



The Effect of Using the Strategy Mental Stimulants to Learn Some Skills on the Parallel Device in Artistic Gymnastics

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Abstract: *The current study was conducted to learn some basic skills in the artistic gymnastics on the parallel device. The experimental method was used. The sample is from the third stage students of the College of Physical Education and Sports Sciences in the University of Diyala, in the artistic gymnastics activity for boys. They were (40) male students, divided into two groups, controlling and experimental. Each group includes (20) students.*

The study aims at identifying the use of the cognition strategy strategy in learning some basic skills on the parallel device in artistic gymnastics for boys.

Results, obtained from the statistical data, show the existence of incorporeal differences with statistical reference in favor of the controlling group. The researchers recommend using the cognition strategy strategy in learning some skills in other activities.

Key Words: *Mental Stimulants, Parallel Device.*

1. INTRODUCTION

A phenomenon of development and progress engulfs the world in all aspects, whether in the field, knowledge or technical ones. Thus it is necessary to pay attention to those aspects in order to rise in all aspects in the best ways in general, and particularly in the sport aspect.

Man, in his turn, works to develop the fields, each one according to his specialization. Being specialized in sport, the researchers draw the attention to this field in order to find the best methods, means and modern methods that work to, generally, raise the level of sports and advance a good reality; and, particularly, in the activity of gymnastics



and skills learning.

The role of motor learning and its methods is very important in this aspect because most of the learning processes depend on it “as all mental processes such as (attention, concentration, and thinking) are centered in the brain, so the process of organizing and arranging them requires basics and programming” [1]

Therefore , it is necessary to use suitable strategies , methods and styles in skills learning and making the teaching (training) session in its best , educational and explanatory , states and capability. The reason behind that is to make it easy to the learner to understand and comprehend the information , whether it is segmented or not segmented i.e. as a whole. And this, in turn, depends on those in charge of the teaching session in giving the motor and skillful duty, and that the sample members are university students , who are specialists in the field of sports and their level of mental abilities is good. Such level enables them to use the strategy and also because dealing with them is smooth and easy. However , they can easily understand what is required from them by the process of comprehension and the ability to interpret things and requirements while performing the motor duty . Thus , cognition strategy , as a strategy , is considered as one of the modern means and methods with high value in the learning process, programming information and delivering the correct idea in order to master the learning process” [2].

The activity of gymnastics is one of the activities that require a high degree of attention, focus and accuracy during the process of learning skills, because , while performing , the learner deals with devices . So he is required to be careful in handling because “the parallel device is high from the ground as (the length of the crossbar is (3500) mm, the side section - the vertical axis is (50) mm, the side section is the horizontal axis 40 mm, the height of the two crossbars is (1750) mm, the distance between the fulcrum is 2300 mm from The distance between the fists is (420-520) mm, the distance between the armrests is (480 mm) "according to the international law of gymnastics” [3]. The significance of the study lies in using the strategy of cognition strategy in learning some basic skills on the parallel device.

2. METHODS

The researchers use the experimental because it is the most suitable one for nature of the study. The two equivalent – groups design is adopted for the controlling and experimental groups. The independent variable, for the experimental group, is the mental stimulants. While the controlling group has the traditionally followed method as an independent variable.

Participants

The sample of the study is regarded as the significant and principal part of the study requirements, as it refers to “all the apparent items being studied by the researcher. It also means all the individual, persons or things that can be the subject of the problem of the study” [4]

Community of the study is deliberately selected, they are the students of the third stage in the college of Physical Education and Sports Sciences – of the artistic gymnastics for



boys. The details are as follows:

- a. The total number is (44). Two of them are excluded from the main sample, another two participated in the pilot study.
- b. The final number of the application sample becomes (40) students, divided into two equal groups randomly (by a lot). The first group is the experimental while the second one is the controlling group, with (20) students in each of them. So they represent a percentage of (95%) of the community of the study.

Protocol

The process of testing and measuring is regarded as one of the important issues in the scientific study. It is “the process of adopting scientific methods and disciplines in applying the tools on what is required to be measured” [5].

The researchers adopted the process of evaluating the skillful performance, where the performance is evaluated from (10) degrees. This is done by “four judges according to the performance discounts of the game. The highest and the lowest degrees are deleted, the remaining two degrees are combined and divided by two to extract the degree” International Law of Gymnastics [6]

One of the most important requirements of the study is the process of the pretest. In the current study, they are conducted on the sample of the study for some skills on the parallel device on the 20th of Jun.2021 in the Hall of Artistic Gymnastics.

The researchers set the special requirements for the cognition strategy on the skill that fits the ability and capacity of students, in terms of: the given time and the special priority of each stimulant and the extent of its concordance with the skill.

- ❖ The experiment was applied on Monday 21st of June 2021 and ended on Wednesday 28th of July 2021. The experiment lasted (5 weeks) with one teaching (training) session a week . The total of the teaching settings during the whole period of the study is (5) sessions.

The researchers adopted the following steps in the teaching session:

- Skills of the study are explained according to the divisions of the parts of the teaching session in accordance with the priority of each skill in its learning level.
- The first stimulant , of the audio part, is used through asking questions , discussions , correcting mistakes and notes
- The second stimulant , of the visual part, displaying video , explanatory pictures and notes
- The third stimulant, of the feedback part, is used for what has been displayed and explained in the teaching part; and for has been fulfilled in the application part.
- The experimental group follow the stages of the cognition strategy that are set by the researchers.
- The controlling group follow the traditionally followed up method.
- The pretests have been proceeded a day before the start of the experiment. While the posttests have been done a day after the end of the experiment.
- The teaching session is divided into three parts: preparatory, main and end parts. The



exercises are applied in the main part of the teaching session.

- Duration of the teaching sessions is (90) minutes. They are distributed as follows: the preparatory part (15) minutes, the main part (70) where concordant exercises get (30) minutes from those (70), and the end part (5) minutes.

Posttests:

The post tests were conducted on 7/29/ 2021, and the same method was followed in the pretests. After completing the prescribed period of the experiment, which lasted 5 weeks. The researchers were keen to provide the posttests with all the conditions provided to the pretests and their requirements in terms of time, place and means of test and performance of referees in order to assess the skill.

Statistical Means

The researchers use the statistical means according to SPSS. [7]

Statistical Analysis

This section includes a detailed presentation of all the results of the tests used in the research for the pre and post tests for the members of the study sample.

Such results are analyzed in the light of the statistical laws used in the study, which are appropriate for these data in the light of the scientific reference proven for this use.

The reason behind that is to test the hypotheses and objectives of the study in the light of the applied field procedures, carried out by the researchers, to reach these results; and then discuss them in the light of their frame of reference.

Therefore, the researcher fined, from results, that there is a clear preference in the learning percentage for the experimental group. This is the evidence of the correct manipulating of the strategy used under research and following the correct steps.

Through the steps and procedures that were presented, it became clear to us that the cognition strategy had a positive role in the ratio of the learning process to the skills under study, as the instructors working to deliver information to the learners through their own methods and aspects related to the cognition strategy variable. Which in turn, makes it easy to the instructor to give and deliver the information. On the other hand, it facilitates the receiving of information and acquiring the skill for the learner.

And this is confirmed by “the process of learners’ rush in the learning process , which is one of the reasons behind the success of the educational process and this depends on the quality of the stimulus and the desire of the future during learning” [8]

The researchers work on the coordination between the part that is given to the learner and with the part of the mental stimulant, through the difficulty of the skill and the capacity of the stimulant to correlate with such a skill." the process of explaining , clarifying and the ability to understand the movement and the mechanism of linking it to the independent variable leads to the progress in the process of learning through the correct correlation" [9]

The learner also bears a proportion of the learning process through focusing, paying attention and correct understanding while being given the information which in turn facilitates a lot in time and distances in the speed of learning “The mental ability of the young



person helps a lot to exploit opportunities and benefit from them in learning” [10]

It is clear from the results that the study showed, that there is a consistent between the sample and the variables used in the study, from all aspects.

Moreover, the age of the sample is also at the required level for the independent variable and learning the skills that are selected in the study. This is what Salih Jowaid (2009) certifies " the advanced results we achieve for all the study results belong to the wellness of the teaching program , the suitable variables and the correct method included in the program. In addition, the repetitions that are suitable and coordinated with the level and abilities of the sample members.” [11]

According to the results, the students of the sample seem to be beginners and need to concentrate, understand, and to be instructed. Such things are found in the strategy in a systematic, organized, coordinated and ordered way in concordance with the time of giving the stimulant. This is so , to simplify the process of learning for the learner and partitioning the steps of learning . Nahda Abid Zaid (2008) agrees with that saying “ Motor concordance develops whenever the learner’s knowledge of the detailed parts of the skill , and his well perception to the related information are increased. This also enables the possibilities of self-note and self-correction and comparing them to the explanation of the teacher.’ [12]

3. RESULTS

It became clear for us that the cognition strategy have a significant impact on the percentage of learning skills on the parallel device. This is because of the sequence and regularity of mental stages in the process of transmitting instructions and information, correct understanding, concentration, and how to deal with the device while performing.

Table 1

Variables	Measurement unit	Experimental group		Controlling group		Calculate d (t)	Error Percentag e	Reference
		Mean	SD	Mean	SD			
Hand balance	Mark	7.35 0	0.90 0	5.25 0	0.70 0	3.664	0.000	Incorporea 1
Shoulder balance roll	Mark	6.00 0	0.57 0	4.85 0	0.80 0	4.957	0.000	Incorporea 1

4. DISCUSSION

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the stimulant. This is so, to simplify the process of learning for the learner and partitioning the steps of learning. Nahda Abid Zaid (2008) agrees with that saying “Motor concordance develops whenever the learner’s knowledge of the detailed parts of the skill, and his well perception to the related information are increased. This also enables the possibilities of self-note and self-correction and comparing them to the explanation of the teacher.’ [12]

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