

## **A Comparative Study of People with a Psychological Field (Holistic - Analytical) In Some of the Skills of the Person with Rhythmic Gymnastics**

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### **Abstract**

The study aims at a comparison between those with the psychological aspect (holistic-analytical) in learning some skills of the person in rhythmic gymnastics for the second-level students of the College of Physical Education and Sports Sciences / DhiQar University, and the research community consisted of (24) students divided into two control and experimental groups. A set of conclusions, the most important of which was the superiority of the experimental (analytical) group over the experimental group (the holistic) in learning some of the skills of the person with rhythmic analgesia and for the benefit of post-tests. The educational methods used in the college and used under research for both groups have a positive effect in learning the skills of the person in your sexuality in question and for the benefit of Dimensional tests, educational videos that were sent to the experimental group, whether through regular or slow movement, contributed to enriching and expanding students' awareness of all aspects of skills, increasing their design thinking, enhancing the principle of active participation, and achieving better results in analyzing and understanding the skill.

**Keywords:** Rhythmic Gymnastics, Personality Skills, Analytical, Holistic, Psychological Domain

### **Definition of the research**

### **Introduction of research and its importance**

Civilized societies have paid great attention in this aspect to what sport contributes to health and human development, gaining experience and information in various sports skills and taking into account individual differences between learners, especially in their intellectual, cognitive and psychological abilities based on the classification of individuals, so it was necessary to use multiple and new methods. In education for learners' individual potentials and their intellectual and cognitive abilities, in addition to the psychological aspects and development methods associated with mental processes such as (perception, remembering, thinking and storing), and by informing the researcher about some psychological methods, including the (holistic - analytical) method, which can be influential in the learning process. The movement of mathematical skills because individuals with analytical skills dimension through the analysis acc induction and detail of the elements of the task or the situation, while individuals with a holistic dimension are characterized by a tendency to perceive the situation holistically and focus on the total and neglect the partial elements, so it was necessary to employ these psychological areas that contribute to the development And accelerate the learning process. Rhythmic gymnastics is one of the sports that is characterized by an aesthetic personality, which is reflected by linking structural exercises, dance movements and acrobatic movements with accompanying music that expresses the beauty of the movement and its harmony and flow that is in harmony with the natural and biological characteristics of its ability to express movement with the rhythm of the music as it contributes to the development of agility, flexibility and compatibility Balance adds improvement to the body, and the person is one of the tools used in rhythmic gymnastics, Ba Sayed subject to good preparation, lightness, flexibility, attention and compatibility, and that the weight of a person helps the growth of strength in the muscles and gives the speed of reaction, and that the work of the arms strengthens and develops the ability of the player's peripheral eyes, And the difficulty of working with the

person's tool will lead to an improvement in the functioning of the blood vessels and lung of the heart, so the movements that the person uses are difficult skills that require perseverance and great care during performance, and the process of improving the level of performance can only be done through the use of various strategies accompanying the skills learning, It has become imperative to use new strategies and methods of learning in a manner that ensures the correct performance of skills The rhythmic person. From the above, the importance of the research lies in comparing the comprehensive and analytical psychological aspect in some of the person's skills with rhythmic anesthesia to facilitate and accelerate the learning process by employing these psychological fields that can help the learning process with time and effort.

### **Research problem**

Rhythmic gymnastics is one of the courses taught in the Faculties of Physical Education and Sports Sciences that are characterized by accuracy and rapid performance. They face difficulty in learning some of your rhythmic gymnastics skills, and the reason is the lack of educational units devoted to this sport, which amounts to one educational unit per week, which affects the interaction of some students during the lesson due to the length of time between one lecture and another, so it was necessary to find quick solutions and drain the hidden energies of the students through the psychological aspects of the conservation process and cognition which is the psychological aspects of the holistic and analytical, which is the key to be on the way access to third party capacity by taking advantage of female students in a way to understand the skill and speed up learning.

### **Research Objectives**

A comparison between those with the psychological aspect (holistic - analytical) in learning some skills of the person with rhythmic sexuality for female students between the pre and post tests of the experimental and control groups.

### **Areas of research**

1. The human field: Second-year students in the College of Physical Education / DhiQar University.
2. Time zone: the period from (12-11-2020) to (2-2-2021).
3. Spatial field: the closed hall dedicated to rhythmic gymnastics in the College of Physical Education and Sports Sciences / DhiQar University.

### **Defining terms**

- Psychological method: One of the preferred methods of individuals in the external processes that are dealt with in terms of receiving, processing and organizing information, and to the individual differences in how individuals perceive the external trends and events that they think about with the situations (1).
- (Holistic - Analytical): - "The members of the dimension (totalitarian) are distinguished by understanding the situation in a holistic manner and focusing on the total excitement," while the members of the (analytical) dimension are distinguished in their ability to analyze accurate or detailed elements of the stimulus (2).

### **Methodologyresearch and procedures field**

- Research methodology: - The researcher used the experimental method with the design of the two equivalent experimental groups in tin with the pre and post test of the nature of the relationship of the research problem.
- Research community and its sample: - The research community has been identified for the second

stage of the Faculties of Physical Education and Sports Sciences - DhiQar University, departments of theoretical and applied sciences - for the academic year 2020/2021, of who (24) are students.

- The first experimental group: This group consisted of the second phase of Division (A), of which (12) students were from (Analytics) out of a total of (24) students.
- The second experimental group: This group consisted of (A) students, and they were (12) students from (inclusiveness) out of a total of (24) students.

### **Means of collecting information and means of assistance**

#### **Methods for collecting information**

1. Observation
2. Personal interview
3. Arab and foreign sources and references
4. Questionnaire forms
5. Tests and measures.

#### **Tools and devices used in the research**

Sony video camera, TV, computer, scientific calculator, length measuring device, medical scale, signs, FIG dictated carpet, whistle, colored strips, pens.

#### **Field of Search for Procedures: - The researcher and field procedures shall do the following**

##### **Psychological Approach Scale (Holistic – Analytical)**

In line with the research objectives and after reviewing the literature and previous research, the researcher used one of the psychological methods (comprehensive analytical) of the sample designed by the researcher (Tariq Muhammad Badr Al-Aboudi) and applied it to all. Baghdad University students, in its scientific and human sections, and in various disciplines, including physical education, and for all its stages. Then the researcher presented the scale to a group of experts and specialists Appendix No. (2) To demonstrate the validity of the paragraphs of the article. On a broad scale, as experts agreed that all 38 paragraphs should remain, the percentage agreement was obtained at (100%) and alternatives were to answer. (U) comprehensive or (T) analytical, where one score is given when choosing the paragraph (U) and two degrees when choosing the paragraph (T), as the total score of the scale is between (38-76) degrees, and the student scoring a total of (53) A grade, mark or less, which is the default average, which means that she belongs to the (comprehensive) group, and a student who scores (60) or higher means that she falls into it. Group (analytical)

##### **Determining the sample according to the psychological scale (comprehensive – analytical)**

After the researcher made sure of the validity and reliability of the psychological approach scale (holistic - analytical), the researcher applied it on Wednesday (12/9/2020) to the main research sample, in order to identify the owners of the cognitive method (holistic and analytical) in each of the two research groups. .

##### **Determining the body rhythm of the skill pillar**

Some basic skills of a person have been identified in the subject of rhythmic gymnastics in the subject of research according to the vocabulary of the rhythmic gymnastics curriculum decided by the Ministry of Higher Education and Scientific Research of the Faculties of Physical Education for the academic year. 2020-2021 AD, and with the support of the scientific committee that discussed the framework of the research, and in agreement with the specialists (\* [3]), three basic skills installed with the personality tool under investigation (rotation of the figure in the form of a number and in front of the body over the head

with the rotation of the body, The cat jumps with the figure hitting up, the scissor jumps with the figure hitting the front.

### **Form evaluate performance Technical**

For the purpose of assessing each student's artistic performance in a person's skills in the subject of rhythmic gymnastics, one of the standard forms of the topic of rhythmic gymnastics was used. (4), and the research presented to a group of experts in rhythmic gymnastics only to make adjustments, if any, to become a comprehensive and valid model for assessing the skills of the person concerned, Appendix (11) Noting that the evaluation score was (10) marks, as it relied on the apparent construction of the skill, to evaluate the degree of each skill of a person's skills.

### **Exploratory experience on the psychological level (holistic – analytical)**

The researcher conducted the exploratory experiment on (Monday) 7/12/2020, and the researcher and the school supervised the experiment, in order to identify the obstacles related to the scale, the most important of which are:

- Knowing the suitability and ease of scale for the sample level.
- The suitability of the place to take the test.
- Knowing the time students need to answer the questionnaire, which are between (12-15) d.
- Clarity of the scale paragraphs in relation to the sample and clarification of the method of responding to the paragraphs.
- Identify the obstacles that the researcher may face in applying the final scale.
- Knowing the efficiency of the assistant work team.

### **Preliminary Examinations**

With the help of the educational material, the researcher provided two introductory units (because the skills are new, complex and difficult) for each of the two research groups, the purpose of which is to give a prior education to the student to determine the nature of the skills that must be learned, and preliminary tests of the skills of the chosen person were conducted in the indoor hall devoted to rhythmic gymnastics with the help of a team. Additional work and test conditions are confirmed in terms of time, place and tools used. The researcher used four specialists in rhythmic gymnastics exclusively to evaluate students' performance, and the components were based on the technical evaluation form that the researcher requested from a researcher in the field of rhythmic gymnastics and presented it to experts to find out their suitability for the skills of the person under study. (4) Grades, with the help of the President of the Courts, the highest and lowest scores were crossed out, and then the final result was obtained from the arithmetic average between the third court and the president's degree, that is, according to international homosexuality law.

### **Dimensional tests**

The post -tests were conducted on the members of the research sample in the Interior Hall of rhythmic gymnastics. The tests included portraying the students 'performance of the chosen person's skills, and with the help of the work team in the pre-tests so that the results were more accurate and reliable. Each student was given two attempts for each research skill, and the best attempt was chosen. Then the film was shown to the jury itself in the pre-test and the components were adopted on the same evaluation form in the pre-tests, and the students 'performance was evaluated from among the four components in the same way as in the pre-exams.

### **Statistical methods**

## The data obtained were processed using the statistical bag (SPSS) Version (20) and Program (Excel )

### Presenting, analyzing and discussing the results

For the purpose of knowing the results of the tests of the skills of the person in question for the two groups, in light of the statistical data that the researcher reached after performing the pre and post tests of the research sample, the presentation of the results, their analysis and discussion were organized in the following order- :

Display the results of tribal tests posteriori the skills of the constructive mode of the three total Tin experimental Tin analyzed and discussed- :

For the purpose of knowing the significance of the differences between the pre and post tests of the three characteristic skills, and for the two experimental groups, the researcher used the (T-test) for correlated samples, as shown in Table (1)

Table( 1 ) Shows circles and standard deviations and the value of(T-test) Calculated, and Dalalthma statistic for the two tests pre and post skills pillar three of the total Tin experimental Tin ( holistic - analytical)

| Statistical significance | Values (T) Calculated | Post test |            | The pretest |            | Skills   | No |
|--------------------------|-----------------------|-----------|------------|-------------|------------|--|----|
|                          |                       | $\pm$ (p) | $\sim$ (o) | $\pm$ ( p)  | $\sim$ (o) |  |    |
| moral                    | 7,184                 | 0,477     | 7,5        | 1,010       | 1,292      | Rotation of the character in the form of a number(&) | 1  |
| moral                    | 14,611                | 0.678     | 7,375      | 0,854       | 1,563      | Cat jumping while hitting the figure up              | 2  |
| moral                    | 16,375                | 0,469     | 7,417      | 0,982       | 2,208      | Scissor jump with the person hitting in front        | 3  |

Note that the value of (T) in the table on the degree of freedom (11) and the level of significance (0.05) is ((1.796)

Through Table No. (9) it was shown that the average computational value in the pre-tests of the experimental group in skill (the rotation of a person in the form of a number and in front of the body over the head with the rotation of the body) is equal to (1,292) and the standard deviation (1,010), while Subsequent tests of the same skill were (7,5) and the standard deviation (0.477), and it turned out that the value of (T) computed is (17,184) which is greater than the value of (T) tabular data (1.796) with a degree of freedom (11) The level of significance (0.05) This indicates that there are statistically significant differences between before and after the tests. For the benefit of the post test. The skill appeared (cat jumping with the multiplication column up) the average of the arithmetic value in the pre-tests of the experimental group (1,563) and the standard deviation (0.854) while the subsequent tests of the same skill (7375) and the standard deviation (and it turns out that the value of (T) the calculated value is (14,611) which is greater than the value of (T) the tabular data (1.796) with a degree of freedom (11) and a level of significance (0.05)), and this indicates the existence of statistically significant differences between the pre and post tests in favor of the post test, as well as the skill of (jumping jumping) With the person hitting the front) and the mean math value appeared in the pretest. - The tests from the experimental group (2,208)

and the standard deviation (0.982), while the dimension tests for the same skill were (7417) and with a standard deviation (0.469). (V) The computed value (16375), which is greater than the value (T), the tabular data (1.796) with the degree of freedom (11), and the level of significance (0.05), and this indicates the existence of statistically significant differences between the pretest and the post test in favor of the post test. The explanation in Table (1) shows the existence of statistically significant differences in the post-test in the skills of the subject of the research and in favor of the experimental group. (Analytical) followed by the experimental group (comprehensive). Through the presented results, we find that there are clear statistically significant differences between the two experimental groups (comprehensive and analytical) in a person's skills. The researcher attributes these differences. The extent of success achieved by those with the psychological field as a result of exploiting the process of skill analysis, understanding and comprehension in light of the conditions faced by students from reducing the official working days, which are added to the number of few hours, the rhythmic gymnastics session per week, which is only two hours, and this is not enough. Compared to his difficult skills, and accordingly, the researcher believes that choosing the student's side of knowledge helps to ensure the extent of obtaining information through the possibility of using it theoretically and practically, and this aspect is one of the important pillars of the learning process. And to address these problems facing the educational process.

As for the psychological approach (holistic and analytical), its role was clear because it depends on the skills of analysis, connection and understanding, and this method indicates the extent to which individuals deal with the situations they face, whether partial or total, and this method is one of the important methods in the field of studying individual differences where analysts are distinguished. Individuals with focused attention prefer fragmentation in the program, and their thinking is controlled emotionally step by step. As for the totalitarian by general impression, they prefer speed and randomness, as they are less collectible than analysts. (1) In the study (Perry 1958), and his colleagues pointed out that "students with the highest analytical dimension in students' academic achievement is the analytical and analytical dimension closely related to the collection of the holistic dimension. It is on the contrary (5), and this is what Makes us in need of renewal in sports activities, especially in the physical education lesson, through the teacher's knowledge of the characteristics of the psychological method, and they must get used to the analytical method in their handling of information and extracting solutions, which makes students in a state of reinforcement in the use of new ideas and methodologies and moving away from the method Imitation and indoctrination, which helps children of the able generations to process their expectations. The problems, all these factors, were the reason for the superiority of the two experimental groups and their development in learning skills.

## **Conclusions and recommendations**

### **Conclusions**

#### **In light of the research results, the researcher reached the following conclusions**

1. The experimental (analytical) group outperformed the experimental group (college) in learning some skills of a person with rhythmic gymnastics in favor of post tests.
2. The educational methods used in the college and used under research for both groups have a positive effect on learning the skills of the person who studies and for the benefit of subsequent exams.
3. The educational videos that were sent to the experimental group, whether in regular or slow motion, contributed to enriching and expanding students' awareness of all aspects of skills, increasing their design thinking, enhancing the principle of active participation, and achieving better. Leads to analysis and understanding of the skill.

### **Recommendations :Based on the research results, the researcher recommends the following**

1. Conducting studies of the psychological style (holistic –analytical) and the relationship of its effect on other dependent variables such as retention, creative thinking, integrated learning ... etc .
2. Including the vocabulary of teaching methods, curricula, educational programs and textbooks in the field of physical education in the psychological method (holistic - analytical), because it is considered one of the successful and new methods in this field, and because it helps, as is evident in the current study, in improving the performance of mathematical skills and making them more clear. Ease of analyzing and understanding mathematical skills

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