

THE EFFECT OF USING SELF-MODELING EXERCISES THROUGH VISUAL PRESENTATION ON THE SCORING SKILL IN INDOOR SOCCER FOR FEMALE STUDENTS

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Abstract

The study aimed to: prepare exercises according to the strategy of self-modeling with visual presentation in learning some basic skills in futsal football, to identify the effect of the strategy of self-modeling with visual presentation in learning some basic skills in futsal football, and the **Researcher**

Concluded

The strategy of self-modeling through visual presentation has a positive impact on improving the level of scoring skill in futsal among female students. Using the strategy of self-modeling through visual presentation has improved the level of each group in proportion to the capabilities of the individuals, that is, it takes into account the individual differences between the groups. The use of exercises specific to the strategy Self-modeling with visual presentation added a factor of suspense and excitement in the lesson, as the researcher focused on making the videos highly interactive with the reality in which the group works. Adopting the strategy of self-modeling with visual presentation that the researcher used due to the positive results it showed in the research results. Diversifying the use of exercises. And not relying on routine exercises that cast a shadow of boredom on students, which leads to a lack of rush to perform and develop abilities and skills. Paying attention to choosing the appropriate strategy and method for each educational unit in order to achieve the desired goal correctly.

Keywords: modeling, visual display, futsal

Introduction

Knowledge and sciences are characterized by the advantage of modernity and benefiting from what is in keeping with the current era, which raises the status of man and raises him to higher levels in order to avoid previous failures, keep pace with development, and be prepared for what may arise new and surprising in this world. Science is humanity's weapon against any new dilemma, and with the diversity of sciences, each of them He studies and develops the human self in his own way, and the basis of this development is learning and how to learn. Therefore, learning is the basis of human development. There is no progress without acquiring scientific knowledge. Thus, it is important to pay attention to what communicates information in the correct way and raises the percentage of learners in society and raises it to the heights, and in order to be there An educational process must have several elements linked to each other: the recipient, who is the student, the deliverer, who is the professor or educator,

and the scientific material. These elements are connected to each other through the strategy or method that the professor adopts to deliver the information to the students. Also, the recipient is influenced by the surrounding circumstances and the ability he possesses to acquire the information. It is not possible to teach practical skills to everyone in the same way, and the methods through which the professor can work to convey information vary, including the old methods that have proven a certain potential for them and the modern methods that have tried to fill the gaps of the ancient methods. The strategy of self-modeling through visual presentation is one of the most important strategies that was built on the basis of Taking into account mental differences, and by mental differences we mean the differences in how students absorb information by receiving the information, analyzing it, understanding it, and memorizing it, and through it, everyone can learn to a similar degree, meaning everyone benefits with the same benefit, and on this basis, it is possible to produce learners with the same degree of learning, as has been taken into account through the application This strategy can thus speed up the learning process and move it to a better level because the classes take into account mental differences in terms of the ability to absorb information in the same way. From the above, the importance of research becomes clear in using the strategy of self-modeling through visual presentation, which would take into account the differences among the learners, add an element of suspense, and clarify the presentation of the skills in a manner that is characterized by In precise detail through a slow, close-up display of each movement, we thus address the problem of disparity in quality education opportunities among female students and obtain the highest level of education that is concerned with addressing individual differences among female students in learning some basic skills in indoor soccer.

Research problem

The problem of research crystallizes in the individual differences possessed by educated individuals, and this makes it difficult to deliver information to them with the same efficiency. If a method, style, or strategy is used that does not take into account individual differences in acquiring information, then we cannot bet on the delivery of information arriving sufficiently, even if the professor exerts his effort. Because the recipient has different abilities to acquire information, it was therefore more appropriate to find and apply a strategy that solves this problem. Therefore, the researcher decided to use the strategy of self-modeling through visual presentation, because it is a strategy that depends on the factor of visual presentation, which can control the speed, clarity, and viewing angle that is uniform for all. It also introduces the factor of suspense and can Through it, it clarifies the details of the skills because some skills cannot be applied professionally by teachers, especially female teachers, because they are in a social environment that does not deal with skills as a professional player, but rather as a teacher in the sports field.

Research Aims

1. Preparing exercises according to the strategy of self-modeling through visual presentation in learning some basic skills in futsal football
2. Identify the effect of the self-modeling strategy through visual presentation in learning some basic skills in futsal.

Research hypothesis

There are statistically significant differences for the pre- and post-tests, in favor of the post-tests for the experimental groups.

Research areas

- ✓ Human field: Female students of the College of Basic Education/Department of Physical Education and Sports Sciences.
- ✓ Time frame: from 9/25/2023 until 12/13/2023.
- ✓ Spatial area: Futsal football field, College of Basic Education/Department of Physical Education and Sports Sciences.

Research methodology and field procedures

Research methodology

One of the most important requirements in scientific research is choosing the research method in a way that suits the nature of the problem and through which the researcher achieves the research objectives that he wants to achieve. Therefore, the researcher used the experimental method to suit the nature of the problem. The Experimental Research method is defined as “the method that is based on direct and realistic dealing with various phenomena, and is based on two basic pillars: observation and experience of all kinds.” (et al., 2009, p. 80)

The research community and its sample

Choosing the research community and its sample is one of the important matters in any scientific research, as the correct selection of the research sample is one of the important pillars and factors in the success of the researcher’s work when he applies the steps or vocabulary of his research practically. The research sample was represented by the researcher using the experimental design with the one-group method (Obeidat, 1992, p. 116), as the research group consisted of (10) female students from Division (A) of the fourth stage, as they were divided randomly, so the experimental group became (self-modeling Through visual presentation), in addition to the researcher conducting exploratory experiments on (5) female students from the second year, Division (A), and from outside the main research sample, and the percentage of the sample as a whole from the community of origin reached (10,714%). For the purpose of ensuring the homogeneity and equality of the sample members and the validity of the normal distribution among its members, the researcher used the arithmetic mean, standard deviation, and skewness coefficient for the results of the field survey in measurements (biological age, weight, height, and tests used), as shown in Tables No. (1) and (2)

Table (1) Homogeneity of the research sample

Factor ± skewness 3	Mediator	standard deviation	Arithmetic mean	measruing unit	Variables
0.431	21.5	1.463	21.511	year	the age
0.772	67	2.032	67.88	kg	the weight
0.291	59 1	3.2	42. 59 1	poison	height

The results indicated that all variables fall under the normalization curve, and this indicates the good distribution of the sample and its homogeneity in the research variables, because one of the characteristics of the typical normal curve is that the skewness coefficient is confined between the two values (+1) (Al-Sayyid, 1978, pp. 455-456)

Methods, devices and tools used in the research

Methods used in the research

Arab and foreign sources

Devices used in the research

Chinese-made Lenovo ideapad 310 laptop, (1) Chinese-made Canon camera, (1) colored adhesive tape, measuring tape, medical scale, (2) Fox whistle, (2) jump stops (40 cm) (6), (24) conical signs, (2) Chinese-made electronic stopwatches, (10) footballs, and a football field.

Field procedures

The exploratory experiment is an initial experimental study carried out by the researcher on a small sample before carrying out his research with the aim of choosing research methods and tools. In addition, the researcher can identify the obstacles that he may encounter during his applied research procedures, because the exploratory experiment is practical training for the researcher to identify the negatives and positives that She meets him while conducting tests to avoid her, as the researcher conducted several exploratory experiments, which are:

The exploratory experiment for the skills tests used in the research

The researcher conducted the exploratory experiment on a sample consisting of (5) female students who were not included in the main research sample from Division (A). This experiment was conducted on 11-12/12/2019, corresponding to Wednesday and Thursday, when the skill tests were conducted for the following purposes: :

- Ensuring the safety of the devices and tools used in the research, to ensure the possibility of conducting tests and the extent to which the sample understands them, identifying the time required to conduct the tests, identifying the obstacles that arise during the main tests, identifying the ability of the assisting staff to conduct the tests.
- The second exploratory experiment for the exercises used in the researchThe researcher conducted the second exploratory experiment on 9/22/2023, which coincides with Sunday, and the purpose of conducting this experiment was as follows- :
- Identifying the possibility of conducting exercises according to their skill divisions, identifying the appropriateness of the exercises with the research sample, identifying the time taken for each exercise in one educational unit, identifying the ability and adequacy of the assistant staff.

Pretests

The researcher conducted the pre-tests for the experimental group, which numbered (10) female students. The pre-tests were conducted on (9/26/2023) for the skills test, which falls on Thursday. These tests were conducted on the college playground, and the tests used on the research sample were fully explained before. Starting the tests from the sample.

The main experience (educational curriculum)

It is the basic experience that the researcher will apply to solve or arrive at methods that help solve the tagged research problem. To achieve the objectives of scientific research, the researcher prepared an educational curriculum according to the modeling strategy using the visual presentation method and included (10) educational units, one educational unit per week, the duration of one unit (55 minutes), and the educational units were divided into some selected skills, as all educational units were applied. According to the modeling strategy using the visual presentation method, the number of exercises used was (10) exercises for each skill, and in total it reached (30) various exercises. After examining the researcher's scientific sources and taking into account the opinions of the experts and specialists, the researcher used the exercises of the educational units, noting the following points in the process. Exercise mode:

1. The exercises used must be appropriate to the level of the sample.
2. There should be a gradation in the level of difficulty of the exercises used in one educational unit and within the entire curriculum.
3. That the exercises used achieve their purpose:

The educational curriculum was implemented on the experimental group in the first semester of the year (2023-2024) for the period from (9/29/2023) until (12/12/2023) in a courtyard in the Department of Physical Education and Sports Sciences / College of Basic Education, and the time of the educational unit reached (90 minutes). The exercises were carried out in the main section of **The Educational Unit**.

Strategy (modeling using visual presentation method)

The researcher applied the strategy (modeling using a visual presentation method) to the experimental group in the first semester of the academic year (2023-2024) for the period from (9/29/2023) until (12/12/2023), in a courtyard in the Department of Physical Education and Sports Sciences/ College of Basic Education. The strategy was applied in the main section of the educational unit, and the division of the educational unit was as follows:

1-Preparatory section

The total time of the preparatory section is (20) minutes and includes:

A - Introduction: The students are stopped in a uniform manner and attendance is taken, and the duration of this part is (5) minutes.

B - Warm-up: In this part, a warm-up is given by jogging and special exercises for the parts of the body involved in the performance, focusing on the muscles that bear the greatest weight during the process of performing the skills listed in the educational unit, as well as the use of balls in the performance. The duration of this part is (15) minutes.

2-The main section: Its duration is (60) minutes.

A - The educational part: In this part, which lasts (20) minutes, the skills are presented through the projector on the whiteboard. The presentation of the skills is divided into several parts in order and according to the goal of each educational unit.

B - The applied part: In this part, students practice exercises related to the skills under study, as corrections are made for errors in skill performance by the teacher, as well as taking advantage of

time and not leaving students without work through practice. Erin, the duration of this part is (40) minutes

3-The final section: In this section, calming and relaxation exercises and small games are given, then some advice and directions are given to the students and the educational unit is completed. The duration of this section is (10) minutes.

Post-tests

After the researcher completed applying the experiment to the research sample by applying exercises according to the modeling strategy in the visual presentation style prepared by the researcher, over a period of (8) weeks starting from (9/29/2023) until (12/12/2023), the researcher conducted the post-tests for the experimental group on (12/13/2023), which coincides with the Thursday for the skill tests. The researcher was keen to follow the same procedures and similar conditions in the pre- and post-tests and provide the appropriate tools and the same assistant staff.

Statistical methods

To process the data obtained by the researcher, the following statistical methods were used: Arithmetic mean, standard deviation, skewness coefficient, law of percentages, T-test for independent samples.

Presentation, analysis and discussion of the results:

Presentation of the research results for the research groups between the pre-test and post-test for the research groups and their analysis:

Table (3-1) Arithmetic means, standard deviations, the value of the difference of means and deviations, and the value (T) calculated for the pre- and post-tests of skills for the research group

indication	Calculated T value	Experimental group posttest		Experimental test-group pre		measuring unit	Variables
		p ±	s	p ±	s		
moral	4.853	1.446	79.66	1.104	78.56	repetition	Handling
moral	3.474	20.92	110.65	0.899	310.89	second	Rolling
moral	4.014	0.802	24.33	0.949	23.83	repetition	Scoring

- At a significance level (0.05) and a degree of freedom (9)

Discussing the results of the experimental group tests

By looking at Table (3-1), we notice the significance of the differences for the research results and in favor of the post-tests. The researcher attributes these results to the exercises that were carried out according to the strategy of self-modeling through visual presentation, which is summed up in providing education on the basis of the principle of the students' intellectual style. The exercises that were prepared and applied to This group was completed by giving an integrated motor model for the exercise through a visual presentation. This presentation was

repeated for each skill, then instructions were given for the purpose of performing the exercises, explaining the mechanism of the exercise and how to apply it, and their cooperation with the rest on this basis. Certainly, individual differences and the difficulty of performing those were taken into account. Exercises also include the principle of excitement and suspense in developing exercises, as there must be an element of excitement and suspense for these exercises, and as we know that students or athletes in general prefer exercises that contain an element of excitement and are attracted towards them and towards their application more than other exercises, as they satisfy their motivations and desires, which make them feel themselves. We find that one of the most important conditions for developing exercises and strategies is the presence of motivation to learn, as it is “a state of tension resulting from basic needs that prompts the individual to practice and learn a skill.” (Al-Hadi, 2006, p. 119) Also, the use of strategies has a positive impact on improving the performance of learners and avoiding monotony in the educational process. This is what the researcher was keen to confirm the use of the modeling strategy using the visual presentation method in every joint of the experiment, and she spared no effort in achieving that goal of developing exercises appropriate to the modeling strategy. With the visual presentation method, through which the desired goals were achieved and through its use, much of the daily monotony was eliminated in the way of presenting and explaining the exercises and the method of displaying the model compatible with the group on clear videos and pictures, and bringing together the parts in which the work could be more than the other parts in order to clarify the picture, as (Mahmoud et al.) mention, “Getting rid of traditional restrictions on learning, as well as providing high-quality learning, reducing time and effort, and providing information frequently and accurately with the correct model.” (Salman, 2000, p. 17) Also, attention was paid to gradually developing and applying the exercises, from easy to difficult, from simple to complex, and this is one of the main things in the process of developing and applying exercises and employing them correctly to obtain good results, as Basil Abdel Mahdi states, “The principle of gradualism is used in the processes of building and developing physical capabilities.” The athlete’s motor skills are closely linked to the principle of gradation in difficulty” (Al-Mahdi, 2006, p. 20). In addition, the student performs special exercises, which essentially depend on the gradation in learning, and the intention here is gradation in the level of the skill itself, meaning that there are skills Of a level that may be given first, skills that should be last in performing exercises on rolling, handling, and scoring have their own skills, and the fatigue that precedes learning the skill may affect the quality of performance and its learning. Handling and scoring are affected by fatigue because they are linked to accuracy, and accuracy requires unstressed nerves, and therefore any Effort or what is called overload will cause a negative impact on learning because learning is linked to the sensory and motor nerves, and therefore any impact on these nerves through inappropriate repetitions and wrong loads in exercises leads to a weakness in learning, and therefore any exercise has a negative burden on the one hand and on the other. On the other hand, the learner needs the correct attempts for the purpose of forming a correct motor program to learn skills, and this is what the researcher was keen on balancing between work and rest. This is consistent with what Schmidt (1982) pointed

out, “For the purpose of obtaining learning, there must be attempts to practice exercise and The most important variable in motor learning is motor practice and the exercise itself.” (Schmidt, 1982, p. 481)

Conclusions and recommendations

Conclusions

1. The strategy of self-modeling through visual presentation has a positive impact on improving the level of scoring skill in futsal among female students.
2. Using the strategy of self-modeling through visual presentation has improved the level of each group according to the capabilities of the individuals, meaning that it takes into account the individual differences between the groups.
3. Using exercises related to the self-modeling strategy through visual presentation added a factor of suspense and excitement to the lesson, as the researcher focused on making the videos highly interactive with the reality in which the group works.

Recommendations

1. Adopting the self-modeling strategy through visual presentation that the researcher used because of the positive results it showed in the research results.
2. Diversifying the use of exercises and not relying on routine exercises that cast a shadow of boredom on students, which leads to a lack of rush to perform and develop abilities and skills.
3. Paying attention to choosing the appropriate strategy and method for each educational unit in order to achieve the desired goal correctly and quickly.
4. Conducting similar research and studies on different categories and samples, and on other games and activities as well.
5. Disseminating the research results to all college students in Iraq.

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