E-ISSN: 2707-7020
P-ISSN: 2707-7012
JSSN 2021; 2(2): 10-14
Received: 17-10-2021
Accepted: 13-11-2021

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The effect of Sakyo exercises (S.A.Q) on some physical and mental abilities of deaf and dumb players in futsal

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Abstract
The aim of the research is to identify the effect of exercises in the Sakyo training style for deaf and dumb players in futsal, and the researcher relied on the experimental method for the nature of solving the research problem. To divide it into two control and experimental (6) (6), and the researcher used the statistical bag to process the evidence, and the measurement tool for the research was the set of physical and mental tests, where the researcher concluded through this study that there is a positive effect of training in the Sakyo style because the exercises It is suitable for the abilities of deaf and dumb players in futsal, and the most important recommendations were to emphasize the need for coaches to pay attention to developing the mental abilities of deaf and mute players in futsal.

Keywords: Sakyo exercises, physical abilities, mental abilities

1. Introduction
Sports training is the cornerstone in developing athletes and bringing them to the podiums by contributing with other sciences through scientific experiments that have proven that the technical development of sports training at the scientific level and its connection with the theories of other sciences and their rules on which it depends in its knowledge, information and various methods. As it became a coherent mixture of other sciences and the seeds of this science appeared in scientific references that made great qualitative leaps in the field of sports and is still striving to achieve the best in the science of sports training for individuals to reach the highest level of sports in terms of comprehensive numbers in all respects, which prompted researchers and trainers to race to find Methods and methods that parallel the developments that humanity is witnessing at all levels, since coaches and specialists are constantly and continuously searching for modern training methods with the aim of improving the level of sports performance and gaining competitive advantages. By developing the ability to perform fast movements and have a clear effectiveness in improving the physical and mental abilities of players in many sporting events, including deaf and dumb futsal,

This type of training has effects on physical and mental abilities, and its effect on these variables varies according to the physical and mental variables performed by the players, and the speed of their performance varies according to the requirements of playing situations, which vary according to the need. Especially for deaf and dumb players, the Sakyo training is the ideal method for developing physical and mental abilities through different situations and tools used in the exercises. Which requires the development of mental abilities in the face of losing speech, speech and hearing, hence the importance of research and the need for it in studying the effect of Sakyo exercises (SAQ) on some physical and mental abilities of deaf and dumb players in futsal.

2. Research Problem
Despite this development that took place in the methods of modern play for the deaf and dumb halls, raising the players' abilities to perform all the requirements of modern play and the optimal use of their potential to perform better and more efficiently throughout the time of the match and their ability to adapt in general and respond to changing influences and situations, but there are some aspects that did not receive the required attention. Including the training of players within confined areas and small areas of the stadium. Although most coaches resort to allocating some parts of their training units to this Sakyo training method, it is considered a modern method for training the deaf and dumb disabled. Through the researcher's experience, he noted the need to develop physical and mental capabilities and

use them in an optimal manner for the success of Performing skills and plans inside the stadium and the mini-spaces that require speed and accuracy in the implementation of skills, especially the deaf and dumb, and from here the researcher formulated the research problem with the following question

Do Sakyo exercises have an effect on the physical and mental abilities of deaf and dumb players in futsal football?

3. Research Objectives

1. Preparing exercises in the Sakyo training style for deaf and dumb players in futsal football
2. Identifying the differences between the cardiac and dimensional tests of the experimental and control groups for the physical abilities of deaf and dumb players in futsal.
3. Identifying the differences between the cardiac and dimensional tests of the experimental and control groups for the mental abilities of deaf and dumb players in futsal.

4. Research hypotheses

1. Training using the Sakyo method affects the physical and mental abilities of deaf and dumb players in the halls.
2. There are significant statistically significant differences between the tribal and remote tests of physical abilities and in favor of the deaf and dumb players in football for the halls.
3. There are statistically significant differences between the tribal and remote tests of mental abilities and in favor of the deaf and dumb players in football for the halls.

5. Research Areas

1. The human field: Maysan national football team players for the deaf and dumb futsal
2. Time domain: the period from 5/1/2021 to 9/19/02021
3. Spatial domain: Hall of the martyr Wissam Oraibi

6. Research Procedures

6.1 Research Methodology

The researcher used the experimental method for its relevance and the nature of the research, and because it is characterized by precision and control over the studied variables so that some of them cause an intentional change and control other variables.

6.2 The research community and its sample

The research community consisted of the Maysan Governorate team players for the deaf and dumb ball for the halls 2021, which numbered (15) players. For each group, after the researcher excluded a number of sample players, they are Goalkeepers and their number are (2) injured players and their number is (1).

6.3 Homogeneity and equivalence of the two research groups

Homogeneity and parity were achieved between the two research groups to control the following variables, and Table No. (1) shows this: -

Table 1: It shows the statistical parameters and the value (T) of the variables of age, height and weight for the two research groups

Statistical parameters Variables	measuring unit	experimental group		control group		(T) Calculated Value*
Age	year	25.47	0.48	25.46	0.43	0.343
height	poison	170.18	5.83	170.06	5.70	0.044
the weight	kg	70.65	5.87	70.33	5.33	0.276

* Morale at an error rate (0.05) and degree of freedom (11) value (T) = 2.042

It is evident from Table (1) that there are insignificant differences between the experimental and control groups in the variables of age, height and weight, where the value of (T) calculated was smaller than its tabular value at the level of error (0.05) and the degree of freedom (11) which indicates the equivalence of the players My search group.

6.4 Means of collecting information

1. Personal interview
2. Questionnaire
3. Test and Measure
4. Measurement

6.5 Devices and tools used in the research

Electronic device for measuring height and weight 0
- Number of stopwatches - Measuring tape with a length of (30) meters 0
-shakhs
type laptop calculatorhp)
3. Casio Japanese electronic stopwatch
30. soccer balls
Iron terraces
Banners
Various weights + different heights, number (60)
Medicine balls of different weights + hurdles of different heights
- Contraindications.
Plastic cones.
- Terraces + floors + stairs
Chair + large rubber balls

6.6 tests

6.6.1 Tests of physical and mental variables

1. Speed test
2. Response speed test
3. Explosive force test
4. mental perception test
5. Attention test
6. sense of time test

6.7 Experimental Experiment

In order to identify the method of conducting the tests, the researcher conducted a reconnaissance experiment on a sample of (3) players at five in the afternoon, corresponding to May 23, 2021.

6.8 Tribal tests
The tribal tests were conducted at five o'clock in the afternoon of 1/6/2021 in the hall of the martyr Wissam Oraibi, as tests were conducted for the physical and mental abilities before starting the application of the main experiment

6.9 Main experience
Special trainings were prepared according to the requirements of the Sakyo that suit the needs of deaf and dumb players in football for the halls, in terms of physical and mental abilities, which included training speed of response and strength distinguished by speed and explosive power, which are related to mental abilities such as mental perception, focus attention and sense of time, as the experiment was started to be applied to the group The experimental group and the control group underwent the training program for the trainer, where the objectives of the training units for the two groups coincide within the general framework of the training objectives of the deaf and dumb team in futsal football, on Wednesday, 3/6/2021 in the Martyr Wissam Oreibi hall, and the experiment was completed on Monday, 3/ 9/2021.

1. The duration of the training program is 10 weeks.
2. The number of training units (30) training units.
3. The number of weekly training units (3) training units.
4. Weekly training days (Sunday - Tuesday - Thursday).
5. The duration of the training unit is (120) minutes.

6.10 Main Experiment
After completing the application of the training program prepared by the researcher, post-tests were conducted for the research sample, as physical and mental tests were conducted 4-5/9/2021 in the Martyr Wissam Oraibi hall, with the assurance that the same conditions and data were provided in which the tribal tests were performed.

6.11 Statistical means
The researcher used the statistical bag (SPSS) in statistical processors

7. Presentation, analysis and discussion of the results
7.1 Presentation, analysis and discussion of the results of functional variables
7.1.1 Presentation, analysis and discussion of the results of the physical and mental tests of the control group

Table 2: Statistical parameters of the pre and post tests for the physical and mental variables of the control group

Statistical parameters Variables	Measuring unit	pretest		post test		Calculated T-value*
Responsiveness	a second	4.184	0.33	4.013	0.32	0.458
speed power	a second	13.33	1.62	13.00	1.38	0.643
Explosive force	meter	1.57	2.64	1.65	2.60	1.031
focus attention	Degree	6.98	2.26	7.44	2.59	2.142*
mental visualization	Degree	51.5	6.72	52.5	6.34	1.195
sense of time	a second	43.8	0.76	45.54	0.76	1.192

* Morale at an error rate (0.05) and in front of the degree of freedom (5) value (T) = 2.13

From Table (2) it is clear that:-
The presence of non-significant differences between the two tests, the pre and post tests of the control group in the physical and mental variables, and the researcher attributes the reason for this to the training curriculum followed by the control group, which relied on repetitive traditional physical exercises that are performed in one style and with a fixed performance, as well as to neglecting the curriculum followed by the group. Distribution The correct pregnancy was not based on the correct scientific foundations, as well as the use of similar exercises and free of excitement generated boredom among the players of the group.

7.1.2 Presentation, analysis and discussion of the results of tests of physical and mental variables of the experimental group

Table 3: Statistical parameters of the pre and post tests of the physical and mental variables of the experimental group

Statistical parameters Variables	Measuring unit	Pretest		Post test		Calculated T-value*
Responsiveness	a second	4.18	0.25	3.84	0.35	4.242
speed power	a second	13.53	2.49	10.42	1.80	*6.822
Explosive force	meter	1.54	2.89	2.09	1.83	*6.822
focus attention	Degree	6.13	2.66	10.65	2.70	*3.303
mental visualization	Degree	51.17	6.43	57.17	6.17	*2.543
sense of time	a second	43.78	1.07	35.54	0.82	*5.665

* Significant at error rate (0.05) and in front of the degree of freedom (5) value (T) = 2.13

Table (3) shows that there are significant differences between the pre and post tests and in favor of the post test in all the physical variables involved in the study and this is what verifies the validity of the second hypothesis with regard to the physical variables. And the mentality, where a clear development appeared in the players due to their regularity and their continuation of training and because the training curriculum was built according to correct scientific foundations because the studied scientific training after the basic pillar and the ideal means in building and preparing the players, especially the deaf and dumb among them, in order to accustom them to facing the difficulties that come their way during official competitions, as well as Through it, the player acquires field experience that enables him to avoid the mistakes he faces in the matches

7.1.3 Presentation, analysis and discussion of the results of the post-test for my group in physical variables

Table 4: Statistical parameters of the post-test of the physical variables of the experimental and control groups

Statistical parameters	Measuring unit	Experimental group		Control group		Calculated T-value*
Responsiveness	a second	3.84	0.35	4.13	0.32	2.924*
speed power	a second	10.44	1.80	13.00	1.38	4.755*
Explosive force	meter	2.09	1.83	1.65	2.60	2.855*
focus attention	Degree	10.65	2.70	7.44	2.59	2.345*
mental visualization	Degree	57.17	6.17	52.5	6.34	2.161*
sense of time	a second	35.54	0.82	45.44	0.76	5.347*

* Significant at error rate (0.05) and in front of the degree of freedom (11) value (T) = 2.042

Through what was shown in Table No. (4), which shows that there are significant statistically significant differences between the two post tests for the experimental and control groups, and in favor of the experimental group, the researcher attributes the difference to the fact that the development of the experimental group at a higher level than the control group is due to the fact that the training in the psychometric training method has a significant impact on The development of "physical and mental capabilities, and this was confirmed by the results above, as the Sakyo style is fully compatible with the competitive positions of the deaf and dumb game of futsal in terms of difference and diversification, which provides the opportunity to master individual and collective tactical movements and behaviors based on physical and mental abilities, as the deaf and dumb player does not have The ability to communicate and hear in the process of spinning the ball and passing critical manipulations, which requires high mental and physical abilities so that he can rely on the same players in solving tactical and skill duties in addition to that.

The researcher concludes from the foregoing that the experimental group has outperformed the control group in all physical and mental tests with statistically significant differences.. "which indicates the preference of the training curriculum based on the Sakyo method, which led to the development of physical and mental abilities, which represent the main components of the physical and mental aspect of deaf players And the muteness of the members of the experimental group when compared with the members of the control group, which was subjected to the traditional approach followed and relied upon by the trainer. The researcher believes that the nature of the training curriculum in the Asakio style and its content of various training methods, methods and means are organized in a way that determines the level of the ideal relationship between the components of the load (size, intensity, comfort) and in proportion to the goals set for the training units as well as the comprehensiveness and integration of the training curriculum and its interest in various aspects of preparation. The reciprocal and interdependent relationship between improving physical and mental capabilities "is based on the integration of the training content into the training curriculum, especially that the exercises used in the curriculum were consistent with the ability of deaf and dumb players, and the use of the Sakyo method had its impact on improving economic movement by reducing the rate of energy expenditure among The players that increase as the training is difficult and complex in a variety of ways (wide man. 1999). This is in addition to the recent training opinions and proposals that have proven that the use of the Sakyo method can lead from a physiological point of view to the full effect on the organ systems, which develops the athlete's ability from multiple aspects, "which calls for the necessity of multiplicity of training methods and the resulting multi-dimensional impact on the body. functional devices " (Dick Frank, 2000), "the result of the exchange of the relationship between the impact of various of those methods and training methods for the desired results, unless all of that is linked to mastery in sports motor skills in the type of specialized sports activity in which he specializes" (Allawi, 1992).

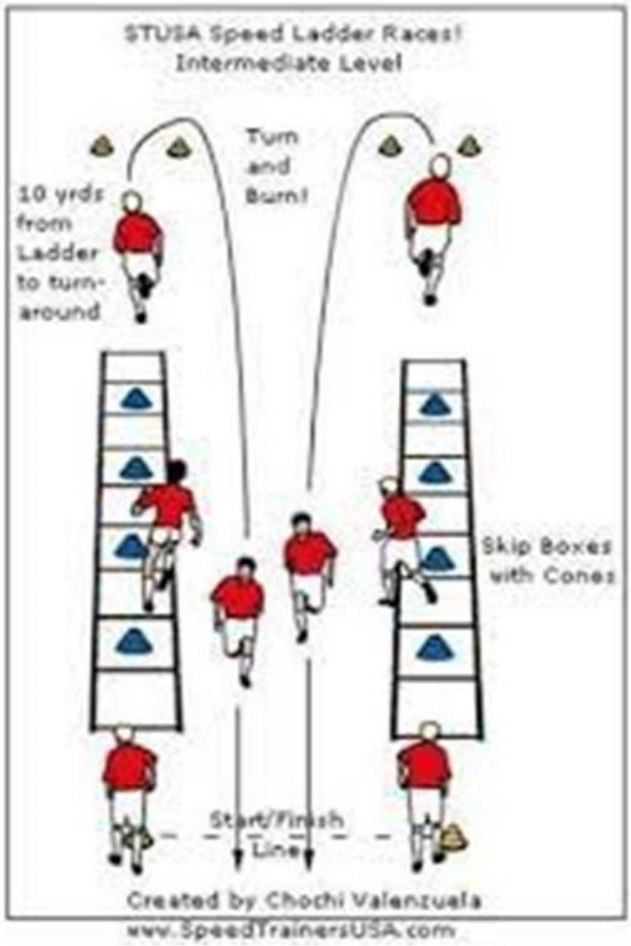
8. Conclusions

Through the presentation and discussion of the results of the pre and post tests for the control and experimental groups, the researcher reached the following conclusions:

1. Sakyo exercises have an effective impact on the physical abilities of deaf and mute players in futsal football.
2. Sakyo exercises have an effective impact on the mental abilities of deaf and dumb players in futsal football.
3. There is a positive effect of training in the Sakyo style, because the exercises are suitable for the abilities of deaf and dumb players in futsal football.
4. The development that occurred for the experimental group in the level of mental and physical abilities – under consideration –In the post test, it was the result of the special effective action of the vocabulary of the training curriculum in the Sakyo style.
5. The development of mental and physical abilities allows deaf and dumb football players to develop in the performance of skills and plans

9. Recommendations

1. Adopting the Sakyo method that was applied during the implementation of the training curriculum when training levels and activities similar to the research sample.
2. The need for coaches to pay attention to developing the mental abilities of deaf and dumb players in futsal football
3. Conducting similar research to identify the extent of the correlation between the elements of physical abilities and the most important functional variables for football players.
4. Designing other training curricula using the Sakyo method for the development and development and other functional variables that were not addressed in this study for the deaf and dumb in hall football.
5. Conduct similar research on other sports.



Appendix 1: To clarify the Sakyo exercise

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