

Research Summary

Introduction :

The athletic advancement of any country is really measured by the achievements of this country in Olympic Games. Therefore, every country endeavor to send the best of its citizens to guarantee good representations and attaining the best results.

The weak results of Egypt in Olympic Games urged the leaders working in the filed of sports to find a solution. The discovered that selection and preparation are the cornerstones in forming athletic teams and achieving highest levels in sport.

The important of this study is studding the effect of intentional weight loss on some psychological variables of who make weight loss over 7% from normal weight body and under 7% from normal weight body on the seventh kinds of attention (Over loaded by External stimuli, Over loaded by internal stimuli, Broad External Attantional focus , Broad internal Attantional focus , Narrow Attentional focus, Reduced Attentional focus , Information processing)

Research Aims :

1. Make a design of anew attentions test for wrestlers.
2. Study the effect of intentional weight loss on some psychological variables (Attention)of wrestlers who weight loss over 7% from normal weigh body.
3. Study the effect of intentional weight loss on some psychological variables(Attention) of wrestlers who weight loss under 7% from normal weigh body.

Research supposals:

1. The test (W. TAIS) measures the attention of wrestlers
2. The weight loss over 7 % effects on wrestlers attention
3. The weight loss under 7 % doesn't effect on wrestlers attention .

Research Method :

The research methodology requires usage and procedures, for its suitability to achieve the research aims.

Research Sample :

The research sample was chosen through the wrestlers from the first standard included (21) wrestlers who make weight loss over 7% from normal weight body, and (20) wrestlers who make weight loss under 7% from normal weight body.

Instruments:

- wrestlers attention test (W.TAIS).
- Observation .
- Document analysis.
- Personal interview.

Test formulation steps : -

- theoretical readings of scientific references about attention and weight loss.
- Investigation of studies and researches related to this study.
- Personal interview with trainers and special professor .
- Writing the sentences of this test.
- Rarify the validity and stability of this test.

Conclusions : -

- Weight loss over 7% from normal weight body effect negative effective an attention kinds.

Weight loss under 7% from normal weight body doesn't effect on attention kinds. (Over loaded by External stimuli, Over loaded by internal stimuli, Broad External Attantional focus ,Broad internal Attantional focus , Narrow Attentional focus, Reduced Attentional focus ,Information processing)

Recommendations: -

- Must use (W. TAIS) test with. Its seventh kinds to know the level of wrestlers attention.
- Weight loss shouldn't be over 7% from normal weight body.

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**Effect of intentional weight loss on
Some psychological variables of
Wrestlers**

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