

The impact of the use of EFT on some physiological indicators in reducing the anxiety of competition and the performance of some offensive skills of badminton youth

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Abstract: The aim of the research is to use the EFT technique, to know its effect on some physiological indicators of young badminton players, and to identify the level of competition anxiety and the performance of some offensive skills among youth badminton players. (6), the scientific method (experimental method with one group with pre-test and post-test), measuring tools: physiological tests (high and low blood pressure, pulse, and offensive technical tests and the scale of concern of competition prepared by Muhammad Hassan Allawi 1998, (45), after The use of EFT has been positively impacted on some indicators. The use of EFT has been applied for two months. Statistical treatments (the mean, standard deviation, spacing and T test were used for one sample) research results (The use of EFT has had a positive effect on some physiological indicators and reduced competition anxiety and has played a role in developing the offensive skills of badminton players).

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Keywords: EFT, physiological indicators, badminton youth

Opening Phrases: Emotional Freedom Technique (EFT); Some physiological indicators And the performance of some offensive skills.

1. Introduction and importance of research:

The game of badminton is one of the most demanding and fast-paced sports, and psychological and physical preparation is one of the main pillars of success and excellence in sports activities. It is becoming increasingly important between trainers in the advanced stages of training plus the Psychological importance to reach the best levels of sports, and that the concern of sports competition is the fear caused in the competitive positions (match), there is a need to be able to relax and perception and other psychological skills so that the achievement of excellence and excellence in the activity of irrigation The technique of Emotional freedom is a means of reducing all types of anxiety that occur to the player before the match. It depends on the energy paths within the body, thus making physiological changes by connecting the mind with the body according to the energy in the body. To identify the impact of the use of EFT on some physiological indicators in reducing the anxiety of competition and the performance of some of the offensive skills of young badminton.

1-2 Research Problem:

The state of anxiety of the phenomena that may be an obstacle to each player, and have an impact on the behavior of players in general, and thus standing between him and his realization of its real advantages, and the state of tension that affects the player and temporary instability occur Psychological

conditions of time The impact of the state of fear, so the researchers found the use of psychological techniques and programs to address the state of anxiety of competition, which is a negative energy and turn it into positive energy through the application of EFT, and therefore the positive response to some of the physiological indicators, Therefore the Research Problem is on the impact of the use of EFT on some physiological indicators in reducing the anxiety of competition and the performance of some offensive skills of badminton youth.

Research Goals: The aim of the research is to identify:

1. Preparation of exercises using EFT for young badminton.
2. Identify the impact of the use of EFT on some physiological indicators of badminton youth players.
3. Identify the degree of competition concern of badminton youth.
4. Identify the impact of the use of EFT on some physiological indicators in reducing the anxiety of competition and the performance of offensive skills of young badminton.

1-3 Research Assignments:

1. There are differences of statistical significance for the post-test in the use of EFT in some physiological indicators of badminton youth.

2. There are differences of statistical significance and for the benefit of the post-test in the performance of some of the offensive skills of young badminton.

2. Research methodology and field procedures:

2-1 Research method:

That many of the phenomena cannot be studied either through a curriculum suited to the problem to be considered, and on this basis the researchers used the experimental approach with the design of one group

and the method of tribal and remote measurement remote to suit.

2 -2 Research communities and sample:

The research community included (8) players of the Armenian club badminton. The research sample was chosen by the vertical method of the players of the Armenian club's 6 badminton players, and for the pilot to conduct the exploratory experiment. Weight and age (as shown in Table 1), it is clear that the values of the torsion factor are limited to (+1). This means that the members of the research sample have a normal distribution.

Table (1): Shows the mean, the standard deviations, the mean, and the coefficient of torsion between the individuals of the research sample for the purpose of homogeneity.

Variables	Arithmetic mean	standard deviation	Torsion coefficient
Weight (Kg)	59.81	60.40	4.39
Length (Cm)	166.0	165.0	3.46
The training age (Year)	6.8	7.0	0.71
The chronological age (Year)	16.8	16.5	0.91

2.3 Field research procedures

2.3.1 Standards used in research:

The researchers used the following measures:

2-3-1-1 Psychological measures to determine the concern of competition:

It was relied on the scale of competition concern for Mohamed Hassan Allawi, 1998

2.3.1.2 Physiological tests.

First: blood pressure, second: pulse.

2.3.2.3 Offensive skills:

First: the crushing blow, second: the front dimensions blow, third: the strikeblow.

4.2 Main experience: -

4.2.1 Pre Tests:

The experimental tests of the physiological variables (high blood pressure, high pulse, low pulse), (skills tests) and the criteria of competition for the study sample of (6) players of the Armenian club in badminton were conducted at the Armenian Club Hall at 10 am. Install all circumstances, time, space, devices and tools and the method of implementation, in an attempt to create the same conditions when conducting remote tests, on the research sample on 16/1/2017.

4.2.2 Main experience:

The two researchers started the exercise using Emotional Freedom Technique (EFT) for the research sample on 17/1/2017 in the inner hall of the Armenian club. The exercises were applied to the group within two months at a rate of (9) weeks. (15 minutes) and ended on 11/3/2017.

Emotional Freedom Technique (EFT):

The two researchers used Emotional Freedom Technique (EFT), a modern applied science that was introduced to the world in 1997 by the founder of

Gary Craig. Dr. El-Abri introduced it to our Arab world, a technology that helps rid people of Their disorders and bad habits (in the form of negative emotions) in a simple way much like Chinese acupuncture but without prick.

Reminder statements before applying the technique: _ There are a number of phrases to be recalled before the technique is applied:

1. (first round) Focus on the problem or the negative situation with the words: (I worry about my competitors).

2. (second round) Select the desired option or situation The reminder phrase (I play well)

3. (3rd round) Combining the negative and the desired situation (despite the strength of my opponent I will win).

Steps to treatment with the Emotional Freedom Technique (EFT):

The two researchers applied the technique in a short way, which is frequently used in the application of technology and training courses and is consisting of:

1-Setup mode:

In this step, the sample continuously dabs on the karate area in one hand and repeats the statement of proof three times.

The wording of the statement of proof although I suffer (and recalls suffering) until I accept myself completely and deeply.

NOTE: The reason for saying this sentence is until the sample determines the target problem and feels that it accepts itself despite this problem.

2-Primary Sequence points: is the stage where the sample dabs on the energy points, namely the point of the eyebrow and point of the eye and point under

the eye and point under the nose and point under the lip and point of collarbone and point under the arm as in Figure (1).



Figure (1) The Dabbed Points

Note: We dab on these points up to 7 dabs with mentioning target problem and the duration of the dab on each point (5_10) seconds. The session is up to (15) minutes). It is also possible to apply the technology in different situations sitting or standing or in any situation that fits the sample and it is important to focus on the situation or problem during the application of the technique ⁽¹⁾

5.2post-tests:

The tests of the sample were conducted on 12/3/2017 at 10:00 am, and all the conditions related to the tests in terms of tools, devices, time and place, as well as the method of implementation were taken into consideration.

3.1 Presentation, analysis and discussion of research results

3.1.1 View, analyze and discuss the results of tribal and Dimensional tests of the research variables.

Table (2): Shows the computational and standard deviation, its calculated T values and the probability value.

Variables	Measurement unit	Pre	Post	S F	Y F	calculated T	Indication of differences
		x-	x-				
High blood pressure	Degree	13,57	11,64	1,93	1,17	4,36	0,00
Low blood pressure	Degree	9,43	7,79	1,64	0,99	4,39	0,00
pluse	Repetition	91,14	81,28	9,85	3,72	7,02	0,00
Aggressive dimensions	number	3,17	6,41	3,5	0,55	6,03	0,230
crushing blow	number	4,5	6,55	2,5	0,55	7,36	0,302
strike blow	number	1,67	2,52	1,17	0,75	2,25	0,450
Concern of completion	Degree	122,34	112	10,32	4,72	20,78	0,402

Discussion of results:

The results of Table (2) show that there are differences in favor of the post-test in the anxiety of competition. The researchers attribute the development in the level of competition anxiety among the sample to the effectiveness of the technique of Emotional freedom and the exercises used, which clearly affected the reduction of competition anxiety. To know the technique of Emotional freedom is a therapeutic technique to remove negative emotions.

"The basis of the technique is that the cause of all negative emotions is a defect in the system of energy body, the negative emotions in the factor of fear, anxiety, and the list goes on in the field of psychological freedom not caring about the names or types of disorders because they all fall under the umbrella of negative emotions which are caused by the foundation (malfunction) in the body's energy system (5).

The technique of energy therapy is an imbalance in this extended system of pathways, and as the pathways of energy work on those disorders, whether that disorder imbalance or closure in the tracks, in

order to free the beneficiary of any concern, anxiety or any negative feelings, regardless of what it is ⁽⁶⁾.

The negative aspects of the situation already exist in the mind of the player concerned of the opponent and we can strengthen these aspects to produce good results, these negative statements that receive negative emotions above the other can be very effective. It can be used to increase the intensity of the emotional state around a subject. This is often positive, but care must be taken not to cause emotional distress to the beneficiary as a result of the accumulation of too much negative feelings. The practitioner must assess the level of feelings of the beneficiary and act accordingly. The data to be included in such statements, the primer of treatment of the same beneficiary with his own words is.

The move calls for introducing more positive aspects into the memorial phrase and also focusing on the problem. "Learning is a process that targets the central and peripheral nervous system through repetitions of movement, skill, or group of movements," he said. Or skills change (improvement and development) in the work of millions of neurons

in the brain and this change leads to a change in movement behavior⁽⁷⁾.

4. Conclusions and recommendations

4.1. Conclusions: After presenting and discussing the results, the two researchers came up with the following conclusions:

1. Exercise using EFT technique has a positive effect on the development of the technical performance of the skill of blow-off attack and the impact of the strike blow and the impact of the crushing blow.
2. Exercise with EFT technique has a positive effect on some physiological indicators.
3. The impact of the use of EFT technology on the degree of competition anxiety has been reduced by the use of technology.

4.2. Recommendations: Based on the results of the research, the researchers recommend the following:

1. Confirmation of training trainers to attack in conditions similar to the official playing conditions of international championships, which require high self-confidence and the ability of players to attack and avoid hesitation in the quality of the attack.

2. Conducting studies and research of other offensive attacks to exploit the detection of the strengths and weaknesses of other types of offensive skills in order to develop the level of performance of players in the offensive game and the use of EFT technology.

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