

SUMMARY

Introduction :

Psychic preparation took an important and emphasized role in integrated preparation for athletes so the recent sports training program give great care for psychic preparation for youngsters as psychic preparation include skills that needs training and must accompany both physical and skillful abilities training.

The skill of setting objectives is one of the psychological skills that must be taught, acquired and trained on for the player, and also considered an important aspect of psychological ad educational direction and guidance for the athletes, that lie on the sports psychologist or the qualified coach to train and develop them in the players.

It is important to set objectives with players mainly during learning and acquiring motor skills, mental training contribute through motivational training and programming short term and long term objectives in introducing the special requirements for each phase of motor skills learning for the player.

Research Title :

Effect of Suggested Program for Goal-Setting Skill on Development Some Mental Aspects and Basic Skills to Wrestlers from (12-15) year

Research problem :

Lack of training program for the skill of setting objectives one of the psychological skills that must be learned and trained to rise the level of sports performance that returned to :

- 1- lack of knowledge of coaches and wrestlers about the skill of setting objectives and its effectiveness in development of mental aspects and basic skills for wrestling youngsters.
- 2- The coaches and wrestlers not practicing the skill of setting objectives lead to failure in determining the personal objectives properly including the technical requirements for setting objectives.

Research aims :

- 1- Knowing the effect of training program for the skill of setting objectives on development of some mental aspects for wrestlers (12-15) years.
- 2- Knowing the effect of training program for the skill of setting objectives on development of some basic skills for wrestlers (12-15) years.

Research hypothesis :

- 1- There are statistically significant differences between the pre- and post-measurements of the experimental group in the development of some mental aspects for wrestlers from (12-15) years.

- 2- There are statistically significant differences between the pre- and post-measurements of the experimental group in development of some basic skills for wrestlers from (12-15) years.
- 3- There are statistically significant differences between the control and experimental groups in the post-measurements in development of some mental aspects and basic skills for wrestlers from (12-15) years in favour of the experimental group.

Research procedures :

Research method :

To achieve the research objectives and testing hypothesis, the researcher used the experimental method with design of two groups one control and the other experimental.

Research sample :

The sample was chosen by random intentional sampling from wrestling youngsters in Ismailia province, wrestlers from (12-15) years, including , (16) wrestlers from (12-15) years for the control group and (16) wrestlers from (12-15) years for the experimental group.

years for the experimental group.

Data collection tools :

1- Used tests : picture intelligence test (1978), inventory psychological skills for athletes, skillful tests.

* Pilot study :

The researcher conducted pilot study on a similar sample include (16) players from outside the basic research sample in period from 14-6-2003 to 23/6/2003.

* The preparation program

1-Personal interview.

2- Experts questionnaire.

3- goal setting program

* Basic experiment :

The researcher conducted the basic study in the period 24/6/2003 to 25/10/2003, the study included the following :

1- Pre-measurements.

2- Applying the suggested program to train the skill of set objectives.

3- Applying the training program

4- Post-measurements.

Statistical methods :

According to research objectives, hypotheses and the sample on which the study was applied, the statistical management was done in the Statistical Counselling center in the Institute of statistical studies and researches, Cairo university, using arithmetic mean, standard deviation, skewness, Spearman correlation, percentage of improvement, Mann Whitney test, t-test for significance of differences, Wilcoxon rank test.

Conclusions :

According to research sample, applied program, used tests and depends on the results, the researcher reach the following conclusions:

- 1- The suggested program to train the skill of setting objective has positive effect on development of some mental aspects under investigation (ability to imagine, ability to relax, ability to concentrate attention, ability to face anxiety, self confidence, achievement motivation), and all aspects of development of the two basic skills under investigation (special technical performance of the skill, the special speed endurance of this skill and the special strength endurance for this skill) for wrestlers from (12-15) years.
- 2- The effect of setting objectives on the psychological state and level of skillful performance for the wresters on applying the principles and steps of the skill of setting objectives during execution of the program training unit.

Recommendations :

According to research problem and hypotheses with regard to size and nature of the sample and results of the research, the researcher recommends the following :

- 1- Using the suggested program for training skill of setting objectives on development of some mental aspects and basic skills of wrestlers for its direct effect on wrestlers performance and indirectly on their psychological state.
- 2- Conducting more similar studies on different other sports, younger players and those with high levels to empirically test the effectiveness of setting objectives on improvement of the psychological state, their skillful and tactical performance and physical state, as this may lead to their spread between players in an easily understandable form and be executed as practical program. This psychological skill that help in rising the level of performance to reach the finest level of performance.

ABSTRACT

This study aims to know the effect of training from for the skill of setting objectives on development of some mental aspects (ability to imagine, ability to relax, ability to concentrate attention, ability to face anxiety, self confidence, achievement motivation) and some aspects of the basic skills development (technical performance, speed endurance and strength endurance special to the skill) for wrestlers from (12-15) years, using the experimental method, the study was conducted on (32) wrestlers divided into two groups one control and the other experimental each include (16) wrestlers, using inventory for mental skills, skillful tests, and after application of the suggested program, the study found that the training program for the skill of setting objectives has positive effect on development of all mental aspects and all aspects of development of two basic skills under investigation for wrestlers from (12-15) years.

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**Thesis Submitted For Partial Fulfillment For The
Requirement of Ph.D degree in Physical Education**

2005

