



Science, Movement and Health, Vol. XVII, ISSUE 2 Supplement, 2017

September 2017, 17 (2, Supplement): 285-289

Original article

INFLUENCE OF THE PRESSURE ON THE ABILITY TO CONCENTRATE JUNIOR HANDBALL PLAYERS I

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Abstract*

Aim. Traditional, popular medicine has proven to be much more effective than modern practices and sophisticated, state-of-the-art sports. Used from ancient times, massage is a first human attempt to relieve suffering, which has, in time, led to its improvement. For a long time only the acupuncture points, then the meridian routes, the fingers, the nail, the palm, or the special instruments were mashed. Acupressure is massage with the simplest maneuver - the pressure. They are done at certain points, each of them specialized for a certain suffering.

Objective. As can be seen from the title, in this paper we have proposed to address the issues of the concentration ability of athletes in a handball team.

The ability to concentrate athletes is, if not the most important, at least one of the important moments of sports training. That is why we have proposed involvement and research in the field, to determine the main causes that could lead to poor concentration capacity, thus poor performance, and to establish general objectives for improving the results by means of physical therapy.

Methods. In any kind of activity we need to keep in mind that a well-organized action is effectively solved in a proportion of 50%. With regard to the organization of the experiment, it will be set the starting date of the study as January 2016, the date on which I have concluded a series of tests that I propose to be tested by the team team. As for the selection of the samples, several criteria were entered, but it was sought that these tests include the main factors determining the efficiency of a performance athlete.

Results. As a result of the research activity, all the information acquired and analyzed has been centralized in the tables of the third chapter, the tables that represent the result of the work done.

At the "Banking Test" we made the following chart, after initial and final testing, to figure out the evolution or involution of the players.

It is seen in the final test a evolution of the players achieving even the maximum goals, which the first time could not. In the following we will graphically represent the results obtained, thus considering that we have succeeded in achieving the objectives set at the beginning of the paper.

Conclusions. Following the experiment, I came to the following conclusions:

- It has been found that mastery of emotions in the contest is a thorough training of performance athletes.
- The ability to cope with stress is the primary concern of today's coaches and athletes.
- Personally, I believe that acupressure can stimulate certain points so that the ability to concentrate athletes is increased.
- An important issue is to be able to control the level of athletes' concentration and thus their performance in competitions is a very good one.

Keywords: pressure, handball, influence.

Introduction

Traditional, popular medicine has proven to be much more effective than modern practices and sophisticated, state-of-the-art sports. Used from ancient times, massage is a first human attempt to relieve suffering, which has, in time, led to its improvement. For a long time, only the acupuncture points, then the meridian routes, the fingers, the nail, the palm, or the special instruments were

masked. Acupressure is massage with the simplest maneuver - pressure. (Lazarus, 1966). They are done on certain points, each of them specialized for a certain suffering. (Marza,

2002). As can be seen from the title, in this paper we intend to address the issues of the concentration ability of athletes in a handball team.

Life was born, says Chinese philosophy, the cosmic energy with which man has permanent connections. (Neamțu, Miloș, 2002). Breaking the balance between the cosmic energy and that which flows through the human body causes sickness, as well as the imbalance in the energies flowing through its body, through invisible channels (Tching), called by meridian occidentals. (Prelici, 1980). They constitute a vast network. The main ones are 24 (12 for each half of the body). These

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Received 21.02.2017 / Accepted 28.03.2017



main meridians each serve an organ with two paths: an internal one with which it is directly related to the organ it serves (whose name it bears, except for the VS and TF meridians, which are linked to the functions of the genitals and of the heart, and respiratory, digestive and urinary genital), and an external, seated in the skin.

The ability to concentrate athletes is, if not the most important, at least one of the important moments of sports training. (Sabin 1983). That is why we have proposed involvement and research in the field, to determine the main causes that could lead to poor concentration capacity, thus poor performance, and to establish general objectives for improving the results by means of kinetotherapy. (Hartmann, 2001)

Acupressure is a massage by which fingers, nails or sticks are massaged with certain points of the body to harmonize the bioenergetic elements of the human being.

Western practitioners have simplified the micromassage by bringing it back to stimulation of acupuncture points with a finger tip, nail or occasional instruments, the method having different names: acupressure (totally inappropriate), digitopuncture, digitopresure or acupuncture. Such an extremely simple massage is available to anyone. It can be used as a self-help or can be applied to another person to relieve pain or urgency (fainting, pain, cramps, stress, etc.). In both cases, these are the precise places on the energetic meridians of the human body, the Chinese and the Japanese being convinced - according to their traditional medicine - that the body is traversed by some energy networks permanently connected to the cosmic energy that continuously feeds them, as a true fuel.

Taking into account the principles of kinetotherapy, we hope that the present work will come to the aid of the physical therapist, the athlete and the coach, facilitating the application of the points, in order to achieve the proposed goal, to increase the concentration capacity. (Holdevici, Vasilescu, 1988)

Choosing the optimal intensity requires a great deal of attention. (Negrea, Negrea, Teodor, 2010)

Methods

In any kind of activity we need to keep in mind that a well-organized action is effectively solved in a proportion of 50%.

As far as the organization of the experiment is concerned, it will be set the starting date of the study as January 2016, the date on which I have concluded a series of tests that I propose for testing by the team team. In terms of sample selection, several criteria were entered, but it was sought that

these tests include the main factors determining the effectiveness of a performance athlete. The study will take place over a period of 6 months and will include an initial test and a final test, which will be able to separate the idea of the paper and categorize it as a positive or negative finding, depending on the progress made.

The results obtained were compared to each other, the progress achieved was recorded and plotted.

Statistical analysis of each recorded sample was also made. The research took place at "Constanta Sports School 1". Here I worked with my 15 players. The Sports Hall had all the facilities for sports competitions.

I will continue to present the batch of players who have been selected to support the evidence

In the initial testing, two tests were also applied: the test with banks, the ball test, both focusing on their ability to concentrate, and a questionnaire on their emotion before a competition.

■ **BONE TEST:** The subjects are each in position. At the semicircle of 9m there are three gymnastics benches and at the semicircle of 6m there is a gym. They will have to throw with the handball ball at the gate, jumping over the gym, and hitting the bottom of the door that is cemented and has 40cm. The pivots will throw from 6m and the stake, the extremes and the center will throw from 9m. All athletes have to throw ten times the ball at the gate.

■ **BALL TEST:** subjects are placed on two equal number columns. From sitting on the gym bench, my whistle will have to make a dribbling, with an impatient arm, between five rounds and a dribbling back with a clumsy arm with the assistant to the teammate. The team that will be more focused on the game will win.

■ **QUESTIONNAIRE:** this questionnaire was conducted before a sports competition and aims to establish the emotion of the handball players. These are the questions that have been asked:

■
QUESTIONNAIRE

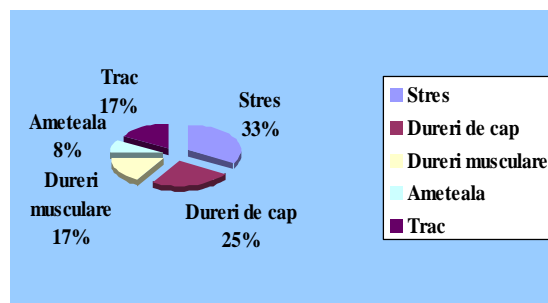
1. Charring against others is fun.
- YES
- NO
2. Before I compete I feel I will win.
-YES
-NOT
3. Before I compete, I worry I will not work well.
-YES
-NOT
4. I am a good athlete when I compete.

- YES
- NOT
- 5. When I compete, I am afraid of making mistakes.
- YES
- NOT
- 6. Before I compete, I'm calm.
- YES
- NOT
- 7. Setting a goal is important when you compete.
- YES
- NOT
- 8. Before I compete I have a strange feeling in my stomach.
- YES
- NOT
- 9. Even before I compete, I feel that my heart beats faster than usual.
- YES
- NOT
- 10. I like hard games.
- YES
- NOT
- 11. Before I compete, I feel relaxed.
- YES
- NOT
- 12. Before I compete I am nervous.
- YES
- NOT
- 13. Team games are more important than individual ones,
- YES
- NOT
- 14. I'm nervous waiting for the match to begin.
- YES
- NOT
- 15. Before I compete, I close myself in me.
- YES
- NOT.

Also for the initial test, we made a study among the players to figure out what each of us has problems and what to focus on.

The players accused the following issues before starting the competition:

- stress;
- muscle pain;
- headaches;
- dizziness;
- trac.



As a result of the initial testing, we have better known the players, we have set up a program to try to minimize these problems and so increase the concentration during the game.

The program was held twice a week, participating in their training and acting on the chosen points. These points were chosen following the problems faced by the players before the competitions.

1. STRESS - tonic massage on two points located below the outer extremity of the collar, where it meets the shoulder bone.

2. BACKGROUND - "Bottom of the Valley" point at the joining of the two bones from the prolongation of the large and pointed fingers at the hand. There are many factors that can cause headaches. These can be divided into categories. The first consists of intracranial disease (encephalitis, meningitis, brain tumors). The other category is extra cranial diseases (paranasal sinusitis, toothache, ear pain, tonsillitis, myopia, common cold, hypertension, cervical spondylosis, migraine) In addition to treating the doctor, acupressure can relieve this discomfort. Signs and symptoms: headache is often a symptom of more and more diverse illnesses. Clinical manifestations vary from case to case, depending on the pain-generating disease. Headache is easy to identify, the main problem remains the correct diagnosis of the disease that caused the pain.

1. MUSCULAR STRENGTH - "Spring from the external plate", point located in the underneath of the knee, on the external face of the calf, in the immediate vicinity of the meeting place of the tibia and peroneum bones. Survive especially after practicing the sport (muscle fever).

1. THE TRACLE - "The point of self-control" or "The great point of the Thracian" is a measure above the fist's fold near the inner edge of the forearm. Such an emotional state can occur in sports competitions. Traditional medicine recognizes the excitement of this feeling of fear caused by an energy vacuum in the meridian of the heart (the heart), known as the meridian of psychic activity.

Dizziness – extra-meridian point, located between the eyebrows. May be transient or almost

permanent (hypertension or arterial hypertension, otitis, brain tumors, alcohol intoxication, etc.)

The technique used had 2 important times: 1. location of digital micromassage points; 2. Massaging the point with your fingertip or nail (for toning). One very important thing to say is that during this research period, athletes did not take effort or medication to recover. Thus, on Jan. 18, the bank test at which the athletes achieved the following results was carried out:

Name and surname	GOALS: as many as 10 possible
A.A.	7
R.G.	8
E.D.	8
P.L.	6
C.C.	7
P.C.	7
G.P.	6
G.E.	9
P.C.	8
R.B.	8
B.V.	6
G.A.	7
H.M.	9

On January 19, another test was conducted to determine if athletes were focusing on the given tasks. They formed two teams and made the ball test. There were seven in a team and seven in another team and they competed with each other. Each team consisted of a goalkeeper, inter-right, inter-left, center, pivot, extreme left and extreme right to balance them. They have fought six times and made a draw.

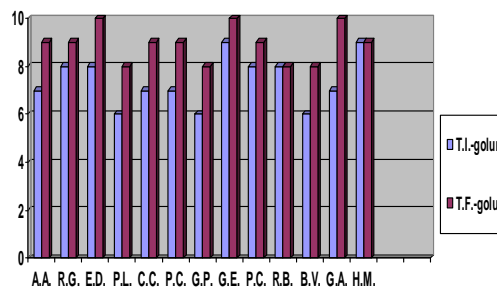
Following these tests and following the proposed questionnaire, we were able to identify the problems faced by athletes and their ability to concentrate is low.

I participated in the National Junior Championship I where the club's athletes have achieved outstanding results, the team qualifying for the Semifinal tournament.

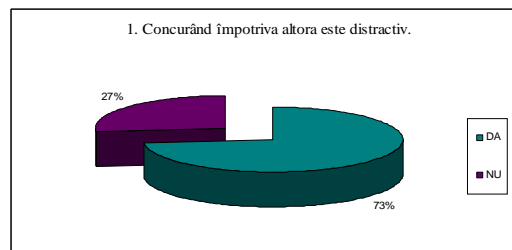
From all these results we realize that the sports team gathers all their forces when entering the field and gives a good return. Nonetheless, the handball players needed the stimulation of certain points of call, for which I was asked. The application of the acupressure on the points specified above and after the competitions ended in those who accused the problem, for which their concentration was not 100% good.

Results

As a result of the research activity, all the information acquired and analyzed has been centralized in the tables of the third chapter, the tables that represent the result of the work done. In the "Banking Test" we made the following chart, after initial and final testing, to figure out the evolution or involution of the players.



The final test is noticed by a player's evolution, even achieving the maximum goals, which was the first time he could not. In the following we will graphically represent the obtained results, thus considering that we have succeeded in achieving the objectives set at the beginning of the paper. According to the respondents' answers to the questionnaires we tried to create graphs for each question: Coming up against others is fun.



Discussions

Acupressure is an old and, at the same time, new method in the field of medicine. (Sabin, 1983). Only few studies have been conducted on the knowledge and understanding of specific kinds of psychosocial support that athletes need in connection with a serious injury. Studies available have referred to coaches at the top level, where the coach is employed and athletes in general are slightly older (Podlog and Eklund, 2007).

Conclusions:

Following the experiment we have reached the following conclusions:

It has been found that mastery of emotions in the contest is a thorough training of performance athletes.



The ability to cope with stress is the main concern of today's coaches and athletes.

Personally, I believe that acupuncture can stimulate certain points so that the ability of the athletes to concentrate is increased.

An important issue is to be able to control the level of athletes' concentration and thus their performance in competitions is a very good one.

Unlike training, competition has a very high emotional load that leads the psycho-behavioral system to a limit.

Adjustment of concentration capacity becomes a matter of great importance if we want to achieve the right results for aspiration.

We consider that the present paper, through the results obtained and presented, succeeded in achieving its objectives by following the steps mentioned in its content and we hope that the material offered will represent a real gain for the field of kinetherapy.

Acknowledgements

For all of our participants from my study I want to say thank you.

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