"The Fear of failure and its relationship with achievement for the middle distances sprinters of the youth category"

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Abstract

The researcher dealt with in the first chapter a brief summary of athletics and its position among sports and the most important thing that distinguishes it, and the research problem is given in the following questions: What is the level of psychological preparation (the fear of failure) that middle distances sprinters have for the youth category to overcome the audiences stresses in the case of failure in the race? Is there a relationship between fear of failure and the level of achievement?

The researcher used the descriptive approach with the style of survey. The research sample was represented by young sprinters of the middle distances participating in the championships organized by the Iraqi Athletics Federation. The researcher also codified a scale the fear of failure, but the most important conclusions were a reflective negative relationship between fear of failure and achievement, and the most important The recommendations recommended by the researcher are the necessity of engaging young sprinters in psychological counseling lectures during the preparation periods in order to protect them from thinking about fear of failure and raising their morale.

Keywords: middle distances sprinters.

1- Definition of research:

1-1 Introduction:

Athletics have a special place among other sports where it's called the mother of games because it's contain multiple activities that depend on its performance on what an individual provides of high-end efforts depending on his physical, psychological and motor capabilities And these activities are running races for medium distances whereas the sprinters of these distances need continuous physical and psychological preparation according to predetermined programs to reach the highest levels of achievement and this preparation begins from the early age stages, especially the youth stage, which I considered (Nurhan Munir, 1999) one of the most important stages for its distinction "The great difference between individuals and their levels of psychological, mental and physical development."

The personality of the individual is also formed and crystallized through what he acquires of the skills, capabilities and knowledge during this period, so it is considered a sensitive stage at the level of personal and psychological maturity. Therefore, psychological preparation must be inherent in the training process and from here the importance of this study came for the purpose of knowing what are the conditions and other influences that surround Young sprinters and affect them, and as a result it affects on the level of achievement they have.

1-2 Research problem:

Through the researcher's observation of the young sprinters participating in the championships held by the Iraqi Athletics Federation, especially the middle distance sprinters, he noted that there is a state of lack of focus and bad distribution of effort over the race distance. So the research problem is summarized in the following questions:

What is the level of psychological preparation (the fear of failure) that middle distances sprinters have for the youth category to overcome the audiences stresses in the case of failure in the race? Is there a relationship between fear of failure and the level of achievement?

1.3 Research Aims:

1. Preparation and codification the scale of the fear of failure for the middle distances sprinters of the youth category.
2. Knowing the levels and criteria of the middle distance sprinters for the youth category.
3. Knowing the relationship between fear of failure and the level of achievement for middle distance sprinters for the youth category.

1-4 Research fields:

1-4-1 The humanity field: middle distance sprinters (800m, 1500m, 3000m hurdles) from the youth participating in the second and third rounds of the Iraq Clubs and Institutions Championship which holds by the Iraqi Athletics Federation for the year 2019.

1-4-2 Temporal domain: Duration from 2/25/2019 to 9/29/2019.

1-4-3 Spatial domain: Sports clubs to which the research sample belongs.

2-2- Research methodology and its field procedures:

2-1 Research Methodology:

The researcher used the descriptive approach with the style of survey. As for the standard studies it appropriates the process of building and codifying the scale, and this is what suits the nature of the research.

2-2 community and sample Research:

The research community was determined by the category of young middle-sprinters participating in the second and third round of the Iraq Clubs and Institutions Championship which holds by the Iraqi Athletics Federation, which numbered (55) sprinters, five of them who were a prospective sample representing (9.09%) and the fifty others represented the rationing and implementation sample and their percentage (90.91%) sprinters.

2-3 Tools and devices used in the research:

Search tools included:

- Observation.
- Personal interviews.
- Questionnaire.
- Data dump form.
- Laptop Calculator.
- Various pens.
- Manual Calculator.
- References.
- The Internet.

2-4 Field Research Procedures:

2-4-1 Description of the scale:

The researcher adopted the scale of the fear of failure prepared by researchers (Nazem Shaker and Waleed Thanon, 2013), which consisted of (38) paragraphs, after he made some adjustments to suit the nature of the study and the alternatives were five-dimensional as shown in the table below.

Table (1) Shows the alternatives and their weights for a measure of fear of failure

Available with a degree				
Answer alternatives	Very large	large	Medium	few	very few
weight	5	4	3	2	1

For the purpose of ascertaining its validity in measuring the degree of the fear of failure, it was presented to a group of experts whose approval of all the paragraphs appears, as well as to remain the alternatives to the answer as indicated in above.

2-4-2 Scale experiment:

After the experts gave approval to the validity of the scale and the possibility of its use, the following researcher conducted:

2-4-2-1 Exploratory experience:

In order to ensure the ease of the scale paragraphs for the research sample, an exploratory experiment was conducted on a sample of (5) sprinters, after it the researcher confirmed the clarity of the scale paragraphs and became ready for application.

2-4-2-2 experience construction of the scale:

A questionnaire for the fear of failure scale consisting of (38) items was distributed to the (50) sample sprinters, to achieve some of the research aims.

2-5 Correction of scale:

The scale was corrected by setting an appropriate degree for each paragraph, and because the paragraphs of the scale (38) paragraphs and alternatives to the five-year answer became the highest degree of the scale is (190) and the lowest degree (38) has reached the hypothetical mean for it (114), where we can be guided by the existence of a relationship between of the fear of Failure and achievement or not.

2.6 Statistical analysis to the scale:

Since the paragraphs of the scale represent a great importance in measuring what was set to measure it, and in order to verify its accuracy, it was subjected to the following statistical analysis:

2.6.1 Discriminative Ability of Scale Paragraphs:

The researcher verified the discriminatory ability of the scale paragraphs using the two groups, as follows:

1. Arranging the degrees obtained by the sample from the highest to the lowest.
2. Appointing (33%) of the higher grades and (33%) of the lower grades, and the number of each was (14) forms.
3. To identify the discriminatory ability used the (T-Test) for two independent samples between the upper and lower groups in each paragraph, as it was found that all of the paragraphs are distinguished at the level of significance (0.05) and freedom (26).

2-6-2 Internal consistency:

To check internal consistency the following steps were taken:

2-6-2-1 the relationship between the paragraph degree and the total degree of the scale.

The researcher used the Pearson correlation coefficient to extract the correlation between the degrees of each paragraph and the total degree of the scale and its value ranged between (0.48 - 0.79), where it appeared that all the paragraphs of the scale were of significant significance under the degree of freedom (48) and the level of significance (0.05).

2-7 Psychometric properties

One of the most important characteristics that should be available in each scale is reliability and validity , so the researcher followed the following methods to ensure from validity of the scale being examined:

2-7-1 validity:

In order to identify the validity of the scale, the researcher used two types of validity, namely, the validity of the content, and it was verified by expert opinions. The structural validity was verified by statistical analysis of the paragraphs.

2-7-2 Reliability:

Verified by:

2-7-2-1 Halftone fragmentation

In it, the scale paragraphs were divided into single and double paragraphs, and the homogeneity of the two halves was confirmed by using the homogeneity coefficient (F) and when comparing the calculated value of (0.48) with the tabular value of (2.36) at the degrees of freedom (49-49) and the significance level (0.05) was The significance is random and this means homogeneity of the difference between the two halves. The correlation coefficient value was (0.77). To extract the value of the reliability of the scale as a whole, the Spearman-Brown equation was used and it was (0.87), which is a high value indicating reliability.

2-7-2-2 fakronback Coefficient:

Because the answer alternatives to the current scale are graded, therefore, we cannot consider one of the responses to be correct and the other wrong, and for this

the fakronback coefficient was used. The value of reliability of coefficient was (0.89) which is a high value indicating of the reliability of scale.

2-8 Application the Fear of Failure Scale:

A measure of fear of failure whose paragraphs (38) paragraphs were applied to the research sample (young sprinters for medium distances) who numbered (50) sprinters on (7/7/2019-7/8/2019), and about the results as shown in the table below.
Table (2) Shows the criteria and percentages for each level of middle distance sprinters (youth)

A measure of fear of failure for young sprinters		
Categories	Repetition	%
It applies very little	7	14
Applies a small degree 74-80	15	30
medium 81-87	10	30
applies highly to 88-94	10	20
Very much applicable 95-101	8	16

2- 9 Statistical means:

The researcher used the SPSS to process the data.

3- Presenting, analyzing and discussing the results:

After completing the application of the scale and collecting data in order to achieve the research objectives, they were statistically analyzed and will be presented and discussed as follows:

3-1 Statistical Characterization of Search Results:

In order to know the relationship of fear of failure with achievement among young middle distance sprinters, the scale was applied to the application sample of (50) sprinters who represented a percentage of (90.91%) and after collecting and statistically processing the data, the following results appeared as shown in Table No. (3):
Table (3) And provide the statistical degree achieved

Variables	Sample number	mean	SD error	SD	F	torsion	Kurtosis
fear	50	83.44	1.27	9.04	81.84	0.01	1.16
achievement	50	5.26	0.51	3.61	13.09	0.79	0.94

The table above is given a statistical description of the data for the research by the degree achieved for the youth sprinters who have been applied to the scale where the highest value of the scale was (190) degrees and the lowest value is (38) degrees and the mean of the fear variable (83.44) and the standard error (1.27) and the standard deviation (9.04) The degree of variance was (81.84), torsion (0.01), and kurtosis (1.16). With regard to the variable of achievement, the mean was (5.26), the standard error (0.51) and the standard deviation (3.61), and the degree of variance is (13.09) and the torsion (0.79) as well as kurtosis (0.94). For scale depended on the degree as an estimated value for paragraphs. While the achievement depends on time,

as the researcher extracted the relationship between the two research variables through the standard degree and as the following table shows:

Table (4) Statistical characterization of the Normative degree

Variables	Sample number	mean	SD error	SD	F	torsion	Kurtosis
fear	50	50.08	1.40	9.95	99.17	0.76	0.99
achievement	50	50.04	1.41	9.98	99.75	0.01	1.14

The above table shows the statistical description of the standard degree of the research results that the researcher extracted to reach more accurate results, where the mean of the fear variable (50.08) and the standard error (1.40) and with a standard deviation of (9.95), and the variance was (99.17) and the torsion (0.76) and kurtosis (0.99) As for achievement, the mean was (50.04) and the standard error (1.41) as well as the variance reached (99.75) and the torsion (0.01). As for kurtosis was (1.14), so the researcher has reach to the results through which the level of the relationship between fear can be indicated Of failure and achievement to the youth sprinters.

In order to know the correlation between the two research variables (fear of failure and achievement) which the youth sprinters have it, the researcher used the simple correlation coefficient (Pearson), where the correlation coefficient reached (0.68), which is statistically significant at the level of (0.05) and this indicates the presence of A correlation between fear of failure and achievement, and Table No. (5) shows that:

Table (5) shows the correlation between fear of failure and achievement

Variables	mean	SD	R	Sig	Statistical Significance
fear	50.08	1.4	0.68	0.35	Sig
achievement	50.04	1.41			

In the above table, it is clear that there is a negative correlation between fear of failure and achievement to most youth sprinters, so the greater the fear of failure, the less achievement, as the researcher believes that this relationship occurs as a result of apprehension and anxiety from facing the public, officials, and even family and friends when they fail to achieve good results and thus Their physical levels are affected during the competition, which causes them to lose focus in distributing the physical effort over the distance of the race, and this is consistent with a study (Ayez, 2019) in which it confirmed the existence of a negative and negative correlation between bullying and fear of failure among middle school students, while the different Head with a study (Zubaidi 2015) which indicate the existence of a positive correlation between the positive intellectual stress and fear of failure among students in middle school (sixth grade).

4- Conclusions and recommendations:

4-1 Conclusions:

After completing the research and producing the most important findings of the study, the researcher concluded the following conclusions:

1. There is a negative negative relationship between the fear of failure and achievement. The more fear there is, the less achievement and vice versa.
2. That the fear of failure among young sprinters has a negative impact on their physical abilities and thus the effect on achievement.
3. The presence of a negative impact on society (the public, the family, the officials) increases the fear of failure among the young sprinters, especially when the competition is approaching and at the start of the race.

4-2 Recommendations:

1. The necessity of engaging young sprinters in psychological counseling lectures during the preparation periods in order to protect them from thinking about fear of failure and raising their morale.
2. Moral reinforcement and raising the feeling of fear from young sprinters thinking by making training units in front of the public, especially when the competitions approach.
3. The necessity of the officials, coaches and even parents to take care of youth from the sprinters and raise their spirits during the preparation period and compliment them after achieving the good achievements.

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