

A comparative study to remove psychological tension between local and international shooting players

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Summary of research:

The current research aims to identify the differences in levels of psychological tension between domestic and international shooters in the sport of international shooting with a gun, air pressure rifle, and bullets, through their responses on the scale of psychological stress of the throw with three-axis (physiological, emotional and mental), and the importance of research lies in the use of a new measurement method to identify differences in the levels of psychological stress of local and international throws as one of the disabling variables of high performance, the descriptive approach has been used and the research applied to (185) Local Shooters (92) and International (93) from (9) Arab States (Egypt, Saudi Arabia, Tunisia, Oman, Yemen, Algeria, Sudan, Bahrain, United Arab Emirates) responses, the most important results were: International players have been influenced by the factor of experience resulting from the repetition and diversity of pressures in international fields, which has contributed to differences in levels of tension by increasing in favor of domestic throws from international; The most important recommendations were: the need for a sports psychologist to be present within the technical team to deal with stressful attitudes and take advantage of international experiences, increasing the chances of international contact with the pump as one of the factors to increase the pomegranate's ability to deal with sources of psychological stress in order to better control the emotions associated with artistic performance.

Keywords: psychological tension, local throw, international throw.

Introduction and research problem:

First, Introduction:

Sports psychology is one of the humanities that aims to develop a performance for an individual athlete by analyzing his behavior and learning about his own experiences, taking into account the study of cognitive processes such as perception, thinking, and perception of this athlete in addition to being one of the main pillars for identifying the problems and psychological obstacles faced by the individual athlete, through sports activity. with alternatives and solutions, allow it

to follow up on its sporting competition with the best performance allowed by its capabilities and preparedness.

Psychological aspects and mental processes are important determinants in achieving success and achieving the best level of performance for all sports games based on the complementarity between theory and practice in achieving the maximum possible sporting performance, Psychological skills are an important application for mathematical psychology, contributing to providing many methods and mean to modify an individual's sporting behavior and control his thoughts and emotions before, during and after athletic performance. (19)

Mohammed Al Arabi (2000) states that the player is subjected to many pressures during specialized sporting activity such as the pressure of the ambient atmosphere, the media, the public, sports training pressures, and the relationship with the coach. Psychological stress is one of the most important problems facing most athletes and has many negative effects such as wasting physical energy. The deprivation of moments of enjoyment in sports and psychological stress may weaken an athlete's self-confidence when he or she believes and thinks that he or she is incompetent. It is often a major reason for early reluctance or retirement from sports. (33)

Osama Rateb (2000) considers that sports excellence depends on the extent to which players benefit from their psychological abilities at least from their physical abilities. Psychological abilities help to mobilize their abilities and physical energy to achieve maximum and best athletic performance and can be developed through psychological skills training programs. (4)

Psychological stress occurs when there is an imbalance between what the athlete realizes and what is required of him in the environment, and what he realizes about his preparations for sports games. Persistent psychological tension also causes muscles to convulse resulting in anxiety, and then acts against the required result, showing a psychologically stressed athlete weak memory, poor concentration, and the emergence of ideas that are difficult to control. (2)

The research problem can be identified through the researcher's experience as a shooting player in the Egyptian national team and her participation in several Arab and African tournaments during the period of (2003 - 2014), as has been an international ruler of the Egyptian Shooting Federation since (2014) So far, participating in the refereeing of many world tournaments, observing the manifestations of emotional stability, similar performance and dealing with

emergency situations quietly and greater control of emotions for international throws during international competitions remarkably compared to the performance of domestic throws. "Repeat attempts to shoot without successfully ending the shot". It also noted changes in the contours of the pale face and manifestations of the fear of failure during various situations of play (having to change the lane of play - detecting a problem in the weapon...).

The researcher also noted that the first enemy of concentration is the psychological tension that stands right between the shooter and his ability to maintain the calmest to achieve the best performance that produces a correct shot and even repeat these procedures throughout the game, up to the flow stage and up in the performance.

If the player is pressured to compete and faces self-imposed thinking about the result and the consequences of joining the team or qualifying for an important external tournament or the financial reward allocated to the first place or even the fear of becoming less result in the team all these pressures bring stress and subsequent physiological changes (increased heart rhythm) which quickly affects the procedure of pulling and skimming and prevents the taking out of a shot with sound procedures, as well as emotional changes such as overrunning the feeling of fear of firing a shot and the player feeling unable to pull **Triger**, and finally mental variables such as inability to focus on the task required, disperse and move from one negative idea to another, find himself unable to control his performance and the consequent drop in the level of training or competition.

The current research's importance lies in using a modern measure of psychological stress for shooting players to recognize the significance of the differences between domestic and international pomegranates in the three pillars of the scale "physiological, emotional, and mental". The current research may contribute to shedding light on the impact and output of the international experience factor (attitudes and stressors) - on domestic pomegranates compared to international pomegranates - in access to performance.

On the other hand, the importance of applied research is reflected in the activation of the role of psycho-sports programs during international competitions and meetings to help shooters control the psychological stress associated with the phenomenon through mental skills such as mental and muscular relaxation. Current research also contributes to the elimination of one of the manifestations of psychological stress in the three dimensions of psychological stress, thereby

reducing the chances of psychological exhaustion or partial or kidney withdrawal from sports practice.

“**Faiz Hamidosh**” pointed out that the 2020 effectiveness of relaxation techniques to cope with the reduction of psychological tension and improved levels of achievement in sports performance has taken place long distances in the sport of sports forces, and Abdul Hakim “**Abdul Hakim Rizk**” pointed out that the use of competitive playing situations differently is highly effective in reducing the level of psychological stress in the third dimensions (physiological, mental, emotional) in the sport of football, on the other hand, indicated “**Shimaa Samir**” is characterized by a wide outside attention style that increases the reception of more distracting external thrills to the emerging pitcher and may cause some manifestations of psychological stress more than adult pomegranates who use a method that favors a narrow external attention style that increases concentration, reduces distraction and reduces the manifestations of psychological stress.

Research Objective:

- Identify differences in response to shooting players (local and international) on the psychomotor scale.

Impose research:

- There are statistically significant differences between local and international shooters in their responses on the scale axes.

Curriculum, community, sample, and research tools:

The researcher used the descriptive approach in the survey style due to its suitability for the nature of the research. The research community represented the gun and rifle shooting players (restricted to the Egyptian and Arab Federation of Shooting) of both sexes and their strength (185) as the local pomegranates (92) are international pomegranates (95) (Egypt, Saudi Arabia, Bahrain, Oman, Algeria, Tunisia, Iraq, Yemen, Sudan, United Arab Emirates).

Search Assumptions:

There are statistically significant differences between the local and international shooting players (gun and rifle) in distancing the psychological tension in the direction of the local players.

The researcher used a psychrometer for shooters (the researcher's design) to collect data.

Table (11) Indication of differences between (international - local) depending on the shooting on the scale axes.

Shooting		Classification	Count	Mean	standard deviation	T-Test	Sij
Pistol	Physiological	International	30	21.1000	3.71716	0,408	0,684
		local	42	21.5238	4.73821		
	Emotional	International	30	30.9667	4.19756	1,48	0,142
		local	42	32.8333	5.90129		
	Mental	International	30	26.8333	3.98344	0,214	0,831
		local	41	27.0488	4.32407		
	Total Score	International	30	78.9000	9.36372	0,652	0,517
		local	41	80.4634	10.40696		
Rifle	Physiological	International	39	21.4359	4.29685	0,295	0,768
		local	44	21.6818	3.26911		
	Emotional	local	44	30.0909	4.76820	*0,93	0,000
		International	39	32.4615	6.34469		
	Mental	International	39	26.7949	4.68581	0,843	0,402
		local	44	27.6136	4.16640		
	Total Score	International	39	80.6923	13.52221	0,527	0,600
		local	44	79.3864	8.83233		

*** The indication is smaller than 0.05**

Table 11 shows that there are statistically significant differences between the international and local axis in the scale of gun shootings.

The researcher refers to the following:

Man's emotion with life situations is natural and innate so that he can interact with the variables of the surroundings in which God has created us. Control of emotions is one aspect of sports psychology and one of the key pillars for reaching the sports performance summit. The emotions that the player experiences during training and competition are varied and shift from one position to another. There are other factors that may help reduce the negative impact of (fear of failure - injury - evaluation - anxiety about the anger of the coach or mother when failing - anxiety about shaking my shape in front of my teammates when I am the cause of the team's loss), including:

Experience factor:

The repetition and differentiation of pressing attitudes experienced by international throws - with reprocessing them and learning from mistakes - creates a kind of attitudinal confidence because the same event or problem may be repeated every tournament that is born with the player solutions to deal with these common problems. (Problem requiring a change of play lane - lack of air ratio required "gas cylinder" required for proper shot exit during the match - change of trigger weight prior to the match by referees - change in the environment surrounding rain, snow, wind in open fields "pistol or bullet gun 25m, 50m...") This is confirmed by what 1997 's salary (2) (r) 129 indicates that some of the tension caused by anxiety is due to the goal's realization that the requirements of a competitive situation are greater than its ability to deliver.

The presence of a sports psychologist accompanying the team:

The presence of a sports psychologist accompanied by throwing during the preparation periods of international tournaments effectively contributed to the achievement of positive reactionary nutrition of international throws, which helped to reduce the frequency of mistakes while focusing on the direction of performance and the direction of the bowler's mission to achieve during the tournaments, on the one hand, and on the other to introduce a set of mental tools (Deep breathing exercises from the abdomen - stopping negative thoughts - logical thinking to deal with the challenges of failure in a shot during the match - insulation drills from distractions - dealing with technical failure in weapons - directing thinking towards performance and away from calculations, numbers, and groups....) Internationally trained to best respond to changing situations.

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Supplement (1)

Name: **Weapon type:**
Age: **Club Name:**
Level:

Dear bowler: Below is a set of phrases that reflect some of your thoughts that you adopt or speak to you during the performance, hope to honestly answer the significance of Rick, and to express the extent to which each phrase occurs by choosing one of the answers that exist after each phrase as in the example by marking (right) before the choice that Rick expresses.

Hack is not a correct answer and another is wrong, but you should explicitly explain Rick through a triple balance (often, sometimes, never).

Thank you for your cooperation.

Supplement (1)

Psychological tension measure for international shooting players

First, the physiological axis

No.	Paragraph	Always	Sometime	Never
I'm like a Shooter				
1	I feel like vomiting on the day of the match in the morning.			
2	My heart beats the moment I enter Shooting Square on the day of the match in the morning.			
3	My heart beats the call of the referee to start the time calculated for throwing.			
4	I feel my throat dry at the start of the shots calculated for the bar.			
5	Feel unusually high at the start of the game.			
6	I want to grab hair (head - eyebrow - chin - mustache) on the day of the match			
7	Surprises me with the shrinkage of the match day.			
8	Feel Palm in My Name on The Day of The Match			
9	The weapon is shaking my hand during the shoot.			
10	Lose my appetite one day or several days before the game.			
11	My heart increases when the trainer stands behind me during the throw.			
12	I have some sudden muscle spasms during throwing.			
13	I feel like entering the W.C. several times before the game.			
14	Feel colder before the game starts.			

No.	Paragraph	Always	Sometimes	Never
I'm like a Shooter				
1	I can control my emotions if I encounter paralysis while throwing without turning to the coach.			
2	Follow with interest the participation of some competitors on the day of the match.			
3	I feel tight when I see the coach interested in another teammate.			
4	I was heckled by the coach standing behind a teammate during the game.			
5	Feel in control and calm during the game.			
6	Feel exaggerated in reactions to other people's actions during the match.			
7	Follow with interest the type and modernity of weapons with competitors.			
8	I feel able to perform and accomplish what is required of me on the day of the match.			
9	I'm afraid the coach's punishment or look at me in case of failure.			
10	I'm afraid of seeing the people around me about me in case of failure.			
11	I'm afraid to talk to the referee.			
12	My fear increases when the match is in the square of our club.			
13	Tension When I Know About Finalists.			
14	Make sure to eat soothing drinks on the day of the match.			
15	The withdrawal process is getting more difficult on the day of the match			
16	Focus with players playing and scores in adjacent lane during throwing.			
17	Look at the scoreboard to follow competitors during Venal.			
18	When the first totals are bad, I feel like a failure and I want to withdraw.			
19	Ali adversely affects public encouragement during Venal.			

Thirdly, the mental axis

No.	Paragraph	Always	Sometimes	Never
I'm like a Shooter				
1	I doubt if I reconstructed the weapon or not before the correction process.			
2	I have extra care, which increases the time to shoot.			
3	Alia adversely affects the loud voice of the audience during the match.			
4	Having the trainer behind me helps me increase my focus.			
5	Play better with strong public encouragement.			
6	I like to get the audience first.			
7	I tell myself the words of his demolition and accuse myself of failing on the day of the match.			
8	When I sit for rest, I find myself caught up in negative ideas.			
9	It's very difficult to concentrate on what I do during the game.			
10	Rasi buzzed from the thrust of ideas inside it on the day of the match.			
11	Control the thought of failure when performing a number of successful shots during the test time.			
12	I expect to fail at the match after a good test performance.			
13	My tension increases from the match after performing well in formal training. (Day before the match)			
14	I doubt I can go back to a good performance after the coach pointed me out. To get out of the game.			
15	controlled the idea of failing the match after performing good shots in the test			