

# The Effect of a Training Programme (Skill-Psychological) on the Psychological Fitness and Performance of some Offensive skills of Volleyball Players

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**Abstract:** Volleyball is a competitive sport activity characterized by a direct struggle between two teams: Volleyball is one of the competitive sports activities that are characterized by direct struggle between two teams, as it has become a lot of practice today and occupies a good position as it is at a high and beautiful level of performance, so there is a desire for those who practice it to appear integrated performance as it is a combination of many different skills, whether offensive or defensive. Hence the importance of the research lies in knowing the extent of the effect of a training programme (skill - psychological) on psychological fitness and performance of some offensive skills in volleyball players. The issue lies in the fact that the player faces difficulties and psychological pressures during the match and his inability to regulate and control his emotions and greatly affect his performance, so the researcher decided to study the effect of a training programme (skill-psychological) on the psychological fitness and performance of some offensive skills in volleyball players. The aim is to find out the effect of a training programme on psychological fitness and performance of some offensive skills. It is hypothesized that there are statistically significant differences between the results of the pre and post tests in psychological fitness and the performance of some offensive skills in the sample. The experimental approach was used. The sample was volleyball players. It used the appropriate methods, tools and devices for research and also used the scale and tests and conducted pre and post tests and the exploratory and main experiment and the number of units was 16 units, two units per week, and concluded that the training exercises (skill - psychological) have a clear impact on the psychological fitness of players.

**Keywords:** volleyball, competitive sport, training programme

## Introduction

Sports psychology has received development and attention like other fields of the sports field, especially the psychological aspect and its great impact on the players, whether the pressures of the audience, the place of play or the opposing team (McCarthy, 2024). Consequently, this is reflected on their performance and belief in the effective and influential role that can be played by the psychological aspect, which did not take the adequate share as the skill preparation alone is no longer the only influence on the result of sports performance, but psychological preparation is also complementary to the aspects of

the general preparation of the individual and is an important axis of the integrated preparation of the athlete as the more the player enjoys high confidence and his ability to control emotions and control behavior, the more this contributes to controlling his behavior and emotions and staying away from unsportsmanlike behavior during the match, and the individual in general needs It is important and essential and has a great impact on the player's behavior and performance during competitions, as it makes him able to control thoughts, modify behavior, increase self-confidence and control emotions to be able to present his best during the match (Aidman, 2022). It is the feeling that the player reaches and is in the best condition and is a good sign of psychological health and is related to psychological happiness and self-compatibility, that is, the player is satisfied with himself and his performance and is aware of his abilities and uses them to the best of his ability (Bernard, 2024).

Volleyball has become widely practiced and occupies a good position and is characterized by direct struggle between two teams, as there is a desire from those who practice it to appear in an integrated performance as it is a combination of many different and diverse skills, whether offensive or defensive, that are combined to appear in the best condition in which players express their abilities in performing these skills Which appears in the form of a skillful movement sequence that impresses the audience, especially when scoring points with high skill of accuracy and speed from the players, which indicates the enjoyment of high confidence during the performance, in addition to the presence of many situations and psychological pressures that would clearly affect the skill performance of the players (Rasheed, 2021), This requires that specialists develop plans and training units that help prepare players in an integrated manner and from all aspects, i.e. early planning for psychological preparation to be able to achieve their goals and ambitions along with their skill, plan and physical preparation for the purpose of reaching the best performance and achieving victory and here lies the importance of the research in knowing the extent of the impact of a training programme (skill - psychological) on psychological fitness and performance of some offensive skills in volleyball players.

### **Research Problem**

As a result, careful planning of the training process began, especially for all sports, which aims to raise the level of performance of players and obtain the best achievement for them, as the athlete needs to provide a supportive and stimulating environment for him and feel comfortable when performing and showing his skill and physical abilities at the best level and psychological fitness is an integral part of the health, physical and integrated fitness of the individual for its interest in psychological preparation with skill preparation and means that the individual enjoys both sports physical health and psychological health, which constitute an integrated and interrelated unit as a whole (Ma, 2022).

To avoid this, coaches and specialists must pay attention to preparing players physically, skillfully and psychologically together as an interconnected chain without dispensing with any aspect and achieve the best possible performance and thus reach the desired achievement, and preparing players in a scientifically studied manner and knowing

the physical and skill potential of players in addition to psychological leads to a high level of their physical and skill performance and reach the optimal performance during the match, and that offensive skills are what enables the team to win if they are performed. Through the researcher's observation and follow-up of university tournaments as she is specialized in volleyball, she found that the player faces difficulties and psychological pressures during the match and his inability to regulate and control his emotions, which greatly affects performance as a result of the lack of attention to psychological preparation during training, so the researcher decided to study the effect of a training programme (skill - psychological) on the psychological fitness and performance of some offensive skills in the research sample (der Westhuizen, 2023).

#### Research Objectives:

1. Preparing a training programme (skilled-psychological) in the psychological fitness and performance of some offensive skills in the sample.
2. To identify the effect of a training programme on the psychological fitness and performance of some offensive skills in the sample (Chiba, 2023).

#### Research Hypothesis

1. There are statistically significant differences between the results of the pre and post tests in psychological fitness and the performance of some offensive skills in the sample (Jiang, 2021).

#### Fields of research

1. Human domain: Players of the volleyball team of the Faculty of Basic Education.
2. Temporal domain: 11/2/2024 to 1/8/2024.
3. Spatial area : The closed hall at the Faculty of Basic Education

### Methodology

Experimental approach, Research population and sample, It consists of volleyball players of the Faculty of Basic Education - Mustansisiyah University, and the sample was randomly selected, and the number of (12) players representing the college volleyball team players for the year 2023-2024, representing the total research community and 100% (Maraza-Quispe, 2024). The researcher used the following methods Arabic and foreign sources, Psychological fitness scale form, also used the following tools Height measuring tape, A whistle, also used the following devices and tools Laptop, Electronic scale, Stopwatch, Volleyballs, Legal volleyball court (Omeh, 2024).

#### 1. Research Procedures

The scale was presented to a group of experts and specialists in sports psychology to see whether it is suitable for the sample or not, as they numbered 10 and the scale was approved by 7 experts and specialists and 3 of them did not agree to agree on it, thus achieving an agreement rate of 75%.

#### 2. Tests used in the research:

- a. Psychological test

Psychological Fitness Scale: (Murad, 2019).

- b. Skill tests:
  - Performance test of serving skill (tennis). (Abdul Jabbar, 2010,p53)
  - Testing the accuracy of the skill of diagonal and straight aces (4). (Abdul Hussein, 2015, p.64)
3. Scientific bases of the scale and tests used in the research:
  - a. Stability: The test was applied and repeated with an interval of (7) days as it was applied to a sample of (4) players on Sunday 11/2/2024 at 10:00 am and the same test was repeated on Sunday 18/2/2024 at 10:00 am and it was found to have a high degree of stability.
  - b. Reliability: The researcher relied on subjective reliability through the square root of stability.

**Table (1)**  
Reliability and Stability of the Tests

Reliability	Stability	Tests
0,9	0,8	Psychological fitness
0,99	0,94	Serving skill
0,97	0,91	Crushing Strike Skill

4. Exploratory experiment  
It was conducted on a sample consisting of (4) players and from within the main sample on Tuesday 20/2/2024 10:00 am in the closed room to find out the obstacles during the implementation and how long it will take to implement the tests and the suitability of the sample and the suitability of the tools (Teles, 2024).
5. Pre-tests  
Conducted on the sample of (12) players on Sunday 25/2/2024 at 10:00 am in the closed room.
6. The main experiment  
The sample was applied at the Faculty of Basic Education in the closed hall on Tuesday 27/2/2024, 10:00 am until Sunday 21/4/2024 and the duration of the curriculum was 8 weeks and the number of units was 16 units with two units per week for days (Sunday and Tuesday) and the unit time was 90 minutes as the psychological exercises were applied in the preparatory part while the skill exercises were applied in the main part and the method of work was that all the sample was in the gymnastic hall inside the sports hall to apply the psychological exercises and after completing that all the sample went to the closed hall to apply all parts of the training unit (Wang, 2024).
7. Post-tests  
They were conducted on Tuesday 23/4/2024, 10:00 am in the closed hall.
8. Statistical methods  
I used the statistical package spss.

## Result and Discussion

Presenting and discussing the results of the pre and post tests of the research variables:

**Table (2)**

Showing the statistical treatments

Significance	sig	Calculated T-value	F.h	F	Dimensional			Tribal		Unit of measure	Variants Statistical treatments
					Deviation	Standard	The arithmetic	Deviation	Standard		
moral	0,001	7,1	9,8	20,1	33,9	193	18,6	145	Degree	Psychological fitness	
moral	0,000	17,1	4,9	19,1	5,4	56,4	3,5	39,1	Degree	Sending	
moral	0,000	12,0	5,8	22,1	5,9	59,8	2,9	38,9	Degree	Crushing Strike	

By observing the results in the table above, it was found that there are differences between the pre and post test and in favor of the post test in psychological fitness and this is attributed to the psychological exercises that were applied during the training unit, which has an effective impact on the player's discipline and his ability to face frustration and the ability to work and production and self-satisfaction with giving and improving performance ' Psychological fitness has a major and important role in the formation of the sports personality because it contributes greatly to upgrading the level and abilities of the individual and his aptitudes, as research has proven that athletes who lack psychological competence appear at the level of their real abilities. As research has proven that athletes who lack psychological competence appear at the level of their real abilities, the individual, whatever his abilities and levels of physical, skill and planning, cannot achieve the best performance if he lacks the correct psychological preparation so that it directly affects the level of personality as a whole. (Al-Saeed, 2013, p.12)

The psychological preparation has an important role in obtaining the best performance of the player along with the physical and skill preparation, as they cannot be separated from each other as they are an interconnected series (Gon, 2023), as psychological fitness is the basis for reaching the best performance and good behavior of the player when facing the pressures of the match and its negative emotions and since it has a great role on the player's behavior and performance so it is necessary to be an essential part of the player's preparation before any match in order to enjoy emotional stability and psychological balance that helps him to provide 'Individuals who are characterized by psychological fitness have a balance in their emotions and know how to express their feelings and emotions appropriately and have the ability to show respect and affection towards others and the ability to adapt and face pressures successfully and the ability to solve personal issues and feel capable and able to change emotions and therefore are characterized by good relationships, a sense of satisfaction and good interaction with others.' (Rateb, 2004, p. 73). (Rateb, 2004, p.73)

The results also showed that there were differences between the pretest and posttest and in favor of the posttest in the skill tests for serving and hitting aces, and this is due to

the type of skill exercises that were applied, as their role was noticeable in improving the speed and strength of serving and hitting aces through repetition and diversity in the positions of the players as they were able to overcome some mistakes and obtain a high level of performance, so it is logical to show a development as it gave a positive result in performance (Blake, 2021).

The competitive needs in volleyball require high-level physical abilities and these requirements vary according to the skills of the game, as each skill has its own physical requirements (Hassanin, 1999, p. 206), when the coach during the training unit gives all the directions, variety, motivation and encouragement to the players and various exercises and the latest methods make them face any challenges and pressures in any competition or training they face by exerting their maximum effort to succeed and overcome what hinders them and achieve the best level of performance. 'When the team's major obstacles and issues are identified and achievable goals are set, the coach will design an appropriate and effective programme and exercises to help the team achieve its goals, especially exercises that are similar to what the team is exposed to in competitions, such as transition exercises from defense to attack and obtaining many repetitions as opportunities are available for all players to participate.' (Razzooqi, 2011). (Razouki, 2011, p113)

In the end, the researcher attributes the emergence of this result to the importance of the various skill and psychological exercises that were used and the importance of psychological fitness that increases the player's self-confidence and his ability to control his emotions and behavior and not to rush to an aggressive reaction during play and thus the ability to perform optimal skill performance and reach the best level (la Luz Pérez-Reveles, 2021).

## **Conclusion**

1. It was shown that the exercises that utilized skill and psychological exercises have a clear impact on the psychological fitness of the players.
2. The applied skill-psychological exercises have a positive effect on improving the performance level of the players.

## **Recommendation**

1. Giving attention to psychological preparation and making it interconnected with physical and skill preparation during the training unit.
2. Experimenting the training programme (skill - psychological) on the defensive skills of volleyball.
3. Conducting similar studies for healthy people, people with special needs, individual and team games and for both sexes.



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