

Building a Fear Scale for the Gymnastics Beginner from 3 to 6 Years

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Introduction and research problem:

In recent years, attention has been paid to the psychological aspects of the players besides the physical and skill aspects.

The researchers tended to know the special features of the players for the athletes and ways of development and how to develop them because they are important factors that contribute significantly to the balanced education of the character and enable the athlete to reach the highest levels of sports. (11: 1) (16: 1)

Where sports psychology is one of the most important humanities from which sports training derives a lot of knowledge and information that contribute a large share in achieving the most important goals and

duties that we seek to achieve (8: 257)

Gymnastics is considered one of the most important sports that receive love and passion for watching or practicing children from a young age, where it shows the consistency, harmony and splendor of the performance of physical abilities and high skill give excellence and creativity. (21: 5)

The refore, gymnastics is one of the sports of self-love, which works to attract the attention of children to practice, for the benefit of them in terms of their acquisition of good strength and educational values, in addition to the development and development of physical, skills, psychological and social capabilities, which gives them the ability to creativity and

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innovation and achieve happiness and success. (5:23)

Today, in the contemporary world and in the third millennium, the child faces many psychological problems and disorders that children are exposed to. Fears are one of the most important emotions experienced by man in his life, one of the most common and provoked by countless many, which vary widely in the lives of different individuals. Its intensity varies from mere caution to panic and horror, and fear is one of the forces that may build or demolish in the formation and growth of the character. (6: 6)

Therefore, fear is a phenomenon of complex negative reaction to important subjective characteristics. 14%, severe 45% tension and 45% mild stomach pain (13: 184.)

Fear is an emotional response to a real risk (in the case of normal fear) or unreal (in the case of sick fear), and is presented on the basis of one's assessment of the strength of a low relative to the strength of the threat. (2:14)

Through the previous presentation, which demonstrates the importance of

childhood and the role of sport in general in the formation of the child's personality from all aspects (psychological - physical- social.... etc), and gymnastics in particular where you need long periods of training to reach the stage The tournament requires the early preparation of children, which adds a psychological and physical burden on the players, so attention must be paid to that stage in particular.

Through the work of the first researcher as a technical director of the Academy of Gymnastics, Faculty of Physical Education, Aswan University, he noted that a large number of participating children have multiple concerns about the practice of gymnastics, especially at the beginning of the game, as they show different reactions to this are In their refusal to come to the exercise as well as severe crying and attendance late from the date of the exercise to avoid some exercises on flexibility, which is very difficult.

Through the work of the second researcher in the field of psychology, the researchers were asked to wonder why the children have those fears of the

practice of gymnastics, so the researchers initially conducted a questionnaire to identify the reasons for the reluctance of these children to show that the most causes are psychological stress. As a result of the need to prepare children to participate in the tournaments quickly and not taking into account the age of children and their basic need to play, so the researchers have tended to measure the level of fear among beginners in gymnastics to identify the real reasons that may affect the level of players as well as exposure. Ali what could lead to the reluctance of players for the practice of sport gymnastics.

Importance and need for research:

The importance of research and its need lies in the following:

- 1- This study may help in developing training programs.
- 2- It may help trainers to use the scale of fear for beginners gymnastics to identify the psychological aspects associated with the process of education and training.
- 3- It may contribute to directing the attention of researchers to conduct scientific studies similar to the use of fear scale in other sports.

Research Objective:

The research aims to study the construction of a

measure of fear for beginners gymnastics from 3: 6 years and to identify the level of fear they have during the process of learning skills.

Search Questions:

- What are the dimensions of fear scale for beginners gymnastics from 3: 6 years?
- What are the terms of fear scale for beginners gymnastics from 3: 6 years?
- What level of fear I have beginner gymnastics beginners from 3: 6 years?

Some search terms:

1-Fear:

"A psychological condition affects the individual when exposed to sudden situations or situations that threaten him or her being (14: 203.)

Fear is an emotional and emotional state of emotional accompanied by emotional and physical emotion, when a person is affected by an external influence in the sense of danger and may be emitted within the person. (4:36)

Previous studies:

The researchers reviewed a number of previous studies that may be relevant to the subject of the research, to identify the procedures used and methods used in the

construction and standardization of standards, and to identify the results reached and benefit from, namely:

1-Study "Shehata Suleiman Mohamed Suleiman" (2010) (6) entitled "The effectiveness of a dramatic play program in reducing the fears of the morbidity of kindergarten children" The study aimed to prepare a program for dramatic play and verify its effectiveness in reducing the severity of morbid fears in kindergarten children, the sample included 60 men, half of them boys and half of girls (30 control groups, 30 experimental groups), men drawing test, pathological fears scale for kindergarten children and dramatic play program were used. The study followed the experimental method, and the results resulted in the effectiveness of the program used in achieving the goals. Where it led to a reduction in pain Of the sick kindergarten children.

2-Aamer Abdulkarim Baka (2017) (7) entitled "Educational games and their impact on the state of fear among novice swimmers (6 - 9) years" and aims to highlight the effective function played by educational games in reducing the fear of novice swimmers and help them The researcher used the

descriptive method, and the sample included 10 trainers. The most important results were that the proposed and well-planned educational program reduces the fear of beginners in swimming and their adaptation to water and creates and generates vitality among the novice children.

3-Iyad Nasser Hussein Al-Azzawi study (2012) (3) entitled "Fear and its relationship to academic achievement in the artistic gymnastics lesson for students of the third stage, the research aims to identify fear and academic achievement and artistic plastic. Ali (19) student, the most important results was that there is a significant correlation between fear and academic achievement in the artistic gymnastics lesson for students.

4-Study "Nazer Shaker Yousef, Walid Ntoun Younis" (2013) (18) entitled "Building the scale of mathematical fears among students of the Faculty of Physical Education Mosul University" The aim of this research is to build a measure of mathematical concerns among students of the Faculty of Physical Education at the University of Mosul. The researcher used the descriptive method, and the researchers concluded the following to reach a measure of the mathematical concerns of the

students of the first year of the Faculty of Physical Education at the University of Mosul, accepting all the axes that formed the subject of research (7) axes.

5-Study "Santa et al" (2006) (22) entitled "Measuring the effectiveness of two treatments for toys applied by parents for the treatment of dark phobia in children", the aim of this research is to measure the effectiveness of two treatments for toys used by parents to treat dark phobia in young children "play therapy the researchers used the experimental method. The research sample included 78 children from 4 to 8 years old from 37 schools. One of the most important results was the effectiveness of the games used to reduce and treat dark phobias. This was reflected in the differences between the experimental and control groups in favor of the experimental group.

Research Methodology:

The researchers used the descriptive approach (surveys) to suit the nature of the research.

Society and Sample Research:

The research community included the beginners of gymnastics at the gymnastics academy, Faculty of Physical Education, Aswan University from (4-6) years and their number (40) children, and the

sample was chosen by the deliberate method of (21) children for the basic sample and (10) children for the exploratory sample.

Data Collection Tools:

The researchers used in the light of the research objective and the hypothesis of some data collection tools:

First: Analysis of scientific references and studies related to the field of research.

The researchers reviewed some scientific references and previous studies in gymnastics as well as psychology to learn different views in the interpretation and clarification of concepts and knowledge associated with research variables, as well as to use them in determining the appropriate and appropriate procedures for the current study.

Second: Research Forms:

* A questionnaire was conducted electronically to identify the reasons that lead to the fear of children gymnastics and was presented to the masters (experts in the field of gymnastics - parents- trainers.)

* Form of determining the axes of fear scale in the research sample. Attachment (1)

* A form for determining the expressions of fear scale in the research sample. Attachment (2)

Objective of the form:

Identify the axes and phrases of the fear scale.

Steps of Preparing the Fear Scale Form

-Access to scientific references and previous specialized studies.

-Presenting the form in its initial form to the specialized experts

-To reach the most important axes and phrases of the measure of fear through the percentage of consensus of experts and table (2) shows that.

Third: the standards used

The fear scale I have a gymnastics beginner from 4: 6 years. Preparation of the researchers attached (3)

Scientific transactions used in research.

First: honesty

A. The Arbitrators' Validity of the Fear Scale

The researchers used the validity of the arbitrators to calculate the validity of the content of the questionnaire in order to verify the validity of the questionnaire where the questionnaire was applied to the experts, as shown in Table (1)

Table (1)

Opinions of the experts on the axes of the questionnaire form on the scale of fear I have gymnastics beginners from 4: 6 years (n = 10)

Serial	Phrase	Suitable	To some extent	Not suitable	Degree	%
The first axis	Fear of sports injury	10	0	0	30	100
The second axis	Fear of failure to perform	2	3	5	17	56,67
The third axis	Fear of the impact of having colleagues	9	1	0	29	96,67
The fourth axis	Fear of lack of security and safety factors	8	2	0	28	93,33
The fifth axis	Fear of losing psychological support	4	2	4	20	66,67
The sixth axis	Fear of losing social support	0	2	8	12	40,00
The seventh axis	Fear of the coach	7	1	2	25	83,33
The eighth axis	Fear of an audience	2	3	5	17	56,67
The ninth axis	Fear of exercise	10	0	0	30	100

It is clear from Table (1) that the percentage of expert opinions on the questionnaire ranges from 40% to 100% and the researcher was satisfied with 80%. Final:
The first axis: fear of sports injury

Axis II: fear of the impact of the presence of colleagues
Axis III: Fear of the lack of security and safety factors
Axis IV: fear of the coach
Fifth axis: fear of exercise

Table (2)
Number of Fear Scale Questionnaire Statements for Gymnastics Beginner (n = 10) axis: fear of exercise

Dimension	Axis	Phrases No.
The first axis	Fear of sports injury	9
The second axis	Fear of the impact of having colleagues	9
The third axis	Fear of lack of security and safety factors	7
The fourth axis	Fear of the coach	8
The fifth axis	Fear of exercise	10
Questionnaire statements as a whole		43

It is clear from Table (2) the number of statements of the

questionnaire on the measure of fear, a final (43.)

Table (3)
Expert Opinions in the Fear Scale Questionnaire (n = 10)

The fifth axis			The fourth axis			The third axis			The second axis			The first axis		
%	degr ee	Phrase	%	degr ee	Phrase	%	degr ee	Phrase	%	degr ee	Phrase	%	degr ee	Phrase
100,00	30	1	93,33	28	1	90,00	27	1	100,00	30	1	96,67	29	1
63,33	19	2	73,33	22	2	60,00	18	2	70,00	21	2	86,67	26	2
86,67	26	3	96,67	29	3	90,00	27	3	90,00	27	3	63,33	19	3
100,00	30	4	100,00	30	4	100,00	30	4	66,67	20	4	100,00	30	4
96,67	29	5	63,33	19	5	96,67	29	5	96,67	29	5	93,33	28	5
60,00	18	6	100,00	30	6	66,67	20	6	100,00	30	6	56,67	17	6
100,00	30	7	90,00	27	7	96,67	29	7	100,00	30	7	96,67	29	7
93,33	28	8	83,33	25	8				70,00	21	8	86,67	26	8
53,33	16	9							83,33	25	9	80,00	24	9
86,67	26	10												

It is clear from Table (3) that the percentage of opinions of experts on the occasion of

the proposed phrases ranged between (50% to 100%) and the researcher was satisfied

with the rate (80%) and more to approve the phrases were excluded phrases that did not get this percentage based on

Opinions of experts and table (4) shows the statements of each axis before and after the presentation.

Table (4)
Number of Fear Scale questionnaire statements before and after presentation to experts

Serial	Phrase	Number of phrases in their initial form	Modification				Number of phrases in final form
			Formation	Delete	Merge	Addition	
Fear Scale Questionnaire			43	0	12	0	
1	Fear of sports injury	9	0	2	0		
2	Fear of the impact of having colleagues	9	0	3	0		
3	Fear of lack of security and safety factors	7	0	2	0		
4	Fear of the coach	8	0	2	0		
5	Fear of exercise	10	0	3	0		

Table (4) shows the number of phrases that have been grooved and thus the questionnaire on the scale of fear beginners gymnastics from 3: 6 years was prepared in its final form, annex (3)

Survey:

The researchers conducted the survey in the period from Thursday 14/3/2018 to Wednesday 27/3/2019 on a sample of (10) children from the research community and outside the

basic research sample in order to identify:

1-Clarity of the questionnaire statements on the scale of fear for the beginner of gymnastics from 3 to 6 years.

Conducting scientific transactions.

A- Honesty of internal consistency

The internal consistency of the questionnaire of the questionnaire on the fear scale was certified beginner gymnastics from 3 to 6 years.

The researchers used the internal consistency validity to calculate the validity coefficient of the questionnaire in order to verify the validity of

the questionnaire. Between the scores of the axes and the total of the form as shown in Table (5.)

**Table (5)
Validity of the internal consistency of the axes of the questionnaire on the scale of fear (n = 10)**

Serial	Axis	Correlation coefficient	Probability value
1	Fear of sports injury	** 789,
2	Fear of the impact of having colleagues	** 980,
3	Fear of lack of security and safety factors	** 935,
4	Fear of the coach	** 904,
5	Fear of exercise	** 946,

*D at 0.05 ** D at 0.01

It is clear from Table (5) that the correlation coefficients between the axes of the questionnaire (fear scale) and the total score ranged between

(0.789: 0.980), which are statistically significant correlation coefficients indicating the internal consistency of the form.

**Table (6)
The internal consistency of the statements of the axes of the questionnaire on the fear scale**

Probability value	Correlation coefficient	Phrase	Probability value	Correlation coefficient	Phrase	Probability value	Correlation coefficient	Phrase
....	** 900,	31	000,	** 900,	16	000,	** 912,	1
			000,	** 823,	17	000,	* 670,	2
			000,	** 970,	18	000,	* 759,	3
			000,	** 894,	19	000,	* 705,	4
			000,	** 970,	20	000,	** 823,	5
			000,	** 928,	21	000,	** 970,	6
			000,	** 970,	22	000,	** 850,	7
			025,	** 882,	23	000,	** 900,	8
			000,	** 894,	24	000,	** 823,	9
			001,	** 767,	25	000,	** 767,	10
			000,	** 882,	26	000,	** 882,	11
			000,	** 970,	27	000,	** 823,	12
			000,	** 823,	28	000,	** 928,	13
			000,	** 728,	29	000,	** 728,	14
			000,	** 851,	30	000,	** 970,	15

*D at 0.05 ** D at 0.01

It is clear from Table (6) that the correlation coefficients

between the questionnaire statements (on the scale of

fear) and the total score ranged between (0.670: 0.970), which are statistically significant correlation coefficients indicating the internal consistency of the form.

Table (7)
Validity of internal consistency of the questionnaire statements on the scale of fear among beginners of gymnastics from 3 to 6 years and the total score for each axis (n = 20)

Sixth s axis	Phrase	Forth axis	Phrase	Third axis	Phrase	Second axis	Phrase	First axis	Phrase
** 896,	1	** 932,	1	** 904,	1	** 939,	1	** 789,	1
** 745,	2	** 828,	2	** 981,	2	** 906,	2	* 703,	2
** 906,	3	** 899,	3	** 932,	3	** 833,	3	** 732,	3
** 959,	4	** 828,	4	** 818,	4	** 906,	4	** 806,	4
** 825,	5	* 730,	5	** 981,	5	** 849,	5	** 782,	5
** 795,	6	** 932,	6			** 798,	6	* 741,	6
** 939,	7							** 898,	7

It is clear from Table (7) that the correlation coefficients between the statements and axes of the questionnaire form (on the scale of fear) and the total score of the axes ranged between (0.730 **: 0.959 **), which are statistically significant correlation coefficients indicating the internal consistency of the form.

Second: Stability:

Calculation of the stability of the axes of the scale using the coefficient of Alpha kronbach:

The consistency of the scale was estimated on the respondents by using the Alpha Kronbach method. The questionnaire obtained the value of the alpha coefficient (0.989) for the whole scale, which indicates that the scale has a high degree of stability.

Table (8)
Alpha Crow Factors for Stability of Axis Scale for Fear Scale Questionnaire Phrases

Axis	Phrases No.	Axis stability
First	7	934,
Second	6	936,
Third	5	966,
Forth	6	958,
Fifth	7	941,
General consistency of the questionnaire	31	989,

*D at 0.05 ** D at 0.01

As shown in Table (8), the correlation coefficients of Alfa-kronbach range from (0.934: 0.966), which are correlation coefficients at a level of 0.01, which means that the stability of the Alfa-Kronbach coefficient is acceptable for the total degree of the scale and the axes of the scale (fear scale)

Steps to carry out the research:

-Measuring the level of fear among the research sample:

The researchers applied the fear scale to the research sample on Tuesday, 1/5/2018.

Statistical processors used:

Depending on the nature and objectives of the research, the researchers used the following statistical treatments. SMA. Weighted mean standard deviation

Median torsion coefficient.

Estimated Grade. percentage.

Correlation coefficient. Alfa Crow Factor.

Presentation and discussion of the results:

First, to present and discuss the results of the first question, which states:

"What are the dimensions of fear scale beginner gymnastics from 3 to 6 years"?

Table (9)

Explain the views of the experts on the axes of the questionnaire on the scale of fear for gymnastics beginner from 3 to 6 years (n = 10)

Serial	Phrase	Suitable	To some extent	Not suitable	Degree	%
The first axis	Fear of sports injury	10	0	0	30	100
The second axis	Fear of failure to perform	2	3	5	17	56,67
The third axis	Fear of the impact of having colleagues	9	1	0	29	96,67
The fourth axis	Fear of lack of security and safety factors	8	2	0	28	93,33
The fifth axis	Fear of losing psychological support	4	2	4	20	66,67
The sixth axis	Fear of losing social support	0	2	8	12	40,00
The seventh axis	Fear of the coach	7	1	2	25	83,33
The eighth axis	Fear of an audience	2	3	5	17	56,67
The ninth axis	Fear of exercise	10	0	0	30	100

It is clear from Table (9) that the percentage of the

opinions of experts on the axes of the questionnaire ranged

from 40% to 100% and the researcher was satisfied by 80%. Thus, the main axes of the questionnaire form were determined based on the opinions of the experts, thus reaching the main axes of the questionnaire in its form. Final: The first axis: fear of sports injury

Axis II: fear of the impact of the presence of colleagues

Axis III: Fear of the lack of security and safety factors

Axis IV: fear of the coach

Fifth axis: fear of exercise

'Okla Suleiman al-Houri (2008) points out that in the field of sports, the athlete is afraid of a strong opponent, who is physically and skillfully superior and more experienced than him, as well as the injury that deprives him of the competition in the future, as well as afraid of defeat in the game or sometimes afraid when playing in The opponent's stadium or afraid of encouraging the public to his opponent, as well as afraid of the lack of good ground and equipment sports equipment uncommon to conduct the race, and afraid of the referee with harsh experience with him earlier, that the above fear of the athletes and according to their experience, the emerging player is more vulnerable to

fear of cases Previous ξ D compared to the advanced player with the experience, and the fear is different from the effectiveness of the other fear of an opponent in the games differs from fear in collective games or individual games. (9: 145-146)

As Osama Kamel Rateb (2000) types of fear into two parts: 1) fear of sports failure is: "What others say when I lose this game, I do not want to disappoint my coach and my father, it is difficult to meet my friends at the club if I lose this The game, really if you lose this game everyone thinks I'm a loser. The second part is 2) Fear of inadequacy: "Inability to concentrate, unwillingness to perform, loss of physical sufficiency, lack of adequate rest, loss of stress control." (1: 189)

Thus, the researchers answered the first question, which says, "What are the dimensions of the fear scale of the gymnastics beginner from 3 to 6 years"?

Second: Presentation and discussion of the results of the second question, which provides for "What is the fear scale of my gymnastics beginner from 3 to 6 years"?

Table (10)
Opinions of the experts in the statements of the questionnaire form on the scale of fear (N = 10)

The fifth axis			The fourth axis			The third axis			The second axis			The first axis		Phrase
%	Degree	Phrase	%	Degree	Phrase	%	Degree	Phrase	%	Degree	Phrase	%	Degree	
100.00	30	1	93.33	28	1	90.00	27	1	100.00	30	1	96.67	29	1
63.33	19	2	73.33	22	2	60.00	18	2	70.00	21	2	86.67	26	2
86.67	26	3	96.67	29	3	90.00	27	3	90.00	27	3	63.33	19	3
100.00	30	4	100.00	30	4	100.00	30	4	66.67	20	4	100.00	30	4
96.67	29	5	63.33	19	5	96.67	29	5	96.67	29	5	93.33	28	5
60.00	18	6	100.00	30	6	66.67	20	6	100.00	30	6	56.67	17	6
100.00	30	7	90.00	27	7	96.67	29	7	100.00	30	7	96.67	29	7
93.33	28	8	83.33	25	8				70.00	21	8	86.67	26	8
53.33	16	9							83.33	25	9	80.00	24	9
86.67	26	10												

It is clear from table (10) that the percentage of opinions of experts on the occasion of the proposed phrases ranged between (50% to 100%) and the researcher was satisfied (80%) and more to approve the

phrases were excluded phrases that did not get this percentage based on Opinions of the experts and table (11) shows the statements of each axis before and after the presentation.

Table (11)
Number of Fear Scale questionnaire statements before and after presentation to experts

Serial	Phrase	Number of phrases in their initial form	Modification				Number of phrases in final form
			Formation	Delete	Merge	Addition	
Fear Scale Questionnaire		43	0	12	0	0	31
1	Fear of sports injury	9	0	2	0	0	7
2	Fear of the impact of having colleagues	9	0	3	0	0	6
3	Fear of lack of security and safety factors	7	0	2	0	0	5
4	Fear of the coach	8	0	2	0	0	6
5	Fear of exercise	10	0	3	0	0	7

Thus, the questionnaire on the scale of fear beginners gymnastics from 4: 6 years in its final form, annex (3)

Thus, the researchers answered the second question, which reads: "What are the words of the scale of fear in the

gymnastics beginner from 3 to 6 years"?

Third: Presentation and discussion of the results of the

third question which provides for

"What level of fear do I have for beginner gymnastics from 3 to 6 years"?

Table (12)

Fear level I have beginner gymnastics from 3 to 6 years (n = 21)

Serial	Phrases	Relative weight	Weighted average	%
The first axis: fear of sports injury				
1	The child is afraid to perform a specific exercise for fear of injury	47	2,2	74,6
2	Always feel that he will get injured during exercise	54	2,5	85,7
3	The child deliberately does not attend the exercise for fear of injury	49	2,3	77,8
4	The child is afraid to learn new skills	50	2,4	79,4
5	The child is afraid when his colleagues are injured	48	2,3	76,2
6	It is called fatigue and injury before coming to the exercise	55	2,6	87,3
7	Avoid exercises that have friction and competition with colleagues for fear of injury	56	2,7	88,9
Axis II: fear of the coach				
10	The child is very scared just to see the trainer	56	2,8	88,9
11	The child is afraid when he refers to the trainer to perform a specific exercise	48	2,3	76,2
12	The child feels nervous in the case of performing the exercise for fear of the reaction of the trainer if he makes a mistake	53	2,5	84,1
13	The loud voice of the trainer increases the child's fear and tension	55	2,6	87,3
14	The child is affected when the coach scolds one of his colleagues	55	2,6	87,3
15	The coach's lack of reward reduces his confidence	51	2,4	80,9
The third axis: fear of the impact of the presence of colleagues				
18	A child feels distrust when compared to colleagues	51	2,4	80,9
19	The child is anxious and afraid when his colleagues fail to perform	53	2,5	84,1
20	The child feels nervous when there are a large number of colleagues and parents	51	2,4	80,9
21	The child's fear increases as a result of parental involvement in the exercise	50	2,4	79,4
22	The child feels distrust when colleagues criticize his performance	45	2,1	71,4
23	The child does not like to participate with colleagues in some joint exercises	60	2,9	95,2
Axis IV: Fear of the lack of security and safety factors				
27	The child feels nervous when performing on gymnastics	54	2,6	85,7
28	The child begins to cry when performing an exercise on a raised device	59	2,8	93,7
29	The insistence of the trainer on the performance of the child on a particular device that makes the child nervous	51	2,4	80,9
30	The lack of safety mattresses under the equipment makes the child feel scared	53	2,5	84,1

Follow Table (12)
Fear level I have beginner gymnastics from 3 to 6 years (n = 21)

Serial	Phrases	Relative weight	Weighted average	%
31	The use of alternative devices makes the child nervous and fear	48	2,3	76,2
Fifth axis: fear of exercise				
34	The child feels nervous when performing new exercises	48	2,3	76,2
35	The child is afraid to attend the exercise for fear of flexibility exercises	45	2,1	71,4
36	The baby begins to cry as soon as you start the flexibility exercises	53	2,5	84,1
37	The child pretends to be tired and injured when starting with flexibility exercises	55	2,6	87,3
38	The child feels nervous when his classmates perform flexibility exercises and cry	47	2,2	74,6
39	The child tries to escape from the exercise when the trainer tries to do exercises for him	54	2,6	85,7
40	The child begins to cry when he finds a greenhouse in the performance of muscle strength exercises	44	2,1	69,8

It is clear from Table (12) that the manifestations of fear are available in the sample of the research where the percentage of the sample ranged between (69.8%: 95.2%), which indicates the availability of manifestations of fear in the beginners of gymnastics from 3 to 6 years

Table (14) shows the following:

Percentages of the responses of the research sample in the first axis (fear of sports injury) ranged between (74.6%: 88.9%).

In this regard, Mu'ayyad al-Shaykh (2008) points out that the injury generates a state of

fear for the personality of the individual and leaves behind the negative effects of reluctance and hesitation in the same situation or similar situations or when recalling previous experiences provoking fear of the link between the new situation and shock. This link is a reflex conditional reaction. (17:21)

The researchers added that the exposure of the child may leave a bad impression about the practice of gymnastics, especially since he has no previous experience with sports injuries and that he believes that this injury continues without recovery,

which affects his performance as well as his mental condition is believed that any performance will increase his injury.

The results of the second axis (fear of the trainer) showed that the percentages of the responses of the research sample ranged between (76.2%: 88.9%). Which is high.

Therefore, the ability of the sports coach to control his emotions in various sports situations, especially in situations characterized by a violent emotional nature, so that he can spread calm and stability in the hearts of the players and so that he can give his instructions and advice and decisions to the players in a clear and very calm, especially in the positions of sports competitions of an emotional nature Violence and high psychological pressure - the emergence of emotions of fear, anxiety, tension and excitement on the coach will be transmitted immediately to the players and thus the coach becomes directly responsible for the lack of control of players in their emotions. (10:25)

To be precise, the coach's behavior must be heard, monitored and adjusted according to the needs of the players. The main job of the trainer is to help the player develop and develop skills and creativity that may be normal within the player, while the trainer provides the player with nutritional feedback to try to reach these energies to achieve the highest levels of sport. In the type of sports activity practiced. (23: 1-2)

In this regard, the researchers add that the coaches are the direct contributors to the process of achieving results through their proficiency in improving and developing the performance of their players and trying to identify the psychological and physical abilities of the players and exploit them best, especially if the players beginners and in childhood.

The results of the third axis (fear of the impact of the presence of colleagues) showed that the percentages of the responses of the research sample ranged between (71.4%: 95.2%).

The results of the fourth axis (fear of the lack of safety and

security factors) showed that the percentages of the responses of the research sample ranged between (76.2%: 93.7%).

Mohamed Bakrawy points out that students in the course of physical activity face different physical and emotional challenges. The era of adventure and danger is present in the physical education lesson requires reassurance and fear of injury and contribute to creating a positive learning environment with interest in the application of security and safety factors during the exercise of physical activity comes as a result of predicting the possibility of injuries For students while practicing sports activity. (15:14)

In the field of sports, the athlete is afraid of the lack of good ground and tools uncommon sports equipment to conduct the race. (9: 146)

The results of the fifth axis (fear of exercise) showed that the percentages of the responses of the research sample ranged between (69.8%: 85.7%).

Therefore, the lack of self-confidence and ability to

accomplish due to psychological factors such as anxiety and fear, both negatively affected the activities of the artistic gymnastics, and this indicates that the severity of anxiety and fear play an important and essential role in the process of learning and speed of achievement, then the skill that the learner is not willing to learn and has unpleasant experiences It left him a reality and a negative impact on himself that he could not practice and train them. (19:42)

In the field of physical education, there are many forms of fear that can affect students during practical lessons, such as refusal to enter the pool, for example, or fear of performing a certain movement in the gymnastics lesson. Fear can also take other forms, such as escaping from the performance of some activities or movements that students feel as being physically or psychologically. (12:17)

The researchers agree with (Hiam Saadoun and Nizar Taleb) that the severity of anxiety and fear play an important and essential role in

the process of learning and speed of achievement, so the skill that the learner is not ready to learn and has unpleasant experiences about it left him a reality and a negative impact in himself cannot be practiced and trained. (20) (19)

Abstracts:

The percentages of the responses of the research sample in the first axis (fear of sports injury) ranged between (74.6%: 88.9%), which is a high percentage.

Percentages of the responses of the research sample in the second axis (fear of the trainer ranged between (76.2%: 88.9%), which is a high percentage.

The percentages of the responses of the research sample in the third axis (fear of the impact of the presence of colleagues) ranged between (71.4%: 95.2%).

Percentages of the responses of the research sample in the fourth axis (fear of lack of safety and security factors) ranged between (76.2%: 93.7%)

Percentages of the responses of the research sample in the fifth axis (fear of exercise) ranged between (69.8%: 85.7%)

Recommendations:

-Taking into account the age stage experienced by players

when developing training programs.

-The use of fear scale in the estimation of the size of the psychological manifestations experienced by the beginners of fear when practicing gymnastics.

-The need to address the negative psychological manifestations caused by fear and referred to by the current research.

-The development of psychological rehabilitation programs for different periods coincide with the physical and skill rehabilitation and commensurate with the capabilities and capabilities of players.

-Develop an exercise program and small games that will reduce the rate of fear and anxiety, especially at the beginning of the practice of gymnastics. (Attachment)

-Other similar studies on other individual and group sports.

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