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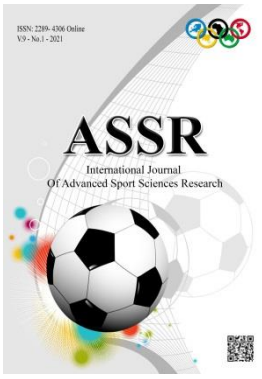

"The perceptive- self in terms of the skill performance of individual games among students of the College of Physical Education and Sports Sciences - University of Babylon"

Dr. Wathiq Hadood Shaelah

Iraq - Directorate of Babylon Education

Abstract

The research aims to identify the perceptive self in terms of the skill performance of individual games among students of the College of Physical Education and Sports Sciences - University of Babylon.

The research sample consisted of (348) students from the four academic levels, and they were selected by the stratified random method, which represented (76.31%) of the total research community.

To achieve the objectives of the research, the researcher used the descriptive approach in the survey method and correlations for its suitability for the research nature , and the (Azhar Khaled Khider) scale was adopted to measure the students' perceived self after verifying its psychometric properties of validity and stability.

The researcher reached a set of results, including

- The levels of students in the self-perceived were average for students of the College of Physical Education and Sports Sciences - University of Babylon.
- There is a relationship between the perceptive- self and the skill performance of individual games for students of the College of Physical Education and Sports Sciences - University of Babylon.
- It is possible to predict the rate of skill performance for individual games in terms of the self-perceived students of the College of Physical Education and Sports Sciences - University of Babylon.

Keywords : skill performance, individual games, perceptive - self

1.1 Introduction

Physical education and sports sciences are rich in many theoretical and applied sciences and individual and group games, and one of the most important theoretical sciences is sports psychology, which is concerned with researching the psychological aspects related to sports activity in its various fields and levels. Scientific solutions to various applied problems. For the purpose of achieving the goals, aspirations and ambitions of the athlete, there must be attention to the process of preparing student athletes in a sound manner, and the knowledge of the individual for himself can contribute to the development of his abilities and consider him a valuable member because he is the basis of the community and its leaders. Since the university stage is a stage of preparation for students in all aspects, mentally and professionally, the progress of nations depends primarily on university students who are full of vitality and activity and who represent future leaders. Therefore, the university student, including students of the faculties of physical education, is in dire need of knowing their true self in addition to their mental, physical and skill abilities, and therefore the student's knowledge of himself is very important from the cognitive and mental standpoints so that they are able to face various academic situations and problems.

Therefore, the individual's real self-knowledge and realization, and not as he wishes it to be, which is represented in his appearance and body, as well as the capabilities he enjoys, his role in the society to which he belongs, and the values and aspirations that he seeks in that society makes the student able to stay away from performing any sport skills that may cause physical problems or future failures that affect his abilities and general skills.

That is why the student's self-understanding and awareness well is one of the necessary and basic elements that play a prominent and significant role in terms of their impact on the level of skill performance of individual games.

1.2 Research problem

The subject of the self and its realization represents an important center in the lives of individuals, for its great role in moving away from the problems that students may be exposed to and working to find solutions to those problems by using all their different abilities, and the fact that the university life period is a transitional period for the university student in general and the student of the Faculty of Physical Education and Science Sports in particular, because the latter needs physical and mental capabilities and abilities that enable him to perform sports skills, which need mental and physical compatibility, kinetic and performance capabilities that enable him to perform optimally and succeed in reaching good levels of performance.

Through the researcher's view, it was noted that there is a lack of studies about the self and its realization by the student, so the researcher wanted to delve into this field and learn about the role of the perceived self and its impact on the skill performance of the students of the College of Physical Education and Sports Sciences.

1.3 Research Objectives

The research aims to :

1 Identify the level of skill performance for individual games and the self-perceived among students of the College of Physical Education and Sports Sciences - University of Babylon

2 Identify the nature of the relationship between the skill performance of individual games and the perceived self among students of the College of Physical Education and Sports Sciences - University of Babylon.

3 Predict the skill performance of individual games among students of the College of Physical Education and Sports Sciences - University of Babylon through the perceived self.

1.4 Research hypothesis

The researchers hypothesizes that:

- There is a significant relationship between the skill performance of individual games and the self among students of the College of Physical Education and Sports Sciences.

1.5 Research Fields:

The human field: Students of the College of Physical Education and Sports Sciences - Babylon University for the academic year 2018-2019

Time range: from 3/10/2018 - 28/5/2019.

Spatial domain: classrooms and sports fields of the College of Physical Education and Sports Sciences - University of Babylon.

1.6 Terms used in the research

1 Skillful performance: It is the student's level and mastery of the motor sports skills included in the game, and it is also the ideal image of technical performance and the effective way to carry out a specific motor task.

2 Perceptive- Self: It is the individual's perception of himself as it really is and not as he wishes it to be in terms of his awareness of his body, appearance, abilities, role in the environment in which he lives, his values, beliefs and ambitions.

2. Research methodology and field procedures

2.1 Research Methodology

The researcher used the descriptive approach in the survey method and the correlations for its suitability for the nature of the current research.

2.2 Research community and sample

The research community included the students of the College of Physical Education and Sports Sciences - University of Babylon, who numbered (456) students, taking into consideration that the 58 female students were excluded from the current research, for reasons related to physical and skill differences related to performance.

The research sample included (348) students from the four academic levels, and they were chosen by the stratified random method, which represented (76.31%) of the total research community.

2.3 Tools, devices and means of collecting data

2.3.1 Research tools and devices

- Japanese Electronic Calculator, Type Sony
- Personal Calculator Lap Top Dell Vostro\1015
- Electronic Stopwatch (Casio)

2.3.2 Data collection methods

- Observation
- Resolution
- Testing And Measurement
- Personal Interviews

2.4 Field Research Procedures

2.4.1Average students' skill performance

- Students' final scores were based on practical tests for the academic year that preceded the start of the research.

2.4.2 Procedures for preparing the Perceptive- Self Scale

In the current research, the researcher relied on the (Azhar Khaled Khader) scale, which consists of four domains, with a rate of (60) items, and each domain has (15) items that measure that domain and the other domains such as physical , mental , emotional and social domains .

Then the researcher presented the scale to experts and specialists in order to identify its validity, and the scale was accepted based on the results obtained from the experts' approval and as shown in Table 1.

Table (1) It shows the validity of the scale of the perceived self and the calculated value (K)

Scale	No. of experts	valid	not valid	value of Ka2	Validity
perceptive-self	6	6	0	6	Valid
Table Ka value = 3.84 at degree of freedom = 1 and level of significance = 0.05					

Table Ka value = 3.84 at degree of freedom = 1 and level of significance = 0.05 Experts and specialists to whom the Liquid Intelligence Test was offered*

2.4.2.1 Scientific characteristics of the scale

First: Validity

This type of validity was achieved when the scale was presented to (6) experts and specialists previously mentioned in the field of sports psychology and educational psychology, then questionnaire forms were collected, data was unloaded and statistical work was carried out for them, as it was found that the scale is valid in its content, because the value of (Ka2) The value of (8.33) is higher than the tabular value of (3.84), and thus the apparent validity of the scale was achieved.

* Prof. Dr. Muhammad Jassim Al-Yasiri University of Babylon specialization in testing and measurement
Prof. Amer Saeed Al-Khikani University of Babylon Specialization in Sports Psychology
Prof. Yassin Alwan Ismail University of Babylon Specialization inSports Educational Psychology
Prof. Dr.. Salman Akab Sarhan University of Dhi Qar specialization in testing and measurement
Prof. Hussein Rabie Hammadi University of Babylon Specialization in Educational Psychology.
Prof. Maitham Muhammad Hussein University of Baghdad Specialization inSports Educational Psychology

Second: Reliability

The (Cronbach's alpha) equation was used, and it appeared that the average of the internal correlation coefficients between the items with the number of items is what determines the Facronbach's coefficient.

2.4.3 The final application of the Perceptive- Self Scale

The researcher applied the scale used on the members of the research sample of (348) students who represent the students of the College of Physical Education and Sports Sciences - University of Babylon, in the period between 13/1/2019 to 8/2/2019 and under the terms and instructions of the scale. After that, the researcher collected the data of the research sample members and he unloaded the results and arranged them in special tables for the purpose of statistical analysis.

2.5 Statistical means

The statistical package (SPSS) .

3. Presentation, analysis and discussion of the results

After completing the procedures for applying the Perceptive- Self Scale to the members of the research sample, the researcher unloaded the data for the purpose of completing the achievement of the remaining objectives of the research by analyzing the results obtained from the research sample members.

3.1 The level of skillful and perceptive self performance of students

In order to achieve the second goal of the study, which is (to identify the level of skill performance for individual games and the perceptive-self among students of the College of Physical Education and Sports Sciences - University of Babylon), the researcher extracted the values of the arithmetic mean, standard deviation, median, standard error and skew coefficient for all research variables, and the purpose of extracting statistical estimates was to identify the level of performance of the research sample members in the variables investigated, and the purpose of extracting the standard error of the statistical indicators is to "recognize the appropriateness of the sample size for statistical analysis and its representation of the researched community since the research requirements require that these values be in standardized units, the researcher by converting them into modified standard scores, from which statistical estimates were extracted. Table (2) shows this.

Table (2) It shows the arithmetic mean, standard deviation, median, standard error and skewness estimates of the skill performance of individual and perceptive- self games for the research sample.

No	The researched variables	Sample size	Arithmetic Mean		Standard deviation		Mean		Standard error		Skewness	
			Standard	raw	Standard	raw	Standard	raw	standard	raw	standard	raw
1	Rate of skill performance	348	52.002	52.02	4.903	4.90	49.99	49.9	0.304	3.803	0.37	0.37
2	Perceptive-self	348	47.968	47.09	6.869	6.99	44.00	43.3	0.616	0.916	0.114	0.114

What Table (2) shows are the clear differences in the values concerned with the variables investigated. The matter did not stop at this point, but the differences appeared in the values of the standard deviations .

The same situation appears in the difference and variance in the median values between the variables investigated, and the main purpose of extracting the value of the standard error (X-) was in order to ascertain the extent of the credibility of the size of the elected sample in its representation of the studied population, as the standard error rate is inversely proportional to Sample size.

The matter did not stop at this point, as the researcher proceeded to extract the values of the skewness coefficient of the variables investigated, in order to identify the distribution of the sample and whether the "distribution is symmetrical, meaning that its value is zero, then this in turn indicates the appropriateness of the variables investigated for the level of the sample members in terms of the degree of difficulty.

3.1.1 Levels of students in the Perceptive- Self Scale

Through the process of the final application of the scale (perceptive- self) on the basic research sample, the statistical estimates (arithmetic means and standard deviations of their responses to the mentioned test) were calculated, and to ensure the significance of the calculated average of their responses, the researcher used the pseudo-test for one sample in order to find the significance of the differences. between the calculated average and the theoretical average for a variable (the perceptive- self).

After conducting the statistical treatment, the results showed that the mean scores of the sample items from the college students in the perceptive- self scale amounted to (47,0968) and with a standard deviation of (6.86), while the hypothetical average score was (41.5) and using the(Z test) for one sample to find out the differences between the two averages. It was found that the calculated Z-value amounted to (1.95), which is less than the tabular value of (1.96) at a significance level (0.05), which means accepting the null hypothesis that confirms the absence Significant differences between the values of the mean calculated from the sample and the hypothetical mean, which means that the students' levels in the perceptive-self scale were of a medium degree.

3.2 Inter-correlations matrix (the correlation between the research variables

The researcher sought to extract the values of the Pearson correlation coefficient to achieve the third goal, which is (to identify the nature of the relationship between the skill performance of individual games and the perceived self among students of the College of Physical Education and Sports Sciences - University of Babylon.

Therefore, he prepared a matrix that represents the correlations between the skill performance of individual games and the self-perceived, and Table (3) shows this.

Table (3) It shows the interrelationships of each of the studied indicators

Sample	Researched variable	Value of correlation	Level of significance	Significance
348	Skill performance Perceptive-self	**0,778	0,05	Significant

From the above table, we find that the correlation is direct and significant at the significance level (0.05).

3.2.1 The relationship of skill performance with the perceptive- self among students of the College of Physical Education and Sports Sciences.

In order to identify the significance of the skill performance correlation coefficients for the individuals of the research sample with the perceptive- self , it will be highlighted in Table (4)

Table (4) It shows the relationship of skill performance among students with the perceptive- self

Researched variables	Correlation coefficient	Assignment coefficient	Alienation coefficient	Percentage of reliability on correlation coefficient	Value F	Level of significance	Statistical significance
rate of skill performance with the perceptive - self	0.280	0.079	0.959	4.1	7.770	0.007	Significant

From the previous table, we note that the relationship of the skill performance rate with the perceptive-self, whose correlation coefficients amounted to (0,280), and of which the amount of confidence in these transactions came with a value of (4.1), which is an acceptable value or percentage, because such a relationship is statistically significant and has a clear significance.

3.3 Skill performance in terms of the perceptive- self

From Table (4), it is clear to us that the relationship is significant between the skill performance rate and the perceptive- self.

In order to derive linear equations, an advanced statistical method must be used, and in particular what is meant by the relationship between the investigated variables, which is called (regression), and through statistical treatment by this method, the results came as shown in Tables (4,3). To explain it in detail, we follow the following context.

3.3.1 Quantitative assessment of the skill performance rate in terms of the perceptive- self

It shows the values of the coefficients of the regression equation of the skill performance rate in terms of the perceptive- self

Researched variables	Coefficients(Constants)		Coefficient of correlation	nature of coefficient	Percentage of contribution
	nature of coefficient	parameter value			
rate of skill performance with the perceptive -self	Constant A Constant B	47.580 0.114	0.280	simple	7.84

From the above table, the researcher can derive an equation based on the aforementioned transactions, where the contribution ratio is (7.84), and the prediction equation for the contributing variable is:

Skill performance average = 47.580 + 0.114 × standardized of perceptive – self worth.

For Example:

If we hypothesize that the arithmetic mean value of the perceptive- self variable is the same arithmetic mean of the student in a skill, and applied in the previous equation:

Skill performance rate = 47.580 + 0.114 × 47.968

The skill performance rate = (53.048), which is an estimated value, close to the arithmetic mean value of the skill performance rate, which is (52.02)

3.4 Discussing the results

By analyzing the results of the research, it was found that there is a clear correlation between the skill performance of individual games and the perceptive - self among students of the College of Physical Education and Sports Sciences at the University of Babylon, and interpretations of the results can be made as follows:

1 The students' possession of the perceptive- self confirms what was brought by the scientist Cattell that individuals in this developmental stage have increased self-knowledge, and thus the current results agree with Cattell's theory.

2 The perceptive- self of the student has an important and significant role in the students' learning of skill performance, because the student's self-knowledge enables the learner to focus on the stages of skill performance.

3 This is consistent with what was stated in theoretical studies, where "the perceptive- self is one of the factors that determine success in the skill performance , and it is the perceptive- self that leads to learning the skill performance of games through its ability to analyze, interpret and logically develop the skill performance, which represents a problem of the university sport student , which should use all his mental capabilities and abilities to learn performance, which includes his ability to succeed and learn. Also, the individual's knowledge of his true ability makes him in control of the course of things in his life and face challenges that enable him to benefit from his abilities that he enjoys to develop himself and performing the appropriate behavior in the appropriate situation, as both variables are related to success and personal growth. The skill performance is linked to positive expectations and the self is linked to realism.

4 The results also showed that it is possible to infer about students' skill performance through their perceptive- self, since it is responsible for the direct inference process in enabling the individual to identify his abilities and skill capabilities to perform the skill or not to perform the skill according to his capabilities and abilities that he enjoys.

4. Conclusions and Recommendations

4.1 Conclusions

1 The levels of students in the perceived self were average for students of the College of Physical Education and Sports Sciences - University of Babylon.
2 There is a relationship between the perceived self and the skill performance of individual games for students of the College of Physical Education and Sports Sciences - University of Babylon
3 It is possible to predict the rate of skill performance for individual games in terms of the perceptive-self of students of the College of Physical Education and Sports Sciences - University of Babylon.

4.2 Recommendations

1 The necessity of using special training programs in developing the perceptive- self for students of the College of Physical Education and Sports Sciences - University of Babylon
2 Adopting the predictive equation of the perceived self in estimating the degree of the skill performance rate of students, for the purpose of identifying the extent of the contribution of the perceptive- self to the skill performance rate of students of the College of Physical Education and Sports Sciences.
3 The necessity of conducting similar studies on the skill performance of team games and devising a predictive equation for team games.

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