

SUMMARY

Introduction :

Psychological (mental) skills play an important role in achieving high level of sports performance during competition, ignoring this role and lack of development of these skills affect negatively the performance generally. So attention must be paid to developing these skills and be parallel with other aspects development like physical fitness or skillful and tactical aspects.

Mental imagery help the player reaching its best in training or competition by helping him to imagine the ideal performance and concentrating attention on the skill before the last minute of starting competition to achieve the aims.

The last years showed great development in volleyball skills which necessitate dealing with this development in methods of training, methods of rising the skillful level of the players, all these require similar development in the used methods to rise the level of performance of the basic skills.

Research problem :

If the sports trainer during the last years devised all his efforts to develop training programs to rise the level of performance and reaching the highest level, and ignoring the development of the mental sides, it is the time to care for this aspect, with integration between physical and mental sides to develop the performance and rising it in sports performance.

The researcher noticed from his practical experience that although the importance of the mental imagery for volleyball players and mainly for youngsters, most trainers do not use any special exercises to develop the mental sides, this may be the cause of the reduced their skillful performance level markedly in sports competitions and mainly in the spike skill.

Research aims :

This research aims to design mental imagery program for spike skill for volleyball players under 17 years and knowing :

- 1- The effect of the suggested mental imagery program on the level of performance of spike on volleyball players under 17 years.
- 2- The effect of the suggested mental imagery program on some mental sides and dimensions of mental imagery (under research) for volleyball under 17 years.
- 3- The relationship between some mental sides, and the level of spike skill performance for volleyball players under 17 years.

Research hypotheses :

1. There are statistically significant differences between the pre- and post-measurements of the control group in the variables under investigation in favour of the post-measurement.
2. There are statistically significant differences between the pre- and post-measurements of the experimental group in the variables under investigation in favour of the post-measurement.
3. There are statistically significant differences between the experimental and control groups in the post-measurements of the variables under investigation in favour of the experimental group.
4. There is a correlation between some mental sides, and level of performance of spike skill for volleyball players under 17 years.

Research procedures :

Research method :

The researcher used the experimental method with experimental design of two groups one experimental and the other control using the pre- and post-measurements.

Research sample :

The research sample was chosen purposely from players under 17 years, 15 years, and the sample was (20) players divided as (10) players experimental and (10) players control groups.

Data collection tools :

- Canadian test for physical fitness.
- Diagonal and linear spiking accuracy test.
- Picture intelligence test.
- Tension levels card.
- Psychological skills questionnaire.
- Scale for mental imagination in sports field.
- Suggested program for mental imagery.

Statistical methods :

According to research aims, and within its hypotheses, the following statistical analysis was used : arithmetic mean- median- standard deviation- skewness- Spearman correlation coefficient- Wilcoxon rank test- Man-Whitney test- percentage of improvement .

Results :

- The suggested program for mental imagery is effective in improving the level of spike performance and some mental sides and dimensions of mental imagery (under investigation) for volleyball players under 17 years.
- There is statistically significant correlation between some mental sides and dimensions of mental imagery (under investigation) and level of performance of spike skills for volleyball players under 17 years.
- There is no statistically significant correlation between type of imagery (internal/external) and level of performance of spike skills for volleyball players under 17 years.

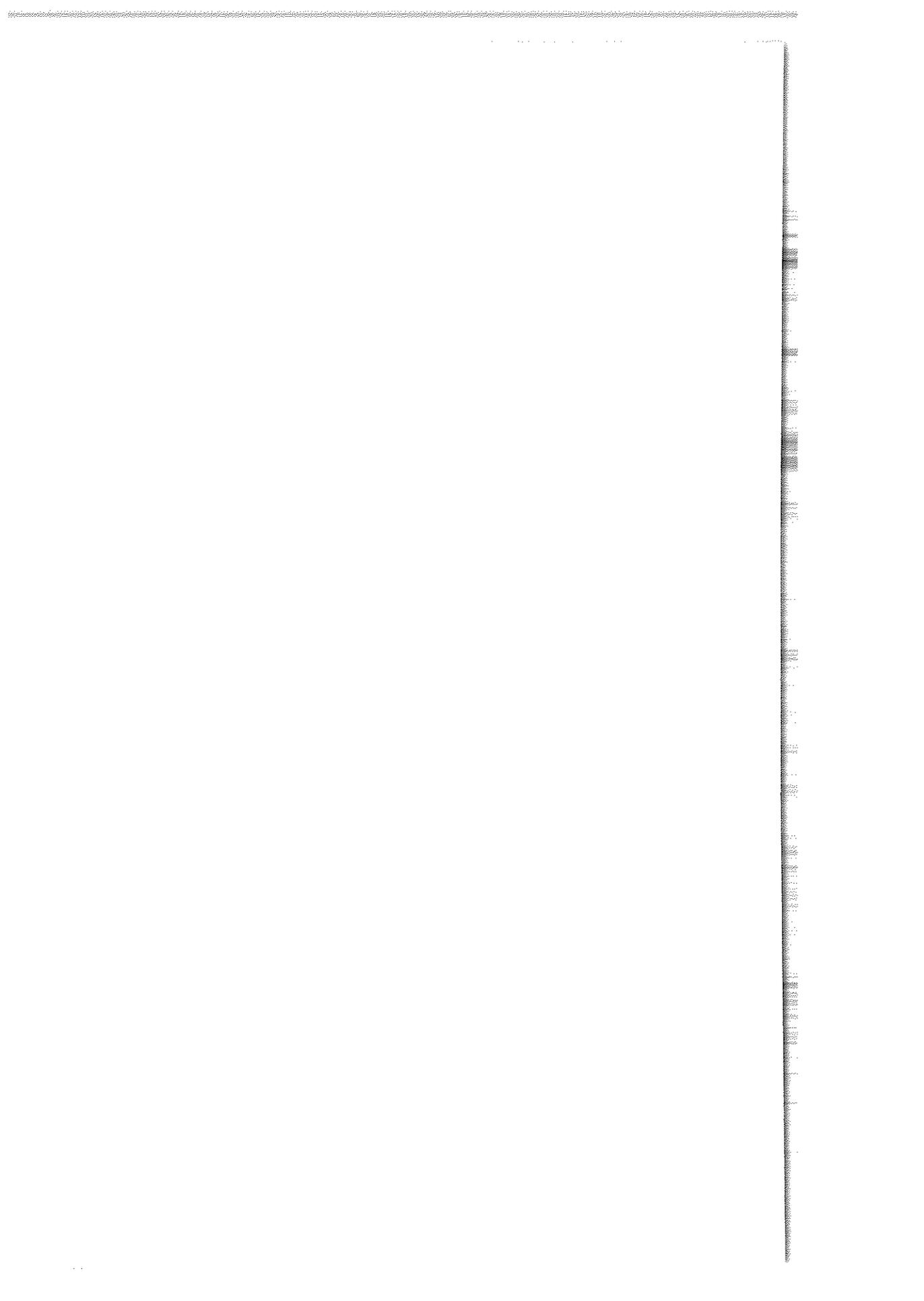
Recommendations :

- The importance of using mental imagery programs for youngsters for its effects in improving the level of skillful performance for spike skill.
- The importance of including the program of the current research in the programs for youngsters preparation in the period of skillful performance with the same program duration and using the same exercises (under investigation) with the same order and applying this to other skills to get positive effect on their players.
- The importance of determining time limits for mental imagery

settings after reaching suitable degree of relaxation to avoid the effect on process of attention concentration due to fatigue of the central nervous system.

ABSTRACT

This research aims to know the effect of mental imagery program on the level of spike skill performance and some mental sides (under investigation) for volleyball players under 17 years, using the experimental method on a sample of (20) volleyball players divided into two groups one experimental and the other control each include (10) players, applying the suggested program for mental imagery, using the diagonal and linear spike accuracy test, psychological skills inventories, scale for mental imagery in the sports field, the researcher find that the suggested program for mental imagery is effecting in improving the level of skillful performance and some mental sides and dimensions of mental imagery (under investigation) for volleyball players under 17 years, there is correlation between research variable and skillful level, there is no correlation between type of imagery (internal / external) and the skillful level.



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**EFFECT OF MENTAL IMAGERY PROGRAM FOR
SPIKING SKILL ON ITS PERFORMANCE LEVEL
AND SOME MENTAL SIDES FOR VOLLEY BALL
PLAYERS UNDER 17 YEARS**

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