

## "A Suggested Psychological Counseling Program to Reduce the Level of Fear Among The Physically Disabled in Swimming Sport at Assiut University"

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### Introduction and problem of the study:

The world is currently witnessing scientific progress in all areas of different life in general and areas of physical education in particular, the level of sports performance in various sports activities has increased due to studies and scientific research and the development of devices and tools to help in the field of physical education, and swimming is a sport that requires exercise to perform Skills with specific specifications and precise technical technique, which requires mobility capabilities and special requirements for their performance.

A sport training aims to achieve the player to the highest level of athletic achievement during the specialized activity and this is achieved through the increase in the performance determinants of the athlete until it reaches the ideal. This becomes clear when we raise the level of the structural structure of the player's different training condition in physical, skill, planning, mental, and psychological (36: 475.)

Sports psychology is considered one of the most important human sciences from which sports training derives a lot of knowledge and information that contribute a large share in achieving the most important goals and duties that we seek to achieve (15: 257) (45: 3.)

The psychological aspect of athletes is one of the most important aspects of preparation that attracted the attention of researchers and those involved in developing sports and athletes in various countries of the world, whether developed or developing, where at this time the methods of integrated preparation have changed so that psychological preparation occupies an important and prominent role in the integrated preparation system (6: 30) (156: 37)

Swimming was greatly affected by this development in the methods of preparing and training players, as "**Muhammad Al-Qatt**" (1998) (34) and "**Yahya Mustafa Ali**" (2014) (36) indicate that the sport of swimming has developed amazingly and has become based on a lot of Basic natural sciences

such as anatomy, physiology, mathematical psychology ... etc. are sciences that relate to the motor activity of a person with the aim of advancing the various aspects of swimming.

**"Azza Abdel Moneim" (2003) and "Karima Fattouh" (2001)** agree that practicing swimming in an unfamiliar setting creates difficulties for the novice when learning to swim, as well as pressure water on the chest and water entering from the nose, mouth, or ear, and not Control of clear vision in water and the different water field and the quality of movement in it from the natural conditions of a person, so learning to swim requires special psychological preparation.

(26: 5) (18: 24)

They mention from **"Faisal Al-Ayash and others" (2005), "Qasim Hassan Hussein" (1998)** that fear is a psychological condition that appears on the beginner due to ignorance of swimming or seeing a drowning incident for a person, in addition to the stories and myths that parents talk to children aiming at intimidation Their children and kept them away from swimming in rivers, lakes, and even in swimming pools due to the lack of safety conditions for practicing this sporting activity, which led to its delay.(24:184)(38:23)

Measurement is a matter of great importance in any science, as all sciences seek to develop accurate objective methods for measuring phenomena related to them in order to understand and interpret these phenomena and to predict the relationships between their variables and try to control and control them(14:13)

In the sports field, the athlete is afraid of the strong competitor who is physically and skilled and more experienced than him, as well as the injury that deprives him of competition in the future, also he is afraid of defeat in the match or is afraid of encouraging the public to his opponent, as he is afraid of the poor ground and tools of other sports equipment It is common for them to run the race, because the fear that the athletes only belongs to the athletes, just as fear differs from one activity to another.

Where fear is a psychological condition that afflicts the individual when he is exposed to situations that threaten his being and is considered one of the human emotions that accompany a person from his childhood and accompanies him until old age, as long as there is ambition and goals that need to be achieved, besides that fear does not help the individual to reach a high level of learning for the skills of the practicing sports activity He achieved in training for several reasons including fear of injury, fear of lack of safety and security factors, fear of the effect of colleagues, loss of psychological support. (25: 203) (1: 129) (44: 2)

Through the work of the researcher as a faculty member in the Faculty of Physical Education - Assiut University and its interaction with students with physical disabilities within the Department of Physical Fitness and the Cultural Center for the Blind inside Assiut University, and through the researcher's supervision of this category that represents the research sample, the researcher has observed a decrease in the level of student performance in the basic skills of swimming sport in spite of the use of effective methods to display the skill and the performance of the model in an ideal way and the opportunity to repeat the performance more than once, there are many students who feel fear and dread from the performance of these skills and the researcher may refer this to many factors, including fear of injury or Failure to perform or loss of psychological and moral support, which negatively affects the technical level of students.

There are results of some studies that confirm this, such as the study "**Azza Hussein Zaki**" (2003) (17), the study "**Fathia Madih Abdel-Fattah Salem**" (2008) (22) and the study "**Muhammad Hosni Zain Al-Abidin**" (2011) (32), The study "**Asma Hussein Ali Mustafa**" (2016 AD) (5), the study "**Gilan Hisham Ahmad Abu Saleh**" (2016 AD) (10), the study "**Asma Mahmoud Al-Saeed Metwally**" (2014) (6) where it indicated that psychological counseling contributed to The development of positive thinking, as well as the use of psychological counseling programs, led to an improvement in the variables covered by each study, as it emphasized that the psychological counseling program has a positive effect on modifying attitudes towards the practice of extra-curricular activities.

That the researcher was invited to carry out this study because of its importance in helping workers in the sports field to advance and advance the level of technical and skill performance among beginners in general and for the physically handicapped in particular by revealing psychological manifestations resulting from the fear of learning sports skills and working to reduce them to achieve the best results.

#### **Importance and need for research:**

- To shed light on psychological counseling programs in the sports field.
- Directing the swimming coaches' attention to the fear associated with the physically disabled as a psychological factor delaying the learning process.
- This study may contribute to developing training programs in the Swimming Federation.

Swimming coaches may help to use the fear measure of the physically handicapped person in the sport of swimming to identify the accompanying psychological aspects during the education and training process

- To the knowledge of the researcher, the scarcity of studies dealing with the treatment of fear problem among the physically handicapped in learning to swim.

#### **The aim of the study:**

This study aims to build a psychological counseling program and know its effect on reducing the level of fear among the physically handicapped in learning to swim.

#### **Hypotheses of study:**

- Design a suggested psychological counseling program to reduce the level of fear among the physically handicapped in the sport of swimming.
- There are statistically significant differences between the pre and post measurements averages in the level of fear in favor of the telemetry among the physically handicapped in the sport of swimming.

#### **Some terms included in the study:**

##### **Counseling program:**

It is the plan that includes several activities aimed at helping the individual be behavioral foresight, awareness of his problems, training him to solve it, and facing fear and

taking the necessary decisions regarding it. This aspect is important towards exploiting the capabilities of the individual and developing his abilities and skills (27: 80.)

#### **Psychological Counseling:**

It is a procedural process aimed at helping athletes to understand and analyze their preparations, capabilities, inclinations, needs, potentials, and different problems, and to use that knowledge in making appropriate decisions in a way that achieves them a balance. (7:14)

#### **The fear:**

The inability of the individual to learn the skills of the sports activity practiced during training, due to the presence of several obstacles and problems, and this results in a feeling of some disturbances, loss of psychological and social support. (26:13)

#### **Previous studies:**

##### **First: Arabic Studies:**

- 1- A study by "Gilan Hisham Ahmad Abu Saleh" (2016 AD) (10), where the study aimed to identify the effectiveness of an educational counseling program to reduce the intensity of fear of the professional future in the sports field, and the researcher used the experimental approach for one group, and the sample included (48) students A student at the Faculty of Physical Education, Mansoura University, and one of the tools for collecting personal interview data and a measure of professional future anxiety is the preparation of the researcher and the proposed counseling program, the preparation of the researcher.
- 2- The study of "Asma Hussein Ali" (2016 AD) (5), where the study aimed to identify the impact of a counseling program on the psychological struggle of high school pupils, and the researcher used the experimental approach to design the one group, and the research sample consisted of 15 students at the secondary stage at Delta International School of Languages from the students Practices for sports, and among the tools I used to collect data is the psychological conflict scale, prepared by the researcher and the psychological counseling program, prepared by the researcher, and the researcher concluded that the psychological counseling program has resulted in a reduction in the level of psychological conflict among female students in sports practices.

##### **Second: Foreign Studies:**

- 1- The study "Kristin Davies" (2012) (38). The study aimed to know the effect of routine intervention on competition anxiety, confidence and performance for young swimmers, and the researcher used the experimental approach for one group using pre and post measurement, and participants in this study (4) Young female swimmers aged 12-16 years, participants received a routine intervention of competition which is mental perception, positive self-talk, relaxation, and deep breathing technique. The researcher conducted a questionnaire and a personal interview for the participants, and the researcher noticed a positive improvement on anxiety and self-confidence.

#### **Search procedures:**

#### **Study Approach:**

The researcher used the experimental approach to design the one group with pre- and post-measurement to suit it with the nature of the research. The researcher conducted the pre measurements before applying the program to all members of the sample and then the post-measurement after completing the application of the proposed psychological counseling program.

### Study community:

The study population represented the physically handicapped students within the Department of Fitness and the Cultural Center for the Blind at Assiut University.

### The study sample:

The study sample was chosen intentionally by the physically handicapped students inside the Department of Physical Fitness and Cultural Center for the Blind inside Assiut University, who are between (19 to 22) years old and whose number (30) is physically disabled.

- Reasons for selecting the study sample:
- Ease of contact with the research sample.
- The commitment of the individuals involved.
- Availability of tools to implement the program.
- The researcher's supervision of this sample, which represents the research sample

### 2- Moderation of the sample:

The researcher performed a moderation of the sample population in the growth variables (age, height, weight, fear)

Table (1)

Moderation of the research sample in the variables of age, height, weight and fear (n = 30)

Serial No.	Varaibl	Measure unit	SMA	Mediator	standard deviation	Modulus of convolution
1	Age	Year	15.03	15.00	0.76	0.58
2	Hight	M	1.60	1.60	4.23	0.982
3	Wight	Kg	59.07	59.00	5.55	-0.051
4	Fear	Degree	50.20	51.00	2.86	-1.508

It is clear from Table No. (1) That all the values of the torsional coefficients of the experimental study sample ranged between (1.508 - 0.982) and that these values were limited between the value of ( $\pm 3$ ), which confirms the moderation of the experimental study sample in all the selected variables.

### **Means of data collection:**

After reviewing the references of previous studies related to the subject under study, the researcher relied on a set of tools, namely:

- Interview, to take the apprentice metadata attached (2).
- The scale of fear, the Arabization and legalization of Majdi Mohammed Al-Desouki (4.)
- Expert opinion poll questionnaire on indicative techniques used in the proposed indicative program ... prepared by the researcher
- Expert opinion poll questionnaire on the psychological counseling program in terms of content and time distribution of the program .... Prepared by the researcher.
- The proposed psychological counseling program.... prepared by the researcher.

### **B- Scale of Fear:**

It was developed by Rollin Wei, and localized and legalized by Majdi Muhammad Al-Desouki, where the validity of the scale was calculated through the calculation of (Tazmati honesty - discriminatory honesty) and the stability of the scale was calculated using (re-testing - Alpha Kronbach's lab), and it consists of (32) questions that are answered and answered Examined with yes or no and the maximum degree of the scale (64) and the minimum degree (32) degrees.

### **C- Suggested psychological counseling program:**

After reviewing the scientific references and Arab and foreign studies under study, and within the limits reached by the researcher, she presented the psychological counseling program in its initial form to the experts for deletion, modification or addition to reach the final image of the program that was applied to the experimental group attached (7)

**The researcher considered that the program should be short-term for the following reasons:**

- This program is intended for the physically handicapped who want to learn to swim in order not to get bored.
- The desire to obtain immediate results that help them learn to swim.

**Fear is a psychological problem that needs treatment.**

**1- The importance of the program:**

The importance of the program lies in the following points:

- This pilot program, after its application, to help reduce the level of fear among the physically handicapped in swimming.

Several studies have shown that the presence of fear affects the learning process of the physically disabled.

Water is a strange medium for a person, so I must prepare myself so that he can deal with it.

## **2-The objective of the program:**

The psychological counseling program aims to reduce the level of fear among the physically disabled in swimming.

## **3-The foundations of preparing the program:**

After reviewing many references in the sports field as a reference number (2) (4) (22) (24) and in the field of psychological counseling as reference number (1) (2) (7) (13) (16) (21) (28), the researcher extracted some of the bases for building the proposed psychological counseling program in the following points:

- Taking into account the characteristics of the sample under study.
- The content of the program fits with its goals.
- The program is characterized by safety, continuity and sequence.
- Choose the type of indicative methods that achieve the goal of the study.
- The program includes activities that help increase directions towards swimming.
- The content of each unit is to achieve the goals set for this study.
- The indicative methods used should be appropriate to the capabilities of the physically disabled and their development characteristics.
- The tools used should be appropriate to the program content.

## **4-The stages of the counseling session (the interview)**

The mentoring session contains three phases, namely: opening, building, closing, and the three phases go through the interview, and we refer to each stage as follows:

### **Opening phase:**

The opening phase takes five minutes, where the focus is on the procedures of the session. As for the topics of the opening phase, they differ according to the objectives of the session. The most important of these topics can be listed in the following:

- Welcome members of the guiding group.
- Verify attendance of guiding group members.
- Recall what has been reached in the previous session or sessions.
- Hear members 'notes on what has been accessed.
- Review assignments agreed to be implemented in previous sessions.



- Explain the goal of the instructional session, as each session has goals that must be achieved, as they are sub-goals of the program.
- Preparing the group members to enter the second stage.

### **The construction phase:**

The construction phase takes 20 minutes, and at this stage the agreed and planned procedures are implemented, and among the roles of the psychological counselor at this stage are:

- Presentation, clarification, and interpretation of topics and procedures.
- Direct members to start discussion and practice.
- Direct members to carry out exercises specific to each session.
- Coaching session management.

### **Termination stage:**

This stage takes five minutes, during which stage the psychological counselor practices the following behaviors:

- Summarize what has been reached at the construction stage.
- Hear members' comments and inquiries.
- Clarify the assignments to be executed outside the session.
- Confirm the date for the following sessions. (27: 65 – 68)

Where the researcher adjusted the time period for the indicative process stages in proportion to the time allotted for the indicative session of the proposed program.

### **5-Indicative methods used by the researcher to implement the program:**

Psychological counseling programs are distinguished by many techniques used in their implementation, and to select the best techniques that serve the current research and are consistent with the objectives of the program and the characteristics of individuals benefiting from the program, the researcher presented these techniques to experts to choose the best ones, and Table (2) shows the percentage of arbitrators agreement on indicative techniques.

Table (2)

The percentage of expert opinions on the most important indicative methods used in Indicative program (n = 10)

Serial No,	Indicative means	Total expert opinions	%
1	lecture	9	90%
2	Discussion and dialogue	8	80%
3	Modeling	10	100%
4	role play	5	50%
5	Positive reinforcement	10	100%
6	Practice	9	90%
7	Homework	10	100%

It is clear from Table (2) that there is a high percentage of experts agreement on the most important indicative methods used in the proposed program, as the researcher satisfied 80% or more.

#### **Lecture:**

The researcher uses a set of simple scientific lectures to introduce individuals to the importance and benefits of swimming, the laws of movement in swimming and the physical properties of water, the causes of fear, the sources of fear, and the impact of fear on the learning process.

#### **Discussion and dialogue:**

The researcher uses discussion and dialogue in the counseling sessions to clarify ideas and objectives and respond to inquiries to achieve more interaction within the session.

#### **Form:**

The researcher performs a model of exercises and activities used in the program so that the participants can perform them correctly in order to achieve the goals of the mentoring session, and uses modeling not only for education, but also uses to instill confidence in the souls of the handicapped and make them feel confident of the psychological counselor's presence beside them, also uses modeling to spread the spirit of fun, play and competition So that the disabled do not feel bored of the program.

**Positive reinforcement:**

The researcher uses this method to support any positive improvement that occurs to the individuals participating in the program within the sessions.

**Practice:**

This method is represented by relaxation exercises, physical exercises and some small games, as it adds a kind of fun and happiness to the participants in the program so that they do not feel bored and upset.

**Homework:**

It includes external tasks performed by individuals participating in the program to train in the cognitive and behavioral methods that you learn during the counseling sessions. This method is also used to provide feedback to new and correct information and concepts that they learn during the counseling sessions. (22: 146, 148) (56:19)

**6-The program content:**

The psychological counseling program contains 10 counseling sessions distributed over five weeks by two sessions per week and the session time is 30 minutes, where the researcher reached this result through the following two forms:

- A questionnaire for expert opinion on the time distribution of the proposed indicative program, attached (6.)

As the form aimed to determine the total time period of the program and the number of sessions per week and the time of one session for the proposed indicative program through:

- Present the form in its initial form to the specialized experts.
- Determining the axes and elements of the psychological program through the percentage of expert opinion, and a table (3) clarifies this.
- Making amendments submitted by experts, and the researcher reached the form in its final form, attached (6)

**Table (3)**

**%Of expert opinions on the time distribution of the proposed psychological program (n = 10)**

Serial No.	Program elements	Total expert opinions	%

1	The suggested psychological counseling period is five weeks	8	80%
2	The number of advisory sessions per week is two	8	80%
3	The time for one advisory session (30) minutes.	9	90%

It is clear from Table (3), and through the percentage of expert opinions, the duration of the indicative program, the number of indicative sessions per week and the time of one indicative session were determined, as the researcher satisfied 80% or more.

A questionnaire for expert opinion on the program content, attached (5)

The psychological counseling program consists of two main parts: knowledge and psychological content.

**Table (4)**

**%Of expert opinions on the knowledge side of the proposed program (n = 10)**

Serial No.	Content	Total expert opinions	%
1	Introduction to swimming	7	70%
2	Swimming history	4	40%
3	The importance of swimming for humans	8	80%
4	Swimming benefits	9	90%
5	The reasons that cause fear among the physically disabled in swimming	10	100%
6	The laws of motion for swimming	8	80%
7	Water physical properties	8	80%
8	The sources of cognitive fear among the physically handicapped in swimming	9	90%
9	The importance of using the physically handicapped in a positive, modern swimming	8	80%

It is clear from Table (4), and by determining the percentage of expert opinions on the knowledge content of the proposed indicative program, the researcher reached the final image of the program, as the researcher satisfied 70% or more.

**Table (5)**

**%Of expert opinions on the psychological content of the proposed counseling program (n = 10)**

Series No.	Content	Total expert opinions	%
1	Getting acquainted with the researcher and the participating individuals.	10	100%
2	Small games in the shallow water area	8	80%
3	Do some physical exercises in the shallow water area	8	80%
4	Relaxing breathing exercises in the water	9	90%
5	Correct breathing exercises outside the water by lying on your back and breathing slowly	8	80%
6	Get rid of negative thoughts associated with swimming	9	90%
7	Turn negative thoughts into positive thoughts	9	90%
8	Focus on emotions related to success	9	90%
9	Think about how to make a swimming class a source of fun and happiness	8	80%
10	Training the program participants to use some motivating phrases	9	90%

It is clear from Table (5), and by determining the percentage of expert opinions about the psychological content of the proposed counseling program, the researcher reached the final image of the program, as the researcher satisfied 80% or more.

**Table (6)**

**Planned sessions of the proposed psychological counseling program**

Session number	Session title	Time	Target	Indicative methods used
First	Introduction and acquaintance	30 min.	<ul style="list-style-type: none"> <li>- The researchers and the participants should know each other</li> <li>- Give the physically handicapped an idea of the program in terms of its goals, number and time of sessions and the benefit that will accrue to them from the program.</li> <li>- To convince the physically handicapped of the importance of attendance.</li> <li>- Create motivation for the physically handicapped to attend the program's sessions and follow the instructions provided by the researcher.</li> </ul>	<ul style="list-style-type: none"> <li>-lecture.</li> <li>-Discussion and dialogue.</li> </ul>
Second	Information about the sport of	30 min.	<ul style="list-style-type: none"> <li>-Provide a brief idea about swimming.</li> <li>-For the physically disabled to know the importance of swimming.</li> </ul>	<ul style="list-style-type: none"> <li>-lecture</li> <li>-Discussion and dialogue.</li> </ul>

	tourism		<ul style="list-style-type: none"> <li>-The physically handicapped learn about the benefits that he acquires from learning to swim.</li> <li>-Create a proper theoretical framework for the physically handicapped person from the sport of swimming.</li> <li>-which creates love for the physically handicapped for swimming</li> </ul>	-A laptop display.
Third	Love to swim	30 min.	<ul style="list-style-type: none"> <li>- To develop a tendency towards swimming and water.</li> <li>- Increase the motivation of the physically disabled to learn to swim.</li> <li>- Gaining the disabled physically confident in the water.</li> </ul>	<ul style="list-style-type: none"> <li>- Modeling</li> <li>- Small games inside the water (practice).</li> <li>- Positive reinforcement.</li> </ul>
Fourth	Exercises to get rid of fear and anxiety	30min.	Helping the physically handicapped get rid of the fear of water and drowning, by using some breathing exercises in the water.	<ul style="list-style-type: none"> <li>- lecture</li> <li>- Modeling, and practice.</li> <li>- Positive reinforcement.</li> </ul>
Fifth	Anxiety from swimming	30 min.	<ul style="list-style-type: none"> <li>-For the physically disabled to know the causes of fear to which he is exposed.</li> <li>-For the physically handicapped to know how fear occurred.</li> <li>-The physically handicapped learn how to reduce the level of fear.</li> </ul>	<ul style="list-style-type: none"> <li>-Lecture.</li> <li>-Discussion and dialogue.</li> <li>-Anxiety training practice.</li> <li>-Projector</li> </ul>

Session number	Session title	Time	Target	Indicative methods used
Sixth	Water properties and swimming mechanics	30 min.	-The physically handicapped recognize the water characteristics. -For the physically disabled to know some laws of movement to which the body is exposed during swimming	- lecture. - Discussion and dialogue. - Projector (laptop)
Seventh	Positive thinking	30 min.	- Familiarizing the physically handicapped with positive thinking. - Get rid of negative thoughts gained about swimming and water. - Turn negative thoughts into positive thoughts.	- Discussion and dialogue. - Lecture. - Positive reinforcement.
Eighth	Self-assurance	30 min.	- For the physically handicapped to recognize the importance of using positive self-talk. - To test the use of positive self-talk and to know its effect on its behavior. - For the physically handicapped to get used to the use of positive self-talk and how to benefit from it.	- lecture. - Discussion and dialogue. - Positive reinforcement. - Laptop
Ninth	Cognitive anxiety	30 min.	- For the physically disabled to know the sources of cognitive fear. - Helping the physically handicapped to get rid of cognitive fear.	- lecture. - Discussion and dialogue. - Laptop
Tenth	Conclusion and evaluation	30 min.	- Reviewing the most important points covered in the program. - Do a telemetry on the fear of swimming scale - To thank the physically handicapped participants in the program for their good listening and order.	- lecture. - Discussion and dialogue. - Projector (laptop) - Anxiety scale from swimming.

### Exploratory study of the content of the proposed psychological counseling program:

The main objective of conducting the survey study is to identify the difficulties that are encountered during the application of the program content, and conduct psychometric transactions for the proposed psychological counseling program, in addition to gaining application experience, and this study was carried out from the corresponding Sunday (19/4/2019) to Sunday Corresponding to (26/4/2019) as follows:

- An exploratory study was conducted on (15) individuals (physically disabled) as a random sample before applying the program, and 3 pilot sessions were applied to them, and this study was conducted with the purpose of identifying:

The suitability of the measures used for the nature of the study sample individuals.

- The clarity of the expressions of the measures used and the time needed to answer them.

The problems encountered during the basic study.

The extent of understanding and assimilation of the respondents to the objective of the program.

- The time required to implement the program content.

### **Pre measurements:**

The pre measurements of the study sample individuals were conducted on Sunday, 2/5/2019 in the swimming pool in the Olympic Village at Assiut University, to measure the level of fear of swimming, after participating in the first swimming session where the new medium (water) is dealt with for the first time.

### **Implementation of the content of the proposed indicative program:**

The application was done, after confirming the availability of all the administrative conditions attached (No. 10) and scientific, where the application was applied to the study sample and its strength is (30) physically disabled, according to the conditions set for selecting the sample, and the program was applied in the swimming pool in the Olympic Village at Assiut University, Where the researcher meets the individuals of the sample before the start of their educational session, and after the end of the counseling session, the players participate with their teacher, who teaches them basic swimming skills.

The content of the proposed psychological counseling program has been applied in the period from corresponding Tuesday (4/5/2019) to Thursday corresponding (5/6/2019) over a period of five weeks with two sessions each week, where the implementation of one session took (30) minutes.

### **Post measurements:**

Post measurements were made on the sample under study after the completion of the psychological counseling program, on the fear scale. The scale results were corrected and the raw scales were monitored and scheduled and prepared for scientific transactions, according to the correction key prepared for that.

### **Fifth: Scientific transactions:**

After collecting data and recording the different measurements of the variables used in this research, appropriate statistical treatments have been made to achieve the goals and ensure the validity of the hypothesis upon which the study is based.

Using statistical laws as well as computers through the statistical program "Excel" and the statistical program for the statistical package for social sciences "SPSS". The data was processed using the following statistical methods:



Arithmetic mean. - Mediator.

Standard deviation. Correlation coefficient. Torsion coefficient. percentage.

Test.

The results were rounded to the nearest two decimal places, and the results were based on the level of statistical significance at the level of 0.05.

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#### Presenting and discussing the results:

Presenting the results of the second hypothesis: The hypothesis states:

- There are statistically significant differences between the pre and post measurements averages in the level of fear in favor of the post among the physically handicapped in the sport of swimming?

**Table (7)**

#### Arithmetic mean, standard deviation, and differences

**The averages, the calculated value of (t) and the improvement percentage for the fear scale (n = 30)**

Standard	Pre measurement		Post measurement		The difference between the two mediums	Calculated value of (t)	Improvement rate	indication
	S	E	S	E				
The measure of fear	43.17	3.60	28.40	3.48	14.76	16.06	34.19%	Indicccative

Table (T) value at (0.05) level

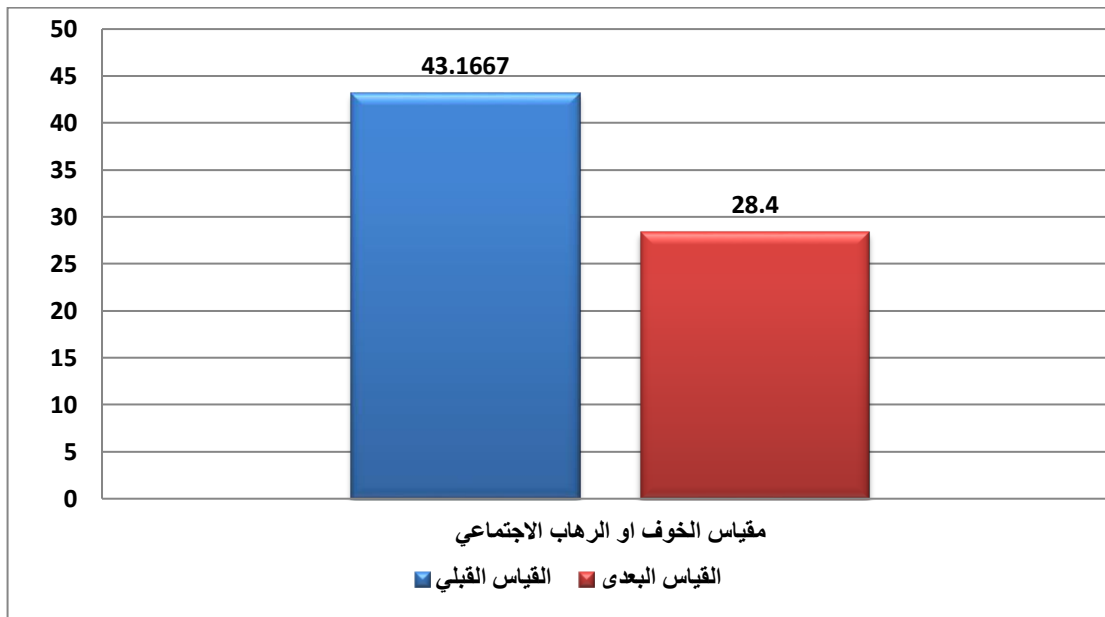


Figure (1)

#### The pre and post measurements of the fear scale

To verify the validity of the hypothesis, the researcher performed the pre-measurement using the fear scale, then applied the proposed indicative program to the research sample consisting of (30) motor impairments. After completing the program, the post-measurement was applied to the same scale, and the results came as follows:

With a study of Table (7) and Figure (12), it is clear that the value of the arithmetic mean of the fear scale in the pre measurement reached (43.17) with a standard deviation of (3.60), while the value of the arithmetic mean in the post measurement has reached (28.40) with a standard deviation of (3.48), and that The difference between the two averages was (14.76) and the calculated value of (T) was (16.06) which is greater than its tabular value at the level of its significance (0.05), and that the percentage of improvement in the research sample in the measure of fear has reached (34.19%), which indicates the presence of differences Statistically significant between the mean of the pre and post measurements of the fear scale in favor of the post measurement.

Showing what was included in Table No. (7) and Figure (1), there were statistically significant differences between the pre and post average measurements in the fear scale, where the difference between the two averages reached (40,07) in favor of the measurement, and the calculated value of (T) reached (24.61) It is greater than its tabular value at the level of significance (0.05). Also, we find that the percentage of improvement among the study sample has reached (34.19%), which indicates that the proposed psychological counseling program has a positive effect in reducing the level of fear among the physically handicapped individuals in exercising Swimming.

And the researcher attributes that difference to the effect of the content of the indicative program and the information, knowledge, training and exercises it contains that helped the physically handicapped in correcting the misconceptions they acquired during their development stages of swimming and water sport, which led to reducing the level of fear among the physically handicapped individuals participating in the program.

These results are consistent with the results of the "**Azza Hussein Zaki**" study (2003) (17), where the results of her study indicated that psychological counseling contributed to developing positive thinking in adolescents

And the researcher attributes that difference to the effect of the content of the indicative program and the information, knowledge, training and exercises it contains that helped the physically handicapped in correcting the misconceptions they acquired during their development stages of swimming and water sport, which led to reducing the level of fear among the physically handicapped individuals participating in the program.

These results are consistent with the results of the "**Azza Hussein Zaki**" study (2003) (17), where the results of her study indicated that psychological counseling contributed to developing positive thinking in adolescents.

It also agrees with the results of the studies of "**Fathia Madih Abdel-Fattah Salem**" (2008 AD) (22), "**Muhammad Hosni Zain Al-Abidin**" (2011 AD) (32), "**Asma Hussein Ali Mustafa**" (2016 AD) (5), "**Gilan**" **Hisham Ahmed Abu Saleh** "(2016) (10), where their results indicated that the use of psychological counseling programs led to an improvement in the variables covered by each study.

This is in line with the results of "**Asmaa Mahmoud El-Said Metwally**" (2014) (6) "**Meredith Smith**" (2007) (39), where she affirmed that the psychological counseling program has a positive effect on modifying the attitudes of the preparatory stage pupils towards practicing extra-curricular activities, and that is agreed With the results of the study of "**Intissar Mazhar Al-Rifai**" (2004) (8) "**Sundus Muhammad Saeed**" (2008) (12), which confirmed the development of the level of self-confidence among the players, which positively affected the level of achievement they have, "**Samir Muhanna Anad** (2009) (11), where he explained that the counseling program has a great role in understanding the rulers of psychological stress cases and how to deal with them, "**Asma Hussein Ali Mustafa**" (2016 AD) (5) "**Iman Hosni Muhammad**" (2005 AD) (9), "**Muhammad Subhi Hassanein** "(2001 AD) (33), which concluded that the counseling program led to the improvement of female

students' attitudes towards practicing summer activities. Their results confirmed that providing knowledge and information and correcting misconceptions that the individual is unaware of the variable under study helps improve positive thinking towards that variable.

The researcher also sees that the swimming instructor displaying information and knowledge about performance and the nature of the water environment helped the physically handicapped to form a good perception and frame of knowledge about swimming, as well as correcting the wrong information helped reduce their fear level, as this is consistent with the results of "**Sundus Muhammad Saeed**" (2008) (12) That emphasized the importance of the theoretical side in expanding awareness and awareness for the student, which helped reduce their level of fear and raise the level of performance.

This is consistent with what was confirmed by "**Wafika Mustafa Salem**" (2000 AD), "**Mohamed Ibrahim Eid**" (2005 AD) Information has an important role in the educational process. We cannot envision a course or unit of study without the content or knowledge content represented in specific information aimed at communicating it to the learner. Water sports include a number of facts, concepts, laws, and scientific theories that help in describing and interpreting. It is necessary to acquire their own skills, and here we should realize that it is important to introduce the learner to the interconnected knowledge system.

(87: 31) (77: 29) (125: 35) (87: 40)

The researcher attributed the decrease in the level of fear among the physically handicapped in the practice of swimming sport that the proposed psychological counseling program has contributed to the formation of a sound knowledge framework on the sport of swimming and water, as well as the program contains exercises and skills that are performed within the water that helped in developing self-confidence and increasing the motivation to learn swimming.

### **Three- Conclusions and recommendations:**

#### **A - Conclusions:**

In light of the goals and hypotheses of the research and the results reached, the following can be drawn:

- 1- There are statistically significant differences to reduce the level of fear in the research sample according to the pre and post measurements in favor of the post measurement.
- 2- The proposed psychological counseling program contributed positively to reducing the level of fear among the physically handicapped in swimming.

#### **B - Recommendations:**

Within the limits of the research community and the chosen sample, and in light of the research objectives, questions, and the results reached, the researcher recommends the following:

- 1- The necessity of applying the suggested psychological counseling program to the physically handicapped in the sport of swimming, which helps reduce the level of fear they have, which leads to the speed of their learning while providing time and effort spent by the swimming teacher.
- 2- The necessity of having a psychologist to deal with the psychological problems of the physically disabled in swimming.
- 3- The necessity of conducting similar studies using psychological counseling programs to reduce the level of fear among the physically handicapped in practicing sports that represent a danger to human life such as gymnastics and self-defense sports and others.
- 4- Using psychological counseling programs to confront psychological problems related to sports activity for people with special needs and for the beginner, budding, player, coach and referee.

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