

The effect of mental visualization on developing the skill of preparation and Smashing among volleyball players A field study: Esperance Club of the city of Djelfa seniors

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Abstract

The study aimed to identify the effect of a proposed program for mental training on the preparation and crushing skills of Esperance sports players in the city of Djelfa, class seniors, the researcher used the experimental method by designing a single sample to conform to the requirements of the study. In an intentional way, the researcher concluded that:

There is a positive effect of mental perception in improving the preparation skill of the players of the Esperance Sports Club in Djelfa city, class seniors

There is a positive effect of mental perception in improving the Smashing skill of the players of the Esperance Sports Club in Djelfa city, class seniors.

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1 Introduction:

Volleyball is a popular game spread around the world because it is simple and easy to accept by adults and children and can be practised by males and females, which is simple costs only need a ball and net and its pitch is relatively small and it is easily prepared, does not require special land with precise specifications, volleyball can be practised in all seasons of the year, It can also play in closed rooms and outdoors. " (Al-Jawad, 1987, p. 07)

The pitch is free of any obstacles except for the grid lists. The ceiling of the pitch is 13 metres high. The pitch is planned with clear lines. The width of the line is 5 cm. It is drawn 3 metres from the grid line and parallel to it. Each half is divided into two zones, a defensive zone away from the grid and an attack area close to the grid. (Badi 'a, 2007, p. 32)

What distinguishes volleyball from other similar games is that it depends as much on mental abilities as it depends on physical composition. In all volleyball movements, a player thinks and agrees between his or her nervous and muscular system and knows how to analyze situations of play, when to speed up, when to slow down, where to change positions, when and how to play the rebound from the net in a timely manner. (Speeches, 2002, p. 61). The good and integrated preparation of the player inevitably leads to his reaching the highest levels A good coach is familiar with all aspects of training for the development and development of all the basic skills of the game in order to achieve victory. The necessary skills that the basic base of the volleyball sport is a preparation skill that requires high focus and preconceived where the preparation of the ball for the colleague in order to get match points depends entirely on passing from the top. (Al-Hassan, 1998, p. 35)

Mental perception helps the player master the preparation skill and gives him a qualitative development of this skill because it has a positive impact on the development of skills and mental perception a psychological skill or mental skill that can be learned and acquired, a mental performance through which the player's mind can be programmed to respond according to this programming. The perception is the reflection of objects, manifestations or events that an individual has already had in his or her past experiences of being aware and that do not affect him or her at the moment of perception, as Harris and others have pointed out that mental perception

involves invoking, invoking or retrieving memory of stored objects, manifestations or events. (Allawi, 1996, p. 248)

It can also help to quickly learn different motor skills by mentally invoking the right model of motor skill and trying to mimic it as well as by mentally conceiving to replicate the performance of the motor skill that the player tries to learn and master. When the player conjures in his mind the image of performing motor skills with ability and accuracy, by supporting positive appreciation of his physical and skill abilities. (Salary, 1997, p. 320)

More specifically, experimental studies indicate that CWI generates a series of physiological changes including, the reduction of core body temperature (Peiffer, Abbiss, Watson, Nosaka, & Laursen, 2009).

Through this literature review, we assume that the response of the recovery indicators varies significantly depending on the type of CWI recovery protocol. Therefore, the main objective of this study is to compare the effects of two recovery protocols by CWI after a state of intense fatigue in young Handball players.

- Is there an impact of mental perception on the preparation skill of volleyball players for the Jalfa Sports Club?
- Is there an impact of mental perception on the crushing skill of volleyball players of the Jalfa Sports Club?

Objectives of the study:

- Knowledge of the role of mental perception in developing the preparation skill of volleyball players for the Jalfa City Sports Club.
- Know the role of mental perception in developing the crushing skill of volleyball players of the Jalfa City Sports Club.

Terms and concepts:

Mental perception: Dorthy defines mental perception as retrieving from memory parts of information stored from all experiences and reshaping them in a meaningful way. (Al Arabi, 1996, p. 218)

Procedurally: It is a process to recover and evoke the preparation skill of the players of the sports club Amal Al Jalfa volleyball class Amal.

Preparation skill: The preparation skill is one of the most basic skills in the volleyball game because the preparation of the ball correctly and accurately for the striker contributes to the achievement of the win. The prepared player has a high degree of intelligence,

focus, attention and accuracy of observation for many things and what is going on in the field at the preparation process. The preparation process must be precise in the preparation of the ball and must be according to the specifications of the attacking player. (Kamal and Mohammed, 1992, p. 81)

Procedurally: The process of preparing the ball and placing it in a suitable place for the attacking player after receiving it from the rival's dispatch or a crushing blow and massage in order to earn more points for the players of the sports club Hope Galf volleyball.

Previous studies:

The first study, entitled "The impact of a mental perception training programme on the development of the explosive power of the lower limbs of the football junior" Pilot study on the amateur football club of the municipality of Ayn Maran by Mahi Safian Blul Fathi, Shanati Ahmed, where the experimental curriculum was used to suit the nature of the study, 22 players were selected as the research sample and selected in a deliberate manner. It was concluded that the program based on the mental perception technique led to the development of this mental skill in the members of the sample, where a chapter of the experimental sample appeared on the control sample.

The second study, entitled "Relationship of internal visual perception to decision-making in performing the transmission skill of female volleyball players" Prepared by Ben Ghali Fatima Al-Zahra, Hafsaoui Ben-Yusuf, where the experimental curriculum was used to suit the nature of the study, 12 players were selected as the research sample and selected in a deliberate manner. The study concluded that there was a statistical indication among the results of the internal visual mental perception skills in which the decision was made in better performance of the transmission skill.

The third study, entitled "Effectiveness of the use of training technique with mental perception of the skill performance of handball players, is a category less than 19 years prepared by Tutawi Abdullah and Qasemi better. The experimental curriculum was used to suit the nature of the study. 20 players were selected as a research sample and was chosen in a deliberate manner: the Regional Association of Handball in Algeria and it was found that there was considerable effectiveness in using the mental perception technique to improve the skill performance of handball players.

The fourth study is entitled Mental Perception and its relationship to the planning thinking in the attack zone from the point of view of basketball players of the Sheikh Arabs. Beneddin Kamal. Al-Arabi Mohammed used the descriptive curriculum due to the nature of the study and used the scale of mental perception and the scale of planning thinking as tools for data collection where he arrived at:

- Trainers must find attitudes to mental perception as they form the main pillar of success and achieve the best results.
- The need for sports clubs to rely on coaches with scientific and principled expertise to train young players.
- Incorporating mental perception into the training curriculum in order to improve performance more and to fill the gap in team sports in general and basketball in particular.

The fifth study, entitled The Impact of a Proposed Training Programme Using Mental Perception Exercises to Improve the Passing and Underfoot Reception Skills of Football Starters, by Dr. Majady Moktah. The researcher used the experimental curriculum to fit it into the nature of the study. The study sample consisted of 16 players.

- The mental perception of skill performance has improved the performance of the members of the experimental group of scrolling and underfoot skills.
- There is an improvement in the scrolling and reception skills of the members of the experimental group compared to the witness group.

2.Applied aspect:

2.1 Survey:

We conducted a field study of the possibilities available at the club, taking into account the training times. We also met with the staff responsible for the club with full assistance and to provide conditions for the proper functioning of the proposed programme. The proposed program took 4 weeks and contained 08 training learning modules.

2.2 Areas of study:

Temporal area: The beginning of the study was 11 Juan 2023, where the methodological steps of the scientific article were prepared and the proposed program was developed. The tribal measurement was carried

out on 16 Jan 2023. The program was applied on 17 Jan 2023 at a rate of two units each week. The dimensional measurement was carried out on 10 June 2023.

Spatial Area: The Sporting Esperance Club of Galva City in the multi-service hall Azuz Masood in the neighborhood of 05 Joailia Al-Jalfa.

2.3 Curriculum:

The experimental curriculum, considered to be one of the most clearly defined features of the scientific method, is chosen because it does not simply describe the situation or state or history of past incidents. The researcher intentionally studies variables related to a particular phenomenon. In this study, the researcher uses the experimental curriculum to design a single sample to suit the nature of the study. (Bodwood and Ahmed, 2004, p. 111)

2.4 Study Society:

Represented the search community of the Sports Esperance Club of a city contacted through the State Volleyball Association.

2.5 Sample Study:

We must authorize the withdrawal of a sample of individuals, that is, that part of the research community through which we will collect data. In the field of science, we look forward to allowing the sample of some dozen, hundreds or thousands of elements, depending on the situation, and taken from a particular research community to access estimates that can be circulated to each original research community. (Morris, Translation, Bouzid, Kamal, Said, and Mustafa, 2004, p. 211)
10 players were tested in a deliberate manner.

2.7 Data collection tools:

The tools used by the researcher in collecting data associated with the research topic are considered to be one of the most important steps and the essential focus of the study.

Use the researcher:

- Test repeat setting on the wall.
- Qatari offensive batting test.

-Performance Description: The lab stands behind the line which is 180cm away from the wall (pass line), holding the ball with the hands in front of the face and then scrolling against the wall and up the line. The ball bounces back behind the pass line to follow the pass from the top with the fingers of the hands, the lab continues to perform this work for half a minute (30second).

-Performance Conditions: For each laboratory (5 attempts) the preparation of the attack must be good in each attempt and the scores are calculated according to the fall of the ball as follows:

- Scroll in all performance periods from behind the scroll line.
- You must be scrolling up the line painted on the wall.
- The time calculation starts from the first pass and lasts 30 seconds.
- When the test begins, the ball must be held with the hands in front of the face and then perform a finger swipe. (Hassanine, 2008, p. 233)

2.8 Stability and sincerity of test:

The test or measurement is genuinely intended to measure what has been put in place in order to actually measure it, and to ensure that the test is honest we calculated self-honesty.

Self-honesty: Self-honesty has been calculated with the square root of the constant factor α

Self-honesty coefficient = root coefficient of stability.

Self-honesty =, the tests were found to have high authenticity transactions as shown in the table.

Table No. 01: Represents the stability and honesty factors of the Qatari Offensive Battering Test.

Test name	Stability factor	Honesty coefficient
Test repeat setting on the wall.	0.97	0.98

Qatari Offensive Batting Test:

-The purpose of the test: to measure the accuracy of the crushing strike.

-Performance Conditions: For each laboratory (5 attempts) the preparation of the attack must be good in each attempt and the scores are calculated according to the fall of the ball as follows:

- Drop ball in area (a) 3 degrees.
 - Drop ball in zone (b) 1 degree.
 - Drop ball in area (c) 5 degrees.
 - The fall of the ball outside the three areas the lab gets 0 degrees.
- Registration method: The degree of five attempts obtained by the laboratory is recorded, where the maximum score of this test is (25 degrees). (Speeches, 2002, p. 132)

Stability and sincerity of test:

Table No. 02: Represents the stability and honesty factors of the Qatari Offensive Battering Test.

Test name	Stability factor	Honesty coefficient
Qatari Offensive Batting	0.98	0.99

From Table 02, which represents the stability factor and sincerity of the Qatari Attack Strike Test, the test stability factor is 0.98, and the honesty factor is 0.99, where the test transactions are high in value as shown in Table 02.

2.8 Statistical methods used:

Descriptive Statistics:

- Arithmetic average.
- Standard deviation S.

Evidentiary statistics:

- Test the differences between averages the status of two associated T-test samples.
- DF degree of freedom.
- The level of indicator a.
- Moral evidencesig.

Note: Statistical processing has been done through the SPSS22 's programme.

3Presentation, discussion and interpretation of results:

3.1 Presentation, analysis and discussion of the first hypothesis:

•**First hypothesis:** There are statistically significant differences between tribal measurement and dimensional measurement of the preparation skill of

players of the Goulafa Akbar Sports Club attributable to the mental perception program applied.

•**Purpose:** To know the impact of mental perception on the preparation skill of the players of the Sports Esperance Club of Galva Akbar.

Table 03: Statistical Differences Between Tribal Measurement and Dimensional Measurement of the Preparation Skill of Players of Esperance Sports Club Represents the City of Gulf Akaber

	SMA	Standard deviation	R calculate	DF	Indication level	The moral significance	Statistical significance
tribal	14.4	1.19	-5.43	8	0.05	0.026	Statistical
pastest	17.2	1.22					

Source: From the researcher's achievement

From Table No. 03, which represents the statistical differences between tribal measurement and dimensional measurement of the preparation skill of players of the Sports Esperance Club of Gulf City Akbar, we note that the average calculation of tribal measurement of crushing skill was 14.4 and standard deviation was 1.19. At 8 degrees of freedom, an indicative level of 0.05 and as for the value of Ttest was 5.43. The value of the moral indication was 0.026, which is below the value of the indicator level of 0.05.

So there are statistically significant differences between tribal measurement and dimensional measurement of the preparation skill of the players of the Jalfa City Esperance Club in favor of dimensional measurement attributable to the mental perception program.

From statistical processing, there are statistically significant differences between tribal measurement and dimensional measurement of the preparation skill of the players of the Jalfa City Esperance Club in favor of dimensional measurement attributable to the mental perception program And this is confirmed by Dr. Majadi Moktah's study, where the researcher found that the mental perception of skilled performance improves the scrolling and reception skills of the soles of the foot when the experimental sample is singled out compared to the witness group, That is, the higher the mental perception of the player, the higher the good skill performance of the player, and that is because there is a great correlation between mental skills and performance between the mental and the skill aspect of the players.

That is to say, the player sees himself thinking from within himself doing the preparation skill, which is why the nerves transmitting the nerve

message responsible for the skill performance of the movement, where the player stimulates those nerves, which makes the performance of the crushing skill perform automatically, This was confirmed by a Totemic and Qasimi study and it was found that there is considerable effectiveness in using the mental perception technique to improve the skill performance of handball players.

3.2 Presentation, analysis and discussion of the second hypothesis:

- **Second hypothesis:** There are statistically significant differences between tribal measurement and the dimensional measurement of crushing skill of players of the Jalfa Akbar Sports Club attributable to the applied mental perception program.
- **Purpose:** To know the impact of mental perception on the crushing skill of the players of the Goulafa Akbar Sports Club.

Table 04: Statistical Differences between Tribal Measurement and Dimensional Measurement of Crushing Skill of Esperance Sports Club Players Represent the City of Gulf Akbar.

	SMA	Standard deviation	R calculate	DF	Indication level	The moral significance	Statisticalsignificance
tribal	18.8	1.22	-11.04	8	0.05	0.01	Statistical
pastest	22.5	1.64					

Source: From the researcher's achievement

From Table No. (04) which represents the statistical differences between tribal measurement and dimensional measurement of crushing skill of players of the Sports Esperance Club of Gulf City Akbar we note that the calculation of tribal measurement of crushing skill averaged 18 .8 and standard deviation 1 .22. The value of the calculated average dimensional measurement was 22.5 by a standard deviation of 1 .644, At a degree of freedom of 8, an indicative level of 0.05 and as for the value of Ttestevcant 11.04, The value of the moral indication was 0.01, which is below the value of the indicator level of 0.05.

So there are statistically significant differences between tribal measurement and the dimensional measurement of crushing skill of the players of the Jalfa City Esperance Club in favor of dimensional measurement attributable to the mental perception program. From statistical processing, there are statistically significant differences between tribal measurement and dimensional measurement of crushing skill

of Jalfa City Esperance Club players in favor of dimensional measurement attributable to mental perception program And this is confirmed by the study of Ben Ghali and Hafsaoui that there is a statistical connotation between the results of the internal visual mental perception skills high in which decision-making in performing the transmission skill better, That is, the higher the mental perception of the player, the higher the good skill performance of the player, and that is because there is a great correlation between the mental skills and the skill performance of the players That is to say, the player sees himself thinking from within himself doing the crushing skill, which is why the nerves that transmit the nerve message that is responsible for the skill performance of the movement, where the player stimulates those nerves, which makes the crushing skill perform automatically, This is confirmed by the study of Mahi, Balbul and Shenati to find that the program based on the mental perception technique has led to the development of this mental skill in the members of the sample where a chapter of the experimental sample appeared on the control sample.

4 Conclusion:

The study aimed to identify the impact of a proposed program of mental training on the preparation and crushing skills of sports recreation players in Gulf City Class Acaber. The researcher used the experimental curriculum by designing the single sample to comply with the study requirements. The study community at the Sports Recreation Club represents the city of Gulf, where 10 players were tested intentionally. The researcher concluded:

There is a positive impact of mental perception in improving the preparation skill of the players of the Sports Esperance Club in Galva City.

There is a positive impact of mental perception in improving the preparation skill of the players of the Sports Esperance Club in Galva City.

Among the most prominent suggestions recommended by the researcher:

- Trainers must find attitudes to mental perception as they form the main pillar of success and achieve the best results.
- The need for sports clubs to rely on coaches with scientific and principled expertise to train young players.
- Incorporating mental perception into the training curriculum in order to improve performance more and to fill the gap in team sports in general and basketball in particular.

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