



*Some Personality
Traits to
First Degree Players*

Basketball

and their Relationship of Matches Results

Dr. Mobammed Alsayed ElShishtawy

*Department of Sport Psychology, Faculty of Physical Education
University of Kafr el-Sheikh, Egypt*

Abstract

The research aims to try to identify Quantum level and the differences in the quantum level sports personality dimensions of the basketball players according to the results of the competition level. The researcher used the descriptive method style screening for relevance to the nature of the search. Was chosen intentional sample of 45 teams player of the joint in the league championship for basketball players for the training season 2010/2011. The results indicate the presence of statistically significant differences between the three levels of basketball players in grades dimensions list Sports Personality (dynamic-motivations and values- openness- pressure- training methods self) and that most of the differences moral for advanced level, and the lack of significant differences found between the three levels of players Basketball in social degrees. It is recommended researcher guided the importance of psychological characteristics associated with achieving psychic energy homosexual as success factors and achieve the best results sports have athletes in general and basketball players in particular, and the importance to learn coach how it helps players to know the psychic energy homosexual regularly, with regard to measuring personality traits the first step in this process to identify the shortcomings and develop, and use the list of personal sports for athletes periodically to measure some psychological aspects of the athletes, and take advantage of the results in the classification of players with the assurance that whenever possible training on psychological skills at an early age, the better.

Key words

Personality Traits, First, Basketball, Matches Results.

Introduction:

Hardly consistent interested training sports that achievement levels sporting high associated by various factors, foremost of which physical preparation and skill and tactical and psychological, and where that physical preparation and skill and tactical have converged methods and principles - to a large degree - in recent years there is a need to more attention preparing psych[1].As a result, taking athletic training experts directing careful attention to the different psychological characteristics associated with sports training and athletic competitions, which are expected to significantly affect the level of performance and achieve the best results[2].and attempts or actions or different strategies fall under the scope of what is known in the sports psychology psychological mobilization for the player, and are intended to "positive activation cognitive, emotional and motivation are contribute in helping to better performance in athletic competition"[3]. The measure personality traits first step in this process and there are two main objectives for the study of personality traits in the sports field are: the impact of personal athletic performance. On the one hand, and the impact of sporting behavior on the personality of the individual on the other[4].And that, in order to accomplish two goals and methods were used a

variety of research designs, to search for an answer to important questions, foremost of which:

- ✓ Do personality traits differ depending on the level of achievement of sports?
- ✓ What is the nature of the relationship between personality traits and sports achievement?[5].

Whereas many studies have focused on studying personality traits for athletes, such as studying[6,7,8,9,10,11,12,13,14,15,16,17,18,19].Has pointed out that with the development of talent, sports and the presence of selection methods Scientific, and the availability of coach qualification His long experience, as well as programs physical preparation and skill inhalers, and methods of psychological preparation that contribute to the control of the competitive pressure has become clear that the difference between winning and defeat linked in greater psychological aspects and the importance of attention to the preparation of psychological sports competitions so that the player can take the appropriate decisions in highly competitive situations. As the sport of basketball a sports competition, which is characterized performance motor outstanding, which requires the ability to respond rapidly with conditions match, it also sports activity is characterized by the struggle direct between two teams, as

well as they are replete with many of the attitudes and psychological stress, which is characterized Deeply and speed of change, which that would affect the performance of skill and tactical player and then on the outcome of the game. It is here that the importance of the role played by the coach to achieve integration between energy, physical and psychological even up sports to the physical condition best, when misses Sports amount of psychic energy, the need to be urgently psychologically, stimulate and raise motivation for him, but if sports has psychic energy too high, the need becomes the need to calm him down and search for appropriate methods to achieve this. And so it was imperative for the sports trainer to learn how to help athletes learn best psychic energy on a regular basis[20,21].In this sense there is a problem search, which aims to try to identify the personality traits that characterize basketball players according to their ranking in the games, including useful knowledge psychological characteristics associated with achieving best accomplished athletes, which may contribute in develop psychological preparation programs for players.

Aims:

- ✓ Identify the quantum level sports personality dimensions of the basketball players, according to the results of the competition level.
- ✓ To identify the differences in the quantum level sports personality dimensions of the basketball

players, according to the results of the competition level.

Questions Search:

- ✓ What is the quantum level sports personality dimensions of the basketball players, according to the results of Contest?
- ✓ What are the differences in the quantum level sports personality dimensions of the basketball players, according to the results of the competition?

Materials And Methods

Approach: The researcher used the descriptive (survey) approach.

Sample Research:

Was chosen intentional sample of 45 teams player of the joint in the league championship for basketball players for the training season 2010/2011, the number has been divided into three levels by 15 players in each level as follows:

- ✓ first level: Club basketball players of the island and obtaining first place in the league for men's basketball.
- ✓ second level: basketball players Smouha Sporting Club and obtaining sixth place in the league for men's basketball.
- ✓ third level: basketball players Club Military Production and obtaining Twelfth in the league for men's basketball.

Tools: The researcher used a list of personal sports to measure factors mentality that have a significant impact on athletic performance[22], have been verified the authenticity of the list using internal consistency Internal Consistency of the dimensions of existing and phrases that contain them, as has been applied based on a sample of 15 of the basketball player were randomly selected from the original community to search and outside the research sample core, as has been verified reliability coefficient has been re-apply based on the same sample aforementioned, and the time interval between the application and the first and second five days, was calculated the correlation coefficient between the degrees of the sample in times application

Basic Study:

After making sure of psychometric conditions for the list, as was applied to the sample, according to the rules set for use, has also been corrected in accordance with the key patch prepared for this purpose[22].

Statistical treatments:

Processors included statistical averages and standard deviations and sprains and link transactions, and to find the differences between the three Levels for basketball players were using one-way Anova[23], and least significant difference test LSD and 0.05 level to make sure the moral differences.

Results And Discussion

Table (1):

the arithmetic average and the standard deviation and torsion coefficients Degrees dimensions list Sports Personality of the three levels of basketball players.

Dimensions list	first level			second level			third level		
	Mean	SD±	Sk	Mean	SD±	Sk	Mean	SD±	Sk
1 Dynamic	52.733	3.193	0.688	50.066	2.515	0.078	47.666	2.844	-0.352
2 Motives and values	53.533	2.679	-0.52	50.46	2.47	-0.64	48.73	3.29	0.66
3 Openness	49.53	3.30	0.48	47.26	3.56	1.06	46.46	2.80	-0.57
4 Social	50.06	2.76	0.07	49.46	3.18	-0.50	49.73	3.23	-0.24
5 Pressure	28.53	3.48	0.45	32.2	2.90	-0.82	36.4	3.36	-0.53
6 Self training Methods	51.8	2.42	-0.24	49.73	2.81	-0.28	49.20	3.22	0.24

*Sk=Skewness, SD± = standard deviation.

Table (2):

analysis of variance between the three levels For basketball players in grades sports personality dimensions.

	Dimensions	Source of variation	Sum of squares	Degrees of freedom	Average squares	Value «P»
1	Dynamic	Between groups	192.71	2	96.35	10.96
		Within groups	369.19	42	8.79	
		Total	561.91	44		
2	Motives and values	Between groups	177.24	2	88.62	10.27
		Within groups	362.39	42	8.62	
		Total	536.64	44		
3	Openness	Between groups	75.91	2	37.95	3.37
		Within groups	472.39	42	11.24	
		Total	548.31	44		
4	Social	Between groups	2.71	2	1.35	0.13
		Within groups	423.59	42	10.08	
		Total	426.31	44		
5	Pressure	Between groups	464.84	2	232.42	20.43
		Within groups	477.73	42	11.37	
		Total	942.57	44		
6	Self training methods	Between groups	56.57	2	28.28	3.24
		Within groups	365.73	42	8.70	
		Total	422.31	44		

*Value "P" when tabular level 0.05 = 3.22

Table (3):

significant differences between the three levels For basketball players in grades dimensions (dynamic - the motives and values).

Motives and values	Dimensions list	Mean	Dynamic		
			first level	second level	third level
			52.73	50.06	47.66
	first level	53.53	-	2.66*	5.06*
	second level	50.46	3.06*	-	2.4
	third level	48.73	4.8*	1.73	-

*Value less significant difference at 0.05 = 2.186 after dynamic

*Value less significant difference at 0.05 = 2.166 after the motives and values

Table (4):

significant differences between the three levels For basketball players in grades dimensions (openness - pressure)

	Dimensions list	Mean	Dynamic		
			first level	second level	third level
Pressure			49.53	47.26	46.46
	first level	28.53	-	2.26	3.06*
	second level	32.2	3.66*	-	0.8
	third level	36.4	7.86*	4.2*	-

*Value less significant difference at 0.05 = 2.473 after opening

*Value less significant difference at 0.05 = 2.166 after pressure

Table (5):

significant differences between the three levels For basketball players in grades (self-training methods)

	Dimensions list	Mean	Self-training methods		
			first level	second level	third level
Self training methods			51.8	49.73	49.2
	first level	51.8	-	2.06	2.6*
	second level	49.73	-	-	0.53
	third level	49.2	-	-	-

*Value less individual moral when the level of 05. = 2.176 for self-training methods

Results And Discussion

From Table 2 and private analyzes the disparity between levels of basketball players in grades dimensions list Sports Personality is clear that there are differences statistically significant between the three levels of basketball players in the dimensions of the menu (dynamic, motivated and values, openness, pressure, training methods self) reaching "P" calculated 10.961, 10.271, 3.374, 20.434, 3.248 respectively, and to detect significant differences between

the mean scores of the dimensions of existing test was used less significant difference LSD. While there are no statistically significant differences between the three levels in the fourth dimension - social - as the value of "P" calculated 0.134 which is less than the value of "P" spreadsheet at 0.05, this may be due to the fact that sports growth-oriented social individuals and increase their interaction with the society in which they live, and refines their initial orientation and earns principles and social status Semitic. And it can be through good planning

and educational supervision qualified to provide a variety of opportunities for the development of social skills in personal relationships with teammates, competitors, and leaders, and the public Etc., can also develop leadership skills when given his chances of directing his colleagues in order to achieve the objectives of the team successfully[24]. And lead the team conscious of the importance of continuous measurement of social relationships between the players, which use by from time to time, you can understand the internal organization of the team, helping to develop methods and procedures to protect the team from any cracks may occur in its architecture, as well as actions that increase of social interaction among its members[25]

From Table 1 and your terms of the differences between the three levels of basketball players in grades dimensions (dynamic - motivations and values) reveals an statistically significant differences in the scores after the dynamic between the players first level and all of the players level second and third for the advanced level which is consistent with art results of a study that is common in the sports field to feel sporting challenge tasks performance - Performance requirements - for his abilities making it feel to enjoy and satisfaction and enthusiasm to make the maximum effort and achieve the best possible performance, and fun to play is one of the most important fundamental factors to maintain the motivation sports access to boredom, and this requires the de-

velopment of the concept of victory and defeat and focus on enjoying it without looking to return it[26]. Which indicates that the practice of sports at any level of subscription levels something fun for the athlete which ensures strengthen energy positive mental, and understand the officials and coaches of the state of fluency and how it feels athletes in this case whenever they are better able to help athletes achieve optimal level of this experience[27]. It is important to own sports self-confidence as a personality trait and psychological skill, and performance improves when that trust is getting to a point like me[27]. Sports competition include in it the experiences of success and failure. It is noted that the athlete who has the self-confidence suggests itself realistic goals consistent with his abilities make him feel successful when it reaches to the highest level of his abilities, and does not seek to accomplish unrealistic goals[24]. And that self-confidence is at the heart of success, but the problem lies in the fact that it How can access the self-confidence without prior success? The relationship between confidence and success becomes elusive, sports need to self-confidence to win the game, or do they need to win in order to trust in himself? The importance of confidence in that in case of victory sports some games consecutive, the trend is that it will do so in the next time, which lead him to more self-confidence, Winning and defeat for the player sports, especially in sports competitions associ-

ated factor result Outcome, if the result of competition in favor of the player it means to win, and if the result is in favor of the rival, it means defeat[28]. The success and failure for a player it is linked by a factor of sports performance. If the player's performance in the competition well, it means success, but if the athlete's performance in the competition so bad it means failure and that regardless of victory or defeat in sporting competitions[3]. And that athletes who live experience fluency have the ability to perform the requirements of mathematical skills with a high degree of precision and perfection without thinking and awareness of the emotional performance. Therefore, it is important to learn the sport to have a knowledgeable and aware of what is happening in the environment performance and not think about how performance happens, where it is expected that the athlete who hopes to reach the stage of homosexual psychic energy have mastered skills to the point mechanism. This may coach the effectiveness of a course in sports help to focus, integration and access to the case of fluency during the performance[26].

As can be seen from Table 3 and there were statistically significant differences in the scores after the motives and values between the players first level and all of the players Level II and III for the players first level which is consistent as she pointed out the results of a study that the practice of basketball helps Ali attribute increasing degrees of

motivation I have players with the highest sporting levels[29]. And it has been growing interest in the study of motivation in general terms of dealing with the analysis of the various factors or circumstances that evoke and directs the activity of the individual, and sport in particular motivation as the key to sports practice, and determinants that move and excite motor behavior in sport[30]. Though the motivation in the light of the above considered as a case of a prefix and instilling a booster and directed behavior and working to pay the player towards a certain goal, or goals, and maintain the continuity of behavior. And we should take into account that the athlete's behavior does not result from a single motive, it is often the behavior of the athlete as a result of several overlapping motivations with each other, or may be the result of a combination of motives. We also find that motivated athlete altered and evolve within the evolution of sports level and it becomes possible to acquire new always motivated[3]. The process of building and developing the motivation I have athlete is considered among the most important factors that contribute to the upgrading of its level sports, and help to withstand the rigors and hassles intensity loads physical through sports training, as well as help him to persevere training throughout the year without getting bored or fatigue, and contributes to serious attempts to achieve its ambitious goals of success and winning and achieving sporting events[3]. And that there is a close re-

relationship between values and motives, he had classifies the motives of human behavior into three types (biological motives - values, preferences and trends - emotions)[31]. Though the values in the light of this category are considered "defended and is ubiquitous in all individuals in the community[32]. And defended the value mental shift to a mental factor is characterized by relatively stable and continue[33].

From Table 4 and private in terms of the differences between the three levels of basketball players in grades dimensions (openness - pressure) shows the presence of significant differences in the scores after the opening between the players Level I and Level III for players the first level, which may be due to their ability to accept new ideas and methods of performance art and a desire to learn. And here that the motive is a prerequisite for the learning process and continue it and try to overcome the objection individual difficulties and obstacles and gives the individual more enthusiasm and inclination, perseverance and effort, and prevent the emergence of signs of fatigue and signs of boredom. So Ali coach sports in mind this important principle at work and trying hard to interest the players to practice various motor skills in a variety of ways and means[3]. That the player, which is characterized by a desire to exercise generated has other motives, including the need for achievement and positive levels of ambition and some social motivations social Admissions[34].

As can be seen from Table 4 and there were statistically significant differences in the scores after the pressure between the players first level and all of the players Level II and III, as well as between the player Level II and III for the advanced level may be due to the fact that increasing the sources of stress associated with competition sports and attention overload results In exchange for not enough attention to make the effort in the performance, that is to win in the competition and the overall standings is the main goal[35]. The athletic competition is a test position calendar capabilities Sports carries many sources of threat and stress that may negatively affect athletic performance[27,35]. The athletic senior levels can control relatively their neurological, emotional, while on the contrary find players at least the level of difficulty in achieving this control, which requires the coach to follow up the situation emotional for the players in the positions of competitions to cope with the excitement high[36].

From Table 5 and private in terms of the differences between the three levels of basketball players in grades after training methods self-evident and there were statistically significant differences in the scores after (training methods self) between the players first level and players Level II and III for the advanced level. In this regard refers psychologists sports to that athlete before his participation in competitive sports may gave them some negative thoughts associated with his abilities or its level or ca-

pabilities and the level of competitors or views of others towards a result of competition, and this kind of negative thinking meaningfully affect on the level of the athlete and his abilities. Among the important means that can be used to manage the psychological mobilization training athlete to acquire and master the speech self-Sports Sports Self Talk and is intended to speak silent player for himself, as this method is one of the important aspects that contribute to the promotion of psychological mobilization of the player by increasing confidence in the himself and his abilities and has raised cognitive control in various sports positions.

Among the operations that can be directing the "self-talk sports player" what is known as self-assurance Positive Self Affirmations and through which the player proves positive in the sense of ideas linked to produce the best possible performance and best high spirits. It is through repeated use of such positive

self-affirmations, they located in the athlete's thinking and affect the perception of personal high efficiency and contribute to the psychological mobilization of the player[3]. Mental perception plays a clear role in the mental training programs which is at the heart of successful thought process, which is a reflection of things and appearances previously for individual recognition, and the physiological basis of perception is these processes that occur to parts of the sensory organs in the brain. perception function knowledge of the organism and a key factor in the development of motor skills and improve the level of performance and perception of mental inclusive process bear character compound include components of dimensionality and other mobility must therefore consider the perception of mental as more than just a vision he experienced in the eyes of the mind to, thanks to the use of all the senses whenever possible[37].

Conclusions:

The researcher concludes the following:

- * And there were statistically significant differences between the three levels of basketball players in grades dimensions Sports Personality List (dynamic - the motives and values - openness - pressure - self-training methods) that most moral differences for the benefit of the advanced level.*
- * There is no statistically significant differences between the three levels of basketball players in the social degrees.*

Recommends:

- * *Guided by the importance of the psychological characteristics associated with achieving homosexual psychic energy as one of the success factors and achieve the best results sports have athletes in general and basketball players in particular.*
- * *The importance to learn how to help coach the players to know the psychic energy homosexual regularly, with regard to measuring personality traits initial step in this process to identify the shortcomings and development.*
- * *It must be emphasized through the establishment of training courses to prepare trainers to mental skills training fits athletes with different ages or levels, and access to a level that can be employed in competitive situations need continuous training. - Use the list of personal sports for athletes on a regular basis to measure some of the psychological aspects of the athletes, and take advantage of the results in the classification of the players with the assurance that whenever possible psychological skills training at an early age, the better.*
- * *The need for other similar studies on the budding basketball players as well as the players (first class - junior).*
- * *Conducting similar research at the players other activities to identify the personality characteristics of each of these activities.*

References

- 1- Osama Kaml Rateb, Mustafa Mohamed Morsy: *emotional features of swimmers and junior swimmers and relationship with Digital accomplishment, theories and Taattabiqat, Faculty of Physical wild for Boys, Alexandria University, 19991, p:231. (in Arabic).*
- 2- Mohammad Hassan Allawi: *the psychology of training and competition, the seventh edition, Knowledge House, Cairo, 1992, p:16.(in Arabic).*
- 3- Mohammad Hassan Allawi: *The Psychology of sports training and competition, Dar Al-Fikr al-araby, Cairo, 2002, p.p:317, 352, 134, 135, 50, 326.(in Arabic).*
- 4- Martens. R: *The Paradigmatic Crises in American Sport Personality; in. A.C. Fisher (ed); Psychology of: Issues and Lnsights Palo; Mayfield; 1976, p:417.*

5- Morgan. W: *The Trait Psychology Controersy. R.Q. for Exercise and Sport. Vol 51, 1980, p:45.*

6- *Shaker Farhood Aldrah: an analytical study of some personality traits of the players Kuwaiti Handball, the scientific journal of Physical Education and Sports, Faculty of Physical Education for Girls, Alexandria University, 1997.*

7- *Salah al-Din Muhammad Malik, Omar Mohammed Ibrahim: the personal characteristics of water polo players according to the results of the competition, the futuristic vision of physical education and sport in the Arab world, Faculty of Physical Education for Boys in Cairo, Helwan University, 1999, p:36. .(in Arabic).*

8- *Essam Sayed Ahmad: some personality traits with the judo players and their relationship to the outcome of the matches, unpublished Master, Faculty of Physical Education for Boys in Cairo, Helwan University, 1992.*

9- *Alaa Abdul Ghani Ahmad: building positions checksums to detect some personality traits of an emerging boxing, unpublished Master, Faculty of Physical Education for Boys, Alexandria University, 1996.*

10- *Kamal Suleiman Hassan: A study of some personality traits and their relationship to the correction effectively handball players, unpublished letter, Faculty of Physical Education for Boys, Assiut University, 1993.*

11- *Mohammed Abdulaziz Khazaal: the personal characteristics of international players and is international and its relationship to the points listed in basketball, theories and applications magazine, Issue XXVIII, Faculty of Physical Education for Boys, Alexandria University, 1997.*

12- *Mohammad Yousuf hgag: personality Special scorers football players, unpublished Master, Faculty of Physical Education for Boys in Cairo, Helwan University, 1996.*

13- *Medhat Shawky Mikhail: the study of personality traits to the players on the Status Line front and rear in handball, the First Conference of Sport in Egypt "Present and Future: Faculty of Physical Education, Assiut University, 1994.*

14- *Heba Radwan Labib: the relationship between personality traits and penalties at handball matches, unpublished Mahster, Faculty of Physical Education for Girls in Cairo, Helwan University, 1998.*

References

- 15- Chen. H: *Apersonality trait Analysis of Elite Athletes of The Repulelic of China for The 24 th Olympic Games in Seoul RQNo.84.1988.*
- 16- Chen. H: *Comparison of Personality Traits of Judo Coaches and Athlete Asian - Jou of Physical Education. Taiuean 94.Jun 1987. :*
- 17- Gat & Mc Whrites: *Personality Characteristics of Competitiree and Recreational Cyclists. Journal of Sport Behareion. 1999.*
- 18- Nieman. D: *Personality Traits Correlate with Saccess in Distance running. R.Q. No 38; 1987.*
- 19- Sulivan. D: *Personality Characteristtics of male Female Particepation in Team Sport; Personality and Indreidual Differences; 1998.*
- 20- Osama Kaml Rateb: *Packing psychological Athletic high level, a study published in the Journal of the Egyptian Olympic, No. IX, June 1997, p:36.(in Arabic).*
- 21- Osama Kaml Rateb: *Organization of the psychological shot, "the entrance to the setup sports psychology for young people" Third Scientific Conference, and Women's Sport Science future impact, vulnerability, Faculty of Physical Education for Girls, Alexandria University, 1999, p:39.(in Arabic).*
- 22- Osama Kaml Rateb: *mental skills training, applications in the field of sports, second edition, Dar Al-Fikr al-araby, Cairo, 2004, p:487-493.(in Arabic).*
- 23- Mahmoud Abdel Halim Manasseh: *Measurement and psychological and educational statistics, Knowledge House, Cairo, 1994, p: 277 - 300. (in Arabic).*
- 24- Osama Kaml Rateb: *psychological preparation for juniors, user guidance and guidance for coaches, administrators and parents, Dar Al-Fikr al-araby, Cairo, 2001, p:58, 416.(in Arabic).*
- 25- Ahmed Amin Fawzy, Tarek Badr al-Din: *the psychology of team sports, Arab Thought House, Cairo, 2001, p:125.(in Arabic).*
- 26- Amr Ahmed El-Sayed: *building fluency psychological measure of athletes, unpublished Master, Faculty of Physical Education for Boys in Cairo, Helwan University, 2001, p:98, 53.(in Arabic).*

27- Osama Kaml Rateb : *sports psychology “concepts, applications, ” third edition, Dar Al-Fikr al-araby, 2000, p:145, 338, 189.(in Arabic).*

28- Mohamed Alarbi Shimon, *Nabi Beauty: mental training in tennis, Dar Al-Fikr al-araby, Cairo, 1996, p:64.(in Arabic).*

29- Marwan Mostafa Ragab: *Attributes motivation and its relationship to the performance of high-level players in Handball, unpublished Master, Faculty of Physical Education for Boys, Alexandria University, 2002, p:86.(in Arabic).*

30- Osama Kaml Rateb: *motives excellence in sports activity, Dar Al-Fikr al-araby, Cairo, 1990, p:15.(in Arabic).*

31- Ahmed Amin Fawzy: *the psychology of learning psychomotor skills sports, Knowledge House, Cairo, 1980, p:28.(in Arabic).*

32- Wsama Mustafa Motawe: *the role of women’s colleges in the strengthening of some social and religious values of its students, unpublished Mahster, college girls, Ain Shams University, 1981, p:57.(in Arabic).*

33- Attia Mahmoud hna: *comparative cultural studies in values, quoting Lewis Full Malika, a lower in social psychology in the Arab country, the first edition, the National House for Printing and Publishing, Cairo, 1965, p:85.(in Arabic).*

34- Mahmoud Abdel Fattah Annan: *the psychology of physical education and sports between theory and practice, Dar Al-Fikr al-araby, Cairo, 1995. 82*

35- Mohammad Hassan Allawi: *Introduction Sport Psychology, second edition, book publishing center, Cairo, 1998, p: 253, 254, 286.(in Arabic).*

36- Ezzat Mahmoud Elkashef: *psychological preparation of athletes, Arab Thought House, Cairo, 1991, p:70.(in Arabic).*

37- Mohamed Elarbi Shimon: *mental training in the field of sports, Arab Thought House, Cairo, 1996, p:218.(in Arabic).*