

## **Effectiveness of the Falun Dava Exercises on the Level of Muscular Tension Concentration within Attention and the Skillful Performance of Modern Creative Dance**

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### **Introduction and Research Problem:**

Physical education is one of the areas that aim to train the person through the activity of sport to become a citizen capable of creativity and achievement.

To achieve this it was necessary to use the scientific approach as the starting point to the world and the basic basis towards new horizons of achievement has seen the fields of education. In general, gymnastics and gymnastics in particular have developed in recent years, which have increased their association with other sciences such as physiology, anatomy, education, biomechanics and mathematical psychology.

The Falun Dava is a form of ancient Chinese art. The Falun Dafa was founded in 1992 by Li Hongzhi and has become the most popular in China. The main reason for this is that it is characterized by affecting

the body and morale of the individual. In his public life, today there are more than 100 million people in more than 80 countries in the world practicing this method.

Falun Dava is a form of ancient Chinese art and is characterized by its influence on both the physical and the moral aspects of the individual in his public life. (23)

Falun Dava consists of a series of gentle, movements that lead to the refinement of the body and spirit through meditation and rely on deep breathing and relaxation.

The principles of Falun Dava, like the principles of Taij and Yoga, reduce stress, improve heart rate and have a positive effect on the physical and mental aspects. (24)

It also reduces anxiety, develops the ability to relax, increases energy, makes the mind clearer and more focused, helps reduce stress, and significantly improves health,

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fitness, body development, and breathing

The Falun Dava is characterized by a more relaxed and easy-to-use approach that makes it suitable for all ages of both sexes. Jason Lue & Guende Kapar (2007) points out that Falun Dava exercises consist of a range of agile movements that are slow, calm, agile and persistent all movements are associated with slow and deep breathing. (27)

The health benefits of Falun Dafa training, which contribute to the ideal health, strength, serenity and comfort, as well as inner peace, increase the wisdom and alertness.

The psychological benefits of Falun Dava also reduce the stress and reduce anxiety, develop the ability to relax, increase energy, make the mind clearer and more focused, improve and change body and soul, help reduce stress and improve health and fitness. Physical motor performance in general and in modern dance in particular is very complex because it is a composite of several overlapping parts as well as an individual dealing with a different set of skills. Physical motor performance is an

integral unit of harmonious physical and technical activity that is based on a decision taken in order to achieve a pre-defined goal of integration to link an appropriate dynamic clause (69: 4)

Modern dance is one of the types of motor expression. It is a new development of old art. It emanates from the inside of the dance, expressing to the viewer what he uses in the body as a tool and the movement as an organized means of conveying ideas. It also provides the opportunity for physical, emotional and mental development. It uses the mind, body and senses during dance. (1: 118-128)

Modern dance is an innovative creative art that uses the body as an instrument of expression. This new type of dance is manifested through various movements and movements carried out by the body within its natural possibilities.

As the basis of dance is the movement and the body is the instrument used by the dancer to express their different emotions within the limits of her ability. And its potentials, it is the dancer who forms and forms the expressive

movements according to their inner sense, feeling, experiences and past experiences. (102: 15) (55:21)

Modern dance serves as a full educational force and performs an important and complete lesson in sound education, where children gain the ability to express themselves with meaning and the supreme meaning that helps them to appreciate values and a deep understanding of what is going on around them.

Modern creative dance is a type of art based on the use of movement as a means of expression as a result of voluntary organization.

The response to the re-selection of the emotional values that give the individual a new entity, in which the movement selects the expression accurately and then is designed and organized by a rhythmic composition. The result is the connection of an idea, feeling or emotion. Honest. (56:19)

Modern dance is unique to the other types of dance performed in the form of theater performances. The latter are mainly dependent on auxiliary factors in the decoration and lights, all of which have a

direct impact on the aesthetic image of the show, While innovative performances can completely dispense with Any of these elements is dependent on the ability of the performer and the extent of the viewers' influence on all their feelings to the extent that they are convinced that what is presented to them represents sincere emotions and emotions that correspond to the emotions and emotions of humanity in general. (102: 18)

It is also characteristic of the use of different body organs in their natural situations so that a member of the body does not form a particular form may be used by the individual in his public life, as we note that the steps of ballet dancers during the normal walk, and modern creative dance is unique that the movement begins from a central point In the body, the muscular center begins to move from the center of the body to the rest of the body until it ends in the limbs expressing what is inside the individual feelings and feelings (66:16)

And modern creative dance movements can be performed through a

Fundamental forms of movements, which is divided into two types of movements, one of the stability of Non Locomotors Movements and is in the rotation and the fall and balance and the balance and Stretch and bounce and Suling , And the other performs the movement of the movements are the transitional movements. The locomotors are in jump, hop, leap, run, walk, step of the horse, callap, slide, and the skip (5: 102.)

Mohammed Hassan Allawi (2002) points out those psychological skills play an important role in achieving athletic achievements.

The omission of this role negatively affects the level of performance. Psychological skills are interrelated and interact together and influence each other and skill level. There must be complementarily and balance between physical, psychological, skillful and schematic preparation(11: 196)

" The power of reason is the driving force behind the achievement of sports. This is called the mental revolution in sports training. In particular, there are many mental skills that require a long time to train

them, such as mental perception, concentration of attention, etc.," said Mohammed Al-Arabi, Magda Ismail (2001) Of mental skills (10: 77)

Osama and Stephan, (1996) agrees that the psychological factor influences the determination of the outcome of the struggle of the players during the sports competitions to win and score points, which leads to achieving victory and superiority, and that if available

The player has the opportunity to take the necessary time to train the psychological skills and regular training in the psychological requirements associated with the type of sports activity, there will be stability in the level of performance that is close to the maximum capabilities of the player, and some players expressed their wishes to use the trainer for training programs for psychological skills in the early There is a great potential in T. Realize better results than you currently have. (2: 80) (22:55)

The researcher believes that despite the evolution of performance, it is noted that

the students tend to tradition and the return of experience without change and away from the production of new dynamic responses innovative rare occurrence and this has been observed by the researcher through careful analysis of movements and the objective observation while teaching the expression motor

For students in the second division also noticed a significant decrease in the level of motor performance in general and also in the use of links to the basic skills to form a professional sentence in modern dance and even the lack of some of the physical and technical elements that are developed through training During lectures, as well as their lack of aesthetic performance on the other hand.

The researcher noted through the follow-up students college in the modern dance there are some difficulties in the performance of some movements that require a high degree of control of different parts of the body and compatibility and work more than a muscle group, This limits the student access to a degree of performance distinct, which had a significant impact.

Low performance as well as their skill level, so his idea came this research as an attempt to overcome difficulties using Falun Dava exercises.

#### **Search Goal:**

The aim of the research is to identify the effectiveness of the Falun Dafa exercises at the level of muscular tension. The focus of attention and skillful performance in modern creative dance

#### **Research hypotheses:**

1-There are statistically significant differences between the averages of the pre and post measurements in the level of muscular tension concentration of attention and skill performance in modern creative dance and in favor of the experimental research group.

2-There are statistically significant differences between the averages of pre and post measurements in the level of muscular tension concentration of attention and skill performance in modern innovation and for the benefit of the control group.

3- There are statistically significant differences between the two dimensions of the two groups of experimental and

control groups in the level of muscular tension concentration of attention and skill performance in modern creative dance and for the benefit of the experimental research group.

**Search terms:**

**Falun Dava:**

It's a powerful exercise to improve the body, mind, and spirit through a series of slow exercises that seek continuous circular paths.

**Skill Performance:**

It's the degree or arrangement that a player receives from the motor behavior resulting from the training process to acquire and master the motor performance, in order to achieve a smooth, precise and high degree of motivation when exercising to achieve results with an economy of effort(9:8)

**Research Plan and Procedures:**

**Research Methodology:**

The researcher used the experimental method because of its relevance to the nature of the research. He used one of the experimental designs, which is the experimental design of two groups, one experimental and the other

controlling by following the pre and post standards for both.

**Community and Sample Search:**

The research society included the students of the second year of the Faculty of Physical Education at the University of Beni Suf for the academic year 2014/2015, the number of (65) students represent the total research community. The researcher chose the research sample deliberately from the research community (30) students and was divided into two equal groups and equal In addition to (16) students to conduct the study of exploratory research.

The researcher followed with the experimental group the proposed program for the training of Falun Dafa, while followed with the control group traditional program followed to upgrade the level of skilled performance.

**The search group parity:**

The researcher found the parity between the experimental and control groups in light of the following variables: growth rates, age, height, weight, physical abilities, psychological abilities, skill level of skills in question and table (1)

**Table (1)**  
**Significance of statistical differences between the control and experimental groups in both growth rates and physical abilities, Psychological skills and skill level of the skills in question (n = (30))**

Variables		Measurement unit	Control group (N = 15)		The experimental group (N = 15)		Value (T)	Level of significance	
			S	E	S	E			
Growth rates	Age	Year	19.09	0.56	19.28	0.32	0.52	Non significance	
	Height	Cm	159.55	4.67	160.57	5.50	0.26	Non significance	
	Weight	Kg	61.58	5.00	62.00	4.79	0.85	Non significance	
Physical capacity	Strength	Dynamometer	Kg	70.08	7.54	71.08	7.00	0.258	Non significance
	Ability	Vertical jump	Cm	21.75	1.82	22.33	1.50	0.35	Non significance
		Wide jump of stability	Cm	145.00	4.51	145.83	5.36	0.52	Non significance
	Flexibility	Bend the trunk of the stand	Cm	15.92	3.85	15.75	3.60	0.15	Non significance
	Balance	Stand on the instep	S	3.30	0.18	3.32	0.15	0.85	Non significance
	Harmony	Tension rope	No	2.42	0.79	2.33	0.98	0.36	Non significance
Elegance	Jogging Zagazji	S	11.08	0.79	11.00	0.74	0.24	Non significance	
Performance level	The skill group	Performance level	Degree	5.88	1.325	5.84	0.587	0.54	Non significance
Psychological skills	Muscle tension	Muscular tension in the face	Degree	3.88	0.562	3.98	0.547	0.85	Non significance
		Muscular tension of the neck	Degree	4.351	0.54	4.250	0.523	0.62	Non significance
		Muscle tension of jaw	Degree	3.458	0.59	4.547	0.541	0.85	Non significance
		Muscular tension of the shoulder	Degree	4.20	0.621	4.321	0.536	0.45	Non significance
		Muscle tension of the arm	Degree	5.71	0.214	4.36	0.587	0.56	Non significance

**Follow Table (1)**

**Significance of statistical differences between the control and experimental groups in both growth rates and physical abilities:  
Psychological skills and skill level of the skills in question (n = (30))**

Variables		Measurement unit	Control group (N = 15)		The experimental group (N = 15)		Value (T)	Level of significance
			S	E	S	E		
	Muscle tension For the palm of the hand	Degree	3.66	0.36	4.62	0.856	0.54	Non significance
	Muscle tension of the chest	Degree	4.55	0.52	4.84	0.541	0.53	Non significance
	Tension of the abdomen	Degree	4.98	0.87	3.45	0.866	0.52	Non significance
	Muscular tension of the back	Degree	4.62	0.89	4.25	0.526	0.59	Non significance
	Muscular tension of the thighs	Degree	4.52	0.98	3.68	0.524	0.56	Non significance
	Muscular tension of the legs	Degree	4.32	0.47	4.45	0.632	0.51	Non significance
	Muscle tension For feet	Degree	4.22	0.15	4.93	0.541	0.63	Non significance
	Total muscle tension	Degree	52.51	1.21	51.55	0.587	0.65	Non significance
Attention	Attention position 1 number	Degree	27.22	0.214	27.22	0.578	0.85	Non significance
	Attention position 1 time	Degree	19.34	0.587	19.34	0.548	0.32	Non significance
	Attention position 2 number	Degree	27.66	0.265	27.66	0.569	0.15	Non significance
	Attention position 2 time	Degree	24.56	0.247	24.56	1.25	0.87	Non significance
	Attention position 3 number	Degree	25.632	0.265	25.632	0.625	0.25	Non significance
	Attention position 3 time	Degree	25.65	0.471	25.65	0.569	0.25	Non significance
	Attention position 4 number	Degree	21.44	0.369	21.44	0.524	0.57	Non significance
	Attention position 4 time	Degree	22.65	0.526	22.65	0.256	0.65	Non significance
	Attention position 5 number	Degree	24.65	0.521	24.65	0.252	0.62	Non significance
	Attention position 5 time	Degree	24.27	0.745	24.27	0.587	0.98	Non significance



The value of (t) tabular at the degree of freedom (22) and the level of significance (0.05) = 2.07

Table (2) shows that there are no statistically significant differences between the control and experimental research groups in each of the growth rates, physical abilities, and psychological skills, the skill level of the skills in question indicating their equivalence in these variables.

#### **Search tools:**

#### **First: Scientific instruments and tools:**

- 1- Rustmeter device to measure height and weight.
- 2- Dynamometer to measure the muscle strength of the two feet
- 3- Digital hours.
- 4- Tape measure.
- 5- Inch rope.

#### **Second: Physical capacity tests and the observation note:**

#### **Physical fitness tests: Attachment (4)**

The researcher conducted interviews with a group of experts in the field of motor expression and learned to explore their views on the fitness elements of the skills in question and based on the opinions of the experts and

their names. Annex 1 the researcher selected the following physical elements and tests:

- 1- Power: - Tensile test on dynamometer and unit of measurement kg.
- 2- Capability: - vertical jump test of stability to measure muscle strength and measurement unit centimeter.  
-Wide jump test of stability and measurement unit centimeter.
- 3- Flexibility: - Torsion test from high standing and measurement unit centimeter.
- 4- Balance: - Test stand on the instep and the second unit of measurement.
- 5- Compatibility: - Test cord and measurement unit number.
- 6- Fitness: - Zigzag running test and the second unit of measurement.

#### **2-Note card to assess the performance of students in the skills in question (Annex 3)**

The level of skilled performance in innovative dance was determined by the method of a committee of arbitrators of motor expression and faculty members consisting of (3) arbitrators and their names attached (1)

#### **3- Psychological skills tests (under study)**

-Card of muscular tension levels Nideffer "(1996) Attachment (5)

-Test concentration of attention is a test of the loops of the modified "Chegov" Tchjov Arabization "Mohammed Lotfi Taha" Annex (6)

First: card of muscle tension levels Nideffer "(1996) Attachment (5)

### **Relaxation:**

This card was originally created by Nedvr and aims to measure the level of tension and relaxation and translated it into its Arabic image, Muhammad Al-Arabi and Magda Ismail (1996). The test consists of three parts divided into levels of tension and relaxation from 1-10 ) Allows the laboratory to express its ability to relax in different parts of the body.

### **The Falun Dafa Training Program**

#### **Program Goals:**

The proposed program aims at using the Falun Dafa exercises to develop some of the skill and psychological variables. The performance level of the second year students at the Faculty of Physical Education, Beni Suef University

### **-Foundations of the proposed training program:**

The researcher built the Falun Dava training program according to the following scientific foundations:

\*The mental configuration of the student before starting the exercises.

\*Taking into account the principle of graduate from easy to difficult in the performance of training within the training module and on the training program.

\*Take into account the principle of integration exercises (men - arms) to maximize the use.

\*Take into account the principle of diversity in the performance of exercises within the training module so that the student does not feel bored and hesitant.

\*Pay attention to the performance of the training of prolongation and flexibility and physical preparation before the implementation of the training module.

\*Control the intensity of the training load by recognizing the pulse.

#### **-Program content:**

The training program of the Falun Dava program included (24) exercises from

the content of the training exercises and mobility between the motor skills among the students.

These exercises should be conducted in a collective manner between the students

and non-compliance with the speed of performance or individual performance of the student for the rest of the group.

**View and discuss the results:**

**Table (2)**

**The significance of the differences between the pre and the post in the level of some psychological variables and skill performance among students of the experimental group" N = 15**

Variables	Measurements unit	Pre measurement			Post measurement			Differences between the two averages	Improvement rate	T value	Level of significance
		Average	and deviation	Standard	Average	and deviation	Standard				
Performance level	Degree	5.88	1.325		8.98	1.52		1.10	38.19%	4.52	significance
Psychological skills	Muscular tension in the face	3.88	0.562		3.10	0.69		0.78	25.16%	4.61	significance
	Muscular tension of the neck	4.351	0.54		3.54	1.58		0.811	24.20%	4.11	significance
	Muscle tension of jaw	3.458	0.59		3.221	1.69		0.237	7.35%	4.65	significance
	Muscular tension of the shoulder	4.20	0.621		3.850	1.78		0.350	9.90%	5.10	significance
	Muscle tension of the arm	5.71	0.214		4.22	2.65		1.49	35.30%	5.36	significance
	Muscle tension For the palm of the hand	3.66	0.36		2.98	2.47		0.68	22.81%	5.41	significance
	Muscle tension of the chest	4.55	0.52		3.55	2.65		1.00	28.16%	4.28	significance
	Tension of the abdomen	4.98	0.87		3.54	3.15		1.44	40.67%	4.69	significance
	Muscular tension of the back	4.62	0.89		3.85	2.87		0.77	20.00%	4.62	significance
	Muscular tension of the thighs	4.52	0.98		3.54	2.61		0.98	27.68%	4.487	significance
	Muscular tension of the legs	4.32	0.47		3.25	2.41		1.07	32.92%	4.56	significance

**Follow Table (2)**  
**The significance of the differences between the pre and the post in the level of some psychological variables and skill performance among students of the experimental group" N = 15**

Variables	Measurements unit	Pre measurement			Post measurement			Differences between the two averages	Improvement rate	T value	Level of significance
		Average	and deviation	Standard	Average	and deviation	Standard				
	Muscle tension For feet	Degree	4.22	0.15	3.40	2.67	0.82	24.11%	4.62	significance	
	Total muscle tension	Degree	52.51	1.21	42.41	2.41	10.10	23.81%	4.28	significance	
Attention	Attention position 1 number	Degree	27.22	0.214	34.52	0.51	7.30	26.81%	4.62	significance	
	Attention position 1 time	Degree	19.34	0.587	28.26	0.56	8.92	46.81%	4.58	significance	
	Attention position 2 number	Degree	27.66	0.265	33.65	0.36	5.99	21.65%	4.63	significance	
	Attention position 2 time	Degree	24.56	0.247	37.51	0.97	12.92	54.96%	4.87	significance	
	Attention position 3 number	Degree	25.632	0.265	32.85	0.56	7.22	28.170%	4.61	significance	
	Attention position 3 time	Degree	25.65	0.471	31.29	0.62	5.64	21.98%	4.17	significance	
	Attention position 4 number	Degree	21.44	0.369	28.65	0.87	7.21	33.62%	4.62	significance	
	Attention position 4 time	Degree	22.65	0.526	29.11	0.61	6.46	28.52%	4.99	significance	
	Attention position 5 number	Degree	24.65	0.521	32.51	0.87	7.86	31.88%	4.64	significance	
	Attention position 5 time	Degree	24.27	0.745	31.87	0.81	8.63	35.55%	4.31	significance	

\*The value of (t) the table at the level of significance (0.05) = 2.21

Table (2) shows that there are statistically significant differences between the pre and post indices of the experimental group in the technical variables and the psychological variables in question and for the sake of the telemetric measurement, since

all the calculated T values are greater than the tabular value at the significance level (0.05.)The researcher attributed the result to the training of Falun Dava, which is similar to movements with the movements of constancy and transition in the movements of

ground exercises and adoption primarily on the development of balance in performance and the nature of the exercises which requires very slow performance.

Safa Saleh (2008) (7) adds that the Falun Dava, **exercises** must be performed and the weight of the body is distributed by 70 to 30% on the two legs, ie, the focus on one leg and the other is supported to help perform well. To contribute significantly to the development of balance among practitioners.

Hisham Ismail (2013) emphasizes that the Falun Dava, exercises are practiced in Chinese schools and schools, and that your movements are similar to those of dance movements. Many players use them as a warm-up of my mind and my body before I start dancing.

Jamal Al-Nemki (2002) states that without an adequate level of balance, a player will not be able to acquire more advanced or complex motor skills, and will suffer from incorrect technical performance in performing a large number of basic movements .

The Differences in the skills of mental perception and concentration of attention may be due to the use of Falun Dava exercises. The Falun Dava exercises are performed through a series of mental exercises and physical conditions aimed at bringing about the psychological and spiritual harmony and balance of the person, which leads to a kind of relaxation that enables the players to achieve good mental perception, Skill performance.

This is confirmed by Osama Kamel Rateb (2001). "Psychological skills need training and go hand in hand with training physical abilities and athletic skills. As a result, some players have psychic abilities and skills to help them cope with pressure and concentration. Mentally to perform their skill in competition accurately. "(30: 2)

"Psychological skills training results in effective results," said Mohammed Hassan Allawi (2002). He helps the player to maintain a psychological balance and avoid stress, which in turn can contribute to giving the player an advantage over other

players who do not practice this type of training.

Or in some cases Al-Faisal is successful and athletic excellence. It should be borne in mind that training in psychological skills will continue throughout the period of the player's continued physical or motor training and throughout the period of participation in sports competitions such as the cessation of training in

psychological skills after a period of time negatively affect the Player level Riyadi. "(193: 11-207)

These results are consistent with the findings of Hisham Hilal (2013). The training of Falun Dava helps to improve the level of mental and mental skills such as remembering, visualization, relaxation and attention, and leading to psychological stress.

**Table (3)**

**The significance of the differences between the pre and the post in the level of some psychological variables And the skilled performance of students in the control group N = 15**

Variables	Measurement unit	Pre measurement		Post measurement		Differences between the two averages	Improvement rate	T valve	Level of significance	
		Average	standard deviation	Average	standard deviation					
Performance level	Degree	5.88	1.325	6.45	1.25	0.57	19.79%	3.22	significance	
Psychological skills	Muscular tension in the face	Degree	3.98	0.547	3.55	2.65	0.43	12.11%	2.99	significance
	Muscular tension of the neck	Degree	4.250	0.523	3.99	2.45	0.26	6.51%	3.41	significance
	Muscle tension of jaw	Degree	4.547	0.541	4.40	2.63	0.147	3.34%	3.64	significance
	Muscular tension of the shoulder	Degree	4.321	0.536	4.105	2.51	0.216	5.26%	3.54	significance
	Muscle tension of the arm	Degree	4.36	0.587	4.150	2.11	0.210	1.219%	3.52	significance
	Muscle tension For the palm of the hand	Degree	4.62	0.856	4.251	2.65	0.369	8.680%	3.24	significance
	Muscle tension of the chest	Degree	4.84	0.541	4.660	2.87	0.180	3.862%	2.84	significance

**Follow Table (3)**  
**The significance of the differences between the pre and the post in**  
**the level of some psychological variables And the skilled**  
**performance of students in the control group N = 15**

Variables	Measurement unit	Pre measurement		Post measurement		Differences between the two averages	Improvement rate	T valve	Level of significance	
		Average	standard deviation	Average	standard deviation					
Attention	Tension of the abdomen	Degree	3.45	0.866	3.214	2.63	0.236	7.342%	2.62	significance
	Muscular tension of the back	Degree	4.25	0.526	4.10	2.31	0.150	3.658%	3.47	significance
	Muscular tension of the thighs	Degree	3.68	0.524	3.55	1.54	0.130	3.660%	3.65	significance
	Muscular tension of the legs	Degree	4.45	0.632	4.12	1.98	0.33	8.009%	3.86	significance
	Muscle tension For feet	Degree	4.93	0.541	4.55	1.51	0.38	8.351%	3.41	significance
	Total muscle tension	Degree	51.55	0.587	51.52	1.74	2.91	5.982%	3.94	significance
	Attention position 1 number	Degree	27.22	0.214	29.80	1.62	5.04	18.51%	3.41	significance
	Attention position 1 time	Degree	19.34	0.587	22.18	1.52	2.84	14.61%	3.25	significance
	Attention position 2 number	Degree	27.66	0.265	31.20	1.58	3.54	12.79%	3.47	significance
	Attention position 2 time	Degree	24.56	0.247	28.15	1.63	3.59	14.61%	2.97	significance
	Attention position 3 number	Degree	25.632	0.265	27.65	1.52	2.02	7.88%	3.64	significance
	Attention position 3 time	Degree	25.65	0.471	27.15	1.47	1.50	5.84%	3.81	significance
Attention position 4 number	Degree	21.44	0.369	23.65	1.63	2.21	10.30%	3.62	significance	
Attention position 4 time	Degree	22.65	0.526	25.47	1.52	2.82	12.45%	3.54	significance	
Attention position 5 number	Degree	24.65	0.521	26.55	1.64	1.90	7.70%	3.94	significance	
Attention position 5 time	Degree	24.27	0.745	27.80	1.51	3.53	14.54%	3.51	significance	

\*The value of (t) the table at the level of significance (0.05) = 2.21

Table (3) shows that there are statistically significant differences between the pre and post indices of the control group in the technical variables and the psychological variables in question and for the benefit of the telemetry since all calculated values (T) are greater than the T value at the significance level (0.05)

The researcher finds that the result of the regularity of members of the control group in the training as well as the use of the traditional pattern used for the total time of the units and the number of units and the time of each unit in addition to the temporal distribution on the physical elements of public and private for each element, and this is confirmed by "Muhammad Hassan Allawi" (2002) (11) that training is generally developed and improved but relatively.

The researcher also attributed this progress to the efficiency of the members of

the control group as regularity and continuation of practice in addition to the constant competition between students and provides the best physical performance and skilled had a significant impact in raising the level of skilled performance.

In this regard, Zeinab Alexandrani (2004) states that "a learner who is fully aware of skill is able to perform it in the right way. Visualization plays an important role in the process of motor performance.

If a learner can perform and understand kinetic skill, their conception and this motor perception plays an important role in all sports (5:22)

These results are in line with the results of Ejal Hassouna, Nadia Darwish (1991), 1 (Karen et al., 2006), 15 that the training modules that used the traditional stereotype had a positive effect on improving Develop and upgrade physical and psychological performance and thus skill level



**Table (4)**  
**"Significance of differences between the two dimensions in the experimental and control groups in the level of some psychological variables and the level of skill performance" N = 1 n = 15**

Variables	Measurement unit	Experimental group		Control group		T valve	Level of significance		
		Average	Standard deviation	Average	Standard deviation				
Performance level	Degree	8.98	1.52	6.45	1.25	3.54	significance		
Psychological skills	Muscular tension	Muscular tension in the face	3.10	0.69	3.55	2.65	3.52	significance	
		Muscular tension of the neck	3.54	1.58	3.99	2.45	3.21	significance	
		Muscle tension of jaw	3.221	1.69	4.40	2.63	3.58	significance	
		Muscular tension of the shoulder	3.850	1.78	4.105	2.51	3.41	significance	
		Muscle tension of the arm	4.22	2.65	4.150	2.11	3.65	significance	
		Muscle tension For the palm of the hand	2.98	2.47	4.251	2.65	3.51	significance	
		Muscle tension of the chest	3.55	2.65	4.660	2.87	3.25	significance	
		Tension of the abdomen	3.54	3.15	3.214	2.63	3.68	significance	
		Muscular tension of the back	3.85	2.87	4.10	2.31	3.54	significance	
		Muscular tension of the thighs	3.54	2.61	3.55	1.54	3.21	significance	
		Muscular tension of the legs	3.25	2.41	4.12	1.98	3.21	significance	
		Muscle tension For feet	<b>Degree</b>	<b>3.40</b>	<b>2.67</b>	<b>4.55</b>	<b>1.51</b>	<b>3.21</b>	<b>significance</b>

**Follow Table (4)**  
**"Significance of differences between the two dimensions in the experimental and control groups in the level of some psychological variables and the level of skill performance" N = 1 n = 15**

Variables	Measurement unit	Experimental group		Control group		T valve	Level of significance	
		Average	Standard deviation	Average	Standard deviation			
Attention	Total muscle tension	Degree	42.41	2.41	58.32	1.74	3.87	significance
	Attention position 1 number	Degree	34.52	0.51	29.80	1.62	3.22	significance
	Attention position 1 time	Degree	28.26	0.56	22.18	1.52	3.87	significance
	Attention position 2 number	Degree	33.65	0.36	31.20	1.58	3.54	significance
	Attention position 2 time	Degree	37.51	0.97	28.15	1.63	3.21	significance
	Attention position 3 number	Degree	32.85	0.56	27.65	1.52	3.35	significance
	Attention position 3 time	Degree	31.29	0.62	27.15	1.47	3.58	significance
	Attention position 4 number	Degree	28.65	0.87	23.65	1.63	3.54	significance
	Attention position 4 time	Degree	29.11	0.61	25.47	1.52	3.21	significance
	Attention position 5 number	Degree	32.51	0.87	26.55	1.64	3.25	significance
Attention position 5 time	Degree	31.87	0.81	27.80	1.51	3.98	significance	

\*Tabular value at the significance level (0.05) = 1.874

It is clear from Table (4) that there are statistically significant differences between the control and experimental research groups in the psychological and skill variables under study and for the benefit of the experimental group, since all calculated values (T) are greater than the

tabular value at the significance level (0.05)

The researcher attributed this to the proposed training program and its special exercises for the development of physical elements that lead to the improvement of the level of physical fitness, as well as the training of Falun Dava and respiratory control and the

contents of the constriction of severe muscle groups and keep this particular contraction for (5) seconds taking Deep inspiration and then mute this inspiration until the occurrence of tension and retention and then gradually relax with the exhale output until the full relaxation of these muscles, all of which helped to improve the level of performance.

This is consistent with the results of the study of Rania Abdul Jawad (2010) (6), Safa Saleh (2008) (7), where he pointed out that the practice of Falun Dava regularly helps the psychological and physical development of practitioners and that the practice of training Davana lead to an improvement in the level of physical performance And skilled players.

Osama Rateb (2001) indicates that gradual relaxation exercises achieve the ability to get rid of tension and feeling of fluency to different areas of the body and the skill of breathing easy to relax and gain the skill of relaxation of the sport. (2: 297)

The Falun Dava exercises used in the proposed program also helped students improve the performance of the

skills in question to the extent required and to isolate thinking about external and internal stimuli unrelated to performance, a sense of comfort and calm. This is consistent with Robert Robort (2005) That Falun Dava helps to raise self-confidence and self-esteem, and improve and develop the ability to focus and improve memory and mental performance.

These results are consistent with the study of Rania Abdul Jawad (2010) (6), Safa Saleh (2008) (7) that the training of falun Dava has a positive impact on the improvement of the level of skill and psychological variables of the players.

### **Conclusions:**

1-The proposed Falun Dava exercise, which includes exercises for muscle relaxation, breathing and concentration of attention, has improved some of the psychological skills under consideration in the experimental group.

2-The training of Falun Dava led to an improvement in the level of skilled performance under consideration of the experimental group.

3- The program has a statistical significance of the

psychological skills under consideration and has an impact on the improvement of the level of skill performance in search of the control group.

#### **Recommendations:**

1- It is necessary to pay attention to the training of Falun Dava by trainers in training programs.

2- Work on the use of Falun Dava exercises to develop psychological skills.

3- Pay attention to the use of Falun Dava exercises as a kind of mental training to calm, relax and focus attention.

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