

Effect of Self-Training Program on Some Variables, Skills and Moral Values of Handball Juniors

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Abstract: This research aims at developing of a self-training program for handball juniors and identifying the effect of the program on some variables skills and moral values of handball juniors. The researcher used the experimental method on a sample of twenty juniors, divided into two equal groups each of 10 juniors in the field of handball under 14 years old, first experimental group and other control group. Data collection tools were tests that measure moral values in sport and the level of performance skills offensive and intelligence test the photographer. The most important results were that the self-training program has a positive effect on members of the experimental group in skills variables and moral values, as it exceeds the control group in these variables.

Key words: Self-training program % Skills handball % Moral values

INTRODUCTION

The self-training method increases the time available for education and training and provide information and correct errors from the coach personally or through a program prepared in advance from the instructor, these two factors help in turn develop the capacity of young people also creates in them the spirit of initiative and responsibility are raised including physical characteristics ambition, perseverance and self-control and confidence self in training and competition.

Keeling [1] said that the time for training in the unit individual training may be in the range 45 to 60 s each time has been more or less depending on the circumstances some of the players and the objective of the training module, where the unit is training great and useful if the focus was on technique performance and can be the goal of the unit requirement for the physical, but always make sure that it is warming up the muscles enough that the muscle unfolded already to some degree by training and therefore training in one of techniques for ten minutes can only be useful when you exercise training, if performed correctly and interest in the details of performance.

The researcher finds through his experience in the field of training that there is a missing link between the process of training and behavioral aspects, it was noted that a large number of trainers focus on the physical,

technical and neglected aspects of educational and psychological training athlete and we have to wonder what is the importance of a player skilled for his team if you reached the highest levels of physical and technical with the lack of moral values?. Researcher believes that the answer is what we see today in our stadiums of decline in the level of moral and what is visible in some of the deviation in behavior is not desirable in practice sports and manifestations of rioting and roughness and the attempted attack on the opposition and objection to the decisions of referees and to raise public as well as to the rebellion of some players to their clubs and non- respect for the dates and the system of training and technical equipment instructions.

The results of scientific studies and evidence that the multi-athletes who lack moral values show the level of at least the level of their true potential as the fare is less than the expected level in spite of good preparation in the physical and technical aspects [2].

Is based handball on the full cooperation between the players and of course linked to the team's success is closely linked to the level of each player's physical, skill and tactical, psychological and its ability to cooperate with other colleagues in the team. so training the player singles "self-training" of the most important factors that help to elevate the team as the aspects of the disposal of the shortfall when each player will have an effective

impact on the team as a whole and unfortunately, self-training in our stadiums has not received much attention by the coaches in spite of its positive effect on the emotional aspects of the players once the sense of attention to the individual by coach may be the basis to make a real breakthrough in the level of the player [3].

This prompted the researcher to link in his research among the self-training, moral values, to give the junior Handball some of the skills of offensive as well as to try to form their motives, interests and upgrading them are mainly aimed at service to the community in addition to the upbringing and development of moral values such as honesty, restraint and courage, cooperation, loyalty and other moral values, through the training program for self-planned and prepared in advance is of some variables which improve skills and moral values the junior handball under 14 years old.

Research Objective: This research aims at developing a training program for self-training junior handball and recognizing:

- C The effect of the self-training on some skill in handball (speed dribbling in a straight line and another zigzag - The accuracy and power of the scroll of stand - The accuracy and power shoot high jumping) juniors handball.
- C The effect of self-training program on some moral values (Such as cooperation - Honesty – The courage) juniors handball.

Hypotheses:

- C There are significant differences between pre and post tests of the experimental group in handball skills and moral values for the benefit measurement post.
- C There are significant differences between pre and post tests of the control group in handball skills and moral values for the benefit of measurement post.
- C There are significant differences in measurements for the post- measurements between experimental group and of the control group in handball skills and moral values for the experimental group.

MATERIALS AND METHODS

The researcher used the experimental method using measurements tribal post test on a sample selected in the manner intentionally from youth team handball under 14 years of a youth center in Hoin Tel Sports and

registered in the Egyptian Federation of Handball for the training season 2009/2010 and the total sample was of 30 juniors, ten were excluded of the survey and thus the core sample became 20 juniors, divided into two groups, one experimental group and the other a control group and each group was of 10 junior handball under 14 years old.

Data Collection Tools: Through introducing the researcher to many of the scientific literature specialized in the research topic, which can be obtained such to determine the most appropriate tests that measure of moral values in the sports field and the level of performance skills, attack (under consideration) in the handball and based on it were identified the following tests:

First: the Scale of Moral Values in the Sports Field: Designed by Faraj [4] which is composed of four main axes and the number (27) after and number (196) gateway. The statements are answered on the scale in the light of the following responses:

- C Strongly agree and have estimated (4 degrees)
- C I agree and have estimated (3 degrees)
- C I agree to some extent estimated (2 degrees)
- C I do not agree and it is estimated (1 degree).

The maximum was of 784 degrees and the minimum of 196 degrees.

Skills Tests in Handball:

- C Speed stumping dribbling in a straight line.
- C Speed stumping dribbling in the zigzag.
- C The accuracy shooting from the high jump.
- C The shooting power from high jump.
- C The accuracy pass.
- C The Power pass.

IQ Photographer: Setup/ Ahmed Zaki Saleh (1987).

Training program

Program Objectives

First: The Educational Objectives:

- C Development of moral characteristics of the Young Men and increase teamwork and love of others and fair play and respect for deadlines and to obey orders and instructions.
- C The practice of young people to the values and principles advocated by the sports community and expressed his philosophy.

Second: the Objectives of Building Construction:

Improving the performance of offensive skills for young men to increase the capacity to perform the duties assigned to them during the games.

Program Content: The training program consisted of a combination of:

- C Skill training for handball.
- C Training for the development of moral values.
- C Small toys assist in the development of moral values.

Self-Training Modules:

- C Training of some young people with average or low level in some of the skills that are suffering from a lack of functioning well.
- C Fix error performance of some of the young (Technique performance of the skill).
- C Install the performance of some outstanding young people in some of the skills.
- C Improve the performance of some outstanding young people in some of the skills (pass long).
- C Developing the physical characteristics of young (such as self-confidence - courage - cooperation - perseverance).

Tribal Measurements: Measurements were made in the period of tribal 2/3/2010 and even 5/3/2010.

The Application of the Basic Experiment: The researcher applied the experience of basic research for a period of eight consecutive weeks and that in the period from 7/3 and even 1/5/2010 and by four training modules in the week, has been the implementation of the suggested training program with the experimental group, was also used method traditional with the control group.

Dimensional Measurements: After the completion of the application of the proposed content of the training program, measurements were conducted for the two dimensional experimental and control variables in the skills and moral values in the area of sports under consideration in the period from 2 / 5 to 5/5/2010.

RESULTS AND DISCUSSION

The results of Table 1 show the existence of statistical significant differences at the level of 0.05 between pre and post- test of experimental group in the

skill variables under consideration for the post- test measurement. This is because the improvement in the skill variables (speed stumping dribbling in a straight line - speed stumping dribbling in the zigzag - accuracy shooting from the high jump - shooting power from high jump - accuracy pass and the power pass) to the effectiveness of the content of the self-training program which rely on the easy emerging skills training, which are within his training alone and access to the rapid development and satisfactory, then move it to the other, taking into account the gradient in the difficulty of training so that they can subsequently perform well.

This finding corresponds with the results of previous studies [2, 5-8] on the effectiveness of different kinds of self-training in terms of both learning effect and proficiency on the installation and improving the level of performance for athletes. In this regard, the researcher refers to Conroy and Coatsworth [9] that the training for individual skill players develops the level of motor performance of athletes.

The results of Table 2 show the existence of statistical significant differences at the level of 0.05 between pre and post- test of the experimental group in moral values in the sports field for the post -test measurement. This is because the improvement in the level of moral values to use self-training and training on the development of moral values in addition to the use of mini-games during the unit training.

The outcome of the study, the positive role of the program of self-training where they were planted many of the desired values as the spirit sporting prowess, such as understanding and a sense of the feelings of others and respecting their rights as a result of respect for the rules of the game and respect for referees, administrators and take responsibility for personal behavior which is affected by the group and the individual's awareness of itself and the growth of values such as honesty and courage and design and make the effort, also helped the training of moral values and small toys on the growth of moral values of the players. A good while playing discovers his responsibility to the group and the need for leadership and dependence and to the practice of success and a sense of belonging and learn how to cope with the positions of satisfaction and the positions of the narrow defeat and achieved during play of cooperation and love and brotherhood and self-realization and respect for the rights of others and the desire to win make the player make the effort and tender and so grow on the player's value of human relations and collective consciousness.

Table 1: Significant differences between pre and post test experimental group in the variables under consideration skills (N = 10)

Variables	Measuring unit	Pre-measurement		Post-measurement		Value (T)
		Mean	Deviation	Mean	Deviation	
Speed stumping dribbling in a straight line.	Seconds	4.69	0.31	3.94	0.24	4.62*
Speed stumping dribbling in the zigzag.	Seconds	5.42	0.40	4.47	0.33	5.17*
The accuracy pass.	No.	18.90	3.03	23.50	2.17	4.19*
The Power pass.	M.	20.10	1.91	22.75	1.25	3.54*
The accuracy shooting from the high jump.	No.	2.10	0.87	3.30	0.50	3.33*
The shooting power from high jump.	M.	22.40	2.15	24.60	1.13	2.61*

* Significance level 0.05 = 2.262

Table 2: Significant differences between pre and post test of the experimental group in moral values in sport (N = 10)

Variables	Measuring unit	Pre-measurement		Post-measurement		Value (T)
		Mean	Deviation	Mean	Deviation	
Moral values towards self-	Degree	279.50	6.67	318.00	5.13	11.91*
Moral values towards colleagues	Degree	188.00	4.93	209.50	4.87	9.64*
Moral values towards the rulers	Degree	113.70	3.75	128.30	3.52	7.97*
Moral values towards community	Degree	41.50	3.33	52.00	2.98	6.25*
Scale as a whole	Degree	622.70	9.25	707.80	14.51	4.92*

* Significance level 0.05 = 2.262

Table 3: Significant differences between pre and post test of the control group in the variables under consideration skills (N = 10)

Variables	Measuring unit	Pre-measurement		Post-measurement		Value (T)
		Mean	Deviation	Mean	Deviation	
Speed stumping dribbling in a straight line	Seconds	4.73	0.28	4.31	0.21	3.19*
Speed stumping dribbling in the zigzag	Seconds	5.61	0.34	4.97	0.29	4.03*
The accuracy pass	No.	18.50	2.97	21.20	2.03	3.02*
The Power pass	M.	19.50	1.75	21.25	1.19	2.78*
The accuracy shooting from the high jump	No.	2.00	0.91	2.50	0.55	2.61*
The shooting power from high jump.	M.	22.00	1.95	23.25	1.18	3.43*

* Significance level 0.05 = 2.262

Table 4: Significant differences between pre and post test of the control group In moral values in sport (N = 10)

Variables	Measuring unit	Pre-measurement		Post-measurement		Value (T)
		Mean	Deviation	Mean	Deviation	
Moral values towards self-	Degree	278.40	6.51	300.50	5.29	7.63*
Moral values towards colleagues	Degree	187.00	4.73	196.90	4.61	5.98*
Moral values towards the rulers	Degree	112.50	3.91	120.70	3.59	4.52*
Moral values towards community	Degree	41.00	3.45	46.20	3.01	3.19*
Scale as a whole	Degree	618.90	9.11	664.30	12.75	4.12*

*Significance level 0.05 = 2.262

Table 5: Significant differences between the post test measurements for the two experimental and control groups in the variables the skills

Variables	Measuring unit	The experimental group (N= 10)		The control group (N= 10)		Value (T)
		Mean	Deviation	Mean	Deviation	
Speed stumping dribbling in a straight line	Seconds	3.94	0.24	4.31	0.21	3.36*
Speed stumping dribbling in the zigzag	Seconds	4.47	0.33	4.97	0.29	3.33*
The accuracy pass	No.	23.50	2.17	21.20	2.03	2.32*
The Power pass	M.	22.75	1.25	21.25	1.19	2.59*
The accuracy shooting from the high jump	No.	3.30	0.50	2.50	0.55	3.20*
The shooting power from high jump.	M.	24.60	1.13	23.25	1.18	2.50*

* Significance level 0.05 = 2.101

Table 6: Significant differences between the post test measurements for the two experimental and control groups In moral values in sport (N= 10)

Variables	Measuring unit	The experimental group (N= 10)		The control group (N= 10)		Value (T)
		Mean	Deviation	Mean	Deviation	
Moral values towards self-	Degree	318.00	5.13	300.50	5.29	7.11*
Moral values towards colleagues	Degree	209.50	4.87	196.90	4.61	5.63*
Moral values towards the rulers	Degree	128.30	3.52	120.70	3.59	4.52*
Moral values towards community	Degree	52.00	2.98	46.20	3.01	4.11*
Scale as a whole	Degree	707.80	14.51	664.30	12.75	6.75*

* Significance level 0.05 = 2.101

This finding corresponds with the results of prior studies [2,3, 9-11] on the effectiveness of self-training in the upgrading of a set of moral values of the athletes, to the method of self-training and small toys lead to give the youth of many of the moral values of responsibility and self-reliance and freedom from childish Selfish trends and dependence on others and the fear of responsibility and emotion moderate increases concentration and improves performance.

Thereby achieving the health is of the first hypothesis of the research, which states "There are significant differences between pre and post tests of the experimental group in variables skills and moral values in question for the benefit of dimensional measurement."

The results of Table 3 show the existence of statistical significant differences at the level of 0.05 between pre and post test control group of skill in the variables under consideration for the post test measurement

The results in Table 4 show the existence of statistical significant differences at the level of 0.05 between pre and post- test of the control group in moral values in the sports field for the post test measurement. Researcher attributed that to the improvement in the variables skill to regularity of the control group members and to continue in the process of training and repetition

and repair technical errors as they arise through the application of the training program of traditional and under the supervision of a qualified trainer, which was reflected positively on the behaviors of the group, which led to a kind of stability and emotional and a sense of self-confidence.

Whereas the traditional program that has been applied to the control group members had improved the level of performance and ethical values and the differences statistically significant, this achieves second premise of the research, which states "There are significant differences between pre and post -tests of the control group in the variables skill and moral values under search for dimensional measurement."

Results in Table 5 showed statistical significant differences at the level of 0.05 among post -measurements for the two experimental and control groups in the variables under consideration skills for the experimental group to control group in the variables skill under discussion. This is a result of the implementation of the experimental group for the training program through self-training modules individual and is consistent with the results of other studies [2, 6, 7, 11] on the superiority of the experimental group used the method of self-training the control group used the traditional method in the level of performance.

This finding corresponds with what referred Christopher [8] noted that the method of self-training works to increase the time available for education and training and provide information and correct the errors of the teacher personally or through a program prepared in advance from the teacher, these two factors help their role in the development of performance.

The results of Table 6 show the existence of statistical significant differences at the level of 0.05 between measurements Badien for the two experimental and control groups in moral values in the sports field for the experimental group. Due researcher than the experimental group to control group in the moral values question as a result of the implementation of the experimental group for the training program through self-training modules individual and is consistent with the results of previous studies [2, 11, 12] on the effectiveness of training in self-upgrading a set of moral values ??of the athletes.

This result also agrees with what Romiszoluki [13] referred, that self-training in the field of sport instilled moral values in the hearts of many young and makes them self-confidence in their physical abilities and skills and the effectiveness of their performance.

Thereby achieving the third hypothesis for health research which states "There are significant differences between post-measurements for the experimental and the control groups in the variable skills and moral values under consideration for the pilot group".

CONCLUSION

- C Self-training program has a positive impact on the experimental group in variables skills and moral values in question.
- C The traditional program had a positive impact on members of the control group in the skill variables and the moral values question.
- C The experimental group was higher than the control group in the skill variables and the moral values under question.

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