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Limitations to Model of Psychological flow-state and it's Relationship to the Achievement of the Elites Track and Field Athlet's

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A Reseach introduction within the Requirement of the philosophy Doctorate in
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Introduction

The comprehension of the psychological factors required the psychological constructs it's related with psychological preparation for elite Athletes.

The psychological flow-state concept was remained as elusive concept although it's important factor to both the Athlete, performance at the elite Athletes. It's phenomena defined as: "A positive consciousness fun stage occurrence when the perceived skills equivalent or above the challenge, clear the goals, unambiguous feed back, the athlete involved in the performance, lose of self awareness, transformation of time and autotelic experience:..

The psychological flow-state is autotelic experience refer to state of mind, it's characterized-identify-characteristics to special times for optimum state of mind. The problem of this research was to study limitations of Csikszentmihalyi quadratic model of the psychological flow-state(PFS) for elite. They were participated in champion of first degree for Egyptian association athletics federation amateur.

The quadratic model of psychological flow state contain fourth conditions:

First: psychological flow-state where: both challenges-skills balance are in the high level.

Second: psychological Anxiety where: challenges High and Skills low.

Third: Relaxation and boredom where: challenges low and skills high.

Fourth: Apathy state where: both challenge and skills are in the low level.

This problem was important because it's investigate the difference between the components of this model in psychological flowstate according to some variables that affect in this components of limitation of psychological flow state.

The problem of this research important for identify of characteristics to this difference according to the previous variable lead to good environmental conditions that enable the athlete to realize this psychological flow state according to csikszentmihalyi model.

Study of this problem was important to the educational sports psychology because they used this knowledge and this producers to psychic-up energy and construct psychological flowstate. It's lead to peak performance for track and field athletes.

- The problem of this research important because it sharp mental skills, so the athletes used the components of psychological flow state model in training and competition situations to achieve the peak performance and results.
- This research signifies active response to the modern directions in applied sports psychology.
- This research is considered a scientific addition to sport psychology field accordance to the shortage of studies that dealt with the subject of the models psychological the flow state to the elite sportsmen.
- This research used different tools for measuring the components of the quadratic models of one modern concepts in sport psychology and it is the case psychological the flow state for sportsmen which helps the trainer to evaluate the important psychological characteristics for the best psychological experience.

Aims of the Research:

- 1- Study the difference in limitations of quadratic model of psychological flowstate for the elite of track and field a thele's.
- 2- Study the relationship between limitations of quadratic model of psychological flowstate for the elite of track and field athele's.
- 3-To prediction of the digital record for elite track and field athlete's by the indicators of measuring the limitations of quadratic model of psychological flowstate.

Hypthesis of the Research:

- 1- There are a significant difference for track Athlete's in the Results of Measuring the limitations of quadratic models of psychological flow-state for elite of track and field athlete's.
- 2- there are a positive relationship between some of results of measuring the limitations of quadratic model of psychological flow-state and digital record for elite of track and field Athlete's.
- 3- May be conclude the predication formula for the digital record for elite track and field athlete's by measuring the limitations of quadratic model of psychological flow state

the procedures of the Research:

1-The methodology:

the Research used the survey method.

2- The sample

the research sample include (141) Athlete's were purposive chosen from the competitions of track and field events. They were registered in Egyptian sportive federation of track and field for sport season 2009-2010 of the first level.

The tools:

- 1- psychological flow-state measures.
- 2- Sport competition Anxiety test.
- 3-competitive state Anxiety inventory.
- 4- the ability of Relaxtion.
- 5- The Gird concentration test.

Statistical methods.

- 1- The central tendency measures.
- 2- correlation coefficient.
- 3- T.Test.
- 4- Analysis of variance (ANOVA).
- 5- significant difference test.

The conclusion:

- 1- there are a significant difference for track Athlete's in some limitations of quadratic model of psychological flow state.
- 2- there are a significant difference for High level of digital record in limitations of quadratic model of psychological flow-state.
- 3- there are positive relation between the limit of psychological flow- state and limitations of: relaxation, psychological anxiety, apathy and digital record for track and field Athlete's.
- 4-there are negative relation between the limit of Anxiety and limitation's of Relaxations Apathy and digital record for track and field Athlete's.
- 5- there are a positive relations between the ability to relax and digital record for track field Athlete's.
- 6- there are a Negative relation between apathy and digital record for track and field Athletes'.

The recommendations.

- 1- Reinforcement the psychological flow-state via psychological preparation to become psychological flow- state experience.
- 2- transform psychological anxiety to become ideal state and trait anxiety.
- 3- transform apathy state by psyched up to become positive state.
- 4- prepare a scientific measure to some limitations of the quadratic model of psychological flow- state and other models.