

# Mental motivation and its relationship with skilled self of handball for students

Firas Mohisen Abdul Ameer<sup>1</sup>; Prof. Dr. Amel Ali Slumy<sup>2</sup> Asst. Prof. Dr. Salam Mohammed Hamzha<sup>3</sup>

## Abstract

*The importance of identifying the mental motivation and its relationship to the skilled self in handball for students, with reference to the scarcity of studies on these variables among students of the faculties of physical education and sports sciences of some universities of the Middle Euphrates, according to the researchers' knowledge.*

*As for the research problem, it is mental motivation is one of the modern and old concepts at the same time, it is old, if it is dealt with as a tendency aspect of thinking (the concept of the tendency to think) and under different names such as desire, tendency, willingness or desire to think, and the concept of mental motivation can be considered a modern concept from on the one hand, the results of brain research, its operations, and the care of thinking patterns in the brain emerged, while the skilled self is the awareness of the state's level of basic skills and continuing to perform exercises on it in a high spirit, through the perception of the attractiveness of the body formation and the ability to maintain the body and confidence in the outward appearance of the body, and the perception of skill capacity and muscle growth and confidence in situations that require the use of ability, and awareness of the level of the state or mobility, the ability to continue performing exercises for a relatively long period and self-confidence when practicing basic skills exercises, and the awareness of sport ability, the ability to learn motor skills and self-confidence in sports situations. Handball is one of the group sports that need speed, decision-making and consensus with colleagues, whether during the lesson, exercise or play, and mastering and learning the game of handball requires practice, training and knowledge of everything related to this game, whether in terms of skills or law in addition to Continuous follow-up to attendance and commitment to the lessons of this game.*

*Believing from researchers in the importance of mental motivation among students in their academic career in general, as well as the skilled self that has a role in learning and self-confidence in sports situations, which prompted researchers to study these variables and stand on their true reality by studying mental motivation and its relationship to the skill self of college students Physical education and sports science in some universities of the Middle Euphrates, It is a modest scientific endeavor to contribute to his service to his community. And that the research objectives: Identifying the reality of mental motivation and the skill of hand reeling for fourth-stage students in the College of Physical education and sports sciences of some universities of the Middle Euphrates (Babylon, Karbala, and Qadisiyah) for the academic year (2019-2020) , and identifying about the relationship between mental motivation and the skill of hand reeling for fourth-year students in the College of Physical Education and Sports Sciences of some universities of the Middle Euphrates (Babylon, Karbala, and Qadisiyah) for the academic year (2019-2020) . The researchers also hypothesized: There is a correlation between both mental motivation and the skilled self of handball for fourth-year students in the college of physical education and sports sciences of some universities of the Middle Euphrates (Babylon, Karbala, and Qadisiyah) for the academic year (2019-2020).*

*The researchers used the descriptive approach of the two methods, survey studies and correlational relations, in order to suit them with the research requirements. The research community included students of the fourth stage of the faculties of physical education and sports sciences of some Middle Euphrates universities (Babylon, Karbala, and Qadisiyah) for the academic year (2019-2020) and their number (404) students, and they*

---

<sup>1</sup>Master student, Faculty of Physical Education and Sport Sciences/ University of Babylon, Iraq.

<sup>2</sup> Faculty of Physical Education and Sport Sciences/ University of Babylon, Iraq.

<sup>3</sup> Faculty of Physical Education and Sport Sciences/ University of Babylon, Iraq.

[Firasmuhaysan99@gmail.com](mailto:Firasmuhaysan99@gmail.com) , [Phy.amal.ali@oubabylon.edu.iq](mailto:Phy.amal.ali@oubabylon.edu.iq) , [Phy.salam.m@uobabylon.edu.iq](mailto:Phy.salam.m@uobabylon.edu.iq)

were distributed over: University of Babylon (142) students, University of Karbala (110) students, University of Qadisiyah (152) students. While the application sample consisted of (120) students, and they were chosen by a simple random method, the results were extracted statistically by using the spss to extract the results. Consequently, the results were presented and discussed in chapter Four, and the researchers reached conclusions and recommendations, and the most important conclusions were: The members of the research sample enjoyed good amounts in all mental motivation and skilled self in handball, and there was a significant correlation between mental motivation and the skilled self of handball for fourth stage students in the college of physical education and sports sciences in some Iraqi universities. The researchers also recommended: the need to move towards building educational-training programs that contribute to building mental motivation among students of the fourth stage in the college of physical education and sports sciences in Iraqi universities, the need to move towards building educational-training programs for self-skilled students, the need for the teacher's attention in addition to psychological preparation for students In order to control the level of mental motivation skillful self and make it a good level.

**Keywords:** Mental motivation, relationship with skilled self of handball for students

---

### **Introduction:**

Mental motivation is a state that qualifies its owner to achieve serious innovations, and there are multiple ways to stimulate this state that pushes its owner to do things, or to solve the problems presented in different ways that sometimes seem illogical, as the traditional methods of solving problems are not the only ones to solve them, and the creative motivation is matched by mental rigidity, which indicates that the current way of doing things is the best or perhaps the only way. The concept of self in the sports field is what the athlete creates in terms of an image of himself through the various mathematical skills he performs, which he considers a source of influence in the surrounding environment, and the concept of self is one of the important psychological concepts for every person, who makes more effort to protect himself competent coaches seek to enhance the self-worth of athletes, convinced that the athlete's self-worth is the key to motivation. And the handball game is one of the most popular games in recent times and for various countries of the world. This game has gained its popularity through what it raises among the players and viewers of enthusiasm and a high impulse towards following up on its results. To high levels of sports, and among the topics that sports psychology began is the study of the sports personality, followed by studies of some psychological phenomena (mental motivation) and their relationship to the skilled self, as the psychological aspect is one of the main pillars in modern sports training because of its great importance in promoting victory of handball players. So, through the researchers' field experience, they identified the problem of their research in that the mental drive is one of the modern and old concepts at the same time, it is old, if it is dealt with as a tendency aspect of thinking (the concept of the tendency to think) and under various names such as desire, tendency, willingness or desire to think, and the concept of mental motivation can be considered a modern concept in terms of what has been produced by the results of brain research and its operations and caring for thinking patterns in the brain. While the skilled self is the awareness of the state's level of basic skills and continuing to perform exercises on it in a high spirit, through the perception of the attractiveness of the body formation and the ability to maintain the body and confidence in the outward appearance of the body, and the perception of skill capacity and muscle growth and confidence in situations that require the use of ability, and awareness of the level of the state or mobility, ability to continue performing exercises for a relatively long time, self-confidence when practicing basic skills exercises, and awareness of sport ability, and the ability to learn motor skills and self-confidence in sporting situations, and handball is one of the group sports that need speed, decision-making and agreement with colleagues, whether during the lesson, exercise or play, and mastering and learning handball needs practice, training and knowledge everything related to this game, whether in terms of skills or law, in addition to continuous follow-up to attendance and commitment to the lessons of this game.

Researchers believe in the importance of mental motivation among students in their academic curriculum in general, as well as the skillful self that has a role in learning and self-confidence in sports situations, which prompted the researcher to study these variables and stand on their true reality by studying mental motivation and its relationship to the skilled self of students of faculties of physical education and sport sciences in some universities of the Middle Euphrates, and it is a modest scientific attempt, which contributes to his service to the people of his community, and therefore the researchers have set the objectives of the research, which are: Identifying the reality of mental motivation and the skill of hand reeling for fourth-stage students in the college of physical education and sports sciences of some universities of the Middle Euphrates (Babylon, Karbala, and Qadisiyah) for the academic year (2019-2020), and identifying about the relationship between mental motivation and the skill of hand reeling for fourth-year students in the college of physical education and sports sciences of some universities of the Middle Euphrates (Babylon, Karbala, and Qadisiyah) for the academic year (2019-2020) . The researchers also hypothesized: There is a correlation between both mental motivation and the skilled self of handball for fourth-year students in the college of physical education and sports sciences of some universities of the Middle Euphrates (Babylon, Karbala, and Qadisiyah) for the academic year (2019-2020). As for the fields of research, they were represented by the students of the Middle Euphrates universities (Babylon, Karbala, and Qadisiyah) for the academic year (2019-2020) and their number was (120) students, and the time of the experiment was

from 11/12/2019 to 2/3/2020. As for the place to conduct field experiments, they have chosen the classrooms of the universities of the Middle Euphrates (Babylon, Karbala, and Qadisiyah).

**Research methodology and field procedures:**

**Research Methodology:**

The researchers chose the descriptive approach of the two methods, survey studies and correlational relations, in order to suit them with the research requirements.

**Community and sample research:**

The research community included students of the fourth stage of the faculties of physical education and sports sciences of some Middle Euphrates universities (Babylon, Karbala, and Qadisiyah) for the academic year (2019-2020) and their number was (404) students, and they were distributed over: University of Babylon (142) students, University of Karbala ( 110) students, Al-Qadisiyah University (152) students, the application sample consisted of (120) students, and they were chosen by a simple random method.

**Devices, tools and methods used in the research:**

- Arab and foreign scientific sources and references.
- The choices and measures (measures) used in the research (mental motivation, self-skill).
- The questionnaire.
- Calculator for hp laptop.
- A handy Casio type calculator.
- Manual Casio stopwatch.
- Various office supplies.

**Field research procedures:**

To achieve the objectives of the current research, it required the preparation of measures (mental motivation, and skilled self) and were applied to the research sample.

**The main experience:**

Application of standards after completing the statistical analysis of metrics, it was applied to the application sample of (120) students representing students of the college of physical education and sports sciences in the universities (Babylon, Karbala, and Qadisiyah) with the help of the assistant work team for the period 5/1/2020.

**Statistical means:**

To extract the results of the research, the researcher used the Statistical Bag for Social Sciences (spss), and the statistical methods are: -

- Percentage .
- Mean .
- Standard deviation.
- Simple correlation coefficient (Pearson).

**Presentation, analysis and discussion of the results of measures of mental motivation and skilled self among the subjects of the research sample:**

**Results of the reality of mental motivation and skill self among the individuals of the research sample and their analysis:**

Table (1) shows the results of the arithmetic means, the standard deviations, the hypothetical mean, the mean, the mode and the coefficient of variation for measures of mental motivation and skilled self among the subjects of the research sample.

N	Scale	Mean	Std. Deviation	Hypothetical Mean	Median	Mode	Coefficient of variation %
1	Mental motivation	119.475	15.317	78	120.000	121.000	12.820 %
2	skilled self	91.982	11.435	63	94.000	95.000	12.432 %

Through the results presented in Table (1) that showed that there is a good amount enjoyed by the members of the research sample, which numbered (120) students in the mental motivation scale, as the value of the arithmetic mean of the scale was greater than the value of the hypothetical mean, the researchers attribute the reason for this result to the fact that the fourth stage students in the college of physical education and sports sciences enjoy good mental motivation as a result of the accumulated experiences they gained during their years of study in the subject of handball, as we find their acquisition of skills better as a result of practice and training, and the number of educational units in which they participate according to the variable of the academic level they are in, which is characterized by the similarity in the structure of skills preparation for handball among fourth-stage students in the faculties of physical education and sports sciences in Iraqi universities, as they follow the methodology and the same method in the process of learning basic skills and complex motor sentences and training on it, in addition to paying attention to the psychological aspect during the educational units

by spreading the spirit of encouragement and enthusiasm and mobilizing the psychological energy of the students, and their ability to control their behavior, self-control, focus, self-confidence, and employ mental motivation in a positive way to cope with learning situations and training handball skills and their different conditions which leads to better and fuller performance of the skills and duties, consequently, an increase in the experiences that these students have due to the large number of participations and competitions in the duties of the educational units, their variation in degrees of difficulty and importance, and their acquisition of important psychological capabilities, including mental motivation, which is a state that qualifies its owner to achieve serious innovations, and multiple ways to stimulate this situation, or to solve the problems presented in ways different, as well as one of the important concepts that have an effective impact on learning and training motor skills, as they are related to the level of performance and then academic achievement, and what is achieved with its presence by directing attention to some activities that attract students' interest while persevering and continuing the effort better, and mental motivation has great importance from an educational point of view as it represents an end and a means at the same time, this is consistent with what has been mentioned that "stimulating students' motivation makes them engage in cognitive activities outside the scope of academic work and in their future life"<sup>(1)</sup>. The researcher believes that mental motivation plays an important role in raising the level of students' performance and productivity in the various scientific fields, and the different activities that they face, here a great responsibility falls on the teachers and those in the educational process to maintain the continuity of the mental motivation of these students in all their academic stages, and students, like other members of society, have tendencies, motivations and needs they seek to satisfy and their compatibility depends on the degree of satisfaction of these needs.

Results in table (1) also showed that there is a good amount enjoyed by the members of the research sample of (120) students in the skilled self, as the value of the arithmetic mean of the scale was greater than the value of the hypothetical mean, and the researchers attribute the reason for this result to the student's knowledge and appreciation of what he enjoys. Of motor skills specific to handball, and the extent of his adequacy and preparations for the various motor skills that together constitute the basic motor skills in this game, which is characterized by being a game full of many playing situations and psychological pressures that are characterized by their severity and speed of change, which would affect the skill performance of the student and then his academic achievement in this subject.

The researchers also attribute the fourth stage students' enjoyment of a good amount of skill in handball to the nature of these students' capabilities and individual and collective skill abilities, their educational-training status, their training age (years of study), as well as the skill preparation process and the structure of the educational process. Followed by the stage in the faculties of physical education and sports sciences in some Iraqi universities, and the scientific and practical steps that teachers take in teaching basic skills and training them in handball, and the diversity in their performance according to the different situations that characterize this game, here we find that teachers of this subject constitute a major reason for developing students' skills performance and bringing them to a good level in this performance, and this requires students to have good physical abilities, and this is what was indicated in that "the skillful self is one of the psychological characteristics and qualities that are closely related. With physical characteristics, and without them the player's performance becomes impaired"<sup>(2)</sup>.

**Presenting, analyzing and discussing the results of the correlation between the research variables among the research sample members:**

In order to achieve the third objective of the research, which is to identify the nature of the relationship between mental motivation and the skilled self of handball among students of the fourth stage of some universities of the Middle Euphrates (Babylon, Karbala, and Qadisiyah), the researchers extracted the values of the correlation coefficient (Pearson) between mental motivation and the skilled self of individuals the research sample is as shown in the table in table (2).

N	Variables	Correlation coefficient value	Level of sig	Type of sig
1	Mental motivation and skilled self	0.741	0.001	Sig

The researchers attribute the result of the moral correlation between mental motivation and skilled self of handball among individuals of the research sample, which was shown by the results of table (2) also that the degree of student motivation is influenced to a large extent by the extent of his confidence in his abilities and capabilities. If the student does not have the conviction and firm belief that he possesses abilities in achieving the performance and the objective that he seeks, rather he will not make the effort that enables him to achieve the goal, for the student who does not believe that he has the ability and willingness to help him to perform better skills will reduce his motivation and then his giving in the educational units. Therefore, researchers see that skilled self is a clear awareness of aspects of the student's activity, and his evaluation of his skill performance with his various abilities is a self-evaluation, which is a realistic view of his work process in order to correct errors in skill performance, and these aspects, if available objectively, will help him reach better skill performance at both levels. singles and group, this is consistent with what has been referred to in skilled self, which is "it is a form of concept, and the athlete's perception of his motor skills in training and matches, which may be positive or negative, and it is also an expression of the movement skills that the player has of his game, in addition to

being an expression. His sufficiency and readiness to perform skills in training and competition counts his personal perspective”<sup>(3)</sup>. The researchers believe that the skilled self is one of the psychological characteristics and characteristics that are closely related to the physical and physical characteristics, without which the student’s performance becomes weak, and from here the psychological qualities (the skilled self) of the student have become one of the important aspects in the educational units for fourth stage students.

**Conclusions and recommendations:**

**Conclusions:** Based on the research results reached within the limits of the research community, the following conclusions have been reached:

- 1- The research sample had good amounts of both mental motivation and skilled self of handball.
- 2- There is a significant correlation between mental motivation and the skilled self of handball for fourth-year students in the college of physical education and sports sciences in some Iraqi universities.

**Recommendations:**

- 1- The necessity of moving towards building educational-training programs that contribute to building mental motivation among fourth-year students in the college of physical education and sports sciences in Iraqi universities.
- 2- The necessity to go towards building educational and training programs for self-skilled of students.
- 3- The need for the teacher's attention, along with the psychological preparation of students, in order to control the level of mental motivation, skilled self and make it at a good level.

**References:**

- Alzabari, S. A. H., Talab, H. R., & Flayyih, H. H. (2019). The Effect of Internal Training and Auditing of Auditors on Supply Chain Management: An Empirical Study in Listed Companies of Iraqi Stock Exchange for the Period 2012-2015. *Int. J Sup. Chain. Mgt* Vol, 8(5), 1070.
- Muhammad Hassan Allawi:( 1997), Applied practice in handball. Cairo, The Arab Thought House.
- Muhammad Mahmoud Al-Hailah:(2000), Motivation, the neglected factor in educational design, Jordan, Student Magazine, Issue 2.
- Omar Fadel Al-Badri: (2000), Self-concept and its relationship to the speed of the motor response among fencing players, Master Thesis, University of Baghdad, college of physical education.