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The effect of counseling sessions and recreational exercises according to positive thinking to developing the speed of motor response and the shooting from high jumping skill for young handball players

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Abstract

The counseling and psychological programs that are prepared and organized according to scientific foundations are one of the important means used in determining the causes that lead to solving the psychological problems of athletes. These counseling programs help individuals to set realistic goals in line with their abilities and aptitudes. As the problem of the research is embodied in the amount of pressure that handball players are exposed to in general from the media and the sports audience in particular, given that the players face situations that make them face many questions about the pressure of the match, which requires decisive decisions to choose the type of situation that fits with the playing situation. In order for this choice to be successful, the players must know themselves and be aware of their abilities, tendencies and sports values, it provides the correct information about the rational thinking of the players according to the available situation, and the players must possess the skills of speed of motor response and problem solving, and thus integrated images of themselves and their level of sports performance, from that, the researcher may ask: Does the counseling program prepared according to positive thinking have an effect on developing the speed of the motor response and the skill of shooting from jumping high among handball players or not? The aim of the research is to:

1. Preparing counseling sessions according to positive thinking in developing the speed of the motor response and the skill of shooting from jumping high for the young handball players in the clubs of the province of Babylon.
2. Recognizing the effect of counseling sessions and recreational exercises according to positive thinking in developing the speed of motor response and the skill of shooting from jumping high for young handball players in the Babylon Governorate clubs.

The most important conclusions were

1. Counseling sessions and recreational exercises applied by the researcher in his study have a positive effect on developing the speed of the motor response and the skill of shooting from high jumping for young handball players.
2. The approach applied by the coach has a positive effect in developing the speed of the motor response and the skill of shooting from jumping high for young handball players.
3. Counseling sessions and recreational exercises applied by the researcher in his study have a preference in developing the speed of the motor response and the skill of shooting from high jumping for young handball players.

Keywords: Counseling sessions and recreational exercises, positive thinking, speed of motor response

1. Introduction

Psychological counseling is a way to develop the players' requirements and abilities. It enables those in charge of training programs to develop what the players aspire to achieve in order to achieve psychological compatibility between him and the demands of the sports community as an integrated process that starts from the coach and continues to the players towards the situation at once. This will lead to bearing the pressures resulting from different matches, especially in the field of handball, and thus may develop the speed of the motor response, especially if it is based on positive thinking. Therefore, work on developing the speed of the motor response has become of great importance in this field to identify ways that can contribute in continuous development it is continuous and can prepare the players and put

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them in the field of sports life, whatever its type, the size of its variables, and the problems and difficulties that they may face. One of the games and activities is the handball game. This game is characterized by many different and changing situations and situations. It requires speed in attack and defense and for all members of the team to obtain a state of superiority over the opposing team, and that does not happen unless those attacks are finished or concluded by scoring the largest number of goals to achieve victory as they are. In this case, the other team games, taking into account the privacy of each game, and this in turn is only when combined with the speed of a kinetic response and accuracy in handling and scoring and from different distances and for all team members to reach the desired goal, as well as achieving pleasure and pleasure among the players and the public. The interest in psychological counseling has increased as it is one of the main goals that coaches seek to master, in addition to the many challenges facing them, which have affected all aspects of sports life in order to control the ability to make the right decision process and successfully direct it. Except through an effective cognitive activity that is proportional to the nature of the situation that the players use to obtain the necessary information related to those problems and to gain the speed of the motor response. Mobility. Therefore, psychological counseling is one of the necessary requirements for every player, as it constitutes an important tributary to the player's compatibility with his colleagues and a necessity to achieve his goals and ambitions (Radhi Abdul Hussein, A., Kadhim Hrebid, N., & Jabber Mohamed, J. 2022) ^[10]. Ensures the self-confidence that leads him to support the success sought by the coach and by helping players of all ages, level of thinking and their tendencies to develop the ability to speed motor response. While the indicative program may constitute an important tributary to developing the skills of the players' motor response speed as a means of preparing the players to think and speed the motor response and work to solve the problems that the player and the sports community suffer from. The importance of the research lies through preparing an indicative program and recreational exercises according to positive thinking to It is within the reach of those concerned about the development of the players' competency if it proves its effect in developing the ability to speed up the motor response in order to create self-confidence for the players as it is an effective element that is linked to the self-worth and the player's self-esteem.

1.1 Research Problem

The counseling and psychological programs that are prepared and organized according to scientific foundations are one of the important means used in determining the causes that lead to solving the psychological problems of athletes. As the problem of the research is embodied in the amount of pressure that handball players are exposed to in general from the media and the sports audience in particular, given that the players face situations that make them face many questions about the pressure of the match, which requires decisive decisions to choose the type of situation that fits with the playing situation In order for this choice to be successful, the players must know themselves, be aware of their abilities, tendencies, and sports values, and provide correct information about the players' rational thinking according to the available situation. From that, the researcher may ask: Does the prepared counseling program and recreational exercises according to positive thinking have an effect on developing the speed of the motor response and the skill of shooting from jumping

high among handball players or not?

1.2 Research objective

- Building a program of counseling and recreational exercises according to positive thinking in developing the speed of the motor response and the skill of shooting from jumping high for young handball players in the clubs of the province of Babylon.
- Recognizing the impact of the counseling program and recreational exercises according to positive thinking in developing the speed of the motor response and the skill of shooting from jumping high for young handball players in the clubs of the province of Babylon

1.3 Research Hypotheses

There is a positive effect of the counseling program and recreational exercises according to positive thinking in developing the speed of the motor response and the skill of shooting from jumping high for the young handball players in the Babylon Governorate clubs.

1.4 Research fields

1.4.1 The human field: Young handball players in Babylon Governorate clubs for the 2021-2022 season.

1.4.2 Time field: from 6/2/2022 to 10/6/2022.

1.4.3 Spatial field: The closed hall in Babylon and al-Qasim.

2. Research methodology and field procedures

2.1 Research Methodology

The use of the experimental method in the manner of the experimental and control groups with pre- and post-test.

2.2 Research community and sample

The research community was determined from the young handball players in the clubs of Babylon Governorate (Al-Qasim, Al-Musayyib, Al-Madhatiyah) for the season 2021-2022. They numbered (48) players, and a sample was chosen in a simple random way with a number of (30) players who were divided into two control and experimental groups.

2.3 Devices, tools and means used in the research

2.3.1 Means of collecting information

1. Questionnaire.
2. Scientific sources and references for the Arabic and English languages.
3. International Information Network (Internet).
4. Statistical portfolio programs for the (spss) system.
5. Data collection and unloading form.
6. Auxiliary work cadre Annex (10)
7. Laptop type (hp). Number (1).
8. Display device (Data shoo) number (1)
9. Colored pencils and pencils.

2.4 Field Research Procedures

2.4.1 Determining the validity of tests of motor response speed and shooting skill from high jump

Through reviewing a number of scientific sources and references, the researcher sought to design a questionnaire for these tests to be presented to (11) experts and specialists, especially academics, in order to indicate the validity of these tests. After presenting it to the experts and specialists and unloading the data, the researcher used the (Ka^2) test, and Table (1) shows that.

Table 1: Shows the validity of the handball motor response speed tests

N	Tests	Validity		Ka ² Calculated	Tabular	Sig
		Validity	Non validity			
1	Nelson Hand Response Speed Test	8	3	2.27	3.84	Non sig
2	Measuring the speed of the motor response with the ball	11	0	11		Sig
3	Shooting on squares accuracy (50X50)	11	0	11		Sig
4	Shooting at a goal divided by degrees	6	5	0.09		Non sig

2.5 Experimental Experiment

The exploratory experiment was conducted on a sample of (10) young handball players on 12/2/2022 to test the speed of the motor response and the shooting from jumping high with the handball. It was returned for (7) days on 19/2/2022, noting that the purpose of carrying out this reconnaissance experiment:

1. Ensure that the equipment and tools used are appropriate.
2. Ensuring the extent to which the tests can be carried out by the sample members.
3. Knowing the time required to carry out the measurements and tests and their suitability.
4. Ensuring the scientific bases (honesty, reliability and objectivity) of the tests.

2.5.1 Scientific bases for the tests

2.5.1.1 Test validity: The validity of the test is one of the important scientific foundations for a good test, and the honest test is the test that is true in what it measures and performs its function. measure for what it was set up for" (Majeed, Marwan Abdul & Al-Yasiri, Muhammad Jassim,

2002), p. 35) [1]. Since the researcher has put all the tests in a questionnaire and presented them to experts and specialists, she used the apparent honesty to suit the nature of the work, as the apparent honesty means "the possibility of achieving the test for the goal for which it was set and under the same circumstances (Al-Hakim, Ali Salloum Jawad, 2004, p. 24) [2].

2.5.1.2 Test Reliability: For the purpose of ensuring the reliability of the test, the researcher used the test and retest method, as the fixed test "is the one that gives close results or the same results if applied more than once in similar conditions" (Al-Zaboud, Nader Fahmy & Alyan, Hisham Amer, 2005) [3], p. 145) and to find out how far The stability of the test values when conducting the test and returning it within the specified time period. The researcher used the Pearson correlation coefficient to find the correlation between the results of the first measurement and the degrees of the second measurement. t) is greater than the tabular value of (2.30) at a degree of freedom (8) and a level of significance (0.05), and table (2) shows that.

Table 2: Shows the reliability and objectivity of the tests

N	Tests	Reliability coefficient	T R calculated	Sig	Objectivity coefficient	T R calculated	Sig
1	speed of the motor response with the ball	0.946	8.944	Sig	0.95	9.4	Sig
2	Shooting on squares accuracy (50X50)	0.904	6.61	Sig	0.901	6.52	Sig

The value of (t) tabular at the degree of freedom (8) and the level of significance (0.05) equals (2.30).

2.6 The pre-test: The tribal test was conducted on the sample of (30) players on (27/2/2022) for tests of the speed of the motor response and the skill of shooting from high jumping with handball, with all variables adjusted.

2.6.1 The homogeneity of the sample and the equivalence of the two research groups

To complete the requirements of the experimental design followed, the researcher resorted to achieving homogeneity among the members of the research sample, and in order to reach a fixed level for the research sample and to avoid

indicators that may affect the results of the research in terms of individual differences that exist between handball players, the homogeneity of the two groups was carried out using the (levene) test, and the results of homogeneity were shown because the level of significance is greater than (0.05). In order for the researcher to attribute the differences to the experimental factor, parity was conducted between the two research groups in the tests of the studied variables. And for all tests, which confirms the equivalence of the two research groups, as shown in Table (3).

Table 3: Homogeneity and Equivalence in Variables.

Tests	Levene	Sig	Control		Experimental		T value	Sig
			Mean	Std. Deviation	Mean	Std. Deviation		
speed of the motor response with the ball	1.27	0.732	13.4	0.49	14.36	0.72	1.38	0.692
Shooting on squares accuracy (50X50)	1.69	0.613	2.66	0.83	2.40	0.80	0.71	0.527

Table (3) shows that the values of (Sig) are greater than the level of significance (0.05), which means that the differences were random between the two research groups in some of the variables studied, and this indicates the equivalence of the two groups.

2.7 Counseling program and recreational exercises

The requirements followed in the preparation of the extension programs have been prepared, which are: (Al-Dosari, Saleh Jassim, 1999. 242) [4].

1. Determine the needs.

2. Choose your priorities.
3. Setting and writing goals.
4. Determine activities
5. And events to achieve the objectives set.
6. Evaluating the results.

This method was adopted in planning the indicative program to suit them with the subject of the current research, and after reviewing a set of experimental designs that vary in the advantages of their limitations and strength in terms of controlling the variables affecting the dependent variable, the

experimental and control groups with pre and post tests were selected because they are suitable for the nature of the current research. Therefore, the researcher identified the main needs that were adopted in preparing the sessions. These needs are derived from the theoretical framework (cognitive orientation) for positive thinking, and they were of one weight or priority, as they all contribute to the formation of positive thinking, as shown below:

1- Optimism and pessimism

- A. Optimism: It is a positive outlook towards the future that makes the player expect success for a better future in the sports field.
- B. Pessimism: It is an expectation opposite or opposite to optimism, which is a negative thing from which the player expects failure and disappointment.

2- Willpower: It is the players' ability to overcome difficulties and overcome the players' frustrations after failures to achieve.

3- Emotional balance: It is the psychological and emotional calm of the players as a result of controlling the exciting situations of the match and not feeling anxiety and tension resulting from the pressure of the sports competition and expressing it in accordance with the situation.

4- Freedom from thinking errors: it is the players' ability to continue to find solutions to think for them without relying on the constant need for other teams and thus reaching the achievement and winning the match.

The general objectives of the program as well as the sub-objectives and behavioral were formulated, all of which aim to develop the ability to speed the motor response and the skill of shooting from jumping high in handball among the players, knowing that the sub-goals were formulated through the components of what was included in the motor response speed tests and the skill of shooting from jumping high from the concepts So for each session, there is a goal that the program seeks to achieve in the behavior of the players to achieve the behavioral and objective goals, a set of strategies were selected using the theoretical framework of positive thinking. These strategies include:

- Segmentation strategy: Everyone who wants to reach a distant goal has to take many small steps.
- Definition strategy: represented in obtaining knowledge of the desired goal to achieve its goal.
- High value strategy: aims to broaden the horizons of the person and sees the value in any challenge, which makes his feelings calm and balanced.
- The strategy of alternatives: the person who has more than one alternative to solve one problem, knows the way to the top, ie complete flexibility and rapid movement of alternatives and new ideas.
- Focus shift strategy: A set of questions that we use consciously when facing challenges of any kind as an internal assessment of life's experiences.

2.8 Building the Counseling program

After the researcher carried out the previous steps, he prepared the indicative program in its initial form, based on positive thinking, and the preparation of the program went through the following steps:

1. Based on the literature available to the researcher, theoretical frameworks and previous studies in the field

of constructing and applying extension and educational programs to benefit from them in constructing his current program.

2. The researcher distributed the vocabulary of the indicative sessions of the program over the course of the program, as the number of sessions reached (12) sessions, the duration of each session is (50) minutes
3. The researcher prepared a proposal for the content of the indicative program sessions based on positive thinking to develop the speed of the motor response and the skill of shooting from high jumping with handball (in its initial form).
4. After the end of the last session of the group, the experimental and control groups were collected at the place of the instructive program (Hamza Nouri Hall) and a test of the speed of the motor response and the skill of shooting from high jump was applied to them, and their number was (30) players.

2.9 Application of the counseling program for the experimental group

After completing the procedures for preparing the indicative program and putting it in its final form, the indicative approach was started to be applied to the experimental group on (1/3/2022) until (16/4/2022), and the duration of applying the indicative curriculum for the experimental group took (6) weeks at an average of (2) A weekly session, and the duration of one session was (50) minutes, so that the total time of sessions is (600) minutes, Where the program was applied to the players of Al-Qasim Sports Club at five o'clock in the afternoon, and the presence of the players for the experimental group was effective and they accepted them in the sessions of the counseling program and the methods and activities it contained appropriate for all the counseling sessions, as well as holding discussions about the contents and topics of the counseling program after each counseling session and knowing the reactions of the counselors towards it For the purpose of implementing the experimental design, the following steps were followed:

1. The counseling program was prepared according to the positive thinking of the players.
2. The experiment sample was randomly distributed to two groups, one experimental and the other control.
3. Parity was achieved between the experimental and control groups on some related variables as mentioned.
4. Insert the independent variable (the indicative program) on the experimental group.

2.10 Post-test

The post test was conducted on 4/17/2022 and under the same conditions as the pretest for tests of motor response speed and shooting skill from jumping high with handball for both groups.

2.11 Statistical Means: The statistical package of the (spss) system was used to process the research data, which is as follows:

1. Ka^2 test.
2. The t-test for two independent samples.
3. The t-test for two identical samples.
4. Pearson correlation coefficient.
5. Mean.
6. Standard deviation.

3. Presentation, analysis and discussion of the results

3.1 Presenting the results of the pre and post tests to test the speed of the motor response and the skill of shooting from high jumping with the handball of the control group

Table 4: Shows the mean and standard deviation values for the pre and post tests and the calculated t value for the results of the tests ((control group))

Variables	Pre-test		Post-test		T value	Sig level	Sig type
	Mean	Std. Deviation	Mean	Std. Deviation			
speed of the motor response with the ball	13.4	0.49	11.14	0.72	2.20	0.000	Sig
Shooting on squares accuracy (50X50)	2.66	0.83	3.89	0.63	2.03	0.000	Sig

Table (4) shows the values of the means and standard deviations between the pre and post tests for the control group. Through our observation of the means and standard deviations, we see that they are different between the two tests. Therefore, the researcher used the t-test for the correlated samples. Significance (0.05), and therefore there is

a preference for post-tests.

3.2 Presenting the results of the pre and post tests to test the speed of the motor response and the skill of shooting from high jumping with the handball of the experimental group

Table 5: Shows the mean and standard deviation values for the pre and post tests and the calculated t value for the results of the tests ((experimental group)).

Variables	Pre-test		Post-test		T value	Sig level	Sig type
	Mean	Std. Deviation	Mean	Std. Deviation			
speed of the motor response with the ball	14.36	0.72	9.37	0.94	4.74	0.000	Sig
Shooting on squares accuracy (50X50)	2.40	0.80	4.74	0.90	4.19	0.000	Sig

Table (5) shows the values of the means and standard deviations between the tribal and remote tests of the experimental group. Through our observation of the arithmetic means and standard deviations, we see that they are different between the two tests. Therefore, the researcher used the t-test for the correlated samples. Significance (0.05), and

therefore there is a preference for post-tests.

3.3 Presentation of the results of post tests to speed of the motor response and the skill of shooting from high jumping with handball for the two experimental and control groups

Table 6: Shows the values of the mean and standard deviation of the post-test and the calculated t-value for the results of the tests ((for the two experimental control groups))

Variables	Control		Experimental		T value	Sig level	Sig type
	Mean	Std. Deviation	Mean	Std. Deviation			
speed of the motor response with the ball	11.14	0.72	9.37	0.94	3.41	0.000	Sig
Shooting on squares accuracy (50X50)	3.89	0.63	4.74	0.90	2.81	0.000	Sig

Table (6) shows the values of the means and standard deviations between the post-tests and for the control and experimental groups. Through our observation of the arithmetic means and standard deviations, we see that they are different between the two tests. Therefore, the researcher used the t-test for independent samples. Significance (0.05), and accordingly there is a preference for the experimental group.

4. Discussing the Results

Through the previous tables, we notice that there is a difference between the two groups in the tests of the speed of motor response and the skill of shooting from jumping high for the young players with handball, pre and the post tests between the two groups. It did not contribute to the development of the speed of the motor response and the skill of shooting from jumping high for young players in handball, as it gives more attention to the approach of physical, skill and planning preparation and stays away from supporting the counseling sessions, this result also indicates the urgent need for the need to improve training programs and the need to include a space for psychological guidance, especially based on activating the components of positive thinking among players, which represents a major component that contributes to achieving high levels of sports achievement, as handball matches are a series of decisions compatible with The individual ability of each player, which understands the

characteristics and plans of the opposing team, Both (Mustafa and Samir) point out that "in order for the athlete to be positive and able to perform consistently and overcome the inevitable pressures as a result of competitive sports, he must have confidence in his abilities and face the challenge, that he has trained enough to compete, and that his confidence in himself is strong throughout the match" (Hussein, Taha Abdel Azim, 2004, p. 46) ^[5]. As for the experimental group, the researcher attributes the reason for their development to being influenced by the indicative program and recreational exercises. For young handball players, the researcher attributes this to the sessions included in the indicative program that were based on the components of positive thinking represented by (optimism and pessimism, strength of will, emotional balance, and freedom from thinking errors). These, in turn, have supported the intellectual frameworks that are already available to the players towards moving away from hesitation or pessimism, which is an obstacle in the pursuit of achieving the goals achieved from the program, which helps their positive thinking. Positive and open-minded, in addition to having the qualities of boldness and determination in choosing the appropriate situation, therefore, one of the most important determinants in developing and enhancing confidence is what the athlete says to himself. If his mental image of himself is positive in traits and perceptions, he certainly enjoys confidence and good

performance, and self-affirmation is a process of directing self-talk to confirm the athlete's abilities and positive skills in addition to what he has obtained from training. Appropriate" (Hijazi, Mustafa, 2012, p. 129) ^[6]. The researcher also attributes that the handball game requires the player to respond well in terms of kinetic response, especially since it has become today enjoying the speed of making positive decisions towards changing playing situations. This is why we note that the speed of shooting and the surprise of the opponent requires the player's ability to move quickly and make the right decision, as modern handball has become. It has many advantages and requires the player to move quickly, quickly act with accuracy in performance, this supports what the theoretical frameworks have indicated that positive thinking helps to find a normal and compatible personality that enjoys positive behavioral manifestations such as psychological comfort, tranquility, sufficiency at work, realistic awareness of abilities and level of ambition, self-confidence, optimism, keenness, independence, and altruism. Social cognition, ability to adapt to stress (flexibility to fit), stamina, hope, ability to self-control, ability to take responsibility, emotional stability and adaptability or ability to tolerate frustration (Al-Ansari, Badr Muhammad & Kazim, Ali Mahdi, 2008, p. 112) ^[7]. As for the post-tests, the experimental group outperformed because of the indicative program based on positive thinking. Thus, the program contributed to the content of its multiple sessions based on enhancing the satisfaction of the main needs formed for positive thinking (optimism and pessimism - strength of will - emotional balance - freedom from thinking errors) in consolidating convictions. The positivity of the players is the importance of adopting a positive orientation, in addition to the fact that the strategies adopted in the sessions (the definition strategy, the segmentation strategy, the higher value strategy, the strategy of alternatives, the strategy of changing focus) produced a state of flexibility and openness and looking at things with an optimistic realism. While the members of the control group lacked their performance compared to the members of the experimental group, "therefore, the fundamental change in the cognitive aspects is the basis for bringing about important changes in the emotional aspects and behavior of the person, while making a change in the emotions and behavior will not lead to fundamental changes in thinking or cognitive aspects, because the human being is characterized by self-reflection and dialogue that distinguishes it from other creatures, and from here man uses positive thinking to change negative thoughts until a profound change is brought about in the personality of the individual (Siddiq, Muhammad, 2005, p. 167) ^[8]. Therefore, the researcher believes that the main purpose of the different playing situations in the process of making the right and positive decision is imperative for the players to determine the locations of the players according to the lines of play. The nature of the pressures accumulated on the players, and thus it became necessary for the player who is in a position to master it and implement his defensive and offensive duties to make correct decisions for himself that reduce the events of emotions and intolerance in the match, this confirms that there is a correlation between optimism and active attempts to deal with stress in problem-based methods. When optimists face certain problems or difficulties, they make more effort than pessimists do to overcome them, and they use strategies different from those used by pessimists. Expectations of consequences are a basic determinant of behavior. People's actions are affected by their beliefs about

the possible consequences or outcomes, which leads to one of two types of behavior: either continuing the struggle and struggling or giving up and moving away (Al-Barzanji, Thkreit, 2010, p. 47) ^[9].

5. Conclusions and Recommendations

5.1 Conclusions

- Counseling sessions and recreational exercises applied by the researcher in his study have a positive effect in developing the speed of the motor response and the skill of shooting from high jumping for young handball players.
- The approach applied by the coach has a positive effect in developing the speed of the motor response and the skill of shooting from jumping high for the young players in handball.
- Counseling sessions and recreational exercises applied by the researcher in his study have a preference in developing the speed of the motor response and the skill of shooting from high jumping for young handball players.
- There is acceptance and flexibility from handball players to apply the counseling sessions in developing the players' self-confidence.

5.2 Recommendations

- The necessity of using the counseling program and recreational exercises applied by the researcher in his study on the players of the Iraqi Premier League clubs in handball.
- Using the expertise of the psychological specialist during the training of the players to follow up the psychological conditions they face during their participation in the matches as a necessity for the success of the training process.
- The possibility for trainers in different sports to benefit from the use of counseling programs and recreational exercises in strengthening the ability to respond and reaction that they face during their training tasks.
- Players must be patient and optimistic and avoid pessimism, haste or uncreative competition.
- Constantly urging the players to think contemplatively and openly and to deal with problems flexibly, away from convulsions, extremism or fanaticism.
- The need for club administrations and team coaches to take seriously the problems facing the players, and to help them provide appropriate solutions that may contribute to achieving their goals, satisfying their needs and developing their abilities and capabilities towards good thinking and sound decision-making.

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