SELF-REGULATION AND ITS RELATION TO THE FLOW OF VOLLEYBALL PLAYERS

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ABSTRACT:

The multiplicity of sports and different abilities of players in turn creates psychological qualities specific to each game, and volleyball game one of these games that require the player to possess certain characteristics and the nature of the competitions and the accompanying events of the emergence of the psychological state of the player varies from one person to another and self-regulation and emotional flow Psychological attributes are necessary to be paid attention because they represent the mind of the path to the other physical abilities, the rise or decline affects the results of the team as a whole considering that the psychological aspect of the main pillar of his players, so we find that the volleyball player trying during the game to Tki And the psychological abilities that are not raised and this is generated by the self-regulation that it owns and therefore the extent of ownership of this poison will affect the flow of psychological and have all the way to record the results of the team and to benefit from the psychological side, we must know the type of relationship between the two variables of psychological self-regulation And the psychological flow in the competition and their role in influencing the performance of the skill of the player and this is what we will find in our current research. The importance of the current research is the lack of studies that dealt with the relationship between self-regulation and the flow of psychological volleyball game among the players included in the research. The current research also provides two measuring tools that can be used for subsequent studies. The problem of research is that the players do not have a deep focus during the performance they provide and thus do not have to integrate in dealing with tasks that require intense concentration by them, perseverance and continued effort. Self-regulation and level of psychological flow in the sample of the research, and to identify the relationship between the two variables in the sample of the research, but the absence of a correlation relationship of statistical significance between the level of self-regulation and the flow of psychological players. The human field: a sample of players and clubs Women's volleyball team for the season 2018-2019, and the period: 25/2/2019 until 28/3/2019, and the spatial area: closed halls of clubs (Akad, girl Erbil, Koya, Aphrodite)

The researcher used the descriptive method in the way of associative relationships to suit the nature of the research. The sample was randomly selected and represented the volleyball players participating in the Kurdistan League (45) and four clubs (Akad, Erbil, Kuwiya, Aphrodite) The tools used in the research measure self-regulation and psychological flow and then data collection and processing statistically.

Results display and interpretation: This section includes displaying and interpreting the results in tables.
Conclusions and Recommendations .

CONCLUSIONS: The study found that the players were involved in self-regulation and psychological flow. This shows that the use of self-regulating playboats indicates psychological flow. Thus, the players have the ability to control their behavior through self-monitoring, trial and response in the different play situations, that is, they have a deep focus when they are integrated in dealing with tasks that require concentration and perseverance and that the

93

level of their abilities and skills in a state of complete balance with the level of challenge or difficulty Associated with the task.
Recommendations: the need to pay attention to the development of self-regulation of players as an input to improve the psychological flow and study the relationship between the two variables in addition to the importance of the continuous psychological preparation of players and increased external and internal participation during the sports season that will increase the psychological flow and self-regulation.
Keywords*: Mathematical psychology.*

INTRODUCTION:

Many people set goals or standards for themselves. As a result, these standards push them to work harder and organize themselves to control their thoughts and feelings. Self-regulation is designed to help the individual to control his behavior and to select actions based on his or her own thoughts, Or inappropriate. Taking care of the training of the psychological and motor skills of female athletes in various sports activities increases the effectiveness of performance and leads to achieving the desired goal by enjoying an increased desire for training and competition. 24.1 The feeling of enjoyment resulting from positive emotional experiences flowing from the player The athlete must take care of the psychological factors that contribute to their appearance and work to strengthen them, in order to contribute to the achievement of excellence and creativity in the activity practiced. (328.3). Since self-regulation is the driving force of the personality of the players, it organizes ideas and actions to achieve the goals and therefore will have a greater willingness to participate and persevere for a longer period while performing the tasks entrusted to them. (46.8) Performance increases mainly through the motivational functions of self-gratification and verbal reinforcement of what the individual has accomplished, and thus individuals themselves are forced to do more for any desired performance. The level of individuals of self-motivation increases through these means and varies according to type and quantity Motivation and nature of ad standards (627.6) Psychological flow is an important force in the success of the individual in the effectiveness that he exercises, it provides the card and the ability to self-awareness, control and control of emotions and freedom from psychological pressure, and enables the development of performance and increase motivation, and solve the problems expected in the performance For his tasks,

and this is achieved through the complete consistency between intellectual purity and emotional well-being and positive performance. (25.6). On the other hand, the psychological flow is characterized by a state of balance, while the person is aware of the level of his skills and the difficulty of the activity. He is aware that all things are under control and that the activity is interrelated and non-contradictory in the demands of the individual with high concentration and unconsciousness. 6.4)(

The importance of the current research is the lack of studies that dealt with self-regulation and its impact on the psychological flow of the players included in the research. Current research also provides two measurement tools that can be used for subsequent studies. The problem of research is that the players do not have a deep focus during the performance they provide and therefore lack integration in dealing with tasks that require intense concentration by them and perseverance and continue to make the effort.
:Objectives, hypotheses and fields of research
To identify the degree of self-regulation of the volleyball players of some of the women teams participating in the Kurdistan League excellent, and to know the degree of psychological flow among the volleyball players of some of the women teams participating in the Kurdistan League excellent, and to identify the nature of the correlation between the variables of research (psychological flow and self-organization) Volleyball players have some women teams participating in the Kurdistan Premier League. As for his duties: There is no relationship between the level of psychological flow and self-regulation of volleyball players of some of the women teams participating in the Kurdistan League. The field of the game: a sample of the player and the best clubs of

94

Kurdistan in the volleyball for girls for the season 2018-2019, and the temporal field: the period from 25/2/2019 to 28/3/2019, and the spatial area: closed halls of clubs (Akad, girl Erbil, Koya, Aphrodite).

MATERIALS AND METHODS:

Research Methodology:
The current research is based on a descriptive descriptive research approach, a method by which researchers rely on accurate and accurate information that depicts the social reality, which affects all

cultural, political and scientific activities and contributes to the analysis of its phenomena. Where the correlation and strength. (116,2).

Search community and sample:
The research community included the volleyball teams for girls participating in the tournament of the Kurdistan League for the season 2018-2019 by (8) teams. The sample of the research consisted of (4) teams with 45 players from the participants in this tournament as shown in table (1)

Table (1): shows the difference and the number of female athletes

percentage	Number of sample	The difference	sequence
%27.26	12	He confirmed	1
%24.44	11	Girl Arbil	2
%26.67	12	Aphrodite	3
%22.22	10	Koya	4
%100	45	Total	5

Field research procedures:
Self-Regulatory Scale / See Appendix (1)

In terms of the self-regulation scale, the scale prepared by Mohammed Hatem Abdul-Zahra Al-Obaidi (2015) was based on the category of applicants in Appendix (2) which consists of (30) paragraphs, In the light of these alternatives, the response ranges from (5-1), with a mean average of (90), ie the highest score obtained by the player (150) and the lowest score (30) Psychotropic Scale / See Appendix (2)

The scientific sources and psychological flow scale (Jackson & Marsh, 2004) were based on the final version (Appendix 1), consisting of (36) paragraphs divided into (nine) fields and each field contains (four) paragraphs, I agree strongly - disagree - Neutral - OK - strongly agree). In the light of these alternatives, the responses vary from (1-5), with a mean average of (108), ie the highest score obtained by the player (180) and the lowest score (36).

EXPLORATION EXPERIENCE

This experiment was conducted on 25/2/2019 on Monday (12) of the players of the club (Peshmerga Sulaimaniyah) during which the time to answer and identify the extent of understanding of the players to the standards and the clarity of instructions and

paragraphs and overcome the difficulties that may occur in order to prepare for the application The main parameters.

The scientific bases of the measurements:

:Ratification of the scale

The researcher used the questionnaire to validate the content by presenting the measurements to a group of experts to verify the validity of the measurements. After the data were collected, the results resulted in the agreement of the experts on the validity of the measurements for the members of the sample and 100% agreement.

Stability of the scale

The half-way method was used to extract the stability coefficient and Table (2) showing the stability values of the self-regulation and psychological flow measurements.

Table (2); Shows the stability values of self-regulation and psychological flow measurements

The value of the Spearman-Brown correction coefficient	Reliability Factor Number	Variables
0.944	0.894	Self-regulation scale
0.953	0.878	Psychometer

Main experience :

The psychological flow and self-regulation measures were applied to the volleyball players of some of the clubs of the Kurdistan Super League in the period 3-8 / 3/2019 where the questionnaire forms were distributed to each player in the sample of (45) players. Forms for search results.

Statistical means :

The researcher used the statistical pouch system (spss)

RESULT AND DISCUSSION:

Table (3):Shows the computational circles, standard deviations, and the values of the spindle factor for the measures of self-regulation and psychological flow in the research sample

Torsion coefficient	standard deviation	Mediator	Arithmetic mean	Variables
0.253 -	8.631	120	119.27	Self-regulation
0.148 -	6.475	98	97.68	Psychological flow

Table 3 shows the computational and standard deviations and the values of the spindle coefficient for the self-regulation and psychological flow measurements of the research sample. The results showed that the data were homogeneous because the spindle coefficient was less than ± 1 for the measurements.

Table (4):The values of the computational environment, the standard deviations, and the calculated values between the computational circles and the hypothesized medium for the measures of self-regulation and psychological flow in the research sample

Statistical significance	Formats	Calculated value	standard deviation	Arithmetic mean	The mean medium	Variables
moral	0.000	7.958	6.475	97.68	90	Self-regulation
moral	0.000	8.763	7.763	119.27	108	Psychological flow

Moral if sig ≥ 0.05

The scale is below the 0,05 level and the freedom score is 44 *.

Table 3 shows the values of the computational environment, the standard deviations and the calculated values of the computational medium and the mean mean for the measures of self-organization and flow. The value of the arithmetic mean of self-organization was 97,68 and by a standard deviation 6,475. And the mean mean of self-regulation 7,958 and the level of error 0,000, which is less than 0,05. This indicates that there are significant differences between the

arithmetic mean of the research sample and the mean mean of the self-regulation scale and the mean of the calculation mean that the members of the research sample a degree of self-regulation, The mean value of (T) calculated to mean the differences between the mean and the mean mean of the psychological flow is 8,763 and the error level is 0.000 which is less than 0.05. This indicates that there are significant differences between the arithmetic mean of the research sample and the mean mean of the flow meter The researcher attributes this to the sense of responsibility of the respondents towards achieving the goals of the team in addition to their ability to clearly define their goals and their abilities that qualify them to meet the challenge during performance.

Table (5): The value of correlation coefficient between self-regulation and psychological flow in the research sample

sig	With psychological flow	Calculated value	Variables
moral	0.000	0.614	Self-regulation

Morality if sig ≥ 0.05 *

Table (5) shows the value of the correlation coefficient between the self-regulation and the psychological flow in the research sample. The results showed that the value of the calculated correlation coefficient was 0,614 with a significance level of 0,000 which is less than error level 0,05. This indicates a positive correlation between the organization Self-flow and psychological. This explains to us that increasing the degree of self-regulation of the player will have a positive role in increasing the psychological flow. A high degree of self-regulation will be offset by an increase in psychological flow.

The researcher attributed this to the feeling that the players have full control over their performance and that the performance was an enjoyable experience for them and that it was done automatically.

CONCLUSIONS:

- The study found that the players included a degree of self-regulation and psychological flow and this shows that the use of the players for self-regulation.,
- There is a positive relationship between self-regulation and psychological flow of volleyball players.
- The players have the ability to control their behavior through self-monitoring or trial and response in different situations of play.

ENDORSEMENT:

- Organizing training workshops or holding lectures on the (self-regulation) of sports clubs players, to develop their self-organizing skills and thus increase the psychological flow.
- Attention to the issue of (psychological flow) in the players of sports clubs, and the definition of the guidance of athletes, being one of the strategies of positive psychological guidance, which contributes to the focus on the task and the sense of control of all the requirements of performance and the sense of internal pleasure in the course of performance.
- Emphasize the development of self-psychological skills of athletes because of their impact in the development of psychological flow.

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Annex (1)

Self-regulation scale

Start	Scarcely	Sometimes	frequently	Always	Paragraphs	sequence
					Separate emotional and rational thinking during the game	1
					I hesitate to take what I need at critical moments of competition	2
					I feel responsible for achieving the team's goals.	3
					I tend to be flexible in search of a win	4
					Look at the win and loss to put the picture of the future	5
					I do not show the feelings of distress and sadness that surround me during the game	6
					I look at myself and my level during the game and evaluate the coach.	7
					Complete the training and planning tasks regularly and faithfully.	8
					Look at life as optimistic, not rigid or absolute.	9
					Identify appropriate solutions that address different play situations.	10
					I remain consistent and positive in the attitudes that block my activities.	11
					I control the way I think about the current situation of the team or the club	12
					I change my priorities in response to the nature of competition or match.	13
					I tend to modernity and ambiguity in all matches or competition.	14
					I perform with a high level of ambition during competition	15
					I have the ability to think clearly in all matches or competition.	16

					I have evidence to support my views and views.	17
					My thinking is based on my own experience, hopes and desires.	18
					I have the willingness to adjust my performance in the event of new variables in competition.	19
					I believe that winning comes through perseverance in training.	20
					I rely on familiar familiarity.	21
					I take responsibility for my performance during the competition with credibility.	22
					Be committed to the team and the coach.	23
					I believe that intellectual flexibility is a practical basis for a new beginning.	24
					I look for information to find out what was not said during the training.	25
					I lose control of my emotions and motivation in some games.	26
					I will not retract my thoughts if my mistake is proved.	27
					Be sure to stick to the plans.	28
					I tend to think that things are seen as black or white.	29
					I achieve my ambitions at the expense of others.	30

Annex (2)

Psychometer

I totally agree	I agree	neutral	disagree	Strongly Disagree	Paragraphs	sequence
					Performance is challenging, but I believe that my abilities will enable me to cope	1
					I take the right steps without thinking about their experience in advance	2
					I clearly know what I want to do in performance	3
					I easily realized that I was doing the right thing	4
					My focus is entirely on what I was giving	5
					I feel like I control what I do in performance	6
					I was not interested in what others thought of me.	7
					It seems to me that the time seems different (changes) (either at a slowdown or at a speed)	8
					My performance was really fun for me.	9

						The efficiency of my abilities was qualified to meet the great challenge of performance	10
						Performed spontaneously.	11
						I have a strong sense of what I want to do	12
						I am fully aware of how well I have been in my performance.	13
						I did not worry about what was happening.	14
						I feel that I can control my performance.	15
						I was not interested in evaluating others for me.	16
						Time is unusually long when performing performance	17
						I loved the feeling of performance and wanted to repeat it to do it again.	18
						I feel that I am qualified enough to comply with high position requirements.	19
						Performance was completed automatically.	20
						Aware of what I want to accomplish.	21
						I have a good impression when I perform.	22
						My attention is entirely focused on the performance I perform.	23
						I have a sense of total control.	24
						I was not interested about how to introduce myself.	25
						The time seems to have stopped while I was playing.	26
						My performance left a good impression.	27
						The high level of challenge is commensurate with my skills.	28
						The performance occurred spontaneously without me having to think about it.	29
						I clearly define my goals	30
						I can tell how good my performance was.	31
						I concentrate fully on my performance.	32
						I have a sense of total control over my body.	33
						Do not worry about others looking at me.	34
						Sometimes it seems to me that the performance time is passing quickly.	35
						I found that performance was a very pleasant experience.	36