

## The role of the trainer in developing the skill of mental perception among high school students and its effect on improving sports performance results

دور المدرب في تنمية مهارة التصور العقلي عند تلاميذ الثانوية الرياضية و أثره على تحسين نتائج الأداء الرياضي

محرز بن عيسى<sup>1</sup>، محند آكلي بن عكي<sup>2</sup>

Benaissa Mahrez<sup>1</sup>, Mhand Akli Benaki<sup>2</sup>

<sup>1</sup> Algiers 3 University, benaissa.mahrez@univ-alger3.dz

<sup>2</sup> Algiers University, aklibenaki@gmail.com

Received: 09/01/2021

Accepted: 16/03/2021

Published: 01/06/2021

**Abstract:** The research aims to recognize the role that trainers play in developing the skill of mental perception among high school students and its effect on improving the results of sport performance, and the sample included 15 coaches intentionally supervising sport high school students in Dararia, Algiers, and the researcher used the descriptive approach that befits this research In terms of achieving its goals, And then the results were processed by SPSS program which showed that there is a very big neglect of developing mental perception skill, and this matter is due to several reasons, including the lack of knowledge of the correct methods of how to develop this skill in athletes, so that the researcher concluded by making these recommendations : Mental skills training in general and mental perception in particular should be taken more seriously by the trainers, - Programming special configurations for trainers on mental perception skill, - Mental perception training will develop learning skills more quickly than usual for sport high school students.

**Keywords:** Mental visualization - Sports performance - High school sports

**المخلص :** يهدف البحث إلى معرفة الدور الذي يمارسه المدربون في تنمية مهارة التصور العقلي لدى تلاميذ الثانوية الرياضية و أثره على تحسين نتائج الأداء الرياضي، وقد اشتملت العينة على 15 مدربا بشكل قصدي يشرفون على تلاميذ الثانوية الرياضية في دارية الجزائر العاصمة، واستخدم الباحث المنهج الوصفي الذي يليق بهذا البحث من حيث تحقيق أهدافه، ومن ثم تفرغ النتائج في برنامج (SPSS) لتظهر النتائج فيما بعد بأن هناك إغفال كبير جدا عن تنمية هذه المهارة، وهذا الأمر راجع لعدة أسباب منها عدم معرفة الطرق الصحيحة لكيفية تنمية هذه المهارة عند الرياضيين، ليختم الباحث بالتوصيات التي مفادها:- ضرورة أخذ التدريب على المهارات العقلية عموما والتصو

العقلي خصوصا بجدية أكبر من طرف المدربين، - برمجة تكوينات خاصة للمدربين حول مهارة التصور العقلي، -  
التدريب على التصور العقلي من شأنه أن ينمي مهارات التعلم بسرعة أكبر من المعتاد عند التلاميذ الرياضيين.-  
الكلمات المفتاحية : التصور العقلي – الأداء الرياضي – الثانوية الرياضية.

## Theoretical chapter

**\* Introduction and problematic of the study:** One of the aspects that the third world should research is its cultural and historical heritage that is full of scientific achievements and social experiences, especially in the field of sport, where excellence is strongly apparent in material terms by developed countries that view the human being in general and the athlete in particular as a biological or mechanical unit seeking to attain titles and record numbers, without paying attention to its cultural, social and spiritual aspects. "We have many examples in our glorious history, both old and moderne, as facts have shown that victory was not in favor of those who have material readiness." (Boukharez, 2016).

From this standpoint in the sports field, we can resort to mental training through what relied on the performance of athletes in a field restricted to those who suffer from psychological disorders such as fear and anxiety (Saoudi, 2020), or in order to improve some mental or psychological factors, such as concentration, attention and relaxation ... but after scientific studies have proven the effectiveness of psychological preparation for athletes, it has become an analogous use of mental training methods in a direct way (Amriou, 2014), the methods used are structured in three basic groups: methods that aim to stimulate and regulate psychological energy, methods that aim to develop motor

performance, methods that help to improve communication between individuals and group relationships (Thomas, 1994).

The coaches in particular and the sports staff in general work to provide all the necessary conditions and capabilities in order to achieve the desired goals of athletes. However, sports history is full of facts that show the loss of large teams that have all the capabilities and factors of success and excellence compared to teams with limited capabilities that achieved victory and brilliance (Orlick & Partington, 1988), from this standpoint it becomes clear that there are non-material factors that coaches can rely on to reach their goals of winning without relying entirely on material means that undoubtedly facilitate the training process (Alaoui, 2002), even so, the big difference with the major global teams makes the search for other ways to connect and employ modern methods necessary to reach what must be achieved, including the mental perception, which represents one of the main dimensions of mental training, and is considered one of the most important aspects that are easy to work on without the need for Great potential material, and according to Boukharez's study (2013), mental perception is what is known for in our cultural and spiritual heritage and it is a factor to success for many international athletes, but it is the weakest link in terms of training and attention to it by the sports staff in our country, instead, coaches confuse this concept with mental training, so it must be pointed out to the importance of differentiating between them and dealing with mental perception as one of the important skills to support the improvement of athletic performance level (Chamaoune & Aldjamal, 1996).

What makes this training reach the level of professionalism is the necessity to work on it among the young groups from childhood to reach the stage of professional skill after many years of training and this is confirmed by Haceini (2018) that the mental training program improves the skill of mental perception and the degree of decision-making, which leads the athlete to enhance the level of Athletic performance.

From this standpoint, we ask the following question: Do coaches in high school develop the skill of mental perception among athletes?

The study aimed to find out the extent to which coaches had developed the skill of mental perception among athletes in high school sports, as well as to identify the methods they practice to develop this skill. The importance of the study is represented in knowing the reality of training in this skill in the field, the importance of which has been evident in previous studies as well as on the theoretical level.

### **The practical chapter :**

**1-Followed Methodologies:** In our study we used this descriptive approach due to the nature of the topic. Descriptive research is considered one of the most used research methods in the field of educational, mental and social research, and the descriptive approach is defined as a determination of the nature of conditions, practices and trends It depicts the status quo at time and defines the relationships that exist between phenomena or currents (Echafii & Ali, 1999, 122).

**1-1-Participants :** We chose an intentional sample of 15 coaches from a total of 21 coaches who oversee several sports disciplines such as athletics, judo, karate doo, wrestling, basketball, handball, in Darya High School in the capital.

**1-2-Materials:** We used the questionnaire tool, which was divided into four axes, including the dimensions of the research, presented to the doctors :

- Mohand Akli Benaki, Professor Higher Education, University of Algiers 3.
- Ayoub Haceini, Lecturer, Class A, Setif 2 University.
- Bourai Kassia, Lecture, Class B, Boumerdes University.
- Nouïga Redouan, Lecture, Class B, Boumerdes University.

For the purpose of judging and knowing the validity of the questionnaire with a consistency rate of 0.09.

**1-3-Experimental Procedure:** The trainers of the previously mentioned sports disciplines were contacted and the dates for distributing the questionnaires were determined and collected on the same day, after which they were collected in spreadsheets and analyzed as follows later.

**1-4-Statistical Analysis:** In order to come up with reliable results, we used a statistical treatment using the statistical package (SPSS) to calculate the percentages and calculate the value of (Khi 2) to see the extent of the presence among the results in order to give the statistical significance of the results obtained .

**2-Exposure, analyses and result exam :** In this paragraph, the researcher reviews the results obtained in this study, in order to verify the assumptions in light of statistical treatment, according to the following steps:

The role of the trainer in developing the skill of mental perception among high school students and its effect on improving sports performance results

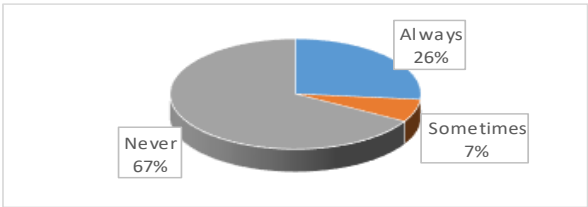
Level indication: 0.05

Degree of freedom: 01

Table 1. Programming classes for mental perception during the sports season.

Answers / Statistics	Khi 2 calculate	Signification
Q1	8.4	*

Fig 1. The percentages of answers to Question 1

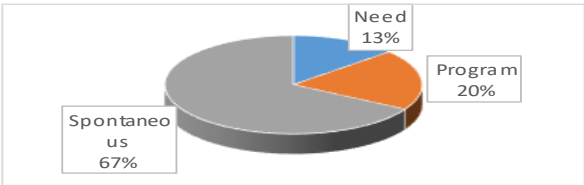


From the table, we notice that 66.66% of coaches do not program mental perception classes during the sports season, which is a statistically significant percentage, provided that coaches do not seriously care about developing the skill of mental perception among athletes despite their effective role in improving the level of sports performance as it appeared with us in the theoretical aspect of the research .

Table 2. Psychological preparation before the sports season

Answers / Statistics	Khi 2 calculate	Signification
Q2	7.6	*

Fig 2. The percentages of answers to Question 2

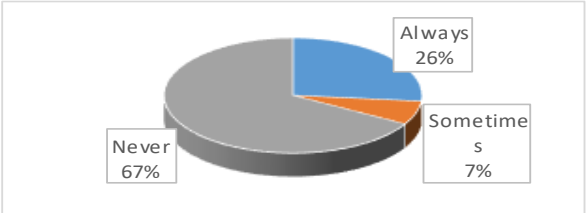


It is evident from the table that 66.66 % of the coaches do not program psychological preparation sessions except spontaneously without relying on prior programming, and that only 20 % of them program psychological preparation classes during the season, which is as it appeared in the Amriou study (2014), where the researchers recommend The importance of mental preparation that enables athletes to reach their desired goals by exploiting all aspects of their physical, psychological and spiritual personality.

**Table 3. Programming a special time for mental visualization during the sports class.**

Answers / Statistics	Khi 2 calculate	Signification
Q3	7.6	*

**Fig 3. The percentages of answers to Question 3**

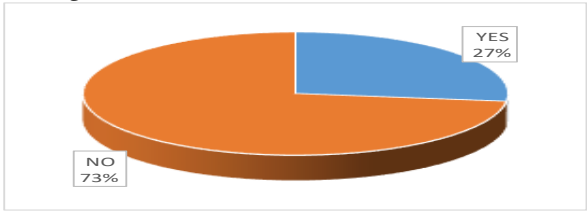


Through the results of the table, it is evident that 66.66 % of coaches do not devote time to mental visualization during training sessions, which is a statistically significant percentage with comparison with the percentage of 26.6 % of those who devote time to it during physical exercise exercises, and according to Haceini study (2018), mental visualization classes contribute significantly to Effective in increasing the speed of learning skills, and from it improving sports performance results.

Table 4. The extent to which athletes are guided to search for mental visualization methods outside of training hours.

Answers / Statistics	Khi 2 calculate	Signification
Q4	5.66	*

Fig 4. The percentages of answers to Question 4

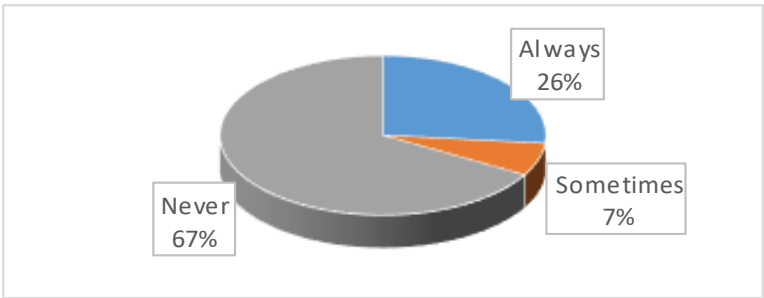


The table shows that 72.97 % of coaches neglect to instruct athletes to search for methods of mental visualization outside training hours, while only 27.02 % direct athletes to this, and according to the Boukharez study (2016), Algerian athletes in their cultural and spiritual heritage are easy to find. Supports the speed of learning mental perception and taking advantage of its features that reflect positively on the results of sports performance.

Table 5. Programming mental visualization classes outside of training hours.

Answers / Statistics	Khi 2 calculate	Signification
Q5	7.6	*

Fig 5. The percentages of answers to Question 5





The results of the table show that 66.66% of the trainers do not program mental visualization classes even outside training hours, which is a statistically significant percentage, compared with 26.6% of the trainers who program these classes outside the hours of physical and sports training, and according to Belaid study (2014), the athlete's experience factor can make him motivated to search for classes for mental preparation and mental visualization, which eases the burden on the trainer who cares a lot about the physical and written aspect.

### **Finding and propositions results:**

**3-1-Discussion:** Through the results of the sample of the junior athletes sample group interviewed and related to not "using tests and methods for juniors in order to correct and proper guidance for the appropriate specialization and revolve around whether junior athletes undergo selection tests in order to guide the young to the appropriate specialization and through the results We implored that most of the athletes did not perform any procedures related to the selection process, whether related to anthropometric measurements, physical tests or tests for laboratory analysis. Benaouda et al also concluded that the census to the same results, the coaches are alone in the selection and selection process and not involve specialists in it, and the majority of coaches use observation as a main method for selecting players neglecting tests and measurements due to their ease on the one hand and the lack of scientific standards available to coaches as a scientific alternative on the other hand (Beniama, 2017, 45).

Sedaoui et al (2018, 96) also concluded that The majority of coaches rely on observation as a basic method and method for selecting players without using tests and measurements due to their lack of knowledge of these scientific matters on the one hand and the lack of a specific national program on how to choose and select.

Than, Boumedienne and al (2018, 191) affirmed that the process of mentoring players in Algeria for 17 years is carried out according to random foundations and methods at most clubs at this level, and most coaches are not familiar with modern methods of the selection and guidance process according to the playing positions of football players, and the test batteries and evaluation methods are absent from these levels and lack The formative aspect for the majority of trainers in the field of selection and mentoring.

Through the results of the trainers sample category, we sought from the trainers' answers not to conduct any anthropometric measurements for the runners, as they do not have the means and laboratory capabilities and do not apply any program for the selection process. Al-Saleem "Note that the selection process in the sports field aims in general to try to choose the best elements in order to reach high standards" (Besioune, 2002, 29), this does not depend only on implementing training programs on sound scientific foundations only, but also on linking that to the physical characteristics, physical abilities and psychological characteristics of sport.

Ben sikaddour (2011, 205) concluded that the selection mechanism currently and within the local reality has become devolved towards self-work and

personal diligence based on personal experience in light of the weakness of the trained staff in modern scientific foundations for the early selection of talented people in athletics, as it does not depend on standards and levels in the understandable statistical sense, and thus it is a type closer to self-selection As well as the absence of an important test battery for selecting talented people in various athletics activities. Also on an other study, Ben sikaddour (2005, 42) confirmed that the selection in athletics using modern methods despite the scientific development in this field, and based on the opinion of the respondents, the selection process is based on the same old principles (the school rural sprint and the distinguished in the physical education study and observation) without using the means of measurement and evaluation in the field of training, he considers that the objective selection of athletes is completely marginalized and almost non-existent, nowing that the learning method varies according to the different intelligence (Chafaa & Boutalbi, 2020).

The Algerian coach is theoretically aware of the importance and necessity of basic sports guidance in football, far from the real practice of educational foundations, as guidance depends on chance, observation, personal experiences, opinions and trends of those in charge, mentionned by Boubecha et al (2017, 278).

**3-2-Conclusion:** After the theoretical proposition that demonstrates the importance of the mental perception skill as an independent skill within the mental training programs that were used by the study of Belaid (2014) and the study of Haceini (2018), and with a refined theoretical background according to

many intellectual and philosophical approaches, especially those that are compatible with our cultural and intellectual heritage as demonstrated by the study of Bukharaz (2017), and after The field work we sought in the reality of sport high school, the fact of working on developing the skill of mental perception in high school sports is far fetched now, and this is after we reached the sincerity of the proposition that "coaches in sport high school do not care about mental perception in their lessons with students, despite the urging of researchers on the importance of mental perception in particular and psychological preparation in general, as it has been for several years, according to Amriou (2014) , Belaid (2014) and Haceini study (2018), but the reality of mental perception is still far from investigating this modest form in The most important secondary school is working on the formation of elite athletes in Algeria, so will this important aspect of the personality of the players remain under neglect? Perhaps the coaches need special training in this skill in particular, or that the pressures they face in preparing, programming and supervising training and following up on results do not allow them to undertake With this mental trainings as overtime, unpaid work? Or does the defect lie in the formation of the coach who does not focus on the importance of developing the psychological side of the athletes using mental perception? Especially since one of the most famous international players, whether in individual sports such as speed racing or combat sports such as judo or even team sports such as basketball, where these heroes say such as to answer these questions we open the way for the need to study these aspects related to the issue of mental training

in general and the development of mental perception, especially among the players. also, the development of this skill decreases the level of psychological stress (Merniz, 2010), and accentuated the level of centering which influences the technical level (Saidi & Ben chernine, 2020).

They are the main findings of the study, as well as a summary of the information and ideas obtained, which answer the questions raised and follow up with proposals drawn from the field results reached, and horizons can be added to the study.

### List of used sources and references in the study

Chafaa, A. & Boutalbi, B. (2020). The Relationship Between Multiple Intelligences And Learning Styles Among Sciences And Techniques Of Physical And Sport Activities Institute Students, *Sports creativity*, 11(3), 236-252.

Thomas, R. (1994). La préparation psychologique du sportif. Paris : éditions Vigot

Weineck, J. (2001). Manuel d'entraînement. France :ed Vigo.

أسامة كامل راتب (2000). تدريب المهارات النفسية (تطبيقات في المجال الرياضي)، دار الفكر العربي، مصر.

أيوب حسايني (2018). تأثير التصور العقلي في اتخاذ القرار عند رياضي الجودو النخبة الجزائريين، مجلة علوم وممارسات الأنشطة البدنية الرياضية والفنية، 14(2)، 11.

بلعيد عقيل عبد القادر. (2013). فعالية تطبيق برنامج للتصور العقلي البصري في تطوير مستوى الأداء المهاري لرياضي الكراتي دو. الأكاديمية للدراسات الاجتماعية والانسانية، (9)، 142-136.

بلغيد عقيل. (2014). عامل الخبرة الرياضية وعلاقته بتطوير مستوى التصور العقلي الحسي الحركي لدى رياضي الكراتي دو صنف أكابر، مجلة العلوم الإنسانية والاجتماعية، (16)، 245-239.

بوخرار رضوان (2017). دراسة تحليلية للنظريات التي تفسر التصور أثناء التدريب العقلي في المجال الرياضي، مجلة علوم وممارسات الأنشطة البدنية الرياضية والفنية، 6(2)، 18.

ديسي يحي الحبيب رضوان (2020). فعالية برنامج إرشادي مقترح لمهارة الاسترخاء لمواجهة الضغوطات النفسية لدى لاعبي الجمباز، مجلة الإبداع الرياضي، 11(3)، 492.

سعيد عبد المجيد وبن شرين عبد الحميد (2020). مساهمة تركيز الانتباه في دقة التصويب لدى أصاغر كرة اليد، مجلة الإبداع الرياضي، 11(5)، 335-321.

عمريو زوهير (2014). نموذج لبرنامج تحضير ذهني للاعبين الفريق الوطني الجزائري كرة السلة على الكراسي المتحركة، مجلة الإبداع الرياضي، 5(2)، 335.

محمد العربي شمعون (1996). التدريب العقلي في المجال الرياضي، دار الفكر العربي، مصر.

محمد العربي شمعون وعبد النبي الجمال (1996). التدريب العقلي في التنس، ط1، دار الفكر العربي، مصر.

محمد حسن علاوي (2002). علم نفس التدريب والمنافسة الرياضية، دار الفكر العربي، مصر.

مرنيز امنة (2010). أثر برنامج تدريب عقلي مهارتي الإسترخاء والتصور العقلي على السلوك العدواني المرتبط بالمنافس في رياضة كرة اليد، مجلة الإبداع الرياضي، 1(1)، 197-202.