

WCPCG-2010

Effectiveness of the Falun Dafa exercises on some psychological skills, and the level of performance in the sport of judo

A.P.D. Hala Nabil Yahiya^a*

^a*Faculty of physical Education Port Said , Suez Canal University , Egypt*

Received January 17, 2010; revised February 19, 2010; accepted March 3, 2010

Abstract

Falun Dafa Falun Dafa is a form of ancient Chinese art is characterized by being affect not only the physical aspect but also on the moral side of the individual in public life. A set of simple movements, the kind that lead to fine tune the body and spirit through meditation, as it depends on deep breathing and relaxation. And the principles of Falun Dafa, like the principles of Yoga and tai chi It reduces pressure and improve heart rate and have a positive impact on the physical and mental health. Falun Dafa is also working to reduce anxiety and develop the ability to relax and increases energy and makes the mind clearer and more focused and help to reduce stress and lead to significant improvements in health and fitness and the development of body and breathing.

© 2010 Elsevier Ltd. Open access under [CC BY-NC-ND license](https://creativecommons.org/licenses/by-nc-nd/4.0/).

1. Introduction

Become a sports training note of his origins and rules with philosophies, trends, and used by various natural sciences and humanitarian, reaching levels of international sports for the high level through which evolved sport better by raising aspects of the preparation of different (physical, psychological, skill, tactical), but through which the principle of integration in the development of those aspects of the player to reach the highest possible level of physical activity specialist.

There is no doubt that the methods of athletic training has progressed to achieve a breakthrough in the areas of different sports competition individual and collective drawing on the principle of complementarity between science and knowledge, which aims to reach the player to achieve the best athletic levels in competitive situations in the area of specialization within the limits permitted by the physical abilities and skill and psychological, mental and social development. (11)

Falun Dafa Falun Dafa is a form of ancient Chinese art is characterized by being affect not only the physical aspect but also on the moral side of the individual in public life. (12)

A set of simple movements, the kind that lead to fine tune the body and spirit through meditation as it depends on deep breathing and relaxation. And the principles of Falun Dafa, like the principles of Yoga and tai chi It reduces pressure and improve heart rate and have a positive impact on the physical and mental health. (13)

Falun Dafa is also working to reduce anxiety and develop the ability to relax and increases energy and makes the mind clearer and more focused and help to reduce stress and lead to significant improvement in the health and fitness and the development of body and breathing. (14), (15)

Indicates Cox Cox (1994 m) that there can be no concern in the body relaxed (11: 315). Consistent with Osama Salary (1995) and Mahmoud Annan to relax helps to get rid of tension and anxiety and help to focus and reduce the arousal. (3: 271 to 274), (1: 322)

The Judo competitive sports compatibility with multiple skills which need highly efficient in performance and given the difficulty of moves, he needs to work the mind in a sound and presence of mind greatly to understand the plans carefully and be absorbed and the ability to visualize the attack or defence or counter-attack and send nerve signals right of the nervous system Bites labour required to move performance skills in addition to learning and mastering the skills of judo needs a period of training and high-capacity endurance and perfecting the moves and the corresponding tension and anxiety in nervous and tight performance. (3: 36)

2. Method

2.1. Search procedures

Research Methodology

The researcher used the experimental method because of its relevance to the nature of this research for the two groups (one experimental and one control).

Research community:

Research community has been chosen in the manner deliberate and comprehensive inventory of the second year students, Faculty of Physical Education, Suez Canal University for the academic year 2009 to 2010.

The research sample:

Homogeneity has been made of the research sample was confined between ± 3 and their number (40) Student (20) and experimental group (20) other control group.

3. Results

Table 1. Significant differences between the tribal and dimensional measurements of the control group in the psychological skills And Visualization and level of skill performance

Variables	measuring tribal		telemetric		VALUE (V)
	M	SD	M	SD	
Psychological skills					
the ability to provide vision	15.60	1.46	16.50	2.01	1.76
The ability to relax	11.85	1.66	12.40	1.63	1.14
The ability to focus attention	11.65	1.56	12.80	1.67	2.04
Ability to address the concern	10.70	1.52	11.10	1.92	0.69
Self-confidence	9.75	1.41	10.15	2.06	0.78
Achievement motivation	14.32	1.89	15.15	2.21	1.25
The level of skill performance	10.30	2.00	16.35	1.93	10.08

Value (v) degree of freedom when the spreadsheet 19, and $0.05 = 2.09$

Is clear from Table (1) the absence of statistically significant differences between the two measures of pre and post control group in variables measure the psychological skills, while there are significant differences in the level of skill performance.

Table (2) significant differences between the tribal and dimensional measurements of the experimental group in the psychological skills and level of skill performance

Variables	measuring tribal		telemetric		VALUE (V)
	M	SD	M	SD	
Psychological skills					
the ability to provide vision	15.70	1.59	20.15	1.84	7.01
The ability to relax	11.90	1.68	15.90	1.59	8.22
The ability to focus attention	11.90	1.59	14.85	1.93	6.74
Ability to address the concern	10.65	1.53	14.25	1.70	7.47

Self-confidence	9.70	1.38	13.15	2.00	5.97
Achievement motivation	14.30	1.84	17.75	2.40	4.87
The level of skill performance	10.20	2.07	21.45	2.39	15.47

Value (v) degree of freedom when the spreadsheet 19, and $0.05 = 2.09$

Shown in table No. (2) the existence of statistically significant differences between the two measures of pre and post experimental group in variables measure the psychological skills and level of skill performance and in favour of telemetric.

Table (3) Percentage rates of change in dimensional measurements for the tribal groups Search

Variables	measuring tribal		telemetric		VALUE (V)
	M	SD	M	SD	
the ability to provide vision	15.70	20.15	28.34	15.60	5.77
The ability to relax	11.90	15.90	33.61	11.85	4.65
The ability to focus attention	11.60	14.85	28.02	11.65	9.87
Ability to address the concern	10.65	14.25	33.80	10.70	3.74
Self-confidence	9.70	13.15	35.57	9.75	4.10
Achievement motivation	14.30	17.75	24.12	14.32	5.80
The level of skill performance	10.20	21.45	110.29	10.30	58.74

Shown in table No. (3) the percentage rates of change in measurements for dimensional measurements of the tribal groups of research and notes that they are all in favour of the experimental group, which indicates the positive impact of Falun Dafa exercises in all the variables (under consideration).

4. Discussion

Clear from the results of Table (1) the absence of statistically significant differences between the two measures pre and post of the control group in all psychological skills in question, and no significant statistical difference in the level of skills, attributes the researcher to the program that followed the impact of the level of performance skills under discussion and therefore can not be overlooked role in developing the physical and the skill, but the psychological skills (the ability to imagine and relax and focus attention and address the concerns and confidence achievement motivation) were not affected by the program taken as adequate for the lack of interest aspect of psychological, although the reference of many scientists in the field of Sports Psychology to the correlation document between the level of mental capacity and excellence in sport and skills, and agrees with what referred to by Mohammed, Shimon (2001) (10), and Mohammed Allawi (1997) (2) that the use of types of skills such as training mental to achieve the skills performance distinct

It is clear from the results of Table (2), significant differences between the measurements tribal-and-after of the experimental group in all the psychological skills and performance skills in question, and blames the researcher to the proposed training program and it contains exercises especially for the development of physical elements that raise the level of fitness Special skills in question, in addition to training Falun Dafa and the control of breathing and the contents of the constriction great for muscle groups specific to keep this contract to a period (5) seconds, taking deep breaths, and then mute the inspiration up to the tension and keep it then relax gradually exhale until complete relaxation of these muscles, all helped to improve the level of performance for the skills in question.

This is consistent with the results of the study, Jason Liu, Gwen Cooper (2007) Jason Lue & Guen Dekapor (16) pointed out that the practice of Falun Dafa on a regular basis helps to psychosocial development and physical practitioners also agrees with the study of Safaa Saleh (2008) (9) that the the practice of law herein Dafa exercises lead to an improvement in the level of physical performance and skills of the players judo.

Indicates Osama Rateb (1995) to achieve progressive relaxation exercises acquire the skill to get rid of tension and a sense of fluent to different areas of the body and the skill of breathing easily lead to relax and acquire the skill of relaxation of the sport. (3)

The training (focused attention, and ability to cope with anxiety and self-confidence) that are used in the proposed program has helped students on the speed performance of the skills in question to the extent required to isolate the thinking about the stimuli of external and internal non-performance, and a sense of comfort and achieve a

state of calm, and consistent with what said Lee Hong-Z that Falun Dafa help raise self-confidence and self-esteem, improvement and development of the ability to focus and improve memory and mental performance.

These results are consistent with a study of Nahed Khairy (2000) (8) and Boris and Michel Boris & Micheal (2003 m) (4) Madhusudhan & Rajender (2003 4) (6) that the training programs of mental develop psychological skills, different and raise the level of skill performance of activities different.

It is clear from the results of Table (3) the percentage rates of change, as it made the experimental group improved in measurements dimensional for tribal variables (under consideration) and used the Falun Dafa also exceeded the percentage rates of change in measurements dimensional for tribal experimental group for the control group.

Attributes the researcher this superiority achieved by the experimental group reflection of the vulnerability of the proposed program of Falun Dafa, which contains the exercises to relax and psychological skills, which led to the improvement of the variables Psychology (under consideration) and thus have had an impact on the improved level of skill performance skills (under consideration).

References

- Abdel-Fattah, A. M. (1995). *The psychology of physical education and sports the theory and application*, Dar Elfikr Elarabi, 742.
- Allawi, M. (1997). *The Psychology of the coach and athletic training*. Dar Elmaarf, 397.
- Al-Rehan, A. (2008). *Judo between theory and application of part II* press october 6 Mansoura.
- Boris. B., Micheal, B. (2003). The effect of mental training with bio-feedback on the performance of young athletes. XIth European Congress of sport psychology, Det Samfundsvidenskabelige Fakultets Reprocenter, 87 89361 96 2.
- Richerd, H.Cox. (1994). *Sport psychology concepts and application*. Fifth edition, 0-07-112188-9,492.
- Madhusudhan R. Rajender, S. (2003) Effect of mental practice on learning motor skills in volleyball, XIth European Congress of sport psychology, Det Samfundsvidenskabelige Fakultets Reprocenter, 87 89361 96 2.
- Kamel, O. (1994). *The Psychology of Sports - concepts – applications*. Dar Elfikr Elarabi, 9771007157, 9789771007159 ,450.
- Khairi, N. (2000). The impact of a program to develop some skills at the level of mental performance skills of gymnastics. *Journal of global education*, Faculty of Physical Education for Girls University of Zagazig.
- Saleh, S. (2008). The impact of training reciprocity to ballistics and the Falun Dafa on some variables functional and mental health to the karate players. the Fourth Regional Conference of the International Council for Health and Physical Education Recreation and Sport and expression nom de guerre of the Middle East Faculty of Physical Education for Boys Alexandria University.
- Shimon, M. (2001). *Mental training in sports*. Dar Elmaarf, 9771007823, 9789771007821, 540.
- Taha, M. (2002). *Psychological foundations for the selection of sports*. Presses Amiri Cairo.
- <http://www.arbaltmed.com/pasts/newsec>
- <http://www.falandafaArabic.org/Lala.htm>.
- <http://www.falandafa-Arabic.org.exercises.htm>.
- <http://www.forum.eanarya.com/shawthreadphp?t=80>
- <http://www.falandafa.org/bul/lectures/index.htm>.