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**Psychological impact of a training program according to the
pattern of bio-rhythm to develop the psychological
skills and performance to the offensive
table tennis players**

presented by

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The importance of the research problem

Has increased awareness among coaches and athletes on the importance of the psychological aspect of access to the best levels of sports, requiring excellence in the sport of full integration between the mind and body, so are the training programs on psychosocial skills prestigious position to its active role in the preparations and training, especially after the convergence evident in the physical level and skills and training techniques, there is a need for the ability to relax and perception and other psychological skills in order to achieve excellence in sports practice, especially in stressful situations

Training of psychological skills important in the development of the level of sporting achievement for the upper levels, as well as help in teaching motor skills and increasingly important remote access to mastery and discrimination and the ability to predict and the opportunity to perform in future events in addition to the excess of learning and not influence the performance, either by anxiety or stress and contribute to psychological skills training in a greater sense of confidence and focus on the positive aspects of working better to anticipate good performance and prevent the negative perception to the detriment of performance

Although the presence of table tennis in Egypt for more than seven decades with the ease of deployment and ease of practice and the availability of places of practice, whether in youth centers or clubs or in the galleries are open or in the galleries are closed, but he noted recently that the achievement of the Egyptian table tennis at the international level suited for of the foregoing and in accordance with the classification of the International Federation of table tennis players Egyptians

The researcher finds that the performance of the offensive is an important aspect of the elements of table tennis and is this how to capitalize on what the individual experiences during exposure to situations and difficult, especially in the critical points and when tightening the technical level have equal points and are exposed to table tennis player to internal factors such as fear of failure and anxiety and tension, and external factors, represented in the importance of the game, the fans, which adversely affects the performance and distraction during the match, and training mental as it contains exercises (to relax - the perception of mental - to focus attention - self-confidence) might have the potential to reduce the level of tension and anxiety that may accompany player during the match, not to mention it first attempts in the sport of table tennis to the knowledge that the researcher is attempting to link these variables, and study skills and their relationship to psychological

dynamic rhythm and the effect of each to develop some offensive skills in the sport of table tennis

Which already emerged and crystallized the idea of this research and its relevance through the introduction of a fundamental change in training methods used in the methods used in training must change in line with the continuing evolution in the sciences associated with the sport of table tennis, where there may be limitations as in the field of Sport Psychology Applied That is why the researcher to the importance of thinking in designing a program for the development of some psychological skills, which may contribute to the results of this research to find scientific solutions to the problem of stress and anxiety of competitions and matches in the sport of table tennis and also reports the results of this research in the state achieved its objectives in the use of a method of training more Taattora in the sport of table tennis is the process of integration and linkage between training the mind and skill performance in accordance with the pattern of rhythm is vital to raise the level of performance of the offensive players of table tennis.

Research Objectives

The research aims at the effects of a training program of psychological skills and psychological skills offensive table tennis according to the pattern of bio-rhythm through the following knowledge

1. The level of the first group (a morning) in the psychological skills and attacking skills before and after the program.
2. The level of the second group (evening) in the psychological skills and attacking skills before and after the program.
3. The level of the third group (irregular) in the psychological skills and attacking skills before and after the program
4. The differences between the research groups of the bio-rhythm (mornings, evening, irregular) in the psychological skills and attacking skills

Research Hypotheses

1. There are significant differences between tribal and dimensional measurements of the first group (a morning) in the psychological skills and attacking skills for the benefit of dimensional measurement.
2. There are significant differences between the tribal and-after measurements for the group second (evening) in the psychological skills and attacking skills for the benefit of dimensional measurement.
3. There are significant differences between the tribal and dimensional measurements of the third group (irregular) in the psychological skills and attacking skills for the benefit of dimensional measurement.

4. There are significant differences between the measurements a posteriori the research groups of the bio-rhythm (mornings, evening, irregular) in the psychological skills and attacking skills for the benefit of telemetric

Search procedures:

Research Methodology

The use of researcher-designed experimental three experimental groups using two measures (pre and post) to Mlamth of the nature and objectives of the research

Society and the research sample

Sample was chosen in the manner intentionally from table tennis players Northern Ireland captain, the Eastern Sports and railway town of Zagazig and volume of the core sample (15) table tennis player, were divided intentional into three groups according to the encumbrance of bio (mornings - evening - regularly) the strength of each of them (5) players after the coherence, including in the research variables, in addition to a number (4) players from the same research community and the number (4) beginners table tennis with a view to conducting surveys and codification of the tests under discussion (Table 4) shows the description of the research sample, were also ruled out the number (7) players to non-attendance and the seriousness and equality in the number of groups according to the pattern of bio-rhythm

Data collection tools

Tools and devices used

- 1 - Rstamitr device to measure the height of tall
- 2 - Balance of medical standards
- 3 - balls, medical, cones, tape, tape measure, stopwatch, tennis balls, tennis rackets
- 4 - Form of registration of personal data and some variables of growth and intelligence
- 5 - A form to record the results of tests attacking skills
- 6 - A form to record the results of tests of mental skills
- 7 - Stberg form, or to determine the pattern of rhythm is vital

Tests of growth rates:

- Age - Height - Weight intelligence test photographer

Alikarriet used in the research:

Physical tests:

- 1 - Test running in place for 15 s to measure the speed measured by the number of times
- 2 - Test the alarm drape stand for measuring the flexibility of Onyx and thigh and measured poison
- 3 - Test the shuttle running and 5×5 m to measure the ability of the individual to control the direction of change is measured in time to the nearest second
- 4 - Test the payment of medical ball (1.5 kg) Hand to measure the force characterized by the speed of the regions of the arms and shoulders and measured the distance to the nearest cm
- 5 - Test the correction on the box in 30 w to measure the compatibility between the eye and hand measured by the number of times
- 6 - Test correction by hand on overlapping circles to measure the accuracy of the arm and measured points

Tests of mental skills:

- Test the ability to relax the preparation of "Frank Vitale Frank Vital" (1971 m), a promising image of Arab "Mohammad Hassan Allawi and Ahmed Mustafa Elswefe" (1981)
- measure the perception of mental preparation of the sports field, "Martins" Martenz 1982 m and a promising image of the Arab "Mohamed Larbi Shimon and Magda Ahmed Ismail" (1996)
- Test the network to focus attention Setup "Dorothy Harris" (1988) and a promising image of Arab "Mohamed Larbi Shimon" (1996)
- a measure of self-confidence by Robin Felli Robin Vealey Arabization Mohammad Hassan Allawi (1995)

Tests attacking skills in table tennis:

Has been testing the use of offensive skills, the following:

- 1 - Test transmissions generally harvested Tennis Front and measured by the degree
- 2 - Test transmissions generally harvested tennis back and measured by the degree
- 3 - Test transmissions generally straight tennis front and measured by the degree
- 4 - Test the transmission straight back and tennis in general measured by the degree
- 5 - Test general strike straight tennis front and measured by the degree
- 6 - Test Batting general strike straight back and measured by the degree
- 7 - Test the battery generally overwhelming Tennis Front and measured by the degree

- 8 - Test the battery generally overwhelming racket back and measured by the degree
- 9 - Test general strike screw Tennis Front and measured by the degree
- 10 - Test general strike screw tennis back and measured by the degree

Components of the psychological skills:

- Ability to relax
- Focus attention
- perception of mental
- self-confidence

Stages of psychological skills program:

- Two (2) week of the ability to relax
- Number (4) weeks to imagine the mental
- Total (3) weeks to focus attention
- Total (3) weeks of self-confidence

Pre and post test:

The researcher has a measurement tribal research groups (mornings, evening, irregular) in the tests (psychological skills and attacking skills in table tennis) in question have been carried out measurements tribal 2/6/- 3/6/2008, and dimensional measurements on 27/8- 28/8/2008 taking into account dimensional measurements in the same circumstances and variables that have been in the measurement of tribal

The application of the experience:

The researcher applied skills program psychological experimental research groups according to the bio-rhythm pattern (mornings, evening, irregular), and the study was conducted in the period from 4/6/ - 25/08/2008, trial was carried out in the East Sports Club.

Statistical treatment:

The researcher used the statistical software package SPSS for Social Sciences and chose Spearman rank correlation coefficient, and Mann Whitney test, and test and Kkson Allabaramitry, and the Friedman test in terms of C2 Allabaramitry

Conclusions:

From the results, which could be reached had been reached the following conclusions: -

1. Program of psychological skills, have a positive impact on the development of psychological skills of experimental group I (mornings)
3. Program of psychological skills, have a positive impact on the development of offensive skills, table tennis for the first experimental group (mornings)
5. Program of psychological skills, have a positive impact on the development of psychological skills of experimental group II (Evening)
7. Program of psychological skills, have a positive impact on the development of offensive skills, table tennis for the experimental group II (Evening)
9. Program of psychological skills, have a positive impact on the development of psychological skills of experimental group III (variable)
11. Program of psychological skills, have a positive impact on the development of offensive skills, table tennis for the experimental group III (variable)
13. Program of psychological skills, have a positive impact significantly on the development of psychological skills of experimental group I, which uses the rhythm of vital Sabbahi, followed by the second experimental group, which used the rhythm of vital evening, and then the experimental group and the third, which uses the rhythm of vital variable
14. Program of psychological skills, have a positive impact significantly on the development of psychological skills of experimental group I, which uses the rhythm of vital Sabbahi, followed by the second experimental group, which used the rhythm of vital evening, and then the experimental group and the third, which uses the rhythm of vital variable

Recommendations:

Through the conclusions and within the research sample the researcher recommends the following: -

1. Using psychological skills training in the proposed table tennis players in order to develop the psychological skills they have
2. Using psychological skills training in the proposed table tennis players in order to develop their offensive skills
8. Similar scientific research in the psychological skills training to develop skills defense table tennis players
9. For scientific research on similar stages of different age and other sports