

Received: 11 November 2022 Accepted: 15 March, 2023

DOI: <https://doi.org/10.33182/rr.v8i4.199>

## SELF-CONFIDENCE AND ITS RELATIONSHIP TO SOME SKILLFUL ABILITIES OF AL-KHALIS BASKETBALL CLUB PLAYERS

Mais Khaleel Murad<sup>1</sup>, Salman Hekmat Salman<sup>2</sup>, Turki Hilal kadhim<sup>3</sup>

### **Abstract**

*The aim of the research: to identify the relationship of self-confidence with some skillful abilities of the players of Al-Khalis basketball club, and the researcher used the descriptive survey method because it is the most appropriate approach. For not attending the test, as the research sample amounted to (83.3)% of the original community, and through the results that appeared, the researchers concluded that there is no statistical correlation between the skill of plumping and the measure of self-confidence, and the absence of a statistical correlation between the skill of handling and the measure of self-confidence, and the absence of a relationship A statistical correlation between the skill of shooting and the measure of self-confidence, and the researchers recommend that the coaches give the psychological preparation of the players great importance because of its great impact on achieving results, and since the psychological preparation has become an urgent and important need, the coaches must perform it from the period of general preparation until the period of competitions Emphasis on the use of training on psychological skills along with skill capabilities, and an emphasis on the heavy dependence of coaches on developing the psychological skills of their players during training, and on finding the means and requirements that help the coach in the success of his tasks and the application of the required exercises.*

**Keywords:** *self-confidence, skill abilities, clapping skill, handling skill, shooting skill, basketball*

### **Introduction**

Sports games have witnessed a rapid and effective development in recent years due to the use of the best modern scientific methods in the process of motor learning and sports training.

Those interested in sports games and events have worked hard and worked hard to develop aspects of player preparation, and what we see in terms of the amazing development in physical attributes and skillful performance that has reached the peak of excitement is the best evidence of this interest and seriousness.

Basketball is one of the popular group games for young and old, because of the fun and excitement

---

<sup>1</sup> [mayskhalil15@gmail.com](mailto:mayskhalil15@gmail.com)

<sup>2</sup> [salmanalqaisi@gmail.com](mailto:salmanalqaisi@gmail.com)

<sup>3</sup> [Turkihilal7@gmail.com](mailto:Turkihilal7@gmail.com)

it carries. Today, it has become very beautiful and splendid, and it made the one who practices it the desire to express his rhythmic performance, as it is the wonderful mixture of many different skills, whether offensive or defensive, and then appears in a more beautiful way in a collective movement rhythm that has its artistic expressions that impress the audience. Especially when points are scored with high skill, accuracy and speed by their players.

The psychological factor is an essential factor in achieving victory and sporting achievement, and at the forefront of psychological factors is the emotional side of the player as it is one of the psychological factors associated with achieving victory and sporting achievement because the emotional attitudes in sports competition have an impact on the player's physical, skill and planning condition, given that emotion is "an integrated response of the organism It depends on the perception of the external situation and causes emotional and physiological changes in the muscular, blood and numerical systems (Hanafi: 1987: 279).

The topics of psychology overlap greatly in the processes of preparing players and sports teams, and therefore the topics of this science have a great impact on the results of sports teams, whether these teams are of high or low levels.

### **Research Problem**

The nature of each game imposes different behaviors in terms of the diversity of its skills and its performance is characterized by excitement and pleasure, which necessitates the need to enjoy the physical, psychological and skill aspects to a certain extent that requires the speed of movement of the body and its parts frequently to maintain its balance in most cases, and the game of basketball is one of these games that requires mastering basic skills And physical and psychological. Since the correct psychological construction, especially with regard to the factor of developing self-confidence, is one of the factors that give fruitful results during competitions, and through the help of specialized professors and access to many scientific sources in the field of basketball, I decided to study self-confidence and its relationship to some skillful abilities of the players of Al- Club Khalis with basketball.

### **Research Objectives**

Identifying the relationship of self-confidence with some skill abilities of Al-Khalis club players in basketball.

### **Research Hypotheses**

There is a statistically significant relationship between the state of self-confidence with some skill abilities of Al-Khalis basketball club players.

### **Research Limits**

Human Limits: Al-Khalis Basketball Club players, numbering (12) for the 2022/2023 season.

Time Limits: for the period from 1/3/2023 to 7/5/2022 AD.

Spatial Limits: the indoor sports hall in Al-Khalis district, Diyala governorate.

## **Research Methodology and Field Procedures**

### ***Research Methodology***

One of the most important steps on which the success of the research is based is choosing the appropriate approach to solve the problem. Study and research, which gave freedom to the researcher to choose the approach that is consistent with the problem of his research, and for this reason the researcher used the descriptive method in the survey method because it is more of the method, as Muhammad Hassan Allawi and Osama Kamel Ratib (1999) indicate that: (Descriptive research aims to renew conditions, relationships, appearances, and survey style. It seeks to collect data from all members of society in order to try to determine the current state of the complex in a specific variable or variables). (Allawi: 1999: 140).

### ***Research Community and Sample***

The research sample is one of the necessities of scientific research, as the researcher must choose the research sample so that this sample accurately represents the original community. To mitigate the aim of the study (Elayan: 2000: 128), where the research sample included the players of the Diyala University basketball team, who numbered (12) players, then (2) players were excluded because they did not attend the test, as the research sample reached (83.3 %) of the original community.

### ***Homogeneity of Research Sample***

In order to reach one equal level for the research sample and to avoid the variables that affected the results of the research, where the individual differences exist between the players of the Diyala University basketball team, the researcher conducted homogenization on the research sample for the variables (height, weight, age) as shown in the table.

**Table (1)**

It shows the homogeneity of the research sample in the variables (age - weight - height).

No.	Variables	Measuring Unit	S	U	Reps	Torsion Modulus
1	Age	Year	21.7	21.5	19	0.52
2	Weight	KG	78	75	75	0.51
3	Height	CM	177	179	170	0.86

### ***Equipment and Tools Used***

Devices used and the tools used can be defined (the means and method by which the researcher can solve the problem of his research, regardless of the tools, data, or devices) (Majoob: 2000: 133)

***The researcher used the following tools***

Personal Articles

- Arabic sources
- Work Team
- Tape Measure
- Weight Scale
- Basketball (5)
- Indicators (8)
- Electronic stop watch
- Laptop (HP)
- Tests and Measurements
- Basketball Stadium

***Determining the Tests used in the Research***

For the purpose of determining the skill capabilities that should be available to the players of the Diyala national basketball team. The researcher looked at many sources and sought the help of experienced teachers and trainers, and the skill capabilities were identified as shown in Table (2).

**Table (2)**

Shows the Percentage of Tests

Used Test	Aim of the Test	Reps	Percentage %
Thoracic handling test	Measuring the laboratory's ability to quickly pass and receive the ball	9	%90
The zigzag tapping test	Measuring the patting speed between a group of (6) indicators.	10	%100
Forward shooting test	Measuring the tester's skill in shooting forward at the target	10	%100

**Specifications of the tests used in the research (Hassanin: 2002: 169)**

**Thoracic handling test**

***Test purpose***

Measuring the laboratory's ability to quickly handle and receive.

***Tools needed***

Flat ground, flat and smooth wall, stopwatch, basketball.

***Performance specifications***

The tester stands behind a line drawn on the ground and at a distance of (9) feet (270) cm from the wall. Upon hearing the start signal, the tester performs the handling to the wall, provided that this handling is at the level of the tested player's head and as quickly as possible. Then he receives the ball after it bounces off the wall, to repeat the action until he performs ten correct tackles.

***Test Conditions***

1. Communion must be performed from behind the line drawn on the ground.
2. It is not allowed to hit the ball after it has bounced off the wall, as it must first be received and then re-handled.
3. The ball is allowed to touch the wall at any height.
4. In the event that the ball falls to the ground during a performance, the tester must regain possession of the ball and continue performing.
5. The tester is allowed two attempts on the test, provided that it is considered the best for him.

***Calculation of Points***

The performance time for the test is calculated from the moment the ball touched the wall in the first successful handling and in the ball touching the wall in the tenth successful attempt. with them.

**Basketball Tapping test (Hassanin: 2002: 170)*****Test purpose***

Measuring the speed of plumping around a set of characters.

***Tools needed***

Basketball, a stopwatch, (6) signs, noting that two lines are drawn for the beginning and the end, a distance of (5 feet) (1.5 meters) from the first sign, while the distance between the signs is (8) feet (240) cm.

***Performance specifications***

The tester stands behind the starting line with the ball. When he hears the start signal, he performs a zigzag run between the pillars with a continuous patting of the ball, provided that he performs this work back and forth until he crosses the starting line, where he calculates the time in which he traveled the estimated distance in the aforementioned performance method, from the moment the order to start was issued to the tester crosses the starting line after going back and forth.

***Test conditions***

1. The laboratory has the right to use any of the hands for patting.

2. The ball must be touched while hitting in a legal manner, according to the terms of the Law of the Game.
3. The tester is allowed two attempts on the test, provided that the best is considered for him.

### ***Calculation of Points***

The time in which the tester performs the required work is calculated from the moment of the starting signal until he crosses the starting line after performing the test.

### ***Frontal Shooting Test***

The purpose of the test: measuring the player's skill in shooting towards the basket from a specific place on the left side of the basketball goal.

### ***Tools needed***

Basketball, basketball goal.

### ***Performance specifications***

The player shoots the ball from the specified place outside the free throw area directly, from an area located at the intersection of the free throw line with the circle, which is a specified point to the left of the basket. Shooting directly at the basket without the ball touching the target board, and the tester has (10) attempts to be performed in two groups, each group has (5) throws, noting that the tester leaves the shooting place after each attempt and moves in a circle, or the opportunity is given to another tester who performs his first groups, and so on, and this allows Before the performance, make some trial throws.

### ***Test conditions***

1. The shooting must be done from the specified location.
2. The tester has the right to (10) throws.

### ***Calculation of Points***

1. Two points are counted for each successful goal (attempt) in which the ball enters the basket.
2. One point is counted for each shot (attempt) in which the ball touches the ring and does not enter the basket.
3. Scores are not counted when the ball touches the board and does not enter the basket. The total number of scores in the ten attempts is recorded for the laboratory, meaning that the maximum score on the test is (20) degrees.

Correction of the scale is done through the grades that the player collects on all the paragraphs, and the closer he gets to the sum of the grades from the higher grades, the value of which is (117).

**Statistical Tools**

The researcher used the statistical package (SPSS) to extract the results and treat them statistically.

**Presentation, Analysis and Discussion of the Results**

Presenting and analyzing the results of skill tests and their relationship to the level of self-confidence

**Table (3)**

It shows the arithmetic mean, standard deviation, and sample collection for the research variables

No.	Variables	Measuring Unit	Capacity-	Reps±	Sample Size
1	Self-Trust	Points	87.4	10.8	
2	Passing	Seconds	8.27	0.83	10
3	Tapping	Seconds	10.72	0.74	
4	Shooting	Points	13.9	1.79	

From Table (3) it is clear that the arithmetic mean of the research sample in the handling test is equal to (8.27), while the standard deviation was (0.83), while the arithmetic mean of the same sample was with a standard deviation of (10.8), while the arithmetic mean of the research sample in the plumping test was equal to (10.72) with a standard deviation of (0.74) and the arithmetic mean for the same sample and a standard deviation of (1.8) as for the research sample in the correction test, the arithmetic mean was (13.9) with a standard deviation of (1.79) with an arithmetic mean for the same sample in the self-confidence measure of (87.4) with a standard deviation of (10.8), as the sample size was (10).

**Table (4)**

It shows the correlation coefficient, error percentage, sample size, and level of significance

No.	Variables	Self-Trust		Sample Size	Sig.
		R	Degree of Error		
1	Passing	<b>0.22</b>	<b>0.53</b>	<b>10</b>	Insignificant
2	Tapping	<b>0.015</b>	<b>0.96</b>		Insignificant
3	Shooting	<b>0.52</b>	<b>0.119</b>		Insignificant

From Table (4), we can show the correlation coefficient between the research sample in the skill tests and the self-confidence measure, as the correlation coefficient shows the research sample in the handling tests and the self-confidence measure equal to (0.22) with an error rate of (0.53), while the correlation shows the research sample in the two tests Plumpness and the self-confidence measure equal to (0.015) with an error rate of (0.96), while the correlation coefficient showed the research sample in the correction tests and the self-confidence measure equal to (0.52) with an error rate of (0.119), as the size of the research sample was (10).

## Discussion of the Results

After the researcher presented the tables related to the results of the statistical treatments related to the psychological variables (self-confidence) and the skill variables of the players of the research sample, he will discuss these results. As for Table (2), which shows the correlation coefficient between the variables (self-confidence) and some skill abilities in basketball, it appears that no During which there was no statistically significant relationship between these variables, and this is due to the fact that the sample players did not use training in psychological skills along with the skill abilities in basketball, as the attention was on the physical and skillful aspects more than the psychological aspect, which made the players not use psychological skills (self-confidence) effectively during training or competition for the purpose of controlling the various ideas that revolve in the mind of the player during the performance so that he is able to perform the skill in its optimal form, as "sports training on psychological skills (self-confidence) at an early age increases his ability to Dealing with performance obstacles associated with poor performance and validation shows mistakes and lack of confidence (Bahie: 2004: 142).

This is also due to the lack of reliance of coaches on the development of psychological skills (self-confidence) for their players during training, as recent research and studies confirm that "there has become an urgent need to select and classify players according to their physical, motor and psychological capabilities and the positive correlation between them and their role in the sports training system, especially in the levels High sports that require the issuance of urgent decisions in less than a fraction of a second. (Shamoon: 1999: 68)

## Conclusion

Through the results that appeared, the researchers concluded that there is no statistical correlation between the skill of plumping and the measure of self-confidence, and the absence of a statistical correlation between the skill of handling and the measure of self-confidence, and the absence of a statistical correlation between the skill of shooting and the measure of self-confidence, and the researchers recommend that the coaches give The psychological preparation of the players is of great importance because of its great impact on achieving results, and since the psychological preparation has become an urgent and important need, the coaches must perform it from the period of general preparation until the period of competitions, and emphasize the use of psychological skills training along with the skill capabilities, Emphasis on the coaches' reliance on developing the psychological skills of their players during training, and on finding the means and requirements that help the coach in the success of his tasks and in applying the required exercises.

## References

- Akram Khatabiyya: Contemporary Curricula in Physical Education, 2nd Edition, Amman, Dar Al-Fikr, 1997.
- Rebhi Mustafa Elyan, Othman Muhammad Ghoneim, Scientific Research Methods and Methods, Theory and Application, 1st edition, (Amman, Dar Safaa, 2000).



Reda Hanafi, Distinctive Emotional Characteristics of Players in Some Arab Countries for Youth Under 19 Years, Research published in the Journal of the First Scientific Conference, Helwan University, Faculty of Physical Education, 1987.

Muhammad Al-Arabi, Shamoun: Mathematical and Psychometric Psychology, 1st edition, Cairo, Al-Kitab Center for Publishing, 1999.

Muhammad Hassan Allawi, Encyclopedia of Psychological Tests in the Mathematical Field, 1st Edition, Cairo, Dar Al-Kitab 1998.

Muhammad Hassan Allawi and Osama Kamel Ratib, Scientific Research in Education and Sports Psychology, 1st edition, (Cairo, Dar Al-Fikr Al-Arabi, 1999).

Mohamed Sobhi Hassanein, Mohamed Mahmoud Abdel-Dayem: Measurement in Basketball: 1st edition, Kuwait, Dar Al-Fikr Al-Arabi, 2002.

Mustafa Hussein Bahi and Samir Abdel Qader Gad: Introduction to Modern Trends in Sports Psychology, International House for Publishing and Distribution, 2004.

Wajih Mahjoub, Scientific Research Methods and Approaches (Mosul, Dar Al-Kutub, 2000).

## Appendix

### *Sports Trust Status List*

*Designed by Robin Philly*

**Translated into Arabic By: Muhammad Hassan Allawi**

Draw a circle around the number that you think you really deserve in your self-confidence at the moment directly before your participation in the sports competition compared to the ideal player from your point of view, who deserves the maximum degree in sports confidence before his participation in the competition directly, which is (9) degrees.

No.	expressions	Points								
1	When performing the motor skills necessary to achieve excellence during sports competitions	1	2	3	4	5	6	7	8	9
2	In the ability to make critical decisions during sports competitions	1	2	3	4	5	6	7	8	9
3	In the ability to perform in competition under stress	1	2	3	4	5	6	7	8	9
4	In the ability to implement successful plans in competition	1	2	3	4	5	6	7	8	9
5	In the ability to execute well in order to be successful	1	2	3	4	5	6	7	8	9
6	In being able to adapt to different playing situations in order to win the competition	1	2	3	4	5	6	7	8	9
7	In the ability to accomplish my goals associated with the competition	1	2	3	4	5	6	7	8	9

8	In the ability to be successful in competition	1	2	3	4	5	6	7	8	9
9	The ability to think and respond successfully during competition	1	2	3	4	5	6	7	8	9
10	In the ability to face the challenge during the competition	1	2	3	4	5	6	7	8	9
11	In being able to be successful based on my preparation for this competition	1	2	3	4	5	6	7	8	9
12	In the ability to continue my good performance in order to be successful in the competition	1	2	3	4	5	6	7	8	9
13	In the ability to try to succeed even if the competitor is stronger than me	1	2	3	4	5	6	7	8	9