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## **Mental Training Program to face Competitive Stress for Wrestlers**

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## **Research Introduction:**

These stresses are consider spreading and general psychological phenomena in all fields and activities. It could be largely existing in our daily life. Human's life has more stresses, its consider emotional experience could be described as a state of disorder, instability, fearing and expecting danger. As it's consider sensitive experience (sadness) that individual is suffering from it. Felling by fear or threading from something without determining it clearly.

Psychological stresses by all kinds are resulting of repaid modern progress which are leading to construct disorders and forming obstacles on the ability and resistance of endurance's individuals. Development processes are increasing the emotion by exhausting feeling to the energy of human. Whenever, the modern human is succeeding in exceeding repaid growth of the life demands, but in the contrary, is loosing his physical and psychological ability and his resistance in endurance which are leading to exhaust all power and destroying it to reach in the end to self-destroy.

The individual when is facing stresses situation, his response is consist from internal defense behavior against emotional motivation, worry and anxiety. With more

continuous facing like these circumstances, his response is continue and in this state is termed by alarm stage. So, individual is transferring to another stage which is resistance stage. He is trying to confront and restore the missing power to reach to psychological balance stage through a group of technique which are knowing by confronting processes and coping stress. If these processes aren't suitable, the resistance becoming ineffective. The individual is reaching to exhaustion stage. With passing time, the resistance become weak and the individual will reach to psychological burn stage.

### **Research problem:**

Sport competition is consider one of the most important factors to every sport activity whatever with self or confronting competitor face to face or competition in confronting other competitors or any others from sport competition's kinds.

As, it's consider a fertile source for a lot of various and multi emotional situations. These emotional attitudes has its utility in evaluating the player. As it's consider un threading or distinguishing by positivism. So, we are

reaching that it's one of the most sources of psychological stresses that play in facing it.

The object of competition stresses is one of the recent relative objects that changing more of importance in the last years according to increase numbers of junior athletes whose are suffering from this phenomena in the light of stress sources are over their loading. And hasn't a positive adjustment to match with it. All this are leading to decrease their sport levels and suffering from burn out then pulling them from sport practice.

Moreover, the player could achieve best results through training on stresses that falling on him rightly until to match with it and become more strong. But, if is the contrary happening, it could be resulting from it injuries, frustration and over loading that player couldn't obtain best results. So, organizing training meaning existing balance between stress and relax.

In other wide, wrestling sport is one of sports that players are facing a lot of psychological stress situations which makes them to turn to think in it. And un concentration in their performance during the competition. For instance playing with stronger wrestlers or weight champions, get ride of danger position specially in defense

states in the state of putting land wrestling, roughness from competitive wrestlers, bad judging, lots difficulty and others from stresses that needing from wrestler to have ability to confront it.

Whenever, the formal matches numbers that wrestlers are participating in it are less, most of trainers haven't concern by exercising amicability matches between his players and others. If it happen, it could be similar to the same circumstance and places of training. So, the players hasn't ability to acquire competitive experiences.

Researcher, has been showing from his meetings with a lot of trainers, that there are some wrestlers are appearing by high level from skilful and technical performance during training and amicability meeting.

Whenever, they are appearing with heterogeneous shape during formal competitions. So, they aren't has ability to reach to expecting achievement. Researcher is resulting that all this are returning to psychological stresses which are relating by competition.

Hence, importance of competition stresses, knowing its reasons, sources to avoid its negative effects and its traits to confront it and get ride from it. All this are representing special importance in the field of complete personality

development through psychological and social care of wrestlers. As increasing these stresses of sport competition and its effect on the player are leading to cause physical and emotional exhaustion, motivation restriction and self – trust.

As also affect on his continuously in the sport practice. And becoming more chance to syndromes and shapes of Self – Burn.

Researcher, hasn't been deny that the effort of the previous researchers in applying , preparing researches, and studies in the field of competition stresses.

Neither than in the knowledge of researcher and through his information on the previous foreign and Arabic studies, all it are aiming to try to know these sources of stresses to players of different sports. In addition to trait to design scales to measure this phenomena only. But it hasn't been reaching to any one of it to try to confront these stresses and limitation from its influence on the players.

Hence, it has necessity to existing psychological training programs that sport trainer and psychologist depending on it during training process and preparing players to make to confront psychological stresses phenomena to reach to the highest sport levels.

### **Research Aims:**

Researcher is aiming to:

- Designing Competitive stress scale to players of Wrestling.
- Knowing the competition stresses that wrestlers are facing it.
- Planning mental training program to confront competition stresses that wrestlers are facing it.

### **Suppositions of the Research:**

- There are competition stresses sources who Wrestlers are facing it which can be defined.
- There are statistical discrepancies between pretest and posttest of experimental sample in the variables of research?

### **Research Procedures:**

#### ***Research Curriculum:***

Researcher is using descriptive curriculum by its steps, procedures and by using survey approach to its suitable for procedures, preparing and planning competition stresses scales for wrestlers.

As, he is using experimental curriculum and pre-posttest to one sample for its suitability to procedures of suggestive program application.

### **Research Sample:**

#### ***\* Research Basis Survey Sample:***

Researcher has been choosing basis survey sample by randomly method which consists from (100) wrestlers whose are participating in Republic championship for wrestling (to third age stage) and are performing in the cove hole staad in Cairo through tuesday, Wednesday and Thursday days in 13-15/2/2007.

#### ***\* Research Basis experiment sample:***

Researcher has been choosing basis experiment sample by purposive method which are reaching to (10) players of wrestling in Sport Ghazl Al- Mahla Club to the same age stage.

### **Tools Collective Data:**

- Scale of competition stresses to players of wrestling.  
(preparing by researcher)



### **Research Plan:**

- Researcher has been applying the first pilot study in Ghazl Al- Mahla club in Saturday 2/9/2006.
- Researcher has been applying the second pilot study in Ghazl Al- Mahla club in Saturday 16/9/2006.
- Researcher has been applying the basis survey study in republic Championship for wrestling that are exercising in cover hole in staad in Cairo through Tuesday, Wednesday and Thursday days 13-15/2/2007.
- Researcher has been applying the basis experiment study in sport Ghazl Al- Mahla club in the period from Saturday 3/11/2007 to Thursday 31/1/2008

### **Statistical Treatment:**

It has been analyzing concluding data from this research according to the following statistical approaches:

- \* Arithmetic means.
- \* Standard deviation.
- \* Median.
- \* Range.
- \* Skewness.
- \* percentage.
- \* Pearson correlation product.
- \* T. Test.

## **Results:**

*In the light of statistical results of research, it could be reaching to the following:*

- 1- there are various sources of competition stresses to players of wrestling. These sources has been varying in the degree of intensity, importance and ordering these sources according to its importance to every criteria and power of its influence on the wrestlers during the competition as the following:
  - stresses are relating by fear and doubt.
  - stresses are relating by competition anxiety.
  - stresses are relating by self- evaluation and society.
  - stresses are relating by sport training duties.
  - stresses are relating by preparing conception.
- 2- There are statistical significance discrepancies between pretest and posttest of experiment sample to valid of posttest in the items numbers (10, 14, 18, 22, 26, 30, 35) form items of the first questionnaire "stresses are relating by competition anxiety. Items numbers (15, 19, 31, 41) from items of the second questionnaire " stresses are relating by self-evaluation and society. Items numbers (7, 20, 28, 32,

36, 40, 43) from items of the third questionnaire "stresses are relating by fear and doubt. Items numbers (4, 8, 12, 16, 25, 29, 33, 37) from items of fourth questionnaire " stresses are relating by preparing conception". Item number (13) from items of the fifth questionnaire " stresses are relating by training duties".

- 3- There aren't statistical significance discrepancies between pretest and posttest of experiment sample in items numbers (1, 39, 42) from items of the first questionnaire " stresses are relating by competition anxiety". Items numbers (2, 6, 23, 27) from items of the second questionnaire " stresses are relating by self- evaluation and society". Items numbers (3, 11, 24) from items of the third questionnaire " stresses are relating by fear and doubt". Items numbers (5, 9, 17, 21, 34, 38, 44) from items of the fifth questionnaire " stresses are relating by sport training duties".

### **Recommendations:**

*In the light of research, its suppositions, depending on data, and results which has been reaching to it. In the light of search sample, researcher is recommending by the following:*

- 1- using scale of competition stresses that researcher preparing it through the periods of training season and before the competition to know sources of competition stresses and its traits to confront it. Avoiding its negative effects and get ride of it.
- 2- The suggestive training program should be inserting in programs of preparing wrestlers until to have ability to confront stresses that facing them to avoid its negative influence and get ride of it.
- 3- Appointment sport psychologist is following to technical apparatus to observe psychology care for wrestlers.
- 4- Participating the players in various experiment competition through degree of intensity, importance and similar circumstance to the same real competition circumstance.

- 5- Supporting the positive think for player and avoiding the negative think which are connecting by the previous experiences and the expecting competition results.
- 6- Planning reality aims in the limitation of abilities and possibilities of wrestler that could be achieving it.
- 7- Assistance player to know his real level without exception (exceeding).
- 8- Training the wrestler on all competition circumstance that has been facing it.
- 9- Un concentration on the winning only, but also concentrate on the performance.
- 10- Importance by directing and evaluating wrestlers by positive method from the trainer.