

How to Cite:

Hmood, J. T., & Al-Reda, F. M. A. (2022). The effect of a counseling program for the development of sportsmanship among basketball players for the premier league. *International Journal of Health Sciences*, 6(S1), 11051–11059. <https://doi.org/10.53730/ijhs.v6nS1.7652>

The effect of a counseling program for the development of sportsmanship among basketball players for the premier league

Jaafar Thamer Hmood

College of Physical Education and Sports Sciences / Baghdad University
Email: jaafar.thamer1204@cope.uobaghdad.edu.iq

Prof. Dr. Feras Muttasher Abd Al-Reda

College of Physical Education and Sports Sciences / Baghdad University
Email: Ferasrekabe75@gmail.com

Abstract---The importance of the research lies in the preparation of psychological counseling sessions to develop the sportsmanship of some advanced basketball club players and to help develop psychological tendencies in various ways and means and to introduce elements of suspense, change, diversification and practice. By informing the researchers about the matches and conducting personal interviews with specialized trainers and academics, whether in the field of sports psychology or training science, they found that sportsmanship is one of the important factors in preparing the player and the team to complete the training process in an optimal and correct manner. That is, does the counseling program have an impact on developing the sportsmanship of the Premier League players in basketball? The aim of the research was to prepare a measure of sportsmanship for the players in the basketball premier league and to prepare a special counseling program for the players in the premier league for basketball and to identify the impact of the counseling program on the sporting spirit. The researchers assumed that there are statistically significant differences in the tribal and remote tests of sportsmanship among basketball players for the Premier League. Choosing the appropriate approach to solve a problem or achieve a goal is one of the most important steps that result in the success of the research. On this basis, the researchers adopted the descriptive approach in the survey method in measuring the spirit In addition to the use of the experimental method in the one-group system to complete the rest of the research procedures, the experimental method is defined as “a deliberate and controlled change of the specific conditions of an event with observation of changes occurring in the same event and its interpretation.” The sample (experimentation) amounted to (11) players from the research

community of (58) players. The scale and after conducting the main experiment and the tribal and remote tests, the data were collected and processed statistically, a set of conclusions were reached, the most important of which proved the effectiveness of the indicative program prepared by the researcher in developing the sportsmanship of basketball players for the Premier League. There are high values in the areas of (educational commitment to the team, adoption of effective attitudes, self-regulation, emotional balance, social tolerance).

Keywords---Program, development, basketball, Premier League.

Introduction

Psychological counseling is one of the most important applied fields of modern psychology, and it is an organized and planned process aimed at helping individuals to understand themselves, know their capabilities and develop their skills. Overcoming the obstructive behavior and replacing it with a positive behavior that improves the performance process, and the sportsmanship helps the players to achieve themselves in sports achievements by providing the appropriate climate for their development in their working lives to narrow the gap between hopes, aspirations and expectations on the one hand and the real sports reality on the other hand. The importance of the research lies in the preparation of psychological counseling sessions to develop the sportsmanship of some advanced basketball club players and to help develop psychological tendencies in various ways and means and to introduce elements of suspense, change, diversification and practice. By informing the researchers about the matches and conducting personal interviews with specialized trainers and academics, whether in the field of sports psychology or training science, they found that sportsmanship is one of the important factors in preparing the player and the team to complete the training process in an optimal and correct manner. That is, does the counseling program have an impact on developing the sportsmanship of the Premier League players in basketball?

The aim of the research is to prepare a measure of sportsmanship for the players in the basketball premier league and to prepare a special counseling program for the players in the premier league for basketball and to identify the impact of the counseling program on the sporting spirit. The two researchers hypothesized that there are statistically significant differences for the pre and posttest of sportsmanship among basketball players for the Premier League. In this field, similar studies were conducted, including the study (Adel Ahmed Taha) ,(Taha, 2003) the study aimed to identify the relationship between the dimensions of sportsmanship and sports aggression among the players of the sports teams at Minya University, and the relationship between the dimensions of sportsmanship and the dimensions of the self-concept of the players of the sports teams at the University of Minya, and the relationship between the dimensions of sportsmanship Sportsmanship and the trait of self-confidence in sports among the national team players at Minya University. The results showed a positive, statistically significant relationship between the dimensions of sportsmanship,

the dimensions of self-concept and the trait of self-confidence. The results also found differences between the players in the dimensions of sportsmanship and the rest of the variables.

Method and tools

The study was conducted in the People's Hall of Indoor Sports. The researchers adopted the descriptive approach, using the survey method, in measuring the sportsmanship of basketball players.

In addition to using the experimental method in a one-group system to complete the rest of the research procedures, the experimental method is defined as "a deliberate and controlled change of the specific conditions of an event, with observation of changes occurring in the same event and its interpretation." (Melhem, 2002). The research community represented the players of Baghdad basketball clubs for the Premier League, which numbered (5) clubs, and their number reached (58) players. As for the scale preparation sample of (47) players with a percentage of (81.03 %) from the research community, the sample (experimentation) amounted to (11) players from the research community with a percentage of (18 %) and the exploratory experiment sample consisted of (11). A player among the sample numbers. The means of collecting information were used, including Arab and foreign sources, personal interviews, a sportsmanship scale. As for the research tools, it included a camera to record some guiding units, an electronic calculator (laptop) and one (lenovo) electronic calculator (Casio) a stopwatch to identify the time to answer the questions. Paragraphs of the scale in the exploratory experiment.

Field Research Procedures

Prepare a sportsmanship scale:

The researcher prepared the sportsmanship scale and a set of steps were followed when preparing it, including defining the idea of the scale, its goal and its fields and finding scientific foundations, including the validity of the apparent scale, the validity of the construction, the stability and objectivity of the scale. The number of paragraphs of the scale has become (40). A paragraph, in front of each paragraph, the five-answer alternatives (strongly agree - agree - I don't know - do not agree - do not agree) and the score is given for each paragraph as follows (5-4-3-2-1) for the positive paragraphs and (1-2-3-) 4-5) for negative paragraphs. Accordingly, the highest score a person gets is (200), the lowest score is (40), and the degree of neutrality is (120).

After the procedures that were mentioned, the researcher conducted an exploratory experiment on (11) players, the aim of which is to verify the clarity and understanding of the meanings of the paragraphs, the clarity of instructions and the adequacy of the auxiliary work team. And the time taken to answer, as well as making sure that there are no difficulties or obstacles, and working to avoid them if they exist. On Sunday (21/11/2021). Then the researchers applied the scale to the sample of the application amounting to (47) players on Wednesday (8/12/2021). The researcher conducted an exploratory experiment for the counseling program on Tuesday _ (14/12/2021) on (11) players from within

the research sample, then tribal tests were conducted on the (11) players, sample experimentation from within the research community, dated (12/19/2021) The day was approved on Sunday in the People's Hall for indoor sports, which aims to identify the players' responses and extract their raw scores. Their procedures by distributing forms for the scale The study (sportsmanship) on the players to express their responses about the paragraphs of the scale, and the researchers gave (10-15) minutes for the timing of the answer.

The application of the indicative program took (6) weeks, starting from Saturday (25/12/2021) until Monday (31/1/2022), if during this period the indicative program was implemented at two sessions per week, the duration of each session being (30) minutes. The number of sessions was (12) sessions, and the sessions were inside the closed People's Hall for sports. After completing the application of the experiment on the experimental group, the post- test was conducted on the experimental group on Monday (31/1/2022) by distributing scale forms, The players, in which the researchers tried to adjust the environment, the time timings, and everything related to the measurement procedures, taking into account that the conditions were as similar as possible to the pre-test by adopting the same mechanisms and the same auxiliary team. The data has been processed Through the Social Portfolio for Statistical Sciences (SPSS)

Show results:

Table (1)

It shows the arithmetic mean, standard deviation, calculated and true (t) value, and the type of difference in the overall scale.

Variables	Arithmetic mean	standard deviation	Calculated (t) value	real moral	hypothetical mean	difference type
the scale	133.3988	9.85776	15,551	0.001	120	moral

$\leq (0.05)$ at the degree of freedom (46).

Table (2)

It shows the arithmetic mean, standard deviation, the calculated and true (t) value, and the type of difference in the field of educational commitment.

Variables	Arithmetic mean	standard deviation	Calculated (t) value	real moral	hypothetical mean	difference type
the form	25.3313	7.57114	13.1231	0.003	21	moral

$\leq (0.05)$ at the degree of freedom (46).

3) Table)

It shows the arithmetic mean, standard deviation, the calculated and true value of (t) in respect of laws and the type of difference

Variables	Arithmetic mean	standard deviation	Calculated (t) value	real moral	hypothetical mean	difference type
the form	18.5333	4. 1142	3.059	0.200	21	insignificant

Table (4)

It shows the arithmetic mean, standard deviation, calculated and true (t) value, and the type of difference in the field of adopting effective positions

Variables	Arithmetic mean	standard deviation	Calculated (t) value)	real moral	hypothetical mean	difference type
the form	22.222	3.57114	12.059	0.004	18	moral

≤ (0.05) at the degree of freedom (46).

Table (5)

It shows the arithmetic mean, standard deviation, calculated and true (t) value, and the type of difference in the field of self-regulation

Variables	Arithmetic mean	standard deviation	Calculated (t) value	real moral	hypothetical mean	difference type
form the	19.5333	8.57114	3.0559	0.000	21	moral

≤ (0.05) at the degree of freedom (46).

Table (6)

It shows the arithmetic mean, standard deviation, calculated and true (t) value, and the type of difference in the field of emotional equilibrium

Variables	Arithmetic mean	standard deviation	Calculated (t) value	real moral	hypothetical mean	difference type
the form	23.1213	3.57114	13,000	0.020	21	moral

≤ (0.05) at the degree of freedom (46).

Table (7)

It shows the arithmetic mean, standard deviation, the calculated and true (t) value, and the type of difference in the field of social tolerance

Variables	Arithmetic mean	standard deviation	Calculated (t) value	real moral	hypothetical mean	difference type
the form	30.3333	3.57114	14.2221	0.010	18	moral

≤ (0.05) at the degree of freedom (46).

Table 8

It shows the arithmetic mean, standard deviation, the calculated (t) value, the level of error and significance, the differences of the arithmetic means, and the deviation of the differences in the pre and post tests of the experimental group.

noitacidnI level	rorre level	detaluclaC t eulav	p	q	lanoisnemid		labirt	
					p	s	p	s
larom	0.001	2.010	0.003	20.27	8.400	113.525	9.666	93

* Significant at an error level ≤ (0.05) with a degree of freedom (10).

Discuss the results

It turns out that the level of sportsmanship for the research sample, basketball players in the Iraqi Premier League have an advantage in the characteristic of sportsmanship in general, and this is a good indication that the coaches of the Iraqi Premier League are interested in the sportsmanship of their teams because of its positive role in the happiness of the administration and the public and improving results alike. The teams are also moral in the field of educational commitment towards the team, and the researcher attributes this difference to the fact that the players showed "full commitment towards participating in the competition by being present and working seriously during all training matches, in addition to recognizing mistakes and trying to improve." (Taha, 2003) The results also showed that the teams are not significant in The field of respect for sports laws and norms, and the researcher attributes this reason to the shortcomings of the teams' training program and the lack of it that enhances this aspect in terms of correcting negative attitudes or "excessive friction between players, weak relations with coaches and colleagues, and a feeling of temporary frustration in the event of a loss." (kafafi, 2003)The teams are also moral in the field of adopting effective positions, as "setting long-term goals and focusing on the things that can be controlled, keeping pace with modern exercises and the realism of management and coach in evaluation and participation in all activities that show the strength of the team to reach the specified goals." (Al-Hamdani, 2007)The difference is significant in the field of self-regulation, emotional balance and social tolerance, as "the ability to suppress negative thoughts that affect performance and deal with high efficiency with unexpected competition variables and address any problem encountered (Al-Azzawi, 2011)." Table (8) shows that the difference is significant in the sportsmanship of the experimental group The real moral value of (0.001) is less than the error value of (0.05), and the researcher attributes this difference to the effectiveness of the psychological counseling program that was prepared in its twelve sessions to address the attribute of sportsmanship with its various components and paragraphs. It is vital and essential for the players of the Iraqi Basketball Premier League, which is their psychological endurance, as the counseling sessions clearly contributed to the development and strengthening of sportsmanship, as well as the familiarity and social interaction brought about by the counseling program in the experimental group. (Ezzat Hussein Zaki, 1989) and a study (Ahmed Hassan, 1994)

In light of the results, it was concluded:

- Prove the effectiveness of the counseling program prepared by the researcher in developing the sportsmanship of basketball players for the Premier League.
- Through the results obtained, there are high values for the areas (educational commitment to the team, adoption of effective attitudes, self-regulation, emotional balance, social tolerance).
- In light of the conclusions, the researchers recommend the following:
- Generalizing the results of the current study to the sports teams participating in the Basketball Premier League.
- The need to pay attention to the presence of a psychologist in order to work alongside the sports coach to guide and help the players to form a positive and realistic image of themselves and pay attention to the values of positive sportsmanship.

- The necessity of conducting similar studies in other sporting events

References

1. Adel Ahmed Taha. (2003). Sportsmanship and its relationship to some psychological variables among some Minia University teams.
2. Ahmed Hussein Al- Maamari. (1994). Following the guidance in the personal and social compatibility of juveniles in the Republic of Yemen, an unpublished master's thesis, College of Education, University of Baghdad.
3. Aladdin Kafafi. (2003). Mental health and psychological counseling.
4. Ezzat Hussein Zaki. (1989). A counseling program to confront the problem of aggression among delinquent adolescents, unpublished doctoral thesis, Ain Shams University, Graduate Institute of Childhood Studies, Egypt.
5. Oklah Suleiman Al-Houri, Kamel Aboud Al-Azzawi. (2011). Psychological preparation of athletes.
6. Sami Muhammad Melhem. (2002). Scientific research methods in education and psychology.
7. Thamer Mahmoud Al-Hamdani. (2007). Cognitive and social models of sports achievement motivation for soccer players.

Supplements

A sample guideline

Session 9 / 30 minutes

Session Title: (Ability to Make the Right Decision)

Session Objectives:

- The ability to make decisions in competitions.
- Choosing the appropriate alternative from several alternatives in making a decision when competing.
- The player must know the meaning of the right to make a decision
- That the player be able to rely on himself in making decisions.
- Guiding strategies and techniques:
- Lecture and group discussion, dialogue, modeling, feedback.
- Session content and procedures:

The researcher presented the topic by saying (the ability to make a decision, is the process by which one of the available alternatives is chosen for a particular problem or facing a situation that requires that after studying the expected results of each alternative and its impact on achieving the desired goals, and therefore the decision-making process is choosing an alternative behavior Or act on a set of available alternatives, some of which are better than others based on certain criteria, and some of these alternatives may be better than others. The researcher explained the topic with the following example:

(If the team coach gives you the opportunity to choose one of the following alternatives to determine your position in the team, do additional training or learn and master some difficult skills in basketball, what is your response and why?, and the players' answers are discussed.

The researcher explained the realistic steps for developing the ability to make decisions

Setting goals

Gather information about the goal you want to achieve, and you should discuss the information about that goal.

Review all alternatives to choose the best one.

Choose an appropriate alternative.

Consult with others because it is important that those who are older than you, such as parents, coaches and mentors, participate.

- The researcher directed the group members to apply what was learned during the session, through the sports activities that he practices.

homework:

Writing about events or situations in which the laboratory is having difficulty choosing alternatives

Builder's calendar:

The researcher gave the group members the opportunity to make their judgment as to whether the plan on which they were trained was useful.

Table (9)
Personal interviews
With specialists

T	Names	Specialization	Workplace
- 1	Prof. Dr. Abdel Wahab Ghazi	Sports training/handball	College of Physical Education and Sports Sciences/University of Baghdad
-2	Prof. Dr. Ali Ahmed	/Anatomy Basketball	College of Physical Education and Sports Sciences/University of Baghdad
-3	Prof. Ishraq Ali Mahmoud	Teaching methods / basketball	College of Physical Education and Sports Sciences/University of Baghdad
- 4	Prof. Dr. Sherzad Muhammad Jaroo	Sports Training/Basketball	College of Physical Education and Sports Sciences/University of Baghdad
-5	Dr. Mohamed Hamza	Sports training/handball	College of Physical Education and Sports Sciences/University of Baghdad