

## **Knock Knees and its effect on Performing Dribbling Skill Accuracy in Futsal for Female Students**

**Prof. Dr. Nahidah Abd Zaid Al-Dulaimy**

[Dr.nahida@yahoo.com](mailto:Dr.nahida@yahoo.com)

1443A.H

**Lecturer. Reghdah Isma'il Khaleel Hesien**

[raghdai.alrukaby@uokufa.edu.iq](mailto:raghdai.alrukaby@uokufa.edu.iq)

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### **Abstract**

The importance of the research lies in exhibiting the relationship of knock knees with the accuracy of the performance of dribbling skill in futsal for female students, which may infect some female students if it is not treated early.

As for the research problem, the lack of awareness of the aspects of posture leads to the wrong posture habits, which leads to the injury of deformities of body, that can be easily treated if they are discovered early before turning into advanced deformities that need surgical intervention. Through the work of the two researchers in the field of teaching and following-up some cases of posture deformities, they noticed that there are some postural deformities that affect female students, including the knock knees of some students. These deformities could be ascribed to shyness or incorrect habits. From this point of view, there are some factors that affect the proper erect posture that the students must follow them, including standing, walking and running correctly. Due to the lack of studies conducted in this field, the researchers, by this research, attempt to examine the relationship between the knock knees and the accuracy of the performance of the skill of dribbling in the futsal, by applying it on a sample of students with knock knees and their recovery or improvement of the condition of these abnormalities if they are treated early and continuously.

The aim of the research is to study, statistic and highlight the relationship of knock knee and its impact on the accuracy of performance of the skill of dribbling in futsal for female students.

The recommendations included the importance of the early diagnosing the knock knees of the female students and knowing the extent of their relationship to the accuracy of the performance of dribbling skill in futsal for the female students.

**Keywords (posture deformities, knock knees)**

**The research Introduction and importance:** Good (body) posture has a positive impact on the individual in terms of aesthetic, psychological, health, social and economic aspects, because the individual who suffers from deformities feels depressed and withdrawn, and thus avoids being outgoing, in addition, he cannot perform his daily life requirements with the same efficiency of the healthy ones because of his mechanical and kinetic performance and his skill are affected by his physical and psychological condition, and this will reduce his production as an individual in society. The causes of body deformities may be hereditary or congenital,

and they may be acquired due to accidents, injuries, diseases, or wrong body habits, or because of the nature of the work practiced by the individual, and they vary in degrees and areas in which they occur. In childhood, the muscles and bonds are relatively weak, as well as the growth centers in the bones are active and can be easily affected by weight pressures, the most prominent sciences that have been researched in this field are sports medicine and rehabilitation of injuries through various means of rehabilitation of injuries and rehabilitation of postural behaviors, where posture is one of the most important of the individual's health aspects. The scientific research has always succeeded in presenting many studies to reach the most optimal and best ways for the body to return to its natural state. Therefore, attention should be paid to sports activities that would maintain the shape of the body and internal organs in a proper manner, especially in futsal, where futsal is one of the sports that are very popular with young players; as it is an effective way to develop skills for these players, and it is widely used in professional academies, and a set of tools and equipment must be available on the field to practice this game, hence the importance of the research in clarifying the relationship of knock knees with the accuracy of dribbling skill performance in futsal for female students.

### **Research problem**

Lack of awareness of postural aspects leads to wrong posture habits, which leads to postural deformities, and that these deformities can be easily treated if they are discovered early before turning into advanced deformities that need surgical intervention, and through the work of the two researchers in the field of teaching and following-up of some cases of deformities of body, they noticed that there are some postural deformities that affect female students, including knock knees, and the cause may be due to incorrect habits and consideration to determine the extent of the safety of the student's posture from deformities of posture. From this point of view, there are some factors that affect the proper erect posture that students must follow, including the right status of the legs and knees in the case of standing, walking or running naturally. Due to the lack of studies conducted in this field, the researchers, by this research, attempt to examine the relationship between the knock knees and the accuracy of the performance of the skill of dribbling in the futsal, by applying it on a sample of students with knock knees and their recovery or improvement of the condition of these abnormalities if they are treated early and continuously.

### **Research objective**

Recognizing the relationship of knock knees and its impact on the accuracy of the performance of the skill of dribbling in futsal for female students

### **Research Methodology and Field Procedures:**

#### **Research Methodology:**

The researchers used the descriptive method for its suitability to the current study.

**Research community and sample:**

The research community is represented by the students of the fourth stage of the Department of Physical Education and Sports Sciences / College of Education for Girls / University of Kufa for the academic year (2021-2022).

**Research tools:**

- 1-(3) Japanese video cameras (Sunny) with a speed of (25 images/sec), with their supports.
- 2- One laptop computer (APPLE).
- 3- Electronic scale manufactured by U.S.A (YA 2008), No. (1).
- 4- A metal tape measure, length (50) meters.
- 5- Plastic chair (10) and towel (10).
- 6- A metal wall and a wooden ladder.
- 7- Electronic timing clocks (2).
- 8- Plastic poles (5), colored tape and pieces of colored chalk

**The Research field procedures:**

**Measurements for Knock Knees:**

- 1- The knees line:
- 2- The distance between the middle of the legs

**The Used equipment:**

- Flexible tape measure
- Fixed tape measure
- timing watch
- rubber ball
- a pair of scissors
- a chair
- sand bags
- rubber band
- Sticker prints
- Piece of chalk
- whistle

### **Test of dribbling skill in futsal**

Test name: Straight and zigzag dribbling back and forth. (Majid Khoda Yakhsh Asad: 2011,95)

The test objective of: Dribbling the ball.

**Capabilities and tools:** (5) poles, five-a-side soccer balls, a timing watch, a tape measure, and borax.

**Description of the test:** Five plastic posts are placed in such a way that the distance between the posts is 1 m, the distance between the starting line and the first post, and between the fifth and the return line is 3 m.

**Method of performance:** The player rolls straight from the starting line to the first person, then rolls between the poles, and when he passes the last person, he rolls straight for a distance of 3 m, then turns around the person and completes the test until the moment he crosses the finish line.

### **Exploratory experience:**

The researchers conducted the exploratory experiment on a group of (10) students of the fourth stage in the Department of Physical Education and Sports Sciences - College of Girls, University of Kufa for the academic year (2021-2022), in order to:

- 1- Organizing the duties of the assistant work team.
- 2- Defining where to place cameras.
- 3- Identify the appropriateness of the evaluation form.
- 4- Defining the difficulties and obstacles that the researcher may face.

### **The main experience:**

Tests of the research variables were conducted on (30) students of the fourth stage, and video filming was conducted, taking into account the adjustment and calibration of the used camera before starting, as the first camera was placed in front of the field of movement performance at a distance of (3.30 m) and a height of (1.30 m), the second was placed on the side of the middle of the performance field and at a distance of (3.30 m) and a height of (1.30 m), in addition to that, a simplified explanation of the goal to be implemented before starting filming was given, and then each student had two attempts to perform the dribbling skill on Wednesday (30/12/2021) and the performance evaluation of the skill was carried out using the performance evaluation form by referring to (3) specializing experts to evaluate the performance, where the evaluation degree was (10) degrees. The knees were identified to be (6) female students suffering from (knock knees) and x-rays were taken to confirm the presence of deformity.

### **Statistical processors:**

The statistical package (SPSS) was used to process the results statistically.

### **Presentation, analysis and discussion of the results:**

Table (1) shows the arithmetic means, standard deviation and Pearson correlation coefficient for the research variables of the population sample

Table (1)

Variables	Arithmetic means	Standard deviation	R Values	Statistical Significance
Knock knees	11.9	1.70		Significant
Dribbling back and forth	16.75	2.10		

**With a degree of freedom (29), a significance level of 0.05, and a tabular value (0.35).**

Table (1) shows that there is a high correlation between (the knock knees and the skill of dribbling ball in futsal) because the value of the correlation coefficient (R) (0.87) is greater than the tabular value (0.35) for the tests of the research sample, as the arithmetic mean of the knock knees was (11.29), the standard deviation was (1.70), and the arithmetic mean of the dribbling test was (16.75), while the standard deviation was (2.10) and the correlation value (R) was (0.87), and this indicates a strong relationship between the research variables.

The two attribute the reason of this correlation relationship to knock knees, as it affects the skill of dribbling in futsal. The closer the degree of the distance of the contact, the less accurate the dribbling in futsal, and this indicates the existence of an indirect relationship between them. The deformity is due to “weakness of the muscles and ligaments around the knee joint” (Mohammad Sobhi Hassanein; 2013, 98).

This case is not considered a deformation; rather it is a deviation of various degrees. The reason may be due to weakness in the anterior femoral muscles or the presence of loosening of the knee ligaments, where the patella is pushed forward (Timothy R & others, 2009).

### **Conclusions and Recommendations:**

#### **Conclusions**

1- There is a strong correlation between the knock knees deformation and the accuracy of the dribbling skill in futsal.

#### **Recommendations**

- 1- Early diagnosing of posture deformities and their relationship to futsal skills
- 2- Conducting further research and studies on the other deformities that affect different areas of the body, which can be treated through rehabilitation exercises and aids, for the male or female students.

Sources

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