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Emotional response, kinetic balance, and their relationship to passing and shooting accuracy in futsal

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Abstract
Goal: To determine the connection between kinematic balance and futsal passing and shooting accuracy as well as the relationship between emotional response and these two skills.
Research methodology: Because a descriptive, correlational strategy is the most suitable for the nature of the problem and accomplishing the goals of the study, the researcher employed it. For the 2024–2025 season, sixteen Diyala Club futsal players represented the research community. Twelve players, or seventy-five percent of the study community, were chosen at random from the lottery to comprise the research sample. (4) Due to their exclusion from the main sample, players were not included in the exploratory investigation.
The arithmetic mean for the motor balance test was 7.34, whereas the arithmetic mean for the scoring accuracy test was 14.32, according to the researchers' findings. (-0.434) was the computed value of (r). There is a clear association between motor balance and futsal scoring accuracy when compared to the tabular (r) value of (0.532) at a significance level of (0.05) and a degree of freedom of (12). According to the researcher, this is because motor balance and coordination are crucial factors in sporting events, particularly those that call for concentration, quick thinking, and the capacity for logical analysis based on the principles of sports training.
The findings indicate that there is a substantial relationship between emotional response and both shooting accuracy and passing accuracy in futsal.

Keywords: Emotional response, kinetic balance, passing accuracy, shooting accuracy

Introduction
One of the innovations in contemporary football is futsal. It is a novel form of play and a cornerstone of football's evolution. It is a game that is both ancient and modern. source and place of origin, but independent and stylish. In order to establish a solid basis and make football a competitive sport that appeals to athletes and experts, developed nations, and Iraq specifically, work to improve football and all of its regulations as well as the skill level of its players. A key component of winning and succeeding in sports is the psychological component. Since it is one of the psychological elements connected to winning and athletic success, athletes' emotional states are at the forefront of psychological considerations. In sports competition, emotional states have an impact on a player's skill, strategy, and physical state. Emotion is “an integrated response of the individual, based on perception of the external and internal situation and causing emotional and physiological changes in the muscular, circulatory, and glandular systems” (Ahmed, 1988) [2]. Emotional response is important for the accuracy of football skills, and it means responding quickly and strongly to emotional situations regarding a specific situation as a result of the response. Because of the game's modest objective, constrained environment, close audience, and quick decision-making, the player needs a quick emotional response and kinetic balance in order to improve the accuracy of executing the game’s skills, as this skill requires high technique from the players. Kinetic balance is one of the duties that influence the pace of play for football players by controlling the flow of play and accurately executing basic skills. Some tactics require kinetic and skill balance and rapid playing time, not just from one player, but also from all team members. This helps develop the ability to perform collective skills shared by all team members. Even if a team member is at a standstill, we find that they are prepared or

ready for the expected skill performance, linked to the rhythm of their teammates. (Nevado Luna, *et al*., 2025) [3] Training for this is not as easy as some might imagine; rather, it requires significant effort from coaches. Emotional and skillful performance can be developed and nurtured within the team's tactical skills, enabling them to be implemented on the field. The demands of the game also require a variety of movements, performed correctly and quickly, in the shortest possible time (Parker *et al*., 2018) [5] Therefore, a player who possesses the ability to skillfully confront all the variables that occur in matches will be able to employ these various skills by applying and executing game plans, whether with or without the ball. For the 2024–2025 season, Diyala Futsal Club players' kinetic balance and emotional response two factors that affect their skill performance in the game are the focus of this scientific study, which aims to uncover the relationship between these two factors as fundamental psychological components for all players.

Research Problem

Futsal is one of the activities that comprises fundamental abilities that call for intense focus and attention, emotional restraint, and prompt reaction to suitable circumstances. It also calls for mastery of one's own skills and capacities in addition to mastery of outside factors like other people's meddling, chance, or luck. In order to create a problem worthy of investigation, the researcher felt it was imperative to investigate the nature of the relationship between psychological influences (emotional response) and kinetic balance, the degree to which they relate to the accuracy of performing fundamental futsal skills, and the significance of the interconnectedness between these variables.

The following query may be used to sum up the issue: Does the precision of some fundamental futsal abilities correlate with kinetic balance and emotional response?

Research Objectives

- To determine how emotional reaction and futsal passing and shooting accuracy relate to one another.
- To determine how kinematic balance and futsal passing and shooting accuracy relate to one another.

Research Hypotheses

- The precision of several fundamental futsal abilities and emotional response are significantly correlated.
- Kinetic balance and the precision of certain fundamental futsal skills are statistically correlated.

Research fields

- Human field: Diyala Club futsal players for the year 2024-2025, totaling (14) players.
- Time field: (1/11/2024) to (20/3/2024)
- Spatial field: Diyala Club futsal hall

Definition of Terms

- Abdel-Fattah (2005) [1] defined emotional response as follows: a collection of psychological traits that influence players' performance and accomplishment levels. It establishes the player's capacity to compete in sports. Emotional attributes, which define the athlete's emotional behaviour and reflect the overall behaviour of personal efficiency, might be used to achieve this. It encompasses a range of qualitative reactions that an athlete displays throughout a match or competition, including self-control, positive aspiration, emotional equilibrium, and self-assurance.
- Kinetic balance: (Majrali, & Shanati, 2019) [15] defines it as "the individual's ability to control the physiological and anatomical abilities that regulate the influence on balance, with the ability to sense spatial orientation, whether using or without sight, both muscularly and neurologically."

Method

Research Methodology

Because it is the most suitable strategy for the nature of the problem and accomplishing the goals of the study, the researcher employed a descriptive, correlational approach.

Community and sample research

The research community was represented by (16) Diyala Club futsal players for the year 2024-2025.

Twelve players, or seventy-five percent of the study community, were chosen at random from the lottery to comprise the research sample. (4) Due to their exclusion from the main sample, players were not included in the exploratory investigation.

Defining Research Variables

Emotional Response Scale (Appendix 1)

The Emotional Response Scale was used, and this scale has been applied in many sports activities, both in team and individual games. This scale was originally developed by Thomas A. Tutko under the title (S.E.R.P.) Sports Emotional Reaction Profile, and its Arabic version was prepared by (Alawi,1998) [6]. Players can express their opinions about seven distinct components using the scale's 42 statements that have an impact on the sports field, namely:

- Desire.
- Being assertive.
- The sensitivity.
- The management of tension.
- Confidence.
- Personal Responsibility.
- Self-control.

The answer options are as shown in the following Table (1)

Table 1: The five-point rating scale and accompanying response options are displayed in.

Several paragraphs	Constantly	Primarily	Occasionally	Infrequently	Always
Good vibes	5	4	3	2	1
Inverse	1	2	3	4	5

The numbers of the scale's positive and negative statements are displayed in Table (2).

Table 2: The order of the scale's positive and negative statements is displayed in.

Paragraphs	Paragraphs numbers	Total
Positivity	1, 3, 4, 5, 6, 7, 15, 16, 17, 18, 19, 20, 21, 29, 30, 31, 32, 33, 34, 35	20
Negativity	2, 8, 9, 10, 11, 12, 13, 14, 22, 23, 24, 25, 26, 27, 28, 36, 37, 38, 39, 40, 41, 42	22
Total		42

Dynamic Balance Test (Al-Khayat, & Mohammed, 2001)

- Purpose of the test: To measure the ability to jump while maintaining balance.
- Equipment: Stopwatch – Measuring tape – (11) (3/4-inch) marks as shown in Figure (1).
- Performance Specifications: The subject stands on the first mark with the right foot, then jumps to a landing on mark (1) with the instep of the left foot (note that the mark is completely covered by the foot). They attempt to remain in this position for as long as possible, a maximum of (5 seconds). They then stand still at mark (2) and land on the instep of the right foot. They remain in this position for (5 seconds), and so on until they reach mark (10). They use the same method, noting that they change the landing foot with each jump and that they support the instep of the foot each time.
- Recording: The examiner is given (10) points for each attempt and (5) points for each jump, when jumping safely, which requires landing on the ball of the foot, covering the entire mark on the ground. The other (5) points are recorded for the examiner for each jump in which he is able to hold his ground after landing. In this way, the total score becomes (100) points.

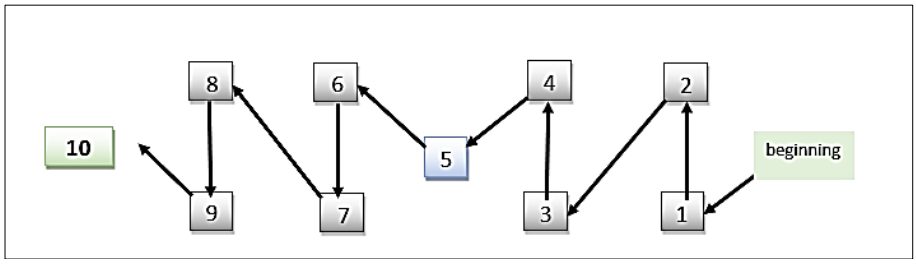

Fig 1: show the performance method for the dynamic balance test

Basic soccer skill accuracy tests (passing) and (shooting)
Passing test towards a small goal (10 m) away (Kazem, 2013)
The test's objective is to gauge passing accuracy.

- Three indoor soccer balls, a measuring tape, and a small (75 x 100 cm) goal are the necessary equipment.
- The tester stands 10 meters away from the goal while holding the ball. The tester moves the ball toward the goal while it is motionless after receiving the signal.
- Performance requirements: Ball number 1 marks the start of the test, while ball number 3 marks its conclusion.
- The tester is given three chances to shoot, and a successful attempt earns two points. If the ball strikes the crossbar or goalposts during an attempt, one point is scored; if the attempt is unsuccessful, zero points are granted.

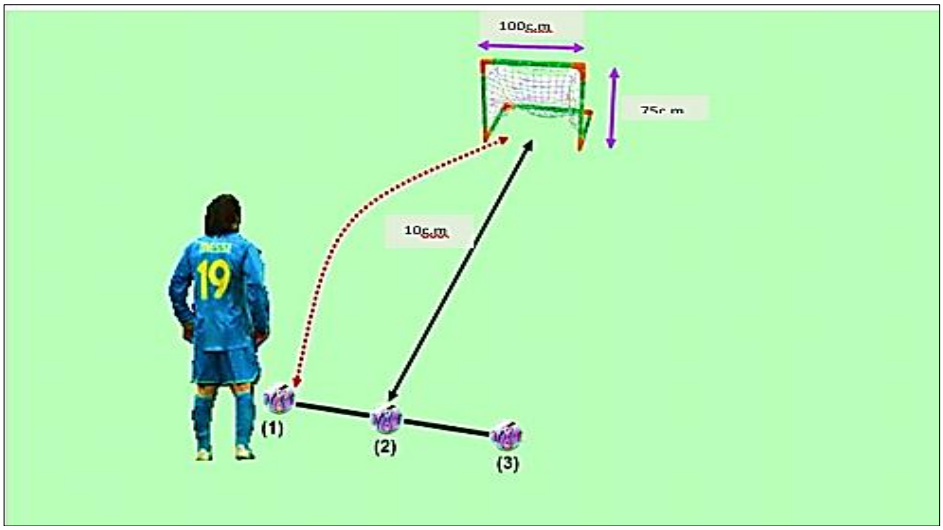

Fig 2: show the football passing accuracy test.

Foot shooting test on rectangles that overlap (Khalil, 1991) [14]:

- The test's objective is to gauge shooting accuracy.
- The equipment includes three indoor soccer balls, a smooth wall with three overlapping rectangles drawn on it. The main rectangle measures three meters by two meters, the middle rectangle measures two and a half meters, and the small rectangle measures one and a half meters. The lower edge of the rectangles is represented by the ground, and a line is drawn 10 meters in front of the wall.
- Performance Description: The participant attempts to target the large rectangle by firing the three balls consecutively toward the wall while standing 10 meters behind the starting line.
- Performance Requirements: Ball number 1 marks the start of the test, while ball number 3 marks its conclusion.
- The Shooting Method:
- If the ball strikes the tiny rectangle, the individual receives one mark.

- If the ball strikes the center rectangle, the examiner scores two points.
- If the ball strikes the big rectangle, the examiner scores three points.
- If the ball lands outside of the three rectangles, the examiner loses all points.

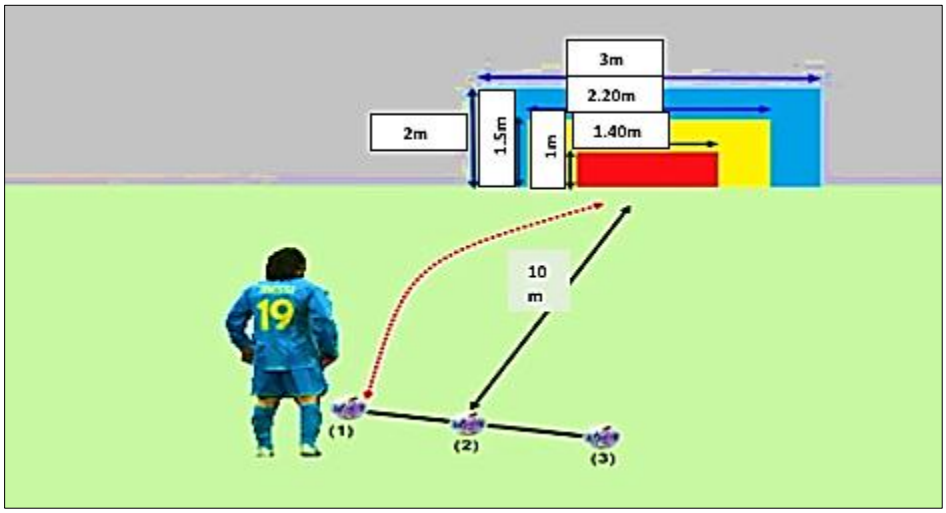

Fig 3: A soccer shot accuracy test is shown in

Scientific underpinnings of the research's testing

Validity of the test

As indicated in Table (3), the researcher employed two forms of validity: subjective validity by determining the root of the stability coefficient and content validity, which depends on the judgments of experts and specialists.

Examine Stability

The researcher used the test-retest method to find the Stability coefficient, since it is the most suitable technique for assessing test stability. The validity and stability coefficients for the employed tests are displayed in Table (3).

Table 3: Subjective validity and the stability coefficient are displayed in

No.	Test name	Measurement unit	Stability coefficient	Self-honesty
1	Emotional response scale	Degree	0.889	0.942
2	Kinetic balance test	Degree	0.914	0.956
3	Passing test towards a small target (10m)	Degree	0.894	0.945
4	Foot shooting test on rectangles that overlap	Degree	0.912	0.954

Investigative Tests

On Wednesday, December 11, 2022, a sample of four gamers who were not part of the main research sample participated in the experiment.

- In the initial exploratory experiment, which measured emotional response in futsal, the application's goals were to ascertain how clear the instructions and questions were, how long it took to complete the emotional response scale statements, and more.
- Verifying the tools' preparedness, calculating the time needed for each exam and the overall test duration, and assessing the support team's proficiency were the goals of the second exploratory experiment, which involved fundamental skills tests. Following the conclusion of the exploratory experiment, the suitability of the timing and the preparedness of the tools and support staff were confirmed. The primary experiment:

A research sample of twelve players who represented the Diyala Futsal Club participated in the main experiment. On Tuesday, December 17, 2024, the study sample's primary (field) experiment to evaluate the kinetic balance and emotional reaction scale got underway. On Sunday, December 22, 2024, the shooting accuracy and passing accuracy exams were administered. After that, the test results were gathered and subjected to statistical analysis.

Statistical Methods

The results were extracted using the Statistical Information System (SPSS).

Findings

Presentation of the results, analyzed, and discussed. The relationship between emotional response, passing accuracy, and shooting accuracy was discussed

Tables (4) and (5) represent the statistical information on the connection between emotional response, passing accuracy, and shooting accuracy in futsal:

Table 4: The arithmetic means and the computed (r) value for the correlation between passing accuracy and emotional response are displayed in

No.	Changeable	Insensitive	R figured out	R-table	Sig
1	Emotional response	77,64	-0.740	0.532	Sig
2	Passing accuracy	15.45			

With a degree of freedom of 12 and a significance threshold of 0.05, the tabular (r) value

According to Table (4), the passing accuracy test's arithmetic mean was 15.45, whereas the emotional response scale's arithmetic mean was 77.64. The (r) value that was computed was -0.740. It is evident that emotional response and futsal passing accuracy are significantly correlated when compared to the tabular (r) value of (0.532) at a significance level of (0.05) and a degree of freedom of (12).

Table 5: shows the arithmetic means and the calculated (r) value for the relationship between emotional response and shooting accuracy

No.	Changeable	Insensitive	R figured out	R-table	Sig
1	Emotional response	77,64	-0.791	0.532	Sig
2	Shooting accuracy	14.32			

With a degree of freedom of 12 and a significance level of 0.05, the tabular value of (r)

According to Table (5), the shooting accuracy test's arithmetic mean is 14.32, and the emotional response scale's arithmetic mean is 77.64. (r) has been computed to be (-0.791). There is a clear and significant relationship between emotional response and futsal shooting accuracy when compared to the tabular value of (r) at a significance level of (0.05) and a degree of freedom of (12), which is (0.532).

The researcher attributes the correlation between emotional response, passing accuracy, and shooting accuracy to the fact that the psychological factor primarily serves skill aspects, as psychological traits play a prominent role in the emergence of skill aspects and the player's ability to concentrate on performing difficult movements. Emotional response is considered an important psychological factor, as it includes many other psychological components and traits, such as desire, determination, sensitivity, stress management, confidence, personal responsibility, and self-discipline. All of these qualities, combined in a harmonious interplay, enable the player to adopt various positions to achieve the desired high-performance skill. This enables the player to effectively overcome anxiety and handle pressures and strong emotions in a positive manner.

Here, (Fawzy, 2006) [10] emphasizes that the physiological changes resulting from emotion place the individual in a state of physical arousal unfamiliar to them. This response enables the individual to engage in a series of instinctive, expressive, or learned movements in order to adapt to the emotionally stimulating situation.

This is consistent with what (Hidayat, 2010) [12] stated, stating that emotional response represents a readiness to conceptualize, adhere to, and integrate a technique, achieving a level of mastery while maintaining flexibility for change and sufficient stability, reflecting the ability to respond emotionally while performing the planned technique.

Presentation of the results, examination and conversation on the connection between kinetic balance, passing accuracy, and shooting accuracy

Tables (6) and (7) present the statistical information on the connection between kinetic balance, passing accuracy, and shooting accuracy in futsal

Table 6: The arithmetic averages and the computed value of (r) for the correlation between passing accuracy and kinetic balance are displayed in

No.	Changeable	Insensitive	R figured out	R-table	Sig
1	kinetic balance	7.34	-0.784	0.532	Sig
2	Passing accuracy	15.45			

With a degree of freedom of 12 and a significance level of 0.05, the tabular value of (r)

According to Table (6), the passing accuracy test had an arithmetic mean of 45.45, but the kinetic balancing test had an arithmetic mean of 7.34. -0.784 was the computed value of (r). It is evident that kinetic balance and futsal passing accuracy are significantly correlated when compared to the tabular value of (r) at a significance level of (0.05) and a degree of freedom of (12), which was (0.532).

Table 7: The arithmetic means and the computed value of (r) for the correlation between shooting accuracy and kinetic balance are displayed in

No.	Changeable	Insensitive	R figured out	R-table	Sig
1	kinetic balance	7.34	-0.434	0.532	sig
2	shooting accuracy	14.32			

With a degree of freedom of 12 and a significance level of 0.05, the tabular value of (r)

Talk about

According to Table (7), the kinetic balancing test had an arithmetic mean of 7.34, the shooting accuracy test had an arithmetic mean of 14.32, and the computed value of (r) was -0.434. It is evident that kinematic balance and shooting accuracy in futsal are significantly correlated when compared to the tabular value of (r) at a significance level of (0.05) and a degree of freedom of (12), which is (0.532). The researcher explains this by pointing out that kinetic balance and coordination are crucial factors in sporting events, particularly those that call for concentration and fast thinking, and the capacity for logical analysis grounded in the principles of athletic training. This was verified by Alawai and Radwan (2003) [4]. The player can execute kinetic and skill performance, whether defensive or offensive, correctly to win the match if they have the confidence, composure, kinetic balance, self-control, and lack of confusion to do so in the most trying and challenging situations. The researcher also cites the importance of the kinetic balance variable in skill performance as the cause of this. The reason is because in order to apply and master its fundamental abilities, football demands a high degree of physical stability, and that increasing the level of balance and kinetic coordination activities during training has a beneficial impact on raising football shot accuracy. Our research concurred with that of the study (Fouad, 2010) [11], whose findings demonstrated that kinetic balance exercises help players learn how to shoot accurately and play a crucial role in helping them maintain their overall balance when moving the ball or changing its position so they can watch it from any angle. The more accurately a player performs a movement, the more accurate they are. (Dhunun *et al*., 2013) [9] contend that because basic futsal abilities include synchronized movements between the legs, arms, and torso, kinetic balance is obvious when executing all of the actions. One of the key elements of great kinetic ability is thought to be balance. Furthermore, a high degree of kinematic balance is necessary to complete other parts of performance due to the demands of futsal and the nature of playing in a limited space. (Al-Fadhli, 2001) [7], citing Hurst, points out that kinetic balance is important and essential for sports that require movement in a narrow space with changing movement paths, in which the player may lose balance and must quickly regain balance and initiate a new movement.

Conclusions

- Accuracy in passing a futsal ball is significantly correlated with emotional response.

- In futsal, there is a strong relationship between shooting accuracy and emotional response.
- Kinetic balance and accuracy in futsal passing are significantly correlated.
- Kinetic balance and futsal shot accuracy are significantly correlated.

Recommendations

- By recognising their diverse requirements and making an effort to correct whatever deficits they may have, football players' psychological preparation should be monitored in a way that promotes psychological and social stability and harmony.
- Player training should not focus solely on aspects of physical fitness or specific skills, rather than focusing on all aspects of the game, whether psychological or skill-related.
- Focus on providing exercises characterized by balance, control, and kinetic coordination for futsal players.
- Develop kinetic balance by providing a set of exercises that help players perform their assigned duties effectively.

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Appendix 1: Emotional Response Scale in Sports

No.	Paragraphs	Always	Mostly	Sometimes	Rarely	Never
1	Unless my performance is close to my peak, it is pointless. Aggressive opponents frighten me. During a contest, little irritations might divert my attention. I am able to remain composed during a game. I am quite certain that I can execute. Whenever I make a mistake or fail at my play, I apologise. Before the game, I consider the strategy. I play mostly for enjoyment. If I have anything to say about the match, I say it out loud. During a match, my nerves are as strong as steel. During pivotal times in a game, I frequently make blunders. I'm not confident in how I'll perform in a game. My faults don't matter to me.					
2	Unless my performance is close to my peak, it is pointless. Aggressive opponents frighten me. During a contest, little irritations might divert my attention. I am able to remain composed during a game. I am quite certain that I can execute.					

	Whenever I make a mistake or fail at my play, I apologise. Before the game, I consider the strategy. I play primarily for fun. I speak up on the match if I have something to say. My nerves are as powerful as steel during a match. I often make mistakes at critical points in a game. I'm unsure of my performance in a game. I don't care about my shortcomings.					
3	It's useless unless I'm performing at or near my best. I'm afraid of aggressive opponents. Small annoyances might distract me throughout a competition. I can stay calm when playing a game. I'm quite sure I can carry it out. I apologies every time I make a mistake or fall short in my play. I think about the strategy before the game. I play primarily for fun. I speak up on the match if I have something to say. My nerves are as powerful as steel during a match. I often make mistakes at critical points in a game. I'm unsure of my performance in a game. I don't care about my shortcomings.					
4	Unless my performance is close to my peak, it is pointless. Aggressive opponents frighten me. During a contest, little irritations might divert my attention. I can stay calm when playing a game. I'm quite sure I can carry it out. I apologies every time I make a mistake or fall short in my play. I think about the strategy before the game. I play primarily for fun. I speak up on the match if I have something to say. My nerves are as powerful as steel during a match. I often make mistakes at critical points in a game. I'm unsure of my performance in a game. I don't care about my shortcomings.					
5	Unless my performance is close to my peak, it is pointless. Aggressive opponents frighten me. During a contest, little irritations might divert my attention. I am able to remain composed during a game. I am quite certain that I can execute. Whenever I make a mistake or fail at my play, I apologise. Before the game, I consider the strategy. I play mostly for enjoyment. If I have anything to say about the match, I say it out loud. During a match, my nerves are as strong as steel. During pivotal times in a game, I frequently make blunders. I'm not confident in how I'll perform in a game. My faults don't matter to me.					
6	Unless my performance is close to my peak, it is pointless. Aggressive opponents frighten me. During a contest, little irritations might divert my attention. I am able to remain composed during a game. I am quite certain that I can execute. Whenever I make a mistake or fail at my play, I apologise. Before the game, I consider the strategy. I play mostly for enjoyment. If I have anything to say about the match, I say it out loud. During a match, my nerves are as strong as steel. During pivotal times in a game, I frequently make blunders. I'm not confident in how I'll perform in a game. My faults don't matter to me.					
7	Unless my performance is close to my peak, it is pointless. Aggressive opponents frighten me. During a contest, little irritations might divert my attention. I am able to remain composed during a game. I am quite certain that I can execute. Whenever I make a mistake or fail at my play, I apologise. Before the game, I consider the strategy. I play mostly for enjoyment. If I have anything to say about the match, I say it out loud. During a match, my nerves are as strong as steel. During pivotal times in a game, I frequently make blunders.					

	I'm not confident in how I'll perform in a game. My faults don't matter to me.					
8	Unless my performance is close to my peak, it is pointless. Aggressive opponents frighten me. During a contest, little irritations might divert my attention. I am able to remain composed during a game. I am quite certain that I can execute. Whenever I make a mistake or fail at my play, I apologise. Before the game, I consider the strategy. I play mostly for enjoyment. If I have anything to say about the match, I say it out loud. During a match, my nerves are as strong as steel. During pivotal times in a game, I frequently make blunders. I'm not confident in how I'll perform in a game. My faults don't matter to me.					
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10	Unless my performance is close to my peak, it is pointless. Aggressive opponents frighten me. During a contest, little irritations might divert my attention. I am able to remain composed during a game. I am quite certain that I can execute. Whenever I make a mistake or fail at my play, I apologise. Before the game, I consider the strategy. I play mostly for enjoyment. If I have anything to say about the match, I say it out loud. During a match, my nerves are as strong as steel. During pivotal times in a game, I frequently make blunders. I'm not confident in how I'll perform in a game. My faults don't matter to me.					
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14	I play improvisationally without a game plan in mind.					
15	I want to be the best player on the field.					
16	I prefer to smile in the face of my opponents' anger to prevent them from escalating.					
17	I am influenced by others' opinions of my athletic performance.					
18	I can control my nerves during my performance.					
19	I expect to win before a match.					
20	My mistakes in a match leave me feeling unwell for several days.					
21	I stick to a consistent routine, both in training and in a match.					
22	I prefer to play with players who don't turn the match into a struggle.					
23	I take full responsibility for my play.					
24	I feel apathetic during a match.					
25	My nervousness affects my performance in a match.					
26	I fear defeat even before the match begins.					
27	I think about the mistakes my opponent might make more than i think about the game itself.					
28	I rush to switch from one style of play to another, trying to improve my athleticism.					
29	I don't feel inclined to play unless i'm challenged.					
30	When i get angry with my opponents, i try to ignore them for fear of making them even more angry.					
31	Any hurtful comment can affect my performance during a match.					
32	I enjoy critical moments in a match because i handle myself well.					
33	I tend to challenge strong opponents.					
34	I feel more upset when i fail than happy when i succeed. I try to find multiple ways to be more efficient in my game.					
35	I enjoy playing the game despite making many mistakes.					
36	I am persistent in my play.					
37	During the game, i try to completely isolate my thoughts from what's going on around me.					
38	I fear getting into critical situations long before they occur.					
39	I'm bothered by the idea that my opponent might defeat me.					
40	I try to avoid thinking about my mistakes.					
41	I don't know what i should do until the game starts.					
42	My mistakes in a match leave me feeling unwell for several days.					