



Benha university

Faculty physical Education for men

Department of the oryes and group sports

Applications and racket sports

Building ameasure of the psychological stress of the volley ball players

**Areasearch presented to get
The ph.p. Degree in physical Education**

Prepared by:

Fareed Hasanin farag Hasanin

Sport specialist in the Giza sport

& youth Directorate

supervised by

Dr. Atif Nemr khahfa

Professor of psychology

& Dean of faculty of physical

Education for men

Benha University

Dr.Husam al-Din Khalifa

Professor Volleyball

The deputy dean of Physical

Education for men

For Graduate Studies

Benha University

Dr.yaser Mahfouz Al Gohary

Assistant professor

***Deputy chairman of Department of theories &
application the group sports and racket sports***

Benha university

2010/1431

The research introduction:

The physical Education has been affected greatly by the natural science and human sciences and psychology is considered one of these sciences which search in the humanely and the persons behavior in its different mages to recognize the behavior motivation and its ability to help lion to determine this life slyle 80 solve his problems.

The sport competition can help in forming the personality. The sport challenge to win are good experience to prepone the sport man to face the pressure or the stress which face ohim in his real world.

The pressures are considered psychological phenomena and exist in all fields & activates and it happened frequently in are daily life. Man's life has pressure and it is considered internal experience can be described as as ale of upset and instability and danger expectation it is unpleasant emotional experience.

The research problem:

The sport competition is considered a direct goal and essential target for the training circumstances and social enuoirnement and the result of the effort of sport men the importance of the psy chological pressure seems in the single sports and its importance increase in the team sports and its importance increase in the team sport games because of the social relations inside the game are important as aresult of the

players behaviors as members which can have an effect on them in another side.

The psychological preparation for the volley ball player needs take care of the game it sell than take care of the player himself.

Then we can know the general scale to measure the psychological stouts for the player volleyball gams is a distinctive game, for the different silinatiens which shalnd be bept up with in different changahle situations in the game.

The compelition pressures are the mest important problems which should be studied because of its effect on the performance clearly specidly before the game and during the competition. Noelly ball player pass before the game a case called acase before the game and this case has some psychological features which affect on the player during the game and wait from the Negative participation to a positive participation of the competition the case before the game is redacted to some positive features such as concentration and awareness and pleasant excitement which participate in rising the player ability to work & performance and sometimes is related to some Negative features such as exatment, tension and unpleasant excitement and Negative excitement which led to decrease of the players ability to work and perform.

The excitement and pressures are different by the players positions in the team because the competition pressures are clear in volley ball team such as (Preparation (start) player- block

player- shooter- free defender player) the pressure are different by the gained experience beside the character features of the player as well the body style and also the body style is different because of the specialization and of the competitor's nature style even in local or international the fans and the play ground and the psychological understanding comange the players themselves.

So these were the most important psychological saurces which hare been assured by the ex-studies results. So, the study of the saurce of the competition pressures are surely important.

According to what we said we could determine the research problem in answering the following questions:

What are the pressures of competition for the volley ball according to their positions in the game (Preparation player or start player- block player shooter- free defender) according to the competition levels).

The aim of the research

This research aims at:

- designing alist to measure the competition pressure for the volley ball player according to their specialization.
- Knowing the competition pressure sources for the volley ball player.
- The comparison between valley ball players according to their positions (Starter- shooter- block player- free defender) in the competition pressure sources.

- The comparison between the volleyball players according to the competition levels (excellent A- excellent B) in the competition pressure sources.
- The research questions:
- What are the sources of the competition pressure and its level in the volley ball men players?
- Are there differences among the volley ball players according to their positions in the competition pressure sources?
- Are there differences among the volley ball players according to their competition pressure and its levels?

The research wriculum?

The researcher used the descriptive method because it is suitable for the research.

The research environment:

The research environment was the players enrolled in the egyptian association for the volleyball which represent must of the clubs in the excellut league A & B for the 2008-2009 season.

3-2-1 research sample:

The research sample was chosen by the purpose way from the Egyptian clubs excellent level A & B. Numbered as 720 players represents the all environment as the excellent level league A are 24 clubs divided into 4 groups and the excellent league A are 360 players and the excellent league B are 24 clubs divided into 4 groups and the excellent B conations 360 players.

The researcher divided the research environment to a basic study sample. And a discovery sample and taller that show the distribution of the sample members for the A, B clubs.

The research tools:

A measurement of the volleyball players for the psychological pressure prepared by the researcher.

The research plan:

The researcher made the first discovery study from.....2009 on a sample from the same environment research and outside of the basic sample which contains 15 player, represent the Egyptian clubs in excellent A& B.

The researcher applied the measure of the psychological pressure of volleyball player on the researcher sample which contain 523 players of Excellent league which represent 72.64% of the participation research society in the championship league A, B in2009

The statistical plan:

The research used the statistical program (spss version 13) to calculate the statistical measurements which goes up with the sample size and achieve the research goal which are.

- The descriptive statistic.
- Liberson relation link.
- Tronbach Alfa link.
- Analyse the clarity in one way.
- T test to conclude the meaning of the differences for the sample which are more the same.

- Test for the differences by using (L.S.D).

Conclusions and recommendations:

conclusions:

Through the findings of the researcher from achieving its objectives and results of his research was able to draw the following:

possible to identify the psychological pressure of volleyball players in:

- Psychological stress linked to time.
- Psychological stress associated with dealing with the technical and administrative support.
- Psychological stress associated with the nature of the training.
- Psychological stress associated with competitive sports.
- Psychological stress associated with social aspects and the atmosphere.

have been extract tool to measure the rated stress volleyball players.

The degree of psychological pressure of the Premier League players (a) and (b) according to the play centers as follows:

- Excellent players (a) was not sorted (Center for the player prepared player Hitter

Player defender player bulwark), respectively (145.21 138.60 137.92 132.71).

- Excellent players, (b) was not sorted (center of the player defending the player prepared

Player notch player bulwark), respectively (135.38 134.08 129.64 129.46)

vary depending on the degree of psychological pressure of competition Premier League (a) and (b) as follows:

- Excellent players (a), were more psychological pressure on the players in (the organization of pressure

The time pressures of competitive sports and the social pressure of the atmosphere

Aggregate measure of stress).

- Excellent players, (b), were more psychological pressure on the players in the (pressure

The device associated with the technical and administrative pressures associated with training).

- Recommendations:

scale application of psychological pressure of the volleyball players in order to identify psychological problems faced by the players and the development of psychosocial programs to alleviate them.

- rationing measure of the psychological pressures of a young and junior volleyball.

- identify psychological pressures for volleyball players in the light of sex.

- codify some of the psychological measures to identify the psychological problems faced by players and volleyball players