

Positive thinking and its relationship to the performance of the skill of stabbing with a blind weapon for the students of the faculty of physical education and sports sciences

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Abstract

This study aims at building a scale of positive thinking among students of the College of Physical Education and Sports Sciences, and identifying the relationship between positive thinking and the skill of stab among students of the College of Physical Education and Sports Sciences.

The researcher used the descriptive approach using survey and correlative relations. The research community included the students of the third stage in the College of Physical Education and Sports Sciences - Tikrit University for the academic year 2021-2022, and their number was (93) students. Female students were excluded, and the research sample included (74) students. The researcher used the statistical bag (spss) to process the data and get the results. Among these statistical means are as follows: (arithmetic mean, standard deviation, standard error, chi-square (χ^2). T-test for one independent sample and for two correlated and uncorrelated samples. Coefficient Cronbach's alpha, Pearson simple correlation coefficient, Spearman-Brown equation, and multiple correlation coefficient).

The findings showed that positive thinking has an effective and positive importance in the accuracy of the performance of the stab skill through the significant correlation between them.

Keywords: Positive thinking, blind weapon, physical education and sports sciences.

INTRODUCTION

The study aimed:

This work aims to recognize the level of positive thinking among students of the College of Physical Education and Sports Sciences, and identifying the level of the relationship between positive thinking and the performance of stabbing among students of the Faculty of Physical Education and Sports Sciences.

The researcher used the descriptive approach using survey and correlative relations. The research community included the third stage students in the College of Physical Education and Sports Sciences - Tikrit University for the

academic year 2021-2022, numbering (74) students. The researcher adopted the scale developed by (Kirkegaard), which consists of three The fields are (the field of internal knowledge, the field of faith, the field of relationships), and the researcher used the statistical bag (spss) to process the data and get the results, and these statistical means are as follows: (arithmetic mean. Standard deviation. Standard error. Chi-square (χ^2). t-test for one independent sample and for two correlated and uncorrelated samples Cronbach's alpha coefficient Pearson simple correlation coefficient Spearman-Brown equation and multiple correlation coefficient.

The research found the following conclusions:

Positive thinking has an effective and positive importance in the accuracy of performing the stabbing skill through the moral correlation between them. And The correlative relationship between positive thinking and the skill of stabbing appeared (a positive correlation).

- Introduction to research
- Introduction and importance of research:

In recent years, the sports field has witnessed a remarkable development in all its various fields and activities due to its direct connection with the formation and building of the various body systems. In achieving a sports renaissance, it was necessary to pay attention to sports, and since physical education, by virtue of its dealings with the human being physically and mentally, researchers and scholars in this field have made great and great strides in order to open new horizons in the fields of science and various knowledge, and thus they were able in a short time to keep pace with what is happening in the arena of developments Technical and scientific, and perhaps the most prominent example of this is the high and wonderful levels that competitive sport has reached in some fields and branches of sport.

The use of positive thinking by the student helps in the development of skill performance and the success of the learning process, given that the skill and insistence on its performance result from positive thinking. He had that positive thinking whenever he had positive results. Also, in education processes, the more it was performed properly, then it would contribute to the success of the teaching process and then achieve the goals of the educational process.

The fencing game is one of the widespread sports at the Arab and international levels, and the fencing weapon is due to its distinguished position and position among Olympic sports all over the world, especially after the rapid development of the auxiliary devices used in the training process and the manufacture of modern weapons used in this field. And the

contribution of recent studies and research, as the goal of fencing is to reach the opponent's goal to score a touch, and the easiest way to implement this is to extend the armed arm from the elbow joint, followed by moving the leading foot forward and reaching the target with the fly on the surface of the opponent's body, provided that it is the position of the back leg In an extended form, any stabbing movement, and this movement is the backbone of the attack in fencing and as the most important movement by which the player can obtain touches Abbas (2000).

From here lies the importance of the research in trying to identify positive thinking and its relationship to the performance of the skill of stabbing with a shutter weapon for students of the College of Physical Education and Sports Sciences and to develop appropriate solutions that are necessary and important to improve the accuracy of the skill of stabbing with a musket weapon among students practicing the effectiveness of fencing because of its psychological and mental importance of the sport of fencing.

- The problem of the study:

Fencing is one of the important courses for students of the third stage in the departments and colleges of physical education and sports sciences, and that learning the basic skills of this subject requires abilities in various aspects, including physical, kinesthetic, psychological and mental, and that students need to think positive and sound and thus provide them with experiences and information that enable them to find solutions to solve The problems and obstacles that they face during the educational unit, but it is noticeable, and through the researcher's follow-up to the educational process of this subject, that there is a weakness in learning motor skills, as well as a weakness in the motor abilities of those skills, which clearly affects the learning of those skills and thus there becomes a clear weakness In the level of positive thinking among students, as well as the lack of interest of some teachers in this aspect due to the lack of time for teaching lectures scheduled in the classroom despite its importance for learners, and the skillful and

tactical performance of various sports, including fencing, as it is one of the top games of martial arts in addition to that A combat sport that requires its practitioners to have high skill, a psychological dimension, and a Spiritually pushes the player towards improving performance.

- The aims of the study

1- Recognizing the degree of positive thinking among students of the College of Physical Education and Sports Sciences / Tikrit University.

2- Recognizing the relationship between positive thinking and stab skill among students of the College of Physical Education and Sports Sciences / Tikrit University

- Research hypotheses :

There is a statistically significant correlation between positive thinking and the accuracy of performing the skill of stabbing with a shutter weapon for students practicing fencing, College of Physical Education and Sports Sciences / Tikrit University.

Research areas:

1- The human field: third-year students in the College of Physical Education and Sports Sciences / Tikrit University for the academic year 2021-2022.

2- Time domain: the period from 9/21/2021 to 3/15/2022.

3- Spatial domain: the inner hall for the fencing lesson in the College of Physical Education and Sports Sciences / Tikrit University.

Research Methodology

The research procedures used depend on collecting and analyzing data and drawing conclusions on the nature and type of the research method (Mahjoub, 2002). The selection of the appropriate approach to research the problem or to achieve its goal is one of the most important steps that result in the success of the research. For this reason, the researcher used the descriptive method in the survey method and the method of correlative relations, as they are the most appropriate method for the nature of the problem being studied by the researcher.

Research population and sample:

The research community included the third stage students in the College of Physical Education and Sports Sciences / Tikrit University for the academic year (2021-2022), who numbered (93) students. It was distributed to the construction sample to measure positive thinking and to find scientific foundations, which amounted to (44) students, while the application sample amounted to (20) students, and the exploratory sample was (10) students.

Table (1) *the distribution of the research community and its sample*

Class	Number of students		Construction sample			Applicat ion sample	total
	male	female	excluded	exploratory experience	statistical analysis		
third a	--	19	19	--	--	--	19
third b	26	--	--	10	16	--	26
third c	23	--	--	--	13	10	23
third d	25	--	--	--	15	10	25
Total	74	19			44	20	93

- Field Research Procedures:

Determining the scale of positive thinking and its areas and items:

After the researcher reviewed a lot of studies, research and sources that dealt with positive thinking to benefit from its items, and from these standards: Hanan Abdel Aziz (Aziz, 2012) Abdul-Amir thunder scale (Abdel-Amir, 2012) a number of scale topics related to the positive thinking scale were identified, and the topics identified (Omar Ali 2019) were relied upon. These topics were presented to the experts and the scale items,

In order to determine the validity of the model and the three domains of the positive thinking scale and their definitions and the extent to which they cover the trait to be measured, the researcher presented it to a group of psychology, measurement and tests for the purpose of taking their views in order to modify, add or delete any of the three scales items so that it is appropriate with the nature of the current research sample and after

conducting amendments to its items by deriving some items from the theoretical framework and definition that dealt with the concepts of internal knowledge, faith and relationships, and the items were formulated in the form of declarative statements. Then the researcher presented the scale to a group of (20) experts and specialists in psychology, measurement and test annex (2) for the purpose of expressing their opinions and observations on its validity in order to modify, add or delete any item of the scale so that it is appropriate with the nature of the current research sample, and the researcher used the (Ka2) test to identify its validity from others, and (Epel) indicates that the best way to ensure the validity of the scale statements is for a number of experts and specialists to assess their validity to measure the quality that was developed for it (Eble, 1972). The results showed the validity of the scale items because the value of (Ka2) calculated for these items was smaller than their tabular value of (3,84) at the degree of freedom (1) and the level of significance (0.05). Table 2 below shows this.

Table (2) the validity of the positive thinking scale areas

the topic	number of experts	number of approvers	Number of disapproves	value (k ²)	Significance level
1- Inner knowledge	20	20	-	20	significant
2- Faith	20	19	1	16,2	significant
3- Relationships	20	19	1	16,2	significant

Tabular value (Ka²) with degree of freedom (1) = 3.84

Determining the items of the positive thinking scale

After the topics of the scale were determined in its initial form, a number of items were determined for each axis, which are (inner knowledge axis -15 items), (belief axis - 17 items), (relationship axis -16 items), thus the number of items for the scale as a whole is (48) items. And it was presented to the experts and specialists, and it was agreed that (45) items got agreement (75% and more), and three items were deleted because they did not get a percentage (75%), and thus the scale is formed by its formula for the sample of statistical analysis (45) items.

- Validity of the scale:

Validity is one of the most important standard characteristics that must be available in the scale as it refers to the scale's ability to measure the trait that it was designed to measure, and it does not measure another trait, regardless of whether the respondent first applies to him, and the researcher relied on the content validity, construct validity, to ensure The validity of the positive thinking scale is:

- Validity of the content:

Bahi (2000) defines it as measuring the extent of the test for the different aspects or components of the aspect to be measured. This honesty was achieved after defining the concept of positive thinking and its fields, as the researcher prepared the scale and its items in proportion to the sport of fencing, and then presented it to a group of experts in sports psychology, measurement, testing and fencing sport (*) to indicate the validity of the items, deleting or modifying them. Thus, the researcher obtained the validity of the content and tables (2, 3, 4, 5):

- The validity of the hypothetical formation (construction validity):

As for the validity of the hypothetical formation, it is also called the validity of the construction or the validity of the concept because it depends on the empirical verification of the extent to which the scale scores match the concepts that the researcher relied on in constructing it. The construction validity is one of the most important types of validity in the stages of building the scale because it constitutes the theoretical framework of the scale (Kubaisi, 2007).

This type of honesty is the most important type of honesty that the scale builder is interested in, as it constitutes the theoretical framework for the test (Odeh, 1985). The researcher verified the validity of the hypothetical or constructive formation in his current scale using the following methods:

- The method of the two extreme groups (discriminatory honesty):

After correcting the answers of the construction sample and arranging them in

Table(3) *the correlation coefficient between the score of the items and the total score of the positive thinking scale*

Items	Calculated (t) value	Sig	Significance level	items	Calculated (t) value	Sig	Significance level
1				24	.326 0	.021 0	significant
2	0.405	.040 0	significant	25	.293 0	.039 0	significant

descending order, the highest (50%) of the higher scores and the lowest (50%) of the lower scores were chosen, because the adoption of this percentage provides us with two groups with the maximum size and differentiation (Ahmann & Glock, 1971). The number of students for each group is (22) students. This process included the detection of the discriminatory strength of the items of the scale after applying it to the construction sample and correcting the answers. The answers of the upper and lower groups were statistically analyzed according to the following steps:

A- The ability to discriminate between items

Discriminative ability means the extent to which the item is able to distinguish between students with higher and lower levels, or between the higher and lower groups in relation to the attribute measured by the scale (Odeh, 1985).

The value of (t) was calculated between the upper group and the lower group for the two tests.

- Correlation coefficient between the item's score and the total score of the test:

To find the validity of the internal consistency, the formula for the simple correlation coefficient (Pearson) was used between the score of one item and the total score of the test for all members of the construction sample. In order to find out the type of statistical significance, the researcher used the correlation coefficients for all items and the error rate that was greater or equal to the significance level (0.05), and Table (3) is the correlation coefficients between the degree of the item and the total degree of the scale.

3	0.291	0.040	significant	26			
4	0.342	0.000	significant	27	.314 0	0.000	significant
5	468.0	0.001	significant	28	*0.144	.319 0	غير significant
6	0.368	0.000	significant	29	.384 0	.006 0	significant
7	0.427	.002 0	significant	30	.328 0	.020 0	significant
8				31	.485 0	0.000	significant
9				32	.314 0	.027 0	significant
10	0.588	.000 0	significant	33	.444 0	.001 0	significant
11	.480 0	.000 0	significant	34	.371 0	0.000	significant
12	.316 0	.025 0	significant	35	.394 0	.005 0	significant
13	.385 0	.006 0	significant	36	.598 0	.000 0	significant
14	0.481	0.000	significant	37	.585 0	.000 0	Significant
15	.384 0	0.000	significant	38	0.401	0.000	Significant
16				39	.301 0	.033 0	Significant
17	.998 0	0.000	significant	40	.621 0	.000 0	Significant
18	.319 0	.024 0	significant	41	.299 0	.035 0	Significant
19	*0.155	.283 0	Not significant	42	.363 0	.010 0	Significant
20	.308 0	.030 0	significant	43	.293 0	.039 0	Significant
21	.538 0	.000 0	significant	44	.630 0	.000 0	Significant
22	.325 0	.021 0	significant	45	0.423	0.000	Significant
23	.344 0	.014 0	significant				

It is clear from Table (3) that the items (1, 19, 28) are items that did not obtain the coefficient of consistency with the measurement, because (sig) is higher than (0.05), and through the methods of the two extreme groups and internal consistency was omitted (7) Items for not obtaining a probability level (sig) less than (0.05), so the scale consists of (38) items in its final form, appendix No. (1).

• Leverage skill test

The researcher adopted the performance evaluation form for the skill of the stab (Abbas, 2021) which has been used by many researchers and scholars in the field of fencing.

As well as testing the accuracy of the stab described below.

1- Test name: The stab accuracy test of (10) attempts) 2)

The objective of the test: To know the accuracy of the appeal.

Necessary tools: A fencing pole with (6) circles in a diameter (5 cm) numbered (1-6) irregularly at a height appropriate to the player's height and a fencing weapon.

Performance specifications: The player stands ready, carrying the weapon, and at an appropriate distance from the person (stabbing distance). Upon hearing the signal from the test taker, the player performs the stabbing

movement in the circle whose number the tester mentions.

The player is given (10) attempts to stab.

Registration method:

- The player is recorded the number of times the exact injury to the target out of the ten attempts to stab the player, note that the highest score that the tester can obtain is (10), and the lowest score is (zero). The test is repeated twice and the best attempt is recorded.

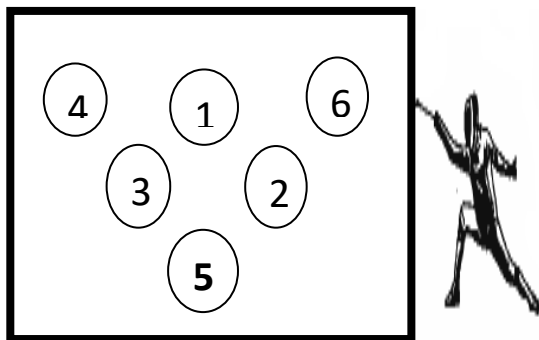


Figure (1) *the shooting accuracy test with the stabbing movement*

The main experience:

The principal's experiment was conducted on a sample of (20) students, as forms of the scale were distributed positive thinking, attention manifestations test, stabbing movement performance test and photographing it for the purpose of presenting it to the judges to evaluate performance use the assessment form for the performance of the appeal movement on Tuesday and Wednesday 18-19/1/2022. The assessors are Sabah Nouri Hafez, taught fencing, College of Physical Education and Sports Sciences - Al-Mustansiriya University. Nour Hatem Al-Haddad, Fencing Tests, College of Physical Education and Sports Science for Girls - University of Baghdad and Atheer Qassem Muhammad, Fencing Training, College of Physical Education and Sports Sciences - University of Diyala.

- Statistical means:

The researcher used the statistical bag (spss) to process the data and get the results. Among these statistical means are as follows: arithmetic mean, standard deviation, standard

error, chi-square (χ^2). T-test for one independent sample and for two correlated and uncorrelated samples, alpha coefficient Cronbach, Pearson's simple correlation coefficient, the Spearman-Brown equation, and the multiple correlation coefficient.

- Presenting, analyzing and discussing the results of the correlation between positive thinking and the beginning of the stab skill:

Table (4) the arithmetic means and standard deviations of the research variables.

Variable	arithmetic means	standard deviations	Hypothetical mean(*)
Positive thinking	88.05	6.557	76
Evaluation of the appeal by experts	5.95	0.945	
Accuracy of the stab	6.00	1.257	

It shows the arithmetic means and standard deviations of the research variables.

It is shown from the table (4) above the arithmetic estimates of the research variables, the arithmetic mean for positive thinking was (88.05), with a standard deviation (6.557), and the mean for assessing the stab from experts was (5.95) and with a standard deviation (0.945), while the mean Arithmetic accuracy of stab (6.00) and standard deviation(1.257)

The researcher attributes the reason for this to the fact that thinking is the main source and cause of the individual's behavior and responses. (Muhammad Hassan Allawi) confirmed this meaning, as he believes that mental processes play an important role in the activity of the individual and his response during his practice of various aspects of sports activity (Allawi, 1997).

Hussein (2015)supports this view by stating that thinking plays an important role in sports activity and its responses during the practice of sports activities and events.

The most important thing that has developed in this personal empowerment is positive thinking, which is the most effective tool in dealing with life's problems, stabs and tasks(Hejazy, 2005).

The student needs high concentration while performing the skills. The degree of mastery of the skills is not only related to training qualifications, but is also related to the student's ability to focus attention and the

ability to consciously contribute to controlling her motor skills Positive thinking helps learners reach a state of mental and physical coherence. The student who possesses deep focus is the one who can reconcile his physical and mental attitudes.

Presenting the results of the multiple correlation between positive thinking and assessing the performance of the stab skill, analyzing and discussing it.

Table (5) *the correlation between positive thinking and the accuracy of challenging fencing*

variable	thinking	focus attention	diverting attention	distribution of attention	Evaluation of the stab	Accuracy of the stab
Positive thinking	--	*0.413	*0.380-	*0.326	*0.902	*0.250
focus attention		--	*0.772	*0.314	*0.432-	*0.355
diverting attention			--	*0.341-	0.142	0.208
distribution of attention				--	0.068	0.165-
Evaluation of the stab					--	0.222-
Accuracy of the stab						--

Table (5) shows that the correlation coefficients ranged between (0.068 - 0.902), and the lowest degree of the correlation coefficient was (0.068) between the distribution of attention and the evaluation of the stab, and the highest degree was (0.902) for the degrees of the scales between positive thinking and evaluation of the stab, and there is a correlation coefficient that obtained significance significant in the correlation coefficient.

The researcher attributes the reason for the moral relationship between positive thinking and the accuracy of performing the stab skill to that positive thinking has an effective role in the accuracy of performance related to the individual's behavior and actions. Then as a result of this thinking comes the feeling, and then comes the action motivated by that feeling(Scott, 2003).

Positive thinking leads individuals to know and realize their latent energies and the energies of those who lead them, and every individual has the ability to be positive. Positives are people who are more creative. They do not feel content and satisfied with what is happening or limited

alternatives. Although they are good at moving in narrow spaces, they are looking for large spaces(Hassan, 1997).

Here technical performance and accuracy work to reach the state of mental and physical cohesion, and then the integration of performance in it and achieving the required accuracy, and the skillful performance of any skill (for example) means preparing (the players) to reach the highest degree of motor skills so that they perform the highest degrees of mechanism, accuracy, fluidity and motivation allowed by their abilities during sports competition in order to achieve the best results while saving effort(Khalaf & Maleh, 2015).

Because the accuracy of performance requires to collect all the ideas and intellectual processes in one point to serve the work to be achieved(Al-Lami, 2006)

Accuracy is an important requirement on which winning depends, as it is the desired goal in performance to score points. If the final result of fast and strong technical performance is

measured, we find it is useless if it lacks accuracy (Hassanein & Moneim, 1997).

The sport of fencing, by the nature of its physical and skillful performance, requires speed in moving towards the opponent, accuracy and speed in performing the stabbing movement, especially when there is a mistake and an outlet that is used to stab and this requires that the movement be performed at a very high speed. What is meant here is the speed of performing the movements in the shortest possible time so that he can be distinguished from his opponent by this stab, whether in the offensive movements or in the defense movements (Abdeen, 1974). Accuracy is the ability to direct the voluntary movements made by the individual towards a specific goal, and this requires high efficiency from the nervous and muscular systems and control as a hope to direct them towards a specific goal and the game of fencing mainly depends on accuracy in achieving injury.

The accuracy of performing the skill of stabbing needs to develop the element of accuracy to achieve success in performing the movement, that is, the movement should not exceed its required range until the shutter fly reaches the target in the shortest way and the least time (Mohammed, 1983).

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The accuracy of performing the skill of stabbing needs to develop the element of accuracy to achieve success in performing the movement, that is, the movement should not exceed its required range until the shutter fly reaches the target in the shortest way and the least time (Khalaf & Maleh, 2015).

Conclusions

In light of the results of the research and the statistical treatments of the data reached by the researcher, the following was concluded:

- 1- The scale of positive thinking in the sport of fencing, which consists of (38) items distributed over the three domains of the scale (internal knowledge (11) items, faith (12) items, and relationships (15) items) was built.
- 2- Positive thinking has an effective and positive importance in the accuracy of performing the stab skill through the moral correlation between them.
- 3- The correlative relationship between positive thinking and the performance of the stab skill showed a positive (direct) relationship.

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