

The mood status for basketball players with disabilities in Nablus city

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Abstract

The study aimed to identify the mood status among players with different disabilities in Nablus city. In addition to acknowledge the following variables (type of disability, age, social status, work). A questionnaire from 20 paragraphs was designed in order to achieve the purpose of this study and was distributed among the complete study society in Nablus city, who were (15) players. The most important outcomes of this study are the following: there aren't differences with statistical significances at the significant level ($\alpha=0.05$), where the mood status for the players with special needs is related to all the study variables which are; (type of disability, age, social status, work).

As a result of this study, we have set certain recommendations, where most important are the following: it is important for the person with different disability to understand that the competitions are about winning or losing and he should come back to his natural state quickly after losing at the sports competition.

Key words: mood state, different disabilities, Nablus city

Introduction:

The nature of High sport levels demand from the sports person the necessity to use his psychological, physical and tactical abilities in a complete way in order to achieve the highest level. Thus, the tactical, skills and physical preoperational methods have narrowed in the last years, and the necessity to having more attention on the psychological aspect has appeared. The athletic excellence can be achieved according to the players benefit from their psychological abilities as not being less than the benefit from their physical abilities. Therefore, the psychological abilities may help the persons in fulfilling their abilities, and physical capacities in order to achieve the best sports' performance, which can be developed through certain training and special programs, which are the psychological skills training programs (Allawy,2008).

On the other hand, the disabilities sport is considered new in the world, but it witnessed a noticed progress upon all levels within a short period of time.

All these athletes with locomotors, visual and mental disabilities have proved that they have abilities and capabilities that enable them to grow and become superior, which have provided them with lots of successful achievements among all levels, which match to what was achieved by their counterparts without disabilities (Azeez, 2009).

The moods status are considered the most important needs that represent an important aspect in preparing the athletes, where they play important roles in developing the performance, which have been considered as one of the variables that should be taken care of in addition to the planned, skilled and physical requirements. The athletes on the international level are similar in their tactical, skillful and physical levels, where the psychological aspect determines the athletes results during the competition, by which it plays an essential role in achieving the winning (AIKheekani, 2008).

Method and procedure

Research curriculum

In order to achieve the purpose of this study, we have used the field descriptive curriculum which is equivalent to the study purposes.

The research sample and society

The study society was formed from the special needs players in Nablus city, reaching to (15) players. Where the society was studied in complete for it was small in size, and the sample specifications were described according to their variables:

Table (1) distributing the study society according to variables

variable	Variable categories	number	percentage
Disability type	kinetic	9	60.0
	audio	4	26.7
	optical	2	13.3
	other	0	0
	total	15	100.0
age	Less than 18 years	1	6.7
	Form 18-25 years	4	26.7
	More than 25 years	10	66.7
	total	15	100.0
social status	single	5	33.3
	married	10	66.7
	total	15	100.0
work	work	5	33.3
	Does not work	10	66.7
	total	15	100.0

Display of Results:

1- Results related to questioning:

What's the mood status for basketball players with disabilities in Nablus city?

In order to answer this question, the mean and standard deviation were extracted for each paragraph from the performance paragraphs, the following tables reveal this:

Table No. (2)

The mean and percentages related to the mood status of players with disabilities in Nablus City

No parag raphs	Paragraphs	Mean	Percentage	Degree
1.	I feel annoyed waiting for the beginning of the competition	4.87	97.4	very big
2.	The sudden change in the competition dates annoys me	4.77	95.4	very big
3.	It is easy to practice for several hours without becoming bored	4.53	90.6	very big

4.	I can control my excess disorders before the beginning of the competition	4.47	89.4	very big
5.	I feel to be in a hurry and not being patient at the warm-up period before stating the competition	4.43	88.6	very big
6.	I can't keep my vitality during the strong consecutive competition	4.40	88.0	very big
7.	I can accept the sever notes my coaches give me calmly	4.39	87.8	very big
8.	I can control my nerves quickly, when the judge makes a wrong decision against me	4.36	87.2	very big
9.	I can make the movement skills of my game easily within the difficult competition circumstances.	4.33	86.6	very big
10.	It is difficult for me to perfume in the sport's competition when the spectators become rambunctious	4.21	84.2	very big
11.	I can participate in the consecutive competitions without taking long breaks.	4.13	82.6	very big
12.	My performance in the competitions is much better than my performance in the training.	4.10	82	very big
13.	I can control my emotions whenever the coach ask me to	4.07	81.4	very big
14.	My emotions become clear after being defeated in the competition.	4.03	80.6	very big
15.	I can gain back my vitality quickly after strong competition	3.96	79.2	big
16.	I can't show the expressions of happiness when I win the competition.	3.93	78.6	big
17.	I can gain back my vitality quickly after the strong violent performance.	3.88	77.6	big
18.	I can't go back to my natural state quickly after being defeated in the sports competition.	3.47	69.4	big
19.	The emotion doesn't show on my face when the coach criticizes me	3.45	69	big
20.	It is difficult for me to communicate quickly with the other new team players in the playground	3.43	68.6	big
	Total degree	4.16	92	Too big

It is obvious from the previous table that the mood state degree for players with special needs in Nablus city varied between big and very big, therefore the percentages shifted between (97%) to (68.6%). Concerning the whole mood degree for players with disabilities in Nablus city, it was too big, in terms of the percentage that reached (92%).

Discussing the results:

First: results related to questioning:

What's the mood status really for basketball players with disabilities in Nablus city?

The mood degree for football players with disabilities in Nablus city was between very big and big, according to the complete degree of the mood status of football players with disabilities which was very big in terms of the percentage that reached (92%).

We refer this to the nature of their lives that play a major role in forming their personalities. Where the personality attributes is distinguished of not being emotionally stable for the players with disabilities, which may cause them to lack self esteem and self trust. Consequently may affect their emotional state and social behavior, where they will form negative image towards themselves and the others, leading them towards isolation and having less ability in taking responsibly. Therefore the disabled player may feel the importance of his personality and self respect that he does not accept the others, incompetence, he might feel despair and withdraw instead of failure. Persons with low self esteem do not usually trust themselves, nor being able to take the responsibility, nor understanding, nor being optimistic in life, therefore the mood status will always be high.

Allawy(1998) revealed that the person's feeling towards his body is related to his self trust and his way of dealing with the surrounding environment. On the other hand, the persons that have positive developments or trends towards their bodies enjoy high level of the social and psychological aspect.

(Teri, 2000) study also revealed that the handicapped is related negatively with self esteem, which may affect his social efficiency and impedes the social interaction, as not being able to mix with others and withdraw from the social life.

The conclusions

- There are no differences with statistical Significant concerning the mood status for basketball players with disabilities in Nablus city related to the variable (type of disability, age, social status)
- There are no differences with statistical Significant concerning the mood status for basketball players with disabilities in Nablus city related to the work variable.

Recommendations:

- It is necessary to work on the moral support and guidance for people with special needs in order to reveal the happiness expressions when wining the competitions.
- It is necessary to work on the equivalent training for people with special needs in order to restore back their vitality after the strong violent performance.
- It is necessary for the people with special needs to understand that the competitions are winning or loosing and they should come back to their natural state quickly after being defeated in the sport's competition.

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