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The Effectiveness of Some Mental Skills In Raising The Level of Physical Performance Of Handball Players

فعالية المهارات العقلية في رفع مستوى الاداء البدني لدى لاعبي كرة اليد

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Article info:	Abstract
Article history:	The study aims to clarify the effectiveness of some mental skills among handball players in raising the level of physical performance and its reflection on the physical level and its role in enhancing the physical and technical abilities of handball players.
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Key words:	Study tools: The researcher used the descriptive method, on a random sample, the number of players represented in 40 players from different handball clubs in the Chlef state, the researcher used to calculate the results on the statistical program SPSS
<i>Mental Skills.</i>	Results: through the results of the study, which shows that there is an associative relationship between mental skills and the level of physical performance of handball players, which achieves the proposed hypotheses and revealed the importance of mental training for the athlete, as well as the role it plays in raising the level of physical performance.
<i>Physical Performance</i>	
<i>Handball Play.</i>	

الكلمات المفتاحية:	ملخص
المهارات العقلية	تهدف الدراسة إلى توضيح فعالية بعض المهارات العقلية لدى لاعبي كرة اليد في رفع مستوى الأداء البدني وانعكاسها على المستوى الاداء البدني ودورها في تعزيز القدرات البدنية والتقنية للاعبي كرة اليد.
الاداء البدني	أدوات الدراسة: استخدم الباحث المنهج الوصفي ، على عينة عشوائية ، عدد اللاعبين الممثلين في 40 لاعبا من أندية كرة اليد المختلفة في ولاية الشلف، واستخدم الباحث لحساب النتائج على البرنامج الإحصائي SPSS
كرة اليد.	النتائج: من خلال نتائج الدراسة التي تبين أن هناك علاقة ترابطية بين المهارات العقلية ومستوى الأداء البدني للاعبي كرة اليد ، مما يحقق الفرضيات المقترحة ويكشف عن أهمية التدريب العقلي للرياضي ، وكذلك الدور الذي يلعبه في رفع مستوى الاداء البدني

1. Introduction

Increasing interest in the study of human behavior in the sports field and interest in the field of training in terms of field applications that seek to improve the level of athletes in various skills and activities, so anxiety in the life of an individual is one of the psychological phenomena to which an individual is exposed, the intensity and repeated exposure to which may lead to negative effects on his health and performance during competitions, and it has been associated in the last decade with various and multiple fields, even including the sports field, whether players, administrators, coaches or referees, and considering that the player has become a commodity to be bought and sold, so interest in sports psychology began as an important note to achieve excellence in Sports performance.

Sports activities, including the handball game, rely on basic skills as an important base for progress, so teachers and coaches spend most of the time teaching and training to perform and teach these skills and give a larger share to them in educational and training programs but a long time in physical training is not the only way to learn basic motor skills, many ways and methods help to quickly learn and acquire motor skills, including the use of mental training, as this training reduces the burden on the player through the exchange of physical and mental work. Learning is a unified process that includes mental and physical aspects. (Zaid. M,2015.p1558)

At present, the science of training has begun to pay attention to the topic of mental abilities for their importance in the learning process and the application of plans and how the mind plays an important role in the development of the level of skill performance and affects physical and psychological energy, since Body Fitness is an important part of mental health, and physical fatigue may weaken the determination to achieve gain, and on the other hand, “psychological energy in turn affects physical energy, so when the mind is awake, this is reflected on the organs of the body”, that’s why sports psychology is of great importance in our present and future because its Sciences and methods have specialized and mastered

in raising the ability of sports achievement, improving mental health and developing mental abilities “.(Adima.2010.p29)

Mental training contributes to the stages of acquiring motor skills and plays an important role in the learning and training process in general, as mental training is also the main part of the player’s numbers to enter sports competitions, as it includes the perception of movement and the sequence of skills, attitudes and goals .

The rapid progress achieved in achieving high digital levels at the global level in recent years is due to the scientific development in training methods and methods that will improve the physical, skill, psychological and functional level of players in general and weight-throwing players in particular, because the player needs to achieve the digital level of retrieval and visualization of the basic steps before performing the event .(okil.2010.p178)

From here, the importance of studying the effectiveness of mental skills is manifested in improving the physical performance of handball players, because of the role of these skills in increasing the physical and psychological efficiency of the player through controlling mental abilities and using them to improve physical performance relieve fatigue and fatigue.

Mental skills are multiple, and many researchers in the sports field have addressed them in an attempt to identify the relationship between these abilities and the level of skill performance in various sports activities, mental relaxation and concentration of attention are considered important skills necessary to excel in many sports activities, and in this regard, mental perception is defined as the core of a successful thinking process and ‘ It is an important basis for the success of motor skills, and relaxation is a way to reduce stress and is considered the common denominator in all mental training programs and the basic input for mental perception and concentration of attention. (Khadrawe.chwia.2018.p96-97)

If an athlete can successfully execute a mental skill once, it means that he has the physical ability to achieve it whenever he tries, but he may not prefer

because his mind interferes improperly and spoils this synergy and physical and muscular compatibility and does not enhance it. The process of developing mental skill in emerging athletes is similar to the process of developing technical skills, in technical development we explain to each of them the most efficient methods of performing a special skill with advising him on their use, and with the improvement of the athlete's performance, this classic method is adapted in proportion to the body style, strength, limb length and

Mental training is not new in the world of training, as it was used in the training process at the beginning of the Forties and spread significantly at the start of the seventies of the last century, where its effectiveness was scientifically verified in reaching athletic excellence, the player needs to think skill mentally, before performing it physically, as the player must learn to use concentration of attention, the procedures followed by concentration and redirection of attention, to prevent the accumulation of mistakes on top of each other(Zain al- Abidin M, 2016.p803)

The importance of the research lies in turning to the field of teaching beginners in the game of handball and trying to facilitate the educational task , as well as the correlation of mental training in the processes of control and control of thoughts, physical movements, regulation of motor behavior, the use of phrases, positive thoughts, and appropriate models to help the ability to regular mental training .

Study problem

The player's attachment requires great efforts in various aspects, whether technical, physical, or psychological, so we focus on the effectiveness of mental training in raising the level of physical performance of handball players, which represents the problematic situation in this study through the above, the following general question can be raised:

Through which It requires studying the differences between the players. From the above, the following general question can be posed :

- Main research question

- Do some mental skills contribute to improving the skill performance of handball players?

- Subsidiary research questions

By identifying the research problem, the following questions can be asked:

- Is there a correlation between some mental skills and the level of physical performance of handball players?

Through the general hypothesis, the researcher identified the hypotheses of the research in the following form:

- There are statistically significant differences in the mental skills and the level of physical performance of handball players.

Study objectives

The study objectives are as follows:

The study sought the role of some mental skills in improving the physical performance of handball players during training , as well as competition and how to deal with it according to a training program that intersects the stages of the training process. To contribute to the theoretical literature on the subject by incorporating the current study's findings.

- Procedural definition of study concepts and terms

- **The ability to relax:** Abdul Sattar Ibrahim (1998) points out that “ relaxation means the complete cessation of all muscle contractions and contractions associated with tension(Shimon .M.A ,1996.p.168)

- **Procedural definition:** relaxation is a physical and mental rest that contributes to the disappearance of tension with stretching or lying down, muscle extensibility, lack of tension, or its removal

- **Mental perception:** perception is the core of a successful thinking process , which is the reflection of things and manifestations that the individual has previously perceived, and it starts with the parts and then the faculties and the physiological basis of perception is those processes that occur to the parts of the sense organs located in the brain, but the sense organs themselves do not perform a function in the process of perception (Abdul. S. J.S, 2000.p197)

- **Procedural definition :** it is a mental skill that includes the athlete's ability to form perceptions of

new skills or skills that the player has not previously realized

- **Physical performance:** Eckert defines it as: “the ability of an individual to perform repeated and mastered motor performance in the direction of achieving a goal”. It is also the level of what an individual achieves in the specialized sports activity he practices” (Mukhtar.S, 1988, p12)

- **Procedural definition:** an individual can continue to perform repeated physical exertion continuously and masterfully to achieve results or goals within the physical tests used in the study

- **Handball:** handball is considered one of the team sports characterized by fast performance and execution governed by controls and laws contributed to by specialized referees and organized in its formation of seven players and five reserve players

Previous studies

Due to the importance of the study, there were previous studies that conducted research in this field, including a study.

Ben Rkia Abed and others (2019) conducted a study entitled The Impact of the Mental Muscle Relaxation Program on Skill Performance and competition anxiety in handball players. The study aimed to find out the impact of applying the mental muscle relaxation program on skill performance and reducing competition anxiety in middle handball players. The research sample included 18. the study sample was divided into 7 players for the experimental group and 7 players for the control group, and 4 players were excluded from the survey study.

The researcher applied a program consisting of muscle relaxation exercises and mental relaxation together, as it was before the beginning of the training session, muscle relaxation contained two types: sequential relaxation and self-relaxation, and mental relaxation consists of positive self-talk and stopping thoughts.

Significant differences were found between the pre- and post-tests of the experimental sample in terms of facing anxiety.

Competition and skill performance, in favor of dimensional and statistically significant differences

between the results of the experimental sample and the control sample in terms of coping with competition anxiety and skill performance, and in favor of the experimental sample that applied relaxation exercises, while the control sample did not record any significant differences between the tribal and dimensional results in terms of coping with competition anxiety and skill performance.

- Malki Ammar got up. Bin Smisha Al-Eid (2021) a study entitled psychological skills and their relationship to the skill performance of junior handball players the study aimed to identify the relationship between psychological skills (mental perception – relaxation and concentration of attention) and the skill performance of emerging handball players for white state teams. The research sample included 32 players, and the researcher applied a psychological skills questionnaire and skill performance tests.

The study showed that psychological skills are related to skill performance in handball players and recommended the use of psychological skills in training.

- Zain al-Abidin Mohammed Bani Hani (2016) conducted a study entitled The impact of a mental training program on the education of some selected skills in handball this study aimed to identify the effects of a mental training program in the education of some selected skills in handball, and its sample consisted of. 34 students of the Faculty of sports sciences at Muta University enrolled in handball courses” the experimental curriculum was used, and the sample was divided into two equal groups(18 for the experimental and 16 for the female officer), the first experimental group was applied to the mental training program in addition to the program followed at the college, and the second group was an officer applied to the program followed at the college.

The results of the study showed that there are significant differences between the tribal measurement and the telemetry of the experimental group and in favor of the telemetry, and there are significant differences between the telemetry of the experimental group and the control group and in favor of the experimental group, as well as the absence of significant differences

between the telemetry of the experimental group and

The researcher recommends the importance of using the mental training program accompanying skill training before teaching motor skills in handball because of its importance in raising the level of skill performance.

As the study of Okil et al. (2010) indicates to reveal the impact of using mental training associated with learning technical performance in developing the digital level in the effectiveness of weight throwing, the sample included (26) female students of the first academic year in the Department of physical education – The Faculty of education for girls-University of Kufa , was divided into two equal groups, one of which was a female officer who used the traditional curriculum and the other experimental, which used the accompanying mental training to learn technical performance in the effectiveness of weight throwing as well as the traditional method, after completing the parity tests and tribal Tests .The educational program was carried out by the subject teacher and after the completion of the seven educational modules, the dimensional tests were carried out, and the data were collected and statistically processed using the arithmetic mean, standard deviation and value(V) for two related and unrelated averages and for two equal samples, The researchers concluded that the mental training associated with learning technical performance positively affects the development of the digital level in the effectiveness of weight throwing.

- In 2001, Lohaus and others conducted a study entitled Psychological Effects of Relaxation Training for Children. This study compares the effects of progressive muscle relaxation and visualization-based relaxation training on the physiological and subjective responses of children. The researcher used the experimental approach. The research sample included 64 children aged 09 to 13 years randomly selected and conducted on one of three experimental conditions: progressive muscle relaxation, visualization-based relaxation, or a control group (normal condition). There were five training sessions in each case. Heart rate (HR), skin conductance level (SCL), skin temperature (ST)) were measured continuously during

the 5-minute reference period, the relaxation training period after 8 minutes, and a 5-minute follow-up at each session, in addition, self-assessment of mood and physical well-being was collected intermittently. The results showed that relaxation is associated with the physiological aspect as an indicative pattern with the approach based on perceptual relaxation through a lack of Fehr and SCL, although ST remained unchanged, in contrast, progressive muscle relaxation led to an increase in HR during training. The condition of the control group showed a similar trend with the approach of perception-based relaxation (although no statistical significance was found), moreover, the children's ratings of positive mood and physical well-being increased during the baseline and training periods, but there were differences between the training conditions. The results point to psychological effects of relaxation instructions that are however not specific to systematic relaxation training.

Ben Rakia Abed conducted a study entitled the impact of the proposed mental training program to develop mental skillsimprove frontal shooting and develop the level of tactical thinking players Basketball. The study sample Composed of 20 senior players, the researcher used the experimental method ,the experimental group (10) and the witness of (10) also ; The experimental group, who applied the mental program and training skills, and the witness group, which of applying training and skills. The results of this study, the presence of statistically significant differences between the two measures posttest tests for the experimental group in the level of skills frontal shoot. the results showed the existence of significant differences between the experimental groups and witness to the level of mental performance skills and skills and tactical thinking, and in favor of the experimental group which used the mental training program. The researcher recommended to use mental training in parallel with the training performance to improve mental skills and performance skills and the level of tactical thinking for the players to their importance to develop the player and the overall level of the team.

METHOD AND MATERIALS

1/ - Research methodology

The researcher used the descriptive method to suit the nature of the research and its objectives, each scientific study has methodological foundations on which the researcher builds his start in the process of research and study, and serve as a guide to guide him so that his study is accurate and objective. And the method means a set of rules and foundations that are laid in order to reach the truth.(Ammar, B.et all, 1998.p.89)

That is why the researcher used this method

2/ - The study community

2.1 / - Concept :

The study community means that it includes all the elements and vocabulary of the problem or phenomenon under study (Rabhi A.et all.2010.p.125) As the research community according to grawitz, 1998 refers to it as” a finished or unfinished set of predefined elements on which observations are based (Maurice Ingres . 2010.p.298) therefore, the research community is to choose a representative sample of the study community so that it achieves the objectives of the research and helps it accomplish its task. The study community in our research is represented by the players of the category of Secondary School students .

2-2 / - Sample study

2.2.1 / - Sample:

It is a part of the indigenous community that contains some elements that have been selected from it in a certain way and sample in order to study the characteristics of the indigenous community (Marwan .2000.p.186) and also it is a partial group of the study community that is selected in a certain way and we part the study on it and then use those results and generalize them to the entire study community .

2.2.2 / - Research sample :

2.2.3 / - Research areas: the study included

- **Time domain:** the basic study phase was between 04 February 2025 and March 10, 2025, and then two weeks after the implementation of the program.

- **Human field:** The study sample included 40 handball players

- **Spatial field:** The study took place on the handball team

2.2.4 / - Sample selection method

The sample in our research was chosen randomly for two reasons:

- The random sample gives equal opportunities to all members of the community because it does not take into account any consideration or discrimination or other qualities or characteristics
- Because it is one of the simplest ways to select samples

3/- Data collection tools and their psychometric characteristics

• Study tools

- The scale of mental perception in the modified sports field (Sport imagination Questionnaire), where this scale was developed(Martens, 1982) and was Arabized and codified by Mohammed Arab Shimon and Majid Ismail 1996 and was applied in a group of research in the sports community (Shimon.M.A1999.p342)

- The ability to concentrate attention test by Dorothy Harris and prepared by Arabic Shimon 1996.

- **The ability to relax scale :** This scale was originally developed by Frank Vital 1971, under the title Your ability to “ relax and prepared in Arabic by “Mohammed Hassan Allawi, and Ahmed Mustafa al (EL Suwaifi,1981). The scale consists of, 15 phrases that allow the laboratory to express its abilities to voluntary muscle and mental relaxation through verbal responses to the phrases of the scale, and this scale is valid for both sexes and all ages and is composed of four dimensions (always-sometimes-rarely-never) (Ben Rkia A. et all, 2019.p45)

- Field physical tests:** some field physical tests were used to measure some physical fitness qualities, namely

Field physical tests: represented in some field physical tests to measure some physical fitness qualities, namely

- **Speed test:** 50 meters run, it is intended to calculate the maximum possible speed to achieve the shortest possible time

- **Agility test :**

- **Fleishman's zigzag run :**

• **The purpose of the test:** to measure a person's ability to change the direction of movement of the body.

• **Instruments:** six cones, clock off.

• **Performance specifications:** the tester stands behind the start line, and when listening to the start signal, the tester runs according to the specified route, provided that he performs two cycles, and the second cycle ends by exceeding the start line.

- **Directions :**

• You must follow the specified route.

• That is, if the tester makes a mistake, he stops and retests the test after he does not get enough rest.

• The cones should not be touched while running.

Variants		Correlation coefficient				
		X	SD	The ability to relax	Concentration of attention	Mental perception
Physical performance tests	Zigzag running	8.51	0.456	0.232	0.852	0.647
	Half Cooper test	173.2	2850	2.914	0.001	0.139
	Run 50m	7.549	0.41	1.52	0.642	0.246

A device records to the laboratory the time it takes in the two sessions. (Chenouf et al, 2019.p 11)

- **Half Cooper test**

Scale Validity :

In order to investigate the truthfulness of be used in the current study , logical truthfulness or what is known as content truthfulness was used, through:

The honesty of the arbitrators

The tests were presented to a group of experts and specialists in the field of sports training before its application

4 / - Statistical processing methods

Retrieving the forms the data has been unpacked and encoded in preparation for computer input, so that we have numerical variables that can be measured using the statistical analysis program (SPSS)(

Mohamed Bilal, Zabi & Abbas, talafha . 2004)the statistical package for social sciences is one of the most widely used statistical programs by researchers in the educational, social, technical, engineering and agricultural fields in conducting the necessary statistical analyzes (Saad Zaghloul, Bashir. 2003), the following statistical methods have been used:

• The arithmetic mean and the standard deviation are

• The correlation coefficient is given by: Pearson

Presentation and analysis of results

4. Results and discussion

Through the above, it is possible to answer the first assumption, which states that: is there an associative relationship between some mental skills in the level of physical performance of handball players.

Table 1 - Represents the correlation between some mental skills and some physical tests of handball players.

The results of Table No 01 shows the arithmetic averages and standard deviation of zigzag running with a value of (8.51 ± 0.456) , it also shows that there is an associative relationship between zigzag running and attention ability equal to (0.852) , which shows that there is a relationship between them in handball players.

The table also shows the relationship of running a distance of 50 m with a deviation and an arithmetic average equal to (7.549 ± 0.41) and also a relationship between running a short distance and the ability to relax with a value of (2.914) , which represents that relaxation is necessary in the renewal of physical abilities of handball players. The table also shows the endurance and highlights the relationship between the half-Cooper Test and the ability to relax and mental perception, the values of which were as follows (1.52) and their role in good preparation to prepare and

improve the sports performance of handball players

The results of Table No. (01) showed that the correlation coefficients were significant between some mental skills and the proposed physical tests, as they resulted in an associative relationship, which reflects the existence of a relationship between the variables, which achieves the hypothesis that there is an associative relationship between some mental skills in improving the physical performance of handball players.

DISCUSSION

The theoretical framework of this study explained the importance of the psychological aspect through the development of various mental skills of the athlete, and this is what researchers sought, whether in the Arab or foreign environment, in the study of mental skills .

The researcher's vision of the justifications for the problem consistent with the goal he set in order to study this phenomenon and how it relates to the extent of the players ' suffering during the match and after training

Through this study, the researcher indicates the effectiveness of some mental skills in improving the physical performance of handball players and alleviating these mental disorders in players such as loss of concentration and confidence, as well as psychological pressures associated with sports competition

These results can be explained by what Mohamed Elaraby Shimon pointed out that “ relaxation is the skill of being able to face important competitions , or meet a high level of nervous stress , stress and anxiety of various kinds and overcome them, and not relaxation by traditional steps , A comfortable place and proper lighting, but those that need continuous hard training before and during competitions and in stressful life situations,

It is also known as “ the absence of activity and stress “ (Shimon ,1999).

This study is consistent with the results of Janet Ortiz's

study Janet Ortiz (2006), where the results showed a significant improvement over the experimental group, as opposed to the control group, which did not experience a significant change. And also the study of Alwen (2013) .

Shimon also pointed out that “mental skills should go hand in hand with the development of physical fitness elements, and skills such as mental perception and concentration of attention should be planned for their development , such as strength, speed, flexibility and agility, and integration in the preparation, especially in the early stages, should work to develop physical and skill abilities as well as mental abilities , and omission of such preparation hinders the achievement of achievements” (Jamal .S. R et al .2024 .P. 30) and these results correspond to the results of this study.

The effect of mental skills occurs due to the preparation of players individually for the technique of mental skills similar to muscle relaxation and mental visualization, this corresponds to a study by Lohaus et al. (2001)

5. Conclusion

The effectiveness of mental skills means improving the mental and mental abilities of the player to achieve better performance in various aspects of physical performance, so this study aims to activate the role of these skills in improving the physical performance of handball players . And from the results of the study we can conclude that:

There is a correlation between mental skills and the level of physical performance of handball players

It is worth noting the increased work on training, relaxation, tranquility, and good psychological preparation among the factors that help players cope with fatigue and improve the physical performance of the match for an athlete, what can be drawn from some problems that need more research and in-depth, and this is what we propose as future problems :

The effectiveness of muscle relaxation in alleviating some mental disorders

Expanding the study community to include coaches,

referees, various teams, and other age levels

Through the results of the study, it is clear that there is a relationship between the mental skills and the physical performance of handball players, it is a relationship based on the compatibility between the mind and the body, which has become a necessity in the sports field of various forms, whether individual or group sports, through learning motor skills or in order to develop or improve physical, skill and planning performance in the field of sports competition, especially in the sport of handball.

Mustafa Hussein Bahi and Abdelkader Hussein point out that “mental skill is important in the performance of sports skills, as it enables the athlete to reach a mental state in which negative and distracting thoughts are prevented from entering the athlete’s activity” (Nabil khadroui . boujmab chwhi.2018. P. 97)

Through the above, it is clear that mental skills play a positive role in the development of physical, motor and skill performance and planning, and then the development of sports performance, which gives a smoother in providing mental responses correctly

Recommendations :

- 1-Working on the study of mental skills in other sports
- 2- Encouraging the practice of mental skills for athletes
- 3-The importance of psychological preparation in the process of sports training to increase the efficiency of athletes

Increasing research and studies in the field of developing physical performance and its relationship to some mental skills such as muscle relaxation and achievement motivation and other psychological skills that can contribute to increasing sports performance

- 4-Working on the development of physical fitness elements and improving the athletic performance of athletes through multiple methods

Conflict of Interest

The authors declare that they have no conflict of interest

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