

Introduction and research problem:

Some researchers had indicated to the importance of sport psychology when they noticed that most of the heroes on the international level converge to a large degree in the level of physical , skill, and tactical and there is an important factor determined as a result of their struggle during sporting competitions in order to win and achieve the figures is "psychological factor", which plays an important role The attic is established to achieve victory and superiority to reach the high levels of sport .

The psychological is one of the important aspects that provide the players with the means of knowledge and appropriate methods that help to control the thoughts and psychological distress, and behavior modification and personal development so as to reach to the better level and aim to the guidance and counseling for the players to increase their athletes to face the problems and obstacles that may encounter throughout the period of exercise of the sport, and increase their ability to resolve and address and response, and construction and development of achievement motivation.

The guidance and counseling sports at the present time is one of the important issues in sport psychology, because Directive and guidance processes are interrelated and they are two sides of one coin, where the process of counseling can not only be done through mentoring programs, and mentoring programs can not achieve its goals without the guidance . Directive comes before the process of extension and arrange for it and includes theories and general principles, programs and services group psychological but counseling is the primary axis of orientation programs and represents the practical side is the main process in the Services Directive.

Mohammed al-araby Shamaon, Magda Mohamed Ismail (2002) said that the player exposed to many pressures such as pressures of the atmosphere of the media , the public , the presence of important figures, the pressures of sports training such as training overload , stress , the priority of winning, and the relationship with the coach in addition to the pressures of athletic competition , the personal pressures , mental , social development.

Because of these pressures which face the sportive, especially young people in the sport of boxing, the researcher believes the responsibility of a psychologist sports trained and coaches to help in achieving adjustment and mental health and development capabilities and readiness and inclinations, attitudes and motivation to achieve victory. To have this done, it has become necessary to

develop programs for guidance and counseling based on the principles and theories of sport psychology.

Based on the above the need for guidance and counseling to the youth increases to achieve a complete growth with integrated manner together with the maintenance of mental health as being sports emerging like the players at the top to the suffering, anxiety and stress that accompany the pressing positions in training and competition, and imposed by the setup programs onerous requirements. The need for guidance and counseling sports, where the spread of a range of psychological phenomena such as combustion and excessive training and the demands of growth that might be achieved in whole or in part, some of which can not be achieved, causing some problems. And to grow the youth up with integrated manner, we have to saturate the satisfaction of psychological needs, which may not be saturated enough and other problems that emphasize the urgent need for psychological counseling in the field of youth sports.

The mental Toughness is also currently one of the most important issues in sport psychology with training which includes training on the ways face stress and direct stress levels and keep calm and a high level of self-confidence in stressful moments before and during the games. It also represents the struggle to win and use the player's abilities to control the reaction and experience to achieve the desired goal.

And rigidity of mental play an important and effective role in the case of ideal performance and consists of skills acquired in positive thinking, humor, problem solving and firm thinking and visual visualization and aims to build mental Toughness and emotional, and training on the stiffness of mental is the art and science of increasing the capacity of the player to confront and deal with all kinds of pressure physical, mental and emotional to become more interactive in the competition.

Also Middleton (2007) stressed on the importance of mental aspects associated with high-performance sport, and pointed to the strength and importance of mental possession of the emerging sports player to reach the highest levels of sports.

In a study conducted by Jem Loher(1986) confirmed that the players and coaches feel that around 50% of success in sports competition due to the worker's mental and which is intended to mental rigidity.

Therefore, the need for mental rigidity to the increase arising boxer so he can face the stress suffered by her during the competition. Also lead to the development of performance and raise the level of his abilities and potential and increase self-confidence and motivation and focus attention and achievement, the Boxers who have the psychological and mental skills that reflect the mental

rigidity are able to meet the requirements of competition and winning.

The researcher believes that the programs of guidance and psychological counseling may have a great impact in improving the mental Toughness to the emerging boxing .

The importance of research

The importance of research in Janine two grounds:

The first side (Applied): -

Attempt to raise the attention of trainers and psychologists and the players interest in the psychological preparation of programs of guidance and psychological counseling and mental Toughness, which aims to raise the level of athlete and must go side by side with preparation programs and physical and tactical skills. It helps the players to overcome the problems and difficulties and psychological pressures they face during the competition and impeding their progress in order to maximize to their potential and physical ability and skill and tactical, psychological, and thus to win and reach the top levels of sports.

The second (scientific): -

Attempt to raise the attention of researchers in the field of sport psychology in general and boxing side of special interest in studying guidance and counseling sports and mental Toughness and preparation of many of the programs in this side especially at the stage of Juniors.

Aim of the research:

This research aims to identify the impact of a proposed program of guidance and counseling at the level of mental Toughness for boxing Juniors .

The imposition of Search:

theirs statistically significant differences between the measurement of tribal and dimensional measurement of the experimental group for dimensional measurement in a variable mental rigidity.

Search procedures:

Research Methodology:

The researcher used the experimental method using the experimental design group design with one-dimensional measurement of the tribal and appropriate to the nature of the research.

The research sample:

Sample of basic research:

Selected sample of basic research in the manner of intentional An emerging boxing born in 98.99 m in Qaliubiya province and the participants in the national project for the preparation of Juniors and included a number (20) Juniors.

Exploratory research sample:

Exploratory research sample was selected in the manner of an emerging intentional boxing born in 98.99 m on Qaliubiya and the Cairo governorate from Egyptian Boxing Federation and included a number (30) Juniors

Means of data collection:

Devices and tools used:

- 1 - estimated standards medical balance of to measure weight in kilograms
- 2 - measure tape to measure length in centimeters.
- 3 - Form for recording boxers data .
- 4 - measure of mental toughness that is designed by Gold berg (Alan Goldberg, 2006) and they Ptribh and codification of the (Mohammad Hassan Allawi _ Ahmed Salahuddin Khalil) (2008 m).
- 5 - a measure of mental rigidity (Jim Loehr) (1986 m).
- 6 – program of guidance and counseling from the proposed design researcher

Statistical transactions used in the research:

To achieve the objectives of the research and according to the data in order to try to answer the research questions were used the following statistical transactions:

- 1 - Arithmetic Mean
- 2 - Median
- 3 - Standard Deviation
- 4 - Coefficient Correlation
- 5 - Coefficient Skewness
- 6 - coefficient alpha
- 7 - Percentage
- 8 - progress percent
- 9 - t-test.

Conclusions and recommendations:

Conclusions:

From the results of the a researcher and in the light of statistical treatments of these results and within the nature of the sample and the research objectives could be reached the following conclusions:

1 - There are significant differences between the measurement of tribal and telemetric of the experimental group for telemetric in a variable stiffness mental in its various dimensions (the ability to withstand the pressure _ self-confidence _ focus attention _ a prompt return to normal after the failure _ motivation achievement) for the boxing Juniors. (the research sample).

2 - The presence improvements ratios between the measurement of tribal and telemetric of the experimental group for telemetric in a variable stiffness mental in its various dimensions (the ability to withstand the pressure _ self-confidence _ to focus attention _ a prompt return to normal after the failure _ motivation achievement) for the boxing Juniors (sample).

3 - There are significant differences between the measurement of tribal and telemetric of the experimental group for telemetric in a variable stiffness mental in its various dimensions (Self-confidence - Negative energy control- Attention control - Imagery control- Self-motivation- Positive energy control- Attitude control) for the boxing Juniors. (the research sample)

4 - The presence improvements ratios between the measurement of tribal and telemetric of the experimental group for telemetric in a variable stiffness mental in its various dimensions (Self-confidence - Negative energy control- Attention control - Imagery control- Self-motivation- Positive energy control- Attitude control) for the boxing Juniors. (the research sample)

Recommendations:

In light of the objectives of the research and imposition and the results reached by the researcher recommends the following:

1 - the importance using the program of guidance and counseling proposed by the researcher because of its importance in the development and improvement of the level of mental rigidity Juniors boxing.

2 - design of many of the programs of guidance and counseling, including to suit different ages and levels of technical and tactical capabilities of the boxers and integrate them within the programs of physical training and tactical skills and to achieve maximum benefit and access capabilities of the players to maximum levels.

3 - Create a special register for all Juniors and developed to track the level of physical condition and skill and tactical, psychological and mental health.

4 - the need for the Egyptian Federation of boxing and the National Project for Youth should make training courses to hone boxing coaches in the field of guidance and counseling and to highlight the importance of hardness and mental and its importance to the sports player to reach the highest levels of sports and the develop achievement level for the boxers.

5 - the need to use psychologist Sports in Egyptian Boxing Federation and the National Project for Juniors beginners to have the possibility to apply psychosocial programs for the success the training process.

6 - further studies and research on the different samples of the boxers in the field of guidance and psychological counseling and mental Toughness and benefit of studies and research conducted in this area.