

E-ISSN: 2709-9369
P-ISSN: 2709-9350
www.multisubjectjournal.com
IJMT 2021; 3(2): 147-151
Received: 05-11-2021
Accepted: 13-11-2021

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The effect of exercises using some training aids to help develop some physical and harmonic abilities of deaf and mute goalkeepers in futsal

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Abstract

The aim of the study of the study is the effect of exercises using some training aids to help develop some of the physical and harmonious abilities of deaf and dumb goalkeepers in futsal. And mute halls by 100% of the research community, and the statistical program (SPSS) was used to process the statistical data, and the most important recommendations were the proposed exercises with a high impact on the harmonic abilities. Low goalkeepers, harmonic abilities are a key factor in the development of futsal for deaf and dumb.

Keywords: Goalkeepers, deaf and dumb, football, futsal

Introduction

No two people in the world disagree that the game of football is the most exciting, interesting and interesting game, and that this abnormal interest is due to the nature of this game and the multiplicity of its skills and the integration and interdependence of its physical, skill, tactical and psychological aspects, which made its games the focus of attention of millions and made its practitioners stars referred to as illusion and on the basis of This is the balance that this game has because it is preoccupied with people and the people's enjoyment. The people interested in it, such as coaches, educators and academics, are in continuous search and tireless pursuit to improve this game for the better, as these studies included all aspects of preparation in football, but the research went beyond the most detailed matters related to this game and it's the effects of its development and what we see of fun and excitement in this game are some of the products of this research.

Sports training is the means that brings the disabled individual closer to society to eliminate the state of isolation and loneliness that he faces as a result of his handicap, so the process of sports training for the disabled is a phenomenon that characterizes developed societies, and the awareness of responsibility for the importance and care of this social segment to play its positive role in the field of sports, and is considered Futsal for the deaf and dumb is one of the activities practiced by the disabled within the competitive sport.

It is necessary to pay attention to some of the necessary things that are outrageous to raise the competitive level of the deaf and dumb futsal goalkeepers, Goals during matches from.

Research problem

The goalkeeping center is one of the necessary centers that the goalkeeper must have with all the physical and harmonious abilities, and the thing that necessitates this is that the guards are deaf and dumb with disabilities. The movement of goalkeepers, so the researcher formulated the research problem with the following question

Q: Does training using assistive devices have an effect on the physical and compatibility abilities of deaf and mute goalkeepers in futsal?

Research Objective

Preparing exercises using aids to develop the physical and harmonious abilities of deaf and dumb soccer goalkeepers for the halls

Recognizing the effect of exercises using aids to develop the physical and harmonious abilities of deaf and dumb soccer goalkeepers for the halls

Research Hypotheses

There are statistically significant differences between the tribal and remote tests of the physical abilities of the deaf and dumb soccer goalkeepers for the halls and in favor of the remote.

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There are significant differences between the two tests Badaan the physical capacities of the goalkeeper's football deaf halls in favor of the experimental group.

Research Areas

The human field: The deaf and dumb Paralympic football team players (goalkeepers) in Iraq.

Time range: for the period from 3/14/2017 to 9/14/2017.

Spatial domain: Deaf and dumb football stadiums for halls in the governorates of Iraq.

Methodology

Research Methodology

The researcher used the experimental method, as it is the most appropriate method to solve the research problem, as the experimental method is one of the most accurate and sufficient types of methods to reach accurate and reliable results (Muhammad, 1984) [3].

Research Sample

The research sample was chosen by the intentional method, and they are the goalkeepers of the governorates' teams (southern and northern), which are (18) deaf and dumb goalkeepers for futsal football (3) guards for each province, they are (Maysan, Basra, Wasit, Salah al-Din, Kirkuk and Mosul), and they have been homogenized Through the torsion coefficient in the variables (weight, chronological age, training age), the arithmetic mean of weight was 63.25 kg with a standard deviation of (3.43), and the median was (61) kg, while the arithmetic mean of the training age was (4.87) years with a standard deviation (And the median was (4.50) years, and the temporal age was (26.38) years, with a standard deviation (2.51), and the median was (25.21) years, and as shown in Table (1) if the research sample was divided into two control and experimental groups, where The experimental group included the provincial and southern teams (Wasit, Basra, Maysan), while the control group included the northern and provincial teams (Salah al-Din, Kirkuk, Mosul).

Table 1: Shows the homogeneity of the research sample in age, training age and weight

| Indications | measuring unit | Arithmetic mean | Standard deviation | Mediator | Skew modulus |
|-------------------|----------------|-----------------|--------------------|----------|--------------|
| The weight | kg | 63.25 | 3.43 | 61 | 0.22 |
| Chronological age | year | 28.333 | 1.211 | 28.50 | 0.45 |
| training age | year | 7.50 | 0.548 | 7.50 | 0.12 |

After calculating the skew coefficient for the variables (weight, chronological age, and training age), it was found that the sample was normally distributed between (+3) in the normal distribution curve, and thus the researcher made sure of the homogeneity of the research sample.

Means of collecting information

Search tools

Arab and foreign sources and references.

- Electronic information network (the Internet).
- Personal interviews.
- Tests and measurement.
- Data registration forms.

The devices used in the research

- Medicine balls of different weights
- Rubber band.
- Tape measure.
- Rubber ropes + large rubber balls
- Signs + tennis balls
- Contraindications + Msatab
- Banners (flags of different colors)
- Tablets weighing (1) kg.
- Weights of weight (2) kg.
- Electronic stopwatch).

Futsal football field laptop type (DELL)

It is one of the important things that help to complete and complete the experiment to prepare, organize, arrange and coordinate the used tools so that they can be exploited in the best way to perform the work efficiently and accurately with the least effort and the shortest time (Mohammed, 1995).

Identification of the tests used in the research

Often the researcher needs to choose tests or develop multiple tests to measure some variables that are related to the phenomenon he studies (Saad, 1996) [6], and despite the

fact that most of the tests are contained in scientific sources (Aman, 2003) [1], the researcher designed a questionnaire and then presented it to A group of experts as shown in Table (2).

Table 2: Shows the relative importance of the tests used in the research

| NS | The exams | Relative importance |
|----|------------------------------|---------------------|
| 1 | Speed test | 80% |
| 2 | Legs explosive strength test | 85% |
| 3 | Response speed test | 85% |
| 4 | Almruta test | 90% |
| 5 | balancing test | 80% |
| 6 | agility test | 90% |

Exploratory experience

The most important necessities of scientific research is to conduct the exploratory experiment, which is "a preliminary experimental study carried out by the researcher on a small sample before carrying out his research, the aim of which is to choose the methods and tools of research" (Arabic Language Dictionary, 1984) [2], so the researcher conducted his first exploratory experiment on 12/6/11/ 2017 on (3) goalkeepers for the Maysan national team for the deaf and dumb, its goal:

- Appropriateness of the tests of the study sample.
- Verify the time and place of carrying out the tests.
- Ensure the safety and validity of the devices and tools used.
- Stand on the mistakes likely to occur in the implementation of the tests.
- Learn about the time taken for the tests.
- Recognize the efficiency of the assistant team members

Tests used in the study

1. Speed test for strength
2. Explosive force test for the legs

3. Response Speed Test
4. Flexibility Test
5. balance test
6. agility test

Tribal tests

After the researcher distributed the tests to the goalkeeper coaches for all the sample and agreed to conduct the tests on their scheduled time, the tribal tests were conducted before

the start of the training curriculum, and they included physical and harmonic tests at exactly four o'clock in the afternoon for the days from 15-16/6/2017 in various stadiums provinces

On the first day 15/6/2017, the compatibility tests were conducted.

On the second day, 16/6/2017, the physical examinations were conducted.

Table 3: Show the exams, variables search and values t calculated

| The exams variables search | Measuring unit | Tribal | | After me | | Values t calculated | Indication level | The significance of the differences |
|----------------------------|----------------|--------|-------|----------|------|---------------------|------------------|-------------------------------------|
| | | s | p | s | p | | | |
| Explosive force | meter | 1.55 | 1,31 | 1.65 | 1,56 | 5,19 | 0.01 | moral |
| speed power | a second | 13.66 | 0,79 | 13.90 | 0,88 | 4,89 | 0.01 | moral |
| Responsiveness | a second | 7,08 | 1,50 | 6.78 | 2,75 | 6,88 | 0.00 | moral |
| balance | Degree | 11.45 | 6.25 | 12.65 | 7,08 | 7,00 | 0.00 | moral |
| agility | a second | 9.74 | 1.71 | 8.70 | 1,47 | 3,65 | 0.03 | moral |
| Flexibility | poison | 21 | 0.131 | 22 | 0,11 | 4,89 | 0.01 | moral |

Application of the training curriculum

The training curriculum was designed for deaf and dumb goalkeepers after reviewing the scientific sources and references related to the field of sports training, and thus the curriculum was developed in line with the study sample and the training period of the sports season. General preparatory school and according to the main objective of the training process, which began on 18/6/2017, and the application of the curriculum continued for (10) weeks at a rate of (30) training units and an average of (3) training units per week, and the application of the curriculum ended on 18/9/2017. The researcher took into account the development of exercises and aids to develop (the physical and harmonious abilities of goalkeepers), and the gradual intensity was adopted during the training units in the curriculum prepared on the study sample. sight) as it was agreed upon with the help of the Olympic Bar Committee.

Post tests

The post-tests of the research sample were conducted immediately after the completion of the application of the training curriculum on 19-20/9/2017, and on the same sequence of the pre-tests.

Statistical Means

The researcher used the statistical bag (SPSS) to extract the statistical treatments, for the purpose of analyzing the results have been used:

Presentation, analysis and discussion of the results

Presentation, analysis and discussion of the results of the pre and posttests of the research variables of the control group: Table (3) it shows the means, standard deviations, and the value of (t) calculated, the level of error and the significance of the differences between the two tests, the pre- and post-tests of the control group in the research variables

Significant below a significance level less than or equal to (0.05) at a degree of freedom

Looking at Table (3), we find a noticeable positive development through the differences between the values of the arithmetic means for the pre and post tests for all research variables and in favor of the post tests, as well as the values of the law of (T-Test) calculated for symmetric samples, whose significance levels for all variables were less than (0.05), which means that the differences are significant in favor of the post-tests, and accordingly, what the researcher assumed in the first and second hypotheses has been achieved.

The reason for the significant differences in the control group in the post-tests and for all the research variables is the continuity of the exercises and participation in the exercises, and all this aims to develop the harmonic abilities and thus the physical abilities.

Presentation, analysis and discussion of the results of the pre and posttests of the research variables for the experimental group:

Table 4: shows the arithmetic means, standard deviations, and the value of (t) calculated, the level of error and the significance of the differences between the two tests, the pre and post-tests of the experimental group in the research variables

| variables search | measuring unit | Tribal | | after me | | Values t calculated | Indication level | The significance of the differences |
|------------------|----------------|--------|------|----------|------|---------------------|------------------|-------------------------------------|
| | | s | p | s | p | | | |
| Explosive force | meter | 1.54 | 1,45 | 1.90 | 1,44 | 6,22 | 0.01 | moral |
| speed power | a second | 13.77 | 0,64 | 10.11 | 0,75 | 5,50 | 0.01 | moral |
| Responsiveness | a second | 7,21 | 1,48 | 5.22 | 2,22 | 7,45 | 0.00 | moral |
| balance | Degree | 11.54 | 6,76 | 15.43 | 8,10 | 7,77 | 0.00 | moral |
| agility | a second | 9.22 | 1,50 | 7.00 | 1,45 | 3,85 | 0.03 | moral |
| Flexibility | poison | 21 | 0,10 | 39 | 0,09 | 5,20 | 0.00 | moral |

Significant below a significance level less than or equal to (0.05) at a degree of freedom

Looking at Table (4), we find a noticeable positive development through the differences between the values of the arithmetic means for the pre and post tests for all

research variables and in favor of the post tests, as well as the values of the law of (T-Test) calculated for symmetric samples, whose significance levels for all variables were

less than (0.05), which means that the differences are significant in favor of the post-tests, and thus the first and second hypotheses were achieved.

The reason is due to the significant differences that appeared in the post tests for the experimental group and for all the research variables, to the effect of the exercises applied by the experimental group, which will develop the harmonic abilities, which is positively reflected on the level of physical abilities of people with deaf-mute disabilities.

Since compatibility is “the ability to coordinate and integrate independent motor systems and different sensory means and methods in elaborate motor patterns, the greater the need for a higher level of coordination and integration indicates good performance and efficiency.” (Sari, 2001)

4-3 display, analyze and discuss the results of the tests for meta-search variables with the control and experimental groups:

Table 5: Shows the arithmetic means, standard deviations, and the value of (t) calculated, the level of error and the significance of the differences between the two post-tests of the two groups in the research variables

| Totals variables search | measuring unit | officer mug | | trial mug | | Values t calculated | Indication level | The significance of the differences |
|-------------------------|----------------|-------------|------|-----------|------|---------------------|------------------|-------------------------------------|
| | | s | p | s | p | | | |
| Explosive force | meter | 1.65 | 1,56 | 1.90 | 1,44 | 5,19 | 0.02 | moral |
| speed power | a second | 13.90 | 0,88 | 10.11 | 0,75 | 9,74 | 0,00 | moral |
| Responsiveness | a second | 6.78 | 2,75 | 5.22 | 2,22 | 6,91 | 0.01 | moral |
| balance | Degree | 12.65 | 7,08 | 15.43 | 8,10 | 6,57 | 0.01 | moral |
| agility | a second | 8.70 | 1,47 | 7.00 | 1,45 | 6,93 | 0.01 | moral |
| Flexibility | poison | 22 | 0,11 | 39 | 0,09 | 7,58 | 0,00 | moral |

Significant below a significance level less than or equal to (0.05) at a degree of freedom

Looking at Table (5), we find a noticeable positive development through the differences between the values of the arithmetic means of the dimensional tests for all research variables and in favor of the experimental group, as well as the values of the law of (T-Test) calculated for the independent samples, whose significance levels for all variables were less than (0.05), which means that the differences are significant in favor of the experimental group that applied the exercises.

The moral differences in the post tests between the two groups, which came in favor of the experimental group that applied the exercises and for all the variables of the research, are due to the effect of the exercises that focused on accuracy in the implementation of the skill performance of the deaf and dumb goalkeepers in terms of a sense of place, time and ball. The movement indicates a high level of general and specific compatibility between the man, the arm, and the eye together. Good compatibility is related to the nature of movement and the feeling of placing the body in the void in terms of the process of arrangement and coordinated organization of the movements in order to achieve the desired goal and with the least effort possible (Abu Al-Ala, 1997). On the other hand, we see that The exercises The exercises applied by that group focused on the involvement and coherence of more than one motor sentence and an exercise in more than one performance in a manner that is keen to implement it. (Ali Salloum 2004) mentions about Larson and Yokom that compatibility depends on the integrity and accuracy of the functions of muscles and nerves and their connection together in one work. (Ali, 2004), and accordingly, the goal of the research has been achieved with regard to developing harmonic abilities, as well as the exercises applied by that group in terms of their composition and diversity in giving more than one stimulus and different stresses in one exercise, which requires the deaf and dumb goalkeepers to respond with a degree Great accuracy of those stimuli, i.e. the process of neuromuscular regulation of the body, and this was confirmed by (Talha Hossam El-Din *et al.* 1998) that compatibility is a response to a stimulus and means the relationship between certain stimuli to carry out a skill activity and the response required for that, meaning that

there is an arrangement of the motor system for any existing system in the beginning. From sending nerve signals of different types according to the different control systems until passing through the perceptual systems until the motor response (Talha, 1998). He pointed out that (Sari Ahmed and Norma Abdel-Razzaq 2001) is the ability of the nervous system to give more than one command at the same time or in a period of time Few, and the individual's ability to control the work of the different parts of the body that are involved in the performance of a specific motor duty, and linking these parts to a single, smooth movement (Sari, 2001). The aim of the research with regard to physical abilities has been achieved.

Conclusions

1. The suggested exercises have a high impact on physical abilities
2. The proposed exercises have a high impact on the harmonic abilities
3. Harmonic abilities are a key factor in the development of deaf and dumb futsal goalkeepers
4. Developing the low-efficiency foot improves the goalkeeper's level of abilities
5. High physical fitness and harmonic abilities are one of the basic ingredients of a goalkeeper

Recommendations

1. The need to develop the low-efficiency foot of goalkeepers
2. The necessity of preparing goalkeepers to prepare high-level players
3. The necessity of giving harmonious exercises to goalkeepers
4. Conducting similar research and studies

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Annex No. (1) exercises using auxiliary tools

1. Jumping from a height of 60 meters and jumping (dumping) on the ball right and left
2. Jump over a barrier 1 m high, then swerve and pass a barrier from the bottom, then receive the ball from the top
3. One leg rests on a platform 50 cm high, and the other leg jumps in place to the top, and so on in succession
4. Rise to the ball and catch it from the top after resting on the bench
5. Tie the goalkeeper with a rubber rope to one of the goal posts, then throw the ball up so that the goalkeeper can rise and catch it
6. Tie the goalkeeper with a rubber rope and then throw the ball to the sides for the goalkeeper to dive to remove the ball
7. Shooting the goalkeeper with the tennis balls once and the futsal ball once in succession
8. Throw the medicine ball up, then crawl to the balls to the right and left of the goalkeeper
9. Jump aside over a 1 m high hurdle to the right and left sides to remove the ball
10. Shooting the balls after returning them to the goalkeeper (tennis balls)
11. The dimensions of tennis balls that are thrown to the goalkeeper from behind with both hands
12. Tackling men's tennis balls and futsal by hand