

Study the psychological unit and its relationship to the achievement of a 200-meter freestyle event for junior swimmers aged (13-14) years

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Abstract

The swimmer is running the race alone and far from his teammates or coaches because the competition is in the water medium and thus this may constitute a kind of psychological unity or a feeling of it. Therefore the researchers decided to study this problem because the importance of research lies in studying the level of psychological unity of young swimmers and how it relates to the level of achievement. The activity of 200 meters freestyle swimming. The research aims to identify the relationship between the psychological unit and the achievement of the effectiveness of the 200 meters freestyle swimming for the junior group through the use of the psychological unit measure, and the researchers used the descriptive approach in order to suit the nature of the problem as the research procedures were carried out on a sample chosen by the intentional method and its strength (22 A junior swimmer from the Army Free Swimming Club, knowing that the pilot experiment was conducted on (3) swimmers outside the main sample sample, and after statistical treatments, the results showed a negative correlation between the psychological unit and the achievement of the 200-meter freestyle activity for the Junior Club swimmers. On the basis of this, the researchers recommended training in psychological skills at an early age, as this has an effect on mathematical achievement and to carry out multiple studies on Psychological acuity in the sports field in general and other types of swimming in particular.

Keywords: Psychological Unit, Free Swimming, Junior.

Introduction and importance of research:

With the abundance of steps related to psychology in general and sports psychology in particular and attention to the mental health of athletes, especially we are passing through the era of development and with many positive aspects, but it is not without negative aspects and had a clear effect on psychological health and a sense of psychological loneliness due to weak social relations, shyness and lack of friends. The lack of leaving the house and the issue of psychological unity is one of the most important topics that psychologists are interested in at the present time in the Arab countries, and it represents one of the important problems in a person's life, which greatly affects all aspects of his life, including the physical activity of ordinary individuals and competing athletes. It is the individual's sense of the existence of a psychological gap that separates him from people and the subjects of his psychological field to the point where he feels a lack of acceptance, presence and love on the part of others, as it results in depriving the individual of the capacity to engage in fruitful and fulfilling relationships with any person and he knew it (Jaafar, 2007) that psychological unity is a condition that the individual tells that arises mainly from the lack of social relations with others, which makes him feel pain and suffering due to his feeling that others do not accept him. According to the above, this feeling, which is an important problem experienced by the emerging swimmer, which may directly affect his level, which appears through the achievement that the swimmer performs during tournaments due to the negative variables that he passes through the effect of psychological unity, so the problem is that the swimmer is running the race alone and far from His colleagues in the team or coaches because the competition is in the water environment and thus this may constitute a kind of psychological unity or a feeling of it. Therefore, the researchers decided to study this problem because the importance of the research lies in studying the level of psychological unity of young swimmers and how it is related to the level of achievement in the activity of 200 meters freestyle. Through reviewing the previous studies, we note that the study (Abdel-Qader, 2015) aimed to know the relationship between psychological unity and personality traits, and the study resulted in a negative and statistically significant correlation between psychological unity and social characteristics, as the results of the study (Amal, 2005) showed (Sherine Ibrahim, Oran, 2014) There is a negative correlation between psychological unity and self-esteem. Through the foregoing, it has been found that the researchers' choice to identify the relationship between psychological unity and achievement among emerging swimmers is important for the sake of knowledge, analysis, and the achievement of success for the swimmer and high achievement in the future.

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Research objectives

- 1- Identifying the level of the psychological unit for the swimmers of the 200 meter event in the junior category, specializing in free swimming.
- 2- Knowing the level of psychological unit and its relationship to the achievement of the 200-meter freestyle event for junior swimmers.

Research areas:

- 1- The human field: the Army Club and the Police Club for the free swimming 200 meters, junior category.
- 2- Time domain 5-1 / 25-1 / 2020
- 3- Spatial domain: Al Shaab International Swimming Pool

-Chapter III

Research Methodology:

The researchers used the descriptive approach using the correlational method.

Research Community and Sample:

The research community included the Army Club swimmers, who were (22) swimmers, and the research sample was deliberately chosen from only (19) junior swimmers, and (3) swimmers were excluded for their participation in the exploratory experiment, so that the final number settled on (16) swimmers representing The research sample

Devices and tools used and means of gathering information: The researchers used the following devices and tools:

Methods for gathering information:

Scientific references and sources.

The international network (the Internet).

Devices and tools used:

(1) Sewan stopwatch.

Chinese-made personal computer (laptop).

Psychological unit scale.

Means of gathering information.

Field research procedures:

Study tool:

The psychological unit scale prepared by (Russell and Electrona, 1984) and codified by (Al-Shennawi and Khader 1988) was used and this scale consists of (20) items, half of which are negative and the other half positive as the laboratory answers according to Likert's four-way scale of options (never, rarely, Sometimes, often) weights are given (1-2-3-4).

Exploratory experience:

The researchers tested the scale on a survey sample consisting of 3 swimmers in order to find the best way to obtain accurate results before applying the scale, and this was done on Sunday 5-1-2020 and the aim of the experiment was: -

- 1- Determine the time required to distribute the scale and ensure its clarity.
- 2- The extent of the sample's response to the scale items.
- 3- Knowing the difficulties that researchers may face while implementing the main experiment.

2-6 Scientific Foundations Experience:

After identifying the difficulties and the necessary procedures from the exploratory experiment, the researchers conducted an experiment on (50) swimmers for the junior category on 1/7/2020 for the purpose of extracting the scientific basis for the psychological unit scale used in the research.

2-6-1 validity:

Honesty: The validity is one of the scientific conditions and qualities of a good test, as it means “the degree by which the test measures the thing to be measured.” The scale paragraphs are at a high level of honesty after analyzing the opinions of experts by (percentage)¹.

The researchers applied the scale on the scientific basis sample, and the discriminatory ability was extracted by the peripheral comparison method. After arranging the answers in descending order, (25%) of the scores were taken from the top and (25%) of the scores from the bottom, i.e. for (10) swimmers for each group. Then, applying the (t) test for two independent samples, and all the paragraphs of the scale were distinct, and Table (1) shows that, and the internal consistency of the scale paragraphs was reached by extracting the paragraph correlation with the total degree of the scale using the simple correlation coefficient (Pearson). The correlation was significant, as shown in Table (2).

Table (1) Shows the discriminatory ability of the psychological unit scale

Paragraph No	Minimum group		Upper Group		Value T	Values' m not going The significance	The result
	Q	P	Q	P			
1	2.4472	0.78442	4.0000	0.00000	4.648	0.000	Significant
2	1.7426	0.44614	4.0000	0.00000	9.089	0.000	Significant
4	2.6064	0.58847	4.0000	0.00000	4.042	0.000	Significant
4	2.5845	0.7207	4.0000	0.00000	8.414	0.000	Significant
5	2.4472	0.71497	4.0000	0.00000	21.089	0.000	Significant
6	2.4699	0.78176	4.0000	0.00000	7.857	0.000	Significant
7	2.4564	0.78746	4.0000	0.00000	7.474	0.000	Significant
8	2.7881	0.86114	4.0000	0.00000	21.089	0.000	Significant
9	2.4209	0.78942	4.0000	0.00000	6.186	0.000	Significant
10	2.4245	0.67784	4.0000	0.00000	6.928	0.000	Significant
11	2.4699	0.67242	4.0000	0.00000	6.029	0.000	Significant
12	2.4245	0.75214	4.0000	0.00000	7.857	0.000	Significant
14	1.5154	0.57561	4.0000	0.00000	6.186	0.000	Significant
14	2.0481	0.84442	4.0000	0.00000	5.901	0.000	Significant
15	2.0845	0.79048	4.0000	0.00000	4.908	0.000	Significant
16	2.1972	0.92444	4.0000	0.00000	6.029	0.000	Significant
17	4.4108	0.71497	4.0000	0.00000	6.029	0.000	Significant
18	2.6745	0.55052	4.0000	0.00000	6.186	0.000	Significant
19	2.5845	0.7207	4.0000	0.00000	21.089	0.000	Significant
20	2.5845	0.59842	4.0000	0.00000	6.029	0.000	Significant

The value of the significance is moral if it is < of 0.05 and with a degree of freedom (18)

Table (2) The internal consistency factor shows the degree of paragraph in the overall degree of the psychological unit scale

Paragraph No	Simple correlation coefficient	The value of the significance	The result	Paragraph No	Simple correlation coefficient	The value of the significance	The result
1	0.546	0.000	Significant	11	0.471	0.000	Significant
2	0.611	00.00	Significant	12	0.784	0.000	Significant

¹ Laila Al Sayed Farhat, Mathematical Cognitive Measurement, i1: (Cairo, Book Publishing Center, 2001) p. 67

4	0.414	0.001	Significant	14	0.809	00.00	Significant
4	0.542	0.000	Significant	14	0.614	0.000	Significant
5	0.712	0.000	Significant	15	0.784	0.000	Significant
6	0.616	0.000	Significant	16	0.774	0.000	Significant
7	0.561	0.000	Significant	17	0.502	0.000	Significant
8	0.609	0.000	Significant	18	0.604	0.000	Significant
9	0.586	0.000	Significant	19	0.501	0.000	Significant
10	0.477	0.002	Significant	20	0.501	0.000	Significant

Reliability:

The researchers extracted stability, which is one of the important scientific conditions in psychological measures, and he used the half partition method and the Vackronbach coefficient, and to extract the stability from the segmentation method, the researchers divided the expressions of each scale into two equal parts, then the correlation coefficient (Pearson) is found between the degrees of the two parts, and it has been shown Its value is (0.641) the psychological unit scale, and the correlation coefficient here indicates the stability of half the scale, and then full stability was extracted according to the Spearman Brown N equation to correct the stability to be the total stability (0.774) for the psychological unit scale.

It was found that the coefficient of stability after applying the Alpha Cronbach equation using (spss) is equal to (0.796), which is a high indicator of stability.

Main experience:

The main experiment was conducted on the research sample of (16) swimmers on Monday 20-1-2020, and all the vocabulary of the scale was presented and explained, and how to answer the scale was clarified with the need to read the paragraphs accurately and give the appropriate answer for each of the presented paragraphs, Confirm the exact time.

Field test:

The researcher carried out the field research test by adopting the times of the swimmers from the research sample in the last championship held by the Iraqi Central Swimming Federation in the closed Olympic swimming pool, as the researcher took these times as a test for achievement in the effectiveness of 200 meters free swimming, and all the variables related to the research were recorded In a special register prepared for this purpose.

Statistical Transactions:

In processing the results, the researchers used the (SPSS) program, which includes the following statistical methods:

arithmetic mean.

standard deviation

coefficient of torsion.

Pearson's simple correlation coefficient.

the hypothetical mean.

Law of Percentage.

Test (t.test).

4- Presentation and discussion of results:

Display results: -

Presentation of the results of psychological stress:

In Table (3), the researchers present the statistical description of the sample data for the overall psychological unit scale and identify the sample level through comparison with the hypothetical mean

Table (3) shows the statistical description of the application sample for the measure of psychological unity and the hypothetical medium

Type of difference	True moral	Value T	The lowest score.	Highest score	Twisting	Standard deviation	Arithmetic medium	Variables
Moral	0.009	-3.026	21	57	0.165	15.7796	38.0625	Stress
50						Hypothetical medium		

Through the results of the (t) test, when making a comparison between the achieved arithmetic mean and the hypothetical mean of the scale of (50), we conclude that there are statistically significant differences in favor of the hypothetical arithmetic mean at the expense of the arithmetic mean of the sample as the significant value reached (0.009), which is smaller than the level of significance (0.05) in addition to that the arithmetic mean is smaller than the hypothetical mean, which indicates that swimmers do not suffer from a high level of psychological unity. A helpful factor in improving the psychological side of swimmers and that this is a major reason for the decrease in the psychological unit of swimmers 200 meters freestyle, and since the standard deviation was high, this indicates that some swimmers suffer from psychological loneliness as a result of their solo interaction during training and dependence on themselves in the race

3- Presenting the results of the psychological unit and its relationship to the achievement of the 200-meter freestyle event for junior swimmers.

Table (4) shows the value of the link between the psychological unit and the achievement of 200 meters freestyle for young people

The result	Level of significance Sig	Degree of freedom	Link coefficient	Convolution	Standard deviation	Arithmetic medium	Variables/results
Insignificant	0.057	15	0.484	0.165	15.7796	38.0625	Psychological unit (degree)
				0.12223	0.66505	2.3575	200Swimming Free Meter

The significance is significant if it < of 0.05

Discussing and analyzing results

It is clear from the above table related to the correlation coefficient between the 200-meter freestyle swimming test and the psychological unit scale, that there is no significant correlation between psychological unit and achievement in 200 meters freestyle swimming, as the correlation value was (0.484) and the significance value was (0.057) and this value is not Significance at a significance level (0.05), which indicates that there is no correlation between the achievement of the 200-meter swimming and the psychological unit, and by noting the value of the standard deviation of the psychological unit variable (15.7796), which is a high value indicating the great discrepancy between the scores of swimmers in the level of psychological unit, As some swimmers had indicators of psychological loneliness such as isolation, lack of friends and lack of integration into society, and this is due to their individual interaction during training and reliance on themselves in the face of difficulties and obstacles in the race, that the swimmer runs the race alone and away from his teammates or coaches because the competition is in The water medium and thus may constitute a kind of psychological unity or a feeling of it, while other swimmers had those low indicators which had an effect on the standard deviation of their achievement, and thus lost me The results are that there is no strong correlation between psychological

unit and achievement in a 200-meter freestyle swimming, depending on the arithmetic mean of the two variables, and this study came similar to the study of (Muhammad, 2011) (Al-Shafei, 2010) that increasing the feeling of psychological loneliness has a negative effect on the individual. Because of his isolation and his integration with society, and I agreed with the study (Khalaf and Aziz, 2020) and the study (Jamhour, 2017) the existence of correlational relationships between some psychological variables and achievement motivation. The psychologist plays an important role in improving the level of achievement, as it showed a high correlation between the onset fever and swimming achievement. 200 meters free for the youth category, the neglect of the psychological equipment by sports teams constituted a negative matter in achieving achievement.

And that psychological numbers are one of the necessary and inevitable components of the training unit, without which it is impossible to achieve success in sports, and in recent years the psychological factors of athletes are gaining increasing importance. The practice of sports exercises does not mean the development of physical characteristics and the formation of motor capabilities, but rather means improving the psychological qualities and refining the strength of the trainees psychologically. Thus, sports activity requires athletes to demonstrate psychological qualities to achieve high results. On the other hand, this activity is a powerful and effective way to develop and build these psychological qualities, so the coach worked as a psychological preparer.

The researchers believe that sports psychology is one of the important specializations that study the psychological factors in sports performance in order to improve the performance of athletes, since in addition to the normal energy to carry out daily duties, the person possesses additional energies that a person can better exploit to raise his athletic level by understanding the behavior of the athlete and its interpretation and factors That affects it by the administrative and technical apparatus of the team, and all this is aimed at raising the efficiency of athletes and the administrative and technical bodies that will be reflected on the results of the national teams in the external participations.

Conclusions:

1. It turns out that most swimmers do not suffer from a high level of psychological loneliness.
2. A variation in the ratios and degrees of psychological unit between the research sample represented by swimmers aged (13-14) years.
3. A lack of interest in the psychological aspect of the budding swimmers at ages (13-14) was found.
4. There is no correlation between psychological unity and level of achievement for budding swimmers at ages (13-14) years.

Recommendations:

1. The need for teams to pay attention to the players' psychologist and to the level of physical, skill and planning preparation.
2. The necessity to pay attention to the recreational aspect to alleviate the psychological loneliness and the pressure placed on infant swimmers aged (13-14) years as a result of strenuous exercise.
3. Conducting studies similar to other psychological variables on budding swimmers aged (13-14) years.
4. Training in psychological skills at an early age, as this has an effect on athletic achievement.
5. Carrying out studies on the psychological unit in the sports field in general and swimming in particular

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Psychological unit scale

Phrases		At all	Rarely	Sometimes	Often
1	I feel in harmony with the people around me				
2	I lack the guys				
4	There's no one i'm going to turn to				
4	I don't feel alone				
5	I feel like I'm part of a group of friends				
6	I share a lot of things with the people around me				
7	I'm no longer close to anyone				
8	I don't share my interests and ideas				
9	I'm an open person				
10	There are people I feel close to				
11	I feel like nobody cares about me				
12	My social relationships are superficial				
14	No one knows me very well				
14	I feel isolated from others				
15	I can, like people, find guys when I want to				
16	There's an anus who understands me				
17	I'm not happy to be withdrawn so much				
18	People around me, but they're not with me				
19	There are people I can talk to				
20	There are people I can help				