

# **Psychological Fluency and Its Relation to the Psychological Hardness of the Players of Karate**

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## **Abstract**

This study aimed to identify the relationship between Psychological Fluency and Psychological Hardness of Karate Players. In order to achieve the objectives of the study, the researcher used the correlation method. The sample size reached (203) players from the West Bank. After performing the appropriate statistical analysis, the results showed that the level of psychological fluency among the karate players was average with an average of 3.30 and that the level of mental strength of the karate players was high and the total mathematical mean was (3.83).

The results showed a positive correlation between the psychological fluency and psychological hardness of the karate players, as well as the domains except the domain of control. That is, the higher the level of psychological fluency, the greater the level of mental rigidity of karate players, vice versa.

There were no differences in the level of psychological fluency in karate players due to the variables: gender, qualification, years of experience, center, age, participation in tournaments and belt. While there were differences in the level of psychological hardness of karate players due to gender variable, as well as domains other than control. The differences were in favor of females. It was found that there were statistically significant differences due to the variable of scientific qualification. And there were statistically significant differences due to the variable years of experience. The differences were between (8) years and more and from (1-3) years to (8) and above. The differences were in favor to (8) years and above.

The differences are attributed to the variable of age, as well as to domains except for the challenge domain. The differences were for the age of 21 and over. There were statistically significant differences due to the belt variable, as well as to the domains. The differences between more than black belt 2<sup>nd</sup> (Dan) and less than black was in favor of more than 2<sup>nd</sup> (Dan), and more than 2<sup>nd</sup> (Dan) and black belt 2<sup>nd</sup> (Dan). Also, there were no significant differences due to the variable of the Center, and the variable participation in tournaments. At the end of the study, it was recommended that the trainers should pay attention to the development of the impact on reaching the highest levels of sport. At the end of the study, it was recommended that the trainers should pay attention to the development of the psychological aspects that would improve the level of karate players in Palestine and the effective impact on reaching the highest levels of sport. Furthermore, a study should be carried out on the relationship of psychological fluency and psychological hardness variables, with physical, skill; planning and other variables that are related to the achievement of the optimum experience in game situations in all various sports either individual or team sports.