

Profile of the Psychological Characteristics of the Short-Distance Swimmers of the Beginners

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Abstract: The research aims to make a profile of the distinguished psychological characteristics of the short distances beginner swimmers. The descriptive approach was used, the research sample was chosen according to the deliberate method and it included all the swimmers who participated in the republic championship for the short distance swimming under the age of seventeen and their number was 60 swimmers which was then divided into 20 swimmers to find the constancy coefficient and the validity of the profile and a number of 40 swimmers to find the true factor. There have been interviews with the research sample according to the stages of making the research. The researcher used the experts' survey form to choose the profile of the psychological characteristics. The factor analysis was used to the continuous of the phrases that are related to the pivots that were chosen by the experts. The researcher has reached the profile of psychological characteristics of the short distances swimmers and it consists of 7 characteristics which are self-confidence, the insistence, courage, control, bravery, quietness and the achievement motivation. It consists in its final aspect of 58 phrases and this phrase suits the profile nature and if can be depended on as the constancy coefficient of its characteristics is between 0.86 and 0.89. The researcher recommends evaluating the distinguished psychological characteristics of the swimmers by using this profile and choosing standard levels for this profile and making similar studies to the other different sports activities.

Key words: Profile % Psychological characteristics % Swimmers % Beginners

INTRODUCTION

The individual's personality is based on a set of psychological characteristics that distinguishes him from other individuals, the psychological profiles of athletes, whether beginners or athletes of high levels, have become one of the vital subjects in the sports field because of its paramount importance in determining the profile of the player personality which determines his behavior inside and outside the playground and through training and competitions and through the aspects of his daily life, the coach of sports have to be familiar with the psychological characteristic of the beginners, within the methods of selection of them, the coach must also take into account that they can not control the psychological characteristics of the players, where it can not change the owner of the introversion feature to the courage or aggression features, as these features are often attributed to heredity factor, but it is possible through the practice of sports activities,

whether on the normal level or the level of competition development and the development of some psychological positive characteristics for the players to a certain extent, including developing of personality dimensions for each of them and psychological traits characteristic of the swimmers of short distances which define to us a large extent the general framework of the personality of swimmers, which helps greatly in the selection process for this type of swimmers, where this will lead to saving time and effort because the identification of those features help the coach to work in with this group of swimmers during the various stages of preparation and in the best achievements in the digital level.

Through the work of the researcher, Department of Sport and Exercise Psychology, through its review of previous studies in the field of psychological preparation of athletes, he noted that there is no profile of the characteristics of the psychological characteristic of the swimmers over short distances, which prompted the

researcher to try to determine the profile of the characteristics of the psychological characteristic of the players of short distances of the beginners, to help trainers in facilitating their training in terms of economy of time and effort in education, training and competition and to deal with psychological players, through drawing model profile of psychological characteristics to detect specific indications explain part of the psychological characteristics distinctive and specific features of the personal swimmers over short distances, thus helping to achieve the best achievements at the local and international levels.

The Research Objective: Build a profile of the psychological traits characteristic of the young swimmers over short distances.

The Hypothesis of the Research: What is the psychological personality profile characteristic of the young swimmers over short distances.

MATERIALS AND METHODS

Research Methodology: The researcher used the descriptive method of approach to its relevance to the nature of the procedures of this research.

Society and the Research Sample: Research sample was selected purposively in the manner and included all swimmers who participated in the championship of Arab Republic of Egypt of the short-pool below 17 years old and started in the period from 10.27.2010 to 14.11.2010 at the swimming pools, in Nasr City, Al Ahli Club, of total number of 60 swimmers in the short swimming and have been deployed as follows:

- C 20 of the swimmers over short distances to find a coefficient of validity and reliability profile of psychological traits characteristic of the short distance swimmers
- C 40 of the swimmers over short distances to find the truth factorial.

Data Collection Tools:

- C A personal interview with the sample according to the stages of the research.
- C Form of opinion poll of experts to determine the profile of psychological traits characteristic of the short distance swimmers.

- C the researcher through the research and scientific literature, which dealt with the psychological characteristics of players [1-16], determined the profile of the psychological traits characteristic of the swimmers over short distances, which researcher have found through the frame of reference and readings which dealt with the subject of the research.

Steps for Setting up Profile: First display the profile of psychological traits characteristic of the swimmers short distances on the experts:

The researcher presented a proposal profiling of psychological traits characteristic of the swimmers of short distances in order to determine the psychological traits characteristic of the swimmers over short distances for young men on 7 experts in the field of sport psychology, tests and measurements, have ranged from approval rate between zero% and 100% and acceptable research approval rate was 85.71% and above to accept the attribute and got attributes (self-confidence, determination, courage, control, calm, achievement motivation), therefore, were selected attributes to access the ratio ranged between 71.43% and 100% of the total views of experts.

Second: Presenting the Phrases to Experts: The researcher introduced the expressions profile of psychological traits characteristic of the swimmers of short distances on the experts to determine the appropriate words, as well as make sure their formulation and the balance of the appropriate valuation of the words, with the addition of what they see fit is not covered in the researcher, has obtained the expressions on the proportion of views ranged between 85.71% and 100% of the total views of experts, the researcher has accepted the approval rate of 80% or more, so all these idioms were selected, for this feature.

Third: the Basic Study: The researcher has application in the period from 11/10/2010 to 11/13/2010 and includes the application of profiling in its primary image in order to find the scientific processing of the profile of psychological traits characteristic of the short-distance swimmers.

- C The reliability coefficient by using (Retail midterm - the way of the internal consistency).
- C The coefficient of honesty by using (ratified arbitrators, honesty factorial)

Surveys: This study aimed to conduct transactions for the scientific profile of the proposal as follows:

Reliability Coefficient

Semi Division: The researcher conducted reliability coefficient features profiling on a sample of 20 of the swimmers over short distances within the sample are the same sample used in the easy / and the difficulty and discrimination and use the method of retail mid-term between the characteristics of profiling, where he took degrees of the research sample in terms of odd phrases (group a) and even phrases (group b) and conducted a correlation coefficient of Spearman and Brown to calculate the stability of the scale between the two halves (a, b) and found the stability profile of psychological traits characteristic of the swimmers over short distances as they reach the degree of correlation in a retail mid-term of Spearman and Brown between 0.75 and 0.80, which indicates the presence of a high correlation between the two halves while profiling attributes ranged between 0.86 and 0.89 by tables detection calculate link reliability coefficient, which indicates the stability profile of psychological traits characteristic of the short-distance swimmers.

The Method of the Internal Consistency: The researcher used the method of internal consistency between statements of profiling to calculate the stability and proved the existence of statistical significance for the correlation coefficient for internal consistency between words and features and also between the attribute and profiling as a whole in the abstract level 0.05, indicating the stability of the profile of psychological traits characteristic of the swimmers over short distances.

Second: the Coefficient of Honesty

The Honesty of the Arbitrators: The researcher used the method of the honesty of the arbitrators and the proposed profile has been introduced to the experts in its initial image through a personal interview to ensure its suitability and affiliation of each axis of profiling the proposal, the extent and clarity of drafting and sincerity in measure and concluded that the views of experts on the identification of the expressions for the profile of psychological traits characteristic of the short distances swimmers (85.71 % - 100%) the researcher accepted the approval rate 85.71% and more so approved all terms.

Factorial Honesty: The researcher found the truth in the analytical factor of the profile of psychological traits characteristic of the swimmers over short distances, the total sample size of honesty factorial number was 40 swimmers short distances within the sample and already accepted phrase which achieves the significance level of

Table 1: Statements distribution for the psychological attributes profile of the short distance swimmers in the accepted characteristics which were extracted from the factor analysis

SN	Extracted Characteristics	Total
1	Self-confidence	8
2	Determination	11
3	Boldness	7
4	Domination	8
5	Courage	8
6	Calmness	8
7	Achievement motivation	8
Total	Five Characteristics	58

statements are the final image of the profile

Table 2: Key to correct the final image of psychological attributes profile of the short distance swimmers extracted from the factor analysis

Characteristics	Total Number of Statements	Maximum Degree	Minimum Degree
Self-confidence	8	24	8
Determination	11	33	11
Boldness	7	21	7
Domination	8	24	8
Courage	8	24	8
Calmness	8	24	8
Achievement motivation	8	24	8

0.3 at least, as clarified by Ernst, whereas the saturation which reached to this value or increase is considered statistical function according to this arbitrate criterion [4].The analysis factor concluded that the phraseology profile of psychological traits characteristic of the short-distance swimmers are distributed on seven attributes as illustrated in Table 1.

The results in Table 1 show that the statements' total number of the extracted psychological attributes profile of the short distance swimmers is 58 statements as the final image of the profile.

CONCLUSION

In the light of results of statistical treatments used in all stages of research, the researcher concluded the following:

- C Psychological attributes profile of the short-distance swimmers consists of 7 features: self-confidence, determination, boldness, domination, courage, calmness and achievement motivation.
- C Psychological attributes profile of the short-distance swimmers in its final form consists of 58 statements, a number commensurate with the nature of the profile and the society in which the application is compared to other standards in different sports.

- C The extracted psychological attributes profile of the short-distance swimmers is a scientific method can be relied upon where the coefficient stability characteristics between 0.86 and 0.89.
- C The extracted psychological attributes profile of the short-distance swimmers is a scientific method can be relied.

Recommendations: In light of the research results, the researcher recommends the following recommendations:

- C Using the psychological attributes profile of the short-distance swimmers to evaluate of the psychological attributes of the short-distance swimmers.
- C Using the psychological attributes profile of the short-distance swimmers to know the psychological attributes of the short-distance swimmers.
- C Making standard levels of psychological attributes of the short-distance swimmers.
- C Conducting similar studies for other sports activities.

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