

Benha University
Faculty of Physical Education
Dep. Of competitive and aquatic sports

**Mental processes and their relationship to
Tactical behavior for judo player**

**Search within the requirements of Philosophy Doctor degree in
Physical Education**

Setting

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Summary of research

Research problem and its importance:

Mental processes play an important role in the physical training to reach the highest levels of sports Valzca and the focus of attention and understanding and innovative thinking of the mental processes that help the player to access the situation in which the development of performance sport and therefore the achievement of sporting success and desired achievement.

Osama Kamel Rateb (1995) that the focus and attention one of the important mental processes of athletes in the ego is the foundation for the success of the education, training or competition in its various forms Vchti not focus attention or negative impact on performance, and many of the athletes attribute the low level of performance in the competition to a low level of focus and are often heard to say after the sports competition justified the low level of performance or failure, I have to focus.

The mental process of intelligence is an important requirement in most

sporting activities that require rapid recognition of relations in various positions, especially in sports, and sports of judo, which is characterized by the struggle with the rival direct face to face.

Fouad Abu Hatab (1978) states that "cognitive speed is one of the most aware of the capabilities of an affirmation of the impact of scientific research Kpges **Stone Thurstone (1944 m)**, which has shown that this ability is related to understanding the details of the situation.

Innovative thinking and play an important role in the mental process of finding solutions to solve the problems of others expected that the player might face, or during sports training or sports competitions and is one of the most important means of exclusivity to reach high levels of sport and sporting achievement to be achieved.

The researcher believes that the sports of judo, which the player must be able to come by as it is a different organism, as the high levels of the sports close to each other, and many countries are seeking to devise a new picture of the fees skill can take advantage of the element of surprise and win the matches.

Vmbarap judo at all times to attack the player and the last to defend the attack, no matter how many images and the corresponding ability of the defense and the player on offense or defense, based on absorption and proficiency in various skills and good disposition Ktti of those skills during the game.

And thinking the field is an objective of the level of preparation Ktti and limited in its ability to structure and contain all the elements involved in the positions of the game, as well as to predict the dynamics of the positions before they occur and take the appropriate decision in a timely manner and also in the speed of decision-making Ktti and capacity to absorb the attitudes and decision-making Ktti as soon as possible .

Tactical actions and play an important role in the outcome of matches by the behavior Ktti Inahjh player during the game reflects the player's ability in the application of skill as well as the mobility of skills to enable the different and the potential use when the right opportunity comes

during the game, as well as its ability to open the possibility of gaps in the duty of the offensive, however, such actions do not receive the attention of the trainers and it relies on the discretion of the player during the game and that during the physical training is clearly inadequate Ktti by the players and coach of the judo sport lacks the means to enable the measurement of government performance to the absorption of the various aspects of tactical and whether the player Jamal has been absorbed and how the tactical can be exploited during the game.

The mental processes (intelligence - attention - cognitive speed - innovative thinking) one of the most important mental processes that help the player to absorb, as well as conduct Ktti Ktti the appropriate disposition of the application to the fullest extent during the match.

❖ **research aim:**

- ❖ building measure of the tactical actions of some of the selected motor skills.
- ❖ to identify the relationship between the mental processes (intelligence - attention - cognitive speed - creative thinking) and tactical actions (attack - defense) judokas to three sets of weights (light - medium - heavy).
- ❖ to identify differences in the mental processes (intelligence - attention - cognitive speed - creative thinking) as well as the tactical actions (attack - defense) for the three sets of weights (light - medium - heavy).
- ❖ to identify the relationship between the mental processes (intelligence - attention - cognitive speed - creative thinking), as well as conduct tactical offensive and defensive sets for the three weights (light - medium - heavy) and the outcome of matches.

❖ **Search hypothesis :**

- 1- There is a relationship with a statistically significant correlation between the mental processes (intelligence - attention - cognitive speed - creative thinking) and tactical actions (attack - defense) judokas to three sets of weights (light - medium - heavy).
- 2- no statistically significant differences in the mental processes (intelligence - attention - cognitive speed - creative thinking) and

tactical actions (attack - defense) for the three sets of weights (light - medium - heavy).

- 3- There is a relationship with a statistically significant correlation between the mental processes (intelligence - cognitive speed - the focus of attention - creative thinking) as well as the tactical actions (attack - defense) for the three sets of weights (light - medium - heavy) and the outcome of matches.

❖ **search procedures: -**

• **Research method: -**

Researcher used the descriptive approach, following the systematic search and the search Alaratbati causal comparative view of the relevance of the nature and objectives of the research.

• **Research sample: -**

The way the sample was selected from players deliberate first degree and the participants at the Egyptian universities for the year 2008 / 2009 as well as players from the Eastern Region of judo, with a sample size of 56 judo player, was selected the Eastern Region of the Judo exploratory sample, with a sample size of 14 exploratory player Judo to be similar for all categories of weights in judo, and the size of the core sample of 42 players representing the positions I to VI in the following categories of weights (60, 66, 73, 81, 90, 100, over 100 k), has also been named the players weights into three groups according to weight categories, a group of light weights (60, 66) medium-weight group (73, 81) a set of heavy weights (90, 100 over 100) so that the researcher can make comparisons between players in the mental processes and behaviors as the tactical weights for each group is characterized by special features and ease of transactions for statistical research.

• **tools and methods for collection data : -**

Adopted by the collection of data to determine the tactical behavior and mental processes: --

- 1 - survey of reference and previous studies

2 - expert opinion on the definition of mental processes and behavior of the tactical judokas.

3 - Technical analysis of the Olympic Games in Athens in 2004 to identify the skills and behaviors most commonly used in tactical judo tournaments.

4 - Building a measure of the tactical actions of the private players judo.

5 - personal interview

6 - Special tests of mental judo players under consideration.

• **the survey: --**

The researcher to choose a random sample of (14) players from the area between East Judo junior under 19 years old, first-class player and make them test the help of assistants, and a researcher on the first measurement 11-16-2008, and then make the second measurement by the same tests as the exploratory sample and under the same conditions and using the same tools and assistants, on 4-23-2008, in order to ensure scientific validity (truthfulness - consistency) for the tests under discussion.

• **the baseline study: --**

1- The researcher tests the application of substances under consideration, and tactical actions (attack - defense) on a core sample of the Egyptian universities league players for the university year 2008 / 2009 will be held on Saturday, 4-11-2009, after a balance in order to make the tests and the net-minded player .

2- The researcher conducting the tests of mental and tactical players on the tournament.

3- The researcher collected data on tests tactical and mental processes under consideration for the players who have positions I to V bis.

4- a promising researcher to unload the form of data gathering results of the variables of mental and tactical actions in question

5- by unloading the data in the data on the discharge form so easy that a statistical treatment.

• **Statistical treatments : -**

To address the data statistically using statistical methods in the following:
Arithmetic mean - the mediator - the standard deviation - coefficient
sprains test - (v) - correlation coefficient - the ratio percentage test -

analysis of variance test - less moral difference, and the researcher used the level of statistical significance at the (0.05).

• **Conclusions:**

In the light of the nature of this study and the sample and the method used and the results of statistical analysis of the scope of this research the researcher to reach the following conclusions:

link direct relationship exists at the level of D (0.05) between the tactical offensive behavior and mental processes under research (innovative thinking - cognitive speed - intelligence - attention), respectively.

link direct relationship exists at the level of D (0.05) between the tactical defensive behavior and mental processes under research (innovative thinking - cognitive speed - intelligence - attention), respectively.

link direct relationship exists at the level of D (0.05) between the tactical defensive actions and conduct tactical offensive.

link direct relationship exists at the level of D (0.05) between the tactical offensive actions of the players, light-weight substances and processes in question (cognitive speed - creative thinking - intelligent), respectively.

There is no statistical relationship of a function at the level of (0.05) between the tactical offensive actions of the players, light weights and concentration of attention.

link direct relationship exists at the level of D (0.05) between the actions of the tactical defensive players light weights and mental processes (intelligence - cognitive speed - creative thinking), respectively.

There is no statistical relationship of a function at the level of (0.05) between the actions of the tactical defensive players light weights and concentration of attention.

link direct relationship exists at the level of D (0.05) between the tactical offensive actions of the players, medium-weight substances and processes

(innovative thinking - intelligence - cognitive speed - is drawn), respectively.

link direct relationship exists at the level of D (0.05) between the actions of the tactical defensive players, middle-weight substances and processes (intelligence - cognitive speed - creative thinking), respectively.

There is no statistical relationship of a function at the level of (0.05) between the actions of the tactical defensive players, middle-weight and focus attention.

link direct relationship exists at the level of D (0.05) between tactical actions (attack - defense) and mental processes (innovative thinking - intelligence - the focus of attention - cognitive speed), respectively.

There are no statistical differences at the level of function (0.05) between groups of three weights (light - medium - heavy) in the tactical offensive behavior, as well as cognitive speed and fluency pivotal intellectual originality and innovative thinking.

There are statistical differences at the level of function (0.05) between groups of three weights (light - medium - heavy) in the defensive behavior, as well as tactical intelligence and to focus attention and focus of the flexibility of the spontaneous creative thinking, and this is in part the validity of the imposition II.

link direct relationship exists at the level of D (0.05) between the results of matches, and the variables of research (cognitive speed - creative thinking - intelligence - tactical offensive behavior - defensive tactical actions - the focus of attention), respectively.

link direct relationship exists at the level of D (0.05) between the results of group matches to light weights and the variables of research (cognitive speed - creative thinking - intelligence - tactical offensive behavior - behavior tactical defense).

There is no statistical relationship of a function at the level of (0.05) the

results of matches between players of the weights between the light and the focus of attention.

link direct relationship exists at the level of D (0.05) between the results of matches to a medium-weight and the research variables (tactical offensive behavior - cognitive speed - intelligence - creative thinking - the tactical defensive behavior - attention), respectively.

link direct relationship exists at the level of D (0.05) between the results of matches to a heavy weight and the research variables (intelligence - creative thinking - cognitive speed - the focus of attention - defensive tactical actions - conduct tactical offensive), respectively.

•Recommendations:

Within the research sample in the light of the results of the researcher recommends the following:

- 1- work to take advantage of training in mental development and the development of tactical actions (attack - defense) of the sport of judo.
- 2- work on the use of mental processes associated with the performance of skills during the master motor skills.
- 3- trainers must take into account the individual differences between the weights of players in the categories of mental processes (Kalzca - creative thinking - attention - cognitive speed), and conduct tactical offensive and defensive in the development of training programs, as the nature of each category, especially in the tactical and technical performance as well as the mental processes of each category .
- 4- the development of mental processes for the players because of their crucial role in the effectiveness of tactical actions (attack - defense), which in turn leads to achieving the desired results.
- 5- need module containing a large part of the tactical actions (attack - defense) and similar to what happened the game.

- 6- raise the level of physical fitness of the players because of their impact on the level of concentration of the player during the games.
- 7- the need to focus on the training side of the individual group training because of its importance in the discovery of errors, processing and follow-up to the player mentally and physically and Mharria and Kttiya, and directing the player to the best performances and tactical skills, which are commensurate with the nature of the category weights.
- 8- be trained to assist the players on the discovery of a new tactical responses, as well as the rapid development of tactical performances have judokas.
- 9- studies training programs for higher rates of mental processes in question (intelligence - creative thinking - cognitive speed - is drawn)
- 10- conduct similar studies on samples of different stages of the Sunni variety to find out the level of performance and mental processes Ktti to be a mirror of the planners of training programs reflect the current level and must be accessible.
- 11- examinations and tests, tactical and mental periodically on the players at the beginning of the season, such as sports competitions and to ensure high level of mental Ktti and processes.
- 12- must also hold training courses for trainers and those interested in the game in order to Bilmamanm mental processes of the judo players and methods of evaluation of such operations.