

Focusing attention and its relationship to the effectiveness of performance for the accuracy of aiming in basketball

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ABSTRACT

The variables studied in this research is the concentration of attention and is one of the mental processes that have priority in the success of performance and get good results has focused researcher in her study on the concentration of attention with the difficulty of measuring the usual methods and did not find the researcher any tests to measure those abilities for basketball players in particular. The researcher decided to try to identify the relationship of attention focus to the accuracy of shooting basketball and summarize the goal of the research in finding The relationship of focusing attention to the effectiveness of performance with the accuracy of basketball correction The researcher used the descriptive approach in the manner of relationships in order to suit it with the nature of the research used, and the research sample is fourth-stage students in a college of physical education and irrigation sciences for girls, University of Baghdad for the academic year 2023-2024 for one division out of four divisions, which number 15 students, and the exploratory experiment was conducted for the tests used, focusing attention and accuracy of correction, and finding the scientific foundations for them, and the tests were applied to find the results and conduct statistical treatments. Finding a strong relationship between the focus of attention and the accuracy of correction on the research sample as well as discussing the results and recommendations that were developed and achieving the sustainable development goals that the United Nations came to achieve the goal set for the research

Keywords: Attention, concentration, Aiming, accuracy

INTRODUCTION

Attention concentration plays a major role in the sports field, they represent the element of success for any movement performed by the athlete, since the performance of any skill requires the player to stimulate all the senses to receive information and transfer it to the brain, to get a correct response and at the right time to it and this indicates that attention precedes the response is a state that precedes performance, either the response is a state of reaction to the perceived stimulus, as it focuses on the most important realizes from the For the stimuli of the phenomenon in the performance space, and at some point he has to form a quick and accurate response in proportion to the situation, the basketball player has to focus his attention on the scoring board, so he must receive sufficient training in order to reach the automated stage, i.e. the player has a closed neural circuit of matching the focus and center of the goal and a specific period of time, and here time plays an important role in the success of the correction process, as the more time available or required to the target or the stimulus Relatively short, the more the player is able to focus his attention on the target more and thus be more able to respond faster and more accurately, and vice versa if the time available or required increases this contributed to making more effort to try to focus, which leads to delayed response and inaccuracy in hitting the target.

The concentration of attention is one of the most prominent elements to determine the level of response and the amount of interaction between them, as the response on time gives a greater chance of motor performance, especially when the player's position is appropriate and in a state of good preparation and preparation. On this basis, the relationship between focus and response is a positive state when the joint interaction between them and we can say that the high achievement of motor performance is associated with attention and motor response as well as the basic requirements of basketball.

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The goal of the research is to find a relationship of concentration of attention to the effectiveness of performance accurately shooting basketball.

Force Search:

There is a statistically significant relationship between focusing attention on the effectiveness of performance and the accuracy of the correction of the research sample

Method and procedures

The researcher used the descriptive approach in the style of relationships in order to suit the nature of the research used, and this method gives "an accurate perception of the mutual relations between society, trends, tendencies, desires and development, as it gives the researcher a picture of the reality of life and the development of indicators and building future predictions"

Community and Research Sample

Research sample female students of the fourth stage in the College of Physical Education and Irrigation Sciences for Girls, University of Baghdad for the academic year 2023-2024 for one division out of four divisions, which numbered 15 female students

Devices and tools used in the research

The researcher used the following tools and means:

- Arabic and English sources.
- Internet Information Network.
- Tests used.
- Auxiliary team.

The devices used by the researcher:

- 4 stopwatch
- Computer type acertype .
- Camera.
- Basketball
- Legal basketball court

Steps to perform the research

Exploratory Experience

The exploratory experiment is a miniature part of the main experiment and is one of the basic and important things for conducting any research, as we can clarify through it a number of factors that control the time of the research and the reality of the results, which is a survey of the circumstances surrounding the phenomenon that the researcher wishes to study.)Also in order to avoid the difficulties and obstacles that may face the researcher during the main experiment and to identify the strengths and weaknesses of the work and the extent of its validity, so the researcher followed the steps of scientific research to show the work accurate. Therefore, a number of exploratory experiments must be conducted due to their importance.

- Identify the negatives and positives that may face the experience.
- Ensure the integrity of its organization.
- Know the suitability of the questionnaire for the sample
- Know the safety of the tools used.
- Know the efficiency of the assistant staff

The exploratory experiment of the research variables was conducted on the research sample consisting of (10) female students from the fourth stage other than the selected sample, on 15/11/2023.

Scientific foundations of tests

Honesty

The sincerity of the test "is to be the task of the test to measure and evaluate the characteristic for which it was actually developed has been used by the researcher sincerity of the content" We can prepare the test honest if it was presented to a number of specialists or experts in the field measured by the test and judged that it measures what was developed to measure it efficiently. to be measured.

constancy

The method of stability through - re-test - is one of the most valid methods for performance tests in physical education, as it depends on the idea of re-applying the test to the same individuals and in the same conditions again after the expiration of a period of time, as the correlation coefficient between the

two tests (the first and second) expresses the stability coefficient or stability coefficient as some call it, so the researcher conducted stability at 10 o'clock, corresponding to 1/12/2023, and the same two tests corresponding to 6/12/2023 were re-implemented on the same sample of the poll of Their number is 10 players, where the attention concentration test recorded a correlation coefficient of 0.98 and the aiming accuracy test recorded a correlation coefficient of 0.99, which is evidence of the stability of the test as the correlation value was high.

Objectivity

The objectivity of the test means that the test does not affect the change of arbitrators or that the test gives the same results, regardless of the arbitrator, i.e. freedom from bias or intolerance and not to introduce personal factors to the tester or arbitrator such as his opinions, subjective whims and personal inclinations. "Objectivity means that half of an individual's abilities are as they actually exist, not as we want them to be." The concentration of attention and accuracy tests were presented to two arbitrators who scored a correlation coefficient of 0.99 and 0.98 respectively, which indicates the objectivity of the two tests.

Search Tests

Test (Accuracy of Correction)

Purpose of the test: Measurement of aiming accuracy from stability.

Necessary tools: Basketball court. Basketball goal. Basketball.

Number of attempts: The player aims the ball on the basket in three groups, each set of (5) consecutive shots from the middle of the free throw field and on the sides, and gives each player one appropriate period between each group and the other.

Calculation of points: Two degrees are calculated for each ball that enters the basket, one degree for each ball that touches the ring and does not enter, while the laboratory scores are equal to the total points obtained in the fifteen attempts, noting that the maximum score is 30 degrees

Attention Concentration Test

Objective of the test:

Measuring attention concentration in basketball:

Tools used

- Calculator with a 17-inch screen, preferably LCD screens .
- Pointing device (mouse). With a special mouse pad.

Describe how to perform the test

Run the test.

Click on the Run Attention Concentration Test icon – Figure (1) twice to run the test.



Figure 1: Desktop with the icon to run the attention concentration test

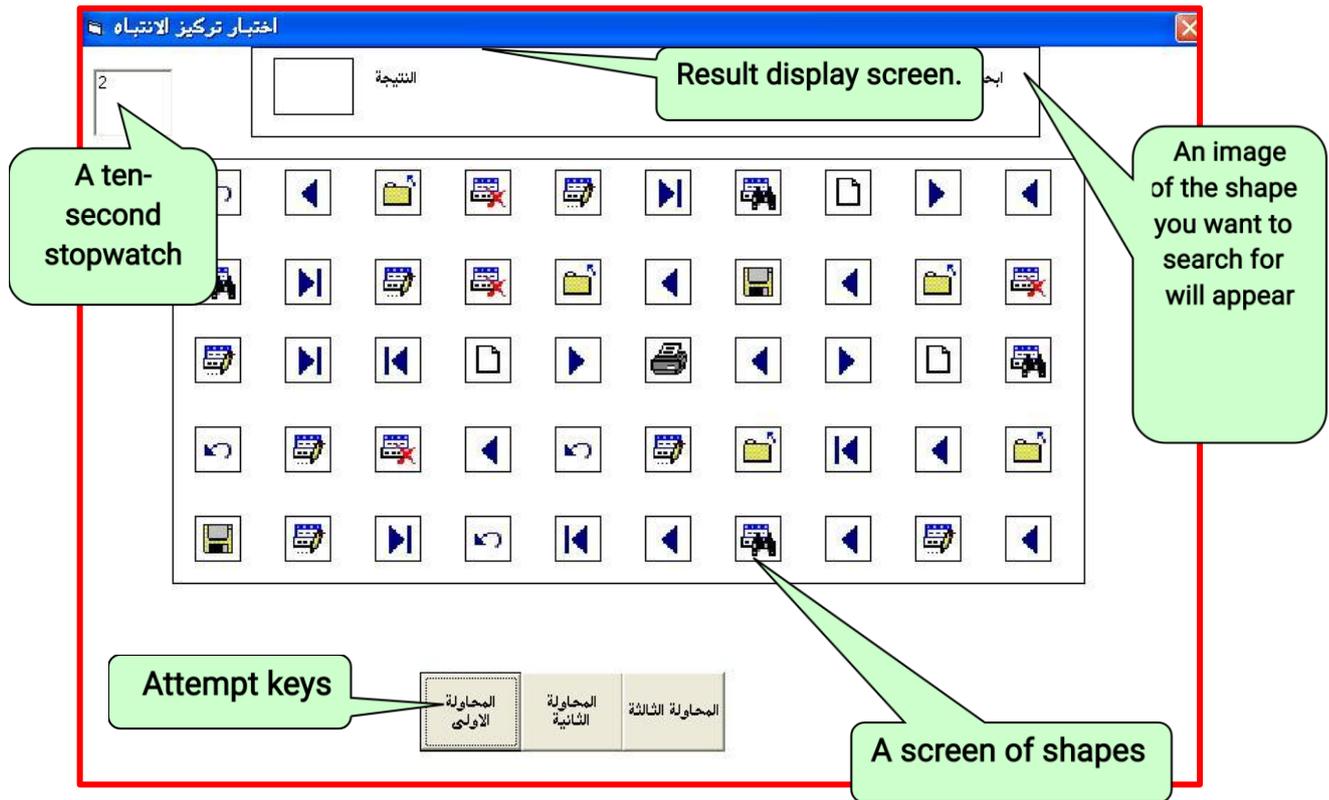


Figure 2: The main interface of the test

Method of performance

The tester sits in front of the calculator screen relaxed, placing his hand on the mouse device and the index finger on the left mouse button.

The researcher presses the key of the attempt number (below Figure (2)) and 50 squares appear on the calculator screen inside each square of a specific shape. It appears at the top of the screen in the Find Image to Find field.

The laboratory searches for this image and clicks on it with the right mouse button. It continues to search for this image inside the boxes. which lasts for ten seconds after which all the images disappear. Then the researcher presses the second attempt key, and other images appear inside the boxes and appears at the top of the screen in the Find the image to search for. The work continues as in the first attempt and the process is repeated in the third attempt as well.

Each time the correct image is clicked, the test program scores a point, and collects those correct points in the three attempts to appear in the result field.

Performance Conditions

The test is performed in three attempts.

The laboratory is given five practice attempts before starting the test.

Sign up

The program records the sum of the number of correct images compressed by the laboratory in the three attempts. This is shown in the Result field.

Statistical processing

Statistical bag spss.

To extract the search results, and using the appropriate statistical laws for the search.

RESULTS

Shows the arithmetic mean, standard deviation and the value of the calculated and tabular correlation coefficient between the attention concentration and the correction accuracy test for the members of the research sample

Table 1

Statistical methods	Unit of measurement	Mean	+ p	Calculated value (t)	Tabular value (t)	Total
Attention concentration	number	23,6	47,2	0,953	0,878	Moral
Aiming accuracy	number	6,656	54,06			

The above table shows that the value of the arithmetic mean of the concentration of attention reached (23.6) with a standard deviation of (47.2), while the arithmetic mean of the accuracy of correction was (6,656) with a standard deviation (54.06).

For the purpose of testing the relationship between the concentration of attention and the accuracy of correction, it was found that the value of the calculated correlation coefficient has reached (0.953) while the value of the tabular correlation coefficient was (0.878) at the degree of freedom (3) and the probability of error (0.05) and since the value of the calculated correlation coefficient is greater than the tabular it means a high significant correlation relationship.

This is what he pointed out that the ability of motor coherence is an important measure of motor performance and is also the basis for the development of motor compatibility.

The training programs adopted and trained by the basketball player carry with them a lot of exercises that develop accuracy by developing all mental processes, so the development of these processes is reflected in motor accuracy, it helps the athlete to carry out motor control over complex duties and quickly get used to the change and change of external stimuli and this is confirmed by Kurt Meinel that motor accuracy is the ability to solve motor duties quickly and feasibly and this ability is important for different sports.

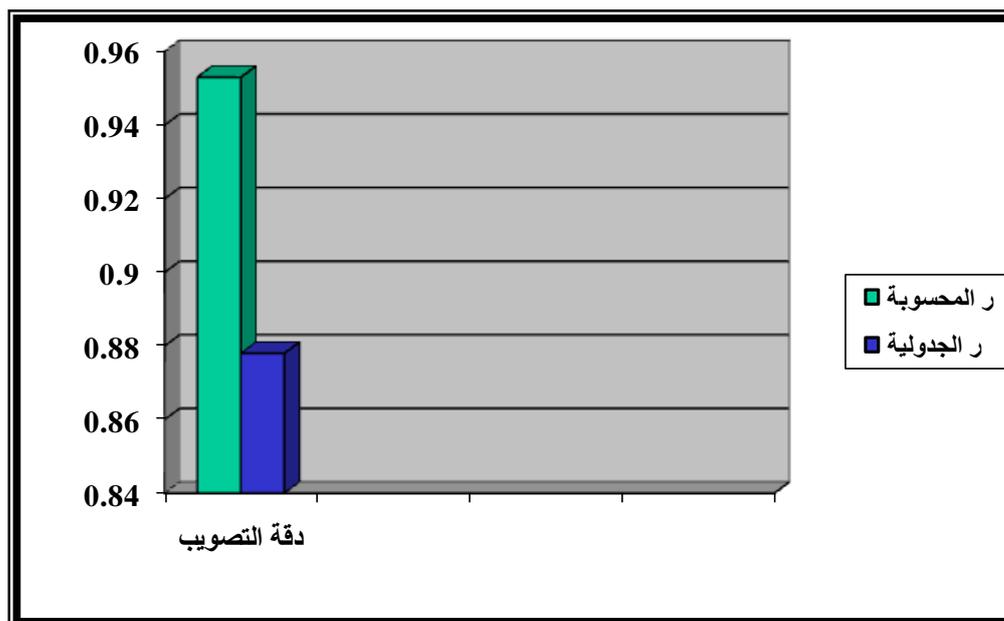


Figure 3: Shows calculated (t) values and tabular (t) values for attention focus Aiming accuracy

Centenagat

The existence of a significant correlation between the concentration of attention and the accuracy of correction in the research sample.

Recommendations

- Paying attention to the accuracy of correction in practical lessons
- Adopting the concentration test of attention in other skills
- attention to learners and accuracy of correction and focus attention and the development of mental processes.

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