

Emotional balance and its relationship to the orientation towards competition among young players of the Kufa Handball Club

Assist. Lec. Kareem Abed Kareem Al-Thabhawe ⁽¹⁾,
Assist. Lec. Mustafa Adil Alwan ⁽²⁾, **Assist. Prof. Dr. Ayman Hani Algburi** ⁽³⁾

⁽¹⁾ Technical Administrative College / Kufa / AL-Furat AL-Awsat Technical University, Iraq.

⁽²⁾ Faculty of Physical Education and Sports Sciences / University of Kufa, Iraq.

⁽³⁾ Faculty of Physical Education and Sports Sciences / University of Kufa, Iraq.
kareemabdkareem1995@gmail.com, mustafaa.alhadrawi@uokufa.edu.iq,
aymanh.algburi@uokufa.edu.iq

Abstract

The purpose of this paper is to identifying the emotional balance and orientation towards competition among the young players of the Kufa Handball Club, and identifying the relationship between emotional balance and the orientation towards competition among the young players of the Kufa Handball Club. The nature of the problem to be studied determines the nature of the method, and the researchers used the descriptive method in both survey and correlational methods. The research community was determined by the Kufa Youth Handball Club players for the 2022-2023 sports season, who numbered (30) players, then a sample of (20) players was chosen from them in a random manner, with a percentage of (66.66%) from the research community. One of the most important results reached by the researcher is that: Most players enjoy an average level of emotional balance and orientation towards competition; there is a direct relationship between emotional stability and orientation toward competition, and the greater the emotional balance and orientation towards competition, the better the results. One of the most important recommendations recommended by the researchers is that: Coaches use standardized tests to determine the players' capabilities and the level of their psychological aspects in order to take into account how to give directions and directions, and the researchers also suggest conducting a similar study on the advanced and junior category.

Introduction:

The sports field in our world has become of a purely scientific nature, relying on studies, research, and investing in the interaction between different sciences and theories to reach development in sports levels and achievements. Scientific research is the basic link on which scientific research related to the sports field has relied. Despite the multiplicity of means and the differences in training methods, but not We are still searching for the smallest details that help the player achieve achievements.

Sport was not only concerned with physical development and strengthening, but it was also concerned with developing the psychological aspects. The psychological aspect is considered one of the important and influential aspects on the level of the athlete, in addition to its direct impact on competitions and sporting achievements. This is the result of the presence of several psychological traits that had a large and important role in the athlete's readiness and preparation to deal with the circumstances that arise. Faced both during training and competitions.

Emotional balance is one of the basic and main characteristics in building the personality of an individual athlete because it constitutes a set of qualities such as courage, courage, patience, risk-taking, hope, and others. It has a high social and humanitarian value that society encourages and tries to develop because it contributes to the progress and development of the human being and pushes him towards more confronting and overcoming external pressures because the human being does not develop. Unless he faces emotions and overcomes them, the life of an individual athlete being devoid of excitement and motivation leads to a feeling of boredom. In addition, removing the orientation towards competition helps the athlete to exert effort in training and in competitions, trying to reach the appropriate dimension within the athlete's ability and away from harming the competitor, as we note that The player exhausts effort and energy and continues to persevere and increase their physical capabilities and sense of responsibility towards themselves to improve towards the best.

Handball is one of the games that does not depend effectively on the individual's physical abilities only, but also psychologically. The psychological factor is considered important for the player's development, as it represents the basic pillar on which the players depend because the level of skill performance may be similar between the players, but the level of motivation, determination and ambition varies from one player to another, and this is what distinguishes the emotional balance of the handball player. We see a noticeable development in the psychological aspects. Hence the importance of research in identifying emotional balance and its relationship to the dimensions of orientation towards competition.

Research problem:

Emotional balance is an important and essential characteristic through which we seek to reach the best results, as it represents a group of personality components gathered together within the player's personality, especially when it is directed towards a specific dimension of avoiding competition. Because of the lack of information about the emotional balance of young handball players, we have been alerted to the existence of a problem or problem. An ambiguous or unclear relationship between emotional balance and avoiding competition orientation, and revealing such a trait among young handball players requires studying it, as well as its relationship with competition orientation. Therefore, the researchers found that this problem is worthy of study.

Research objective:

- Identifying the emotional balance and orientation towards competition among the young players of the Kufa Handball Club.
- Identifying the relationship between emotional balance and the orientation towards competition among the young players of the Kufa Handball Club.

Research hypothesis:

- There is a correlation between emotional stability and the orientation towards competition among the young players of the Kufa Handball Club.

Research fields:

- Human field: Kufa Youth Handball Club players for the youth category for the 2022-2023 sports season.
- Time field: (6/10/2022) to (17/7/2023)
- Spatial field: Kufa Sports Club in Najaf Governorate.

Research methodology and field procedures:

Research Methodology:

The nature of the problem to be studied determines the nature of the method, and the researchers used the descriptive method in both survey and correlational methods.

Community and sample research:

The research community was determined by the Kufa Youth Handball Club players for the 2022-2023 sports season, who numbered (30) players, then a sample of (20) players was chosen from them in a random manner, with a percentage of (66.66%) from the research community.

Devices, tools and methods used in research

Means of collecting information:

- Arab and foreign sources.
- Psychological standards.
- The questionnaire.

Devices and tools used in the research:

- Stopwatch number (1).
- Dell portable calculator (1).
- Office tools (papers, pens).

Field research procedures:

Determine the measures of emotional balance and orientation towards competition:

The researchers used the emotional balance scale and orientation toward competition by the researcher (Amir Jaber Abdel Majeed). The emotional balance scale consists of (48) items, while the emotional balance scale and orientation toward competition consists of (25) items by the researcher (Lamia Yahya Atwan. 2016) .

In order to apply the standards, the researchers presented them to a group of experts and specialists, for the purpose of evaluating them and judging them in terms

of their suitability for what they were developed for. After the experts and specialists reviewed the paragraphs of the two standards and the test, they expressed their observations. After that, the researchers extracted the calculated value of (Chi-2) according to the agreement of the experts and specialists and the acceptance of all Paragraphs with an agreement rate of (100%).

Exploratory experiment measures emotional balance and orientation towards competition:

After setting the instructions for the standards, the researchers conducted the exploratory experiment on February 13, 2023 at the Kufa Club to reveal the following:

- To ensure the clarity of the instructions and paragraphs of the standards for the sample.
- Identify the time it takes to answer the two scales.
- Identifying the conditions for applying the two standards and the difficulties that accompany them.
- Extracting the stability coefficient.

The experiment revealed the following:

- 1- The instructions were clear from the sample members.
- 2- The paragraphs were clear and not ambiguous.
- 3- The two scales were appropriate for the sample.
- 4- The time taken for application was between (10-14) minutes.
- 5- The answer alternatives were appropriate to the level of the sample members.
- 6- The stability coefficient was extracted. Thus, the two standards are ready to be applied (see Appendix 1).

Scientific foundations for the scales of emotional balance and orientation toward competition:

A - Validity of the scale:

The degree of honesty is the most important factor for the quality standards of tests and standards. A valid scale or test is defined as (a test that measures with sufficient accuracy the phenomenon it was designed to measure and does not measure anything instead of it or in addition to it). (Mustafa Mahmoud Al-Imam , et al) Validity has several Meanings vary according to the use of the test. Validity means that the test measures what it was designed for, meaning that a valid test measures the function that it claims to measure and does not measure anything else instead of it or in addition to it. (Ikhlas Muhammad Abdel Hafeez and Mustafa Hussein Bahi . 2000)

1- Content validity:

This type of validity aims to know the extent to which the test or scale represents aspects of the trait or trait to be measured, and whether the test or scale measures a specific aspect of the phenomenon or measures all of it, that is, the extent to which its content matches what it wants to measure, and opinions are used in determining it. Experts in the field that the test is trying to measure. (Muhammad Hassan Allawi and Muhammad Nasr al-Din Radwan. 2000)

Researchers have verified the validity of the scales through the content validity indicator, which is often done by logically judging the presence of the trait, trait, or ability in question to verify whether the proposed measurement method actually measures it or not when the two scales were presented to a group of experts and specialists to confirm their validity. .

B - Stability of the scale:

The concept of Stability is one of the basic concepts in measurement and must be present in the scale in order for it to be valid for use (Sabah Hussein Al-Ajili , and et al. 2001). The test Stability coefficient was found through testing and retesting to test the two scales and testing on the exploratory sample, and after transcribing the data, the value of (R) was extracted from it. The researchers concluded that the scales have a high degree of Stability, with a value of (R) reaching (0.91) for the emotional balance scale and (0.93) for the competition orientation scale.

Main experiment for the emotional balance and competition orientation scales:

The researchers applied the two measures to members of the sample of (20) players from the research sample for the 2022-2023 sports season on 5/3/2023.

Statistical methods:

The researchers used the Statistical Portfolio for the Social Sciences to extract the following methods:

- Arithmetic mean.
- Standard deviation.
- Simple correlation coefficient (Pearson).

Results and discussion:

Emotional balance and its relationship to the orientation towards competition among the youth handball players of the Kufa Youth Club:

After the final application of the research standards to the sample members, the following data were obtained:

Table (1) shows the arithmetic means and standard deviations for measures of emotional balance and orientation toward competition among young Kufa handball club players.

No.	Variables	arithmetic mean	standard deviations	R value	Level sig	Type sig
1	Emotional balance	112.66	4.19	0.88	0.000	sig
2	Orientation towards competition	106.12	3.44			

Table (1) shows us the arithmetic means and standard deviations for the research variables extracted from the players' answers to each measure, which is a good indicator that indicates the state of emotional balance. As for the high degree of standard deviation, it indicates a noticeable difference between the players from each other, which is a natural matter due to the nature of each of them's upbringing. And the circumstances they are exposed to and other personal reasons for each of them.

It is a high indicator for players in their orientation towards competition, which they enjoy through, and this is logical, as it embodies that the sample of players is characterized by distinctive features of orientation towards competition, so we see that this score expresses a good and healthy reality for these players, and that sports behavior is the basis of competition and that it is one of the most important. Its characteristics and characteristics are that it is a special type of orientation toward competition, and this orientation depends on the actions taken by the individual that indicate his orientation (Muhammad Mahdi Mahmoud. 1986). Thus, competition is a major and effective element in sports life at all stages.

To achieve the goal of the second research, a simple correlation coefficient was conducted between emotional stability and orientation toward competition. The data of what was conducted showed the following:

Through a simple viewing of Table (1), it becomes clear to us that the existing correlation between emotional balance and orientation towards competition reached (0.88), which indicates the significance of the correlation, because the value (sig) of (0.000) is smaller than the significance level (0.05) at the degree of freedom (18). Which means that the more emotionally balanced the players are, the more their tendency towards competition increases, which is natural if we realize that emotional balance gives a strong motivation to move towards competition.

Conclusions and Recommendations:

Conclusions:

According to the results reached by the researchers, the following conclusions can be formulated:

- Most players enjoy an average level of emotional balance and orientation towards competition.
- There is a direct relationship between emotional stability and orientation toward competition.
- The greater the emotional balance and orientation towards competition, the better the results.

Recommendations:

Based on the results of the research, the researchers recommend the following:

- Coaches use standardized tests to determine the players' capabilities and the level of their psychological aspects in order to take into account how to give directions and directions.
- The researchers also suggest conducting a similar study on the advanced and junior category.
- Conduct a study that addresses the relationship between the variables of the current research and some other variables.
- Conduct a comparative study between emotional balance, orientation toward competition, and achievement motivation for a number of individual and team sports.
- A comparison between male and female players in all games.

References:

- 1- Ikhlās Muhammad Abdel Hafeez and Mustafa Hussein Bahi . 2000. Methods of scientific research and statistical analysis in the educational, psychological, and sports fields, Cairo, Al-Kitab Center for Publishing, p. 173.
- 2- Lamia Yahya Atwan. 2016. The spirit of challenge and its relationship to the dimensions of orientation towards competition among athletics players in clubs in the central and southern regions of Iraq, Master's thesis, College of Physical Education and Sports Sciences, Dhi Qar University, p. 171.
- 3- Muhammad Hassan Allawi and Muhammad Nasr al-Din Radwan. 2000. Measurement in Physical Education and Sports Psychology, Cairo, Dar Al-Fikr Al-Arabi , p. 258.
- 4- Muhammad Mahdi Mahmoud. 1986. An experimental study on the effect of reduced social interaction on the speed of learning, Al-Mustansiriya Journal of Arts, Directorate of Dar Al-Kutub for Printing and Publishing, University of Mosul, Issue (14), p. 579.
- 5- Mustafa Mahmoud Al-Imam , and et al): Evaluation and Measurement, Baghdad, Dar Al-Hikma for Printing and Publishing, (B, T), p. 102.
- 6- Sabah Hussein Al-Ajili , and et al. 2001. Principles of Educational Measurement and Evaluation, Baghdad, Ahmed Al-Dabbagh Printing Office, , p. 78.

Appendix (1)
 Emotional balance scale

No.	Paragraphs	Always	Sometimes	Rarely
1	I am a good person			
2	I feel good about myself when I accomplish an athletic feat			
3	I feel happy when I am encouraged by the sports fans			
4	I feel angry when I cannot do what the coach asks me to do			
5	When I feel hopeless, I lose the desire to engage in any activity			
6	I am a high-minded person			
7	The coach looks at me with respect and appreciation			
8	I am completely satisfied with my life and myself			
9	I miss a lot of opportunities because I did not make the right decision			
10	I feel happy when others give me advice			
11	I believe that patience is the key to all success			
12	I feel sad and depressed most of the time			
13	My morale is low most of the time			
14	I feel good about my fitness			
15	I feel confident in myself before participating in the competition			
16	I feel calm and inner reassurance			
17	I tend to relax after physical exertion			
18	I control my emotions when I am exposed to difficult situations during the race			

19	I feel comfortable and happy when I complete my training work			
20	I feel stressed when I am exposed to difficult situations			
21	I receive a sufficient amount of praise and compliments from the coach and players.			
22	I get nervous and my mood changes before the race			
23	I feel like I am unable to control myself when I am exposed to difficult situations			
24	I trust myself before running a race			
25	I feel satisfied with my level of athletic performance.			
26	I have a habit of being calm and not easily provoked			
27	I care a lot about the audience's opinion about what I do during the competition.			
28	I always have feelings of fear of competition			
29	I can control my emotions in winning and losing situations.			
30	I can't sleep the day before a competition			
31	I am an optimistic person			
32	I cannot contain the crises facing me in competition			
33	I am a hostile person towards my fellow players			
34	I get angry easily for any reason			
35	I resorted to violence to prove my existence and reach the top			
36	Come to the race with full strength and determination			
37	I feel anxious when I don't perform convincingly in a race			
38	I feel angry if someone makes fun of me during training			
39	I always want to start fights with my colleagues			
40	Not being selected in the national team made me resort to violence			
41	I am very optimistic about my sporting future			
42	I apologize for the error when I am not successful in making a decision			
43	I have a high sporting spirit when I participate in racing			
44	Resort to violence to get out of competition			
45	I have difficulty controlling my emotions during the race			
46	My fellow players describe me as having high morale			
47	When I encounter difficult situations during a race, I try to control it			
48	When I am exposed to any crisis, I do not face it			

Orientation towards competition scale

No.	Paragraphs	Validity	invalidity	Needs modification
1	I compete with strength and determination			
2	Competition is a fascinating quality to me			
3	Winning is the goal I aspire to			
4	Defeating competitors is important to me			
5	I set goals that I aspire to achieve through			

	competition			
6	To achieve a specific goal, I compete with great strength			
7	I can't wait to enter the competition			
8	In competition, I fight as hard as I can			
9	When I compete, I show all my potential			
10	I'm not afraid to play with other competitors			
11	I have a desire to excel and succeed in my sport			
12	My ambition is to be the best player			
13	I tend to challenge competitors to test my abilities			
14	I use all my capabilities to succeed in my sport			
15	I am a player who does not doubt my abilities with others			
16	I eagerly await the competition to test			
17	I do not give up easily even if the difference in loss is large			
18	I don't like losing			
19	I feel happy and proud when I win			
20	I feel the value of my success when I win			
21	When I have a specific goal, I put all my energy into it			
22	I always try to achieve my personal goals			
23	When I do my best it is important to me			
24	To show my abilities, I have to set a specific goal and try to achieve it			
25	I feel upset when my opponent defeats me			