Effect of Some Mental Strategies to Self-Confidence and the Level of Performance Falling On the Legs Skill and throwing Out for Freestyle Wrestling Junior

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Abstract: The research aims to develop a program proposal using some mental strategies (thinking in the duty skill - positive self-talk) and to identify the impact on each of: Sports confidence (sports confidence as a feature - sports confidence as a case) and psychological skills (the ability to relax - mental visualization - focus attention), The performance level of falling on the legs skill for beginners wrestling under 14 years, The researcher used the experimental methods on a sample of 24 wrestlers under 14 years were divided into two groups, one experimental and one control group number of each of them 12 wrestlers and search tools: measure of sports confidence as a feature and as a case, measure of the ability to relax, measure of mental visualization, network focus test, Assess the level of performance to fall on the legs skill, The proposed program using some of the mental strategies, the researcher used the following statistical treatments: Average - Standard deviation - median - Correlation coefficient - Skewness - "T." Test-improvement % One of the main results: Affect the use of mental strategies (thinking about the skill duty - positive self-talk) have a positive impact on the psychological skill (sports confidence as a feature - sports confidences as a case - the ability to relax - mental visualization - the focus of attention) and the level of performance to fall on the legs skill in wrestling.

Key words: Mental Strategies %Self-confidence %Falling on the Legs Skill %Wrestling

INTRODUCTION

Strategies mental final stage in training mental after mastering phases of training mental basic, training mental skills specialist sports activity and includes content activity mental practitioner and appropriate and which works to increase self-confidence and the ability to address problems before and during the performance, as it includes all types of behavior and ideas since the beginning of the competition to end, as well as all recovery procedures and calm, which must be followed after the competition and strategy content is determined depending on the type practitioner activity, as well as the characteristics and features of sports [1].

There are various strategies mental in the sports field between the thinking of duty skill of modern self-positive, the words mood and retail performance, etc., to be selected the type of the right strategy and integration, including in some cases, taking into consideration the flexibility to meet the needs of sports activity and the nature of performance in the competition and the mental abilities of the athletes. The strategic thinking of duty skill in the preparation of the substance or content of thinking in order to focus on the technical aspects of performance such as the force exerted and aerodynamic performance and speed, as well as reduce fatigue or boredom which confirms many of the psychologists, sports on the importance of the use of strategic thinking in due skill to improve the level of performance skill as well as to alleviate stress and anxiety in the competition and increased self-confidence [2, 3].

The strategy of the modern self-positive more determinants of importance in the development of self-confidence and strengthen, if the image of the individual for the same positive is a trusted sports good performance and attempts to self-activate that use strategies knowledge interior is an important and effective in the development of the level of performance in various sports.
activities and are these strategies in the words of encouragement or self-talk also includes recovery of positive events and past experiences of successful driving [4, 5].

The confidence sports one of the mental skills important for its association of self worth and appreciation of sports for himself, which may affect the level of performance in positive or negative, as they may be paid sports to make more effort to his certainty of his abilities to achieve success or impede the performance of his sense of not being able to achieve success [6, 7].

Success and failure are sides of the outcome of the performance and therefore it has the confidence sports knows this fact and deal with it a great deal of realism, for he believes that he can do something and doing really valmi and willingness to retain the focus on the positive factors of performance is the hallmark of athletes successful, the athlete who lacks self-confidence fear of failure significantly and then is reflected in his behavior and his performance and as a result become psychologically captive to the negative perceptions, which may make it faster to failure and defeat him to excel. The group movements, falling on the legs an important place and the background in the technical performance of the WWE, wrestler, who fluent in the implementation of these movement with great skill can be surprised his opponent and scoring advantage early and thus resolve the consequences of the conflict in his favor and therefore must be trained in the field of training wrestling should pay movements falling special attention to the two men during periods of preparation and that the importance of these movements of the wrestler in recording the highest number of points in the games with possession of offensive initiative [2, 8].

It is through the experience of the researcher of scientific and practical and his train beginners wrestling project national to prepare young people in Sharkia note that there is a decrease in the level of performance skill to fall on the legs and throwing out freestyle wrestling during training and sports competitions, which negatively affects the outcome of games as well as tournaments and shortcomings in its performance as required may be due to nervous tension and muscle resulting from the importance of group movements, falling on the legs in wrestling during the competition of group movement, falling on the legs in wrestling during the competition in addition to the weak capacity of Gladiator performed the skill to retrieve and visualize the skill physically before their performance, as well as lack of proper analysis for the position of the competing to perform a skill to fall on the legs in wrestling free, which negatively affects the outcome of the competition and therefore lack self-confidence. Hence, the research problem in an attempt to identify the effect of some strategies, mental (thinking of duty skill - the modern self-positive) on trust sports (confidence sports feature - confidence in sports as a case) and psychological skill (the ability to relax - the perception mental - the focus of attention) and the level of performance skill to fall on the legs and throwing out freestyle wrestling for beginners under 14 years old [9-17].

**Objectives:** The research aims to develop a program proposal using some mental strategies (to be thinking about the skill - positive self-talk) and to identify the impact on each of:

- **C** Sports confidence (sports confidence as feature - sports confidence as case) and mental skills (the ability to relax - mental visualization - the focus of attention).
- **C** The performance level of skill to fall on the legs and throwing out freestyle wrestling for beginners less than 14 years.

**Assumptions:**

- **C** There are significant differences between subsequent measurements for the two experimental and control groups in the sport confidence (sports confidence as a feature-sports confidence as a case) and mental skills (the ability to relax-mental visualization-the focus of attention) in favor of the experimental group.
- **C** There are significant differences between subsequent measurements for the two experimental and control group in the level of performance skill to fall on the legs and throwing out the beginners wrestling in favor of the experimental group.

**MATERIALS AND METHODS**

Researcher used the experimental methods and to its relevance to the nature of the study designs by the previous subsequent test for the two groups, one experimental and one control group.

The research sample was selected in the manner of intentional beginners under 14 years of wrestling. The national project for the preparation of Junior in wrestling, Sharkia province registered to The Egyptian federation of wrestling, training season 2010/2011, Number 34U, Were excluded tenth U to exploratory study.
Table 1: Significant difference between experimental and control groups in rates of growth and the level of performance skill to fall on the legs in wrestling (n=12)

<table>
<thead>
<tr>
<th>Variables</th>
<th>Measurement</th>
<th>Experimental group</th>
<th>Control group</th>
<th>&quot;T&quot; value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>Year</td>
<td>13.20</td>
<td>13.10</td>
<td>0.54</td>
</tr>
<tr>
<td>Length</td>
<td>Cm</td>
<td>156.25</td>
<td>155.50</td>
<td>0.37</td>
</tr>
<tr>
<td>Weight</td>
<td>Kg</td>
<td>52.90</td>
<td>52.00</td>
<td>0.50</td>
</tr>
<tr>
<td>Training Age Performance</td>
<td>Year</td>
<td>2.15</td>
<td>2.20</td>
<td>0.36</td>
</tr>
<tr>
<td>Level falls on leg</td>
<td>Degree</td>
<td>5.00</td>
<td>4.67</td>
<td>0.72</td>
</tr>
</tbody>
</table>

The value of "T" spreadsheet (0.05) = 2.072

Table 2: Significant difference between experimental and control groups in psychological skills

<table>
<thead>
<tr>
<th>Variables</th>
<th>Measurement</th>
<th>Experimental group N = 12</th>
<th>Control group N = 12</th>
<th>&quot;T&quot; value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spots confidence as a feature</td>
<td>Degree</td>
<td>73.00</td>
<td>72.50</td>
<td>0.23</td>
</tr>
<tr>
<td>Sports confidence as a case</td>
<td>Degree</td>
<td>71.50</td>
<td>71.25</td>
<td>0.13</td>
</tr>
<tr>
<td>Ability to relax mental</td>
<td>Degree</td>
<td>34.00</td>
<td>34.33</td>
<td>0.24</td>
</tr>
<tr>
<td>Visualization</td>
<td>Degree</td>
<td>62.00</td>
<td>61.19</td>
<td>0.37</td>
</tr>
<tr>
<td>Focus attention</td>
<td>Degree</td>
<td>9.17</td>
<td>9.0</td>
<td>0.26</td>
</tr>
</tbody>
</table>

The value of "T" spreadsheet (0.05) = 2.074

Thus becoming the core strength of the research sample 24 Juniors is an emerging divided into two groups of research (experimental - control) in the previous variable, which are the basic homogeneity of the sample therein and which may have an impact on the variable experimental and Tables 1 and 2 illustrate that:

Table 1 shows that there is no statistical significant difference at level of 0.05 between the experimental and control group in (Age - Height - Weight - Age Training) and the level of performance skill to fall on the legs and throwing out in freestyle wrestling, which refers to the equality of the two sets of research in these variables.

Table 2 shows the lack of statistically significant differences at level of 0.05 between the experimental and control group psychological skills in question, which refers to the equality of the two groups in these variables.

Tools for Data Collection

Psychological Tests:

- Feature Sports confidence List [18].
- State sports confidence List [18].
- Measure of the ability to relax [19].
- Measure of mental visualization [3].
- Network focus test [20].

David Kauss Way to Relax [21]
Assess the Level of Performance Skill to Fall on the Legs and Throwing out in Freestyle Wrestling

Content of the Program:

- C Basic mental skills: (muscle relaxation and mental - mental visualization - attention focus - Self - confidence).
- C Mental strategies: (Thought due skill - Positive talk)

Thought due Skill Strategic: This is the strategic basis of the proposed program of strategies for mental health and represent (50%) of the strategies was the use of training to think in due skill to focus on the technical aspects of performance, through training perception mental multi-dimensional and the concentration of attention in the previous period of performance, so that the perception of skill falling on the legs and throwing out the beginners wrestling containing visual perception, auditory perception, activity in the sense of perception and perception of emotional state.

Objective: Focus on the technical aspects of the performance and the requirements of good performance.

Implementation Steps:

- C Exercises to focus on some important technical aspects during the performance.
- C Training to focus on the amount of force exerted during the performance.
- C Exercises to focus on speed during the performance.
- C Training of thinking skill of duty during the performance with different types of wrestlers.
Strategy of Positive Self-talk: This is the dimension of the most important part in the proposed program of strategies for mental health and in this dimension is the use of exercises to develop the skills of the modern positive self-view to influence the feelings and ideas to improve the performance level of skill to fall on the legs and throwing out the beginners wrestlers and by identifying expressions of positive self-specific wrestler so lead to positive effects are reflected effectively at the level of performance skill.

Objective: Development of positive self-talk skill to develop the psychological skills in question and to improve the performance level of skill to fall on the legs and throwing out for the beginners wrestlers.

Implementation Steps:

C Use positive self-talk phrases to improve the performance of a skill to fall on the legs for beginners wrestling.
C Use positive self-talk phrases to develop self-confidence.
C Use positive self-talk phrases to stop negative thoughts.
C Use positive self-talk phrases to transform negative thoughts into positive one.

Previous Measurements: Previous measurements have been made in the period from 12/6/2011 to 15/6/2011 and included the measurement of psychological skills and the level of performance skill to fall on the legs and throwing out the two groups of research.

Application of the Proposed Program Thinking Strategies: Applied to the proposed content of the program for a period of mental strategies (8 weeks) of the experimental group and that in the period from 17/6/2011 to 11/8/2011.

Following Measurements: The following measurements were made of the psychological variables and the level of performance skill to fall on legs and throwing out the two groups of research in the period from 12/8/2011 to 15/8/2011 in the order and conditions of the previous measurements.

RESULTS AND DISCUSSION

Table 3 shows the existence of statistically significant differences at level of 0.05 between the following measurements for the two experimental and control groups in psychological skills for the benefit of the experimental group.

Table 4 shows the existence of statistically significant differences at level of 0.05 between the following measurements for the two experimental and control group in the level of performance skill to fall on the legs and throwing out freestyle wrestling in favor of the experimental group.
DISCUSSION

Results of the First Hypothesis: Observing the results of Table 3, there is a statistical significant difference at level of 0.05 between the following measurements for the two experimental and control group in psychological skills (confidence feature sports - sports as a case of confidence - the ability to relax - mental visualization - the focus of attentions) in favor of the experimental group. This is because the researcher that the improvement in the experimental group in confidence sports feature and as a case and the psychological skills (relaxation - to visualize the mental - the focus of attention) to the effectiveness of the strategies, mental, which included exercises to relax muscle and mental and training and clarity of perception and training visualization mental internal and external and exercises the perception of visual and audio and the sense of dynamic and perception emotional and exercises to focus attention, as well as strategies mental (thinking of duty skill - the modern self-positive), which has contributed to the development confidence in sports as a feature and a case through the understanding of the Gladiator of the requirements of the psychological skill to fall on the legs and throwing out in freestyle wrestling and are consistent with the result indicated by Shamon [22] that the good use of mental strategies and is not adversely affected by what happens before the performance and focus attention on performance-related factors contribute to calm the mind and directed the energies and focus on performance is matter of self-confidence.

Results of the Second Hypothesis: The results of Table 4 shows the existence of statistical significant differences at level of 0.05 between the following measurements for the two experimental and control groups in the level of performance skill to fall on the legs in freestyle wrestling in favor of the experimental group. This is because the researcher that the improvement in the performance level of skill to fall on the legs in freestyle wrestling in the experimental group to the effectiveness of strategies substance proposed in the development of confidence in sports and psychological skills in question and are consistent result with that indicated by Shamon [1] to the effectives use of strategic thinking in to be skill and positive self-talk strategy with the self to overcome the problems of competition and pressure to reach the pinnacle of performance.

Abdul-Majeed [23] Indicates that the athlete who has the self-confidence tends to challenge his abilities and remains active to achieve the goals, thus allowing self-confidence of the athletes the opportunity to become successful and knows his strength and thus achieve better performance in training and competition. This result is consistent with both pointed out to him: Serag [13] and Shaheen [12] on the importance of the wresters during sports competitions.

CONCLUSION

C One of the basic mental training the key steps for the implementation of strategies in the mental training and competitive situations where the pressure is difficult to apply such strategies before the completion of the training of mental skill requirements fall on the legs and throwing out freestyle wrestling.

C The use of mental strategies (thinking about Duty skill - positive self - talk) has a positive impact on the psychological skills (confidence feature sports - sports as a case of confidence - the ability to relax - mental visualization - the focus of attention).

C The use of mental strategies (thinking about the skill Duty- positive self-talk) has a positive impact on the performance level of skill to fall on the legs in wrestling.

C Training program used with the control group led to the development level of performance skill to fall on the legs and throwing out in freestyle wrestling while not lead to improved psychological skills in question.

Recommendation:

C Using mental strategies (thinking skill Duty in - positive self-talk) because of their significant influence in the development of psychological skills and develop the performance level of skill to fall on legs and throwing out in freestyle wrestling.

C The need for training on basic skills training, particularly mental relaxation and visualization and mental focus of attention because of their active role in increasing the effectiveness of mental strategies proposed for young wrestlers under 14 years.

C The need for a spots psychologist in the members of the technical equipment is responsible for training players wrestling.

C Interest in technical bodies responsible for training young wrestlers develop a program of mental strategies when planning training programs, physical and technical.

C The use of psychological tests under the direction and selection of youth in the sports of wrestling.
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