



**BUILDING, CODIFYING AND APPLYING THE MEASURE OF
EMOTIONAL AROUSAL AMONG PREMIER LEAGUE
HANDBALL PLAYERS**

Assistant Lecturer.Hassanein Sharif AbdelWahab
General Directorate of Maysan Education – Iraq
HassaneinSharif86@gmail.com

ABSTRACT

The importance of the research comes in the need of handball players to improve the rates of emotional arousal that they are exposed to during training or competitions, as the players' ability to emotional arousal will be coupled with the upgrading of the level of players for their skillful performance and the development of their athletic level up to the higher levels, and the research problem stands out In the fact that the player’s control over managing his emotions, presenting them, and showing them in the best way, it will facilitate the player’s thinking process and orientation towards the goal in light of the conditions of critical sports competition, as well as moderating the rates of emotional arousal that will lead to the occurrence of emotional balance for the players, and the lack of measures that measure the management of emotions in the sports field, which prompted the researcher to build a measure of emotional arousal and ration it according to the models of sudden sharp regression and reflexive transformation, and to know the dimensions of the measure of emotional arousal according to the models of sudden sharp regression and reflexive transformation. The researcher used the descriptive survey method for the purpose of building a measure of emotional arousal for Premier League players in handball, and the measure was applied in its final form to a sample of (30) players from Iraqi handball clubs, then the statistical transactions were conducted to extract indicators of honesty, stability and objectivity, and then to determine the standard levels for the two measures. The researcher used the statistical package (SPSS) to obtain the results of the study for analysis and discussion in the fourth chapter, so that the researcher reached a set of conclusions, including: The emotional arousal scale was built and codified with (36) paragraphs distributed on two axes, and special grades were set for the Premier League players tomorrow. Hand. The handball players were distinguished by medium degrees in emotional arousal and its two axes (sudden sharp decline) and (reflexive transformation). The emergence of Statistically significant differences between the hypothetical mean and the arithmetic median on the vigilance scale in favor of arithmetic mean of the sample, and that is what it possesses of the ability to manage emotions and their characterization of moderate arousal.

KEYWORDS

Emotional arousal,
Premier League,
handball, the players,
analytical thinking.

Recommendations:

- 1 - Use the emotional arousal scale by the coaches to periodically detect the level of their players to know the extent of their readiness and preparation in training and competition to deal with the player in a scientific and studied manner and within the limits of the research sample.
- 2- Using the current measure to find out the emotional arousal of Premier League players in team games to deal with the player in a scientific and studied manner and within the limits of the research sample. Benefiting from the current measures as an objective research tool by researchers and using them in their research and studies.

1- Introducing the research:

1-1 Introduction to the research and its importance:

Emotions are considered an important pillar in the life of every individual, as they interfere in all aspects of his life and are part of the comprehensive and integrated growth process because they are considered one of the foundations that work on building a normal personality, and the aspect of emotional arousal and directing it is necessary and very important in the athletic aspect, as psychological Capacities are one of the fundamental core components that sports club coaches need, as they work and help develop motor abilities and lead to the development of linear skills through the process of developing emotional arousal in players.

1-2 Research problem: The research problem is related to the lack of a measure of emotional arousal related to the Iraqi environment, specifically the players of Iraqi clubs in handball. Also, the large number of measures of emotional arousal in the aspect of general psychology. It is dealt with in advance with this type of samples to the knowledge of the researcher.

1-3 Research Objectives:

1- Constructing and codifying the emotion management measure for handball players in the Premier League in Iraq for the season (2022-2023).

2- Identifying the level of emotional arousal of handball players in the Premier League in Iraq for the season (2022-2023)

1-4 areas of research:

1-4-1 Human field: advanced handball players for the season (2022-2023).

1-4-2 Spatial field: halls and stadiums of sports clubs in Iraq.

1-4-3 Time range: for the period from 9/6/2022 to 30/12/2023.

2- Research methodology and field procedures

2-1 Research Methodology: The researcher used the descriptive survey method to suit the nature of the research problem and its objectives.

2-2 Community and research sample: The original community of the research was the players of the Premier League clubs for the sports season 2022-2023 AD, as the research community reached (165), meaning the research community was taken completely, while the research sample amounted to (145) players, and the sample of the reconnaissance experiment consisted of (15) Players from the Tigris Sports Club. The sample of the application was (30) players from the clubs of the municipalities of Basra and Karbala. As for the sample of construction and rationing, it consisted of (100) players from the Naft Maysan, Karkh, Army, Police, Najaf, Kufa and Siniyah clubs, as shown in Table (1).

Schedule (1)

Shows the research community and its sample

N	club	City	The total number	the number	percentage
1	Maysan oil	Maysan	14	14	%100
2	Karkh	Baghdad	16	13	%81,25
3	Najaf	The honorable Najaf	16	15	%93,75
4	the police	Baghdad	16	15	%93,75
5	Army	Baghdad	16	13	%81,25
6	Karbala	Karbala	15	15	%93,75
7	Kufa	The honorable Najaf	16	15	%93,75
8	Sunni	Diwaniyah	16	15	%93,75
9	Basra municipalities	Basra	16	15	%93,75
10	Tigris	Maysan	15	15	%93,75
The total			156	145	

2-3 Means of gathering information:

The researcher used several methods to collect the required data in his research, namely:

- Arabic and foreign sources and references to determine the most important areas for managing emotions in the game of handball and the most important paragraphs for it.
- Forms distributed to experts and specialists to determine the validity of the areas and items proposed to measure the management of emotions.
- A form to empty the data.
- Emotional arousal scale - personal interviews.

2-4 Tools and methods used in the research:

Arabic and foreign sources and references 2-Note. 3-Resolution. 4- Personal interviews 5- Tablets 6- Pencils and pens.

2-5 Field Research Procedures:

2-5-1 Procedures for building the emotional arousal scale: The researcher adopted the steps identified by Allen & yen in building the scale, as follows:

2-5-1-1 Definition the concept of managing emotions:

This step is considered one of the most substantial steps in building the tool, due to that the measuring emotional arousal requires defining its concept clearly, so that some educational and psychological literature has been used to clear these concepts.

2-5-1-2 Determine the scopes of the emotional arousal scale:

For the purpose of identifying the areas of emotional arousal, the researcher reviewed a number of studies and research, and conducted some personal interviews with a group of experts and specialists, in the fields of (general psychology and sports psychology), and in the light of the theoretical definition of emotional arousal, the researcher identified four areas of the scale with a definition for each Among them and the components are (sudden sharp decline, reflexive transformation) and for the purpose of ascertaining the validity of these fields and their definitions, the questionnaire was

presented to a group of experts, Appendix(7), and their number reached (14) experts in sports psychology.

Schedule (2)

The chi square shows the percentage of agreement between experts and specialists on the dimensions of the emotional arousal scale

N	the hub	The number of agreed experts	The number of disagreeing experts	Calculated Ca2 score	percentage	indication
1	Sharp sudden decline	14	Zero	14	100%	Acceptable
2	reflexive shift	14	Zero	14	100%	Acceptable

Emotional arousal

The researcher took several procedures, namely:

First: Preparing items for the emotional arousal scale: The sources on which I relied to obtain the items for the scale are:

a- Relevant metrics

Some paragraphs whose wording was modified in a way that is compatible with the current scale were selected and added to the paragraphs obtained from the responses of the initial pilot experiment, the researcher reviewed the criteria related to the subject of the research that she was able to obtain, which are: 1- Hind Ahmed Suleiman ⁽ⁱ⁾.

2- Ghada Faisal Hussein ⁽ⁱⁱ⁾.

3- Asad Khudair Muhammad Salih and Amal Ibrahim Al-Khalidi ⁽ⁱⁱⁱ⁾.

4- Abdul Aziz Haidar Al-Mousawi And Sarah Thamer Kazem Al-Abdullah ^(iv).

B - The exploratory questionnaire: An open exploratory questionnaire was distributed to a sample of (15) players from the Tigris Handball Club, the players were asked to answer the questionnaire questions for the purpose of obtaining a number of items suitable for the scale that could be used in building the scale. Thus, the researcher was able to obtain a number of items

C- Sources and references for psychology The researcher reviewed the sources and references for general and mathematical psychology, which include the topic of research (emotional arousal) for the purpose of collecting theoretical information on the research topics under study.

2-5-1-3 Determining the method of formulating the items of the scale and its bases: After collecting the items for each of the emotional arousal scale, the researcher formulated (49) items distributed on the dimensions of emotional arousal. The researcher took a number of steps in formulating the paragraphs, including: 1- That the scale consists of positive and negative paragraphs, and the reason for this diversification is to mitigate the respondent's tendency to answer ^(v).

2- That the paragraph is not ambiguous and that its meaning is clear and specific ^(vi).

3- The paragraph should fit the nature of the sample ^(vii).

4- The paragraph should measure one of the components of the study ^(viii).

5- The paragraph should be written in the first person ^(ix).

2-5-1-5 Presentation of the initial version of the Emotion Management Scale: After examining the methods of building the emotional arousal scale and the rules followed in that, the researcher formulated the scale paragraphs in an appropriate and easy-to-understand language for the research sample, since the preparation of the scale paragraphs in its initial form is an essential step in constructing the scales. The researcher, when preparing the initial version of the scale, divided the paragraphs into positive and negative paragraphs, and in order for the paragraphs to cover all aspects of the topic of emotional arousal, according to the areas that have been identified, as follows:

A- Emotional arousal scale:

- 1- The sharp sudden decline model (31 items).
- 2- The reflexive transformation model (18 items)

2-5-1-6 Determining the validity of the items of the emotional arousal scale, its instructions, its alternatives, and the key to correcting it: After preparing the elements of the emotional arousal scale by the researcher in its initial form for handball players in the English Premier League Premier, the emotional arousal scale contained (49) distributed on two axes, where it The researcher does the following:

First: After completing the formulation of the paragraphs, the researcher presented the Paragraph scale for an Arabic language specialist for the purpose of linguistically correcting the paragraphs. The notes and modifications he made were taken into account, and thus the scale is free from linguistic errors and ready to be presented to the experts.

Second: The scale was presented in its primitive form to a group of Arbitrators who have experience and specialization in the field of mathematical and psychological sciences, testing and measurement, numbering(14)experts,this is to find out the correctness of the paragraphs of the scale,and the extent of its suitability for measuring what has been prepared for it and for evaluating, modifying and judging paragraphs. In terms of wording and accuracy in the content, and about using the five-point scale to estimate the scores of the sample items, as well as the number of alternatives, their weights, and their affiliation to the dimensions of the previously specified scale. The researcher suggested the following rating scale:

Always	Often	sometimes	rarely	never
--------	-------	-----------	--------	-------

The researcher analyzed the results of the scale using the percentage as a criterion for accepting or excluding the items of the scale, as the paragraphs agreed upon by (75%) or more of the arbitrators were accepted as being valid and appropriate for the scale, and (Bloom) indicates, "The researcher must obtain an approval of (75%) More than the opinions of arbitrators in this kind of honesty(x).

2-6 Exploratory Experience:

The researcher applied the scale on a sample of (15) players representing the Tigris Sports Club, and the aim was to:

Ensure the clarity of the scale's instructions and its paragraphs for the research sample and identify the time it takes for their answers, which is (19.37) minutes, and identify all the negatives before conducting the main experiment.

2-7 The main experiment: The researcher conducted the main experiment on the research sample amounting to (100) players for the purpose of statistical analysis of the items and extracting the

discriminatory power of the items of the scale to keep the distinctive items and exclude the non-distinguishing items as well as to find the psychometric properties of the scales as follows:

First: The method of correcting the scale: Based on the fact that the wording of the paragraphs was in two directions (negative and positive) and that the process of correcting the emotional arousal scale was carried out by setting an appropriate degree for each paragraph, and according to the respondent's answer through the correction key, and in the current emotional arousal scale, the alternatives to answering it are (5) alternatives and by (49) paragraphs that shows this, and the weights of the paragraphs were given as follows:

1	If the direction of the paragraph is positive	5	4	3	2	1
2	If the direction of the paragraph is negative	1	2	3	4	5

2-8-1 Finding the discriminating ability of the paragraphs of the emotional arousal scale for handball players Premier League:

It was verified that it was found for each paragraph in two axes of the scale by applying its form on the selected statistical analysis sample (construction sample) of (100) players.

Schedule (4)

It shows the results of the discriminatory ability of the items of the emotional arousal scale (sudden sharp decline and reflexive transformation) among elite handball players.

Paragraphs	N	the group	X	$\pm p$	(v) calculated	(Sig) Degree	Indication	Discrimination
1	27	Upper	4.20	0.82	9.38	0.00	Signifier	Distinct
	27	Lower	1.93	0.71				
2	27	Upper	4.10	0.84	8.82	0.00	Signifier	Distinct
	27	Lower	1.98	0.68				
3	27	Upper	4.15	0.80	9.36	0.00	Signifier	Distinct
	27	Lower	1.95	0.69				
4	27	Upper	4.05	0.81	8.79	0.00	Signifier	Distinct
	27	Lower	1.98	0.68				
5	27	Upper	4.20	0.82	8.68	0.00	Signifier	Distinct
	27	Lower	2.15	0.67				
6	27	Upper	4.00	0.84	7.67	0.00	Signifier	Distinct
	27	Lower	2.10	0.72				
7	27	Upper	4.28	0.88	8.65	0.00	Signifier	Distinct
	27	Lower	2.18	0.63				
8	27	Upper	2.10	0.72	0.88	0.38	non-signifier	Indistinct
	27	Lower	1.90	0.72				
9	27	Upper	2.20	0.89	0.99	0.33	non-signifier	Indistinct
	27	Lower	1.95	0.69				
10	27	Upper	4.18	0.90	13.95	0.00	Signifier	Distinct
	27	Lower	1.94	0.24				
11	27	Upper	2.08	0.80	0.63	0.53	non-signifier	Indistinct
	27	Lower	1.93	0.69				

12	27	Upper	2.10	0.72	0.68	0.50	non-signifier	Indistinct
	27	Lower	1.95	0.69				
13	27	Upper	4.10	0.90	8.88	0.00	Signifier	Distinct
	27	Lower	2.05	0.51				
14	27	Upper	4.10	1.01	7.52	0.00	Signifier	Distinct
	27	Lower	2.13	0.60				
15	27	Upper	4.10	0.90	7.79	0.00	Signifier	Distinct
	27	Lower	2.23	0.60				
16	27	Upper	4.20	0.82	8.60	0.53	Signifier	Indistinct
	27	Lower	2.13	0.70				
17	27	Upper	4.05	0.87	7.69	0.00	Signifier	Distinct
	27	Lower	2.18	0.65				
18	27	Upper	4.15	0.86	8.18	0.00	Signifier	Distinct
	27	Lower	2.10	0.72				
19	27	Upper	4.05	0.87	8.06	0.00	Signifier	Distinct
	27	Lower	2.10	0.64				
20	27	Upper	2.20	0.70	0.34	0.73	non-signifier	Indistinct
	27	Lower	2.13	0.69				
21	27	Upper	4.00	0.84	7.68	0.00	Signifier	Distinct
	27	Lower	2.15	0.67				
22	27	Upper	3.98	0.92	8.64	0.00	Signifier	Distinct
	27	Lower	1.93	0.52				
23	27	Upper	4.18	0.83	9.26	0.00	Signifier	Distinct
	27	Lower	1.90	0.72				
24	27	Upper	4.08	0.85	8.72	0.00	Signifier	Distinct
	27	Lower	1.95	0.69				
25	27	Upper	4.13	0.81	9.23	0.00	Signifier	Distinct Distinct
	27	Lower	1.93	0.69				
26	27	Upper	4.03	0.82	8.69	0.00	Signifier	Distinct Distinct
	27	Lower	1.95	0.69				
27	27	Upper	4.18	0.83	8.51	0.00	Signifier	Distinct Distinct
	27	Lower	2.13	0.69				
28	27	Upper	3.98	0.85	7.58	0.00	Signifier	Distinct Distinct
	27	Lower	2.08	0.73				
29	27	Upper	4.25	0.90	8.48	0.00	Signifier	Distinct Distinct
	27	Lower	2.15	0.65				
30	27	Upper	4.08	0.91	8.75	0.00	Signifier	Distinct
	27	Lower	2.03	0.53				
31	27	Upper	4.08	1.02	7.42	0.00	Signifier	Distinct
	27	Lower	2.10	0.62				
32	27	Upper	4.08	0.91	7.65	0.00	Signifier	Distinct
	27	Lower	2.20	0.62				
33	27	Upper	4.18	0.83	8.45	0.00	Signifier	Distinct
	27	Lower	2.10	0.72				
34	27	Upper	4.03	0.88	7.57	0.00	Signifier	Distinct

	27	Lower	2.15	0.67				
35	27	Upper	4.13	0.87	8.06	0.00	Signifier	Distinct
	27	Lower	2.08	0.73				
36	27	Upper	4.03	0.88	7.95	0.00	Signifier	Distinct
	27	Lower	2.08	0.65				
37	27	Upper	3.98	0.85	7.57	0.00	Signifier	Distinct
	27	Lower	2.13	0.69				
38	27	Upper	3.95	0.93	8.57	0.00	Signifier	Distinct
	27	Lower	1.90	0.53				
39	27	Upper	4.20	0.82	5.28	0.00	Signifier	Distinct
	27	Lower	2.15	0.67				
40	27	Upper	4.18	0.52	19.04	0.00	Signifier	Distinct
	27	Lower	1.82	0.52				
41	27	Upper	4.03	0.82	7.60	0.00	signifier	Distinct
	27	Lower	2.20	0.70				
42	27	Upper	4.08	0.91	8.81	0.00	signifier	Distinct
	27	Lower	1.95	0.58				

Degree of freedom $(n_1 + n_2 - 2) = 52$ Significance level (0.05) Discrimination significance if (Sig) score $\geq (0.05)$

From the observation of Table (7), it is clear that most of the items of the emotional arousal scale of advanced handball players that met the conditions specified by the statistical significance of the calculated (T) value were retained, as the score of (Sig) $< (0.05)$ at the degree of freedom (52) and significance level (0.05), and (6) items were deleted because they did not achieve conditions in discrimination, and with this procedure, the scale became composed of (36) items, with a total score ranging from (36-180) degrees.

2-8-2 The scientific basis for the two scales

2-8-2-1 apparent honesty

The researcher obtained good indicators of the apparent honesty of the (emotional arousal) scale through what experts and specialists in the domain of general psychology and sports psychology decided.

The construct was validated by using two final sets and internal uniformity.

2-8-2-2 The stability of the scale: For the purpose of calculating the stability coefficient of the scale, the researcher relied on the following:

First: the semi-partition method: for the purpose of finding the stability coefficient of the scale, the semi-partition method was adopted because it is a method that does not require a long time and is in line with the requirements of the scale. The data obtained by the researcher related to the scores of the emotional arousal scale of handball players in the Premier League, which includes (78) Paragraph, as the scale was divided into two parts, the first includes degrees for the paragraphs that carry odd numbers, by (39) paragraphs, and the second includes degrees for paragraphs that carry even numbers, by (39) paragraphs, Where the simple Pearson correlation coefficient was calculated, which amounted to (0.786) for the scale, except that this value represents the constancy coefficient for half of the test, so the value of the constancy coefficient must be corrected. The researcher used the Spearman-Brown equation to correct the correlation coefficient, and thus the constancy of the scale became (0.880), and thus the scale could be took on as a research tool.

Second: Cronbach's alpha method: the constancy was extracted in this way by applying Kornbach's equation on the scale building sample using the statistical bag (spss),it was found that the value of the stability coefficient for the emotional arousal scale is (0.798), which is a good stability coefficient, and it can be relied upon to estimate the stability of the test.

2-8-3-3 Objectivity of the emotional arousal scale for handball players: The method of answering is characterized by the fact that the alternatives are a multiple choice, and the answer is not accepted for more than one alternative, and there is no phrase for the open answer in it, as the scale is considered highly objective and it is not possible to differ on the scores that are given. obtained by the sample.

2-9 Finding scores and standard levels of emotional arousal scale for handball players

The scores and standard levels for the measure of emotional arousal of the handball players were extracted according to the scores of the building sample itself, amounting to (100) players, through which the measure of the level of emotional arousal of the handball players can be judged.

table (5)

It shows the statistical features of the results of the measure of thinking styles of handball players for the rationing sample

the scale	measruing unit	N	hypothetical mean	Arithmetic mean	Mediator	standard deviation	torsion coefficient	highest degree	lowest degree	Term
Emotional arousal	degree	100	108	.13660	135.00	13.70	0.350	169	98	71

table (6)

It shows the raw degrees, the standard degree, and the modified standard degree arranged in ascending order for a scale Emotional arousal

N	raw degree	Standard degree	Modified standard degree	N	raw degree	Standard degree	Modified standard degree
1	98.00	-2.82	21.82	14	124.00	-0.92	40.80
2	101.00	-2.60	24.01	15	124.00	-0.92	40.80
3	103.00	-2.45	25.47	16	125.00	-0.85	41.53
4	108.00	-2.09	29.12	17	125.00	-0.85	41.53
5	117.00	-1.43	35.69	18	126.00	-0.77	42.26
6	120.00	-1.21	37.88	19	126.00	-0.77	42.26
7	122.00	-1.07	39.34	20	126.00	-0.77	42.26
8	122.00	-1.07	39.34	21	126.00	-0.77	42.26
9	122.00	-1.07	39.34	22	127.00	-0.70	42.99
10	123.00	-0.99	40.07	23	128.00	-0.63	43.72
11	123.00	-0.99	40.07	24	128.00	-0.63	43.72
12	123.00	-0.99	40.07	25	128.00	-0.63	43.72
13	123.00	-0.99	40.07	26	128.00	-0.63	43.72
N	raw degree	Standard degree	Modified standard degree	N	raw degree	Standard degree	Modified standard degree
27	128.00	-0.63	43.72	52	135.00	-0.12	48.83
28	129.00	-0.55	44.45	53	135.00	-0.12	48.83
29	129.00	-0.55	44.45	54	136.00	-0.04	49.56
30	130.00	-0.48	45.18	55	136.00	-0.04	49.56

31	130.00	-0.48	45.18	56	137.00	0.03	50.29
32	130.00	-0.48	45.18	57	137.00	0.03	50.29
33	130.00	-0.48	45.18	58	137.00	0.03	50.29
34	131.00	-0.41	45.91	59	137.00	0.03	50.29
35	131.00	-0.41	45.91	60	138.00	0.10	51.02
36	131.00	-0.41	45.91	61	138.00	0.10	51.02
37	132.00	-0.34	46.64	62	138.00	0.10	51.02
38	132.00	-0.34	46.64	63	139.00	0.18	51.75
39	132.00	-0.34	46.64	64	139.00	0.18	51.75
40	132.00	-0.34	46.64	65	140.00	0.25	52.48
41	133.00	-0.26	47.37	66	141.00	0.32	53.21
42	133.00	-0.26	47.37	67	141.00	0.32	53.21
43	133.00	-0.26	47.37	68	142.00	0.39	53.94
44	133.00	-0.26	47.37	69	143.00	0.47	54.67
45	134.00	-0.19	48.10	70	144.00	0.54	55.40
46	134.00	-0.19	48.10	71	144.00	0.54	55.40
47	134.00	-0.19	48.10	72	144.00	0.54	55.40
48	134.00	-0.19	48.10	73	144.00	0.54	55.40
49	135.00	-0.12	48.83	74	145.00	0.61	56.13
50	135.00	-0.12	48.83	75	146.00	0.69	56.86
51	135.00	-0.12	48.83	76	146.00	0.69	56.86
N	raw degree	Standard degree	Modified standard degree	N	raw degree	Standard degree	Modified standard degree
77	146.00	0.69	56.86	89	152.00	1.12	61.24
78	146.00	0.69	56.86	90	155.00	1.34	63.43
79	147.00	0.76	57.59	91	155.00	1.34	63.43
80	147.00	0.76	57.59	92	156.00	1.42	64.16
81	148.00	0.83	58.32	93	160.00	1.71	67.08
82	148.00	0.83	58.32	94	161.00	1.78	67.81
83	148.00	0.83	58.32	95	162.00	1.85	68.54
84	149.00	0.91	59.05	96	163.00	1.93	69.27
85	149.00	0.91	59.05	97	164.00	2.00	70.00
86	150.00	0.98	59.78	98	167.00	2.22	72.19
87	150.00	0.98	59.78	99	168.00	2.29	72.92
88	152.00	1.12	61.24	100	169.00	2.36	73.65

Note that $(x = 329.21) (+ p = 38.61)$

Schedule (15)

Shows the standard levels of the emotional arousal scale for the rationing sample

Standard degree	Modified standard degree	standard level	Number of Players (the iterations)	Percentage
and below (- 2)	and below 29	Very weak	4	7%
(-1.99) — (-1)	30 – 39	Weak	5	10%
(-0.99) — (0)	40 – 49	acceptable	46	20%
(0.01) — (1)	50 – 59	Middle	32	56%
(1.01) — (2)	60 – 69	Good	9	7%
and above (2.01)	and above 70	very good	4	0%

$(n = 100) (x = 0) (+ p = 1)$

2-10 Final description of the emotional arousal scale for handball Premier League players: The emotional arousal scale for advanced handball players in its final form consists of (78) items distributed over four dimensions. The scale also included a number of alternatives, (It always applies to me, often applies to me, sometimes applies to me, rarely applies to me, never applies to me) with a five-point scale between (1-5) for the positive items and (1-5) for the negative items, and the calculation of the scores for the dimensions of the scale is as follows the following: -

1 - Sudden severe depression (23) items, the highest degree for the dimension (115) and the lowest degree (23), with a hypothetical mean (69).

2 reflexive conversion (13) items, the highest degree for the dimension (65) and the lowest degree (13) with a hypothetical mean (39)

And that calculating the total score for the emotional arousal scale of the advanced handball players, the highest score was (180), the lowest score (36), and the hypothetical mean (108).

2-11 Statistical Methods:

The researcher used the spss statistical program to extract the statistical results.

Chapter three

3- Presenting and discussing the results of the emotional arousal scale for handball players applying for the (decision-making) dimension:

Schedule (26)

Shows calculated (t) between the arithmetic mean and the hypothetical mean for the dimension (sudden Steep decline)

The number of field paragraphs	hypothetical mean	Arithmetic mean	standard deviation	calculated t	significance level
23	69	85.03	5.81	15.12	0.00

Table (26) shows that the number of items in the (sharp sudden decline) domain is (23) items, the hypothetical mean (69), while the arithmetic mean for the research sample was (85.03) and a standard deviation (5.81), whereas the (calculated t) was between the hypothetical mean and the arithmetic mean of the research sample is (15.12) at the level of significance (0.00), which indicates its importance at the level of significance (0.05), and it was found that the arithmetic mean is greater than the hypothetical mean, that is, there are incorporeals differences in favor of the arithmetic mean. this indicates that the sample has an acceptable level in the sudden sharp decline model, and the researcher attributes these differences to the fact that emotions play an important role and have a great impact on the player's sports life, as they are related With the characteristics of his personality, his behavior, his motives, his needs, and the types of activities that he practices, as there are absolutely no types of sports practices that are not colored by emotions”(xi).

After intense emotion, he is the sworn enemy of calm thinking and balanced behaviour. Because it keeps the player from seeing many facts and contemplating the course of the game, as emotional arousal is used to express the athlete's emotional state before sports competitions, and a moderately high emotional arousal may be necessary for sports performance in order to feel the value of the match and good motivation for the player during competition at times, But when the rates of emotional arousal are at a high level, it will result in a sudden decrease that negatively and sharply affects the performance, as the level of the player's performance begins to decline rapidly, and the researcher

believes that the more the emotional arousal value is acceptable for the players, the better opportunities will be achieved for him.

Schedule (28)

Shows Calculated (T) between arithmetic mean and hypothetical mean for the field (reflexive transformation)

The number of field paragraphs	hypothetical mean	Arithmetic mean	standard deviation	calculated t	significance level
13	39	51.43	4.34	15.68	0.00

Table (28) shows that the number of items in the (reflexive transformation) domain is (13) items, with with a hypothetical mean (39), while the arithmetic mean for the research sample was (51.43) and a standard deviation (4.34), as the calculated (T) was between the arithmetic mean and the hypothetical mean of the research sample is (15.68) at the level of significance (0.00), which indicates its importance at the level of significance (0.05),it was found that the arithmetic mean is greater than the hypothetical mean,which means that , there are Statistically significant differences in favor of the arithmetic mean this indicates that the sample has an acceptable level in the reflexive transformation model.

The researcher refers these variations to the reality that the emotional arousal of the player is one of the aspects necessary for the psychological aspect of the team and the player in particular, and the handball game is one of the games that require this psychological factor, as it affects many aspects, including skillful performance, so any increase or decrease in the level of arousal leads to a disturbance The performance of the player, so we find him exposed to different situations from his colleagues, opponents, match conditions, or referees, and this will generate a kind of excitement, as the successful advice and motivation that the coach provides to the player and the circumstances surrounding him have a great role in increasing his skillful performance in the match. The successful coach is skilled in organizing the energies of the players Physical and psychological and how to control and control the thoughts and feelings of his players during the competition, which makes the performance develop in the right direction” (xii), Excitement dispels all anxiety or tension that accompanies important matches, as the optimal rate of excitement leads to effective behavior and performance(xiii).

As the emotional arousal acceptable to the clubs came as a result of the accumulation of training experience for the players, as it acts as a basis for achieving good achievement, and the researcher stresses the importance of the emotional arousal acceptable to the players,It has obtained better results, and the decrease in the emotional arousal of the players will weaken their level of performance in the match. The high rates of arousal leave negative and harmful effects on the function of the player’s mental capabilities that lead to distortion of perception and intelligence, disruption of regular thinking, poor ability to remember, and difficulty in managing emotions. It is evident among elite handball players, especially in sports competitions, as you see many good players lose their temper and get excited, which makes them lose their skillful and tactical responsibilities, and negatively affects the player's technical level.

The fourth chapter

4- Conclusions and Recommendations

4-1 Conclusions:

Through the results that I reached at the end of the research, the following was concluded:

1- The emotional arousal scale (78) items were built and rationed, divided into four areas, and special scores were set for Premier League handball players.

2- The handball players were distinguished by high degrees in emotional arousal in all its domains (expressing feelings), (realizing emotions), (achieving goals) and (decision making), in addition to the overall score of the scale.

2-4- Recommendations:-

Through the conclusions reached by the researcher, he recommends the following:

1- The use of the emotional arousal scale by the coaches to periodically detect the level of their players to know the extent of their readiness and preparation in training and competition to deal with the player in a scientific and studied manner and within the limits of the research sample.

2- Using the current scale to find out the emotional arousal of Premier League players in team games to deal with the player in a scientific and thoughtful manner within the limits of the research sample.

3- Benefiting from the current standards as an objective research tool by researchers and using them in their research and studies.

4- The necessity of informing the coaches of the importance and role of directing their players in the sports field, and its impact on the level of achievement and performance of the players in training and competition in order to work on developing it among their players.

5- Attention to the general psychological preparation of the players in the course of the training unit along with the physical, skillful and tactical preparation.

6- The need for a counseling unit or a specialist in the psychological and educational aspects of counseling in each club to identify the problems of the players.

References

1. Asad Khudair Muhammad Salih, Amal Ibrahim Al-Khalidi. Emotional arousal and its relationship to some variables among educational counselors, Baghdad, 2014.
2. Robert Thorne Dyke and Elizabeth Hagen. Measurement and Evaluation in Psychology and Education, (translated by) Abdullah Al-Kilani and Abdul-Rahman Adass, 4th edition, Book Center, Jordan, 1989.
3. Syed Muhammad Ghoneim. The psychology of personality, its determinants, measurement and theories, Dar Al-Nahda Al-Arabiya, Cairo, 1975.
4. Abdul-Jalil Al-Zobaie, and others: Psychological tests and measures, University of Mosul, Mosul, 1984.
5. Abdel-Aziz Haider Al-Moussawi, Sarah Thamer Kazem Al-Abdullah. Emotional arousal among university students, Al-Diwaniyah, 2013.
6. Ali Mahdi Kazem. Constructing a standardized scale for the personality traits of middle school students in Iraq, PhD thesis (unpublished), College of Education, University of Baghdad, 1994.
7. Ghada Faisal Hussein. Emotional arousal and its relationship to some variables among physical education teachers and teachers of other subjects at the secondary stage, Baghdad, Baghdad Al-Karkh First Education, 2013.

8. Mukhtar Hamza. Foundations of Social Psychology, Dar Al Bayan Al Arabi for printing, publishing and distribution, Jeddah, 1982.
9. Hind Ahmed Suleiman. Emotional arousal among displaced middle school students in Khanaqin School, Garmian University, Anbar, 2

FootNotes

-
- i - Hind Ahmed Suleiman. Emotion management among displaced middle school students in Khanaqin School, Garmian University, Anbar, 2016.
 - ii - Ghada Faisal Hussein. Emotion management and its relationship to some variables among physical education teachers and teachers of other subjects at the secondary stage, Baghdad, Baghdad Al-Karkh First Education, 2013.
 - iii - Asad Khudair Muhammad Salih, Amal Ibrahim Al-Khalidi. Emotion management and its relationship to some variables among educational counselors, Baghdad, 2014
 - iv - Abdel-Aziz Haider Al-Moussawi, Sarah Thamer Kazem Al-Abdullah. Management of emotions among university students, Diwaniyah, 2013.
 - v - Abdul-Jalil Al-Zobaie, and others: Psychological tests and measures, University of Mosul, Mosul, 1984, p. 69
 - vi - Mukhtar Hamza. Foundations of Social Psychology, Dar Al-Bayan Al-Arabi for printing, publishing and distribution, Jeddah, 1982, p. 261
 - vii - Ali Mahdi Kazem. Constructing a codified scale for the personality traits of middle school students in Iraq, PhD thesis (unpublished), College of Education, University of Baghdad, 1994, pg. 97
 - viii - Robert Thorne Dyke and Elizabeth Hagen. Measurement and Evaluation in Psychology and Education, (translation) by Abdullah Al-Kilani and Abdul-Rahman Adass, 4th Edition, Book Center, Jordan, 1989, p. 225.
 - ix - Syed Muhammad Ghoneim. The psychology of personality, its determinants, measurement and theories, Dar Al-Nahda Al-Arabiya, Cairo, 1975, p. 336
 - x - Bloom Benjamin (and others): Student's Synthesis and Formative Assessment, translated by Muhammad Amin Al-Mufti (and others): Cairo, Modern Egyptian Office Press, 1983, p. 126.
 - xi - Muhammad Jassam Arab, Musa Jawad Kazem: Journal of the College of Physical Education, Issue 1, Diyala Press, Baquba, 2001, p. 41.
 - xii - Osama Kamel Ratib: a previously mentioned source, p. 125.
 - xiii - Ali Muhammed Mutawa: The Psychology of Competition, Part 1, Egypt, As-Safir Newspaper Press, 1977, p. 107.