

The impact of the **PHENOMENON** of concern at the level of achievement

for the handball players of Algeria

The first national part -boys major

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Presentation

The Idea Cf. Sporty Realization Is Undoubted,y Tied With Sporty Education And Human Brain; This Realization Should Be The Result Cf. Regular And Continuous Training, With General Development In Sporty Knowledge. It Is Rather, The Result Cf. Capacities Integritation In Sporty Level, That Gather Physical, Expertise, Tactical And Psychological Skills, That Required Being Disposable And Equal In Time, The Consequence Cf. Their Strong Relation, That Make The Training Being As Scientifical,y Step, Which Has A Deep Impact, On Every One In A Training Coperation.

We have reserved the first part for the theoretically side that includes five seasons:

1st season : we have mentioned the basically requirement of football.

2nd season : it's private to psychologically and sporty preparation.

3rd season : it's about common distress and sporty distress.

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The sample of research:

The sample of research consists of 56 footballers who represent the participants in championship of the first national part-tbcys mc jor- for the sporty season of 2007 2008.

We have also chosen seven groups for 25°/°.

Means and tools of research:

the norm of fear from negative estimation:

It's a norm translated and corrected by (khalida ibrahim), it is used to measure general distress of footballers, it contains 30 expressions of which answer could be YES or NO, in addition there is a special key to correct answers.

sporty distress norm; (helpful and handicap)

The norm is used to measure distress of footballers in a period of concurrence; there is a special key to correct answers.

realization norm:

The research is based in shooting of 7 meters to measure the level of realization of footballers during the competition.

statistically means:

All the data is treated by a whole of statistical program SPSS, just to achieve exact results.

Analysis and discuss the results of sporty distress norm:

In our analysis of result, we have found that:

There is closely a mutual effect between helpful distress and handicap distress in footballers, which due to the lack

of psychological preparation, which could influence on nervousness of each one of them, and could, increase the degree of distress in them. So, the encouragement of a competitive public, help to commit mistakes during the game.

Distress could have a positive power that pushes footballers to make more efforts and regain their forces, but in case they contribute to handicap performance, they may have a negative power.

There are statistical demonstration diversities between players of handball, concerning the effect of distress on performance level in acquired expertise in sporty participation, and different common and sensitive competitions.

3. Conclusions:

There is a relation between these variances:

1. Common distress and realization.

2. Sporty distress and realization.

3. Common distress, sporty distress and realization.

References in French language:

Alderman, Manuel de la psychologie du sport, edition vigot, paris, 1999.

raymond thomas : la préparation psychologique du sport, ED vigot, paris 1991.

theleder, mr.(manuel de l'education sport j), edition vigot, paris 1983 ;

thille/rioux g, psychologie du sport et de l'activité physique, vigot, paris, 1997.P116.

However, the second part is reserved to the theoretically side, which include three seasons.

The 1st season: it was reserved to the research method and its disposition in area.

The 3rd season: it is about conclusions, than recommendations and suggestions, finely the conclusion of research.

The problematic of research:

In our several observations, in different psychological statute of footballers, during the training or competition, and in particularities of football game in our country; we found that, this required footballer to be psychologically stable and self-confident in his positive understanding of distress; to estimate his strong point and invest it for the interest of his team, It is so much better than recognize how to estimate his strong point, control it and reach a good situation.

That is why we ask this question;

How could the specialists in sporty psychology, help footballers to deal with distress and anxiety, which accompany them? How could they invest this distress positively? And, Which are the factors that limit the negative effect of distress on the realization level?

Hypothesis of research:

The general hypothesis:

The common distress and the sporty distress have a direct effect on footballer. Moreover, the lack of specialists in sporty psychology among training team in the group will cause a weakness and an insufficient in psychological preparation.

The first particularly hypothesis: the common distress and the sporty one have generally a positive effect if they will be well invested.

The main words in research:

1. Distress:

It is an emotion consisted of an internal nervousness, conscious of fear and expecting danger. It's an unhappy emotional experience conceived by invidious, as something is shooting out from their selves.

2. Distress in sport:

Distress is one of important emotions, it is considered like an important psychological phenomenon, which influence on performance of footballers. This influence could be positive by pushing them to do more efforts, or could be negative by making the performance being more difficult.

3. Competition:

It includes final aim of different physical activities, because without this, sport loses its special characteristics, competition is like a rival, to look for victory in sporty meeting.

4. Psychological preparation:

It is an educative operation of which invidious polished physically and morally side, just to be good men in their society.

Methodology:

Study method:

That is why we will use the descriptive method; it is suitable to the nature of problem.