

Summary of Thesis in English language


The effect of a counseling-educational program according to some biomechanical variables in reducing psychological stress and learning the skill of preparing for volleyball for students

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Psychological programs have received the attention of sports psychologists in many countries of the world, and they have realized their importance for players before and during sports competition, as they are an important element in confronting the negative aspects of players. It plays an important role in their lives. If players are not prepared to practice their sport; They cannot achieve good results. The importance of the research was evident in building and implementing an educational guidance program in teaching the skill of serving in volleyball. To help students confront the factors that increase psychological stress; Which helps improve the mechanical condition; Thus, raising the level of skill performance of students of the College of Physical Education for the better. The research problem emerged through the researcher's experience in the field of volleyball, and through her question to volleyball professors at the College of Physical Education and Sports Sciences, Dhi Qar University: I noticed psychological problems facing students. During the volleyball lesson, the most important of them are: the presence of psychological tension in them when performing the skill

