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The impact of a mental preparing program on the strategic considering prepare of national first class chess players

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Abstract:

The ponder pointed to decide the impact of Christian Targat's mental preparing program on the method of strategic considering among the national chess players. The consider was conducted on a test comprising of 14 national chess tip top players who were chosen intentioned. The analyst utilized the exploratory strategy with a single test plan in arrange to suit the nature of the consider. The foremost unmistakable comes about are as takes after:

There are factually noteworthy differences between the pre-measurement and the post-measurement of the method of strategic considering in favor of the post-measurement credited to the mental training program of Christian Targat, where the rate of impact was%18This could be a exceptionally tall rate

key words:The Mental training, strategic considering, The Chess.

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1.The general framework of the study:

1.1 Introduction and problem of the study:

Within the show period, wear has ended up a social wonder with an successful affect and wide scope. It may be a science and an craftsmanship with its roots and standards. Its run has ended up more than that, as each person has, in one way or another, begun practicing or observing sports Sports brain research could be a department of common brain research that considers sports as a social-psychological phenomenon, as the relationship between sports brain research and the strategies utilized with physical instruction and sports could be a shared relationship. Wear isn't as it were a social or mental marvel, but or maybe it has numerous angles, signs and conventions that contribute to the advancement and extension of sports brain research, its speculations and strategies. (handsand Marwan, 2005)

Different estimation strategies for higher mental forms such as mental symbolism, strategic considering, decision-making, and other mental forms are presently being broadly connected. In any case, we accept that it is valuable from time to time to utilize the logical strategy in creating higher mental forms. This sort of mental planning incorporates preparing in different mental forms concurring to a codified logical program that incorporates precise works out whose substance contains an precise examination of how these forms are utilized in abilities in sports. (Abdul Sattar Jabbar Al-Samad, 2010, p. 179)

The diversion of chess is generally partitioned into three stages: opening - center of play - conclusion of play. The opening is from the primary 10 to 15 moves. Amid this organize, both players take out their pawns and position themselves within the center of the board and attempt to control the ranges of quality on the chessboard. Amid the moment arrange of the amusement, both players attempt to create a long-term methodology in which they coordinate their pieces to assault, counterattack, and guard. On the off chance that both players survive each other's methodologies, the diversion moves to the endgame, where it is in some cases troublesome to move from fair play to endgame since most competitions conclusion within the center of play.(Yasser, 1960, p26)

This arrange is vital for players,If the pieces may well be set without the aid of pawn developments, the unrestricted progress would be the right one! Since the pawn isn't an hostile unit within the sense that its crossing of the border line

isn't dreaded by the adversary, since it is obvious that the hostile control of the pawn is minor compared to the control of the pawn. But in reality a immaculate cautious progress cannot be carried out due to the basic crave for development, for this reason we must to begin with construct a protective line to secure our pieces. Which has significance in playing through “good situating of the pieces”. (Aron, 2016, p5)

And from During the aforementioned comes to the researcher that The common address of the think about: Are there measurably critical contrasts between the pre-measurement and the post-measurement of the strategic considering prepare among national tip top chess players?

1.2 The general hypothesis of the study:

- There are factually noteworthy contrasts between the pre-measurement and the post-measurement of the strategic considering prepare among national first class chess players.

1.3 Objectives of the study:

The study aims to:

- Identify the affect of a programa To prepare the intellect onpracticalTactical considering among first class national chess players.
- Proposing a mental preparing program to create the level of mental forms Among the national tip top chess players.

1.4 The importance of studying:

Planning programs within the field of mental preparing involves extraordinary significance due to the solid error between the necessities of mental angles of exercises, particularly in competition conditions. The significance of the current think about lies in showing a proposed program for mental preparing to develop Tactical considering process And applying these skills in mental preparing within the shape of competition, as this organize requires nonstop assessment in arrange to create the pre-competition and during-competition abilities of the national elite chess players, and to guarantee that the desired degree is come to to ace and utilize these vital mental aptitudes within the diversion of chess, which It comes about in contributing to creating the level of execution and planning for competitions.



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1.5 Reasons for choosing the topic:

There are a few reasons for choosing the subject of the think about, a few of which are subjective and a few of which are objective, as takes after:

Subjective causes:

The researcher's want to dive into such points related to mental preparing, the researcher's slant to the diversion of chess by playing it in his save time, and the researcher's intrigued in creating a few of the mental aptitudes required by the chess aptitude in arrange to raise the level of execution among the national chess tip top players, which in turn is considered A mental amusement standard brilliance, to endeavor to display a comprehensive proposed preparing program and display it as a reference for analysts.

Objective reasons:

Giving a mental preparing program that incorporates the abilities of strategic considering, concentration, and unwinding in arrange to develop Tactical considering process In arrange to raise the level of execution among the national chess tip top.

Highlighting the part of mental preparing in planning players in different sports areas, whether physical, aptitude, or mental diversion, since of its significance in joining viewpoints of athletes' planning.

1.6 Terms and concepts:

Mental training:

Terminologically: Unthal knew Unestal characterizes mental preparing as: normal, long-term preparing of mental abilities and demeanors that incorporates two essential measurements: coming to tall athletic levels and creating will.

As for Muhammad Al-Arabi, he focuses out that mental preparing is the procedures by which mental aptitudes are utilized in an endeavor to create execution, and it can incorporate numerous forms inside this strategy of preparing.¹² (Mohamed and Magda, 2007, p78)

Procedurally: It is a program proposed for mental training by the researcher based on Mental visualization Relaxation and concentration in order to raise the level of performance by developing Level of tactical thinking Among the national elite chess players.

Tactical thinking:

Terminologically: It is one of the mental processes that the individual athlete performs during his awareness of the relationships and constructs of all the influencing elements of the situation in which he is present. (Mufti Ibrahim Hammad, 2001, page 224)

Procedurally: The first mental process undertaken by elite national chess players is to develop an initial plan for the conduct of the interview.

Chess:**Terminologically**

A mental, social and civilizational diversion that creates mental capacities and trains persistence, tirelessness and great arranging. A chess coordinate may be a competition between two players, one of whom plays with the white pieces and the other plays with the dark pieces. Each group comprises of 16 pieces, each with its possess shape and way of moving on the board. (UAE Federation, 2000, p. 02)

Procedurally: It is a mental game par excellence that relies on the total mental skills acquired by elite national chess players

1.7 Previous, similar and related studies:

Study **Qarin Walid**, 2020, Volume 11, Issue 01, scientific article, Journal of Sports Creativity, entitled The level of offensive tactical thinking and its relationship to some basic skills in football, The study was conducted on a sample of football players from the state of Biskra U19 players, numbering (42) players, and the researcher relied on the descriptive, correlational approach, After statistical treatment, the researcher concluded: The level of general offensive tactical thinking among the football players in the study sample was average, and that there is a relationship between each of the offensive tactical thinking and scoring skill, dribbling skill, and handling skill separately.

Study **reguigsaad**, 2016, Volume 03, Issue 01, logical article, Scientific Framework Magazine, entitled The impact of mental preparing on the execution of the standing shooting ability in basketball, The analyst utilized the exploratory method, As for the conclusions and suggestions of the inquire about, they are: Concerning the conclusion: - The mental preparing approach is one of the cutting edge and compelling approaches among the test due to the utilize of the method of mental imaging and focusing consideration. Among the foremost critical proposals we specify: - It is conceivable to advantage from the mental preparing

educational modules arranged by the analyst and generalize it to the rest of the other aptitudes in this diversion.

Study **Bin Ruqaya Abed**, 2018, Volume 07, Issue 02, Scientific Article, Journal Science and practices of physical, sporting and artistic activities, titled The effect of a proposed mental training program on developing some mental skills and improving the skill of shooting under the basket, as well as developing the level of offensive tactical thinking among basketball players., The study sample consisted of (20) senior basketball players, and the researcher used the experimental method in the manner of the experimental and control groups., The researcher recommended using a mental training program in parallel with skill training in order to improve the mental skills, skill performance, and level of tactical thinking of the players because of their importance in raising the level of the player and the team in general..

Study **Afroghan Nabil**, 2014, Volume 06, Issue 01, logical article, Foundation for Social and Human Thinks about, entitled Visualization and mental preparing: methods and how to apply them within the sports field Where the consider found Finally, to know the put of visualization in mental preparing by receiving it in mental preparing procedures. We extricated three categories of mental preparing methods: unwinding procedures, reflection and considering strategies, and at long last mental planning strategies. In spite of the fact that strategic considering is utilized as a strategy in mental arrangement procedures, its selection is fundamental in unwinding procedures, as well as contemplation and consideration.

Study **Qaqaa Tawfiq** , 2021, Volume 04, Issue 01, scientific article, Journal of Sports Practice and Society, entitled The level of tactical thinking among football players U19, The study was conducted on a sample of 30 players who were selected randomly The results of the study showed that the level of tactical thinking among players was very weak and that there were no statistically significant differences in the level of tactical thinking between players in defense and attack positions..

Study **Orabi Sheikh, Bin Al-Din Kamal, Khaloul Ghanaian**, 2021, Volume 13, Issue 02, logical article, Al-Tahadi Magazine, entitled For mental preparing and its reflection on physical stack levels from the point of see of

football players -u19-,The test included (45) players from a few groups within the Southwest Inter-League Division. The sample was chosen within the aiming way. The expressive approach was received as a strategy of study,The ponder concluded that there's a solid relationship between mental preparing and mental stack from the point of see of the players, and there was an normal level of physical stack among the individuals of the think about test. This can be the result of full attention to the ability of mental preparing because it constitutes the fundamental establishment for victory and accomplishing the most excellent comes about.

2.The practical aspect of the study:

2.1 Field procedures for the study:

Survey:

The exploratory explore may be a mini-experiment of the most explore. Its reason is either to uncover a few logical actualities or to test the work to uncover the deterrents and negatives confronting the execution of the most test or for the reason of preparing a few of the cadres helping within the work (Haider and Kadhim, 2015, p. 128).

The analyst met players and player coaches of the national chess first class in arrange to:

- Preparing documents The essential information to encourage the conduct of the think about.
- Planning the preparing program accordingly calendar of competitions and objectives.
- Preparing the essential records to supply gear in expansion to planning preparing times.

The analyst too met the investigate test in arrange to induce to know them, plan them mentally, and explain the benchmarks that we'll apply to them, in expansion to deciding their level and recognizing their capacities.

2.2 Study Approach:

It is the approach that endeavors to clarify wonders by collecting information through perceptions. It is characterized as the objective perception of a particular wonder within the numerical field that happens in a circumstance characterized by strict accuracy and incorporates one or more assorted factors whereas the other factors are settled.(Marwan Abdel Majeed, 2000, p. 136).



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The researcher used the experimental methodology with a single sample design with pre- and post-measurement due to its suitability to the nature of the study.

2.3 Study population:

The study population consisted of 80 chess players.

2.4 The study sample:

The test is considered one of the foremost vital tomahawks that the analyst employments amid his inquire about. Choosing the test well and suitably makes a difference to reach comes about with tall validity and dependable productivity. (Boudaoud, 2009, page 67) 12 players were chosen intentioned after the regulatory offices of those mindful for their preparing.

2.5 Study variables:

The foremost critical obligation confronting the analyst when he memorizes the explore is his capacity to control all ponder factors in arrange to confine the ponder factors, as the factors were controlled as takes after.:

Independent variable:

Now and then called the exploratory variable Experimental Variable: It may be a variable that the analyst accept is the cause or one of the causes for a certain result, and considering it may lead to knowing its impact on another variable.⁶ Within the current ponder, it is the preparing program for mental preparing, which comprises of a set of works out: strategic considering, unwinding, and concentration of consideration. Which is connected to an test test of 12 players from the national chess first class.

Dependent variable:

It is the figure whose impact comes about within the independent calculate and is additionally called the coming about calculate or the resulting variable. (WajihMahjoub, 2005, p. 219) and within the current ponder it represents: The prepare of strategic considering among tip top national chess players

2.6 fields of study:

Spatial domain:

The researcher conducted the training program Mental For players in state associations that contain elite national chess players.

Temporal domain:

By time outline, we consider the time designated to conduct the current study.

The common system of the study was propelled in October 2023.

- A preparing program was actualized for the study Starting within the middle of October 2023 Advertisement.

The comes about of the study were analyzed and discussed At the conclusion of December 2023 Advertisement.

Human domain:

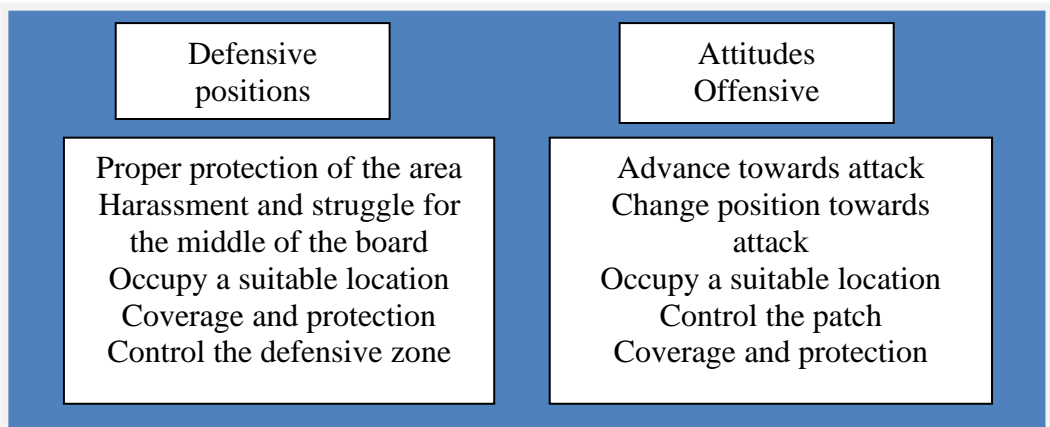
The research sample consisted of 12 player from the national chess elite who practices senior chess.

2.7 Tools used in the study:

Tactical thinking test:

Test description:

It was adapted by specialists and experts in the game of chess in order to fit the current study, as it consists of (10) tactical cases, (05) defensive tactical cases, and (05) offensive tactical cases. Its goal is to identify the ability to tactically think among chess players, and each case contains A tactical plan based on a set of positions that requires the player to take all the correct positions, and the positions are: (Youssef Lazem Kamash 1998)



Debug key for testing:

Grades on the test are estimated by making one of three choices, including one correct and two incorrect choices.

Level rating:

The level of tactical thinking is estimated according to the total scores obtained by the player for the following:

Table No. (01): Key to estimating the level of tactical thinking.

1	excellent	9-10
2	good	8-9
3	middle	5-8
4	weak	4-5
5	Very weak	Less than 4

Source: Prepared by the researchers

2.8 Reliability and validity of the tactical thinking scale:

Scale stability:

Table No. (02) represents Cronbach's alpha reliability coefficient for the playful thinking scale

The scale	The sample	Number of parking spaces	Cronbach's coefficient	alpha
Tactical thinking	08	10	0.780	

Source: Prepared by the researchers.

It is clear from Table No. (02): which represents the Cronbach's alpha reliability coefficient, that the general reliability coefficient for the Planned Thinking Scale is high, reaching (.7800) for the scale's total 23 items using Cronbach's alpha, which indicates that the scale has a high degree of reliability. Therefore, it can be relied upon in the field application of the study according to the Nunley scale, which relied on 0.70 as the minimum reliability.

Validity of the scale:

From Table No., which represents the reliability of the tactical thinking scale, we find that the value of r_p , the value of p , and the value of a , from which we conclude that the scale is fixed.

Table No. (03) represents the correlation coefficients between the score of each axis and the total score of the Planned Thinking Scale.

Interviewer	the sample	Correlation coefficient	Indicative value
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Defensive positions	08	0.747	0.033
Offensive positions		0.982	0.001

Source: Prepared by the researchers.

From the results of **Table No. (03):** which represents the correlation coefficients between the score of each axis and the total score For the tactical thinking scale. We find that all Pearson correlation coefficients between the scale axes and the scale's total score are statistically significant at a significance level of 0.05, where the minimum correlation coefficients were (470.7) while the upper limit was (820.9). Therefore, it can be said that the planful thinking scale is internally consistent because its axes have a statistically significant relationship with the total score of the scale. The scale is valid and can be relied upon in the field application of study procedures.

2.9 Program description:

The preparing program included Christian Target 23 Training unit, instructive preparing units, and instructive units. At a rate of 03 units per week, over a period of 08 weeks. The analyst depended on 3 essential tomahawks in mental preparing, which are: unwinding, strategic thinking-Relax (Strategic thinking.)Calmels.Fournier.1999)

The preparing program comprises of:

- **Relaxation preparing:** It comprises of two primary tomahawks and the number of preparing units is (08).
- **Mental visualization preparing:** It comprises of (09) tomahawks and (09) preparing units.
- **Relaxation training– Mental visualization:** It comprises of one pivot and the number of preparing units is (03).

The program was put into its last shape in codified ways after looking into a few references, logical sources, and past Middle easterner and outside considers that managed with mental preparing.

2.10 Statistical methods used:

Descriptive statistics:

- SMA.
- standard déviation S.

Inferential statistics:

- Testing the differences between means in the case of two correlated samples T-test.
- Degree of freedom DF.
- Significance level α .
- Moral significance sig.

note: Processed Statistics Through a program SPSS 22.

3. Presentation, analysis and discussion of the study results:

3.1 Presentation, analysis and discussion of the study hypothesis:

- **Hypothesis text:** There are factually critical contrasts between the pre-measurement and the post-measurement of the strategic considering handle among national tip top chess players.
- **the purpose:** Knowing the impact of a mental preparing program on the strategic considering handle of national first class chess players.

Table No. (04): Explains the results of the differences between the pre- and post-measurements of the tactical thinking process of the national elite in the game of chess.

	\bar{X}	SD	T	DF	α	Sig	Statistical
Pre-measurement	67.444	2.853	12.936	11	0.05	0.000	Statistically significant
measurement	81.222	3.557					

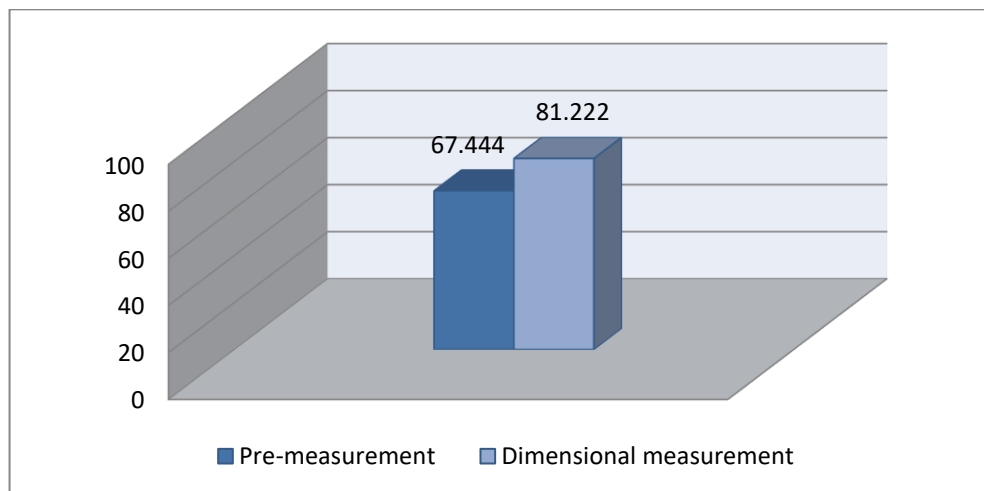
Source: Prepared by the researchers

Analysis of the results of the first hypothesis:

From Table No. (04) We note that the arithmetic mean value of the pre-measurement of the tactical thinking process among the national elite chess players is (67.444), and the standard deviation value is (2.853). While the arithmetic mean for the post-measurement of the tactical thinking dimension was (81.222), with a standard deviation of (3.557). We also note that the value of T is (12.936) at a degree of freedom (11) and significance level (0.05). The value of the moral significance was sig (0.000), and by comparing the moral significance with the level of significance, we find that the sig is less than the moral significance. So the measure is statistically significant.

Therefore, it can be said that there are statistically significant differences between the pre-measurement and the post-measurement practical Tactical thinking in favor of dimensional measurement.

Figure No. (01): Shows the differences between the means of the pre- and post-measurements of the tactical thinking process of the national elite in the game of chess.



Source: Prepared by the researchers

Table No. (05) represents the percentage of effect of the mental training program on the tactical thinking process.

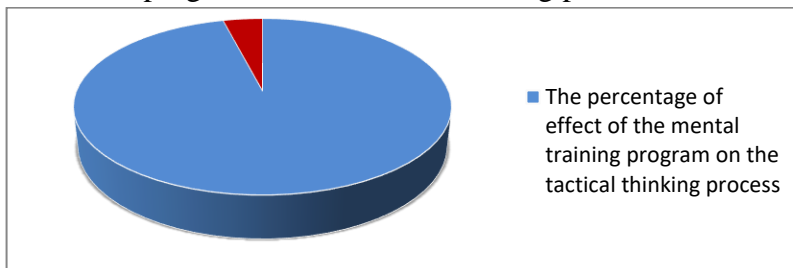
Sig	t	df	r
0.000	12.936	17	0.96

Source: Prepared by the researchers

Through Table No. (05) reach:

$r=0.96$ at $\text{sig}=0.000$, $t=12.93$, from which we conclude that the mental preparing program had a 96% affect on the strategic considering prepare, which may be a tall rate.

Figure number (02) represents the percentage of effect of the mental training program on the tactical thinking process.



Source: Prepared by the researcher

3.2 Discussing the results of Hypothesis of study:

Based on the content of the speculation: There are factually critical contrasts between the pre-measurement and the post-measurement of the strategic considering prepare among the national tip top chess players. From the factual treatment and from Table No. (04) And Graphical figure number (01) It was found that there were measurably noteworthy contrasts between the pre-measurement and the post-measurement of the method of arranging considering in favor of the post-measurement credited to the mental preparing program, and from Table No. (05) and Chart No. (02) We find The rate of affect of the training program on the method of strategic considering was: 18% could be a percentage High That is, the mental training program had a positive affect on the strategic considering handle of chess players.

This is often due to the researcher's center on the mental preparing program, which contains exercises for mental visualization, unwinding, and concentration of consideration. The analyst accepts that the mental preparing program helped the players create the method of strategic considering since of its significance in organizing and classifying data with tall productivity, because it gives graphs. A attitude to organize all cautious and hostile positions and past encounters to encourage the preparing of the data gotten by the player's intellect, permitting for more productive choices to be made. It moreover creates adaptability and the capacity to adjust when the player faces modern circumstances or experience sduring The course of competition empowers them to retain unused dreams.



The current study is upheld by most considers that utilized mental preparing programs as an free variable, all of which had positive effects on the strategic considering handle. Among these considers may be a study Qarin Walid And Orabi Sheikh's think about and study Qaqaa Tawfiq. We discover that all these ponders have concluded that there's a positive impact of mental preparing on mental aptitudes and physical abilities by progressing and creating all the aptitudes considered.

From the over said, it can be said that Study hypothesis It was accomplished and the affect was positive among the national first class chess players.



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4. Conclusion:

In conclusion, mental preparing in wear has picked up acknowledgment as a basic angle of athletic execution and victory. Competitors who take an interest in mental preparing procedures combined with physical preparing frequently involvement improved center, concentration, certainty, adaptability, and in general mental sturdiness. By utilizing techniques such as visualization, objective setting, positive self-talk, and mindfulness, competitors can oversee anxiety1Perform way better, overcome mental obstructions and make strides their capacity to perform beneath weight. Mental preparing makes a difference competitors create a solid mentality, empowering them to remain persuaded, keep up composure and thrust through misfortune. Investigate has appeared that mental preparing can lead to critical enhancements in athletic execution over different sports. It can emphatically affect perspectives such as aptitude execution, choice making, response time and strategic considering. In expansion, mental preparing can contribute to harm avoidance, as competitors learn to tune in to their bodies, oversee weariness, and make sound judgments.

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