

# تأثير القلق على لاعبي كرة القدم قبل المنافسة الرياضية

vs

:

- - -

: 1\_

. . . . .

. 10

)

(

(

)

)

.(

- 2 :

( )

( )

(1).

:

-3

:

- :

2001

— ( 1)

(145).

- :

:

-

-

-

-4 :

.....

:

-

-

-

-

-5 :

(... )

( )

( )

-6

:

:

-

-

-

-7

:

:

":

:

-

"

" "

5

( ) .

:

:

-

.2008

:

-

.2009

:

-

: 14 13 27 -

: -8 \*

: \*

... : \*

: \*

: \*

: \* " "

: \*

) " " : \*

( \*

: \*

: \*

: \*

) "Martens"

.( : \*

: \*

... : -

: -

: \*

... ..

.FIFA

: -9

"

":

": "

"

(1).

-10 :

:

- :

5

- .-

2009/03/19

( )

:

- :

:

.2008/12/15

.2009/03/15

.2009/05/30

- :

14 . (27 = )

13

---

(1) <http://www.alsamoh.net/article.asp?id=68>

:( )

( )

27 .

14

13

-11

:

"

:

-

( )

-

"Martens" "

"

:

\*

sport compétition anexiety (Scat)

"

"

"

"

:( )

\*

5

10

15

)

:

(

(1) : -  
 : -  
 : \*  
 " " "Vealey" " " "Burton" " " "Martens" " "  
 (CSAI) (1990) "Smith" " " "Bump"  
 Competitive: state anxiety inventory

: -  
 : -  
 : -  
 : -  
 : -  
 : \*  
 ( ) 27  
 ) ( )  
 .(  
 .  
 .10 7 4 1 25 22 19 16 13 : -  
 .26 23 20 17 14 11 8 5 2 : -  
 .27 24 21 18 15 12 9 6 3 : -  
 14

(36)

(3)

: -  
 : \*

.250 1

( 1)

.251

( 2)

.252

( 3)

	3	*
	:	
	3	
	4	
	:	-
	:	*
	: 10	0
	: 20	11
(1) ( )	: 30	10
	:	*
	: 27	0
	: 54	28
( )	: 81	55
( )	:108	82
	:	-12

(2).

(<sup>1</sup>): نوار مجيد الطالب, كامل لويس, علم النفس لرياضي, دار الفكر العربي, القاهرة, ط2, ص75  
(<sup>2</sup>): نوار مجيد الطالب, كامل لويس, علم النفس لرياضي, دار الفكر العربي, القاهرة, ط2, ص75

(1)

( )

( )

(2)

120 90

90 45

(1): سيجموند فرويد، ترجمة د/ محمد عثمان تيجاني، مرجع سابق، ص 95  
(2): نوار مجيد الطالب، كامل لويس، علم النفس لرياضي، دار الفكر العربي، القاهرة، ط2، ص 76

:

- :

$$\bar{س} = \frac{\sum س}{ن}$$

:

:

**:Student**

$$t = ت = \frac{\sum ف}{\sqrt{\frac{ن \times \sum ف^2 - (\sum ف)^2}{ن-1}}}$$

:

:<sup>2</sup>

:

<sup>2</sup> :

$$ت^2 = \sum \frac{(ك - ك م)^2}{ك م}$$

:<sup>2</sup> ( ) - /<sup>2</sup> ( <sup>(1)</sup> )

-14 :

(01) ( )

20	61	<b>01</b>
19	62	<b>02</b>
23	67	<b>03</b>
24	61	<b>04</b>
20	73	<b>05</b>
17	68	<b>06</b>
20	71	<b>07</b>
19	74	<b>08</b>

(1)

16	57	09
18	55	10
17	67	11
23	69	12
25	81	13
261	866	13

(01)

$$66.61 = \frac{866}{13} = \overline{س} ; \quad -$$

$$20.07 = \frac{261}{13} = \overline{س} ; \quad -$$

:(01) \*

:(1)

$$66.61 = \overline{س}_1 ;$$

$$20.07 : \overline{س}_1 ;$$

(01)

$\overline{س}_1$

$$81-55$$

$$66.61 =$$

(1)

$$20-11$$

$$20.07 : \overline{س}_1$$

(1)

.(2)

(1)

(02) ( )

15	69	01
22	73	02
18	80	03
18	68	04
14	64	05
15	64	06
23	73	07
16	65	08
17	78	09
19	81	10
19	76	11
16	70	12
15	81	13
18	56	14
<b>245</b>	<b>998</b>	<b>13</b>

(02)

$$71.28 = \frac{998}{14} = \overline{71.28} :$$

$$17.5 = \frac{245}{14} = \overline{17.5} :$$

:(02)

\*

(2)

:(2)

:

$$71.28 = \overline{71.28} :$$

$$17.5 : \overline{17.5} :$$

(2)

:

-55

$$71.28 = \bar{S}_2$$

81

:  $\bar{S}_2$  (2)

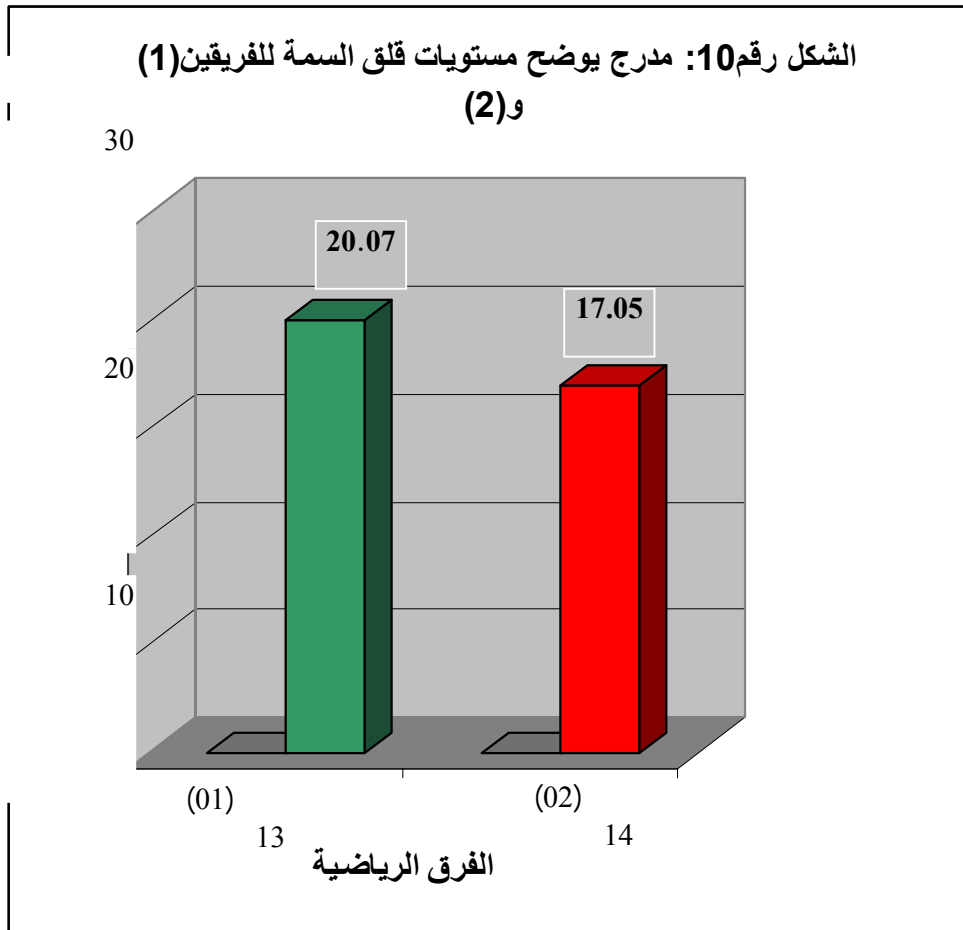
20-11

17.5

(02)

(01)

: -  
:

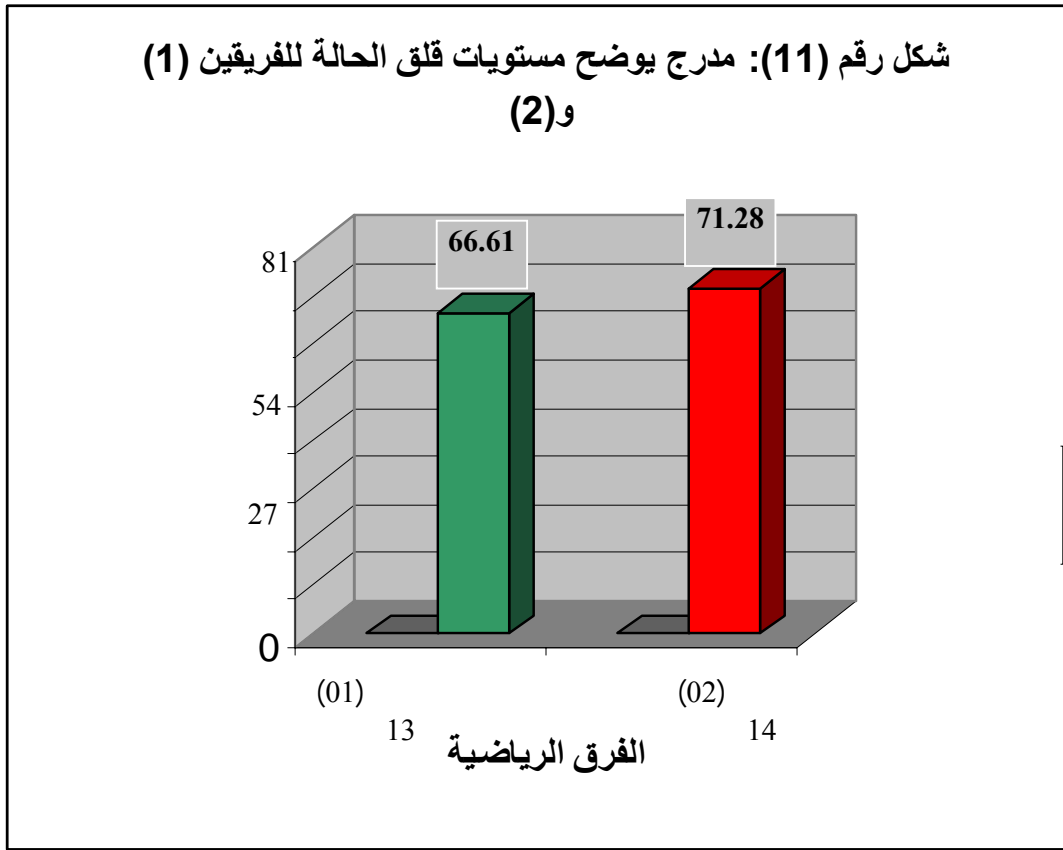


(10)

30-20 (01)  
(20-11) (02) (02)  
(02) (01)

(10)

: \*



(11)

(01)  
81-55 (2) 81-55  
(02) (02) (01)

(1) (2):

2( )				
2165.97	46.54	20.07	66.61	(01)
2892.28	53.78	17.5	71.28	(02)
5058.25	100.38			

(03)

$$\frac{100.32}{\sqrt{40.36}} = \frac{\text{مج ف}}{\sqrt{\frac{(\text{مج ف})^2 - \text{مج ف}^2}{1 - \text{ن}}}} = \text{ت}$$

$$15.80 = \frac{100.38}{6.35} = \text{ت}$$

(03):

	1.70	1	%5	15.80

(03):

\*

(03)

1                      %5                      15.80

.1.70

:

-

"

"

:

\*

--	--	--

23	621	
16.29	440	
29.77	804	
69.03	1864	

(04)

\*

18.74	506	

(05)

\*

:

"

"

18.74

69.03

1979

:

-

:

\*

( 2 )

-

--	--	--	--	--	--	--

225	74	31	62	58	
225	56.25	56.25	56.25	56.25	
17.56	5.60	11.33	0.58	0.05	/( - )

(06)

:(04)

		2			2
	$2 < 2$	7.82	3	%5	17.56

- :

2 23 17.56 7.82  
 2 3 %5  
 " :

1980 .

.(1)

" "

1998 2

1 ( )

(1)

.117

: \*

"

"

(2 )

-

241	17	31	80	113	
241	60.25	60.25	60.25	60.25	
97.89	31.04	14.20	6.47	46.18	/( - )

(7)

(05)

		2			2
	$2 < 2$	7.82	3	%5	97.80

:

-

" :

"

97.89

2

16.29

7.82

2

3

%5

....

:

\*

( 2 )

241	139	59	28	15	
241	60.25	60.25	60.25	60.25	
154.19	102.93	0.02	17.26	33.98	/( - )

(8)

(08)

		2			2
	$2 < 2$	7.82	3	%5	154.19

:

-

154.19

2

29.77

7.82

2

3

%5

1976

...

: -17

( )

:

-18

:

:

-

( )

-

-

-

:

-

....

3

:

:

-1

:

-

.1

	( )	.2
		.2003 1
	.1997	.3
1	- -	.4
		.1997
2	- -	.5
		.1997
		.6
		.2002
	- -	.7
		.2004 1
		.8
		1989
		.9
		.1977 1
		.10
		.2001
	- -	.11
		.1985 3
	- - -	.12
		.2004 1
		.13
	.1993 1	.14
2	-	.1992
	.1996 1	.15
		.16
		.2003
	.1971 1	.17

			.18
	.2005 1	-	-
	.2		.19
			.20
			.2001
			.21
		.1984 1	
			.22
		1970	
-			.23
		.2002 1	-
		- - -	.24
		.1985	
			.25
		.2005 1	
1			.26
		.2002	
	.9		.27
1998-1997			.28
		.2004-2002	
			.29
			.1
	.1978 3		.30
	.1977 1		.31
	.2002		.32
			.33
		.1999	
1			.34
		.2003	

	.35
.2001	
	.36
.1980 1	
.1988 3	.37
:	-
	-
.2005	
:	-2
1-NobertSilamy,Dictionnaire de la psychomédicale, 2éme édition, paris, 1989.	
2- Dictionnaire de la psychologie médicale.	
:	-3
1- www.alhandasa.net.	
2- <a href="http://www.alrsamoh.net//artcle-asp?id=68">http://www.alrsamoh.net//artcle-asp?id=68</a> .	
3- <a href="http://www.branet.com//b3/showtheraed.php">http://www.branet.com//b3/showtheraed.php</a> .	
4- <a href="http://www.fpegalex.org/arabic/magazin/22/c22-5.doc">http://www.fpegalex.org/arabic/magazin/22/c22-5.doc</a>	
5- <a href="http://www.g111g-com/vb/t141603.htm">http://www.g111g-com/vb/t141603.htm</a> .	
6- <a href="http://www.laphobie.com">http://www.laphobie.com</a>	
7- <a href="http://www.rabsport.com/arabic/gallery/clinic/football.jpg7">http://www.rabsport.com/arabic/gallery/clinic/football.jpg7</a> .	
8- <a href="http://www.samah.form.com/sportalk/archive/index.php">http://www.samah.form.com/sportalk/archive/index.php</a> .	
9- <a href="http://www.sindid.maktoobblog.com/?post:6596916">http://www.sindid.maktoobblog.com/?post:6596916</a> .	
10- <a href="http://www.sport.4ever.maktoob.com/t12335">http://www.sport.4ever.maktoob.com/t12335</a> . .	
11- <a href="http://www.tunisia.sport.com/showtread.php">http://www.tunisia.sport.com/showtread.php</a> .	
12- <a href="http://www.g.111g.com/vb/T127328.html">http://www.g.111g.com/vb/T127328.html</a> .	
:	
:	-1
:	-
3	.1

	( )	.2
		.2003 1
	.1997	.3
1	- -	.4
		.1997
2	- -	.5
		.1997
		.6
		.2002
	- -	.7
		.2004 1
		.8
		1989
		.9
		.1977 1
		.10
		.2001
	- -	.11
		.1985 3
	- - -	.12
		.2004 1
		.13
	.1993 1	.14
2	-	.1992
	.1996 1	.15
		.16
		.2003
	.1971 1	.17

			.18
	.2005 1	-	-
	.2		.19
			.20
			.2001
			.21
		.1984 1	
			.22
		1970	
-			.23
		.2002 1	-
		- - -	.24
		.1985	
			.25
		.2005 1	
1			.26
		.2002	
	.9		.27
1998-1997			.28
		.2004-2002	
			.29
			.1
.1978 3			.30
.1977 1			.31
.2002			.32
			.33
		.1999	
1			.34
		.2003	

- .35  
2001
- .36  
1980 1
- .37  
1988 3
- -
- 2005
- 2  
:
- 1-NobertSilamy,Dictionnaire de la psychomédicale, 2ème édition, paris, 1989.  
2- Dictionnaire de la psychologie médicale.
- 3  
:
- 1- www.alhandasa.net.  
2- <http://www.alrsamoh.net//artcle-asp?id=68>.  
3- <http://www.branet.com//b3/showtheraed.php>.  
4- <http://www.fpegalex.org/arabic/magazin/22/c22-5.doc>  
5- <http://www.g111g-com/vb/t141603.htm>.  
6-<http://www.laphobie.com>  
7- <http://www.rabsport.com/arabic/gallery/clinic/football.jpg>  
8- <http://www.samah.form.com/sportalk/archive/index.php>.  
9- <http://www.sindid.maktoobblog.com/?post:6596916>.  
10-<http://www.sport.4ever.maktoob.com/t12335>. .  
11- <http://www.tunisia.sport.com/showtread.php>.  
12-<http://www.g.111g.com/vb/T127328.html>.

:

\_\_\_\_\_:

« X »

\_\_\_\_\_:

\_\_\_\_\_

					01
					02
					03

					04
					05
					06
					07
					08
					09
				( )	10
					11
					12
					13
					14
					15
					16
				( )	17
					18
					19
					20
					21
					22
					23
					24
					25
					26
					27

\_\_\_\_\_

--	--	--	--	--	--

				01
				02
				03
				04
				05
				06
				07
				08
				09
				10
				11
				12
				13
				14
				15

.

-













