

The Effect of Proposed Exercises in developing the concentration for the team Of Young for the National Center of Caring The Boxing talented Sport

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Abstract

The importance of the research:

Boxing is one of the opening space games which has quick and many influences as well as it is considered as a sudden one that unknown before, that leads to great concentration and the accurate attention by the Boxer himself for these effects in order to achieve the Kinetic duty in a very short time. Whenever the Boxer has high, quick, and great concentration he will have the ability to defend upon himself against the fast and the sudden parapets of the competitive Boxer, as well as to make counter boxes Inaccurate and fast manner.

The Problem of The research:

Despite the many serious attempts that are done in the field of developing and promoting the sound and the correct training in the space of Boxing, but, actually, there are many problems that are live up to now. These problems need solutions that are based on a scientific basis that aims to realize the best levels for the Boxers, privately, the Young Boxers. The Researcher has noticed through the Field Experiment as he is one of The Iraqi Champions in the field of Boxing that many of Young Boxers have very clear weakness in coordination and ordominance between reactions and the boxes which need to high efficiency in Neuro System and the Muscular System. The researcher, furthermore, has mentioned the lack of some coaches through their own training methods to many exercises that are based on the great concentration and attention so as to recognize and know the sound and the correct solutions.

The aims of this research:

Preparing proposed exercises for the purpose of developing the concentration and attention, as well, for the Young Team in The National Center for caring for the talented Boxers.

Conclusions:

- 1. Through the results, the experimental group has risen than the controlled one, as well as, the effect of the exercises of concentration and attention are clearly appeared.*

2. *The proposed exercises have an effective factor in developing the coordination and the relationship between the movement of the hand and the concentration of attention system.*
3. *And, it was very clear among the members of the Experimental Group through the correct concentration for the kinetic changes.*
4. *The development of the concentration of attention has participated in developing and promoting physical and psychological implementation.*

Recommendations:

1. *The training program must be included exercises of concentrating attention that is based on the coaches.*
2. *Developing the other physical features for the purpose of achieving the physical and the psychological completion for the boxer and to fix the professional execution.*
3. *The case of training on developing the concentrating attention, it mustn't disregard other physical characteristics which effect in the right application for the concentrating attention.*
4. *Finally, confirming on developing the concentrating attention for the boxer will strengthen his own professional implementation that is why, it must concentrate on this aspect.*

Keywords: *Boxing sport, Proposed Exercises, Kinetic duty*

I. Definition of research:

1-1 Research introduction and its importance:

Due to the progress of the technical performance of the games and sporting events as if it were at different levels, which led to the learners reaching convergence in physical performance, skill or planning, and therefore researchers specialized in the field of sports have taken to study the finer details that lead to the convergence of levels to reach the goals they seek To the officials and all officials according to scientific races, researchers and specialists in the field of sport seek to find new methods and methods that are compatible with the requirements of the sport. Including boxing and its development in order to improve performance and make a quantum leap in the level of skill performance to achieve results so that its impact is faster and more accurate in the development of events and sports. Boxing is one of the open ocean games whose stimuli are fast, multiple, and sudden (not known before), which requires the boxer to focus and pay close attention to these stimuli in order to achieve motor duty in the least possible time. Counter-punches are accurate and fast.

The concentration of attention is an important requirement in boxing, and in addition to the rest of the physical and movement qualities, it is an important pillar in the battle body, and to develop the most important aspects of interest in young boxers in the National Center, it is necessary to use different means and methods to develop the focus of attention and thus the importance of research using the proposed exercises to develop The focus of attention to raise and develop their skill level and planning.

1-2 Research Problem:

Despite all the serious attempts made in the field of developing and developing correct training in the field of boxing sport, there are still many problems that require solutions on scientific grounds aimed at achieving the best level for boxers, especially beginners. The researcher noticed through his field experience

that he is one of the champions of Iraqi boxing, that many young boxers have a clear weakness in coordination and harmony between reactions and the appearance of punches that require high efficiency in the nervous and muscular system. The researcher also noted that some coaches lack a lot of attention-focused training in their training curricula so that the player gets the highest percentage of points and knows the correct scientific solutions.

The researcher developed a curriculum of attention-focused training exercises that help budding boxers achieve their best fights.

1-3 Research Objectives:

Preparing suggested exercises to develop the focus of the youth team and the National Center for Gifted Boxing and Talent.

1-4 Research Hypothesis:

There are hypotheses of statistical significance in favor of the experimental group.

1-5 Research areas:

- 1- The human field: a junior team at the National Boxing Center.
- 2- Provisional field 1/29/2019 to 4/5/2019
- 3- The spatial domain: The National Center Hall, Baghdad / Boxing.

AI. Theoretical studies and the like

2-1 theoretical studies

2-1-1 the concept of interest

(Attention) is: "the general perceptual readiness that directs the individual's feeling towards a certain situation as a whole or as a part, and if the situation is known to the individual then the attention is little, and vice versa and attention is a voluntary process through which the individual chooses a stimulus or subject of interest and confines his sense and senses. By a specific point, and it is clear from the definition of (attention): that it is a motor and mental adaptation together. To a specific movement activity accompanied by reactions that remove and stop all skills that are commensurate with the player's position, such as adaptation to the player's ability to perform movement activity, and to know what happens to him in competition And we mean (the instigators) that the player can pay attention to (1). As (Muhammad Hassan Allawi 2002) affirms that "the individual through different senses and through many information or stimuli, whether from the external or internal environment (in what is known as the feeling process), and the individual introduces the recognition of this information. Or stimuli (in what is known). In the name of the perception process), and when the individual realizes this information or stimuli, whether external or internal, he can thus make a decision, whether or not he will continue directing his awareness towards the stimuli or the specific information from among these stimuli or perceived information (2).

Attention plays (Attention) an important role in a person's life and his contribution to knowing the environment and his connection with it, as it is one of the foundations upon which the various activities and higher mental processes are based. Without attention, a person cannot learn, remember, or think about anything, and in order for a person to learn something he must pay attention first, then perceive it (1).

2-1-1-1 Manifestations of attention and factors affecting it:

There are many aspects of attention, the most important of which are the following (2):

Amount attention	1. Attention size.
Intensity attention	2. The intensity of attention (intensity of attention).
Concentration attention	3. Focus your attention.
Selectivity attention	4. Get your attention.
Stability attention	5. Stable attention.
Distribution attention	6. Distribute attention.
Shifting attention	7. Distraction.
Distraction attention	8. Distraction.

As for the factors affecting attention, he summarizes them (Hamed Suleiman Hamad 2012) (1).

A. The internal factors that affect attention are:

1. The special characteristics of the senses.
2. The level of arousal or activation.
3. Personal traits.
4. The level of motor learning.
5. Anticipate triggers.

B. The external factors that affect attention are:

1. The amount of information or triggers and the difficulty of this information.
2. External pressure.
3. The time required to focus attention.

2-1-1-2 The importance of focusing in the sports field:

Focusing attention is the next step in attention. It is not permissible to separate it from it: Attention means: The individual chooses one variable, isolates the other variables to which he is exposed, and at the same time the concept of (focus) is explained accurately, and these two processes can be combined: (attention and focus), as it contains something from attention characteristics Along with the characteristics and specifications of concentration, for example, a boxing player pays attention during combat to the punches of his opponent, and different types of punches: (straight, snatch, cut): that is, he is interested in all these punches in general, and then concentrates in his defense And preparing to counterattack, and focusing on the opponent's counter-punches confirms (Osama Kamel Al-Ratib 2007) that there are types of classifications to focus attention. It can be classified into (2).

2-1-1-3 ways to improve focus of attention in boxing:

Boxing (focus attention) means: the ability of the boxer to survive, and maintain an interesting quality, as some boxers are exposed during fights to more sources of distraction, including: the loud voices of the crowd from the audience or comments. The trainer is outside the ring and this negatively affects the concentration of attention that a boxer has to adapt to during fights under training conditions with the audience and get used to not being distracted (focus attention). Therefore, it is important to focus in the measurement process on a specific set of information related to the problem that was dealt with by the researcher, it is difficult to access methods of evaluation and methods for solving boxers' problems, and if the boxer wants to visualize (focus attention) and convert it, he must think, since the entry of his competitor In the arena, in the surrounding environment of referees, fans and friends, a boxer can focus on his mission only with his opponent, and it begins before fights to perform some self-relaxation or focus exercises, because good concentration cannot be improved without relaxation. (Distraction) is a continuous process between stimuli in the environment, trying to choose the correct responses that work to achieve the desired goals, and attention is directed to the outside, such as events: identifying competing movements, then turning them back attention to sensory information to determine the muscles that will respond to this process Therefore, what imposes (attention) in the field of sport, especially in boxing, is: the transition from the inner self to the atmosphere surrounding the competitor according to the requirements of performance conditions during competition.

BI. Research methodology and field procedures:

3-1 Research methodology:

The choice of curriculum depends on the nature of the problem to be solved, so the researcher used the training approach (designing two equal sets of pre and posttests).

For the purpose of comparison and knowing the effect of the future variable for the purpose of reaching the results (as the experimental approach is a treatment to control all the basic factors that affect the change or dependent variables in the experiment except for one factor that the researcher controls and prepares in a certain way with the intention of determining and measuring its effect on the dependent variable) (3).

3-2 Society and Research Sample:

The research community was selected from among young boxers affiliated with the National Sports Center for Gifted Boxing (15-16 years) and their number (30 boxers) was selected from the sample (6 boxers) to conduct the exploratory experiment i.e. (by lot). Each team separately. They were divided randomly by lot into two equal groups, one experimental and the other control, with (12) boxers for each sample. The proposed experimental group performed attention-focused exercises prepared by the researcher, while the control group carried out. From coach exercises.

3-3 Homogeneity and parity between the two groups:

The homogeneity of the sample was found in the test (attention shift) by using the Burdon-Enfimov test and by using the torsion factor where the values were limited to (± 3), which indicates the homogeneity of the sample as shown in Table (1).

Table 1. It shows the coefficient of mean deviation and standard deviation

sleekness	standard deviation	Arithmetic mean	the test
0,58	2,44	5,8	Focus attention
0,22	2,657	5,7	Focus attention with distraction
0,04	3,203	6,05	Divert attention

The sample was divided randomly into two control and experimental groups by lot for each center. Accordingly, there were (12) boxers in each group, ranging from (28 kg) to (50 kg). This distribution made the two groups equal in principle because they came from one homogeneous group. .

3-4 Tools used in research and means of gathering information:

3-4-1 tools used:

- 1- Various stationery.
- 2- A metric tape measure.
- 3- Casio electronic stopwatch (2 count).
- 4- Legal boxing gloves (24 pairs).

- 5- Fans (24).
- 6- Dental shields, count (24).

3-4-2 Methods of gathering information:

- 7- Arab and foreign sources.
- 8- The Global Information Network (Internet).
- 9- Personal interviews.
- 10- An expert opinion questionnaire form about the test used to focus attention, attached no. (1).
- 11- Expert opinion form on exercises prepared by the researcher attached no. (2).
- 12- The names of the assistant work team, attached no. (4).

3-5 steps to conduct your research:

3-5-1 Tests used:

Elaph test to measure the concentration of random speaking attention on a gel doll.

The purpose of the test: to measure concentration of attention

Material specification:

- 13- The board is made of wood material (Malaysian tin).
- 14- A sponge of Iraqi origin.
- 15- The electrical wire (100 yards) of Saudi origin.
- 16- 4 colored lights + 4 bulb base.
- 17- German bicycle screws (Issue 4).
- 18- The electric wire cover (20m) of Jordanian origin.
- 19- The control handle (Id Akren) made in China (first door).
- 20- German Electricity Department.
- 21- The outer cover material (optical linoleum of Turkish origin).

How to do the test:

The boxer stands in front of the light panel in standby and there are four referees. The first only for calculating time with electronic stopwatch and changing colors, the second, third and fourth. They are working to score the right punches. The method of performance is as follows: the boxer stands in front of the lighting panel, and when the recorder hears the start signal, he begins to punch the colors that appear in the sections of the pillow, and the boxer must perform it in less than a second because the timer changes the color to another

color within one second and continuously for a period (30 seconds) The test ends. Note that the colors are not lit sequentially, but are controlled by the controller (operator). Among the duties of the second, third and fourth referee is to record correct punches within (30 seconds). Note that time can be controlled by the researcher. In addition to shooting the test with a video camera.

Scoring: The number of correct punches within (30 watts).

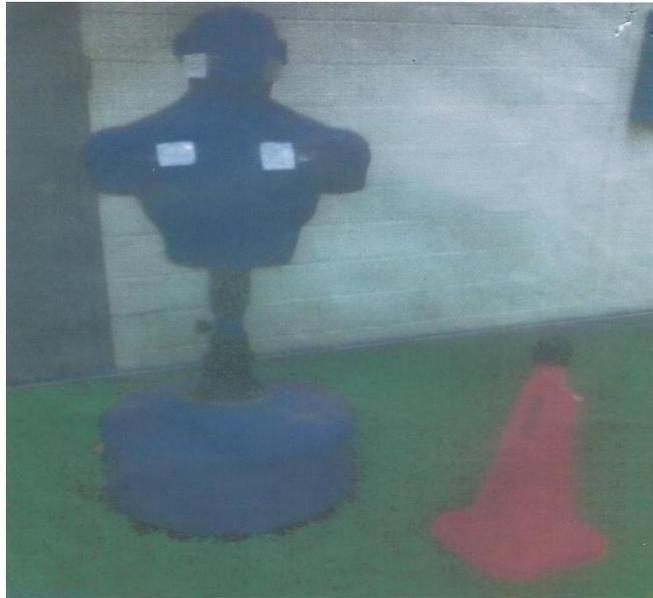


Figure (1) the random talking on the gelatin doll

3-6 Exploratory Experience:

The exploratory experiment (a preliminary experimental study that the researcher conducts on a small sample before undertaking the research) in order to choose the research methods and tools) (4).

At exactly ten o'clock am on Tuesday a brief summary 1/29/2019, the researcher conducted the special exploratory experiment device to measure the concentration of attention / random pillar rated and exercises prepared by the researcher made up of a sample of six boxers representing the National Sports Center for the care of sports talent boxing junior, as was Conduct this experiment in a boxing hall at the National Center.

The purpose of this experiment was to demonstrate the validity of the device used as well as to know and determine the appropriate time for the test, as well as the exercises prepared, so the researcher found the following:

- 1- The validity of the device and the ability of the sample to work with it are appropriate.
- 2- The time to fit the sample level for the test is determined.
- 3- Knowing the extent of the sample's ability to perform stomach exercises.

3-7 pre-tests:

Tests were conducted for tribal research sample on Monday a brief summary of 2/4/2019 at ten o'clock in the morning at the Center National Sports Hall to take care of talented youth boxing on the two sets of research experimental and control after the completion of the tests, the researcher unloaded the results in the discharge form.

3-7-1 Exercises prepared by the researcher:

The exercises prepared in the proposed curriculum to focus attention after the researcher has seen the available scientific and published sources from several experts and specialists in the field of boxing. The researcher prepared suggested exercises to develop attention focus that was normalized to the experimental group to develop attention focus using wall means as well as the boxing bag and the special hand shield In boxing, where the shield is moved at a great speed and variable in several directions, and the boxer tries to hit him with the use of tennis balls in dysfunctional exercises. Karmi Al-Medri takes two balls on the wall and the boxer picks them up in addition to applying some defensive methods and linking them with appropriate counter punches with the colleague and by using playing with the colleague on the ring, as well as Medical balls exercises Playing with the colleague upon hearing the signal and other exercises attached in Appendix No. (3) The experiment was carried out by the auxiliary work team for a period of eight weeks, and the suggested exercise session of the training unit time was (15) minutes within the main section of the training unit.

3-7-2 Dimensional Tests:

After the completion of the application of the training units of the number (24) and the training module during (8 weeks) was performed posteriori tests for the sample and two experimental and research control on Thursday a brief summary of 4/4/2019 at ten o'clock in the morning at the National Center Hall Boxing here committed researcher style The same in which the pre-tests were conducted in terms of time, conditions, and procedures, with the same assisting team and the same referees, and the data is dumped in the recovery of the dump.

3-8 statistical methods:

The researcher used the statistical bag SPSS because it contains all the processors of the research study.

IV. Presentation and discussion of the results:

1-4 Presentation of the sample results and their discussion in the pre and post-tests:

We note that the set of test correlation indicators was important, confirming that there is clear progress for the Boxers on the focus of the attention side, and this is reflected in the skilled, administrative, and surprise of the competitor.

Table 2. Both pretest and a post-test illustrate a boxer's response speed

	Intangible value	Test (T)	Dimensional		Tribal		variable
			+P	s	+P	s	
moral	0,001	4,39	0,12	1,09	0,17	1,45	Focus attention

Degree of freedom = 0,05

Through Table No. (2) Clarifying the results of the post-tests and after the completion of the proposed approach for attention-focused exercises, it becomes clear to the researcher that the experimental sample of the research has developed significantly and in favor of the post-tests. The researcher attributes this development to the proposed approach developed by the researcher, where the exercises proved their usefulness through the development of the level of performance. and that the main objective of the proposed exercises is to develop the ability of the boxers and increase their capabilities in order to reach a good level of performance (and as a result of the exercise organized and directed to improve the capacity and capabilities are important in the viability of the motor nerve Internalization duties) (5).

V. Conclusions and Recommendations:

Through this experience, the researcher came out with drawing conclusions and recommendations that were derived from the results of this research.

5-1 Conclusions:

1. Through the results, it appeared that the experimental group shifted their hands towards the control group, and the effect of attention-focusing exercises appeared.
2. The suggested exercises had an effective effect on developing the compatibility and coherence between the hand movement and the attention-focusing device. This was evident among the members of the experimental group through the correct focus of the motor variables.
3. The development of the concentration of attention contributed to the development of psychological and physical functioning.

5-2 Recommendations:

1. Including training curricula by trainers with attention focus exercises.
2. The development of other physical characteristics in order to complete the physical and psychological integrity of the boxer and to stabilize the skill performance.
3. When training on the development of attention focuses not to overlook the other physical characteristics that affect the correct application of focus attention.
4. Emphasis on developing the focus of attention for the boxer enhances his skillful performance and therefore this aspect must be emphasized.

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