

Introduction and importance of the research: Sports psychology is considered a basic branch of psychology, as it is concerned with studying everything related to the psychology of the athlete, his abilities and personal traits, in addition to paying attention to his physical level and his training and using his talent and attributes correctly, which leads to achieving great success. The main duties of education in the faculties of physical education aim to reach the student to the highest possible level of sports through the development of physical, skill and psychological requirements.... Psychological skills are one of the requirements that contribute to achieving high levels, through which it is possible to predict the student's potential and level of progress in the future. As a positive element in achieving success and excellence in sports. Rhythmic gymnastics is one of the vocabulary of the Faculty of Physical Education curriculum, which has a peculiarity because of its great impact in preparing students mentally, physically and kinesically, through their learning of many free skills, and for the purpose of developing the technical performance of this game requires workers in this field to know strengths and weaknesses that permeate the performance stages and then work to overcome them by finding the right solutions. As for the research problem: It can be found during the researcher's review of the scientific sources and references in the fields of sports psychology and

found the lack of psychological studies that dealt with this topic, as well as the researcher's interest and follow-up to the lesson of rhythmic gymnastics in the college and with the help of teachers of rhythmic gymnastics, I noticed that there is a weakness in the technical performance of free skills In the rhythmic gymnastics of female students, this weakness was attributed by the researcher to the .weakness of psychological skills, which in turn negatively affects the performance of these skills

The research aims to: 1- Building and standardizing a measure of psychological skills for the second stage students of the faculties of physical education and sports sciences in the universities of the .central and southern regions

Identifying the level of psychological skills 3- Identifying the relationship between psychological -2 skills and the level of technical performance of free skills in rhythmic gymnastics for female students of the second stage of the faculties of physical education and sports sciences in the universities of .the central and southern regions

As for the second chapter, it included theoretical and previous studies, and it dealt with topics that were related to the topic of research. The third chapter included the research methodology and field procedures that determined the research community from the female students of the faculties of physical education and sports sciences in the central and southern regions (University of Dhi Qar, University of Basra, Al-Ain University, Al-Muthanna University, Wasit University, Al-Kut College, Maysan University), whose number is (291) students. The research sample reached (200) students and they were chosen randomly (10) students for the exploratory sample, (100) for the

construction sample, (60) for the application sample, and the excluded (30) students for not answering the forms completely. View and discuss results The fourth chapter included the presentation and analysis of the results and their treatment statistically, then tabulating them in a set of tables for the purpose of discussing them in an accurate scientific style supported by scientific sources in order to reach a discussion that achieves the research objectives. Conclusions and Recommendations The most important conclusions were:- 1- There is a significant relationship at the average level of (psychological skills and free skills in rhythmic gymnastics) for the research sample 2- There is a direct and inverse relationship between psychological skills and free skills in rhythmic

gymnastics for the sample level 3- There is a high correlation between the research variables in the research sample As for the most important recommendations: 1- Providing services through the current research study to the beneficiary sample in psychological skills for the purpose of helping them achieve the required high levels 2- Continuous training on psychological skills for the purpose of breaking the hesitation barrier 3- Conducting a similar study on the sample in other aspect to the .weakness of psychological skills, which in turn negatively affects the performance of these skills

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Building and standardizing a measure of psychological skills for the second stage students of the -4 faculties of physical education and sports sciences in the universities of the central and southern .regions

Identifying the level of psychological skills 6- Identifying the relationship between psychological -5 skills and the level of technical performance of free skills in rhythmic gymnastics for female students of the second stage of the faculties of physical education and sports sciences in the universities of .the central and southern regions

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