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The effect of multi-system relaxation training on reducing stress among judo beginner players

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Abstract
When the judo player is exposed to stressful situations, his nervous activity increases greatly, and the player's responses are characterized by physical disorders and symptoms such as respiratory disturbance, stomach disorders, increased heart rate and increased excitement more, then the role of relaxation comes as one of the most important strategies to confront and reduce stress, that relaxation is a temporary withdrawal from the activity Absence of tension and tension is allowed, which is stillness and neglect of the senses, and the release of any contraction or tension and reaching zero degrees . The importance of research lays the study of relaxation .The sympathetic nervous system responsible for the secretion of adrenaline, high heart rate, and the mind reaching a stage of calm, rest, reassurance and overheating among emerging judo players .Polymorphism On Reducing Stress Among Young Judo Hypotheses There are statistically significant differences between the last measurement For me, and the distance in the degree of ability to relax, for the benefit and in the direction of post-measurement among Judo beginners, areas of research, the human field, a sample of Judo wrestlers, Al- Nassiriya club in Thi-Qar , category 16 years, where the number 22 is the temporal player for the time period limited to (1/10/2018) Until (10/5/2019) spatial: Hall of Judo Training Center / Thi-Qar Chapter Three Research Methodology. It is the nature of the problem and the goals of the research that determine the appropriate approach to it, so the researcher used the experimental approach to designing the one group in the pre and post method as a reference measurements for comparison .The ability to relax scale designed by Frank Vital and prepared his Arabic image Muhammad Hassan Allawi) .Always 4, sometimes 3, rarely 2, never 1) taking into account the correct and negative terms . The Psychological Stress Symptoms Scale for Athletes consists of (5) dimensions and falls under each dimension (6) phrases to make the number of phrases scale (30) a phrase with a very large degree (4) a medium degree (3) a little degree (2) a little degree (1) a very (There are statistically significant differences between the pre and post measurements in the ability to relax in the judo budge in favor of the post measurement, there are statistically significant differences between the pre and post measurements in the ability to reduce the pressures of the judo budge in favor of the post measurement in the direction of the reduction recommendations, activation implementation of the proposed multi-system relaxation program, as an important psychological skill within the content of the psychological preparation program for national teams and teams and improving the ability to relax from an integrated, comprehensive perspective, the orientation towards studying the effect of multi -syst em relaxation on reducing stress among different samples of athletes, administrators, coaches, and workers in Mathematical environment, to generalize its benefit within the limits of these samples.
***Keywords**: multi-system relaxation, training, stress, judo beginners.*

Introduction

Developed societies seek to preserve the physical and psychological health of their children and work on an integrated and balanced formation of their personality, and therefore they motivate them to practice sports as an entry point to provide them with mental-physical health, improve the quality of life and enjoy it. , rigidity, stability and emotional, carrying all abusing, creativity, self - esteem, cooperation, focus, perception and attention, and others, but with the growing competition between the states and the desire to succeed and achieve excellence at the scientific level, increased loads of training are exaggerated, there were frequent tournaments In a large number and in a short period of time, the youngsters were forced into strong competitions at an early age, which exposed them to failure, frustration, poor

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achievement, injury, and some psychosomatic diseases, and it may have reached partial or complete withdrawal from activity or psychological burnout . This means they are under pressure stress, Which he knows as an imbalance between the player's potential and capabilities on one side and what is required of him to achieve it on the other side, so if the player explains that what is required of him far exceeds his potential and capabilities, then he feels threatened and low self-confidence and becomes under psychological pressure as the player goes through the stage of environmental demand, then The stage of his interpretation of what is required of him, the stage of response (Ahmed, 2015)Then Allen results behavioral implications of that when exposed to the player the judo to the position of the compressor, the device activity sympathetic nervous system increases are significantly characterized by the responses of the player disorders and symptoms of physical and physiological breathing and stomach disorders and increased heart rate, increase the excitement of operations more than to stop extreme race affecting him On his performance and results in competitions (Damon, 2008) The stress may negatively affect the player's comfort and sleep before the competition, as it becomes clear that the biggest causes and factors of weakness are excessive nervous emotional stability and speed of arousal as a result of lack of good sleep, and stress may affect large muscles and increase their tremors, as well as its effect on the level of concentration ,memory, Perception, infection weakens the immune system and influenza, the feeling of heavy training load despite its lack, low level of motivation and demand for training and competitions .(Osama, 2008) The importance of the research lies in the study of multi-system relaxation to preserve stress, and relaxation is one of the most important strategies for confronting and reducing stress, as relaxation is a temporary withdrawal from activity that allows the absence of activity and tension, which is a period of inactivity and the omission of the senses, and the release of any contraction or tension and reaching almost zero degree and that Relaxation means reducing muscle tension and over activity of the sympathetic nervous system responsible for producing adrenaline, increasing heart rate, and bringing the mind to a stage of calm, rest, reassurance, and exhaustion among emerging judo players.

***Research Problem*:** Due to the multiplicity of training methods and methods, all of which aim to develop the physical, motor and skill aspects and improve achievement for a specific event, especially the judo wrestling game, and here lies the focus of the current study problem, as there is no strategy to confront and reduce stress by relaxing May collect what Between mental and muscular relaxation despite the pressure of time before the competitions and the frequency of the number of matches intensely, and in a short and short time that does not allow the recovery of recovery, which negatively affects the performance and results of the players and their psychological and physical health, which raised the researcher's attention to conduct a study on the effect of the proposed multi-system relaxation method , which Combines mental and muscular strategies to reduce the psychological stress of judo players.

Research objectives*:* - Identify the effect of multi-system relaxation on reducing stress among judo juniors. Knowing the significance of the differences between the control and experimental groups in the post-tests

Research Hypotheses: - there are statistically significant differences between the pre-measurement and the post-measurement in the degree of relaxation ability, in favor of and in the direction of the post-measurement of the junior judo . - There are statistically relevant differences between the pre and post measurements in the ability to reduce stress among judo juniors in favor and in the direction of the post measurement (the direction of reduction.(

Research Areas: *The Human Sphere* **:**A sample of the Judo Club of Nasiriya in Thi-Qar category 16 A year where the number is 22 players. *Temporal field***:** for a period of time confined (1/ 10 /2018) up to (10 / 5 /2019). *Spatial domain :* The hall of the Judo Training Center / Thi-Qar

*Defining terms***:** - Al - Joud : its godfather (Gyorocano) defined it as "the most comprehensive and effective way to use the mind and body in attack and defense accurately and effectively" (Adi , 2011) .The researcher knows multi-system relaxation -sys-multi-Relaxation thematic That ((a strategy that integrates all types of relaxation into a single mechanism that helps rid the muscles of excess tension, calm the mind and clear it of overlapping thoughts and direct it towards one idea, which is engaging in competition without tension, which allows recharging energy, restoring performance, and speeding recovery of mental and physical recovery before participating in the next competition. (Iman, 2014) The researcher has coined the term multi-system relaxation -Re-systematic - laxation multi because it combines relaxation of visualization, self-relaxation, and meditation) simultaneously, that is, in one session (Osama**,** 2008)

Literature review

1. symptoms of psychological stress: (stress Syndrome scale)

Conducting several studies and acquainting themselves with the sources that dealt with the core of the study .Mental, motivational, and physical symptoms that appear together simultaneously on athletes as a result of psychological stress were reached and identified. Several measures were examined .A scale was chosen that fits with the study)consisting of (5) dimensions where The researcher noticed the neglect of the physical dimension in the previous stress scale, so the researcher recorded this scale from (5) dimensions and falls under each dimension (6) phrases (vocabulary) so that the number of scale phrases is (30) statements, where the player responds to the scale of appreciation of Hamas (Very large (5 degrees - very much 4 degrees - medium degree 3 degrees - a little two degrees - very little one degree), the ability to relax The to Inability Frank Vital Vi-Frank-His Arabic image (Allawi, 1981) consists of (15) Najib Al-Zadar on the expressions of a four-point scale of appreciation (always 4 - sometimes 3 degrees - rarely ever one degree), attached with

the scale and the key to correct it, positive and negative**.** The researcher extrapolated and surveyed the frames, reference, and previous studies, both Arab and foreign, until he came to design a multi-system relaxation strategy (comprehensive - multiple) for several reasons and explanations, including: - An effective method and strategy for relaxing the mind and body together (the integrative approach). - It takes a relatively short time for its multiple effects, as it combines all types of relaxation from the muscle to the mind (deep breathing, control of breathing, and sequential relaxation) and relaxation to and from the muscle (visual relaxation - meditation - mood words) and does not need tools or requirements commensurate with the nature of the activity Squash and other activities. - The proposed relaxation program also helps to control arousal, activation and recharge of energy to the appropriate extent and timing, and to achieve recovery of recovery before the next performance in competitions, as (Brian, 2009) indicates that relaxation relieves the body from excess tension, helps to sleep comfortably and achieves complete calm and rest, and this is a relaxation and recovery of mind and body together, which qualifies the player to think well in competition and reduces the symptoms of pressure motivation such as a weak inclination and desire to practice and thinking to withdraw and leave the activity and a low level Ambition and lack of enjoyment of the performance. - Multi-systemic relaxation helps as a psychological skill that must be attended to by training and competition to reach a mood that helps judo beginners to properly manage the match, and this in turn reduces emotional symptoms of stress such as feeling discomfort from some competitors, doubt about abilities, lack of confidence and lack of emotional control in matches. For a sense of the weight of the training load Ragnan low.

1- Multi-systemic relaxation works to adjust the characteristics and habits of the emerging judo player, and it is a daily routine and rituals to which the player becomes accustomed to helping him to control his auditory in the environment of the match and the environment surrounding it by isolating the player and focusing on a non-verbal or non-verbal sound so that his attention is not drawn from another direction. Distracts him.
2- The multiple relaxation program of the proposed systems contains diffusion and grouping exercises in addition to meditation that helps the player to relax, as it focuses on specific words and sounds that do not require effort or effort while repeating them in a steady rhythm and then escalating little by little, which helps the player to exploit all his energies and feelings, and reduce Symptoms of cognitive and mental stress, such as preoccupation with the outcome, forgetting the coach's instructions in competition, slow thinking in mental response, and poor expectation.
3- A comprehensive multi-system relaxation program that helps judo juniors control the reduction of stress hormones, which would achieve relaxation for the young.
4- Multi-systemic relaxation helps improve mood and reduces anger and frustration. This would control the sources of environmental, social and emotional stress.
5- Relaxation of visualization and meditation, such as self-relaxation, as important components of multi-system relaxation that help the young person to recall experiences of success and remember planning duties without pressure, effort or effort, and this helps reduce emotion and anger during competition.
6- Repetition and recovery of success experiences leads to raising the level of self-confidence of the emerging, and this in turn reduces the degree of pressure.

Methodology

***Research Methodology*:** The nature of the problem and the objectives of the research are the ones that determine the appropriate approach, so the researcher used the experimental method to design the one group by means of the pre and post measurements as a reference for comparison

Research sample*:* The method of selecting the sample necessity for scientific research, it was determined the research community by the researcher the way of the elected province of Thi-Qar youth (22) player was six excluded players exploratory experience, either sample (16) player where it represents the percentage (72.72%) from the original community and the technique of the two scales (Stress Symptoms Scale for Athletes), (Relaxation Scale) and Table (1) describing the sample to ensure the existence of the sample with a sufficient number for the study. - *The club coach cooperated with the researcher. - *Near the sample to the place of the researcher. *And because the training age is not less than six years. .

Table (1) description of the research sample in the variables (age - height - weight - training age)

Age	1 5 , 582	0,242	0,164
Length	1 57 , 455	3,725	0,559
the weight	55 , 955	2,278	0,141
Age of training	6,364	0,790	0,496

It is evident from Table (1) that all values of the torsion coefficients were confined to (+ _ 3) on all variables (age - height - weight - training age)

Table (2): The statistical description of the research sample in the dimensions of the stress symptoms scale and the measure of relaxation ability

Symptoms of stress	**Motivational symptoms**	27,364	1,965	0,231
	Mental symptoms	26,818	2,442	0,955
	Physical symptoms	26,955	2,035	0,275
	A measure of the ability to relax	32,773	2,266	0,094

From Table (2) that all the contents of the torsion were confined to all dimensions of the barometer and the scale of the ability to relax M, indicating the moderation of these dimensions

***Tools, means and devices used in research*:** Observation., the exams., Arab and foreign sources., Personal interviews., Proposed Multisystem Relaxation Program (Wael , 2016), The ability to relax scale designed by promising Frank Vital, his Arabic image, Muhammad Hassan Allawi, and it consists of 15 The player responds to the phrases on the scale with an estimated quadruple scale (always 4, sometimes 3, rarely 2, never 1) taking into account the correction of the positive and negative phrases (see Appendix (1), Scale of symptoms of psychological stress for athletes, It consists of a number consisting of (5) dimensions and falls under each dimension of 6 phrases so that the number of scale phrases (30) becomes very large 5 very large 5 very large 4 medium degree 3 with a small degree 2 very little 1 (see Appendix (2)

***Field research procedures*:**

- Numerous studies indicate that relaxation helps athletes control, reduce heart rate and blood pressure, regulate breathing, reduce stress hormones, increase blood flow to the main large muscles of the body, get rid of tension, muscle pain, improve focus, mood, delay the onset of fatigue, and control Anger, confronting frustration, and raising self-confidence (Muhammad , 2014)The first stage : breathing exercises:
- The deep breathing exercises or breathing control for a period of 4 minutes distributed into 4 positions for each position include one minute (first method) to have a slow deep inhalation from the nose and breathe easily from the spread of air in the chest calmly and easily in (8) times (repetitions)
- The second stage: immobilization with tension and muscle contraction:
- Where the player begins to tense and contract the muscle with a feeling of cold until the feeling of freezing, with a focus on the anatomical shape of the member during the performance, provided that the tension with contraction is from (8- 20 seconds) and the researcher suggests (20 seconds) for each member to ensure a sense of tension with freezing and a self-perception of the shape of the member So that successive relaxation with self is achieved and this is in the order of the ten-point method, so the stage becomes 3 minutes.
- The third stage: decomposition with muscle extension:
- The relaxation begins with the sensation of the dissolution of freezing as water and the arrival of the organ to calm and its normal temperature, with a focus on the anatomical shape of the organ, i.e. the self-perception during the performance also within 20 seconds, i.e. 3 minutes according to the ten-point method.
- Fourth stage: diffusion with meditation:
- The player thinks about a word or voice that does not require much effort, such as saying: Calm down with a sense of comfort and ease, and breathe deeply, slowly and calmly, and repeat the word with one rhythm that escalates little by little while focusing with all his energy and feelings on following the feeling of each member or part, in light of the ten method Points leave the body and go to any place he likes in the club with a focus on memorizing this place and then proceeding in the sequence of exiting the other part, focusing on the anatomical shape and the comfort and calm of the member. The stage takes 4 minutes.
- Fifth stage: meditation with grouping:
- The player retrieves and summons every member or part of the body in the same previous order to return it to its natural place in his body with repeating in a rhythm that escalates according to the word I am ready for the match, I am strong in responding immediately from the back of the field, I am quick to respond to the paths shot, hunting and woe from Forward. I detect the field with the opponent's movements (the duration of the stage is 4 minutes).
- The sixth stage: the survey on the organs and parts of the body, provided that the ideal period for a relaxation session is (20 s) and some divide it (10 s), and another session (10 s). They also explained that the duration of the program is two months (8 weeks) or three months, depending on the number of sessions per week During two months, 5 sessions per week are ideal. Therefore, the researcher suggested, and used in this study the duration of the session (20 minutes) at the rate (5 times a week) for two months (8 weeks) for a total of (800) minutes,
- Training in the skill of multi-system relaxation (comprehensive - multiple) due to its skills as a strategy to confront and manage stress and it works to reduce pressure on juniors in judo sport, i.e. we occupy the first place in the world where everyone agrees that an integrated rest strategy must be reached that combines the two previous

strategies (all types of relaxation Therefore, the researcher organized a multi-system relaxation strategy, which includes all types of relaxation in one session and time pressure that does not allow dealing with the player with each strategy separately from the other before the competition.

- Introducing the importance and benefits of the proposed multi-system relaxation strategy in reducing stress, and its impact on the level of performance and results in local and international championships for junior judo.
- The first session in the first week of the program , the ten point method Points – Ten : 1- Fingers 2- The upper arm 3- The shoulder 4- The face and the jaw 5- The chest 6- The abdomen 7- The back 8- The thighs 9- The legs 10 - The whole body.

***Exploratory experiment**:* In order to reach accurate and reliable results, the researcher adhered to the scientific context for conducting the test in a manner that is correct, as he conducted his exploratory study, which is a preliminary experimental study that the researcher conducts on a small sample before conducting the research with the aim of choosing research methods and tools as well as developing tests and finding validity, stability and objectivity for the tests for this. reconnaissance experience began at the center hall training / Thi-Qar 20/3/ 2019 on Sunday the tests were returned on Sunday , 27/3/2016 time, place and conditions themselves and the elements of the exploratory sample , which amounted to (6) wrestlers , the judo youth category (16 years) if Subsequently excluded from the primary experiment. The experiment was aimed at what follows - Identify the suitability of the tests with the level of the selected sample. - Learn about the response of judo wrestlers to performing tests. - know the length of time to perform the tests. - Knowing the efficiency of the auxiliary work staff to carry out the tests and the validity of skipping errors.

Statistical methods: The statistical bag was used spss; the statistical method used to analyze the data Descriptive statistics (mean - deviation - skew), Pearson correlation coefficients person alpha coefficient. - Application re-application -Re-Test Significance of differences test (T) Test- t. - Analysis of variance, test of the least significant difference.- 4 Results analyzed and discussed.

After completing the application of the training curriculum using the program on the experimental group and conducting the post-tests for all the variables pressures on the experimental group, the researcher arranged the results of the research for the pre and post tests and dealt them with statistical means and put them in the form of tables showing the results of the pre and post tests and with graphic forms because they are considered an illustrative tool. N Then the interpretation of the various results that have been reached according to the accurate scientific analysis in order to achieve the objectives and hypotheses of the research.

Table (3) the significance of the differences between the pre and post measurements on the dimensions of the stress symptoms scale and the relaxation ability scale

Dimensional scale	Pre-analogy					Difference deviation	Average difference
	s		P	P			
Motivational symptoms	26,564	P	2,432	2,432	17,364	2,536	34,960
Mental symptoms	25,818	2,432	1,765	1,765	17,636	3,001	29,342
Physical symptoms	28,955	1,765	1,769	1,769	18,955	2,734	30,876
A measure of the ability to relax	31,876		2,543	2,543	12,549	2,439	24,600

It is evident from Table (3) that the value of (t) was a statistically significant function of all dimensions of the stress symptoms scale for athletes and the measure of the ability to relax between the pre and post measurements and in favor of the post measurements.

Table (4): Analysis of the variance between the three measures (pre-post) on the dimensions of the stress symptoms scale and the relaxation ability scale

Dimensions	The source of the contrast	Sum of squares	Degrees of freedom	Average sum of squares	PH value	indication
Motivational symptoms	Between groups	380,909	2	196,955	576,211	0,00
	Within groups	239,136	63	3,499		
Mental symptoms	Total	402,318	65		587,419	0,01
	Between groups	385,727	2	176,864		

	Within groups	409,864	63	3,796		
	Total	220,409	65			
Physical symptoms	Within groups	369,394	63	2,842	545892	0,01
	Total	414,773	65			
	Between groups	389,621	2	178,197		
Power meter	Within groups	200,227	63	3,178		
	Total	179,045	65			

Table (4) shows that there are differences that were statistically significant between tribal and inter-measures and in favor of intermediate measurements. There are also statistically significant differences between tribal and dimensional measurements and in favor of dimensional measurements. There are also differences between inter- and dimensional measurements and in favor of dimensional measurements.

Table (5) shows the symptoms of stress and the measure of the ability to relax

the scale	**Dimensions**	**Average pre-measurement**	**Average dimensional measurement**	**Average dimensional measurement**
Pressures	**Motivation**	10 , 000	10 , 000	10 , 000
	Mental	9 , 182	9 , 182	9 , 182
	Physical	8 , 000	8 , 000	8 , 000
A measure of the ability to relax		3 1 , 773	3 1 , 773	3 1 , 773

t the rates of change between the mean of the pre and post scales on the dimensions of the stress symptoms scale ranged between (284.0) and (278.5) while it reached (39.8) on the scale of the ability to relax.

Discussion and interpretation of research results:

The first hypothesis: There are statistically significant differences between the tribal, evidence, and dimensional measurements in the degree of relaxation capacity for judo players in favor of the dimensionality. The results of the study in the field of difference showed the significance of the differences between the pre and post measurements in the ability to relax, as shown in Table (3), (4), (5) that there are statistically significant differences in favor and in the direction of the post measurement, where the average of the pre-measurement reached (31,773), while the average of the dimensional measurement was (43,500), and the percentage of change was (39.8), and this is consistent with the results of the studies conducted by each of Colleen Haney2004, Linda , Janct 2006,sadeghi 2010,Jodi In the current study, the researcher attributes the reasons for this to several factors, including:

- The proposed multi-system relaxation method and strategy looks at the player as an integrated physical and mental unit. Judo has the ability to relax and improve rates of change in this way.
- The multi-system relaxation proposed in the program combines a relaxation strategy from muscle to mind. Mus technique mind which is achieved by cascade muscle relaxation, deep breathing relaxation and breathing control, and the mind-to-muscle relaxation strategy. Us-to-Mindcle technique which is achieved by visualization relaxation, self-relaxation, and meditation) and this would improve the rate of change with this degree of multifaceted integrated relaxation.
- The ease of multi-system relaxation procedures helps players to maintain regularity in training, which contributes to improving the ability to relax in this degree (39,8). The forms of relaxation in the proposed program, from the stage of breathing, to the stage of contraction and freezing, the stage of relaxation and decomposition, then the stage of contemplation and spread, and the stage of self-perception, gathering and comprehensive scanning of all parts of the body, helps the player to focus in all stages and dimensions of the proposed relaxation program because it reduces the factors of apathy and boredom , Repetition of a single training at a single pace, thus reducing the percentage of forgetfulness or distraction, and this would improve the rate of relaxation and change to this degree. (Emma N. , 2 014)

- The positive trend of the importance and effectiveness of relaxation for junior judo players makes them mentally ready to focus on and regularize training exercises, and to ensure that their units are repeated for a period of (5) times a week, and explains this surge in the degree of improvement and change in the ability to relax.
- The proposed relaxation program helps the player adopt a culture of balance between training and rest, exercise and work (study), seriousness and commitment, readiness to compete, relax, and this increases the emerging player's awareness of himself and feels pleasure to relax well. (Osama , 2008)
- The multi-system relaxation and the proposal contributed to calming the mind and filtering it from the overlapping thoughts and disturbances, and directs the thinking of the nascent towards one idea in one direction, which is competition without tension, and this would improve the digestion and metabolism, purify the body, supply it with beneficial oxygen and keep away from the influence of oxygen, and restore Energy charging, balance before and after strong, high-level exercises and competitions, thus achieving this high rate of change, and improving the ability to relax because the program contains meditation, and this explains statistically significant differences in favor of intermittent measurements and then dimensional measurements. (Muhammad , 2002)

The second assumption: There are statistically significant differences between the pre-, intra- and dimensional measurements in the ability to reduce stress among judo juniors in favor of the dimensionality (the direction of reduction). As shown in Tables (3), (4), (5), where the trend of reducing stress among judo juniors represents a high rate of change in which an improvement appears, as well as the differences between the pre and post measurements that show its values in favor of the post-measurement, and this is consistent with the results of studies (Muhammad , 2014) conducted by each of the following reasons: - The proposed multi-system relaxation program works to the effect that relaxation leads to a reduction in tension of both mental and muscular types, reduces the over-activity of the sympathetic nervous system responsible for the secretion of adrenaline and high heart rate, and the mind reaches the stage of calm and rest and maintains a feeling of reassurance and preoccupation without tension and pressure in the exercise of activity The athlete, because pressures during competitions greatly increase the activity of the sympathetic nervous system and the player's responses are characterized by high excitement that is reduced by relaxation, and this reduces the physiological symptoms of stress on judo players such as feeling headache, shortness of breath, colds, stomach disorders and weight loss (Daniel, 2015,) .

Conclusions

- There are statistically significant differences between the pre and post measurements in the ability to relax for the Judo junior in favor of the post measurement.
- There are statistically significant differences between the pre and post measurements in the ability to reduce the stresses of the judo junior in favor of the post measurement in the direction of reduction.
- There are statistically significant differences between the pre- and intermediate measures and in favor of the interlayer in the ability to relax and reduce stress among judo juniors.
- The rates of change ranged between the averages of the pre and post scales on the dimensions of the stress symptoms scale between (27, 8, 193, 1), while it reached (38.8) on the scale of the ability to relax.
- Activating the application of the proposed multi-system relaxation program as an important psychological skill within the content of the psychological preparation program for national teams and teams and improving the ability to relax from the comprehensive integrated perspective.
- Conducting further studies on the effectiveness and effect of the proposed multi-system relaxation on improving perception, focusing attention, regulating psychological energy, and building goal.
- The trend towards studying the effect of multi-system relaxation on reducing stress among different samples of athletes, administrators, coaches, and workers in the sporting environment, in order to make use of it within the limits of these samples.
- Focusing on the proposed period of time for the multi-system relaxation program to be two months at the rate of five sessions per week, or three months at the rate of three sessions per week, due to its effectiveness in influencing the dependent variables (reducing stress), as the relaxation theorists have indicated.

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Appendices

Appendix (1)

A table showing (1) the relaxation ability scale designed
by Frank Vital promising Arabic image Muhammad Hassan Allawi and it consists of 15
The player responds to the phrases on the scale with an estimated quadruple scale
(always 4, sometimes 3, rarely 2, never 1)
taking into account the correction of the positive and negative expressions

T	ferries	Always	Sometimes	Scarcely	Start
1	I can depict any movement skill in my mind clearly				
2	I know very well how to relax, not during sensitive times in competitions or fights				
3	Many thoughts running through my mind while participating in fights interfere with focusing attention				
4	I often feel that I will be beaten in my competition				
5	Participation in all competitions and my thoughts are all self-confidence				
6	Before entering the competition, I am mentally prepared to do my utmost				
7	In my imagination I can visualize performing movements without actually performing them				
8	My muscles are tense before I participate in the competition				
9	I am bothered by my inability to focus attention during the sensitive times of competition				
10	I am afraid of not being very good at playing during the competition				
11	When the outcome of the competition is not in my favor, my confidence in myself decreases as the competition nears completion				
12	I always prefer to participate in sensitive and important competition				
13	It is difficult for me to imagine what I will do from the motor performance				
14	It's easy for me to be able to relax my muscles before competing				
15	My problem is the loss of the ability to focus attention at times of competition				

Annex No. (2)

Scale of symptoms of psychological stress for athletes

It consists of a number consisting of (5) dimensions and falls under each dimension with 6 phrases so that the number of scale phrases is (30) phrases highly Significant 5 significantly 4 moderately 3 tray of a few 2 few very much 1

T	Paragraph	To a [illegible]	Too much 4	Medium degree 3	Slightly 2	To a very [illegible]
1	Feeling bored and unwilling to train + to what extent do you have the following symptoms:					

2	Motor inactivity and a tendency to yawn					
3	Distraction and inability to focus					
4	Low self-confidence					
5	Excitability					
6	.fear of failure					
7	Feeling of guilt and default					
8	Show negative feelings towards others					
9	Sensitivity to criticism					
10	Feeling afraid of the competitor					
11	Jittering speed with the coach, colleagues, the opponent					
12	Attacks of vertigo (dizziness).					
13	13) Resorting to defense rather than attack					
14	14- Dissatisfaction with my results in the team					
15	Aggressive behavior towards the other bin					
16	.fear of failure					
17	Feeling of guilt and default					
18	Show negative feelings towards others					
19	Sensitivity to criticism					
20	Feeling afraid of the competitor					
12	Jittering speed with the coach, colleagues, the opponent					
22	Spells of vertigo (dizziness).					
23	Resorting to defense rather than attack					
24	Dissatisfaction with my results in the team					
25	Aggressive behavior towards the other bin					
26	.fear of failure					
27	Feeling of guilt and default					
28	Show negative feelings towards others					
29	Sensitivity to criticism					
30	Feeling afraid of the competitor					
31	Jittering speed with the coach, colleagues, the opponent					