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The Degree Of Using Mental Training Among Taekwondo Coaches In Palestine

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Abstract

The purpose of this paper is to identifying the degree of use of mental training in its various forms by taekwondo trainers in Palestine. The study sample included (30) male and female taekwondo trainers in Palestine. The researcher used the descriptive approach due to its suitability to the nature of this study, by using a questionnaire she designed. The most important results of this study indicated that mental training from the point of view of taekwondo trainers is no less critical than skillful, physical or even tactical training and that the degree of use of mental training for the study sample was moderately high, reaching (2.34). The study also showed statistically significant differences in the degree of using mental training between trainers according to gender variables and the level of training certificates. The results were in favor of females with an average of (1.86) and in favor of local certificates with an average of (1.58). Based on the obtained results, the researcher came up with some recommendations, the most important of which are: Giving more attention to mental training and placing it within the annual tactical for trainers, focusing more on developing trainers in this aspect, and holding training courses to train on the tools, mechanisms, and items of mental and intellectual training.

Keywords: mental training, taekwondo coaches, mental visualization, goal setting, intellectual training.

Introduction:

We note recently that the trend towards mental training has become an urgent necessity, and it has become the effective tool in achieving athletic achievement. Mental or mental training is the main influencing factor in training to reach the athletes to the level of competitiveness, mental/psychological training when combined with skill training and tactical training. In addition, physical works to improve and progress sports performance, and we mean by mental training that the athlete can adapt and control his sports behavior by relying on some specific methods in order to enhance the psychological state. (Turgut & Yasar, 2020)

Many distinguished players globally rely on mental training to a large extent along with skill, tacticalning and physical training, they believe that through mental training they can overcome difficult situations in the match by visualizing performance and visualizing the playing situations that they may be exposed to and how to deal with them. The mentally coach has the great ability to control his behavior on the field and to face the pressures and difficult situations he is exposed to, and from here the attention of coaches and players alike must be directed to the importance of mental training. (Aldemier et al., 2014). In addition, the psychological stability of the players is an important and key factor in achieving achievement. The stability of the player's physical performance is a result of the stability of his psychological state (Valeriy et al., 2016).

(Kaufman et al., 2018) indicated that most coaches and sports training experts believe that most sports that include competitors with the same physical ability are 50% mental, and some of them said that it might reach approximately 85-90% mentality. For taekwondo athletes, maintaining peak physical

condition during competition is vital, so the athlete must be aware of how to deal with stress and manage stress and anxiety in the lead-up to the competition. He must also deal with a way of thinking about losses, injuries, and/or past experiences. (Lim & O'Sullivan, 2016). Certainly, the player alone cannot do this work, so there must be a qualified coach who is able to train his players on these mental and psychological aspects. He is a sports psychologist who teaches athletes and trainees psychological skills and how to develop them. This person is called the mother of the mental trainer or the "mental trainer". (Weinberg, & Gould, 2015)

Research problem:

Mental training is one of the ancient and modern sciences in the field of sports. It is a science that was found in the seventies, but it has become widely spread in recent times, and it is used in most sports in order to improve performance and obtain excellent results in competitions. What distinguishes one player from another or a team from another is the quality of mental/psychological training, two players may be equal in the skill, physical and tactical aspects, but what makes one superior to the other is the mental/psychological aspect, which if applied correctly with the other aspects will help positively in The athlete possesses the required skills. (Kulak et al., 2011)

Since the mental and psychological preparation of the athlete is one of the important pillars on which the training process is based in addition to the rest of the other elements of training, the researcher believes, through her work as a physical education lecturer and coach, that it is necessary to research mental training as a distinctive tool and help in achieving the best and fastest results compared to traditional means In training.

When the researcher surveyed the opinions of experts and specialists in the field of taekwondo training, and after following up on the successive advanced achievements at the national, continental and international levels, the researcher noticed that there must be something special in the training of taekwondo players and based on the researcher's tactical to study this case and determine the quality and methods of training used by Taekwondo teams with the aim of identifying the reality of mental training of taekwondo coaches in Palestine, and identifying the mental skills that are being trained, which may have been the reason for raising the level of achievement of taekwondo players in Palestine and making them competitive in the world.

Study questions:

1. What is the importance of mental training for taekwondo coach in Palestine?
2. Do coaches adopt mental training as an essential part of training players?
3. Are there statistically significant differences in the degree of use of mental training by taekwondo coach according to the gender variable?
4. Are there statistically significant differences in the degree of use of mental training by taekwondo coach according to the variable of training experience?
5. Are there statistically significant differences in the degree of using mental training by taekwondo coach according to the academic achievement level variable?
6. Are there statistically significant differences in the extent to which taekwondo coach according to the training certificate variable use mental training?

Research objective:

- Identifying the degree of using mental training in its various forms by taekwondo coach in Palestine.
- Identifying the differences among trainers in the use of mental training according to the variables: gender, training experience, training qualification and academic achievement.

Research methodology and field procedures:

Research Methodology:
The researcher used the descriptive approach to suit the nature of the study.

Community and sample research:
The study population consisted of male and female taekwondo trainers registered in the Palestinian Taekwondo Federation for the year 2021/2022. As for a stratified random sample was selected from the study population, where the study sample consisted of (30) male and female trainers, and they constituted (85%) of the study population.

Study tool:
The researcher used the questionnaire as a tool for the study, which is a standardized questionnaire that was used in previous research by (Abu Bishara and Jarrad, 2021).

Results and discussion:

The demographic characteristics of the sample members

Table 1 shows the repetition of demographic characteristics of the sample members

characteristics of the sample members	Repetition	Percentage %
Gender		
Male	26	86.7%
Female	4	13.3%
Training experience		
Less than five years	8	26.7%
Five to ten years	6	20%
ten years or more	16	53.3%
Qualification		
Less than a diploma	2	6.7%
diploma	7	23.3%
Bachelor	18	60%
Postgraduate	3	10%
Certificate level		
Native	15	50%
International	15	50%

The previous table shows that most of the sample members are males (n = 26, 86.7%), and that most of them have more than 10 years of training experience (n = 16, 53.3%). As for the scientific qualification, the largest percentage of the sample members hold a bachelor's degree (n = 18, 60%), and the table also shows that the sample members are equally distributed at the level of training certificates between those who hold national certificates and those who hold international certificates.

Answer the study questions:

The first question: What is the importance of mental training for taekwondo coach in Palestine?

To answer the previous question, the researcher examined the frequency of the respondents' answers, which came as follows:

Table 2 The importance of mental training for taekwondo coach in Palestine

	No		I do not know		Yes	
	Repetition	Percentage %	Repetition	Percentage %	Repetition	Percentage %
Mental training is just as important as skill training	3	10%	1	3.3%	26	86.7%
Mental training is just as important as physical training	7	23.3%	1	3.3%	22	73.3%
Mental training is just as important as tactical training	3	10%	1	3.3%	26	86.7%

It is clear from the previous table from the point of view of (n = 26, 86.7%) of the trainers that mental training is no less important than skill training and tactical training, and that mental training is also no less important than physical training from the point of view of its percentage (n = 22). , 73.3%) of the trainers, and accordingly it turns out that the sample members of taekwondo trainers in Palestine believe that mental training is no less important than all of the training (skillful, physical, tactical) and that the trainer must do mental training for the players in addition to other types of training.

The second question: Do coaches adopt mental training as an essential part of training players?

To answer the previous question, the researcher examined the frequency of the respondents' answers to the items of mental training, which came as follows:

Table (3): The extent to which coaches adopt mental training as an essential part of training players

	Minimum value	Maximum value	Mean	Standard deviation	Degree

I include in my training tactical training for the players to set goals	2	4	3.27	.740	large *
I include in my training tactical exercises for the players on mental visualization	1	4	2.53	1.042	medium**
I include in my training tactical exercises for the players on self-talk	2	4	2.87	.900	large *
I include in my training tactical exercises for players on self-control	1	4	2.60	1.248	medium**
I include in my training tactical exercises for the players to relax	0	4	2.97	.964	large *
Train the players on the skill of mental visualization before training	0	4	2.10	1.269	medium**
Train the players on the skill of mental visualization after the exercise	0	4	1.90	1.398	medium**
Train the players on the skill of mental visualization before and after the exercise	0	4	1.77	1.194	medium**
Train the players on the skill of mental visualization during the exercise	0	4	2.13	1.196	medium**
Train the players on the skill of mental visualization before the competition	0	4	2.63	1.159	medium**
Train the players on the skill of mental visualization when competing	0	4	1.77	1.455	medium**
Train the players in the skill of mental visualization during personal time	0	4	1.93	1.461	medium**
Train the players on the skill of mental visualization during one training	0	4	2.27	1.202	medium**
Train the players on the skill of mental visualization during recovery from injury	0	4	2.20	1.095	medium**
Train players on biofeedback skill	0	4	2.20	1.186	medium**
Mental training/ total degree	0.80	4	2.3422	0.75012	medium**

*** 0-1.33 (small), ** 1.34-2.67 (medium), ** greater than 2.67.

It is evident from the previous table that the percentage of trainers' dependence on mental training is average, and it came with an arithmetic mean (μ=2.34)) and a standard deviation (0.750), and that trainers focus largely on the skill of setting goals (μ=3.27) and on the skill of self-talk (μ=2.87). In addition to focusing on relaxation skills (μ=2.97), as for the

rest of the mental skills, the degree of focus on them is medium, and their arithmetic averages range between (1.77≤μ≤2.63). The lowest averages were (1.77) for the two items "I train the players on the skill of mental visualization before and after the exercise, and I train the players on the skill of mental visualization when competing". The researcher explains that most of the trainers in Palestine - not only taekwondo trainers - but all the competitive sports are not fully aware and aware of what mental training is, its skills and its various forms and how important it is in achieving achievement, and most trainers still rely on traditional (ordinary) methods of training the coach is the one who sets the goals and determines the method, and the players implement what has been set and drawn up by the coach this is what he referred to (Jamal and Jarrad, Maha 2021)

The third question: Are there statistically significant differences in the degree of use of mental training by taekwondo instructors according to the gender variable?

To answer this question, (T-Test) was used, and the following table shows the results according to the gender variable

Table 4 shows the descriptive statistics for the gender variable

Group Statistics

Gender	Number	Mean	Standard deviation	Standard error
Male	26	1.4698	.11810	.02316
Female	4	1.8571	.00000	.00000

Table 5 The T-Test according to the gender variable

	Levene's Test for Equality of Variances		t-test for Equality of Means						
	F	Level sig	T value	Degrees of freedom	Sig. (2-tailed)	arithmetic mean of difference	Standard error	95% confidence limits for differences	
								Minimum	Maximum
hypothesis equal to the differences	7.836	.009	-6.463	28	.000	-.38736	.05994	-.51014	-.26459
inequality hypothesis the differences			-16.724	25.000	.000	-.38736	.02316	-.43507	-.33966

It is clear from the above table (4 and 5) that there are statistically significant differences at the significance level (≤ α 05.0) in the mental training of taekwondo trainers and female trainers according to the gender variable and in favor of females, where the arithmetic mean was (1.8571) and with a standard deviation (.00000 0) and it was The value of T (-16.724), and this indicates that there are differences in the mental training of male and female Taekwondo trainers in Palestine.

The researcher believes that this difference is due only to the small number of female trainers compared to the number of male trainers under study. The number of female trainers in the study sample was four, while the number of male trainers was 26, and this number of female trainers is the total number of female trainers in Palestine.

Fourth question: Are there statistically significant differences in the degree of mental training used by taekwondo instructors according to the variable level of training experience?

To answer the fourth question, the researcher used the One Way ANOVA to determine the differences in the degree of using mental training among taekwondo trainers in Palestine according to the variable level of training experience, and table (5) shows that.

Table 6 The (One Way ANOVA) test according to the variable of training experience

ANOVA

Contrast source	sum of squares of deviations	Degrees of freedom	Mean squares	arithmetic mean of difference	Level sig*
Between groups	.1140	2	.0570	2.047	.1490
Within groups	.7540	27	.0280		
Total	.8690	29			

*Statistically significant at the level of significance (α ≤ 05.0)

It is clear from the above table that there are no statistically significant differences at the significance level (≤ α 05.0) in the mental training of taekwondo trainers and female trainers according to the variable years of experience and based on the value of F, where the value of f is (2.047) and the level of significance (.1490), which is less than The value of the tabular value and therefore there are no differences in the mental training of male and female taekwondo trainers in Palestine, according to the variable of training experience.

The researcher believes that this is due to the nature of the training methods used by the trainers. Even if the years of training experience differ, the use of the same methods of training (normal/traditional), and the possession of taekwondo trainers for a very small part of the forms of mental training and their lack of skills and tools for mental training correctly and completely was A reason for the absence of statistically significant differences between trainers according to the variable years of training experience

The fifth question: Are there statistically significant differences in the degree of use of mental training by taekwondo instructors according to the academic achievement level variable?

To answer the fifth question, the researcher used the One Way ANOVA to determine the differences in the degree of using mental training among taekwondo trainers in Palestine, and Table (7) shows this.

Table 7 shows the results of the one-way analysis of variance for the significance of the differences in the degree of using mental training according to the variable of the scientific/academic certificate

One Way ANOVA

Contrast source	sum of squares of deviations	Degrees of freedom	Mean squares	arithmetic mean of difference	Level sig*
Between groups	.023	3	.008	.240	.867
Within groups	.845	26	.033		
Total	.869	29			

Statistically significant at significance level (≤ α 05.0)

It is clear from the above table that there are no statistically significant differences at the significance level (≤ α 05.0) in the mental training of taekwondo trainers and female trainers according to the scientific variable and based on the value of F, where the value of P is (.2400) and at the level of significance (.8670), which is less than The value of the tabular q and therefore there are no differences in the grading mental doubt among taekwondo trainers in Palestine according to the academic degree variable.

Most of the taekwondo instructors in the study sample are holders of bachelor's degrees, only three have postgraduate studies and the same number of them have less than a bachelor's degree. Accordingly, the researcher believes that the academic certificate is not a criterion for the competence of the coach. The training experience in the field, the broadness of the coach's horizon, and his knowledge of the latest training methods in his field, as well as the support courses are the basis for training teams and players, and most coaches who have a bachelor's degree are not specialized in physical education or training. Athlete, but academic degrees in various fields.

Question Six: Are there statistically significant differences in the degree of mental training used by taekwondo instructors according to the training certificate variable?

To answer the sixth question, the researcher first conducted descriptive statistics and the table (8) below shows this

Table 8 shows the descriptive statistics for the training certificate variable

	N	Mean	Standard deviation	Standard error	95% confidence interval for mean		Lowest value	Highest value
					Minimum	Maximum		
Native	15	1.5857	.20772	.05363	1.4707	1.7007	1.21	1.86
International	15	1.4571	.10029	.02590	1.4016	1.5127	1.21	1.57
Total	30	1.5214	.17309	.03160	1.4568	1.5861	1.21	1.86

Then the researcher used the One Way ANOVA to determine the differences in the degree of using mental training among taekwondo trainers in Palestine, and table (9) shows this.

Table 9 shows the results of the one-way analysis of variance to indicate the differences in the degree of using mental training according to the variable of the training certificate

ANOVA

Contrast source	Sum of squares of deviations	Degrees of freedom	Mean squares	arithmetic mean of difference	Level sig*
Between groups	.124	1	.124	4.660	.040
Within groups	.745	28	.027		
Total	.869	29			

It is clear from the tables (8 and 9) that there are statistically significant differences at the significance level (≤ α 05.0) in the mental training of Taekwondo trainers and female trainers, according to the variable of the training certificate level and in favor of the national, where the arithmetic mean was 1.586 with a standard deviation of 0.208 and the value of F was 4.660. As the calculated value of p is greater than the value of the tabular value, and this indicates that there are differences in the mental training of male and female taekwondo coaches in Palestine due to the variable of the training certificate.

Conclusions and Recommendations:

Conclusions:

According to the study results and their discussion, the researcher concludes the following:

- Mental/psychological training is no less important than other forms of training (physical, skill, tactics...).
- Taekwondo instructors in Palestine use only a small part of mental training.
- National certificates have their value and effectiveness compared to international certificates

Recommendations:

According to the study objectives and results, the researcher recommends the following:

- Necessary to have a trained psychological/mental trainer in addition to the physical, skill and schematic trainer.
- Giving more attention to mental training and placing it within the training plan for trainers.
- Focus more on developing trainers from the field of mental/psychological training.
- Holding training sessions to train on the tools, mechanisms, items and forms of mental and intellectual training.
- Sports achievement is achieved by developing and training integrated aspects of the individual's personality. The mental/psychological aspect is an important and essential aspect that must be taken into consideration when developing plans and training units.

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