

THE EFFECTIVENESS OF EXERCISES SIMILAR TO PERFORMANCE TO IMPROVE SELF-CONFIDENCE AND LEARN SOME BASIC SKILLS ON THE MAT OF GROUND MOVEMENTS IN YOUR ARTISTIC GYMNASTICS

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ABSTRACT: The research aims to:

Prepare exercises similar to the performance

- Identify the effectiveness of exercises similar to performance in learning some basic skills on the mat of basic movements in gymnastics

Learn how effective similar performance exercises are to improve self-confidence.

The researchers used the experimental approach with two experimental groups to suit the nature of the research problem to be solved and the objectives of the research. The research sample included (20) students from the second stage (College of Physical Education and Sports Sciences / University of Kufa).

In light of the results, the researchers concluded the following:

- Preparing exercises similar to performance to learn some basic skills on the mat of basic movements in gymnastics have a great impact on the level of performance.

- Exercises similar to performance have an effect on improving students' self-confidence.

I. INTRODUCTION

Reaching the advanced levels in the field of sports is built in a sequential and sober manner and in successive steps that start with the first step that depends on the capacity of the base to practice any kind of sport to reach in the process of private construction to the highest levels as the various types of sports need an early age in order to start with numbers Physical, motor, skill and psychological until it reaches the level of special kinetic fitness that qualifies it to participate in competitions and among these games that need an early start, the gymnastics game that starts at the age of (5) years and can be less or more than this age by a year and according to the peculiarity of each society and its social conditions. Stage (5-7) years is one of the most important and dangerous stages of life, due to the peculiarity of continuous growth and change in (physiological, biological) and intellectual characteristics, as well as as a foundation and building stage for future champions in the field of the game. (Abd al-Sattar Jassim, Aida Ali / 1991 / pp. 72-73), the gymnastics game is one of the games that require special physical fitness as it begins with the player from his early age and develops with the advancement of his age because the child is in this age stage (5-7) He can control, control, and locomotion as well as the temporal and spatial rhythm of most motor skills (Abdul Aziz Abdul Karim / 1998 / p. 31), and the research problem was that exercises similar to performance are among the most important exercises that work to develop students' level and advance technically and dynamically because they are similar to duties in Studying gymnastics as it works to develop the elements of physical fitness and basic skills and it is considered one of the special exercises that contribute to the progress of the students' level and progression and thus it became an integral part of the work for the gymnastics lesson inside the hall and without it learning became difficult in the lesson as the high level of performance requires the teacher for a special lesson Gymnastics develop the level of students and elevate them to achieve the required results and by preparing special exercises similar to performance that contribute to the progress of the level of students. And from the experience and training of researchers in the field of gymnastics. It became clear that not enough time was given to these exercises, which are important to students, because the lesson time does not allow that, and this is due to the subject teacher for not dividing the time in line with the abilities and capabilities of the students to learn, so the researchers decided to study this problem by preparing these exercises and giving enough time for them and The other side is a study

of the player's psychological state and psychological emotions, and this is due to the preparation of exercises similar to performance according to modern methodological methods, and the objectives of the research were to prepare exercises similar to performance, and to identify the effectiveness of exercises similar to performance in learning some basic skills on the mat of basic movements in gymnastics, and to identify the extent of their effectiveness Performance similar exercises to improve self-confidence.

The curriculum used was the experimental method for the second stage students of the College of Physical Education and Sports Sciences / University of Kufa, of which (20) students were chosen by the random method, the original community of (38) students.

II. DEFINING SEARCH VARIABLES:

Identify similar exercises to perform:

Through the experience of the two researchers in this field, similar exercises were chosen to perform some ground movement skills in gymnastics, which get 75%, which is a good percentage for Bloom. 75% of the test is relative to the required variable.

Identify basic skills in your gymnastics

After reviewing the sources, references and scientific research in order to identify and choose the basic skills of artistic gymnastics that are suitable for students of the second stage in the College of Physical Education and Sports Sciences. The second stage in the College of Physical Education and Sports Sciences in the gymnastics game to achieve the objectives of the research has tested the basic skills that received the highest percentage of opinions of specialists (subject teachers).

Motor Skills Test (Under discussion):

In order to determine the most appropriate skills that are performed on the mat of ground movements by the second stage students, and are proven within the vocabulary of the gymnastics lesson, in which there is a clear difficulty in the process of maintaining the balance that needs a high balance. Where the assistance of experts and specialists

And to determine the most appropriate motor skills and the time required to teach them, as the experts agreed to determine the following two skills

- 1- Standing on the hands, rolling onto the rug of floor movements.
- 2- The human wheel (wheel cart) on the carpet of ground movements.

Determine the paragraphs of the self-confidence scale in learning some skills on the mat of ground movements in your gymnastics:

The scale paragraphs were determined according to the gymnastics skills on the mat of ground movements by distributing a questionnaire to specialists in the field of psychology and technical aesthetics, and the scale paragraphs were chosen according to the required scientific fields and standards, where (56) paragraphs were selected from (87) and (4) Areas from among (6) and the experts agreed on (5) alternatives in order to be more clear to the laboratory and give better results.

Pre-tests: The two researchers conducted pre-tests for the skill of the human wheel (the cardwheel) and standing on the hands on the mat of ground movements of the two control groups and the experience.

The main experiment: The main experiment was carried out, where the two researchers worked on following up the educational units and the course of the program, preparing the necessary supplies and observing the times of the educational units during the experiment, as the two researchers relied on the vocabulary of the college's gymnastics study plan for kinetic skills on the ground movement mat of the control and experimental groups. As each group followed an educational method that differs from the other, as the control group used (the approach followed) in the college within the curriculum, which is an explanation of the technical aspects by the material school for the movement departments (preparatory - main - final) and then presenting the educational steps and common mistakes and then it is done Performing with a live kinematic model by one of the distinguished students, then starting the performance of the students according to the instructional steps:

- Performing on the ground floor mats.
- Performance on the wall.

Perform with a colleague or assistant.

As for the experimental group, its work was limited to the use of exercises similar to the (suggested) performance, through the use of colored carpets and tapes printed on the feet and hands of the learner in order for the learner to know how the steps and how the body parts are fixed on these simpler and colored tapes with an explanation of the technical aspects of the movement sections by the subject school then The performance is done without manual assistance.

The total number of educational units was (18) educational units over a period of (9) weeks, at a rate of two educational units per week, at a rate of (30) minutes devoted to the mats of floor movements within the gymnastics lesson of (90) minutes

Post-test: - The post-test was done according to the specifications and conditions of the pre-test, where the researchers conducted the post test on the pre-test sample under the same conditions and the same sample for some motor skills on the mat of ground movements in gymnastics and the performance was evaluated by the evaluators (subject teachers) from (10) Scores for each skill.

A survey form for the self-confidence scale:

The data of the self-confidence scale, which works to improve performance in learning some basic skills on the mat of ground movements in gymnastics, was extracted. The pre and post tests for the two groups.

III. ANALYZE AND DISCUSS THE RESULTS :

Presentation of results Table (1) shows the search variables for the control group (before - after)

Variables	Pre-test		Post-test		T	Significance
	A	STD	A	STD		
Cart Wheel	5.4	0.96	7	1.05	4.7	Sign
Handstand	5.1	0.87	7.1	0.73	6	Sign
Self-assurance	103.6	19.07	152.9	21.51	9.41	Sign

Presentation of results Table (2) shows the search variables for the Experimental group (before - after)

Variables	Pre-test		Post-test		T	Significance
	A	STD	A	STD		
Cart Wheel	5.6	0.69	8.6	0.96	8.21	Sign
Handstand	5	1.05	8.5	0.52	10.2	Sign
Self-assurance	107	18.8	221.5	21.86	14.4	Sign

Table (3) shows the two post-tests for the control and experimental group in the research variables

Variables	Pre-test		Post-test		T	Significance
	A	STD	A	STD		
Cart Wheel	7	1.05	8.6	0.96	3.53	Sign
Handstand	7.1	0.73	8.5	0.52	4.88	Sign
Self-assurance	201.9	21.51	221.5	21.86	2.27	Sign

The results of analyzing the statistical data obtained by testing (T) for the correlated samples in Table (6 and 5) showed that there are significant differences in the learning of some motor skills on the ground movement mat between the pre and post -tests of the two research groups and in favor of the post test. To the effectiveness of the curriculum adopted by the subject teachers for the control group, as for the experimental group, the researchers may attribute the effectiveness of using exercises similar to performance in learning the skills of the kart wheel and standing on the hands on the mat of ground movements, where the exercises similar to performance contributed to stimulating the motivation of the students in achievement and practice. As well as self-confidence, it contributed to raising the level of self-confidence through the sense of each of them in learning and their respect for their being. From the researchers 'point of view, the use of similar performance exercises has a positive effect on students' learning. Students actively participate in the fact that they use exercises similar to performance and generate a large amount of ideas that contribute to the employment of concepts and knowledge they have, as (Kubamust Afaoglu: 2009) indicated that the use of student-centered training practices is necessary for the continuation of learning processes, unlike traditional methods based on schools only. The researchers believe that the progress achieved in the level of skills used under investigation as

a result of the use of these exercises exercises similar to performance, as well as the organization of educational units, and the availability of the necessary supplies ideally helped in obtaining this result and thus lead to an improvement in the skills side of the members of the research sample and this is what came By (Nassif Mohsen, 2000, 142), the structured and scientifically studied exercise has a great influence on the test results.

As for Table (7), it shows the presence of significant significant differences in favor of the experimental group. The researchers attribute the development in the level of skill performance to the effectiveness of self-confidence by using exercises similar to performance.

Since the research, inquiry and discussion of steps to detail the skill to be learned by the learners on the one hand and with the teacher on the other hand, during the educational activity in order to reach the optimal and final limit, and then implement it in a field. (Aziz, Ibrahim, Amman, 2005)

The interaction of learners with each other supports their learning and raises their educational level, and similar performance exercises help learners with each other in an effective system, which helps to achieve learning goals. This was confirmed by (Salama Bahaa, 2010, 86), whatever the method used to learn the skill, training is not sufficient because the learner does not learn the skill and knowledge except through interaction between the learners, which helps to increase learning.

We can see from Table (7) that there are significant differences in the skill of (cardwheel, handstand), which indicates the importance of using these exercises in learning the two skills and developing them in your artistic gymnastics as the skill of the cartwheel and standing on the hands are among the important skills that must be learned And every student master it correctly, as the student who is good at performing the skill in its correct form can perform it with high efficiency.

IV. CONCLUSIONS.

1. The use of similar performance exercises has proven effective in learning the skills of the card woe and standing on the hands on the mat of floor movements in your artistic gymnastics.
2. Exercises similar to performance have an effect on improving students' self-confidence.
3. Self-confidence gives students the ability to focus heavily on tasks to highlight the main ideas, their sequence and organization.

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