

Psychological flow and its correlation to emotional control among volleyball players in Basra Governorate

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Abstract

Taking care to train the psychological skills of players in various sports activities increases the effectiveness of performance and leads to the achievement of the required achievement. Hence the importance of research in the study of the psychological flow factor and emotional control of volleyball players. As for the research problem, this study tended to research these two positive psychological factors due to the lack of The existence of a scale for their knowledge was intended to draw the attention of the concerned officials to the process of selecting the appropriate players to play this game. As for the third chapter, in which the researchers used the descriptive approach using the survey method, the research community represented the 260 players in the first and second class clubs in Basra Governorate, who were divided into A building sample consisting of (200) players and an application sample of (60) players. As for the fourth chapter, it included presenting the results, analyzing and discussing them regarding the application of the study measures and the nature of the relationship between them, while the fifth chapter was one of the most important conclusions. The current two scales are a tool to detect the level of psychological flow and emotional control. The most important recommendations for volleyball players are the adoption of these two scales to measure psychological flow and control Emotional for volleyball players.

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Introduction

Taking care of training the psychological skills of players in various sports activities increases the effectiveness of performance and leads to the achievement of the required achievement, by enjoying the increased desire for training and competition, the feeling of enjoyment resulting from the positive emotional experiences flowing through the player through the exercise of sports activity is a case the player seeks In order to reach it and wish its continuation and work to repeat it, therefore the coach must take care of the psychological factors that contribute to its emergence and work to support it, in order to contribute to reaching excellence and creativity in the practiced activity, and that the volleyball players score a number of points and achieve victory in an important match that causes Joy, joy, happiness, and satisfaction, and in other cases, leads to failure as a result of losing the match, and after researching the sources in this field, it was found that there are few studies that dealt with the topic of psychological flow and its effect on the athletic level of players, hence the importance of research in the study of these two psychological factors The two positives and research on the level of availability of volleyball players for clubs (excellent, first and second) are preferred About the process of their association or not.¹

It requires the player to reach the optimal state of performance, which is called in positive psychology with the psychological flow, which means that the individual is absorbed in his entire personality in a task in which this character dissolves without criticism of the face and the path as well as a projection of time from accounts, and given the importance of emotional control and considered it a condition of happiness The player's efficiency in dealing with the environment around him as an entity saturated with emotions, so it is more important than others to have a great deal of these personality traits, so this study tended to research these two positive

psychological factors and given the lack of a measure of psychological flow and emotional control that a player should enjoy. Volleyball has been designed to draw the attention of the concerned officials, with an interest in the process of selecting the players suitable for playing this game.

Research objectives

1. Building and codifying the scales of the psychological flow and emotional control among volleyball players in Basra Governorate.
2. Knowing the relationship between psychological flow and emotional control among volleyball players in Basra Governorate.

Research field

- The human field: Players of the first and second class volleyball clubs in Basra governorate for the 2019-2020 sports season
- Time field: 9/15/2019 to 1/15/2020
- Spatial field: sports stadiums and halls for clubs in Basra Governorate.

Research Methodology

The researchers used the descriptive approach using the survey method, which is the method used by the researchers to obtain adequate and accurate information depicting the social reality that affects all activities .²

Research community

The research community consisted of (260) players for the first and second class clubs in Basra Governorate, which were divided into a building sample of (200) players and an application sample of (60) players.

Field research procedures

Procedures for building the psychometric flow and emotional control measures

To reach the results of the current research, its objectives must be achieved, which is to build the two measures of psychological flow and emotional control among volleyball players. To achieve this, the researchers followed the following steps:³

1. Determining the goal of the scale: The aim of building the scale is to identify the psychological flow and emotional control of a volleyball player in Basra Governorate.
2. Defining the fields of the two scales: to divide the scale into its initial titles so that each axis represents a specific field, and after reviewing the scientific sources and references, the researchers were able to identify seven basic areas of the psychological flow scale, which are (balance between challenge and skill, time rhythm, integration in performance, confidence Self-focus, a complete focus on the task, self-denial). As for the measure of emotional control, five areas were identified (ability to face difficulties, ability to evaluate, cooperation with players, good behaviour with referees' decisions, absorption of administrators and the media), and then the researchers Presenting it to experienced and specialized people to determine its validity, and the researchers have relied on an acceptance rate (75%) or more, that is, (12) experts out of (16) experts, so two areas were excluded from the psychological flow scale, namely (chronological rhythm, complete focus on the task). The emotional control scale has excluded the field of (ability to face difficulties).

Prepare the initial formula for the two measures

The researchers formulated (60) paragraphs for the psychometric flow scale that fit the nature and purpose of the scale, and (50) paragraphs for the emotional control scale.

Present the initial formula of the two measures to the arbitrators

After the experts and specialists expressed their responses and observations on the paragraphs of the scale, it appeared that the paragraphs agreed upon by (75%) or more experts and specialists are considered acceptable, that is, by (12) experts out of (16) experts, and the final analysis resulted in the acceptance of (52) paragraphs for the psychological flow meter and (44) items for the emotional control scale.

The procedure for applying the scale to the construction sample

Then the researchers applied the scale on the building sample of (200) players, and after completing the process of distributing the forms and answering them, the researchers checked each form to ensure that all the paragraphs were answered correctly.

Analyze paragraphs statistically

First: The strength of paragraph discrimination

Differential strength is defined as the ability of the paragraph to distinguish between individuals with high scores and individuals who score low on the trait measured by the scale.⁴

The T-test was applied for each paragraph in the two groups, where it appeared that the calculated values ranged between (0.561-42.033) for the psychological flow meter, and the calculated values for the emotional control scale ranged (2.451-10.123), which are statistically significant values, meaning that all the values between these values are distinct and therefore excluded (7) paragraphs of the psychological flow scale, and (45) paragraphs remained, as well as (4) items were excluded from the emotional control scale, and (40) remained.

Second: internal consistency

The correlational relationship between the total score and the score of each paragraph of the scale was extracted using the internal consistency method, and no paragraph from the two scales was deleted.

Scientific transactions of the two scales

Validity: The validity of the test is intended "to be an honest test when it measures the purpose for which it was set."⁵ And validity consists of several types, and the researchers used the following types:

1. Apparent validity: The experts unanimously agreed that these paragraphs are easy to formulate and clear, and their agreement by (75%) or more is sufficient, as it measures what it was prepared for.
2. The sincerity of the construct: which is sometimes called the sincerity of the concept and it is considered one of the most appropriate types of validity because it depends on the experimental verification of the extent to which the degrees of the paragraphs match the characters or concept to be measured, so this type of validity has been achieved through the use of discriminatory power and internal consistency.

Stability of scale

The researchers chose the half-segmentation method and the correlation coefficient of the psychological flow meter was extracted and reached (0.942) and after correction (0.981), while its value was (0.852) before correction and reached (0.925) after correction by using (Spearman's) coefficient.

Objectivity of scale

Objectivity means that the subjectivity of the researchers, their opinions and beliefs, did not interfere with the test results completely,⁶ and since the scale contains the correction key, it is considered objective.

Coefficient of skewness

To find out how close or far the sample is to the normal distribution, the researchers calculated the torsion coefficient as its value was (0.46) for the psychological flow scale and (0.67) for the emotional control scale.

Standard levels

The researchers chose five levels that were naturally distributed for the building sample of (200) as follows (very good, good, average, acceptable, weak) and showed that the sample occurred at the average level according to the arithmetic mean of (142.310) and with a standard deviation (31.173) for the psychometric flow scale. As for the emotional control scale, the value of the arithmetic mean was (124.423) and a standard deviation (26.463).

Basic experience

The two scales became ready to be applied to the application sample of (60) players, as the number of paragraphs of the psychological flow meter reached (45) items, and the number of paragraphs of the emotional control scale reached (40) final items.

Statistical means

The researchers used the Statistical Package (SPSS) 16th edition.

Results and discussions

Table 1. Shows the mean and standard deviations of the two measures

Scale	Mean	SD	Level
Psychological flow	137.598	28.489	Moderate
Emotional control	123.356	27.101	Moderate

Table 2. Shows standard levels, raw scores, and adjusted standardized scores, as well as percentages for both Psychological flow and emotional control measures for volleyball players

Percentage%	N	Standard grades amended		Standard grades	Grades rough		Standard levels
10%	6	68	80	+3 --- 1.8	189	220	Very good
20%	12	53	68	+1.8 --- 0.6	151	190	Good
46.66%	28	44	56	+0.6 --- 0.6	119	152	Moderate
16.66%	10	32	44	0.6 --- 1.8	81	120	Accepted
6.66%	4	20	32	1.8 --- 3	50	82	Weak
							Emotional control
10%	6	68	80	+3 --- 1.8	172	200	Very good
18.33%	11	53	68	+1.8 --- 0.6	132	171	Good
50%	30	44	56	+0.6 --- 0.6	103	131	Moderate
16.66%	10	32	44	0.6 --- 1.8	69	102	Accepted
5%	3	20	32	1.8 --- 3	40	68	Weak
100	60						

Table (2) shows that there is a discrepancy in the players' levels of the two measures of psychological flow and emotional control of the players. The researchers attribute this to the difference and difference between the

players' abilities and their cognitive, emotional, emotional and performance competencies. The players are exposed to it, and most players are interested in the physical and skill aspect, and neglecting the psychological aspect, which makes some of them see playing the game of volleyball simple, easy and not boring, while others see it as difficult and exceed the level of their abilities, causing anxiety and tension, unlike the players who see it worth challenges and face difficulties And the various training positions during training and competitions to prove their different abilities and capabilities to the point of reaching a state of creativity and innovation, and this is what Abdel-Fattah (1992) confirmed (that striving and perseverance in the pursuit of certain goals represents one of the important functions of the personality).⁷

Table 3. Shows the mean, standard deviation, and level of significance of the two psychometric flow and emotional control measures for volleyball coaches

Scale	Mean	SD	Level	
Psychological flow	139.212	27.899	0.000	**.702
Emotional control	123.989	23.689		

It is evident from Joule (3) that there is a significant correlation between the psychological flow scale and the emotional control of volleyball players, and the researchers attribute this to the nature of the relationship between psychological flow and emotional control, as they form good relationships with positive variables such as motivation for work, performance competence, self-realization and creativity, when creativity comes from the player That player will be respected and appreciated in the eyes of his coaches and administrative bodies and the focus of attention for the media, and thus he is a good example, a place of confidence and pride, and he has restraint and control of his emotions in different playing situations during training and competition as well as managing things wisely and with infinite sophistication, which makes the player able to carry out his duties During training and competition, especially the volleyball game, which needs to make efforts in order to achieve the goals and reach the athlete to the highest levels as well as achieving achievements, as the coach has a great role to promote the psychological side of the players and the development of voluntary features, moral values and self-confidence because of his personal characteristics that affect the player directly Through discipline, psychological stability and lack of tension during matches and situations. There is an effective role that the coach plays in the players' digestion of psychological skills through psychological preparation and individual characteristics of each player, Towards the coach has a great impact on his creation.⁸

Conclusions

1. The two current scales are a tool for detecting the psychological flow and emotional control of volleyball players
2. The emergence of multiple levels in the level of psychological flow and emotional control of volleyball players
3. The highest percentage obtained by the players within the levels for the two scales was on average.

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