

AN ANALYTICAL STUDY OF THE LEVELS OF PSYCHOLOGICAL COMPATIBILITY IN PREMIER-CLASS HANDBALL PLAYERS

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ABSTRACT:

The difference emerges in the extent of the athlete's ability to face situations with a high psychological and his attempt to find appropriate solutions and the appropriate response due to the psychological pressures he is going through that distinguish between the players, and there is no doubt that there are skills in which individuals share, yet there are skills in which they differ as well. Some of these skills are visible, while others are invisible, as they are related to the secrets of the human psyche, the psychological harmony is of great importance that is evident in all areas of life, one of these fields is the sports it's Like other societies, the appropriate individual is placed in the right place and this requires the identification of the mental abilities and capabilities of the player in accordance with the rules and laws of the game he practices, The research problem emerged through what the players do in the matches of emotions, intolerance and psychological tension, this will affect the behavior of the players by creating a state of tension and psychological instability, which will be reflected in the performance in the match in general of the player. The handball game is one of the games that need a large degree of psychological compatibility to raise the level of sports performance and through the above highlights the importance of research in the study of psychological compatibility of handball players because the concept of psychological compatibility is important and fundamental and has a great impact on the results of behavior and performance of players. So study and research in this field is a necessary process. The study aimed to

-Building and the application of a measure of psychological adjustment for players of handball Premier League.

-Identify on psychological compatibility levels of players of handball class excellent.

- Finding the criteria and levels of psychological compatibility in the players of the first class handball.

The sample was the players of the excellent handball for the sports season 2019/2020 and the researchers used the descriptive method of survey method because it is more appropriate for the nature of the problem and achieving the objectives of research.

The most important conclusions:

The research sample was distributed into six levels are (excellent - very good - good - medium – acceptable - weak).

The player who enjoys high psychological compatibility is reflected in his performance in matches and training and is more positive and may be negative and reflect on his performance and be negative.

The most important recommendations:

Adopting the current scale designed by researchers to detect the level of psychological compatibility among handball players

The need to emphasize the positive psychological state of the players and work to create the appropriate climate for the development of this situation in a way that serves performance.

Key Words : psychological compatibility

I. INTRODUCTION AND IMPORTANCE OF RESEARCH:

Interest in the field of sports has become a cultural phenomenon in many countries of the world, as it is one of the important measures of the development and progress of countries, and the recent development witnessed by the world in various fields, including the sports field, to reach the higher levels did not come by pure chance but rather is based on the foundations of scientific research and objective study Purposeful and reliance on various sciences and correct thoughtful planning. We must believe that the tremendous and great sport achievements that we observe are constantly evolving, reflecting a tremendous amount the effects of scientific knowledge and information that contribute to making this great and clear development in sports activities to reach the highest levels. Sports psychology is one of the pillars on which good planning in the sports field is based to reach the required level. The difference emerges in the extent of the athlete's ability to face situations with a high psychological and his attempt to find the appropriate solutions and the appropriate response to what he is going through in terms of psychological pressures that distinguish between the players and there and there is no doubt that there are skills in which individuals share, yet there are skills in which they differ as well. Some of these skills are visible, while others are invisible, as they are related to the secrets of the human psyche, the psychological harmony is of great importance that is evident in all areas of life, one of these is the sports field, it's like other societies where the appropriate individual is placed in the right place and this requires the identification of the mental capabilities and abilities of the player in accordance with the rules and laws of the game he practices.

1-2 Research Problem

The competitive position in handball enters into describing the psychological methods that aim to control and change the behavior of the players through what the athlete offers in terms of experience and structured training and trying to feel their quality and find the link that helps the player find the integral development of the player, which is related to the psychological compatibility factor and its role on performance and reacting for different situations .the psychological compatibility has an effective effect on what the players do in the games of emotions, intolerance and psychological tension, and this will affect the behavior of the players by creating a state of tension and psychological instability, which will be reflected in the performance in the match in general, handballis one of these games. The nature of the handball requires a player who has several characteristics, including physical, skill and psychological. the player is affected by different motives, and this effect is not the same level, but rather differs from one player to another, whose ability is likely to be better than what favors his team, as the players differ in their responses to different alerts and situations according to the individual differences that they are distinguished by, and the handball game is one of the games that needs a large degree of psychological compatibility to raise the level of sports performance. Whenever he is able to understand the situation of the competitor, colleague, or coach, he is able to respond with appropriate reactions with different situations and thus increase the opportunity to reach and advance to the highest levels and ranks. Handball is considered one of the sports in which the player exerts a very large physical effort over the course of the match, as well as the exercise, which is leads to great psychological pressure on the players, as the psychological factor has a great role in the progress and development of the level of the player, handball is one of competitive games in which direct confrontation between the players appears. Through the above, the importance of research in studying the psychological compatibility of handball players is highlighted, since the concept of psychological compatibility is important and fundamental and has a great impact on the results of behavior and the performance of the players. Therefore, the study and research in this area is a necessary process.

1 -3 The research Objective

1. building and the application of a measure of psychological adjustment of excellent class handball players.

2. To know the levels of psychological compatibility of excellent class handball players.
3. Finding standards and levels of psychological compatibility of excellent class handball players.

Hypotheses

-There are different levels of psychological differentiation of excellent class handball players

1-5 Research areas

1-5-1The human field:handball players for the 2019/2020 sports season

2-5-1time field :From 2019/ 2 / 22 to2020/ 6 / 3

Spatial field:The stadium of the Technical Institute in Basra

II. RESEARCH METHODOLOGY AND FIELD PROCEDURES

2-1Research methodology

The researchers used the descriptive approach with the survey method because it is the most appropriate to the nature of the problem and the achievement of the research objectives.

3-2Society and sample of research.

The goals that the researchers set for his research and the procedures he uses will determine the nature of the sample he will choose (13:10). Therefore, the research community was deliberately chosen from all players of the excellent class handball clubs, they are (216) players representing (12) teams for the 2019-2020 season. The sample was divided into two parts, the first for the procedures for designing and building the two scales and the second for the purpose of applying the two scales as follows:

First: A sample of building the two scales: It included a number of club players participating in the Premier League handball, totaling (160) players, as their percentage reached (74%) from the research community.

Second: The application sample: It included (56) players "from the excellent handball clubs, as their percentage reached (25%) from the research community.

3-3steps of design, construction and field procedures

3-3-1Measurement construction procedures

It is "a set of basic steps that can be followed when building the test or scale and how to link the scale units to measure the overall aspects of skill, trait, or ability, as the researchers sought to build the psychological compatibility scale in line with the scientific foundations from which the subject of their research was launched."

3-3-2the method of extreme groups

Discrimination is one of the (standard) psychometric characteristics that indicate the ability of the scale paragraphs to distinguish between the subjects so that the scale can reveal the differences between individuals in the characteristic to be measured on which the psychological measurement is mainly based (182:5). Because it distinguishes between individuals who score high on the trait measured by all paragraphs, and individuals who score low. To achieve this, researchers relied on the method of the two peripheral groups in calculating the discriminatory ability of the paragraphs using the Statistical Portfolio of Social Sciences (SPSS), Recalling (Bassam Al-Omari and Fouad Mustafa), quoting (Eble) To "The aim of the paragraph analysis is to keep the paragraphs of high discrimination, which are the good paragraphs in the test (155:7) The detection of the discriminatory power is done by knowing the total score of the response of the members of the sample under study, and then the forms are arranged in descending order", then choosing two terminal groups with 27% of the total sample that was subjected to measurement, an upper group represented by individuals who obtain the highest scores, and a lower group represented by individuals who obtain the lowest scores (155:2) Thus, the researchers formed two upper and lower groups of each (42) forms and to calculate the strength of paragraph discrimination, the Law (T) was used to extract the discriminatory power of the paragraphs. The following results emerged:

The discriminatory power of the scale ranged between (1.826 - 8.433).

The number of the scale paragraphs is (66)

3-3-3 Internal Consistency Coefficient

The discriminatory power of the paragraphs does not determine the extent of their coherence in measuring the phenomenon designed to measure it, as there may be paragraphs that are close in their discriminatory strength, but they measure different behavioral dimensions.

This method shows us the extent of the homogeneity of the paragraphs, as there may be close paragraphs, but they measure different dimensions, so the internal consistency factor is used to achieve this purpose, and many studies have justified their use of this method because it has many feature (96:6).

It provides us a homogeneous scale in its paragraphs so that each paragraph measures the same behavioral dimension that the scale measures as a whole.

The discriminatory force of the paragraph is similar to that of the discriminatory measure.

The ability to highlight the correlation between the paragraphs of the scale. The researchers used Pearson correlation coefficients between sample grades on each paragraph and their scores on the scale as a whole by means of the statistical bag (SPSS) and after completing the statistical analysis of the scale.

After completing the statistical treatments of the scale in a manner of internal consistency, all the items were highly correlated with the overall score of the scale.

3-4 indicators of validity and reliability of scale

First - Validity of arbitrators

This truthfulness is calculated after presenting it to a number of specialists and experts in the field in which the test is performed. If the experts agree that this test measures the behavior that was set to measure it, then the researcher can rely on the experts 'judgment) (55:11)

This kind of honesty was achieved when researchers presented the scale and its paragraphs to a group of experts to establish its validity and assess the extent to which each paragraph measured the components of each field. Thus, the paragraphs that obtained the approval of the experts were accepted and the insincere paragraphs were deleted.

Second- Build validity

Construct validity is one of the most appropriate types of validity for building measures because it is based on empirical verification of how well the scores for paragraphs match the characteristic or concept to be measured. (30:12)

Researchers have verified the validity of the construction in his research scale through the following indicators:

First: the method of the two terminal groups

It is reached by distinguishing the paragraphs in the current scale. This was verified when the discriminatory strength of the paragraphs was calculated by the method of the two extremes and by using the(T-test)

Second: the validity of the internal test

The researchers relied on this method (because it has the advantage that it provides us with a homogeneous scale so that each paragraph measures the dimension that the scale measures as a whole, and it also has the ability to highlight the correlation between the positions of the scale)(96:6), as one of (indicators of the validity of the scale is the correlation of each degree paragraph in the standard internal test which is the degree of the scale as a whole)(104:8),the existence of links to non - zero between the terms of the scale confirms the consistency of the items and that all measure the same thing to be measured(313:13) has been achieved for the researcher of this kind of honesty, through Extract the coefficient of internal consistency

3-5 Reliability.

Consistency is one of the basic elements in preparing tests and relying on their results, which means “the stability of the results when re-applying the test to individuals and maintaining the real contrast of the test(77:9) ,” meaning that the test or scale that is characterized by stability is the one that gives the same results if it is repeated on individualsThemselves and in the same circumstance (34:1).

There are several methods through which the stability factor can be extracted, and the researchers have chosen two methods, which are:

First: Half-segmentation method.

The scale's paragraphs were divided into two halves so that the number of paragraphs of each half became (33) paragraphs, according to the sequence of paragraphs into odd and even, and then extracted the correlation coefficient between the sum of the scores of the two halves by the method of Pearson from the raw values, and the correlation coefficient between the two halves was (0.924), but these values represent the stability coefficient of half The test, therefore, must be modified and corrected the stability factor in order to obtain the stability factor of the test as a whole. Therefore, the researchers used the equation (Spearman. Brown) to correct the correlation coefficient, and after the correction, the reliability coefficient became (0.961), which is a high reliability coefficient that can be relied upon to estimate the stability of the test.

Second: The Cronbach Alpha Method.

Researchers have used this method "because it is used in any type of objective and essay question (282:15),as the consistency was extracted in this way by applying (Cornbach's equation) to the members of the building sample of (156) administrative using the statistical bag SPSS as it was found that the value of the stability coefficient is equal to (0.966), which is a high stability index.

3-5normal distribution

Most parameter tests require the distribution of data to be normal, and may tend on one side at a rate more than the other. Obtaining the normal distribution curve for the data depends on the nature of the sample, its number, and the suitability of the tests for this sample, whenever the tests used are suitable for the sample in terms of degree of difficulty and ease, this leads to obtaining the natural form of the data (93:3). Also, the researchers calculated the torsion coefficient, where the value of the torsion coefficient reached (0.035), which is a positive value. This indicates that the natural curve is heading to the right and that the value reached by the researchers is a small value indicating that the sample was distributed in a way that is almost close to the typical distribution which is equal to (Zero), Table (2) shows that.

Table (2):It shows the arithmetic mean, standard deviation, torsion modulus, and Semenov test of normal distribution

the scale	Arithmetic mean	standard deviation	Coefficient of torsion	Smirnoff test	Indication level
Psychological compatibility	201.071	44.232	0.035	0.070	0.063

From Table (2), we find that the significance level of (Kolmogorov - Smirnoff) test was greater than (0.05).

3-6statistical methods

The researchers used a system (SPSS)For statistical information and excel program.

III. PRESENTATION, ANALYSIS AND DISCUSSION OF THE RESULTS

The researchers built and designed the psychological compatibility and health metrics of the organization and set standard levels for it, as described in methodology and field procedures.

4-1Presentation of the results of the levels of psychological compatibility of excellent class handball players

Figure (1) Levels of Psychological Compatibility Scale

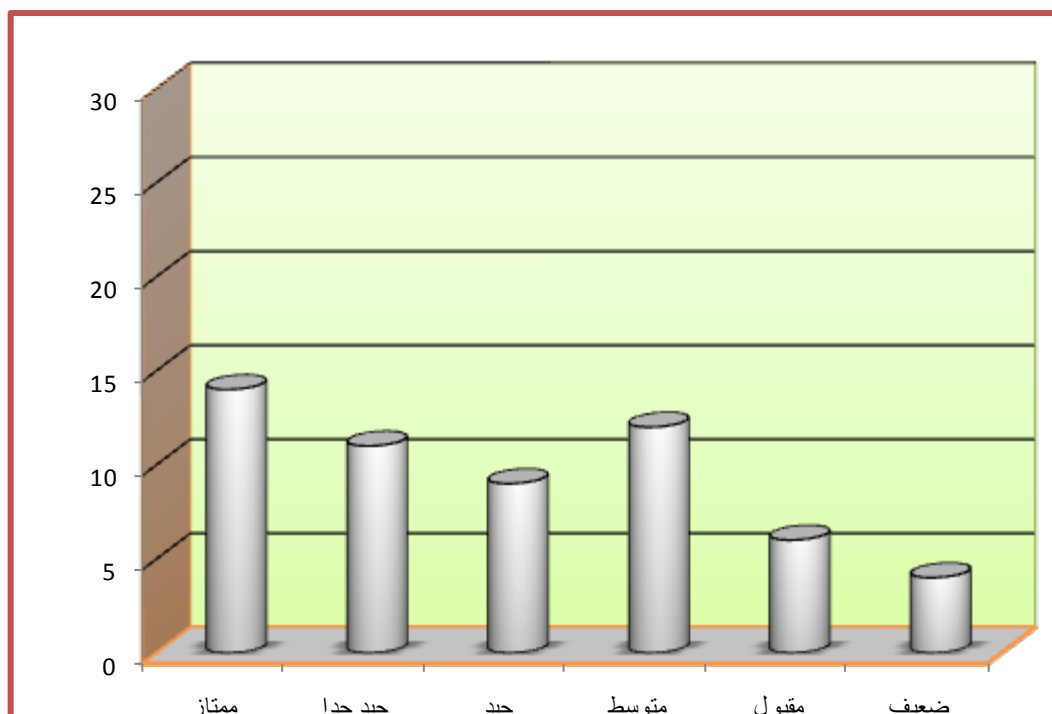


Table (4): Shows raw scores, levels, number, and percentage for a scale

Psychological compatibility

Levels	Raw grade	number	percentage
Excellent	288--330	14	% 25
very good	244--287	11	19%
good	200--243	9	16,071%
medium	155--199	12	% 21.42
Acceptable	111--154	6	10.71%
Weak	66 - 110	4	% 7,14

Figure (1) which represents the levels of psychological compatibility among handball players, shows the excellent class, and the sample was distributed on several levels, as Table (4) shows that the players who reached an excellent level number (14) players, i.e. a rate of (25%) and the level is very good. (11) players, meaning (19%), and the level is good (9) players, meaning (16.71%) The level is medium (12) players, meaning (21.42%), the level is acceptable (6) players, meaning (10.14%), and the level is weak (4) players, meaning (7.14%).

The researchers attribute the players in handball to the excellent class at the level (excellent, very good and good) in the measure of psychological compatibility, which is the psychological stability of the players and the appropriate environment for them and the creation of the appropriate psychological atmosphere and appropriate psychological preparation, whether long-term or short-term before and after participation in competitions, which is considered An important and positive factor for the players to be within the competitive atmosphere and to prepare themselves and possess a state of calm and reduce emotional excitement. It is an assumption that the sports team faces difficulty in achieving victory and performing at a high level when it lacks good psychological preparation, correlating and cohesion between the players and the training staff through many indicators and manifestations, including cooperation between players, satisfaction, interactivity, enthusiasm, a sense of success, psychological stability, high belonging, successful leadership, mutual respect and performance Collective, harmony and clarity of positive roles, the presence of incentives and clear goals all together lead to creating an ideal sports environment for the players and far from many psychological diseases that may affect the players, the results show that some players were better than others as the players enjoyed the ability to psychological compatibility . On the other hand, they were aware of the quality of the social relations between the players and the harmony and cooperation of the players in achieving the goals of the team and facing all the difficulties that pass through them during training and competition and this is due to the good psychological preparation by the

technical and administrative staff through the development of their mental, mental and psychological capabilities, self-confidence, cooperation and interaction Positive by communicating with the players as mentioned (KamelAbboud Hussein). “The player must have the ability to face defeat and failure in competitions and training, and his positive feeling of the changes that occur in the team and his sense of sports responsibility and not to distance himself from self, family, friends and society, and to stay with the duties imposed by this link and Responsibilities”(85:10).

The researchers attribute that a number of players attained a medium level in the measure of psychological compatibility of handball players is that the reasons for psychological compatibility are many, including the great challenges that the player faces within the team through dealing with players, the nature of effectiveness, training methods, skillful and tactical performance, and the difficulty of competition, these factors can be arise and turn into great difficulties, as well as the sports environment and the technical and administrative staff in addition to the lack of financial support and inappropriate laws and procedures that may affect the player , thus lead to the emergence of stressful and tiring disabilities for the player, as many players work on compatibility and harmony to work within the team according to these challenges, events and coexistence with these surrounding conditions that may not be compatible with the required sporting standards, these matters together may affect the level of psychological compatibility of the handball player if the coach does not have an active role in dealing with the players, so the distinction is psychological phenomena that differ from one person to another. the psychological state is affected by several factors, sometimes in the negative and sometimes in the positive. the handball player, no matter how high or advanced his skill or physical level, he cannot achieve victory without cooperating with other colleagues because the handball game is a group game and the secret of the success of the handball game is cooperation and understanding between the players and this is what (Muhammad Hassan Allawi) confirmed “the player when He is organized into a sports team whose positive interaction with the rest of the team increases, and he feels among his colleagues that they are valued and appreciated, and that he is part of an integrated and interconnected, then the need for belonging becomes one of the important psychological needs that push the player to continue his membership in the team”(318: 12)

The researchers attribute that a number of players attained an (acceptable and weak) level in the measure of psychological compatibility for several reasons, some of which are related to the same player, and some of them are related to the surrounding environment. The player may suffer from psychological problems and therefore reflect negatively on the player's performance and his dealings with others, which leads to a decrease in the level of differentiation in that player , and may be these problems related to the surrounding environment , whether the coach , the administration ,the public or among the players , this lead to drop the level of psychological compatibility of the player so the handball player needs attention from all aspects .due to the nature of the game the researchers observed lack in Support, whether material or moral, which directly affects some handball players because support, especially material support, has a great role in the player's commitment and providing the best levels. Researchers have also noted that there is little or no psychological counseling for the team by people who specialize in psychology, and it may be limited This role depends on the coach, assistant coach, and some experienced players in the team. Researchers have noticed that most clubs depend on young players, and researchers believe that these players need to psychological prepare, in addition to the technical, physical and planning preparation, and the player must be encouraged and considered the main element in the success of the team, this is confirmed by (NizarAltaliband Kamel Lewis) “Whatever the maturity of the player, he needs a factor of encouragement and that he needs others to recognize his achievements, as just a word from the coach may lead to a significant improvement in the ability of the athlete” (119:14) and confirmed by (Ahmed Maher) “the incentive is the return earned by the workers as a result of excellence in performance”(230:4).

IV. CONCLUSIONS:

In light of the results of the current research, the following results can be drawn:

1. The research sample was distributed into six levels are (excellent - very good - good - medium – acceptable - weak).
2. The player who enjoys high psychological compatibility is reflected in his performance in matches and training and is more positive and may be negative and reflect on his performance and be negative.

5-2Recommendations:

1. Adopting the current scale designed by researchers to detect the level of psychological compatibility among handball players
2. The need to emphasize the positive psychological state of the players and work to create the appropriate climate for the development of this situation in a way that serves performance.
3. Studies of psychological compatibility can be conducted in sports activities

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Appendix

Dear player,

Greetings

In your hands a questionnaire form (**an analytical study of the levels of psychological compatibility of handball players of the excellent class**) and since you are one of those concerned with this research, so please read the instructions below and then read the questionnaire carefully and answer it with all sincerity and objectivity in the service of scientific research, thank you for your cooperation in the field of sports and scientific movement.

Psychological compatibility: The ability of individuals to distinguish themselves from what surrounds them matters, situations, phenomena and the extent to which they perceive this distinction in their personal characteristics between them and others.

With sincere thanks and appreciation

Club name:

Governorate:

		It al w a y s a p p l i e s t o m e	It often ap p l i e s t o m e	It applies t o m e s o m e t i m e s	It applies t o m e r a r e l y	It never app l i e s t o m e
1	The performance of my team- mates satisfies me					

2	I feel that my colleagues love me				
3	I feel that the coach does not understand me				
4	Accept criticism from players				
5	I am unhappy in the team				
6	The coach doesn't care about me				
7	I do not feel self-worth to others				
8	I get upset quickly when the coach criticizes me				
9	Feel the importance of being on the team				
10	I feel I can do what the coach asks me to do				
11	My self-esteem is good				
12	I set myself a good athletic level, which I am trying to reach				
13	I tend to compete with my team-mates to be a key player in the team				
14	Adhere to the dates of the training units				
15	I do not want to participate in difficult matches for fear of losing				
16	I am looking forward to represent the national team				
17	I have confidence in myself and my team to win				
18	I kept training despite my meager salary from the club				
19	My good economic conditions do not prevent me from constantly training seriously				
20	I continued training despite the poor economic condition of my family				
21	Despite the meager cash reward, I try to do the best				
22	Fail to achieve good achievements despite the availability of all material supplies				
23	I do not delay training despite my commitment to another job				
24	Try to win constantly to get monetary rewards				
25	Keep training dates despite the cost of transportation				
26	I do not want to move to another club despite the team's financial problems				
27	I would like to move to another club in order to improve my economic conditions				
28	I am late for training despite the availability of private transport for the club				
29	There is wide variation in the value of player contracts				
30	I get upset when my monthly salary is late				
31	Delaying financial support has a negative effect on club results				
32	I play to help my family financially				
33	I don't leave the handball despite the lack of financial support				
34	I feel close to the players				
35	I have social relationships with the audience				
36	I feel that some players wish I could leave the team				
37	Use the handball game to create social relationships				
38	I deal in sportsmanship with others				
39	I feel happy when I train with my team				
40	I have the ability to solve the problems of my fellow players				
41	I have the ability to get along with the players				
42	The coach has a big role in solving team problems				
43	I apologize to any player on the team when he made a mistake against him.				
44	I forgive any player on the team when he apologizes for a mistake he committed against me				
45	When the audience encourages me, I do well				
46	I do not cooperate with the team players during the match				
47	I don't accept the coach's advice, even if it helps me				
48	I cannot easily form relationships with players				
49	I do not criticize the rest of the players				
50	Learn motor skills quickly despite their difficulty				

51	Master and implement the coach's plans properly					
52	Carefully follow the coach's instructions during the match					
53	I don't forget the coach's directions for me in critical times during matches					
54	I forget the coach's instructions during the match					
55	I have no difficulty understanding the coach's directions					
56	I get the best performance when I think properly during competitions					
57	I can implement the skill plans immediately after the coach's explanation					
58	I do well when I focus during the match					
59	I do not understand the coach's ideas quickly in training					
60	I think about the opponent's strength a lot before the match					
61	My cognitive strength does not help me to implement the planning assignment assigned to him during training					
62	I fail when I misrepresent a competitor's movement					
63	I get distracted before the match starts					
64	It seldom fails when the team is ahead by a good lead					
65	My ability to understand the trainer's plans increases as I continue to train					
66	Remind my colleagues of the trainer's instructions frequently					