries of the world and this development was not the result of coincidence, but came as a result of the great and continuous efforts of scientists and experts and abilities and creators in the development of the best studies and research that helped to discover the latest modern and innovative scientific methods and methods in the branches of life in general, especially the sports field, which includes several fields including education, training, health and recreation. Personality and knowledge of its features is the main source of knowledge of the manifestations of human behavior because the subject of personality is not limited to researching what we are but must be what it is, and most psychologists agree that personality is one of the most dangerous phenomena that psychology is subject to study so far, because man is the most complex thing in the universe and his study is more challenging the world. The personality is distinguished from other subjects of psychology by emphasizing the complex organization within the individual, from which general psychology and individual psychological functions such as perception, learning, motivation, emotion and the position of individual differences between people do not appreciate the different types of activity from the human being independent of each other, but rather they are issued in a consistent form of one integrated personality and help knowledge and identification of personality traits to predict what human behavior will be in the face of multiple situations in his life [1] Knowledge and identification of learners contributes significantly to providing better educational conditions by knowing their cognitive methods in processing information because it is the unique way for individuals to understand, understand, remember, store, translate and use information to benefit from it and what is only the individual's actions during learning.

There is a close link between personality traits and cognitive methods and there are many studies through which the relationship between the cognitive field i.e. cognitive methods personality traits revealed the effectiveness of the use of personality estimates

as expectations of the cognitive style, and the process of gymnastics is one of the individual games characterized by the field of performance and the development of the spirit of courage and boldness as it depends on special specifications in which the student is subject to laws and rules enabling him to perform technical skills in Properly methodological lessons, and according to the requirements and characteristics of performance on each device and the skills of the rise and landing human wheel on the casual balance device of difficult skills on the students in their performance with high mastery , and that this difficulty

As a result of performance thinking disorders caused by individual differences in personality traits possessed by individuals and their relationship to the individual's distinctive cognitive style, which is risk versus caution, this situation can be addressed by knowing the appropriate training methods that the teacher is tired of in appropriate scientific lessons with the personal traits and cognitive methods possessed by students. The importance of the research is illustrated by the above that the current research after a modest attempt to identify the nature of the relationship between personality traits according to the cognitive method (risk-caution) possessed by female students and its relationship to the performance of the skills of the students of the initiation rolling and landing human wheel on the balance model among third-stage students in the Faculty of Physical Education and Sports Sciences University Diyala for the purpose of studying it in order to benefit from it in the service of the public interest and scientific addition of cognitive balance and its applications blind and social in addition to the art of conducting many research on the purpose of conducting many research on University students will contribute to identifying the nature of campus students and trying to overcome the difficulties they face.

2.1 Search problem

The choice of the appropriate teaching method for educating students must take into account the cognitive personality traits possessed by the educated university students, which contributes significantly to motivating them to work positively and actively by making them the focus of the educational process and the problem of research lies in the low level of performance of female students in the skills of rolling up and landing a human wheel on the balance model in your 1,000th gymnast. This is due to the choice of teaching methods by the teacher, which must choose distinctive teaching methods that contribute to helping learners modify their cognitive style in a way of guidance and guidance, as the cognitive style of the risk-takers was not studied and built on the right foundations and strengthened aspects of self-confidence for those with a cautious style by identifying the percentage of the contribution of their personal attributes according to their cognitive methods.

3-1   Search objectives
1- Learn about the distinctive cognitive method of the research sample (risk-caution).
2- To learn about personality traits according to those with a cognitive approach risk versus caution.

3- Learn about the performance of the skills of the initiation of rolling and landing a human wheel on a casual device according to those with a cognitive method risk versus caution.

4- Recognize the relationship between personality traits and the performance of the two skills of rolling and landing a human wheel on the balance model device according to those with a risky cognitive approach versus caution.

5- To identify the contribution ratio of personality traits and the performance of the skills of the rolling up and landing human wheel on the balance model device according to those with a cognitive approach risk versus caution.

4.1 Search duties

1- A different correlation between personality traits according to risk-takers versus caution, the performance of the rolling up skills and the landing of a human wheel on the balance beam.

2- There are varying toxic proportions in personality traits according to those who take risks versus caution in performing the erstarts and landing a human wheel on the balance beam.

5.1 Areas of research

 1-5-1 Human field/third-stage students in the Faculty of Physical Education and Sports Sciences / Diyala University.

2-5-1 Temporal Domain / From 15 February 2019 to 10 June 2019.

3-5-1 Spatial field/classrooms and art gymnast at the Faculty of Physical Education and Sports Swim / Diyala University.

6.1 Terminology is defined

Personality traits are integrated characteristics of the individual and they refer to neuropsychological characteristics that explain how an individual behaves, so (counting port) personality has a measurable system because it has a real presence. Risk vs. Caution[2]**:** Is the most preferred way for the individual to realize, think, address, process and retrieve information in different situations that give the risky person a tendency to venture into decision-making and high self-confidence in challenging the unknown and the steps of the puzzles with more ambition and optimism. And realism.

Research methodology and field procedures

2.1: Research method/ The researcher used the descriptive approach in audio style and correlational relationships to suit the nature of the research.

2.1.1: The research community has been identified and appointed/ The research community has identified the 45 third-year students in diyala University's Faculty of

Physical Education and Sports Sciences and the research sample was from within the community of origin, which represents them sincerely for the academic year (2019-2020).

2-1-2: Hardware and tools

1- Electronic Computer (DELL) Number (1).
2- Height and weight measurement device.
3- A balance device for girls.

2.1.3: Means of gathering information

1- Playing and foreign sources.
2- The registration form and the release of data as the two roller-wheel edging and landing human wheel on the balance beam.
3-   Tests and measurement.
4- Survey questionnaire for personality trait scale.
5- Survey resolution on the risk-for-caution scale.

2.1.4 Nomination tests

In order to achieve the objectives of the research and measure its variables, a set of tests will be used to gather information on the behavior that we intend to measure in order to reach an individual's comparison with others or to compare the individual with himself in the light of a particular ladder or specific measures, and these tests are:

2.1.4.1: Personality personality scale / After looking at many metrics related to the subject matter and objectives of the research, the personality scale i have prepared has been selected. After completing the procedures of sincerity and stability, the measure of personality traits is from three areas (concept of self- psychological compatibility - religious commitment) and consists of (27) words and is divided into positive and negative and when correction grades (1,2,3,4,5) respectively are given to positive alternatives and vice versa with regard to negative alternatives.

2.1.4.2: Cognitive Style Scale (Risk vs. Caution)

After reviewing many measures related to the subject of research and its objectives, the measure of cognitive style (risk-caution) prepared by researcher Ezekiah Kamal ([2]) was selected.

After completing the procedures of sincerity and stability, it legalized it on the sports field basma Naeem [3].

The measure consists of (34) words, which depends on the formula of positions with compulsory choice consisting of two alternatives, the first represents (after risk and the second after caution) as this method requires the respondent to estimate the size of the characteristic to be measured, but determines whether the characteristic or characteristic in one of the alternatives of the phrase is more applicable to it than the

other, as the terms of this measure are prepared in the form of a compulsory selection position that forces the respondent to show the cognitive style clearly, Since the individual has used a certain cognitive dimension, he or she will exclude the other dimension.

The degree is given to the respondent on the basis of the specified weight of each alternative within the same phrase, the alternative that indicates after risk is given two degrees (2) and the alternative that indicates the dimension of caution is given to him one degree (1), thus the overall score of the phrases ranges from (34-68) degrees with a theoretical average (51) degree and the higher the degree on this scale, the more you turn to risk and the lower the degree you turn towards caution.

2.1.4.3: Test my skills to roll and land a human wheel on the balance beam:

The skill of going up on the balance beam is to climb on the balance model almost the same as diving on the floor, where the learner when the skill performs the same steps as i learned on the floor floor.

Purpose of the test: Measuring the skimmer ability jumping on the balance beam.

Tools: balance beam, rise plate, simplest sponge.

Performance specifications:

1- The learner performs induction steps before hitting the advancement plate (glove).
2- When the learner arrives at the rise board in the last step of the ascent she pulls her arms from the bottom to the top in front of her, hitting the rise plate in the meantime the feet are raised high looking the shape of the body straight and slanted on the balance model device.
3- At this stage, the learner places her hands on the crossbar, hands on either side of the crossbar, bends her head to the chest, then bends the arms and sequentially tightens the body from the neck and spine down to the hip.
4- As the hip descends on the crossbar, the learner prepares to get up, here two positions can be taken for the feet:
    A- Either the learner opens her feet and after the body rises, the educated hand turns from the back to the front of the body.
    B- The second mode is placed one foot after another individually and then the learner stands.

The landing skill is a human wheel/ known as cardwell, where this end of the world is performed by both sexes to the carpet of ground movements and the balance model for girls only.

The purpose of the test/ measurement of skill capacity and stability for landing (descent from the balance beam).

Tools / balance beam / simplest sponge.

Performance specifications / is a rotational movement or flip to the side of the rotation (160 degrees) based on the hands in the performance stages begins the movement of standing and the arms high and with the challenge forward step by the first man is bent the man and tilt forward to rely on the first hand close to the front man and with the hand on the balance model the torso is rotated quarter roll, lifting the bend man with the man's rear swing back high and putting the fixed hand on the crossbar so that the passage by standing on the hands With the two men opened aside and the feet landing close to each other and arms high, the skill is performed in climbing and the middle of the crossbar and landing from the crossbar.

Registration: Given to the laboratory (10) degrees.

2.1.6: Reconnaissance experiment / Survey experiment was conducted for the scale (personality traits), measurement (risk versus caution) and the selection of my skills (rolling up and landing human wheel) on 5 March 2019 to a sample of third-stage students in the Faculty of Physical Education and Sports Sciences, numbering (5) female students at 5:00 a.m. in the classroom and the faculty's technical gym with the aim of:
1- Learn how responsive the sample is and apply the test.
2- Teaching and arranging the way of auxiliary work.
3- To ensure the safety of the devices and tools used in the research and the safety of them.
4- Learn how long it takes to test.
5- Find out how to get data and how to collect it to be statistically processed.

2.1-7: Themain experiment was conducted to collect research variables on 12 March 2019 on the sample of 40 female students in the classrooms and the Technical Gymnast for female students at the Faculty of Physical Education and Sports Sciences/Diyala University.

2.1.8: Statistical means
The statistical bag (SSPS) was used.

Presentation, analysis and discussion of research results:

Table (1) showing statistical description of data

Metadata for people with a risky cognitive approach to researchvariables									
Variables	Sample number	Arithmetic medium	Standard mistake	Broker	Standard deviation	Convolution	Flattening	Lower grade	Highest score

Personality traits	27	97.000	2.499	98.000	12.985	-0.194	-.128	70.00	122.00
The skill of going up	27	5.370	0.307	5.000	1.597	.255	-.414	3.00	9.00
Landing skill	27	5.926	0.272	6.000	1.412	-.125	-.897	3.00	8.00
Metadata for people with a cautious cognitive method of search variables									
Personality traits	17	95.529	2.618	100.000	10.794	-1.152	.245	73.00	108.00
The skill of going up	17	5.118	0.401	5.000	1.654	-.681	.735	1.00	7.00
Landing skill	17	5.824	0.404	6.000	1.667	-.785	.592	2.00	8.00

Table (2) shows the simple correlation factor of personality traits for those with a risky cognitive style and between the skills of the rise and landing of a human wheel of the balance model

Variables	Unit of measurement	Sample number	Link coefficient	Error rate	Statistical significance
The skill of going up	degree	27	.473*	.013	Moral
Landing skill	degree	27	-.176	.379	Uneconsced

After presenting the table, it is found that personality traits have a moral correlation in the skill of going on balance model because the skill of the initiation of difficult skills on the model needs to be risky and the factor of fear and anxiety is low due to risk, as confirmed by (Maryam Salim)[1].

Individuals with a risk pattern are often more risk-averse and more capable of confronting new or unfamiliar situations. table

(3) The multiple link coefficient, the link box and the contribution ratio show the personality traits of those with a risky cognitive style in the performance of the rolling and landing skills of the human wheel of the balance model

Model Summary				
Variables	Multiplelink coefficient	Link box	Contribution ratio	Error estimates
1	.535ᵃ	.286	.226	11.421
A. Predictors: Constant human wheel , skill of going up, landing.				

Table (4) The analysis of the variance shows the linear decline of the personal features of those with a risky cognitive style in the performance of the skills of the rolling up and landing human wheel of the balance model

ANOVA[a]						
Model	Total deviation boxes	Degree of freedom	Average deviations	F value	Error rate	Statistical significance
1 Between the group.	1253.697	2	626.848	4.806	.018[b]	Moral
Inside the group.	3130.303	24	130.429			
Total	4384.000	26				

Table (5) shows the values of fixed limit and tendency (effect) of personal attributes for those with a risky cognitive style in the performance of the skills of the rolling up and landing human wheel of the balance model

	Variables	Parameter value	Standard mistake	Beta Beta	T	Sig.	Significance
1	Fixed limit	88.449	11.472		7.710	.000	Moral
	The skill of going up	4.152	1.418	.511	2.927	.007	Moral
	Landing skill	-2.320	1.604	-.252	-1.446	.161	Uneconsced

After viewing the table, it was found that the fixed limit value ratios are good and the ratio of a high contribution and moral correlation in the skill of going up to the balance model for those with a cognitive (risk) style.

Table (6) shows the simple correlation coefficient of personality traits for those with a cautious cognitive style and between the skills of the rolling up and landing human wheel of the balance beam

Variables	Unit of measurement	Sample number	Link coefficient	Error rate	Statistical significance
The skill of going up	degree	17	.668[**]	.003	Moral
Landing skill	degree	17	.533[*]	.027	Moral

After presenting the table it was found that personality traits have a moral association with the skills of going up and down on the balance model in the cognitive style (caution) due to the fact that these two skills need to be verycareful because their performance on a device with legal heights and measurements so that the student is careful in performance and needs to be careful and predict the result and performance.

Model Summary				
Variables	**Link**	**Link box**	**Contribution ratio**	**Error estimates**
1	.693[a]	.480	.406	8.320
A. Predictors: Constant, human wheel , skill, roll, landing.				

Table (7) shows the multiple link coefficient, the link box, and the ratio of contribution personality traits to those with a cautious cognitive style in the performance of the skills of the rolling up and landing human wheel of the balance model

Table (8) The analysis of the variance shows the linear decline of personal traits of those with a cautious cognitive style in the performance of the skills of the rolling up and landing of the human wheel of the balance model

Model	Variables	Total deviation boxes	Degree of freedom	Average deviations	F value	Error rate	Statistical significance
1	Between the group.	895.069	2	447.535	6.465	.010[b]	Moral
	Inside the group.	969.166	14	69.226			
	Total	1864.235	16				

Table (9) shows the values of fixed limit and tendency (effect) of personal attributes for those with a cautious cognitive style in the performance of the skills of the rolling up and landing human wheel of the balance model

	Variables	Parameter value	Standard mistake	Beta Beta	T	Sig.	Significance
1	Fixed limit	69.076	8.031		8.601	.000	Moral
	The skill of going up	3.527	1.537	.540	2.295	.038	Moral
	Landing skill	1.443	1.525	.223	.946	.360	Uneconsced

4.1 Conclusions and recommendations

4.1 Conclusions

1- Personality traits confirm the percentage of contribution to the performance of the skill of the tala'a roll on the balance model.
2- Personality traits contributed a small percentage to the skill of landing a human wheel on the balance model of the risk-takers.
3- Personality traits contributed a high percentage to the skill of going up and down on the balance model.

4.2 Recommendations

1- Researchers recommend focusing on building and developing personality traits in my style (risk-taking and caution for female students).
2- Strengthening cautions to develop their performance to be slow in learning and enhancing increases their performance.
3- Conduct similar research on other variables on other devices.

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