

# EFFECT OF BREATHING EXERCISES WITH SELF-SUGGESTION AND ELEVATION LEVEL OF AMBITION (ACCORDING TO THE VTS-SPORT SYSTEM) AND THE ACHIEVEMENT OF THE LONG-DISTANCE ENEMIES

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## ABSTRACT

*The psychological suffering suffered by the enemies of these events and was going through the cases and things of training and psychological, especially in international tournaments, which is the result of lack of attention to a large extent by our athletes athletics psychological aspect and its importance in achieving achievement and tournaments. Hence the importance of research through the preparation of psychological exercises based on breathing with self-suggestion to develop the level of psychological security and speed of recovery for athletes in athletics in the long distances above and thus lead to this approach to raise the level of ambition for them. The sample of the research was represented by the long distance athletes of the category of men (10) riders divided into two groups control and experimental each group contains (5) athletes. After deliberating on the most important measurements contained in the system (TVS-SPORT), which serve the long-distance enemies have been agreed on the parameters of the scale of the level of ambition, the scale of the threshold of frustration and bear pressure and stress, a measure of motivation towards achievement. The researchers concluded that the exercises of the psychological program that used the connection between breathing and self-suggestion were effective in the development of its selection from the system (VTS-SPORT) and achievement effectively ran 5000 meters.*

**Keywords:** *breathing exercises - VTS-SPORT system – the long-distance enemies.*

## INTRODUCTION

The information technology that has entered all areas of our lives today has had a clear and significant impact in the psychology of sports. It has been universally "abolished measurements, forms and questionnaires that rely on paper and pen and have been converted into techniques, tests and systems entirely dependent on the computer. Vienna Sports (TVS-SPORT), which is one of the most modern psychological laboratory systems in the world, which give figures "very accurate" far from the numbers that rely on forms and moody and often illogical.

In recent decades, psychological training programs have been introduced in all sports, especially individual games. In athletics, these programs play a major role in achieving achievement. The exercises included in these programs are breathing exercises which have a great role in achieving stability Improving the mental state as well as the rapid recovery of athletes. In addition, a psychological variable has been introduced to these exercises, which is self-suggestion, as the constitutions indicate its great role in improving the psychological state of long-distance athletes.

The importance of psychological training for long-distance athletes is important in the long period they spend during training and contests, because athletes need to think about things far from training so that they can forget about the mother and the difficulties of hard training, so the inspirational exercises help them achieve a large proportion of this coexistence.

Hence the importance of research through the preparation of psychological exercises based on breathing with self-suggestion to develop the level of psychological confidence and speed of recovery for athletes in athletics in the long distances above and thus lead to this approach to raise the level of ambition to them through a special scale within the curriculum applied to the players and therefore Serve in the service of trainers to find out the level of their players from the psychological point of view and to know the progress and development of the player in the preparation of psychological and thus work to upgrade

to reach a better level in order to achieve the process of integration in the preparation of players to reach achievement.

## MATERIALS AND METHODS

### Research Methodology:

The researcher used the experimental approach in designing the experimental and control groups to suit the nature of the research problem, as it is considered the most suitable for solving the problem of research and connecting to the true results that are reliable and reliable.

### Search community and sample:

The research community represented the athletes who participated in running the long distances of my activities (50000 m and 10,000 m) for the men category in the Iraqi clubs and institutions championship held by the Iraqi Central Athletics Federation during March 2018 (16) to represent the sample for our research, (3) athletes were used as an exploratory sample for the research work. Thus, 10 participants of these activities may remain as a sample of our research community. The sample represented 62.5% of the community of origin.

Then the researcher divided the sample into two experimental and experimental groups containing each group of (5) athletes. The experimental group will use the breathing exercises with the self-suggestion which was prepared, codified and programmed by the researcher. The control group will leave the trainer applying the vocabulary used to achieve recovery and psychological stimulation. Of the competition.

### Field research procedures:

The researcher adopted the experimental design of the two experimental groups and the control regimen, with different independent variables of psychological measures of breathing exercises, relaxation and self-suggestion, as well as indicators of hospitalization and measurement of the VTS-SPORT system as shown in Table (1)

Table (1) experimental design of the research

Performance test	Benchmarks	Independent variable	Performance test	Benchmarks	Aggregates
Run 5000m	System scale VTS-SPORT	Breathing exercises with self-suggestion	Run 5000m	System scale VTS-SPORT	Experimental
Run 5000m	System scale VTS-SPORT	Breathing exercises with self-suggestion	Run 5000m	System scale VTS-SPORT	Control

**VINA-SPORT (VTS-SPORT)**

After research and investigation in the field of mathematical psychology to find the most appropriate variables and the latest worldwide "to study research, and after consulting many specialists and experts () in the field of scientific research and general psychology and sports, if everyone referred to the trend to the standards and tests that rely on computer and computer Or to move away from tests or questions paper and pen, which has become weak and not a global leader. Thus, the researcher aims to study the psychological variables based on the Austrian VTS-SPORT system, one of the most modern systems in the world in the measurement and psychological examination on the computer with some of its branches and its name (Vienna Test System) and its abbreviation VTS). The system contains a wide range of tests, tests and diagnostic measurements, and also contains an integrated part of them that specializes in measurements and sports tests, adding to the label the word (Sport).

**AHA Test Group:**

It is designed to give information about behavior and motivation in stressful situations. It also has the ability to measure the tolerance to work and communicate with it for as long as possible without the onset of physical and mental fatigue. These tests have a very high degree of confidence and an integrated degree of stability (OPT) anywhere (inside the room, stadium, gymnasium, etc.). The result given by this test is pure standard numbers ready to study.

- Identification of study variables:

First - Psychometric measures (VTS-SPORT)

After deliberating with the world and the psychological expert Professor Adel Salhi and Dr. Janan Salman specialists in the work of the system (TVS-SPORT) on the most important metrics contained by the system, which belong to the long-distance enemies, has been agreed on the following three variables:

**Scale level ambition:**

It is a test to measure the extent to which the self-assessment of the athlete is realistic or unrealistic, and the higher the degree in this measure the better and a sign of good ability to evaluate and performance and achievement.

The threshold of frustration threshold and the bearing of pressure and stress: It is the degree that reflects the ability of the individual to withstand the continuous and changing reactions at high speed. A measure of the threshold of frustration, stress, and psychological stress is considered to be aggravated by the accumulation of stimuli around the individual.

Duration of the test: between 6-15 minutes, (including instruction and training phase)

The higher the score in this measure indicates the weakness of the psychological ability to withstand the pressure, while the low figure indicates a good degree of tolerance to stress and stress.

- A measure of motivation towards achievement.

A test that measures the prediction of the performance and future results of the athlete, and that the high score in this measure shows the high capacity of the diaphragm in order to achieve the goal.

**II. Measurement of long-distance achievement**

It was agreed to choose the 5000 meter efficiency as a measure for our long distance search.

The test was carried out for both experimental and control samples in a single race, and the researcher was competent in the implementation of this test. All the rules and regulations stipulated in the International Federation of Athletics Act.

:Steps to Conduct a Search

:Tribal Tests

The researcher conducted the tests of the tribal and remote on the sample of the study over two days, the first in 2018 to conduct the completion test effectively ran 5000 meters, and the second to conduct psychological tests on the system (TVS-SPORT) at the headquarters of the Iraqi Association for Consultancy, located in Al-Mansour Street 14 Ramadan.

:Training Program

The researcher's wage is a varied study on breathing exercises, types and differences, which can be relied on in the preparation of special exercises and useful for the long-distance enemies, and then programmed with self-inspiration and work to reach the positive. After consulting with a number of experts and specialized trainers in the subject of our study, including Ms. Elina Gorbachev, President of the Russian Federation of Aerobics, Baltics and Ulica, 12 exercises have been identified that can be applied in this research platform.

The training program was implemented with (16) weeks, 3 training units were implemented in the week.

- The unit execution time is between 16-35 minutes.
- The exercise was carried out in three places, before the training unit, the house of the groups or the training sessions, after the training unit.
- The training program was implemented during the special preparation phase and the pre-competition stage.
- Rest periods between repetition and another in breathing exercises 15-30 seconds, while between the exercise and another ranged between 45 seconds to 2 minutes.

As for the control group, Fakat takes her psychological training from her coach according to what was usual, and according to the experience of the coach, depending on the encouragement and the negative and positive and others.

**Statistical means**

The researcher used the ready-made statistical bag SPSS with its modern version V24. To process and extract the data and results obtained from psychological and field research variables.

**RESULT AND DISCUSSION:**

View, analyze, and discuss results:  
Presentation of VTS-SPORT results:

Table (2)

Calculations and standard deviations of the results of the tribal and remote tests in the VTS-SPORT of the experimental group

Post-test		Tribal Test		measuring unit	Benchmarks
P	s	P	s		
4.32	63.2	4.15	49.6	Degree	Level of ambition
3.57	43.4	2.70	58.4	Degree	The threshold of frustration and bearing
4.06	56	2.79	35.6	Degree	Motivation Towards Achievement

Table (3)

Calculations and standard deviations of the results of the tribal and remote tests in the VTS-SPORT of the control group

Post-test		Tribal Test		measruing unit	Benchmarks
P	s	P	s		
3.19	52.8	3.83	48.2	Degree	Level of ambition
3.03	53.8	3.55	59	Degree	The threshold of frustration and bearing
2.49	41.6	1.92	34.2	Degree	Motivation Towards Achievement

Table (4)

Computational arithmetic and standard deviations of the results of the pre-and post-test tests in the test run 5000 m for the experimental and control groups

Post-test			Tribal Test			the group
Time in seconds		Time in minutes	Time in seconds		Time in minutes	
P	s		P	s		
11.21	1001.6	16.41	22.10	1022.6	17.02	Experimenta l
9.11	1019.6	16.59	20.15	1026.8	17.06	Control

Table (5)

The value of T is calculated and the true moral and its significance between the Tribal and Remote tests (VTS-SPORT) for the experimental group

Significance	Moral Sig	Value t	P	Q	Benchmarks
D.	0.000	20.29	1.51	13.6	Level of ambition
D.	0.000	13.76	2.44	15	The threshold of frustration and bearing
D.	0.000	27.2	1.67	20.4	Motivation Towards Achievement

Table (6)

The value of T is calculated and the true moral and its significance between the Tribal and Remote tests (VTS-SPORT) of the control group

Significance	Moral Sig	Value t	P	Q	Benchmarks
D.	0.012	4.28	2.6	5.6	Level of ambition
D.	0.006	6.04	1.92	5.2	The threshold of frustration and bearing
D.	0.000	19	0.89	7.6	Motivation Towards Achievement

Table (7)

The value of T calculated and its correlation between the pre-test and the post-test ran 5000 meters for the experimental and control groups

Significance	Moral Sig	Value t	P	Q	Test ran 5000 meters
D.	0.000	6.81	6.89	21	The experimental group
D.	0.002	6	2.68	7.2	Control group

Table (8)

The values of T calculated and the real moral and its significance between the tests of dimension ( VTS-SPORT) for both experimental and control groups

Significance	Moral Sig	Value t	After the officer		Post-experimental		Benchmarks
			P	s	P	s	Level of ambition
D.	0.028	3.88	3.19	52.8	4.32	63.2	The threshold of frustration and bearing
D.	0.010	4.44	3.03	53.8	3.57	43.4	Motivation Towards Achievement
D.	0.002	6.05	2.49	41.6	4.06	56	

Table (9)

The calculated T value and true morale between the remote tests of the experimental and control groups in the test ran 5000 meters

Significance	Moral Sig	Value t	After the officer		Post-experimental		Test ran 5000 meters
			P	s	P	s	
D.	0.040	2.49	9.11	1019.6	11.21	1001.6	

And the mean and the experimental groups. In all the variables of the psychological and field study, the real mean (.Sig) was less than the significance level (0.05) and the degree of freedom (8)

The results and the statistical function above indicate a clear superiority in favor of the post-test of the experimental group at the expense of the post-test of the control group, in the VTS-SPORT measurements and in the test of the 5000 meters running efficiency studied in this research, Psychological program prepared by the researcher of self-suggestion exercises with breathing exercises, which had a clear effect in the development of the experimental group and superior to the control group.

The results, which were presented and analyzed by the researcher on two main axes studied in this research, and through the study of the results of tests tribal and remote and moral real among them, she pointed out that there is a clear and significant development in all axes of the study and for the tests of the dimension of the experimental group, To the effectiveness of the training process and the psychological exercises of the experimental research sample during the period of field research.

The mentality of the experimental group refers to the organization's method of giving and building the exercises used by the researcher in its program. Breathing exercises were combined once with relaxation and once with self-suggestion. Mohammad Rida Ibrahim states that the preparation of systematic methodology in training according to the abilities The athlete is compared with the level of angsta can achieve good results at the near and distant level.

The experimental group has achieved a clear superiority in the tests of the dimension even after the adjustment with the results of the control group, which represented a measure or part of the learning or gain experience in the method of dealing and use of the system (VTS-SPORT), where repeated practice on tests such as this The type increases the laboratory experience, which may increase or decrease the degree of post-test as a result of learning the laboratory methods and methods of answer. Therefore, the importance of the role of the control group through which it is possible to control or identify logically the size of the development differences between the tribal

and remote tests is also demonstrated here. It is also possible to compare the computational classes for the post-test of the experimental and control groups.

The results did not differ from the real significance of the experiment in the 5000 m run, as a reference in Table (14) to the real significance of the calculated T values of the interrelated tests between the tribal and remote tests and the experimental and control groups. This confirms the effectiveness of the psychological program exercises prepared by the researcher between breathing and relaxation exercises Self-suggestion had a large and clear effect in the high variance of the sample of experimental research in the post-test effectively ran 5000 meters.

#### CONCLUSIONS:

- The exercises of the psychological program, which used the connection between breathing and self-suggestion, have been effective in the development of the effectiveness of running 5000 meters.
- The exercises of the psychological program that used the connection between breathing and self-suggestion have been effective in the development of psychological standards chosen from the VTS-SPORT system.
- Good results for the VTS-SPORT control group and the completion test with an effective running of 5000 meters.
  - .- A clear interaction and a great response from the experimental research sample with the psychological program exercises that used the connection between breathing and self-suggestion.

#### ENDORSEMENT:

- Emphasis on the use of psychological program, which used the connection between breathing with self-suggestion, to obtain positive changes on the standards of the system (VTS-SPORT) and then develop the achievement in the effectiveness of 5000 meters.
- Using VTS-SPORT tests in a wide variety of sports fields, and avoiding traditional psychological tests with paper and pen as much as possible.
- Conducting similar studies and research using the VTS-SPORT system with various breathing exercises and other sports activities.