

SELF-EFFICACY AND ITS RELATIONSHIP TO THE SKILL OF SERVING IN VOLLEYBALL, KIRKUK EDUCATIONAL TEAM PLAYERS

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Abstract

The objective of the research is to identify self-efficacy and its relationship to the performance of the volleyball sending skill, the researchers used a descriptive approach, and the sample was chosen to research in a deliberate way, and they are the players of the Kirkuk national volleyball team (for the academic year 2023-2024) and their number (20) players represented a percentage (100%) of the community of origin, in order for the main experiment to be high accuracy, the researcher concluded that there is a moral relationship between self-efficacy and volleyball sending skill for the selected sample, and some volleyball skills can be developed by developing subjectivity, the researcher recommends the need to develop a self-efficacy profile of players, use different samples for similar research 'And to study the impact of self-efficacy on other volleyball skills that the researcher did not touch on, and use modern tests to study some basic volleyball skills.

Keywords: Self-efficacy, serving skill, volleyball. Female players.

Introduction

Psychology is a modern science in relation to other sciences, and recent years are considered to be the years of the explosion of psychological knowledge. But despite this, it can be said that psychology is trying to answer the question "Why do people ask you the way they behave" (Qatami:200: 15) sports psychology is a branch of psychology that tries to understand and develop the behavior and experiences of athletes related to sports activities and achieve the best performance and necessary results in competition, including many requirements that athletes must fulfill, athlete personality traits, psychological characteristics and states, for this reason, athletes should strive to overcome performance barriers that may prevent them from achieving their goals in training and competitions.

An athlete who is characterized by the power of effectiveness is the one who searches in any individual or team game for new expectations in teaching and competition "and he uses good analytical thinking, which contributes to increasing motivation and improving his behavior". (Allawi:1988: 185)

This requires him to have a high sense of self-efficacy because low self-efficacy greatly affects the achievement of any performance, the importance of the study confirms that the concept of self-efficacy plays an important role in the performance of athletes, as athletes are exposed to stressful situations during training and competition and need to develop their own competence through the accumulated experience to control movable volleyball performances for female students.

The problem of the research is that the concept of self-efficacy enters into the self-formation of athletes in general, including volleyball players, so if his convictions of his effectiveness are high in a field that he prepares no matter what, then this will form a positive concept of himself and vice versa.

Hence, the research problem arises, the different conditions of the volleyball game require the athlete to exert the maximum of his physical abilities, skill and knowledge of plans because he is facing an unknown competitor, which requires him to evaluate and organize his thoughts, actions and emotions self-organized because low self-efficacy greatly affects the achievement of any performance, which makes him lose the sense of volleyball serving.

The objective of the research is to identify self-efficacy and its relationship to the performance of the serving skill in volleyball.

Research methodology

The researcher used the descriptive approach using the method of correlational relations of the nature of the research problem and its goals, which means "trying to link variables with each other and identify common factors, which generally aims through correlation to analyze the causes" (Mahjoob: 1988: 219)

Sample research

The sample was selected in a deliberate way, and they are the players of the Kirkuk national volleyball team (for the academic year 2023-2024), of which there are (20) players, as they constitute (100%) of the community of origin. The

sample of the exploratory experiment, consisting of (5) players, was excluded in order for the main experiment to be highly accurate.

Research tools and means of collecting information

Tools are considered “the important and necessary means or method through which the researcher can reach a solution to the research problem, and these tools” (Al-Shouk and Al-Kubaisi: 2004: 56) are as follows:

1. Research tools

- An electronic stopwatch to measure time in seconds and fractions of a second.
- Manual calculator (1).
- Legal volleyball court.
- Volleyballs (5).
- Standard tape.
- Adhesive tape.
- Whistle.
- Chalk.

2. Means of collecting information

- Sources and references.
- Personal interviews.
- International Information Network (Internet) .
- Disperse form and collect data .
- Questionnaire form.

Field research procedures

Self-efficacy scale

The researcher used the self-efficacy scale prepared by (Al-ghurairi:2005: 161), as the scale consists of (29) phrases and alternatives (4), namely (never apply to me, apply to a small degree to me, apply to an average degree to me, apply to a large degree to me), as the scale was prepared for the players of the education teams in Diyala Governorate, the highest value of the scale is (116), while the lowest value of the scale was (24).

Tests used in research

1. Serving accuracy test (Al-sumaidi:2010: 373)

Exploratory experience

The exploratory experiment was conducted on 3/10/2023 on (5) female players from the Kirkuk volleyball education team and its purpose:

1. Know the time required to perform the tests.
2. Get to know the assistant team .
3. Ensure the validity of the devices and tools used in the experiment.

The main experience

The researcher distributed forms to measure self-efficacy on the basic research sample on Sunday, 8/10/2023 at the Sports Hall of the General Directorate of Kirkuk education, following the method of direct communication with the sample members . The objectives of the research were explained to them, its importance and the need to answer all the statements with high accuracy and honesty, and then the sample conducted and applied volleyball skill tests after explaining the test to them for each of the concept of self-efficacy for the purpose of processing.

Results and discussion

- **View and analyze the results of computational circles, standard deviations, difference of circles and the level of significance of the research variables**

Table 1. Shows the mean, standard deviations, difference of the mean, calculated value (t), error ratio and level of significance of the search variables

Variables	mean	STDEV	Standard error	Mean diff.	STDEV diff.	(t) value	Error ratio	Level of significance
Serving skill	21.53	4.06	1.05	58.32	2.78	20.92	0.002	Sig.
Self-efficacy	79.89	10.01	2.58					

Discussion of results

Through Table (1), the results from the above showed that the correlation was significant between self-efficacy and the accuracy of performing the volleyball serving skill among the players of the Kirkuk Educational Team.

The researcher attributes the reason for these moral differences to the players' correct view of their physical and skill self through their view of their bodies, their conditions, and their external appearance, especially since this connection represents the correct perception of their physical capabilities and their appreciation of the physical aspects they enjoy, to the effect that "the physical self is one of the Dimensions that play an important role in the field (Kane: 1972: 129). Muhammad Hassan Allawi confirms that the athlete who has a positive concept of himself is characterized by clear confidence in himself, his ability, and his skills, and does not show anxiety, hesitation, or fear in unexpected situations. He also accepts Criticism from his coach, and he has a high realism about achievement and excellence, and he can make decisions quickly and easily (Allawi: 1998: 168). The researcher attributes the reason for the significant correlation between self-efficacy assessment and serving skill to the presence of some qualities in self-understanding among female players, as well as the presence of a tendency to pay attention to certain physical aspects at the expense of The rest of the aspects, and this is what the results of the research sample in the volleyball serve test show.

Through the researcher's experience in the field of volleyball, he attributes the emergence of correlations between self-efficacy and the skill of serving in volleyball to the research sample because they have good field experiences in learning, training and competitions, and these experiences increase their personal convictions in performing all the tasks entrusted to them in an excellent manner and that the outstanding performance is behind it. Strong desires, good reasons, and high motivation on their part, as Bandura (1977: 15) asserts that "higher levels of self-efficacy can lead to achieving higher performance and motivate players to exert more effort until they complete the task successfully," and some sources indicate that Players with high self-efficacy look to be able to deal with life's difficulties on your own without the need for the help of others, and their motivation to achieve is stronger compared to those with low self-efficacy, in addition to "the psychological preparation of players through their possession of self-convictions of the importance of the goals that have been set for them." Some of them were achieved by obtaining the best results during the competition, and these results gave high moral motivation to the players to participate in the competitions in a positive way, as their high motivation led to their behavior and self-confidence being positive (Shalan and Al-Rubaie: 2023: 285).

Conclusion

The researcher concluded that there is a significant relationship between self-efficacy and the skill of serving in volleyball for the selected sample, and some volleyball skills can be developed by developing the trait of self-efficacy. The researcher recommends the necessity of developing the trait of self-efficacy for volleyball players, and using different samples to conduct similar research and study The effect of self-efficacy on other volleyball skills that the researcher did not address, and the use of modern tests to study some basic volleyball skills.

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