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The use of conditional competition exercises to develop visual vision skills and its impact on mental abilities and basic football skills for deaf and dumb

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Abstract

In the first chapter, the importance of conditional competition exercises was addressed because of their impact on developing visual vision skills, which are one of the pillars of success in performing the tactical and skill duties in football for deaf and dumb players. Football is a team game and is characterized by a lot of manifold positions and is represented in the positions of fellow players, competitors, spaces and spaces, so it requires visual vision skills surrounding the playing space, and it is necessary to develop visual vision skills to compensate for the missing senses in the sample. The research goal is to prepare conditional competition exercises to develop visual vision skills and their impact on the mental abilities and basic skills of football for deaf and dumb, as well as to identify the impact of visual skills on mental abilities and basic skills in football for the deaf and dumb. Conditional competition has a significant impact on skill development. Visual vision also shows the effect of clear visual vision on the mental abilities and basic skills of deaf and dumb football in football.

Keywords: visual vision, mental abilities, football, deaf and dumb

1. Introduction

As a result of the development of the components of the football game (physical, skill, planning and psychological), the field of competition for the game has become the exploitation of opportunities that include exploiting spaces and creating spaces through the visual skills of players, where inclusiveness and surrounding the stadium or playing positions allows the player to choose the most appropriate option, and the game of deaf and dumb football is one of the modern games emerging in Iraq, and this indicates that the players do not have high experience in how to deal in which there are more than one option, because the deaf player when playing only watches the ball, which makes his options sterile and does not result in solutions as well as losing the sense of hearing through which the player can be alerted. The ball holder through the other players in choosing the right position and this also takes place on the competing players in how to monitor them and fill the gaps and miss opportunities on the competitors, and that the above progress can be translated through the conditional competition exercises prepared by the researcher, as these exercises include on multiple aspects that allow the sense of sight. Developing its capabilities through the use of multiple options in the conditional competition exercises. Mental abilities are a response to the environment through the senses, which leads to the formation of mental abilities that have the ability to deal with the external environment instantaneously, since football skills are among the closed skills that require immediate treatment, in addition to the senses working according to mental responses, and thus the fluidity of movement for sports performance is ideal. If the mental instructions come from a clear view of the external environment, and therefore the desired result is the ideal performance of skills and their optimal use during the official competition. Hence, the importance of the research and the need for a mechanism in the researcher's selection of conditional competition exercises are carefully prepared that serve the visual vision, mental abilities and basic skills.

2. Research problem

The short age that surrounds the game of football for the deaf and dumb in Iraq did not provide

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the opportunity for the members of the game to get acquainted with all the details of the player, as the training age of the best player is not more than four years, and this is not enough to give experience in dealing with multiple and complex football situations and to show the game in an optimal way. Through the researcher's modest experience in this field because he is close to this category and is familiar with most of the teams of the governorates of Iraq, he found that the training programs include attention and focus on the physical and skill aspects only, so the researcher decided to prepare conditional competition exercises that would develop visual skills and thus support the training process. For this category, and optimally employing both the physical and skill sides, the football game for the deaf and mute will appear at the required level.

3. Research Aims

1. Preparing conditional competitive exercises to develop the visual vision of deaf and dumb football players.
2. To identify the effect of conditional competitive exercises on the visual vision skills of deaf and dumb football players.
3. To identify the impact of the development of visual vision skills on the mental abilities and basic skills of deaf and dumb football players.

4. Research hypotheses

1. There is a positive effect of conditional competitive exercises on the visual vision skills of deaf and dumb football players.
2. There is a positive effect of visual vision skills on the mental abilities and basic skills of deaf and dumb football players.

5. Research Areas

1. Human field: Maysan governorate players for the deaf and dumb.
2. Spatial field: the external stadiums of Maysan International Stadium.
3. Time range: 5/24/2018 to 9/28/2018.

6. Research Methodology

The researcher used the experimental method in the manner of equal sums with two tests, before and after, because it is commensurate with the nature of the study procedures, and given that the experimental research is characterized by precision and control over the studied variables so that in some of them there is an intentional change and controls other variables, it is considered the only research method that explains the relationship between the effect and the cause on the Towards an accurate" (Mohammed, 1999).

7. Research Sample

The research sample was chosen by the intentional method, which is "selected freely on the basis that it achieves the purposes of the study carried out by the researcher" (Thouqan, 1988) [8].

The research community is represented by the players of the Maysan governorate team for the deaf and dumb in football, whose number is (20) players, distributed into two control and experimental groups through a simple random lottery to be (9) players in each group, where the exploratory experiment was conducted on two players so that the number became (18) players.

8. Means of collecting information, equipment used and research tools

8.1 Means of collecting information and equipment used

1. Arab and foreign sources.
2. Personal interviews with experts and specialists.
3. Self-observation by the researcher.
4. Data dump forms.
5. football stadium.
6. footballs
7. signs.
8. Colored lilac.
9. measuring tape.
10. Barriers of different colors.
11. Banners.

9. Research Tools

1. Tests and measurement.

10. Field research procedures

10.1 Research Tests

The studied research variables were determined by the researcher through his experiences in this field, and he was informed of the opinions of experts and specialists through personal interviews, as well as for the tests. The tests came as follows:

First: Visual vision skills tests: (Mahmoud, 2008)

1. Peripheral vision test.
2. Optical tracking test.
3. Visual perception test.

Second: Mental abilities tests:

1. Total mental perception test.
2. Attention test.
3. Test sense of time.

Third: Basic skills tests (Al-Jubouri, 2008) [3]

1. Rolling skill test: Changing the distance between the poles from (2 x 4 m) to (3 x 4) m.
2. Passing skill test: Using (5) futsal balls instead of (10) balls, changing the distance between the poles to (1.5 m), the distance from the starting line to the bench (6 m), changing the distance of the specific area for rolling to (2 m).
3. Scoring skill test: The scoring distance changed from (5m) to (6m).

11. The exploratory experience

Experts in the field of scientific research often emphasize the necessity of conducting a reconnaissance experiment for the tests used in research, because it is a preliminary study carried out by the researcher on a small sample before carrying out his research (Thouqan, 1988) [8], in order to obtain results and information necessary to benefit from when conducting the main experiment. On this basis, the researcher conducted an exploratory experiment on Friday and Saturday corresponding to 1-2/6/2018 on players from outside the sample and it was repeated after two weeks, through which the following goals were achieved:

Determine the size of the difficulties facing the researcher.
Recognize the safety of devices and tools used in the research.
Recognize the adequacy of the assistant work team.
Setting the times and repetitions needed to carry out the tests.
Rationalization stressed the volumes of exercises applied by the experimental group.

12. Tribal tests

The researcher conducted tribal tests for the variables under study on the research sample on the corresponding days, Wednesday and Thursday, on 20-21/6/2018. On the first day, visual vision skills and mental abilities were tested, and then on the second day, the basic skills were tested for the two groups with the help of the assistant work team.

13. Homogeneity and parity between the two research groups

In order for the researcher to attribute the difference between

the two experimental groups to the experimental workers, it is necessary that “the groups under study are equivalent in most of their conditions, except for the two experimental variables that affect the two experimental groups” (Thuqan, 1988) [8]. t-test For independent samples to extract the equivalence of the two groups, where the results indicate that the sample is homogeneous and the two groups are as in the two tables below.

Table 1: It shows the homogeneity of the sample in some variables

NS	Variables	Measuring Unit	Arithmetic Mean	Standard Deviation	Torsion Modulus
1	Peripheral vision	Degree	6.41	1,66	000
2	focus attention	Degree	5.43	1,14	000
4	Rolling skill	a second	9.52	0,68	000

By looking at Table (1), it becomes clear to us that all the variable values of the skew coefficient were confined between (± 3) Thus, it is clear that the sample homogeneous.

Table 2: It shows the means, standard deviations, and the value of (t) calculated, the level of error and the significance of the differences between the control and experimental groups in some of the variables under consideration in the pre-test (equivalence)

The exams	Measuring unit	The officer		Experimental		Values t	Indication level	The significance of the
Peripheral vision	Degree	6,58	1,31	6,88	1,45	0,12	0,90	insignificant
focus attention	Degree	6.158	1.716	6,22	1,50	0,13	0,89	insignificant
Rolling skill	a second	9.90	0.73	9.73	0.67	0,23	0,82	insignificant

Significant at a degree of freedom (6) and a level of significance less or equal to (0.05)

Looking at Table (2), the value of the significance level was greater than the error value (0.05) for the tests of the variables for the two groups, which indicates that the differences between the two groups are not significant and the two groups are equivalent.

14. The main experience

The main experiment started on Monday, 25/6/2018 and lasted (10) weeks, as the last training dose ended on Thursday, 30/8/2018, during which the experimental group applied the conditional competition exercises with two doses per week during Monday and Thursday, which is training The sample during these two days was based on the same training objective, where the conditional competition exercises were applied by means of aids by (4) exercises in one training dose, where the intensity of the exercises was maximal, and this is in proportion to the nature and purpose of the exercises and with repetitions (3) of repetition for each exercise, including a rest (2d). And (3 d) between each exercise and another, and the exercises were applied with the help of a specialized interpreter for the deaf and dumb, and with regard to the control group, during Monday and Thursday, the regular

exercises prepared by the trainer were applied to develop compatibility.

15. Post-tests

After the main experiment was completed and the compatibility exercises were completed on the experimental group, the post tests were applied in a similar way to the tribal tests that were previously applied, in order to know the level reached by the players with the research variables during Saturday and Sunday 1-2/9/2018.

16. Statistical means

1. Arithmetic mean
2. standard deviation
3. skew modulus
4. Law tfor cross-linked samples.
5. Law tfor independent samples.

17. Presentation, analysis and discussion of the results

17.1 Presentation, analysis and discussion of the results of the pre and post tests of the research variables of the control group

Table 3: 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 control group in the research variables

The exams Variables Search	Measuring unit	Tribal		after me		Values t calculated	Indication level	The significance of the differences
		s	p	s	p			
Peripheral vision	Degree	6,58	1,31	7,05	1,56	5,19	0,01	moral
optical tracking	Degree	3.08	0.79	3,90	0,88	4,89	0,01	moral
visual perception	Degree	7,08	1,50	8,10	2,75	6,88	0,00	moral
mental visualization	Degree	61.47	6.25	67,22	7,08	7,00	0,00	moral
focus attention	Degree	6.15	1.71	6,87	1,47	3,65	0,03	moral
sense of time	a second	0.53	0.131	0.48	0,11	4,89	0,01	moral
Rolling	a second	9.90	0.73	9.70	0.68	4,80	0,01	moral
scroll	Degree	9.40	2.01	9.90	1.52	4,11	0,01	moral
Scoring	Degree	6.30	1.56	6.80	1.03	3,55	0,03	moral

Significant below a significance level less than or equal to (0.05) at a degree of freedom (3)

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 researchers assumed in the first and second hypotheses had been achieved.

The reason for the significant differences in the control group in the post-tests and for all research variables is the exercises prepared by the trainer, which were according to the scientific foundations of sports training and aimed at developing visual vision skills and thus mental abilities.

17.2 Presentation, analysis and discussion of the results of the pre and post tests 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	Measuring unit	Tribal		after me		Values t	Indication level	The significance of the
Peripheral vision	Degree	6,88	1,45	7,90	1,44	6,22	0,01	moral
optical tracking	Degree	3,30	0,64	4,42	0,75	5,50	0,01	moral
visual perception	Degree	7,21	1,48	9	2,22	7,45	0,00	moral
mental visualization	Degree	61,89	6,76	72,54	8,10	7,77	0,00	moral
focus attention	Degree	6,22	1,50	7,34	1,45	3,85	0,03	moral
sense of time	a second	0,51	0,10	0,39	0,09	5,20	0,00	moral
Rolling	a second	9,73	0,67	8,85	0,58	5,10	0,00	moral
scroll	Degree	9,45	1,88	10,56	1,44	5,66	0,00	moral
Scoring	Degree	6,38	1,46	7,56	1,33	4,44	0,01	moral

Significant below a significance level less than or equal to (0.05) at a degree of freedom (3)

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 dimensional tests, and thus the first and second hypotheses were achieved.

exercises applied by the experimental group, which would develop visual vision skills, which is positively reflected on the level of mental abilities of people with deaf-mute disabilities. As 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) [6]

The reason is due to the significant differences that appeared in the post-tests of the experimental group and all research variables, to the effect of the conditional competition

17.3 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	Indication level	The significance of the
Peripheral vision	Degree	7,05	1,56	7,90	1,44	5,19	0,02	moral
optical tracking	Degree	3,90	0,88	4,42	0,75	9,74	0,00	moral
visual perception	Degree	8,10	2,75	9	2,22	6,91	0,01	moral
mental visualization	Degree	67,22	7,08	72,54	8,10	6,57	0,01	moral
focus attention	Degree	6,87	1,47	7,34	1,45	6,93	0,01	moral
sense of time	a second	0,48	0,11	0,39	0,09	7,58	0,00	moral
Rolling	a second	9,70	0,68	8,85	0,58	10,11	0,00	moral
scroll	Degree	9,90	1,52	10,56	1,44	9,33	0,00	moral
Scoring	Degree	6,80	1,03	7,56	1,33	7,78	0,00	moral

Significant below significance level less than or equal to (0.05) at degree of freedom (6)

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 conditional competitive exercises. The moral differences in the post tests between the two groups, which came in favor of the experimental group that applied the conditional competition exercises and for all the research variables, are due to the effect of the conditional competition

exercises that focused on the accuracy in implementing the skill performance of the deaf dumb player in terms of a sense of place, time and the ball. the accuracy of the implementation of the motor performance is indicated by the overall high level of compatibility and private between the man and the arm and the eye together, good compatibility about the nature of the movement and the sense put the body in a vacuum in terms of the process of arrangement and organization of harmonious movements until the desired goal and the lowest possible effort lead (Abou El Ela, 1997) [1] and by the Finally, we see that the conditional competition exercises applied by this group focused on the involvement and interconnection 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) [2] 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 job. (Ali, 2004) [2], and accordingly, the research goal has been achieved with regard to developing visual vision skills, as well as the conditional competition exercises that this group applied in terms of their composition and diversity in giving more than one stimulus and different stresses in the one complex skill exercise that necessitates the deaf dumb foot player To respond with a large degree of accuracy to those stimuli, i.e. the process of neuromuscular regulation of the body, and this was confirmed by (Talha Hossam El-Din et al. 1998) [7] 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, starting 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) [7]. He pointed out that (Sari Ahmed and Norma Abdel-Razzaq 2001) [6] is the ability of the nervous system to give more than one command at the same time. Or in a short period of time, 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, fluid movement (Sari, 2001) [6]. mental capacities. The researcher also attributes the development of basic skills to focus during the development of conditional competition exercises and their impact on the special motor abilities of the deaf-dumb game, as it is not possible to master the performance of skills for any activity without focusing and attention on their motor abilities, meaning that each sports activity has its own capabilities It must be taken care of to reach the best level during performance, as "the level of skill abilities evolve with the development of their physical capabilities." (Uday, 2005) [9] also that "physical abilities are one of the important factors on which the success of performance is based to reach athletic levels, and that the development and promotion of these special abilities are closely related to the process of developing motor skills." (Ibrahim, 1998) [4], and it is clear to us that these differences for the experimental group are a result of the high level of special motor abilities, which the researcher was keen to focus on, namely (visual vision skills and mental abilities), which led to the development of basic skills, as the researcher agrees with each of (Al-Tikriti and Al-Hajar, 1986) indicated that accuracy is positively affected by the development of other components of physical fitness. (Wadih, 1986), and the researcher attributes these moral differences in favor of the experimental group in the post-tests to the specificity of the conditional competition exercises in their similarity with the motor and technical paths with high accuracy for the football player during the implementation of skills "because many of the technical movements are not successful because of the weakness of the technique". (Batty, 1982) These exercises in themselves are exercises of kinetic accuracy, taking into account the speed of performance of these exercises in line with the speed required during the implementation of the skill during the match, and accordingly, the goal of the research has been achieved with regard to developing the accuracy of basic skills.

18. Conclusions

1. The conditional competition method has a positive effect

on the visual vision skills of deaf and dumb players in futsal football.

2. The conditional competition method has a positive effect on the mental abilities and basic skills of deaf and dumb players in futsal football.
3. The positive effect that the conditional competition method achieves in the visual vision skills is reflected in the development of the mental and skill abilities of deaf and dumb players in futsal football.
4. Conditional competition method shortens time and effort in developing capabilities and skills separately

19. Recommendations

1. Emphasis on the application of conditional competition training to deaf and dumb players in futsal football because it has a positive impact on performance requirements
2. Applying conditional competition exercises with other conditions to develop other requirements such as the tactical aspect
3. Applying conditional competition exercises with a larger size because of their positive impact that serves all performance requirements.
4. Conducting similar research and studies using conditional competition exercises.

20. Annex (1) Conditioned competition exercises

The competition, provided that possession of the ball is in the middle area with no less than (5) tackles

1. Competition on condition of possession of the ball and Qatari tackles only Number of touches (2)
2. Competition under the condition of possession with receiving and rolling Number of touches without rolling (2)
3. Number of maneuvers according to defensive (4) and offensive (8) zones
4. The competition is provided that the handling is played against the direction coming from it
5. Competition provided that the trend is constantly changing
6. Competition condition after receipt of long handling
7. Competition on condition of changing positions. Handling play with a change of position
8. Competition one touch condition
9. The competition condition is to keep the ball for (6) touches
10. The competition is a condition of staying in defensive areas (8) seconds, offensive (4) seconds, and then scoring
11. The competition is a condition of staying in defensive areas (4) seconds, offensive (8) seconds, and then scoring.

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