

**SOCIAL ADAPTATION AND PSYCHOLOGICAL ADJUSTMENT AND
THEIR RELATIONSHIP TO DEFENSIVE SKILLS IN VOLLEYBALL
FOR THE PREMIER LEAGUE**

Qahtan Mohammed Jabbar

College of Physical Education and Sport Sciences, University of Misan, Iraq
qahtan@uomisan.edu.iq

Munadhil Adil Kasim

Directorate of Misan Education, Ministry of Education of Iraq
munadhiladil2016@gmail.com

Abstract

The present study was carried out for players in the premier league of Iraq in volleyball to find out the defensive skills level of volleyball players and its relationship with their social and psychological adaptation. In Iraq, no scientific evidence indicates the social adaptation and psychological adjustment level of premier league volleyball players. Thus, this study was planned to investigate the relationship among defensive skills, social adaptation, and psychological of Iraq's premier league club volleyball players. The study's research design encompassed 46 out of (53) premier league volleyball players from the clubs of the southern region for the excellent class by (3) clubs. The players were to choose on the bases of clubs: South Gas (n=16), Al-Bahri SC (n=15), and City of AL-Shuhadaa (n=15). Using SPSS (V.24), descriptive statistics, Pearson Product Moment correlation coefficients (Bivariate), Multiple Regression, and One-Way ANOVA were used to assess the relationship, prediction, and differences between and among the researched variables. Significant mean differences were distinguished using a P-value of less than 0.05. The results revealed that Iraq premier league volleyball players had volleyball players in the Premier League characterized by psychological compatibility and good social adaptation. The use of defensive skills tests positively impacted the performance of volleyball players in the Premier League and the existence of a significant correlation between social transformation and psychological adjustment, and defensive skills. Since position-wise social adaptation and psychological adjustment are the defensive skills in players' performance in a volleyball game, coaches should consider them during the selection and assignment of players to the proper playing positions. Due to the impact of position-specific social and psychological adaptations on the defensive skills performance of volleyball players, coaches must consider these factors when selecting and allocating players.

Keywords: Social Adjustment, Psychological Adjustment, Defensive Skills, Premier League.

Introduction

The acceleration in knowledge, information, and communication has resulted in profound changes in every facet of modern life. The average person is increasingly unable to keep up (Sheehan & Houghton, 2000). This encouraged societies to reevaluate sociology norms in accordance with their volleyball techniques and philosophies and evaluate the advanced

volleyball teams (Silva, 2013). The sociology of sports has undergone a tremendous growth spurt, propelling it to the forefront of topics that captivated the attention of social scientists due to the diversity of its positions and studies, which enticed numerous researchers to investigate its cases because it shared a common factor with other sciences (Evans et al., 2020). In the process of research and investigation of behavioural facts among athletes, there is a logical overlap between psychological sciences and sports sociology to reach the level required to achieve the goals and the advanced level in the results, particularly during the performance of defensive skills due to their significant impact on the outcome of the match and how they address the opposing team (Haut, Staack & Schwank, 2020). Group games are characterized by requiring their players to maintain social adaptation and psychological compatibility of the team throughout play and training as a result of the favourable psychological compatibility of the team members among the players themselves and mastering defensive skills in order not to score points and superiority in the field of defensive skills in volleyball (Brynzak et al., 2021). As well as success in getting good outcomes and overcoming many challenges and disadvantages in implementing defensive skills, the entire process of compatibility can work to eliminate tension circumstances (Muñoz-Llerena et al., 2022). Whereas psychology and sports sociology were interested in psychological knowledge to understand many psychological and social problems to describe, interpret, and predict them through human interaction with the environment, starting from the fundamentals of the theoretical branches of psychology and sociology, which seek to describe behaviour, experience, and mental processes through codified scientific studies and explain their occurrence (Tabassum, Hussein & Khadim, 2021). The significance of the research is highlighted by the researcher's practice of volleyball at the level of training and competition, where they have observed a deficiency and lack of interest in the social aspect of the player, particularly the processes of social adaptation and psychological compatibility and the effects left by transformation and compatibility in the personality of the player, as well as the extent of its impact on the defensive skills in the game of volleyball. The socially adaptable and psychologically suitable player is the most motivated to practise volleyball and understands the sport's relevance to the researched defensive skills.

The Problem of The Study

Social science is interested in the high effectiveness of preparing volleyball players as a complementary cornerstone in sports preparation. It represents the social adaptation and psychological compatibility of the team in the events of fundamental changes in the outcome of the match (Tang, Chen & Lin, 2022), especially when studying defensive skills as the primary factor in responding to the offensive movements of the opposing team, which leads to a good and positive return (Schack & Hackfort, 2007). Through the researcher's observation and work in the field of volleyball, he has observed that specific teams with a high degree of physical fitness and competence do not obtain the expected outcomes in competitions. Following the comments and coaches' analyses of the team's lousy performance and failure to win, they blame this on the team's lack of cohesion as a unit and the desire of some players to demonstrate their skills in a manner that disregards the team's best interests (Abrahams, 2021). In contrast, when a team wins, the coaches and players attribute this victory to the adaptation, compatibility, and cohesion of the team's motor performance and work as an integrated unit without considering personal

considerations (Gizachew, 2022). This prompted the researcher to study these phenomena scientifically as a phenomenon that occurs at the sports level, particularly in the Iraqi country. This is reflected in decline in the stories and accomplishments of the players as an integrated unit in performance. This objective can only be attained through social adaptation and psychological compatibility of the team by examining its relationship to volleyball players' defensive skills.

The Objectives of The Study

1. Identify the level of social adaptation of volleyball players for the Premier League in the southern region.
2. Identify the level of psychological compatibility among volleyball players for the Premier League in the southern region.
3. Identify the level of defensive skills of volleyball players for the Premier League in the southern region.
4. Identify the nature of the relationship between each of the variables (social adaptation, psychological compatibility, defensive skills) for the players of Premier League volleyball in the southern region.

The Research Areas of The Study

Human Domain: Volleyball players applying for the sports season (2022) for the southern region of the Premier League.

Temporal Domain: For the time from 15/4/2022 to 26/5/2022

Spatial Domain: Halls and indoor courts of volleyball clubs.

Definition of terms:

Social adaptation: The ability of individuals and groups to adapt their behaviour to face the change in society; accordingly, they must change some of their customs and traditions through a new assessment (Terziev, 2019).

Psychological compatibility: It is a continuous dynamic process that begins with life and does not stop until its end, through which the individual seeks to change his activity to be more compatible (Fu, Wu & Cho, 2017).

Methodology

Research Methodology and Field Procedures:

Research Methodology

The researcher used the descriptive approach in the methods of survey and correlational studies 'because it is one of the most appropriate approaches to the nature of the research problem to be solved.

Research community and sample

The researcher identified the community and his research sample volleyball players applying to the clubs of the southern region of the excellent class by (3) clubs, as their number reached (46) players out of (53) players, after overlooking the questionnaires of players who did not perform defensive skills testing.

Table 1: Shows the study sample of volleyball players in the Premier League.

No	Clubs	Governorate	Total Number	Number of sample members	Percentage
1	South Gas	Basrah	18	16	%88.88
2	Al-Bahri SC	Basrah	18	15	%83.33
3	City of AL-Shuhadaa	Basrah	17	15	%88.23
Total			53	46	%86.79

Research methods, devices and tools used:

1. Arab and foreign sources and references.
2. Tape measure.
3. Plastic whistles number (3) whistle.
4. Adhesive tapes.
5. Legal balls number (6).
6. Legal volleyball stadium.
7. Supporting Team.

Tests and measures used in research:

1. Social adjustment Scale (Mundt et al., 2002).
2. Psychological adjustment Scale (Ward & Kennedy, 1994).
3. Identify defensive skills tests.
 - a. Serve reception skill test from the centre (6) (Abdulameer, 2020).
 - b. Achievement test for Block skill (Zonifa, 2020).
 - c. Testing the accuracy of the field defence skill from the centre (6) (Sattler et al., 2012).

Exploratory Experiment

The researcher conducted the exploratory experiment on 15/4/2022 with the goals of learning about the tests' and measurements' suitability for the research sample, the sample's reaction to it, the time it takes to perform the test, and avoiding errors that may occur at work and detecting obstacles and obstacles that may face the implementation of the tests. The aim of it was as follows:

1. To ensure the social adjustment and psychological adjustment scales and defensive skills tests on a sample of (8) players from the research community, the social adaptation and psychological compatibility scales and defensive skills tests were as follows:
 - a. Measuring social adjustment.
 - b. Measuring psychological adjustment.
 - c. Measuring defensive skills.
2. Identify the organizational and administrative requirements for the implementation of defence skills tests.
3. Identify the extent to which the study sample can carry out defensive skills tests.
4. Identify the time taken for each test and the total number of tests per day.

5. Identify the time taken for the scales of social adjustment and psychological adjustment.
6. Knowing the possibility of the assistant team in terms of efficiency and number.
7. Ensure the adequacy of the devices and instruments used in the tests.

Main Experience

The researcher conducted the main experiment on 2/5/2022 at 9:00 a.m., and it lasted for three days and two hours every day for each club. For the psychometrics, the researcher accounted for fifteen days following the exploratory experiment.

Statistical methods:

The researchers used the statistical program (SPSS. v24) according to the following laws:

1. Arithmetic mean.
2. Standard deviation.
3. Percentage.
4. Torsion coefficient.
5. Standard error.
6. Cronbach's alpha coefficient.
7. Two-Sample t-Test.

Results

Presenting, Analyzing, and Discussing Research Results

Presentation of The Results of The Scales of Social Adjustment and Psychological Adjustment

Table 2: Shows the unit of measurement, arithmetic means, standard deviations, standard error, and torsion coefficient for social adjustment and psychological adjustment.

Tests	Unit of measurement	M	SD	Standard error	T	Torsion coefficient
Social adjustment	Degree	217.68	2.23	0.14	2.33	-0.68
Psychological adjustment	Degree	234.83	2.78	0.19	2.46	1.07

Presentation of defensive skills result:

Table 3: shows the unit of measurement, arithmetic means, standard deviations, standard error and torsion coefficient for defensive skills.

Tests defensive skills	Unit of measurement	M	SD	Standard error	T	Torsion coefficient
Serve reception skill test from the centre (6)	Degree	56.81	0.93	0.74	1.92	1.72
Achievement test for Block skill	Degree	17.56	0.89	0.48	2.12	-0.176
Testing the accuracy of the field defensive skill from the center (6)	Degree	59.63	1.24	0.97	2.49	1.95

Presentation of the correlation matrix between the scale of social adjustment and defensive skills of volleyball players

Table 4: Shows the correlation matrix between the scale of social adjustment and the defensive skills of volleyball players.

Tests defensive skills	Social Adjustment	
	Correlation value	Sig
Serve reception skill test from the centre (6)	*0.703	0.001
Achievement test for Block skill	**0.914	0.000
Testing the accuracy of the field defensive skill from the centre (6)	**0.862	0.000

Presentation of the correlation matrix between the scale of psychological adjustment and defensive skills of volleyball players

Table 5: Shows the correlation matrix between the scale of psychological adjustment and the defensive skills of volleyball players.

Tests defensive skills	Psychological Adjustment	
	Correlation value	Sig
Serve reception skill test from the centre (6)	**0.895	0.000
Achievement test for Block skill	*0.696	0.002
Testing the accuracy of the field defensive skill from the centre (6)	*0.751	0.001

Discussion of Research Results

The results of the present investigation yielded partial support for the hypotheses that possession of defensive skills is directly linked to social adaptation and psychological adjustment in players volleyball for the premier league of Iraq and that Social adaptation and psychological adjustment, together with the physical and tactical, has a combined effect of players development in defensive skills. Specifically, possession of global social adaptation and psychological adjustment was linked to decreased players' development in defensive skills in volleyball and to participation in sports activities-all measures of players' adjustment in sports games. Perceived social support was also linked to most of these adjustment indices, and a combination of social skills and social support accounted for significant variance in players' development and participation in volleyball. The defensive skills variable was consistently correlated with either social adjustment or psychological adjustment support. Although the relationships between defensive skills were most often straightforward, social adjustment and psychological adjustment were positively related to most of the adjustment measures. Table (4) shows the means that players at this age have a direct relationship with social adjustment, as there is a correlation between defensive skills and social adjustment, and this is due to the social relations in which players inside and outside

the community life and the accompanying emotional and cognitive variables (Carter et al., 2000). The social adjustment among preparatory players table (4) shows the level of psychological adjustment among students in general, in skill for Block (**0.914), and sig (0.000), followed by defensive accuracy skill (*0.862), and sig (0.000), and followed by the poor serve skill (*0.703*), and sig (0.001). Table (5) shows the relationship between players with psychological adjustment, as there is a correlation between defensive skills and psychological adjustment, and a result of the social relationships that participants within and outside the community share, as well as the emotional and cognitive elements that accompany them. This is a result of the social relationships that participants within and outside the community share, as well as the emotional and mental factors that accompany them (Ellis, Dumas & Forbes, 2020). The social adjustment among preparatory players table (5) shows the level of psychological adjustment among students in general, in skill for serve (**0.895), and sig (0.000), followed by defensive accuracy skill (*0.0.751), and sig (0.000), and followed by the poor Block skill (*0.696), and sig (0.001). A large number of players suffer from social adjustment and psychological adjustment, as most players suffer from emotional problems such as anxiety, depression, and others, and this may be due to the competitions, tournaments and even training stages that players go through and the accompanying psychological and physical changes that may affect their performances negatively (Berriel et al., 2020). This means that the social adjustment and psychological adjustment situation affects the psychological state of players. The result is consistent with Albinson and Petrie's (2003) study titled "Cognitive appraisals, stress, and coping: Preinjury and postinjury factors influencing psychological adjustment to sports injury." which found a positive and significant association between psychological adjustment and performance. In studies in these sports, basic skills support is studied as both a received and perceived issue; learner support, the amount of aid received by athletes, is emphasized in society (Misener & Mason, 2006). And in sports, assessments of the availability of support in emergencies are discussed (Grindel, Lovell & Collins, 2001). The concept of social adjustment and psychological adjustment refers to the support of the perspective of cognitive assessment of personal relations (Crisp & Turner, 2011). All interactions with others are not regarded as social protection, according to experts and specialists in this sector, unless the athlete considers them a source of resources that are easily accessible and reasonably priced to suit his needs (Coughlan et al., 2014). The cognitive evaluation of the surroundings, the level of confidence, and the capacity to provide the required support and available support are all factors focused on by social adjustment and psychological adjustment scales for athletes (Sarkar & Fletcher, 2014). Social and psychological adjustment is a subject that has received a lot of attention in recent psychological research and is crucial to sport psychology. Khosravi and Mohanan (2020) believe that "social and psychological adjustment" is vital in integrating athlete performance.

Conclusions

The researcher reached the following conclusions after presenting, analysing, and discussing the research's results:

1. Volleyball players in the Premier League are characterized by psychological compatibility and reasonable social adjustment.

2. The usage of defensive skills assessments had a favourable effect in determining the performance level of Premier League volleyball players.
3. A significant association exists between social adjustment and defensive skills.
4. A significant association exists between psychological adjustment and defensive skills.
5. A significant association exists between social adjustment and psychological adjustment, and defensive skills.

Recommendations

The researcher recommends the following:

1. Attention to the development of social adjustment and psychological adjustment among the players has a significant impact on their ability to meet the group's overall objectives.
2. Volleyball players can consolidate their drive and zeal for winning and success by developing defensive skills.
3. Due to their significance, the presence of a psychologist and social specialist on the team's technical personnel deserves special consideration.
4. Utilize the social adjustment and psychological adjustment measures over offensive skills in volleyball.

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