



Effect of Suggestion Program for Relaxing and Regular of Breathing in Reducing of Aggression Behavior for Younger of Football Players

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ABSTRACT

The problem is actually, the people sights to sport competition as test, this mean the results of competition are either failure or successful experiences for some competitors, the failure considers as frustration experience which makes the sportsman more reception to appearance the aggression behavior, this explanation agrees with explanation of push theory which explains the aggressive, it replaces frustration that play an important role in aggressive. The frustration makes players very angry and prepares them to do the aggression behavior, so the researchers tried to find out a suggestion program to control sports aggression behavior and reducing its negative trails by relaxing and regular of breathing to achieve the safety for sportsmen and improve the psychological sides of players and this is the aims of sport. The aims of the study are to prepare suggestion program for relaxing and regular of breathing and then apply it to the young football players, In addition, recognize the effect of relaxing suggestion program in the level of aggression behavior for young football players, the researchers hypothesized there is no significance differences for two groups (control and experimental) between pre and post tests, also the researchers used experimental program with equivalent groups to the young football clubs players at Al Najaf, the number of clubs are (5) and the number of players is (90), however, the number of research sample is 20 players, we selected them by simple random manner, we divided the sample into two groups one of them is control group that consists of 10 players and second one is experimental group that consists of 10 players. The researchers concluded that relaxing suggestion program has positive effect to reduce aggression behavior level for experimental group, the researchers recommended the important of using relaxing suggestion program which was prepared by the researchers during psychological prepare for players because it has positive effect to control psychological agitations, also control aggression behavior.

Keywords: suggestion program, relaxing, breathing regular, aggression behavior

1. Introduction

Sport training is science depend on foundations which undergo to natural science roles, humanity roles, and medical roles, also psychology considers one of humanity sciences which the coach relays on it to know a lot of knowledge and sciences that contribute to relies the aims which sport training tries to achievement. Psychological factors play a huge role in sport competition result and the achievement of indices, the high sportsmen level are very close into physical level, skills level and plan level, in addition, physiological level of entire body systems but there is an important factor help to know the result of their struggle through sport competition, it is psychological factor which is effect a lot in achievement the best results.

Sport competitions which play as group, carry between the odds of winning and loss, and may be affected negatively in defeat player behaviors, sport competition considers the main criterion which translates the capacities of players such as physical, skill, and psychological. Often the sport competition characteristics with high level of nervous and strain tension, the dynamic psychological statement of players connect by objective and self-performance circumstance through match. The importance of study is to know the effect of relaxing suggestion program, it is easy style of practice, players can practice it singly or collectively, after learning and training about how used the program the level of aggression behavior is reduced for younger football players.

Sport competition plays active role to develop of capacities, skills, and personality for players, it considers a good field which is allow of player to express capacities, inclination and trends, aggression in sport characteristics as behavior causes the hurt, it is out of sport roles and it is not connect to the sport competition, it concludes a lot of express means such (Assault- or physical contact- or verbal aggression- or direct aggression or indirect), also player who tends to aggression will be violent with his challengers, and wants to hurt them, player believes that tough play is winner key in competitions. So, negative sides which result from sport aggression are incompatible competition roles and clean play. For this reason the researchers tried to find suggestion program to control to the sportsmen aggression behavior and reducing negative trails by relaxing and breathing regular to safe achievement for players.

2. Methodology

Researchers used experimental approach (equivalent groups) which is the best and closer and more reality to solve a lot of scientific problems (Mohammad, 1999).

2.1 Subjects

Research sample consists of younger football clubs players at Al Najaf, the number of clubs is (5) and the number of players is (90), however, the number of research sample is 20 players, we selected them by easy random manner, we divided the sample into two groups one of them is control group that consists of 10 players and second one is experimental group that consists of 10 players. After divided the sample into two groups (control and experimental) by easy random manner, so as to avoid the trails which may be effect in research results such single differences for younger players and to let the sample with one

level and equal, the researchers selected some of variables which are characteristics of sample, to make sure sample homogeneity in variables that consider very impacted in experience, so we have to adjust them and for this reason we used skewness coefficient, Table (1 and 2) show the homogeneity of the sample.

Table (1) Show Variations, Mean Value, Mean Deviation, Median, and Skewness Coefficient for Control Group.

Variations	Unit of measure	Mean	Median	mean deviation	skewness coefficient	Significance
weight	Kg	66.47	65.6	3.49	- 0.15	No S
length	Centimeter	174.71	175	5.93	0.75	No S
age	year	18.86	19	0.69	- 0.61	No S
Aggressive	Degree	63	61.5	5.4	0.83	No S

Table (2) Show Variations, Mean Value, Mean Deviation, Median, and Skewness Coefficient for Experimental Group

Variations	Unit of measure	Mean	Median	mean deviation	skewness coefficient	Significance
weight	Kg	65.47	64.7	2.49	0.93	No S
length	Centimeter	175.33	176	3.93	- 0.51	No S
age	year	18.85	19	0.64	- 0.70	No S
Aggressive	Degree	65	66	6.22	- 0.48	No S

2.2 Qualitative of Sample

The researchers did the qualitative of sample for two groups in variations which expected they effect as strange variations to the experimental variation, the researchers depends on numerous studies and some of experts views to select the variation of research such (weight, age, length, aggression behavior level), the researchers are used T test for depended samples to find the equality and table (4) demonstration the equality of sample.

Table (4) Show qualitative of control and experimental groups in research variations.

Statistical Tests	Control		Experimental		T test	Significant
	Mean	Mean Deviation	Mean	Mean Deviation		
length	66.47	3.49	175.33	3.93	0.72	No S
weight	174.71	5.93	65.47	2.49	0.83	No S
age	18.86	0.69	18.85	0.64	0.96	No S
Aggressive	63	5.4	65	6.22	1.01	No S

Value of Calculate T at the freedom degree (18) and significance level (0.05) is (2.1).

2.3 Research Applied Steps

To achieve the aims, the researchers had followed below steps:

Athletic Aggression Questionnaire (Mohammad, 1998)

Description

Athletic aggression questionnaire is designed by Mohammad Hassan to measure athletic aggression depends on some kind of previous aggression questionnaires for sportsmen, the questionnaire consists of 24 questions and the structure of the questionnaire is (Always, Often, Occasionally, Rarely, Never), High degree points to player that plays tough and strengthen with competitors, also he wants to use the aggression against his competitors.

2.4 Suggestion Training Program:

To prepare the relaxing suggestion training program, the researchers has worked following:

Literature review to most studies and references such as (Aussama, 2004; Mohammad, 1996) which investigated relaxing training program pointed to there is muscle relaxing instruments four:

- 1- Imaginary Relaxing.
- 2- Self Relaxing.
- 3- Progressive Relaxing.
- 4- Feedback Relaxing.

The most of experts indicated approximately 90% of athletics using first and second methods (Imaginary and Self Relaxing) because they are more attraction (Aussama, 2004 and Mohammad, 1996). So the researchers connected the two manners to be one manner that gathers between real environment variable for player which distinguishes with tension to other environment which distinguish with relaxing, at the same time teach the players to relaxing of their muscles with concentration to easy and slow breathing, to benefit from the time, the researchers seek the help of number of programs which were prepared to relaxing training for example, programs of (Aussama, 1997; Mohammad, 1996).

The time of one training unit is (20 to 25) minutes for (12) weeks, (3) times per week, after back to number of methods such Aussama method (Aussama, 1997), Adbond Jaksson method, Bresfal method, and Laras rareek method (Ahmad, 1981). The time of suggestion training program is at the end of the training program which prepared by coach (It means in recovery time).

2.5 Statistical Analyzes

The SPSS was used in the analysis of the study data.

3. Results & Discussion

Table (5) shows that mean to measurement aggression behavior level in the pre test (63) and mean deviation is (5.4), whereas, mean in the post test (60) and mean deviation is (4.7), tabulate T value (1.94), it is smaller than tabulate T which is (2.26) at the freedom degree (9) and significance level (0.05), and this refers to no significance differences between pre and post tests for control group. The reason of this results because control group didn't get a relaxing training to help them control on aggression behavior, so the results are very close between pre and post tests.

Table (5) Show Mean, Mean Deviation, T test, and Significant for control group in Pre and Post Tests

Statistical Tests	Measurement unit	Pre test		Post Test		T test	Significant
		Mean	Mean Deviation	Mean	Mean Deviation		
Aggressive	Degree	63	5.4	60	4.7	1.94	No S

Value of Calculate T at the freedom degree (9) and significance level (0.05) is (2.26).

Whereas table (6) shows that mean to measurement aggression behavior level in the pre-test (65) and mean deviation is (6.22), whereas, mean in the post test (56) and mean deviation is (4.9), tabulate T value (3.94), it is larger than tabulate T which is (2.26) at the freedom degree (9) and significance level (0.05), and this refers to significance differences between pre and post tests for experimental group and to post test. The researchers see the cause of reducing aggression level of experimental group is relaxing training program and breathing regular which help the player to be more relax and less tension, after he used to relax will reflex this state on his behavior, also, he will be more quite, and all these lead to connect with his behavior during reducing his aggression.

Table (6) Show Mean, Mean Deviation, T test, and Significant for experimental group in Pre and Post Tests

Statistical Tests	Measurement unit	Pre test		Post Test		T test	Significant
		Mean	Mean Deviation	Mean	Mean Deviation		
Aggressive	Degree	65	6.22	56	4.9	3.94	S

Value of Calculate T at the freedom degree (9) and significance level (0.05) is (2.26).

So, relaxing training do to get ride tension, nervous disturbance in places of body tension such (neck, face, legs, stomach, shoulders, back, arms, and mind) they are known tension places in human (Mauid, 2004). Also, the player learnt how control on his ideas which leads to help him to feel in positive way and then reducing the aggression behavior level. In addition, the results agreement with the found of both (Mauid and Jemss), in the effect of imaginer relaxing to reduce the worry of the students through examination.

Table (7) Show means, mean deviation, t test, and significant for two groups in post tests

Statistical Tests	Control		Experimental		T test	Significant
	Mean	Mean Deviation	Mean	Mean Deviation		
Aggressive	60	4.7	56	4.9	2.36	S

Value of Calculate T at the freedom degree (18) and significance level (0.05) is (2.1).

4. Conclusions

The researchers concluded that suggest relaxing program has positive effect in control aggression for experimental group by control their emotion.

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