

# The Relation of the Motive Sport Achievement and Self-confidence with the Level of Achievement of Throwing Events in Athletics

Dr. Bilal Ali Ahmed, Dr. Muntadher Mohammed Mghames and  
Dr. Rafid Khalil Ismail

**Abstract---** *The sports movement has witnessed a rapid and effective development in the past years, and this development has occurred as a real result of many studies and researches conducted in the individual and different games, including throwing events that have developed the levels of achievement of players physically, skillfully, and psychologically. there are various methods and means of training in order to compete for the greatest possible distance in these events, so the importance of research came to know the motivation towards achievement as an engine for archers' behavior, and self-confidence as a general trend that represents the psychological goal of the thrower and the ability to achieve specific patterns of behavior and the relationship of these psychological variables to the achievement of throwing events for athletics and finding the best ways to explain their relational in a manner that ensures the development of achievements and performance for archers and the judiciary on the fluctuating levels of throwers in the athletics federation, being dependent on the results of psychological measurements that are important in the performance of the throwing events, including the motivation of the athletic achievement of the player, their measurement and the identification of the motivation of the players, as well as the sports self-confidence of the throwers. The research sample included (45) of the Iraqi Athletics Federation throwers who are under the age of (20) years, and when the training staff was able to identify the player's initial motivation towards achievement and to identify the engine of his sports behavior in achieving a good result commensurate with his physical capabilities, provided by the staff The training includes opportunities for success and repetition of performance in which he gained self-confidence and performance in a manner that suits the capabilities of the player in general, where through these psychological features and their enhancement can reach the best achievement and eliminate cases of weakness and fluctuation levels.*

**Keywords---** *Throwing, Achievement, Self-confidence, Athletic, Motive, Sport.*

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## I. INTRODUCTION

Over the past years, the sport movement has witnessed rapid and effective development, and this development has occurred as a real result of many studies and research conducted in individual and different games, including throwing events that have helped to develop players' levels of achievement physically, skillfully and psychologically. What makes these activities distinct is their dependence on physical, mental, and psychological capabilities and that could make the stages of throwing activities interlinked complementing each other.

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Dr. Bilal Ali Ahmed, University of Ibn-Sinna for Medical & Pharmaceutical Sciences, College of Medicine, Iraq.  
E-mail: Dr.bilal@ibnsina.edu.iq  
Dr. Muntadher Mohammed Mghames, University of Baghdad, Iraq.  
Dr. Rafid Khalil Ismail, Ministry of Education, Directorate of Al-Karkh1, Iraq.

Furthermore, acquiring basic skills for throwing activities, self-confidence, and perfected performance by repetition in addition to providing chances of success that the coach prepares for players to give them self-confidence and the perfect performance would create a defensive building towards achieving the best distance achieved for these players. (Alweis, 1984).

Through identifying the behavior of throwing athletes, which is intention interested in studying sports psychology and because of the variables that occur to the player in training and competition, he needs to search for proving himself by achieving his desires to reach the level of good achievement (Kinnani & Mubarak, 1992). The key to understanding behavior is the motivation that scientists consider it "motives of behavior", and one of the topics of interest for coaches is to understand the behavior of players and explain why it does not continue and develop. The coach can pave the player's way towards the field, but he cannot get better achievement unless he knows his initial motivation towards this achievement and strengthens it by building his self-confidence and performance through continuing training and creating repeated success opportunities in proportion to the player's physical, psychological and mental capabilities (Murray, 1988). Motivation: "It is the forces that trigger the player and direct him towards achieving a specific goal", and it is "an internal factor that evokes the behavior and directs it to achieve integration. By identifying the level of motivation of the archer's sports achievement and self-confidence which is "A psychological concept develops for the player due to experience and practice", it achieves the best construction towards the motivation of achievement with accuracy and success. It does when the coach knows the levels of self-confidence and players' motivation towards sports achievement. He will be able to reach the best achievement during the training process, which leads to achieving good results in competitions.

Therefore, the importance of research is to know the motivation towards achievement as a motive for players' behavior and self-confidence as a general trend that represents the archer's psychological competency. Relatedly, the importance is to know the ability to achieve specific patterns of behavior and the relationship of these psychological variables to the achievement of throwing events for athletics. In addition to finding the best ways to explain its bearing that ensures the development of the archer's achievements and performance and ensures eliminating the fluctuating levels of players in the championships held by the Athletics Federation.

### ***Research Problem***

For the importance of physical, skill and mental factors among players and their role in integrating the construction and preparation of the archer to achieve the best achievement, identifying the psychological factors together and their relationship to each other is important for coaches to know and explain cases of fluctuating levels of achievement among their players in performance during the training process. This is reflected in the fluctuation in the performance of their results through participating in local and international tournaments. This was confirmed by some national team coaches for experienced throwing events, in addition to the researchers' opinion that they were former international players and coaches in the specialized centers of the Department of Sports Talent / throwing events/ currently affiliated to the Ministry of Youth and Sports. They noticed that there are fluctuations in the levels of athletes for the youth category for throwing events, as researchers believe that the reason for this fluctuation in the levels is the inaccuracy in the performance that is reflected in their motivation towards achievement and self-

confidence in sports. The trainer can identify the key psychological skills and traits in the accuracy of performance by means of standardized and approved tests measuring the players' psychological state in addition to the motives of his sport behavior in achieving the results. The relationship to this is known precisely by the performance of the archer's basic skills and the measurement of sports self-confidence and how to enhance them. Researchers will adopt some methods to help explain the fluctuating levels of achievement for players and explain the reasons for success and failure in the research sample.

In this sense, the researchers wish to define this problem lies in the fluctuation of performance by identifying the relationship between psychological variables and its descriptions. Moreover, they hope to identify the mutual correlation relationship with achievement for the purpose of balanced and integrated construction based on scientific foundations in explaining the failures and fluctuating levels of achievement in order to improve the reality of the throwing activities represented to achieve the best achievement.

### ***Research Objectives***

The current research aims at the following:

1. Knowing the motivation of sports achievement, self-confidence and the level of achievement of athletic throwing events for the year 2019
2. The relationship between motivation, sport achievement, self-confidence, and the level of athletics throwing performance for the year 2019.

### ***Research Hypothesis***

There is a statistically significant relationship between motivation of sports achievement and self-confidence and the level of achievement of sports throwing events for the year 2019

### ***Research Scope***

#### ***1. The Human Domain***

It includes premier league players for throwing events in the youth category under 20 years.

#### ***2. Time Domain***

The period is five months, from 12/1/2019 to 28/5/2019.

#### ***3. Spatial Domain***

Athletics Stadium in the College of Physical Education for Sport Science University of Baghdad

The Sports Talent Center Athletics Center of the Ministry of Youth and Sports in Baghdad

### ***6. Terms Definitions***

#### ***Motivation***

(Rateb-2000) "The athlete's willingness to exert effort to achieve a specific goal."

### ***Sport Achievement Motivation***

(Annan, 1995) defined Achievement Motivation as “One of the psychological formations of motivation, which is the basis for predicting success in competitive positions. The highly motivated players are characterized by perseverance in training and qualitative characteristics of the performance.

### ***Self Confidence***

“The player’s attitude towards his psychological adequacy and his ability to achieve specific patterns of behavior, or tasks required psychologically, socially, or functionally, and is related to the tendency towards environmental stewardship” (Al-Zubaidi, 1989).

## **II. RESEARCH METHODOLOGY AND FIELD PROCEDURE**

### ***2.1. Research Methodology***

Each research has a special method followed to solve its problem. The researchers used the descriptive method in the style of mutual relations and its correlations due to its appropriateness to the nature of the problem as the descriptive approach are “an accurate visualization of the interrelationships between society, attitudes, tendencies, desires, and development so that it gives a picture of life reality, setting indicators, and building future predictions”. (AlZubaidy, 1986).

### ***2.2. Research Sample***

Premium league club players for throwing events, youth category under 20 years, represent (45) athletes for the four throwing events.

The process of selecting the sample is closely related to the nature of the research and the research community from which the sample is taken from it: “That part of the community which is chosen according to scientific rules and principles so that the society is properly represented.”(Assmakk, 1986).

Therefore, the researchers chose the sample of their research in an intentional method that represents the entire research community participating in the 2019 Iraqi Clubs Athletics Championship.

Table 1: Represents the Size of the Research Sample

No.	throwing activity	Count
1	Discus throw	10
2	Shot put	11
3	Hammer throw	10
4	javelin throw	14

Table 2 shows the consistency of the research sample in the values of the arithmetic mean, the standard deviations and the median, the coefficient of torsion in the length, weight, and the players’ training age of throwing events.

Table 2

Discus throwing	measuring unit	Arithmetic mean	Standard deviation	Mediator	torsion
the weight	Kg	89.10	4.13	90.500	0.756
Chronological age	Year	17.6	0.815	17.750	0.446
Length	Meter	1.83	0.030	1.81	0.299
Shot put	measuring unit	Arithmetic mean	Standard deviation	Mediator	torsion
the weight	Kg	92.10	4.13	92.500	0.756
Chronological age	Year	17.9	0.920	18.21	0.546
Length	Meter	1.86	0.010	1.84	0.846

Throw the hammer	measuring unit	Arithmetic mean	Standard deviation	Mediator	torsion
the weight	Kg	82.10	3.13	85.400	0.825
Chronological age	Year	18.9	0.721	19.12	0.620
Length	Meter	1.86	0.010	1.84	0.320
Javelin	measuring unit	Arithmetic mean	Standard deviation	Mediator	torsion
the weight	Kg	79.15	2.14	81.25	0.523
Chronological age	Year	19.1	0.321	19.511	0.820
Length	Meter	1.76	0.020	1.79	0.650

### 2.3 The Means, Tools, and Devices Used in the Research

#### 2.3.1. Means of Collecting Information

The researcher used many scientific means to obtain the required data and facts through:

- 1- Studies and Research
- 2- International Information Network
- 3- A questionnaire for the opinions of specialists in sports psychology to choose the appropriate parameter and determine its paragraphs
- 4- Observation and experimentation
- 5- Sources and references

#### 2.3.2 Research Tools and Devices

- 1- Stopwatch to know the time taken to answer the test items and the metrics used under study.
- 2- Personal computer (Lenovo), Chinese-made.
- 3- Paper and pens to record test results

### 2.4. Metrics and Tests Used

The researchers submitted a questionnaire, as in Appendix 1, to the experts in the field of sports psychology, and the questionnaire contained two measures; achievement motivation measure and self-confidence measure.

#### Measurement of Sport Achievement Motivation

As for the measurement of sports self-confidence, the researchers adopted a measure of the feature of sports self-confidence, quoted from Allawi from the list of sports confidence designed by (Robin Philly, 1986). The researcher adopted measures from several presented in the questionnaire form, as in the appendix (2), and a list of measurements sports self-confidence feature designed by (Robin Philly 1986 & Allawi 1995). This parameter was

tested by the experts themselves, and the percentage of their agreement on the two measures and their components reached 100%.

#### 2.4.1. Test for Measuring Sport Achievement Motivation

The purpose of the test is to measure the level of achievement motivation of the research sample.

The tools used: Parameters of the sport achievement motivation, which is the design Arabized by Allawi which includes (20) phrases as follows:

Table 3: Shows the Items of the Measurement of Sports Achievement Motivation

Items	Very high degree 5	High degree 4	Medium degree 3	Low degree 2	Very low degree 1
I find difficult to sleep after defeating in a competition					
I like the player who trains for extra hours to improve his level					
When I make a mistake in my performance during the competition, I need some time to forget this mistake					
Excellence in sports is not my primary goal					
I often feel intimidated just before my participated in the competition					
Enjoy carrying out any mission that some other players see as a difficult task					
I fear defeat in the competition					
Luck leads to a greater degree of effort					
Sometimes when I lose in a competition it bothers me for several days					
I am ready to train all year round without interruption to succeed in my sport					
I do not find it difficult to sleep on the night of my participation in a competition					
Winning the competition gives me satisfaction					
Feel the stress before the sports competition					
I prefer to rest from training in the period after finishing the official competition					
When I make a mistake in the performance, that exhausts me throughout the competition					
I have a very high desire to be successful in my sport					
Before my participate in the competition, I am not busy thinking about what might happen in the competition or its results					
I try my best to be the best player					
I can be calm in moments before the competition directly					
My goal is to be unique in my sport					

Name:

Age:          Height:          Weight:          Effectiveness:

#### Instructions or (Performance Specifications)

This is not a test of your sport level or ability. Moreover, there is no correct and wrong answer. Do not leave a

phrase unanswered and include your information about age, weight, height and of playing

The phrases are corrected according to the following: a very large degree = 5 degrees and a large degree = 4 degrees, and an average degree = 3 d, and a small degree= two degrees, and a very small degree = one degree, where the highest degree is (100) and the lowest degree is (20). And the degree of cut (60) through these degrees, determining the degree by which the player's motivation is recognized (high and low).

**2.4.2. Test the Measure of the Sporting Self-confidence Feature**

(Robin Vealey, 1986) designed a list to try to measure the sports confidence feature with the title Trait sport Confidence Inventory being an important dimension of achievement. The list consisted of (13) phrases, and the player answers the list phrases on a parameter included from ( 9) points that an athlete is distinguished in general when he competes or trains in the sports field.

Self-confidence test: The purpose of the test: To measure the level of self-confidence in the research sample.

Tools used: paragraphs measure sports self-confidence: It is a design of Philly - 1986 and Arabized by Allawi.

Table 4: Shows the Clause of the Sport Self-confidence Trait

Items	Marks								
	1	2	3	4	5	6	7	8	9
1- When performing the necessary motor skills to achieve excellence during sports competition	1	2	3	4	5	6	7	8	9
2- ability to make critical decisions during sports pressure	1	2	3	4	5	6	7	8	9
3- ability to perform in competition under nerve pressure	1	2	3	4	5	6	7	8	9
4- ability to implement successful plans in competition	1	2	3	4	5	6	7	8	9
5- ability to focus well in order to achieve success	1	2	3	4	5	6	7	8	9
6- ability to adapt to different playing situations in order to win the competition	1	2	3	4	5	6	7	8	9
7- ability to accomplish my goals related to competition	1	2	3	4	5	6	7	8	9
8- able to be successful in the competition	1	2	3	4	5	6	7	8	9
9- ability to continue my success	1	2	3	4	5	6	7	8	9
10- able to think and respond successfully during the competition	1	2	3	4	5	6	7	8	9
11- able to face the challenge during the competition	1	2	3	4	5	6	7	8	9
12 - ability to try to succeed, even if the competitor is stronger than me	1	2	3	4	5	6	7	8	9
13- able to do a successful performance after doing a failed performance	1	2	3	4	5	6	7	8	9

Archer's name:

Age:            Height:            Weight:            Effectiveness:

**Instructions or (Performance Specifications)**

This is not a test of your sport level or ability. Moreover, there is no correct and wrong answer. Do not leave a phrase unanswered and include your information about age, weight, height and of playing

**Registration**

The scores are collected from all phrases and the closer the total to (117) the player is distinguished by a greater degree of sport-confidence, which is the highest degree, while the lowest score is (13) and the degree of cut is (65).

### ***2.4.3. Psychometric properties of the parameter (motivation of sport achievement) and the parameter of (sport self-confidence)***

Among the scientific conditions for building psychological tests and measurements and for ensuring their safety are through their distinguished honesty and consistency:

#### ***2.4.3.1. Honesty***

It is one of the most important factors for identifying the quality of tests and metrics. The test or parameter that is characterized by honesty really measures the attribute for which it was put. Honesty is a typical test set by the researcher to prove the extent of the test sincerity and homogeneity of inner and outer frames as an honest method of measurement (Radwan, 2006). The researcher verifies the validity of the test and the measurements are as follows;

The apparent honesty: He obtained by displaying the paragraphs of the parameter (motivation of sports achievement) and the parameter (the feature of sports self-confidence) on experts and specialists numbered (20) experts, in order to confirm the validity of the paragraphs and delete the invalid ones. Subsequently, the apparent honesty has been achieved.

#### ***2.4.3.2. Persistence***

The test or parameter being persistent is necessary and due as it “indicates the degree of accuracy, mastery, or consistency with which the test measures the phenomenon for which it was developed. To verify the consistency of a test, researchers used a test to measure (Motivation of sports achievement) and the parameter (the feature of sports self-confidence) as follows:

The Alpha cronbach method: It is considered an internal homogeneity of the test or parameter and is considered one of the most common and most appropriate stabilization coefficients and most appropriate to psychological measures. Fakronbach depends on the consistency of the individual’s performance from one paragraph to the next and the strength of the connections between the paragraphs of the parameter or test and it provides us with a good estimate of stability. The stability coefficients for the sport achievement motivation test (0.740) and the sports self-confidence measure (0.875).

### ***2.4.4. Testing Achievement of Throwing Events***

Test objective: Measuring the best horizontal distance traveled by the throwing tool

Performance description: Through the archer’s performance according to the international specifications for each event, the performance is thrown as far as possible within the throwing sector to achieve the best achievement, and the player is given (3) attempts for each. The best distance achieved from the attempts is chosen 3

### ***2.5. Exploratory Experience***

The exploratory experiment was conducted on 2/1/2018 at 2:00 p.m. in the stadium of the College of Physical Education for Sports Science in Baghdad, on 5 marksmen from the same sample. The aim of this experiment was as follows.

- Knowing the total time of the tests.
- The members of the sample should understand the tests used and perform them in a consistent manner.
- How to overcome the problems along with the work.
- Training the assistant team to perform and understand the nature of the research experience and its measurements and record data in the special forms for this purpose.

### 2.6. Main Experience

The researchers applied the tests in the Iraq Clubs Championship on 3/3/2019 which was held at the Sports Talent Center Stadium in Baghdad on the research sample. It included the distribution of forms for the test standards and recording the achievement results for the players over a two-day period, as the test time of the two measures included 13 minutes maximum.

### 2.7. Statistical Means

The researcher used the SPSS system to obtain the search results by using the following laws:

- The arithmetic mean, standard deviation, medium, and torsion
- Pearson Simple Correlation Coefficient, Stability Coefficients: (Alpha Kronbach), Half-Division.

## III. PRESENTING, ANALYZING AND DISCUSSING THE RESULTS

### 3.1. Presentation and Analysis of the Results of Psychological and Skill Tests

According to the aims and hypotheses of the research in the presence of a statistically significant relationship between the study variables, the researchers presented the results of the tests in general according to Table (5). This table represents the results of the tests for the research sample in general according to the results shown during the study and the tests conducted by the researcher, as it indicates the highest degree obtained by the testers and the lowest degree that appeared during their results for the general search tests.

Table 5: Shows a General Description of the Results of the Research Sample Tests

No	Statistical processing Research variables & Tools	Unit of measure	Sample size	Arithmetic mean	Standard deviation	At the highest value	the lowest value
1	Motivation of sports achievement	Degree	45	86.13	8.100	100	65
2	Sport self-confidence	Degree	45	109,58	4,38	117	76
3	Discus throwing	Meter	10	49.300	2.821	52.12	46.48
4	Shot put	Meter	11	13.598	0.624	14.22	12.97
5	Throw the hammer	Meter	10	58.435	1.623	60.05	56.81
6	Javelin	Meter	14	61.026	1.341	62.36	59.68

The research aims are in harmony with identifying the motive for the sport achievement and the self-confidence of the athlete for the sample which the researchers reached. It shows arithmetic means and standard deviations, the highest value and the lowest value for the results of a test has shown table No. (6), the results of psychological tests and achievement among the players as shown in the table.

Table 6: Represents the Results of Psychological Tests and Achievement (Arithmetic Mean, Standard Deviation)

No	Activity type	Motivation of sports achievement		Sport self-confidence		Achievement	
		R	C	R	C	R	C
1	Throw a disc	87,75	0,86	109,33	2,39	49.300	2.821
2	Shot put	92,58	6,67	113,67	4,40	13.598	0.624
3	Throw the hammer	92,67	3,71	97,66	1,50	58.435	1.623
4	Javelin	90,62	0,38	97,00	7,26	61.026	1.341

### 3.2. Presentation and Analysis of Correlation Results for Psychological Tests and Achievement for Players

Table (7) shows the results of the correlation between the test of motivation for sports achievement and self-confidence and achievement for players, as follows:

Table 7

	Activity	Psychological tests	achievement
1	Discus throw (10) players	Motivation of sports achievement	0.253
		Sport self-confidence	0.853
2	Shot put (11) players	Motivation of sports achievement	0.828
		Sport self-confidence	0.552
3	Hammer throw (10) players	Motivation of sports achievement	0.351
		Sport self-confidence	0.423
4	Javelin throw (10) players	Motivation of sports achievement	0.245
		Sport self-confidence	0.539

### Discussion

Through tables (5, 6, and 7), it appeared that there were significant correlations between the motive of the sport achievement and the achievement of the players. The highest correlation of the effectiveness of shot put players was (828.0). The researchers believe that the reason for the emergence of correlation ship of moral significance for putting weight players and spearmen. This indicates psychological stability, which is reflected in balanced performance in training and competitions. (Linde, 1997) This is also due to the seriousness in the performance of the testers and the desire to identify their levels through psychological tests and achievement. Their performance was very serious in the tests as well as during training during their continuous training units to master this skill, which increased the player's motivation towards achieving high achievement during the tests. (Tidow, 1990)

It indicates that the psychological impact of motivation was clear and influential in the achievement of the effectiveness of shot put players as shown in Table (7). The effectiveness of shot put throw unique and specific according to the nature of the game where the competence in the performance of these skills depends on learning and training on every skill and activity. The training of high levels of throwing events has adopted the principle of specialization in training. So, it is not necessary that all players have the same level of proficiency and this is what is characterized by these activities with privacy, exclusivity and experience especially at high levels. A weak correlation has been noticed between achievement motivation and achievement of throwing the hammer, throwing the disc, and throwing the spear. The researchers attribute this insignificant relationship to a defect in giving training units, and this can confirm that the trainers focus on specific aspects and neglect aspects that are important for players. This could affect the players' performance and fluctuate the skillful and psychological levels in training and competition as well and the lack of adoption of the scientific method in training, which was negatively reflected in

the achievement. In the interpretation of the results of the sports self-confidence test and the achievement test where it appeared that the difference was significant for both discus throws, propel the shot put, and throw the hammer as the highest correlation value (0,853) for the discus throw.

A somewhat weak correlation noticed for the sports self-confidence test and the achievement test for hammer throwers. This indicates that there are in balanced training programs between psychological and skill numbers that are reflected on the achievement (Vaeley, 1988). It showed coaches' unawareness on the athletes' motives of behavior and why this player prefers this sport over other sports, and why he/she seeks to achieve as an internal motivation to prove himself, and an external motivation that includes material rewards (Turner, 2016). Unknowing how to build self-confidence among athletes leads to creating opportunities for exercise coupled with failure during training. The absence of pre-training programs to build self-confidence loses players' release and accuracy in performance during training and competitions.

These psychological tests are of clear and influential importance in building and preparing players by comparing them and its relationship to the achievement test for players. Athletes differ in their motivation towards achievement and excellence.

This motivation is influenced by several factors that reflect the motivation strength of the sport activity practiced and the extent of its interaction with the personal characteristics of the athlete (Feigley, 1984). The level of motivation towards achievement affects players' preparations to perform behavior characterized by accuracy, risk, and perseverance on training for excellence, excellence, and personal achievement, as the athlete's view of himself is a positive view that is a driving force towards achievement and as a source of internal motivation.(Jancova, 2008). But this force is made through the procedures taken in by the researchers to show that the sport achievement motivation test as a motive of athletic behavior and the main motivation for participation, training and achievement. (Judge, 2016).

Through discussing the results, the hypothesis used by the researchers has been verified by an explanation of the results of the weak and fluctuating levels of throw athletes.

#### **IV. CONCLUSIONS AND RECOMMENDATIONS**

##### ***Conclusions***

By presenting, analyzing, and discussing the results, the research has come up with the following conclusions:

1. The motive for the achievement of sports achievement is a very important variable in the figure of the archer, as well as sports self-confidence and influencing the results of the achievement of players.
2. The external motivation represented by the material gains is the largest among the motives of sport behavior represented by the external motivation and the need to pay attention to this aspect in preparing athletes for the higher levels and international competitions.
3. The internal motivation from the positive view of the athlete towards himself is the driving force towards work and self-confidence.

4. There are an imperative necessary the trainers be acquainted with the means of psychological measurement and adopt them in building training programs.
5. Sport self-confidence is acquired by providing repeated success opportunities for the player in training, which will provide the player with an appropriate motivation towards achievement.

### **Recommendations**

1. The Iraqi Central Athletics Federation adopts the preparation of training curricula in a balanced manner for the elements of physical, skill, and psychological preparation for each category with a future outlook that will develop achievement for players.
2. The necessity of paying attention to applying psychological and skill tests that were mentioned in this study a while for the purpose of identifying the level of progress in both psychological and skill components.
3. It appeared through the study that the difference in the degree of players in the test of measuring the motivation of sports achievement and the test of sports self-confidence affects the level of sports achievement according to the personal characteristics of the player and the importance of this in the selection of athletes for throwing activities.
4. Building measures for the motivation of sports achievement and sports self-confidence among athletes for other events (seniors, juniors, and women)

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