

Mental health and its strict relationship with the Iraqi rulers' decision to boxing

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Abstract

The significant development that is taking place in the level of sports competitions in various games has been accompanied by a significant increase in the pressures of competition experienced by referees in sports competitions as well as the pressures of various public and private life outside and the competition facing, and naturally requires that the referee be at a high level of mental health and fitness Physical and functional, and the problem of the current research lies in the weakness in the ability of boxing referees to make decisions due to the low level of mental health, so the researchers decided to develop appropriate solutions to the problem suffered by the referees and overcome the lapses that they may fall during fights in order to raise them at the highest levels. The current study aims to identify the mental health of advanced boxing referees in Iraq, to identify the accuracy of decision-making among advanced boxing referees in Iraq and to identify the relationship between mental health and decision-making among advanced boxing referees in Iraq. The research community is one of the referees of the boxing game for Iraqi clubs and the sample was selected in the random manner of the sports season (2020-2021), the total research community (180) referees and the research sample of (100) was selected as the judge of the main trial procedures and their percentage (55.55%), and (15) were selected for the survey experiment and the percentage problem was (8.33%)

1.1 The introduction and importance of the research: -

The significant development that is taking place in the level of sports competitions in various games has been accompanied by a significant increase in the pressures of competition experienced by referees in sports competitions, as well as the pressures of various public and private life outside and the competition that they face, naturally requires that the referee be at a high level of mental health, fitness and employment, in order to be qualified to face the increasing pressures during fights.

The athlete in a society that lives with pressures and tensions reflects its impact on his mental and physical health, as the athlete when subjected to constant and repeated pressures without having the ability to face these difficulties and pressures that the rulers are exposed to and affect mental health, and the concept of mental health aims to remove what he may suffer from The individual is concerned, stressed and disturbed, either by removing

or alleviating the symptoms causing the disorder, and helping the human being to live with the stresses and psychological crises he may encounter (Alosi Jamal Hussein, 1990,p. 45+46)

Mental health has a great impact on the referees of individual games, including home games, especially boxing, especially on how to perform, because it is the main and powerful engine to reach the best results and achieve successes during fights.

Decisions are "aside in our daily lives and when they are made consciously or unconsciously, they will have many consequences in the life of the individual, including the lives of athletes, particularly boxing referees, and therefore the main tool we use in the face of opportunities, challenges and uncertainties in life (Malik Abdul Ghani, 2005, p. 213)

The importance of the current research lies in measuring mental health and its relationship to the accuracy of decision-making for the referees of boxing (individual games) through the measures of mental health and decision-making for referees, and due to the importance of decision-making in the life of the individual and its impact on the reality of its existence in many respects, the decision-making process has received the attention of many sciences such as psychology, physiology, training science and other sciences, scientists point out that most decisions made by the individual, including athletes, especially referees, are important and the reason for this importance is the results that cast a shadow on the individual and the individuals associated with it, Making good decisions is one of the most important factors that have a significant impact on the compatibility of the individual (governance) psychologically, socially, professionally and academically.

1- 2 the problem of searching: -

The problem with the current research lies in the weakness in the ability of boxing referees to make decisions due to the low level of mental health, so the researcher decided to develop appropriate solutions to the problem suffered by the referees and overcome the lapses that they may fall during fights in order to raise them at the highest levels.

1- 3 search objectives: -

1. Learn about the mental health of the rulers of Iraq's boxing clubs.
2. To know the accuracy of decision-making among the referees of Iraqi boxing clubs.
3. Learn about the relationship between mental health and decision-making among the rulers of Iraqi boxing clubs.

1.4 Areas of research: -

1-4-1 Human Field: Referees of Iraqi Boxing Clubs.

1-4-2 Temporal Domain: 10/12/2020 to 25/4/2021

1-4-3 Spatial Area: Sports Halls for Iraqi Clubs

2. Research methodology and field procedures: -

2.1 Search method: -

The method "is the method used by the individual to reach a certain goal), through the above, the researchers used the descriptive method in the survey method to suit the nature of the research problem to be solved" (AkramKhattabiya,1997,189)

2-2 The research community and its sample:

The choice of "thesample of research depends on the phenomenon to be studied, and when the researcher collects his data and information, he "resorts to collecting it either fromthe whole community or appointed by his representative to thiscommunity" (AmerIbrahim Qandilji, 1999, p. 137).

The research community consists of the rulers of the Iraqi clubs in boxing and the sample was chosenin the deliberate manner of the sports season **(2020-2021)**, and the total research community of the sample **(180)** was judged and accordingly the researchers chose the sample of the research sample of the governors of the clubs of Iraq **(100)** referees and their percentage **(55.55%)**,**Fifteen** judges were selected for the survey experiment and the percentage problem is **(8.33%)**.As shown in **Table 1**

Table 1

Details and sample of the research community

to	name Province	number Rulers	Sample number of trials		Percentage
			Home	Reconnaissance	
1	Baghdad	40	40		55.55%
2	Basra	25	25		
3	Nasiriyah	31	31		
4	Maisan	4	4		
5	Diyala	2		2	8.33%
6	Intermediary	13		13	
7	Najaf	34			36.12%
8	Karbala	31			
Total		180	100	15	100%

2-3 Devices, tools and information collection methods: -

Search tools "are the means through which the researcher can collect data and solve the problem to achieve the objectives of research, whatever those tools are from data, sample and devices" (Mohamed Sobhi Hassanein, 1995, p. 273)

2-3-1 Devices, tools and means of collecting information used in the research: -

The researchers used the means by which they could obtain the data and information required to solve the form of research and achieve its objectives, including

- Stopwatch
- Dry pens
- Questionnaire form
- laptop
- Interview

2.3.2 Key search procedures: -

2.3.2.1 Mental health and decision-making measures:

Mental health and decision-making: - The measures of mental health and decision-making attributed to (Iyad Kamel, 2017), which includes (14) paragraphs which contains five alternatives are (always, Often, sometimes, rarely, never) as well as the decision-making measure used by the researchers, which includes (25) paragraphs followed by researchers in order to obtain two measures in which the available secometry characteristics such as honesty, stability, objectivity and ability to distinguish, allen ¥: 1979 P154 indicate that the process of applying the scale goes through several stages:

2.3.2.2 Correcting the scale:-

Correcting the scale depends on the type of scale used and on the actions taken for correction purposes and the corrector or researcher must take into account objectivity when setting grades, which requires two things:

1. Provide a correction key for the test.

To determine "procedures to match the sample answers to the answer key that the researcher basically designs to measure the degree of each judgment on test questions" (Sami Mohammed Melhem, 2002, p. 225)

2.3.3 Reconnaissance experiment: -

The researchers conducted the reconnaissance experiment, which is "a preliminary mini-experiment similar to the main experiment carried out by the researchers before they conducted the main

experiment with the aim of identifying and avoiding errors (MohamedSobhi Hassanein, 1995, p. 273)" on (25 January 2021 to 31 January 2021) before embarking on the main experiment.

2- 4 Field procedures: -

The researchers distributed the questionnaire forms to the research sample dated (15-2-2021) and up to (3-3-2021) on a sample of (100) judgments from the research community of 180 rulings representing the provinces of Iraq.

2.5 Statistical means: -

The researchers used the percentage law, computational middle, standard deviation, and twisting to extract search results.

3. View and analyze the results: -

This section includes a presentation and analysis of the research results used after being statistically processed in the light of theoretical study and previous studies in order to reach appropriate conclusions and recommendations.

3-1 Presentation and analysis of the paragraphs of the mental health scale: -

In this section, the researchers discussed and analyzed the questionnaire questions, where they determined the rate of appearance of these paragraphs through the use of arithmetic, standard error, standard deviation, twisting factor, hypothetical medium, and then analysis of the results of the paragraphs, as shown in table 2.

Table #2

Shows the computational medium, standard error, standard deviation, sprain factor and the hypothetical medium of the mental health variable

Mental health							
N	Phrases	Sam ple num ber	Arith metic medi um	Standa rd error	Standar d deviatio n	Twistin g plants	Hypo theses
1	I feel able to deal with sudden events during the competition.	100	4.7600	0.04292	0.42923	-1.236	42.000
2	I rely on my own problem-solving abilities before and during the competition.	100	4.7600	0.04292	0.42923	-1.236	
3	I feel safe and stable in my performance during the competition.	100	4.7400	0.04408	0.44084	-1.111	
4	Have a variety of ideas in how to deal with	100	5.000	0.0000	0.00000		

	colleagues during the competition.		0	0		
5	I think I can succeed in the future during sports competitions.	100	4.7400	0.04408	0.44084	-1.111
6	I think my abilities help me run the competition.	100	5.0000	0.00000	0.00000	
7	I'm proud to belong to my team.	100	4.7600	0.04292	0.42923	-1.236
8	Increase the level of self-confidence of my teammates during the competition.	100	4.7400	0.04408	0.44084	-1.111
9	I accept advice from my fellow judges.	100	3.7400	0.08241	0.82413	0.519
10	I set goals for myself and try to achieve them.	100	5.0000	0.00000	0.00000	
11	Enjoy good health during the competition.	100	4.2400	0.08423	0.84232	-0.482
12	I have knowledge of the scientific and cognitive aspects that help me achieve the best performance during the competition.	100	5.0000	0.00000	0.00000	
13	The power of will is my motivation for good performance.	100	5.0000	0.00000	0.00000	
14	I prefer to rely on myself for success.	100	4.7600	0.04292	0.42923	-1.236

Table 2 shows that the statistical description of the mental health scale paragraphs as it was found that the arithmetic average **4.7600**, the standard error (**0.04292**), the standard deviation **0.42923**, the sprain factor (**-1.236**) and the hypothetical medium (**42,000**) as table 2 shows mathematical circles, standard errors and deviation. The standard criteria and the factors of twisting and the hypothetical center of the rest of the paragraphs of the **scale**, and through statistical indicators show that the sample enjoys good psychological health through the sports and social experience for them, which qualifies them to deal with pressures and psychological problems that the level of their performance in the fights makes them highly flexible psychological and able to achieve emotional balance, and that the social and sports environment in which they live, the level of study, family and economic situation gives them positive energy to enhance their confidence

in themselves and adapt to the atmosphere of sports competitions and their interaction with each other, which reflects positive for their mental health.

3.2 Presentation and analysis of the paragraphs of the decision-making scale:-

In this section, the researchers discussed and analyzed the questionnaire questions, where they determined the rate of appearance of these paragraphs through the use of arithmetic, standard error, standard deviation, twisting factors, and the center of the hypothesis, and then analyzed the results of the phrases, as shown in table 3.

Table3

Shows the computational medium, standard error, standard deviation, twisting factor, and the hypothetical medium of the decision-making variable

Decision							
N	Phrases	Sample number	Arithmetic medium	Standard error	Standard deviation	Twisting plants	Hypotheses
1	P1	100	5.0000	0.00000	0.00000		75.000
2	P2	100	4.7500	0.04352	0.43519	-1.172	
3	P3	100	4.5000	0.05025	0.50252	0.000	
4	P4	100	5.0000	0.00000	0.00000		
5	P5	100	4.7500	0.04352	0.43519	-1.172	
6	P6	100	4.7500	0.04352	0.43519	-1.172	
7	On 7	100	4.0000	0.17408	1.74078	-1.172	
8	P8	100	5.0000	0.00000	0.00000		
9	On 9	100	5.0000	0.00000	0.00000		
10	P10	100	4.5000	0.05025	0.50252	0.000	
11	P11	100	5.0000	0.00000	0.00000		
12	P12	100	5.0000	0.00000	0.00000		
13	P13	100	4.5000	0.05025	0.50252	0.000	
14	P14	100	5.0000	0.00000	0.00000		
15	P15	100	5.0000	0.00000	0.00000		
16	P16	100	4.7500	0.04352	0.43519	-1.172	
17	P17	100	4.5000	0.05025	0.50252	0.000	
18	P18	100	4.7500	0.04352	0.43519	-1.172	

19	P19	100	5.0000	0.00000	0.00000	
20	P20	100	5.0000	0.00000	0.00000	
21	P21	100	3.7500	0.16476	1.64762	-0.972
22	P22	100	4.7500	0.04352	0.43519	-1.172
23	P23	100	5.0000	0.00000	0.00000	
24	P24	100	5.0000	0.00000	0.00000	
25	P25	100	4.5000	0.05025	0.50252	0.000

Table 3 shows that the statistical description of the decision-making scale paragraphs shows that the arithmetic average(5.0000),the standard error (0.00,000),the standard deviation(0.000,000),thetwisting factors(zero)and the hypothetical medium(75,000)where Table 3 shows the computational circles, standard errors, standard deviations, twisting factors and the hypothetical medium of the rest of the scale paragraphs, and through statistical indicators show that the sample has the ability and high efficiency in accuracy by making the right and decisive decisions, as the results of the mental health and decision-making scales show a rather good correlation and table 4 explains **this**.

3.3 The correlation between the mental health and decision-making measures:

Table 4

Shows the simple correlation between mental health and decision-making

The correlation between the two scales	Mental health		
	Pearson Coefficient	Link	Significance
Decision	.610**	Error rate	Average link

Conclusions and recommendations:

4-1 Conclusions:-

- ❖ Mental health has a clear impact on the accuracy of the decision-making of boxing referees.
- ❖ The researchers found a correlation between the mental health and decision-making measures of boxing referees.
- ❖ It turns out that boxing referees are mentally healthy through the 14-paragraph scale that has helped them to make accurate decisions.

- ❖ It turns out that boxing referees have the ability to be precise in making decisions in difficult situations.

4.2 Recommendations: -

- ❖ Studies can be conducted to examine the relationship between the concept of mental health and other concepts.
- ❖ The possibility of benefiting from the mental health measures and decision-making of the referees of the team games.
- ❖ The need to take care to strengthen the psychological features that help referees to be accurate in decision-making.

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Supplements

Extension No. (1)

Mental health measure shows

N	Phrases	always	Chiefly	Sometimes	Rarely	At all
1	I feel able to deal with sudden events during the competition.					

2	I rely on my own problem-solving abilities before and during the competition.					
3	I feel safe and stable in my performance during the competition.					
4	Have a variety of ideas in how to deal with colleagues during the competition.					
5	I think I can succeed in the future during sports competitions.					
6	I think my abilities help me run the competition.					
7	I'm proud to belong to my team.					
8	Increase the level of self-confidence of my teammates during the competition.					
9	I accept advice from my fellow judges.					
10	I set goals for myself and try to achieve them.					
11	Enjoy good health during the competition.					
12	I have knowledge of the scientific and cognitive aspects that help me achieve the best performance during the competition.					
13	The power of will is my motivation for good performance.					
14	I prefer to rely on myself for success.					

Extension No. (2)

Decision-making scale

N	Phrases	It always applies to me.	It applies to me often.	It applies to me sometimes.	It rarely applies to me.	It never applies to me.
1	Make the decision while realizing my personal responsibility to make it during the competition.					
2	Make a quick decision when we get excited about the situation that needs a decision.					
3	I find it easy to develop a set of alternatives to decisions when I am exposed to a situation that needs a difficult decision during the fight.					
4	I have the ability to prepare myself to make decisions for the crisis during the competition.					
5	I understand the importance of thinking about the responsibility of others with me in making a decision.					
6	I control my emotions when I think of a difficult situation that needs to be taken to escape.					
7	Make my decisions without thinking about the standards i judge on the quality of decisions.					
8	I tend to make a decision without hesitation during the fight.					
9	My decisions depend on my understanding of the level of error the player caused during the competition.					
10	I hesitate when my decisions are inaccurate.					
11	I have the ability to evaluate the results of my decisions.					

12	My own self-recital makes me not hesitate to make a decision.					
13	It's hard for me to predict the outcome of my decision.					
14	I make my decisions based on scientific experience and knowledge in the field of sports.					
15	I feel happy when I'm special in managing fights.					
16	I think the psychological state may affect the decision-making process during difficult competitions.					
17	Influence the opinions of others in my decisions.					
18	I didn't influence the voices of the masses when I made a certain decision during the fight.					
19	Enforce sports laws against the guilty player without hesitation.					
20	I made my decision without giving it enough importance.					
21	I give importance to the principle of excitement in order to make a decision.					
22	He made a final decision without thinking much about the competition, apparently making it the right decision.					
23	I determine the subject of the decision that I will make accurately.					
24	Discover mistakes to try to correct when making a decision.					
25	Amend my decisions if necessary.					