

The effect of an (instructive-educational) program according to the motivational climate on the artistic performance of some floor movements in artistic gymnastics for female students

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Abstract

The study aims to investigate the effect of using program (Guidance - Educational) in teaching students some skills floor movements in artistic gymnastics for secondary school students in the College of Physical Education and Sports Sciences / University of Thi Qar, and the research community consisted of (36) female students, then the research sample students were determined after excluding the absent female students, numbering (4) female students, and the participants in the exploratory experiment, numbering (8) female students, so the remaining number is (24) female students divided into two groups, control and experimental, and it was reached. The researcher reached a set of conclusions, the most important of which was that both approaches had the approach prepared by the researcher using Motivational climate. The approach followed has a positive and effective impact on Artistic performance to Some skills floor device in gymnastic technical for students, shares Guidance Program. The result was clearly and significantly applied to the experimental group members. Performance to Some skills floor device in gymnastic technical for female students, the results showed a clear and significant superiority of the experimental group members in the post-tests over the control group members in learning some skills floor device in gymnastic technical for students, that is the stamp Motivation who excelled. To Guidance Program. The researcher directly contributed to increasing the desire and motivation to learn among the members of the experimental group.

Keywords

Artistic gymnastics, Motivational atmosphere, ground movements

1-1 Introduction to the research and its importance:

When we search for an introduction to research methods in psychology, we will find that man He used different methods while trying to understand and study psychological phenomena. The journey of scientists and scientific researchers was long over time as they tried to discover the secrets and hidden truths. Humanity Psychology and mental life.

But access to Psychology related facts need to Following the research methods in psychology, which have evolved over time until we reached to Modern psychology is based on many things that I have delivered to Scientific facts and thus learn about behavior and thinking Humanitarian The most important of these are: Things It is meditation or observations.

The development of psychology is linked to the adoption of man For scientists and specialized scientific researchers who use the methods of research methods in psychology, which are characterized by their accuracy, methodology and great organization.

Creating a learning environment that improves student learning and achievement through motivation is of great importance to the physical education and sports lesson as its benefits go beyond the lesson and affect students' attitudes, motivations, intentions and participation in physical activity inside and outside of lectures.

Moreover, one of the main objectives of the physical education and sports lesson is to encourage students' participation in sports activities by providing them with enjoyable and rewarding learning experiences during the lesson and reaching a state of activity and boldness. during Performing exercises to ensure they continue to participate.

To achieve this, professors seek to work efficiently by developing their professional performance approach during The lecture though This pursuit is related in one way or another to the way they manage the psychological climate within the lecture.

For its success, it is necessary to work on bringing students closer physically, socially and psychologically during the lecture, as the acceptance of peers for each other and their acceptance of their teachers is one of the most important elements in providing an educational climate. Positive and The biggest role that falls on the teacher is to find ways to motivate students by creating a climate that fosters this motivation and includes giving the student an important role in choosing activities that suit his abilities and physical capabilities.

that Gymnastics is the cornerstone of all sports. It is one of the basic games in the physical education curriculum because of its importance and

many benefits. Its importance comes from the fact that it works to build the entire body and prepare it properly. With the help of gymnastic exercises, the body's muscles and the circulatory system can be developed. Respiratory, And the device Nervous, And the cycle Bloody.

Artistic gymnastics is one of the sports that is characterized by an aesthetic nature that is reflected through linking constructive exercises and movements that express the beauty of movement, its harmony and fluidity, and develops the artistic sense, nurtures the art of movement, improves physical preparation and develops it among its practitioners. Women monopolize it because it is one of the beautiful games that is in harmony with the natural and biological characteristics due to its ability to express. Kinetic.

As well as showing personal traits Like courage and taking Decisions and love Teamwork and cooperation. Most sports coaches and teachers rely on gymnastic equipment as auxiliary devices because it develops the individual's physical and mental aspects. And educational.

It increases the ability to concentrate and develops the ability to think and observe. In addition, it develops the ability to monitor through continuous and ongoing training.

lies importance Research in program design My guide My education is in a stimulating environment and I know the extent of the impact of this program on performance Students of floor movements in artistic gymnastics.

1-2 problem Search:

Gymnastics is generally one of the academic variables taught in faculties of physical education, which is characterized by precision and fast performance, especially since this sport is one of the difficult sports compared to other sports. The researcher noticed a lack of interest in educational guidance. Y According to the motivational climate for gymnastics students, the researcher decided to highlight this problem and develop a guidance program in a scientific and studied manner, trying to solve this problem..

1-3 goals Search: -The research aims to identify:

- 1 - Design a guidance program according to the motivational climate in performance. Technical for my front roll skills opening and rolling Background Gymnastics for female students
- 2- Identifying the effect of an educational guidance program according to the motivational climate on the technical performance of the forward roll and open swing skills. Back roll in artistic gymnastics for female students
- 3- Knowing the differences between the control and experimental groups of an educational guidance program according to the motivational climate in

the technical performance of the forward roll skills, opening and backward roll skills, in artistic gymnastics for female students.

4- Knowing the level of technical performance of the skills of the front roll open and the back roll closed in artistic gymnastics for female students.

1-4 Research hypotheses: - The researcher assumes, in light of the research objectives:

- 1- There are significant statistical differences between the control and experimental groups. And For an educational guidance program according to the motivational climate in artistic performance For my front roll open and back roll closed skills in artistic gymnastics For the benefit of the experimental group And
- 2- The presence of significant differences. T Statistical function between the pre- and post-tests of an educational guidance program according to the motivational climate in artistic performance For my front roll open and back roll closed skills in artistic gymnastics For the benefit of post-tests

1-5 areas Search:-

1-5-1 Scope Human: Female students Second College of Education Physical and Sports Science University of Thi Qar.

1-5-2 The field Temporal: Duration from (1-12-2023) to (1-3-2024).

1-5-3 Scope Spatial: Indoor gymnastics hall Technical In the College of Education Physical / University of Thi Qar.

6-1 to set Terminology: Motivational climate: Motivational climate is the psychological and social environment that teachers create to increase student participation in the lesson, and raise the level of interactions between Students, It depends on Effort-based rewards They do it, In addition to learning and working to improve it.

3- Methodology Yes Search And its procedures Field:-

3-1 Research methodology There are a number of methods used in research. Scientific, In order to reach to Goals Search, The researcher chose the appropriate method to solve the research problem. The experimental method is one of the methods that the researcher attempts to deal directly with the different phenomena of this research to use the design of two equivalent groups to suit the nature of the problem.

3-2 Research community and sample: It was completed Defining the research community represented by third-year female students / College of Physical Education and Sports Sciences - University of Thi Qar for the academic year 2023/2024, numbering (36) female students distributed into two sections (A - B), and the researcher excluded a number of female students for the following reasons: (* (4) female students who were absent from performing the test and lectures * (8) female students as a pilot sample, so that the final number of the research sample was (24) female students from both sections, with (12) female students from each section, constituting a percentage of (67%) of the original community), the female students were divided according to the sections into a control and experimental group, and by drawing lots, the female students of Section (A) represented the control group and the female students of Section (B) represented the experimental group, as shown in Table (1).

Table (1) Shows number Individuals Research sample for both groups and percentages

<i>number Individuals Sample in each group</i>		<i>Students Exclusions</i>	<i>Number of female students in All group</i>	<i>Groups</i>
<i>percentage</i>	<i>number</i>			
<i>71%</i>	<i>12</i>	<i>5</i>	<i>17</i>	<i>Group A control</i>
<i>63%</i>	<i>12</i>	<i>7</i>	<i>19</i>	<i>Experimental group (B)</i>
<i>67%</i>	<i>24</i>	<i>12</i>	<i>36</i>	<i>the total</i>

3-2-1 homogeneity Sample:- In order to determine a single starting line at the beginning with the research sample, they were homogenized in the variables of height, weight and age. As shown in Table (2).

Table (2) Shows the results of sample homogeneity with research

variables

Coefficient of skewness	The mediator	Standard deviation	Arithmetic mean	Variables
0.37	21	1.04	21.13	the age
0.55	158	5.25	159.01	height
0.85	55.3	3.75	55.97	Mass

All values of the coefficient of skewness were between (± 1), indicating homogeneity. Individuals Sample in variables above.

3-2-2 parity Sample:-

For the purpose of ensuring equivalence Individuals My sample search in (height, And weight, And age ground movement skills She did The researcher conducted the equivalence test using T-test)), and the table (3) shows equivalence Individuals Sample.

Table (3)

It shows the equivalence of the two samples' items in the research variables.

Statistical significance	Table (t) value*	Calculated value of (t)	Experimental group		Control group		Statistical features Tests	T
			A	-S	A	-S		
Non-moral	1.717	0.21	0.94	21.21	1.17	21.09	the age	1
Non-moral		1.61	4.91	158.21	7.31	160	height	2
Non-moral		1.11	7.10	58.11	8.71	54.71	the weight	3
Non-moral		0.127	1.424	3.187	1.360	125.3	Front roll open	4

Non-moral		0.540	1.360	3.125	1.258	2.875	Back roll	5
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* The tabular value of (t) is (1.717) at a degree of freedom of (22) and a significance level of (0.05).

From the previous table it is clear that there are insignificant differences, if it appears that the calculated t-test value is less than its tabular value at a degree of freedom of (22) and a significance level of (0.05), as also appeared. There are random differences between the two groups' vocabulary in the performance tests. Technical For skills Search Age and height And the weight of what This indicates that the two groups are equivalent.

3-3 tools Search:-

3-3-1 means Help:- (Devices and supplies):

- Video camera type Sony dig Computer type (Lenovo).- Scientific calculator Cartoon.

- A device for measuring length. - Medical scale, number (1).- Tablets CD. - Rug Gymnastics- Whistle number (1).

3-3-2 Identify skills Ground motion device In gymnastics Technical: -

Some basic skills have been identified. With ground motion device In gymnastics Technical Research topic according to the vocabulary of the gymnastics method Devices Curriculum for Faculties of Physical Education for the Academic Year 2023-2024, **The following skills tests were determined: -**

1-(Test name): Front roll open. (Purpose of the test) To measure the skill performance of the rolling skill in artistic gymnastics. (Tools used) Floor exercise mat. **(Terms of Performance)** The student performs the front roll open (scoring method). Each student has two attempts, and the best attempt is counted out of (10) points.

2-(Test name): Back roll **(Purpose of the test)** Measuring the skill performance of the rolling skill in artistic gymnastics. (Tools used) Floor movement device mat **(Terms of Performance)** The student performs the back roll. (Recording method) Each student has two attempts, and the best attempt is counted out of (10) points.

3-3-3 Evaluation form Performance Technical:-

For the purpose of evaluating the artistic performance of each student in Mahara T Gymnastics Wrap me up The researcher used one of the standardized forms for the gymnastics subject. Technical, and present it to a group of Experts Gymnastics material Technical Exclusively to make any

modifications, if any, to make it a comprehensive and valid form for evaluation. The Skills, and after presenting it, I got the agreement of all the experts. Note that the evaluation score was out of (10) points, which relied on the apparent structure of the skill, to evaluate the score of each skill. Three.

3-4 Exploratory experiment: - The exploratory experiment is a practical training for the researcher to identify the negatives and positives that he encounters during the test in order to avoid them. The researcher will conduct the exploratory experiment on a sample other than the research sample and from the original community, to identify the obstacles that hinder the field experiment, the most important of which are:

- 1- Obstacles to work and the ability of the subject teacher to understand and implement the required strategy.
- 2- Validity of the devices and tools used.
- 3- Needs for tools and other supplies.
- 4- Informing the support team of their duties.
- 5- The time taken to perform the skills is taken into account in the experiment.

3-6 Curriculum For the guidance program:-

The prepared curriculum includes: (12) Unit One of the educational units in which the researcher uses Guidance program according to the motivational climate. The educational units were presented to experts to verify some matters, including:

- 1- The suitability of educational units to the level of the research sample.
- 2- The division of the educational unit and the performance time.

-The following is a presentation of the details of the prepared curriculum:-

And section Educational unit to Three sections are: -

1 The educational unit was divided to Three sections she:-

1- Section Preparatory: And its duration (20) minutes which Includes:

the introduction And the warm-up The year And the warm-up Private knowledge that This section is a unified section for both groups taken from the regular curriculum of the teacher. And The material.

1- **Section Main:-** I reached Its duration (65) minutes, which includes:

- **Guidance session: -** The duration of each counselling session was between 15-20 minutes and is implemented at the beginning of the main section.

Each guidance session is different from the other in its topic, presentation, discussions, examples, interactions, and questions, i.e. according to each term and its psychological importance for each student.

- **Part Educational:** I reached its duration (15) Minute, and in this aspect the skill was explained in detail and displayed. Repeat it and answer all the questions asked by the subject teacher.

- The applied part: I reached its duration (30) Minute, and it was done by applying the skill by the students one by one, giving feedback during the performance about any defect or mistake, and giving a sense of satisfaction towards each student during the performance, especially since she is applying the skill for the first time, and encouraging her to correct the mistakes according to the comments and feedback given by the subject teacher, with an atmosphere of encouragement and applause to instill confidence, psychological stability, self-esteem, willpower, and challenge in each performance during the educational units.

3- Section Final: And its duration (5) minutes, which includes: Some calming exercises for the body as well as educational instructions, then leave, knowing that this section applies to my research group taken from the regular teacher's curriculum. The material.

3-7 Pre-tests:-

The researcher gave an introductory unit to each of the two research groups, the purpose of which was to provide prior education to the student to identify the nature of the skills to be learned. Then, pre-tests were conducted for the selected skills in the internal hall designated for the gymnastics subject. Technical. With the help of the support team, by photographing the performance of each student in the research sample and in the selected skills.

3-8 Post-tests:

It was done. Post-tests on the research sample members after the completion of implementation for counseling sessions in the Indoor Gymnastics Hall. Technical. On Monday and Tuesday. To know the amount of development achieved by my research groups and included. Testing students' performance to skills. The chosen one. With the help of the team in the pre-tests, the results are more accurate and reliable. And give. Each student has two attempts for each skill. And choose the best. And it was done. The film was shown to the same jury in the pre-test. And relied on. Criteria on the evaluation form. Same in the pre-tests, and. Evaluation of students' performance by the evaluators in the same manner as in the pre-tests..

3-9 Statistical methods used: --Arithmetic mean - Standard deviation - Simple correlation coefficient - Independent sample t-test - Correlated

sample t-test - Test (Ka2) - Analysis of variance - percentage of agreement between observers - Percentage of learning - T-test for significance of association.

4-Presentation, analysis and discussion of results:

This chapter includes the presentation, analysis and discussion of the results, according to the data obtained after completing the application of the educational curriculum. These results have been converted into tables, as they are an illustrative tool for the research. The presentation, analysis and discussion of the results have been organized in order following:-

4-1 Display test results(T-test) and its analysis and discussion: -

4-1-1 Displaying the results of the pre- and post-tests of the skill Search For the control group, its analysis and discussion: - In order to know the significance of the differences between the pre- and post-tests, the researcher used the test(T-test) for correlated samples,As shown in the table (4).

Table (4) Shows the means, deviations and values of (T) Calculated for the pre- and post-tests of the control group

Significance	Sig	value(tabular (T)	value Calculated	Post-test		Pre-test		Skills
				+ A	Q -	+ A	Q -	
moral	0.00	1.717	7.515	1.195	6.687	1.360	3.125	Front roll open
moral	0.00		10.442	1.030	6.437	1.258	2.875	Back roll

(*) The tabular value of (t) is (1.717) at a degree of freedom of (22) and a significance level of (0.05).

Through the table (4) It appeared that the arithmetic mean value in the pre-test for the control group in the skill (Front roll open) she (3.125(with a standard deviation)1.360) While the post-tests were (6.687(with a standard deviation)1.195) It appeared that the value(T) calculated is (7.515) which is greater than the value(T) Tabular and (1.717) This indicates the existence of significant differences in Between the pre- and post-tests and in favor of the post-test But Skill (Back roll) The arithmetic mean value in the pre-tests of the control group appeared to be (2.875(with a standard deviation)1.258) While the post-tests were to For skill itself she (6.437(with a standard

deviation)1.030) and appeared that value(T) calculated is (10.442) and it is greater of value(T) Tabular and (1.717), This indicates the presence of significant differences between the pre- and post-tests in favor of the test. The dimension, This indicates the presence of significant differences between the pre- and post-tests in favor of the post-test..

4-1-1-1 Discussion of results(T-test) For tests(tribalism- Dimensionality For skillT Search For the control group: -Through the results shown in the table (4) It is clear to us that the control group of the research achieved its goal of the moral effect between the pre- and post-tests in learning research skills., The researcher attributes these results to the effectiveness of learning using the college curriculum followed in learning. the skills Research topic, For this There were significant differences between the curriculum followed in the college and the control group, between the two tests. N Pre-test and post-test in favor of the post-test, which indicates the soundness of the usual educational curriculum followed in the college.

4-1-2 Show results of pre-post tests for skillsT Search For the experimental group, its analysis and discussion:

To know the significance of the differences between the pre- and post-tests of skills Ground motion device For the experimental group, the researcher used the test (T-test) For the linked samples, as shown in the table

(5). **Table (5)**

Shows the means, deviations and values of (T) Calculated for pre- and post-tests For the experimental group

Significance	Sig	value(Tabular)	value(T) Calculated	Post-test		Pre-test		Skills
				+ A	Q -	+ A	Q -	
moral	0.000	1.717	12.566	0.834	8.187	1.424	3.187	Front roll open
moral	0.000		10.002	0.873	7.687	1.360	3.125	Back roll

(*) The tabular value of (t) is (1.717) at a degree of freedom of (22) and a significance level of (0.05).

Through the table (5) appeared The arithmetic mean value in the pre-tests of the experimental group in the skill (Front roll open) she (3.187(with a standard deviation)1.424) While the post-tests for the same skill were (8.187) and a standard deviation (0.834) It appeared that the value(T) calculated is (12.566) It is larger than the value Tabular and (1.717), which indicates the presence of significant differences in favor of the post-test.,As for the skill (Back roll The arithmetic mean value in the pre-tests of the experimental group appeared to be (3.125(with a standard deviation)1.360) While the post-tests for the same skill were (7.687) and a standard deviation (0.873) It appeared that the value(T) calculated is (10.002) and it is greater from the The table value is (1.717), and this indicates There are significant differences Between the pre- and post-tests and in favor of the post-test, This indicates the presence of significant differences between the two tests in favor of the post-test.

4-1-2-1 Discussion of results (T-test) For tests (tribalism - Dimensionality For my research skills For the experimental group:-

Table (5) shows the emergence of significant differences between the pre- and post-test of the experimental group in favor of the post-test, which the researcher attributes to: Counseling sessions Using Motivational methods Which came to simulate the current development and keep pace with the aspirations of our generation who want to use everything new. Motivating and fun According to scientific foundations, this is done by reshaping the course of the educational process, as it is not merely the use of technology in the educational process, but rather a situation in which the Employing the appropriate and available resources to enrich the educational process and improve student achievement.

4-1-3 Displaying post-test results For my research skills For the control and experimental research groups, their analysis and discussion: - In order to know the significance of the differences between the post-tests of the control and experimental research groups, the researcher used the test (T-test) For symmetrical samples, **As shown in the table(6)**

Table (6) shows the means, deviations and values.(T-test) calculated,

and their significance for tests Dimensionality For my research skills For both control and experimental groups

Statistical significance	Sig	value T calculated	Post-test		Statistical processing		T
			deviation Standard ($\pm A$)	Arithmetic mean (-s)	The group	Skill	
moral	0.001	4,116	1.195	6.687	The officer	Front roll open	1
	0.000		0.834	8.187	empiricism		
moral	0.000	3,701	1.030	6.437	The officer	Back roll	2
	0.000		0.873	7.687	empiricism		

The tabular value of (t) is (1.717) at a degree of freedom of (22) and a significance level of (0.05).

Through the table (6) It appeared that the arithmetic mean value in the post-test for the control group in the skill (Front roll open), he (6.687) (with a standard deviation) 1.195) While the post-test for the experimental group for the same skill was (8.187) and a standard deviation (0.834) It appeared that the value (T) calculated is (4,116) which is greater than the table value of (1.717) This It indicates the presence of significant differences in favor of the experimental group.

As for the skill (Back roll) The mean value of the post-test for the control group appeared to be (6.437) (with a standard deviation) 1.030) While the post-test for the experimental group for the same skill was (7.687) and a standard deviation (0.873) It appeared that the value (T) calculated is (3,701) which is greater than the table value of (1.717) This indicates the presence of significant differences in favor of the experimental group.

4-4-3 Discussion of the results of the experimental and control groups in the post-test:

From Table (6), significant differences appeared in the post-tests of the experimental and control groups in favor of the experimental group. The

researcher attributes the differences obtained for the experimental group to the effectiveness of Counseling sessions Using the means Different motivational Which led the student to Motivation Which seeks to keep pace with the development taking place in the world Training and teaching To perform skills, excitement and motivation Which is characterized by the guidance sessions.

5-1 Conclusions: **In light of the research results, the researcher concluded that to Conclusions The following:**

1- Both approaches, the approach prepared by the researcher using guidance sessions and the approach followed, have a positive and effective impact on the performance of the research skills in artistic gymnastics for female students.

2- The guidance sessions applied to the experimental group members contributed clearly and significantly to learning some of the research skills in artistic gymnastics for female students.

3- The results showed a clear and significant superiority of the experimental group members in the post-tests over the control group members in learning the two research skills in artistic gymnastics for female students.

4- The stimulating and competitive nature of the counselling sessions provided by the researcher directly contributed to increasing the desire and motivation to learn among the members of the experimental group.

5-2 Recommendations:-

In light of the conclusions reached by the researcher, she recommends the following:

1- It is important to develop positive attitudes of physical education teachers towards the use of Different counseling sessions according to the motivational climate For the positive results it has achieved under investigation.

2- Necessity of use Motivational climate, in its various forms at other educational levels and for different sports (individual and group).

3- The necessity of the physical education teacher's knowledge of more than climate and motivation and use the appropriate strategy in the appropriate educational situation.

Benefit from Motivational climate approach In investing time Facilitate and accelerate the process of learning perform