

## **The Reality of Psychological Preparation in Third World Countries – Karate in Algeria as a Model**

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### **Abstract**

The research reported in this work is to shed light on the reality of psychological preparation among karate players, in this account, the study was conducted on (130) players from amateur sports (clubs). The research design adopted in this study draws on a descriptive approach, in this respect the tool employed in the field study is a questionnaire consisting of five axes, after collecting data and processing them with appropriate statistical methods, it was reached to karate players' awareness concerning the importance of the psychological aspect in preparing for competitions so they have cognitive preparation and they lack emotional preparation as an aspect of psychological preparation, karate players are characterized by voluntary traits such as self-confidence, determination, building goals... etc., and they need to train psychological skills (concentration of attention, positive thinking, self-confidence), while the results indicated the presence of psychological skills related to mental perception, stress management, stress control and relaxation among karate players.

**Keywords:** psychological preparation, karate.

## **Introduction**

The science of sports training in the modern era depends on the practical foundations that achieve comprehensive growth of the various elements of different numbers (physical, skill, plans, psychological) to reach the highest possible level in the type of activity practiced.

Sports psychology is one of the most important sciences that have entered the field of sports activity, which contributes greatly to the development and development of the player's abilities, as there is a large share of sports psychology to reach the player to the highest sports ranks by studying the sports personality and knowing the best ways to make this or that player at his best to accept training doses, as well as meeting the competitor in the best condition and thus overcoming it (Sukkar, 2002, p. 73) Psychological factors are important for success in the competition, especially in the case of convergence of teams in terms of competitive experience, physical, technical and tactical level (MÎNJINĂ, 2014)).

Each activity has psychological characteristics that distinguish it from other types of sports activities, whether it is specific to the nature and components of this activity or what distinguishes the player who practices that activity.

(Mufti Ibrahim, 2001, p. 235) believes that psychological preparation is the process through which the player appears in the best behavior that positively supports his physical, skill, and tactical condition so that he can achieve the highest levels of competitive performance according to his abilities and surrounding circumstances, and considers it (Al-Houri, 2016, p. 57) as preparing the player psychologically to overcome all obstacles that affect his giving during sports competitions, by preparing him from the physical and tactical aspects, to instill in himself and his behavior the qualities Educational and moral that help him to be a good athlete and a good citizen.

And psychological preparation each of the components of each of the components, where the personality is one of the most important of these components, and emotions must be given great importance because of their direct impact on the return of the athlete (Rateb, 1997, p. 283)

The researchers believe that psychological preparation is a complementary and inseparable process from the integrated performance of the player, which includes aspects of physical preparation, skill preparation, and tactical preparation and it is recommended to plan for it in the long and short term.

Karate is one of the ancient Japanese sports that has emerged since ancient times, and the word karate means empty hand and karate training is the art of using the parties as natural weapons, where the four parties are considered strong striking points, they fall under the heading of self-defense sports.

Nakayama points out that karate is a martial art that works to develop personality traits through training processes, under which the individual can overcome any obstacle he faces, and karate is a means of self-defense and the hand is free of weapons and that the essence of performance in karate is the so-called chemistry (kime) which means the sudden attack of the opponent using the appropriate method and with superior ability in the shortest possible time (Ahmed, 2003).

Shamandi points out that modern training for sports fights depends on the speed and accuracy of the implementation of offensive, defensive, and counter-attack methods, whereas tactical methods and methods depend on the effectiveness of mental processes that lead to the speed of perception of different situations and estimate them instantaneously so that the player can choose the appropriate defensive methods and methods for these situations (Ahmed, 2003).

Nakayama, Okazaki, and Donovan all agree that karate as an individual fight sport is characterized by rapid and constant change. Competitive situations require the player a high ability to accurately select various motor skills through good motor coordination, reaction, attention, and emotional stability with a superior degree of control through the use of special motor abilities (Ahmed, 2003).

The researchers have noted that training programs in karate focus on the physical and motor aspect in exchange for a lack of sufficient attention to the aspects of integrated preparation, especially psychological preparation.

The researchers also noted that the situation of competition between players may include many variables such as the level of the competitor, the training status of the player himself, and the responses of the public, which in turn affect the psychological state of the player in general, the state of anxiety of sports competition and his ability to focus in particular, which affects the tasks to be achieved, whether winning the match or performing well.

The presented study aimed to recognize the reality of psychological preparation among karate players by identifying: the players' awareness of the importance of the psychological aspect in preparing for competitions, moreover the impact of cognitive and emotional preparation as an aspect of psychological preparation, the reality of developing voluntary traits and training psychological skills among players, finally, the awareness of sports psychologist among players.

In light of the above, we ask the following main question: What is the reality of the psychological preparation of football players?

## **Study methodology and field procedures**

### ***Methodology***

Research methods of research vary according to the research problem and objectives, as well as according to the required search, researchers can follow different scientific approaches, and from this point of view and due to the nature of our topic, we decided to rely on the descriptive approach for its suitability to the nature of the current study.

### ***A community and the sample***

The population of our current study can be determined in the players of amateur sports clubs (cubs) in Algeria, and to reach accurate and objective results that match reality, we tested the research sample randomly, and from several clubs, and the sample consists of 130 individuals, i.e., 130 players.

### ***Research Tools***

In our research, we used the questionnaire form as the most effective way to verify the problem that we have posed, where the prepared question was clear and easy to study the

research problem, and the questionnaire included a list of (38) questions divided into five basic axes, and we took into account when formulating questions to be clear and easy, and linked to the goals to be reached.

The validity of the questionnaire was confirmed by submitting it to a group of refereed professors and was modified by changing some questions, deleting some of them, and adding others, as our study questionnaire was judged by professors and doctors from the Institute of Sciences and Technologies of Physical and Sports Activities.

### **Statistical methods**

In this research, the following statistical methods were used: percentage and  $K^2$  test (k-squared).

## **Presentation, analysis, and discussion of the results**

**Table (1):** Shows the answers of the study sample for the first axis: awareness of the psychological aspect

Paragraphs	Yes		No		K <sup>2</sup>	Sig
	Freq	Perct	Freq	Perct		
I find that my drop in my level is due to the lack of psychological preparation for the match.	70	53.9	60	46.1	0.77	N.S
My coach cares about the physical and skill aspects versus neglecting the psychological aspect.	90	69.2	40	30.8	19.23	S
It bothers me that my coaches consider the psychological aspect as a second aspect of player preparation.	90	69.2	40	30.8	19.23	S
I see the psychological aspect as the main influence on my performance in competitions.	70	53.9	60	46.1	0.77	N.S
I think it is necessary to pay attention to the psychological side of the players just like the physical and skill side.	120	92.3	10	7.7	93.07	S

It is clear from the above table that the percentage of respondents who answered yes on this axis ranged between 53.9% and 92.3%, similar to the value of  $K^2$ , which was most significant at the level of 0.05 and the degree of freedom 1, these results indicate that the majority of karate players are aware of the importance of the psychological aspect in preparing players, the results also indicate their desire to pay attention to this aspect, which is no less important than the physical and skill aspect.

Allawi (1992, p. 16) points out that sporting heroes at the international level are very close in terms of physical and technical levels. (Mahari-My plans), but there is an important factor that determines the outcome of their struggle during sports competitions, it is the psychological factor that plays an important role in Winning.

In this context, our study is consistent with a study (Wahba, 2010), whose results found that players are aware of the importance of the psychological aspect in preparing them for competitions.

**Table (2):** Shows the answers of the study sample for the second axis: cognitive preparation

Paragraphs	Yes		No		K <sup>2</sup>	Sig
	Freq	Perct	Freq	Perct		
My coach helps me figure out the information related to psychological aspects.	100	76.9	30	23.1	37.69	S
My coach helps me acquire psychological skills through her training program.	80	61.6	50	38.4	6.92	S
The psychological preparation program helps me learn and acquire motor skills.	110	84.6	20	15.4	62.31	S
I can control the negative thoughts that face before the competition.	60	46.1	70	53.9	0.77	N.S
Use positive phrases for self-talk on the competition site	110	84.6	20	15.4	62.31	S
I have clear emotional goals that I am trying to achieve.	130	100	00	00	130	S

It is clear from the above table that the percentage of respondents' answers yes on this axis ranged between 61.6% and 100%, similar to the value of K<sup>2</sup>, most of which were significant at the level of 0.05 and the degree of freedom 1, this indicates that the players have cognitive preparation as an aspect of their psychological preparation, and this is not consistent with the study (Wahba, (2010 The results of which found that the players lacked cognitive preparation.

**Table (3):** Shows the answers of the study sample for the third axis: emotional preparation

Paragraphs	Yes		No		K <sup>2</sup>	Sig
	Freq	Perct	Freq	Perct		
I feel I need to constantly monitor my mental state before competing.	70	53.9	60	46.1	0.77	N.S
I'm worried when important competitions approach.	70	53.9	60	46.1	0.77	N.S
I suffer from my coach's lack of interest concerning the muscle tension I feel before the competition.	100	76.9	30	23.1	37.69	S
I see the need to provide psychological support to raise my level of performance in the competition.	130	100	00	00	130	S
I'm afraid of failing and losing control of my performance when the competition approaches.	80	61.6	50	38.4	6.92	S
With the pressure of the competitor, I can't control my emotions.	60	46.1	70	53.9	0.77	N.S

It is clear from the above table that the percentage of respondents' answers to yes on this axis ranged between 53.9% and 100%, similar to the value of K<sup>2</sup>, most of which was significant at the level of 0.05 and the degree of freedom 1, which is a percentage that indicates that the majority of karate players lack emotional preparation as an aspect of psychological preparation for them, and they also see that they need to pay attention to this important aspect because it affects their performance in competitions, and this is consistent with the study of Islah Shafi'i Wahba.

**Table (4):** Shows the answers of the study sample for the fourth axis: the development of voluntary traits

Paragraphs	Yes		No		K <sup>2</sup>	Sig
	Freq	Perct	Freq	Perct		
I don't lose my confidence under any pressure of competition, whatever it is.	90	69.2	40	30.8	19.23	S
I insist on winning despite the pressure of the competition I'm facing.	100	76.9	30	23.1	37.69	S
I can overcome most of the negative situations I encounter during the competition.	80	61.5	50	38.5	6.92	S
I can always set my goals and the ways to reach them under the pressure of competition.	100	76.9	30	23.1	37.69	S
I can keep performing even though the outperformed the competitor.	100	76.9	30	23.1	37.69	S
I can quickly correct my performance when I make mistakes despite the pressure of competition.	70	53.9	60	46.1	0.77	N.S

It is clear from the above table that the percentage of respondents who answered yes on this axis ranged between 53.9% and 76.9%, similar to the value of K<sup>2</sup>, most of which was significant at the level of 0.05 and the degree of freedom 1, which indicates the excellence of karate players with voluntary traits (self-confidence, determination, building goals... etc.), which enables them to overcome the pressures of competition and win matches, as he believes (Al-Shahat, 2003, p. 149) that those who lack voluntary traits usually appear at a lower level than their real abilities allow, and their results are contrary to every expectation, despite their great preparation in all respects.

**Table (5):** Shows the answers of the study sample for the fifth axis: training psychological skills

Paragraphs	Yes		No		K <sup>2</sup>	Sig
	Freq	Perct	Freq	Perct		
I get distracted when I'm under competition pressure.	90	69.2	40	30.8	19.23	S
I do the mental visualization of the skills just before participating in the competition.	130	100	00	00	130	S
I can focus my attention when performing skills despite the pressure of competition.	90	69.2	40	30.8	19.23	S
I lose thinking positively before entering the competition.	130	100	00	00	130	S
I can control the pressure I face in competitions.	80	61.5	50	38.5	6.92	S
My practice of mental visualization of skills improves my concentration of attention.	120	92.3	10	7.7	93.07	S
I can control my stress level and adjust it according to difficult competition conditions.	60	46.2	70	53.8	0.77	N.S
I do skills training using the mental perception of my injury.	100	76.9	30	23.1	37.69	S
I suffer from a loss of self-confidence right before competing.	100	76.9	30	23.1	37.69	S
I maintain my good performance level as the situations of the match continue to change	90	69.2	40	30.8	19.23	S
I do mental relaxation before the competition.	110	84.7	20	15.3	62.31	S
I can focus on my performance during the competition despite the pressures I face.	80	61.5	50	38.5	6.92	S

In this context, our study is not consistent with the study of Islah Shafi'i Wahba, which found that players are in dire need of attention to the development of voluntary traits as one of the important aspects of psychological preparation for them, because of its clear impact on performance during intense competitive pressure

It is clear from the above table that the percentage of respondents' answers on this axis ranged between 69.2% and 100%, which indicates the need for players to train psychological skills (concentration of attention, positive thinking, self-confidence), while the percentage range indicates that karate players possess psychological skills (mental perception, stress control (stress management), mental relaxation) and the phrase " I can control my stress level and adjust it according to the conditions of the difficult competition" has an estimated rate of 46.2%, and this indicates that the skill of stress control is somewhat absent among karate players.

Allawi (2006, p. 168) indicates that an athlete who is characterized by a high degree of self-confidence will be confident in his capabilities and abilities in unexpected situations, make his decisions steadily being characterized by non-hesitation, express his point of view boldly, have a positive concept of himself, and accept criticism as well as having a high motivation to achieve.

A literature review indicates the most important psychological skills to develop that contribute to success in combat sports: concentration and focused attention (Fredrick, 1999; Williams & Elliot, 1999), self-confidence (Fredrick, 1999), relaxation, regulation of arousal and stress, anxiety control (Chapman et al., 1997; Fredrick, 1999), Visualization (Williams & Elliot, 1999),

**Table (6):** Shows the answers of the study sample for the sixth axis: awareness of the value of the sports psychologist.

Paragraphs	Yes		No		K <sup>2</sup>	Sig
	Freq	Perct	Freq	Perct		
I am bothered by the club's lack of interest in providing a sports psychologist for players.	90	69.2	40	30.8	19.23	S
I have no one to turn to ease my psychological burden when defeated.	90	69.2	40	30.8	19.23	S
I feel that I need someone to understand my mental state before, during, and after the competition.	90	69.2	40	30.8	19.23	S

It is clear from the above table that the percentage of answers of the sample members (yes) on this axis in all statements was estimated at 69.2% compared to 30.8% of the players whose answer was no, this means that karate players are aware of the value and importance of the sports psychologist in the team, as he points out (Sassi and Ben Abdel Rahman, 2014, p. 187) The latter has a prominent role in guiding players, as it serves as a tool that leads the player towards achieving better performance.

This result is consistent with the findings of Wahba (2010) that there is awareness among the players of the importance of the sports psychologist for the team, and also agrees with the study (Boughattas, 2020), which found that there is a widespread belief in the need to include the mental coach as one of the elements of the technical framework of the teams.

## Conclusions

In light of the objective of the study, and within the limits of the sample and the statistical treatments used, we reached the following conclusions:

- Karate players are aware of the importance of the psychological aspect in preparing for competitions.
- Karate players have cognitive preparation as an aspect of their psychological preparation.
- Players lack emotional preparation as an aspect of psychological preparation.
- Karate players are characterized by voluntary traits such as self-confidence, determination, and building goals. Etcetera.
- Players need to train in psychological skills (concentration of attention, positive thinking, self-confidence, stress management), while the results indicated the presence of psychological skills related to mental perception, stress management, and relaxation in karate players.
- Players' awareness of the value and importance of the sports psychologist and the need for his presence in the team.

## Recommendations

Through the findings, the researchers recommend:

- The importance of tracking the psychological responses of players during training and after competitions to know the positive psychological characteristics and the use of appropriate psychological preparation methods to face the negative psychological characteristics.
- The importance of psychological preparation programs for karate players to include training psychological skills (concentration of attention, positive thinking, self-confidence, stress management).
- Preparing awareness courses and spreading the psychological educational culture among coaches to allow them to apply the correct psychological principles and positively affect the psychological preparation of athletes.
- The presence of a sports psychologist within the technical staff of karate teams.

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