

THE RELATIONSHIP OF SOME FITNESS PARTS ELEMENTS TO THE PSYCHOLOGICAL COMPATIBILITY OF MARTIAL ART KARATE PLAYERS

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ABSTRACT

In this analysis, interest within the study of fitness and its relationship to the psychological compatibility of athletes, because the aim of the analysis to understand the important levels of athletes still because the strengths and weaknesses of the scale of psychological compatibility and work to search out sensible solutions to enhance the number of athletes, the study was applied to the players martial art socio-economic class of (15, 13). The sample consisted of twenty-one player's agency obtained the inexperienced belt and therefore the blue belt from Tripoli Municipality. The foremost vital recommendations are attention to the social, health and physical aspects once getting ready the coaching programs.

KEYWORDS: *Strengths and Weaknesses, Social, Health and Physical, Psychological and Social Processes*

Article History

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INTRODUCTION

The aim of an honest education is to produce a balance between psychological and social development. Instructional establishments of every type and activities play their role within the correct compatibility of the learner and it's potential to achieve sensible habits, ethical and social.

Solaiman, F (1996) that the aim is of an honest education is assists students to measure a balanced life inside themselves and therefore the society that surrounds them it will this by incorporating completely different programs into a syllabus.

Educational establishments of all types and activities are successively within the correct compatibility of the learner and its potential to achieve sensible habits and ethical and social and therefore agreement is one amongst the foremost vital psychological and social processes of the individual and therefore the player may be a complete unit shows internal interactions between internal and external parts, have an effect on absolutely or negatively In body performance, Sports activities also are one amongst the foremost vital programs that get to extend the skills and physical, psychological and social potential.

Previous Studies

(Ibrahim, A: 1991)The study aimed to identify the development of some special physical abilities and their effect on the level of punches and the basic kicks of young people from 10 to 12 years and also to verify the relative relationship between the level of physical abilities and the level of performance of skills. The researcher used the experimental method, the study found that the proposed program led to the development of special physical abilities associated with the

performance of punches and kicks of the basic Karate also improving the performance of punches and kicks in a certain way.

(Ibrahim, M & Abduls attar, D: 2005) The study aimed at the efficiency of performance and its relation to psychological compatibility among physical education teachers. The researcher used the descriptive method, and the sample was chosen in a deliberate manner and the number of 450 teachers of the teaching staff in the city of Zawya, where the study to the existence of correlation coefficients of the opposite of psychological compatibility and the efficiency of teachers as well as the existence of statistically significant differences between teachers with high efficiency and low efficiency.

Search Methodology

The researcher used the descriptive approach using a questionnaire form and physical tests to suit the nature of the research.

The Research Sample

The sample of the study was randomly selected from Karate players in the middle class, where the sample consisted of 21 players who got the blue and blue belt from the city of Tripoli in the last championship of the 2018 sports season. The sample was homogenized in the basic variables as shown in Table 1.

Table 1: The Research Sample

Variables	SMA	Standard Deviation	Mediator	Torsion Coefficient
Health compatibility	7.32	2.12	6	1.86
Emotional compatibility	9.82	3.71	10	-0.14
Social compatibility	11.15	3.85	12	-0.66
Home compatibility	14.16	4.62	13	0.75
Psychological compatibility	42.89	8.33	45	-0.76

The arithmetic means, standard deviation, median, torsion coefficient of the basic variables of the research sample.

It is clear from the results of table 1 that the values of the torsion coefficient ranged from (0.76) as the smallest value and (1.86) as the largest value, thus limiting between (_+ 3) basic variables.

Research Measures

This table includes the results of the study of physical and psychological tests and the following table shows the link or relationship between psychological compatibility and the elements of fitness.

Table 2: The Results of the Study

Variables	Flexibility	Agility	Strength	Ability	Coefficient of Correlation	Most Closely Related
Health compatibility	0.730	0.653	0.798	0.625	0.701	The first
Emotional compatibility	0.455	0.293	0.416	0.463	0.406	The fourth
Social compatibility	0.563	0.417	0.437	0.532	0.487	The Third
Home compatibility	0.413	0.283	0.269	0.245	0.302	The fifth
Psychological compatibility	0.621	0.533	0.575	0.566	0.573	The Second

We Note that all values are greater than M (median) which means there is a correlation between psychological compatibility and fitness elements except Emotional compatibility with agility and Home compatibility with agility.

CONCLUSIONS

- There was a difference in the levels where the first place was the health compatibility and the psychological compatibility in the second place, the social compatibility came in third place, the emotional compatibility came in fourth place and finally the Home compatibility in the last place.
- Health compatibility, psychological compatibility, and social compatibility have a statistically significant relationship with all elements of fitness.
- Social compatibility achieved three statistically significant relationships with flexibility, strength, and ability.
- Home compatibility one relationship was statistically significant with only flexibility.
- The higher the level of fitness, the higher the level of compatibility, the study showed.

RECOMMENDATIONS

- When preparing for the training programmers should interest social aspects and health and fitness.
- Design special cards to record physical and psychological measurements constantly.
- Interest in local competitions and material incentives.
- Recruit qualified personnel in training centers for young people until the discovery of abilities and talents among young people.

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