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**Faculty of Educational Sports**  
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**The effect of Mental Training Program to Improve  
Some Mental Skills and Relationship Between The  
Program and the level of Achievement  
of the Boxers**

A Research Introduced by

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Among the requirements for attaining the Ph. D.  
In Physical Education

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### **First : The Research Problem and its Importance:**

The mental training has become representing one of the strategies of the training technology which receives a great concern from many of the specialists in this field , because of what it has of the positive role and an effective one in the development of the level of the movement practice , particularly after the mental and psychological skills have become representing a great importance of the promotion and progress of the level of the practice .

Each of Martens and Unestal agree that the training on some of the mental skills such as muscles and mental relaxation , organizes the tension case , the mental imagination , concentration of the attention , self confidence and other metal and psychological skills which have to go side by side with the training on the elements of the physical fitness and the movement skills within the long termed preparation , and that the negligence of such dimension , shall diminish the opportunities of reaching the global sports level ( 5 -20 ).

Also the scientist of sports see that there is a necessity to amalgamate the programs of the Mental Training within the programs of the General Sports Training as both of Unestal ( 1985 ) and Nideffer ) 1996 ) agree that the metal trainings must go side by side with the training on the element of the Physical Training and the movement skills within the long termed preparation , and that the negligence of such

dimensions shall diminish the chances of reaching to the Higher Sports Level .

While Mohamed El Araby ( 2001) says that the full development between the mind and the body is way towards the discovering of our real abilities . In order to realize this , it is very necessary that the player must have the will in spending the time for training the mind the same as the body ( 39 – 2 ).

The relaxation training occupies particular importance among the programs of the players of the higher levels. Thus, it has become familiar that the programs of those players have become including a special program for teaching and developing the ability of the sports person on the relaxation ( 8 – 345 ).

Mohamed Hasa Alawi ( 1997) refers that the mental imagination is a psychological skill or mental skill that can be taught and can be won in what is known as the mental training or the mental practice or the mental exercise , with aim of improving and progressing the practice of the player for the movement skills and the plans of the playing as a means for the psychological preparation for the sports competitions , or as a method for the psychological mobilization for the player himself ( 34 -299).

Each of Atef Nimr Khalifa , and Mohamed Hamid Shadad (2000) refer that the Mental Imagination has its great importance , whether upon this audio-visual imagination or the sensational – movement imagination . Also the ability to

imagine in the Mental imagination , wer find the audio-visual imagination plays an important role among the players of the contests in the competitions ( 18 – 7 ).

While Mohamed Loutfi , and Wagih Shamendi (1995) refer that the Regular Mental Training of the player of the individual contests helps to develop and regulate many of the psychological functions or tasks such as the perception and the attentiveness : ( 39 – 3 ) .

The attentiveness represents – at the present time – as one of the important topics in the field of psychology , and it is looked at as a constructed field and a miscellaneous one . this saying has been confirmed by Parasurman ( 1984 ) that the research in the attentiveness includes many fields , among them the cognitive psychology and the physiological psychology and the psychology of the augmentation and others : ( 28 : 254) .

The attentiveness is considered as one of the vital dimensions that have their effect upon the practice in the sports field . Although the researches are still in their first stages , there is a number which we cannot say it is a little one , that concerned with the mechanism of the attentiveness under the competition conditions , but a suitable framework for it hasn't been arranged for studying the effect of the attentiveness on the development of the practice , whether in the training or in the competition .

In spite of the numerous researches and their multiple number which agree upon the importance of association of the Mental Training to the physical training so as to realize the level of the higher practice in different activities or sports . And in spite of Cox's reference (1994) that the concern must be given to the rate of the physical training against the mental training 75 % as physical training to the rate of 25 % as mental training which leads to a better practice ( 59 : 47).

Though the researcher has found , within his job in the training of boxing , that the Mental Training Programs don't take the space and the size and the sufficient concern in the training programs , particularly on the level of the Club Teams , that is what shall not give the chance to the player to learn the Mental Training and to familiarize it and gaining its skills , consequently , he doesn't get any benefit of its return in the realization of the expected results .

Therefore , the researcher has found that the preparation of this study in the field of the accurate specialization and the effective one for the boxers may this study as a clear direction or guidance for the trainer and for the player to give concern in addition to the mental training in all its different sides .

### **Second : The Goals of the Research:**

1. Designing a program for the Mental Training , that is by the use of ( relaxation – imagination – concentration of the attentiveness ).

2. Acknowledging the extent of the effectiveness of the proposed program in the development of the mental skills ( relaxation , imagination – and the concentration of the attentiveness ).
3. Knowing the effect of the proposed or suggested program on the achievement of the boxers .
4. The knowledge of the rates of the improvement in the alternatives under study ( such as the relaxation – imagination – the concentration of the attentiveness - The level of the achievement).

### **Thirdly : The propositions of the Research :**

1. There are statically differences are existing between the before and after measurement for the experimental group under study in the Basic Mental Skills ( relaxation – imagination – the concentration of the attentiveness ).

There are denoting differences between the before and after measurement for the experimental group under study in the level of the achievement in the sports of the boxing for the interest of the before and after .

### **Fourthly : Measurement of the Research :**

#### **1. The methodology of the research:**

The researcher has used the experimental method by using one anthology by means of the before and after measuring so as to fit the nature and measures of the research .

## **2. The sample of the Research :**

The sample of the research has been selected according to the intentional method from the players of the boxing within the stage – over the (19) years old and its composed of ( 22 ) players from those who are recorded among the records of the Egyptian Club for boxing . So the exploration study has included the number of (60) players , while the basic or fundamental study has included (22) players , and the medium age of experience for the players of this stage reaches (5) years.

## **3. Tools and means of collecting the Data :**

The tools which are suitable for the nature of the present research have been defined , and that was within the viewing of the previous researches and the studies. These tools have been divided into the following :-

### **1) The psychological measurements :**

- Testing the intelligence for Ahmed Zaki Saleh.
- The ability measure on the relaxation .
- The measure of the mental imagination in the filed of Sports .
- The measurement of the ability on the concentration of the attentiveness .
- A questionnaire form of the experts about the definition of the content of the program.

- The suggested program for the Mental Training.

### **The aims of the Research :**

The proposed program aims at the training upon the psychological skills relating to the difficulties of learning the artistic skills and the planning ones to :

- Developing the level of the ability practice on the relaxation , the Mental Imagination , concentration of the attentiveness .
- Developing the level of the practice in the artistic and in the planning skills.

### **The time period for the program :**

Within the previous studies , the researcher could define the period of time of the program, and also the period of time of the training unit . Then the researcher has demonstrated the program on the experts who decided the suitability and the sufficiency of the time of the program and the period of the training unit is :-

- 12 weeks , which means 3 units for training in a week.
- The period of the time of the training unit is 30 minutes.
- Thus , the total of number of the training units has reached 36 training period in the program . Also the hour number of the mental training as a whole has reached 18 hours of training , that means according to the 1080 minutes.

### **The components of the Program :**

1. The muscle relaxation .
2. The mental relaxation.
3. The mental imagination.
4. The concentration of the attentiveness .

**The exploratory studies :**

- \* The first exploratory study has been performed during the period starting from :24/1/2009 to 26/1/2009
- \* The next exploratory study has been performed during the period starting from 31/1/2009 to 9/2/2009

**The fundamental experiment :**

- \* The performance of the before measurements during the period starting from : 14/2/2009 to 16/2/2009
- \* The propose program for the mebnal training has been applied during the period starting from : 21/2/2009 to 20/5/2009
- \* The after measurements have been performed during the period starting from : 23/5/2009 to 30/5/2009

**The statistical treatments :**

In the light of the aims of the research and the data which have been attained , the following statistic treatments have been carried out :-

- The Mean of the Account .

- The mediator .
- Standard Deviator .
- The higher spring and the lower one .
- Skewness.
- The Spearman correlation .
- The percentage for the level of the improvement ( Advancement percentage ).
- T test .

All the statistic treatments that have been performed for the data , by the use of the computer – in order to decide the intended statistic programs .

### **The conclusions :**

In the light of the aims and propositions and the sample of the research and its characteristics , and being founded upon the results that have been realized , the researcher was able to reach the following conclusions :

1. There is the existence of differences with moral indication between each of the before and the after measurements in the three following measures ( the relaxation – the Mental imagination – the concentration of the attentiveness ) for the interest of the after measurement.

2. The existence of connections with statistic indication between the three measurements , and the arrangement of the players in the Egyptian championship .
3. The existence of connections with statistic indication between the three measurements , while the most connected one of the measurements was the relaxation with the mental imagination , followed by the imagining with the concentration of the attentiveness , and finally the relaxation with the concentration of the attentiveness .

**The conclusions :**

In the light of the aims and propositions and the sample of the research , and being founded upon the results which have been realized here in this respect , it was possible for the researcher that he concluded the following :-

1. The mental training program , which is used here in this respect , has its own effect in the field of the development of the skills of ( relaxation – the mental imagination – and the concentration of the attentiveness ).
2. The program of the mental training has its effective in the development of the level of the achievement and the realization of the advanced positions in the sports competitions among the boxing players.
3. The mastery of the skill of the relaxation plays its important role and the effective one in reaching the higher degree of

the mental imagination and the concentration of the attentiveness.

4. The mastery of the mental imagination leads to a higher degree of the concentration of the attentiveness .
5. The training program of mentality plays an important role in improving the level of the skillful practice and the planning one in the boxing sports . That shall show the importance of inputting of a mental training program for training the boxers .

### **The Recommendations :**

#### **The Researcher recommends the following :**

1. The importance of the use of the mental training program which is suggested by the researcher , and to be enrolled and included into the physical training program for the boxers , because of what it has of importance in the development of the level of the practice for the skills of ( The relaxation - The mental imagination - The concentration of the attentiveness ) on the sample of the research .
2. The importance that the Egyptian association for boxing must hold training courses for burnishing the Boxing Coaches in the field of the direction and the psychological guidance , and to shed light upon the importance of the mental training , and the force of its effect in the improvement of the artistic and planning levels . Thus, it

realizes the victory , and realizes the development of the level of the achievement for the boxers.

3. Designing many of the Mental Training Programs , that is according to what suites the different age stages , and the levels and the artistic and planning levels for the boxers , and amalgamating them inside the Physical , Planning , and Skillful Training , so as to achieve the utmost possible benefit , and to reach with the abilities of the players to the utmost of its artistic levels .
4. Performing of such a study on other samples from among the players of the boxing differs in the age stage and the artistic level of the stages .