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PSYCHOLOGICAL CHARACTERISTICS OF SPORTS COMPETITION.

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Each activity athlete psychological characteristics unique and characterized by all other types of activities Other sports, both as to the nature or contents of the components or type of activity, or for The nature of motor skills, or tactically or capacity for what should be characterized by the player

From certain psychological attributes.

The impact of competitive sports on the results of the competition, such as: victory - the defeat does not stop it extends To the educational aspect that contributes to influencing the development and the formation of athletic abilities

Different: cognitive - physical - footwork.

I have many studies the psychological impact of competitions dealt with, and mentions (Myer) that these studies have been concentrated in three main areas, namely:

- 1 Player's performance in a competitive position.
- 2 Personal consequences of participation in the competition.
- 3 Decision-making under conditions of competition process.

He adds(Myer) that's competitive position is more exciting than the non-competitive position, and By increasing the motivation that individuals will spend more effort and better performance in the position Is competitive, and this is what happens in many cases.

Psychological stress may play a vital role in the progress of the skill level, the psychological pressures

Associated with the sports competition show that athletic competition is seen as a source of despite the pressures of a test stand with a high intensity where the player shows all his experience

The abilities and through which the athlete evaluation.

Among the most important psychological characteristics of sports competitions the following points:

- 1 Enjoys sports competitions with lots of praise and encouragement, kindness and enthusiasm and empathy.
- 2 Featuring sports competitions, whether individual or collective, without which other human activities Clearly other win and defeat or success and failure effect, and associated them with all aspects of Behavioral clearly and directly.
- 3 Unique sports competitions occurrence in the presence of a large audience of viewers; it Which does not happen in many aspects of daily life, and the impact of different public sports According to psychological attributes special athlete.
- 4 Sports competitions take place in accordance with regulations and specific laws by the Union into the game Competition; resulting in determining the technical and organizational aspects for the type of sports activity, As well as the behavior of the players who commensurate with those things.
- 5 Sports competitions require the need to mobilize athlete to exert maximum physical abilities and psychological to try to record the best possible level; which contributes to the development of Psychological traits, particularly the character traits and voluntary for the athlete.
- 6 Some athletes believe that athletic competition is inherently a conflict is only aimed at winning

On others and record numbers, and forget that access to high-level sports Hand respects sought by every community, but it is not of course the only goal.

7 Shall athletic competition is only a sporting activity which is trying to achieve victory, and is based

So the self-motivated athlete only; but also on social motives, such as: raising

The team - the reputation of the club - home, as this is one of the most important forces that motivate Athlete to reach the highest levels of sports.

- 8 Sports competitions contribute to the upgrading of the personality of sports through the development of Skills and abilities and the formation of moral and volitional characteristics, and affect all mental functions And psychological, such as: cognition - attention - thinking - perception, unless required by competition Sports from using those functions to the fullest extent possible until it is in an acceptable performance Coupled with the desired or expected accomplishment.

- 9 Longer sporting competitions source of many of the changing attitudes in emotional during one competition, because they are tied to the positions of success and failure or victory and defeat.

For these respects emotional usefulness, since the effort the forces exerted by the player during the Sports competitions and associated physiological changes associated with the emotions contribute to Improve cardio respiratory capabilities as well as the various vital organs of the body.

- 10 May have to compete for sports some of the negative aspects while excessive violence that characterized Resulting in emotional disorders among the contenders, or when it takes place between competitors disagree A big difference in their abilities and skills; making the winning team limited to them, or when turn athletic competition to compete aggressively.

If what has been athletic competition in the framework of the educational foundations that stresses the need to: abide by the rules

Sports honor - to accept the decisions of the referees - fair play - humility when you win ... and others, it becomes the most important forces that drive people to the practice of physical activity, which stimulates Athlete to reach the highest levels of sports.

Sports competition requires the need to use sports to the fullest mental abilities and operations and physical to try to record the best possible level; which contributes to upgrading:

- _. Attention - perception - remember - think - perception - fantasizing