

# Frequency and its relationship to self-confidence among university students in the events of the square and the field

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***Abstract:****The research aims to identify the psychological hesitation and self-confidence of the first-stage students in the College of Physical Education and Sports Sciences - Diyala University, and to identify a relationship between the two variables, and a researcher assumed that there is a statistically significant relationship between the frequency and self-confidence of the students, as the researcher used the descriptive approach in a manner Relational relationships to solve the problem, and the research sample consisted of (30) students, and they were randomly selected by lottery from the population of (60) research, as it represented (50%) of the original community. The researcher reached conclusions that there is a significant association relationship between Hesitation and self-confidence in the effectiveness of the field and the field, and the presence of a difference in the degree of hesitation and self-confidence of the students, and through the conclusions the researcher recommends that the trainers and teachers should raise the morale and create hope in the sample to get rid of the frustration that in turn leads to hesitation during the performance, and interest in enhancing self-confidence from By showing courage, strong will, persistence and determination, making positive thoughts about performance and avoiding negative thoughts in order to improve the perception about their abilities. Dunia, and conducting studies similar to the current study on games and other sporting events.*

## 1. INTRODUCTION

In order to overcome sports failures and frustrations and reach the peak of athletic achievement, it is necessary to reduce the frequency that affects most individuals, which is the cause of poor sports performance, and this is achieved by focusing on the positive side of the skill, which strengthens his self-confidence and enhances his personal capabilities such as courage, perseverance, will and toughness, which makes him feel that With vitality, enthusiasm, comfort, reassurance, and joy and happiness in himself and thus helps him focus and pay attention during the performance.

Hesitation has multiple states and signs that the individual goes through while facing some difficult situations that require him to make a final decision on a topic on his mind, and it is the state of fear that afflicts him during the performance of the skill in order to reach the correct performance and draw its precise motor path, or what is represented by stopping the brain from performing its functions until Better decision-making, and sometimes internal conflict and frustration, which results in the inability to implement the skill properly.

As many studies have confirmed that the performance of any skill is affected by the individual's thinking, when his thinking is positive towards the skill, which enhances his self-confidence that achieves his success and helps him to overcome hesitation and fear and focus

on the correct performance. In his performance and trying to evade or waste time in any way, which results in wasting the opportunities available to him.

As both (the student and Lewis) pointed out, "Thinking under great psychological circumstances and burdens and high physical effort makes the athlete vulnerable to delay in making decisions and inaccuracy in implementation. This phenomenon is clear and does not need to be proven. We all feel many experiences that indicate a weak ability to think when he is pregnant. With great psychological burdens or when he is physically exhausting. " (And Lewis, 1993, p.171)

So, what we notice today is that some students have the physical ability that qualifies them to perform the skill at the best level despite its difficulty or danger, but they hesitate to perform, and this reluctance is due to multiple reasons represented by fear of falling into error in front of colleagues, so that they are the subject of ridicule and mockery, in addition to what they need from An assertion of itself in terms of success experience. Repeated failure leads to psychological frustration and disruption of self-confidence, and thus affects the student's reactions and focus her attention during the performance, and this is what (the student and Lewis) confirmed, "Weak athletes have a clear state of hesitation when performing exercises in the presence of the rest of the people, And this reluctance stems from fear of blaming or mocking others in addition to fear of failure or fear of injury "(and Lewis, 1993, p. 247)

Self-confidence is one of the psychological skills that has a prominent role in achieving high mathematical levels through preparing the individual in physical and skillful numbers, but it differs from one individual to another according to his abilities and capabilities, as individuals with high confidence possess high physical abilities that qualify them to perform the skill without fear And hesitation, and their performance is not affected by the individuals who surround them, and thus achieving the sporting results they aspire to. As for those with low confidence, they are characterized by introversion, fear and tension, and their performance is affected by the individuals who surround them. Fear and hesitation make them unable to perform, and thus their inability to score high sports results.

And (Allawi) indicates, "Self-confidence is one of the basic psychological factors in developing the performance of players and achieving sports achievements, especially in individual games, and confidence is the degree of affirmation, belief and certainty in the capabilities and abilities of the player in dealing with various situations and his ability to plan, organize and decide in competition situations to achieve the player's success." Whoever is characterized by this trait is characterized by confidence in his ability and skill and has a positive concept of himself that is honest and realistic and does not appear to be anxious, hesitant or fearful in unexpected situations. He must also talk about his ideas and present his point of view, whether to the coach or to other players, accept criticism and have a realistic to excel. (Allawi) (2009, p. 168)

In order to face the changing conditions that the individual faces during the performance of difficult skills, it is necessary to focus on developing their capabilities and physical capabilities to ensure balance and psychological stability and control emotions to achieve sports results. Hence the importance of research in studying the psychological aspects that have an impact on achieving sports results represented by hesitation and self-confidence.

#### Research problem

Hesitation is one of the psychological concepts that has a close relationship with trust and its importance. Researchers and scholars are interested in it, especially in the field of sports, which is not devoid of skills and difficult movements, which may lead to creating problems and obstacles in front of the individual, thus affecting his experience and self-confidence, causing him to suffer fear, confusion and lack of will and thus create He has a kind of hesitation during the performance of the skill, which affects the motor performance and the

extent of its accuracy, so the researcher decided to study this problem facing physical education students.

#### *Research Aims*

- 1- Identifying the psychological frequency of first-stage students in the College of Physical Education and Sports Sciences - University of Diyala.
- 2- Knowing the self-confidence of the first stage students in the College of Physical Education and Sports Sciences - University of Diyala.
- 3- Identify the relationship of indecision with self-confidence of the first stage students in the College of Physical Education and Sports Sciences - University of Diyala.

#### Research hypotheses

- 1- Is there a statistically significant relationship between hesitation and self-confidence of first-stage students in the College of Physical Education and Sports Sciences - University of Diyala?

#### *Research areas*

The human field: - A sample of 30 female students in the first stage - College of Physical Education and Sports Sciences - Diyala University.

Time domain: - Duration from 2/12/2020 to 2/16/2020.

Spatial domain: - The field and field stadium in the College of Physical Education and Sports Sciences / University of Diyala

Research methodology and field procedures

## **2. RESEARCH METHODOLOGY**

Descriptive research does not stop at the limits of describing the phenomenon, but rather goes further than that and analyzes, interprets, compares and evaluates with the intention of reaching meaningful assessments with the intention of gaining insight into that phenomenon, in addition to that descriptive research is not limited to predicting the future, but rather it is carried out from the present to the past in order to increase insight. At present. (Al-Azzawi, 2008, p. 82) Descriptive curricula are the most used approaches for psychological research topics. Therefore, the researcher used the descriptive approach in the method of relational relationships as it is considered the best method for solving the research problem and achieving its objectives.

#### Community and sample research

The researcher selected her current research sample of (30) students from the first stage - College of Physical Education and Sports Sciences - Diyala University for the academic year 2019-2020, as the sample was randomly selected by lot from the research community of (60), where the percentage was (50) % Of the original community.

The psychological frequency scale (Firas Hassan 1999)

The researcher adopted the psychological frequency scale of the College of Physical Education prepared by (Firas Hassan Abdul-Hussein), which consists of (51) paragraphs, and each paragraph has five alternatives (that apply to me completely - they apply to me - they do not apply to me sometimes - they do not apply to me - they do not apply to me) The scores are from (5 - 1) for the alternatives, and the highest score for the scale is (255), and the lowest score for the scale is (51), and this scale has levels ranging between:

1. Very high frequency (145 - 116).
2. High frequency (115-87)
3. Medium frequency (86-58).
4. Acceptable frequency (57-30)

5. Weak frequency (from 29 or less). Where the researcher (Abdul Zahra Ahmed) legalized it on the Iraqi environment. (Ahmad, 2009)

The main experience

The main research experiment was conducted on the research sample on Wednesday, 2/12/2020 AD, as the researcher distributed the scale forms to the sample, and after answering the scale paragraphs by the sample, the forms were collected, then the data were unpacked and statistical analysis by the researcher.

Analyze and discuss the research results :

Presentation, analysis and discussion of the results of hesitation among university students in the effectiveness of the square and the field :

<b>Table No. (1) shows the results of the frequency of the university students in the effectiveness of the square and field</b>				
<b>Scale paragraphs</b>	<b>A</b>	<b>STD</b>	<b>M</b>	<b>Coefficient of torsion</b>
I hesitate when I feel weak in the skill to be performed	4.3667	.71840	4.5000	.692
Willpower drives good performance	4.0000	1.14470	4.0000	.739
I hesitate when I am engaging in a sporting activity that I neither like nor desire	2.8000	1.27035	2.0000	.835
I hesitate to do exercise if I feel it is causing me injury	3.3000	1.20773	3.0000	.506
I have previous experience and experiences that make me not hesitate to play exercises and sports games	3.5000	.97379	3.0000	.720
My feeling of fatigue and tiredness makes me hesitate to exercise and sports	3.6000	1.06997	3.5000	.007
My self-confidence makes me feel free to play the game	.007	.87428	3.0000	1.339
I hesitate when some make fun of me	4.1000	.92289	4.0000	.491
The presence of assistive devices and assistants makes me not hesitate to play sports	3.8667	1.25212	4.0000	.861
My weak relationship with the coach makes me hesitate to play the game	2.8667	1.13664	3.0000	.278
I have vitality and activity that helps me play the game	3.2000	1.51771	3.0000	.299
Because I have high psychological numbers, I play sports without hesitation	2.4667	1.25212	2.0000	.815
My courage makes me not hesitate to perform various sports	3.0667	.90719	3.0000	1.050
The complexity of the equipment and the difficulty of the movements made me hesitant to perform them	2.7000	1.51202	3.0000	.230
When I know the purpose of the game, I do not hesitate to play it	3.3000	.74971	3.0000	.484
I hesitate to play the game when I feel I am not training hard	3.0333	1.49674	3.0000	.193
I do not hesitate when I am mentally calm and stable	3.0667	1.20153	3.0000	.631

I hesitate when I feel like I fail	3.0000	1.20344	3.0000	.382
I have situations in which I feel that I do not want to play games	3.1333	1.40770	3.0000	.093
I feel hesitant to play the game when I'm not getting moral urges	3.3667	1.03335	3.0000	.018
My practical and theoretical experience makes me feel free to play sports	3.3667	1.09807	3.0000	.197
I hesitate when I expect that my level will not be up to the required level	3.5667	1.16511	3.0000	.172
My feeling of fear of the activity or the device causes me to hesitate in performance	3.3000	1.17884	3.0000	.227
My sense of boredom keeps me from playing sports	3.2000	1.66919	3.0000	-.101
I am concerned about the performance of the event	2.9333	1.41259	3.0000	.204
I don't care about the outcome of the matches	3.9333	.78492	4.0000	.121
I hesitate when my pulse rises before matches	3.1667	1.55549	3.0000	-.120
My personality is the reason for my hesitation	3.3333	1.34762	3.0000	-.299
When I am asked to make a certain decision, I am slow to make it	2.8667	1.43198	2.0000	.627
The importance of competition makes me participate in it	3.0333	1.54213	3.5000	-.180
The sudden change in my daily habits makes me less interested in playing sports	2.8333	1.55549	2.5000	.238
My exposure to stress makes me hesitant to perform	3.0667	1.55216	3.0000	.059
I hesitate when asked to compete with a famous player (or players)	2.4667	1.22428	3.0000	.083
I hesitate when asked to participate in high-level tournaments	2.8333	1.76329	2.5000	.150
My dissatisfaction with some referee makes me hesitate to perform the duty assigned to him in the competition	2.7667	1.43078	2.0000	.516
Frequent failure causes me to hesitate to exercise	2.9667	1.37674	3.0000	.149
My poor physical preparation caused my hesitation in my performance	2.7000	1.44198	2.0000	.420
My feeling of confusion and instability makes me hesitant to play the game	3.1000	.66176	3.0000	1.423
I can't control my temper in an awkward situation	3.1333	1.00801	3.0000	.366
My physical pattern makes me hesitate to play or do exercises	3.5000	1.19626	3.0000	.065
When my protection is not good I don't want to play the game	3.7419	1.21017	4.0000	-.673
I have a high spirits that make me an unhesitating player	2.7419	.81518	3.0000	.919
I hesitate when I hear words tainted by slander	2.8387	1.50769	3.0000	-.019
My shyness is a reason for reluctance to play sports	2.6774	1.35122	2.0000	.810

I am optimistic by nature	2.9355	.85383	3.0000	.815
The poor sports equipment that I showed in the competitions made me hesitant in the performance	2.7097	1.50982	3.0000	.283
The weather conditions make me hesitant	2.6452	1.27928	2.0000	.624
I don't feel hesitant about performing the event when I have the spirit of hope to win	3.6000	1.03724	3.0000	.111
I hesitate when I get frustrated	3.3667	1.15917	3.0000	.205
My struggle does not make me hesitant to perform	3.4000	1.19193	3.5000	.058
I feel hesitant to perform an event or exercise when I see a crowd	3.7000	.98786	3.0000	.202

Table No. (2) shows the results of identifying the self-confidence of university students in the effectiveness of the field and field

Scale paragraphs	A	STD	M	Coefficient of torsion
When performing the motor skills necessary to achieve supremacy during sports competition	6.1333	1.79527	5.0000	.399
In the ability to make critical decisions	5.8333	1.93129	5.0000	.437
In the ability to perform in competition under nervous pressure	5.5667	2.44503	5.5000	-.230
In the ability to implement successful plans in competition	4.5000	2.27050	4.5000	.323
In the ability to focus well in order to achieve success	5.1000	2.30965	5.0000	.463
In the ability to adapt to different playing situations in order to win the competition	4.6667	1.95348	4.5000	.594
In the ability to accomplish my goals related to competition	4.8667	2.56949	4.0000	.485
In the ability to be successful in competition	4.5667	1.50134	5.0000	.485
In the ability to think and respond successfully during competition	4.7333	1.76036	5.0000	.721
In the ability to meet the challenge during competition	4.9333	2.19613	4.5000	.467
In the ability to be successful on the basis of my preparation for this competition	4.9000	2.07364	5.0000	.192
In the ability to continue my good performance in order to be successful in the competition	4.4333	2.31462	5.0000	.109
In the ability to try to succeed even if the competitor is stronger than me	5.0000	2.24377	5.0000	.177
When performing the motor skills necessary to achieve supremacy during sports competition	6.1333	1.79527	5.0000	

Table (3) shows the results of the reluctance to relate to the self-confidence of university students in the effectiveness of the field and the field

Variables	Correlation coefficient	DF	calculated t value	Tabular t value	Significance
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Psychological hesitation	0.167	30	3.42	1.70	Sign
Self-assurance					

The correlation coefficient was (0.167), while the calculated value of (t) was (3.42), which is greater than the tabular value of (t) of (1.70), which indicates the existence of a significant relationship between the two variables, as this study proved that the frequency is affected by self-confidence That is, the greater the frequency, which indicates a weak self-confidence, and the researcher attributes that the low level of athletic performance is not due to the difficulty of the skill and the extent of its success in its performance, but rather to psychological skills that cannot be controlled in the face of changing circumstances, including psychological hesitation, which is affected by several factors Represented by fear of (failure - mockery - ridicule), despair and shyness from others and thinking about poor results, this is an indication of poor self-confidence, which distracts his ideas and makes him unable to focus on the correct aspects of the skill and thus leads to poor skill performance. The researcher agrees with Muhammad Hassan Allawi, saying: An athlete who lacks the basic psychological characteristics cannot achieve the highest levels regardless of his abilities and his physical and technical level, given that these characteristics directly affect the personality of the athlete as a whole. (Allawi, 1983, p. 166) .

### 3. CONCLUSIONS AND RECOMMENDATIONS

#### *Conclusions*

- Through the results obtained by the researcher, the following conclusions were reached: -
- 1- There is a significant correlation between indecision and self-confidence in the effectiveness of the field and the field.
  - 2- There is a difference in the degree of frequency of the sample.
  - 3- There is a difference in the degree of self-confidence of the sample.

#### *Recommendations*

- Through the conclusions, the researcher recommends the following: -
- [1] The trainers and teachers should raise the morale and create hope for the sample to get rid of the frustration, which in turn leads to hesitation during performance.
  - [2] Paying attention to enhancing self-confidence by displaying courage, strong will, persistence and determination.
  - [3] Making positive thoughts about performance and avoiding negative thoughts in order to improve the perception about their physical abilities.
  - [4] Conducting studies similar to the current study on games and other sporting events.

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