EFFECTIVE MENTAL SKILLS IN THE REDUCTION FORGETFULNESS BY THE LAW OF ARTISTIC GYMNASTIC FOR FEMALE STUDENTS OF THE FACULTY OF PHYSICAL EDUCATION AND SPORTS SCIENCE

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Abstract

Emphasis's placed on paying attention to the subject of forgetfulness as one of the factors affecting the low level of female students at faculties of physical education and sports sciences, and revealing its effect on the artistic gymnastic law by mental skills program. Used two descriptive approaches in construction a standardized test to measure the artistic gymnastic law, place its levels and the experimental approach to know the effective mental skills in reducing the forgotten information of the artistic gymnastic law. After the use of statistical methods, it appeared a clear oblivion of the information of the law for the female student and the mental skills program's a role in reducing the forgetting for the information. The experimental group after application of the program's located in fourth standard level a little forgetfulness of the law and control group at the third normative level forgets the average information of the law.

Key words: *mental training, forgetfulness, artistic gymnastic law, physical education in female students.*

Introduction

Throughout history, Scientists have been interested in the subject of forgetfulness and its impact on learning in the sense that the problem that afflicts the learners is forgetfulness. As many students face difficulties in their way of learning and their academic achievement, as storing and remembering this information is of great importance in education, and that the importance of research has necessarily identified the treatment of the subject of forgetfulness, which is one of the important factors and influence on the information of students through this research we seek to identify the role of mental skills in reducing the forgetfulness of the information of the artistic gymnastic law for female students.

Problem and aim

The information and data a person learns are forgotten, and this does not mean that the information has been wiped out of memory, but partially lost, has forgotten some of them. In this case it is clear that the information was not erased from memory, and that what happened was that it was lost for some time, because of the role of memory in the human to retain a lot of information and data that help the person to retrieve it, and through the role of researchers as specialists in physical education and professors of the article found that There is a problem in the spread of students by forgetting the information gained, and so they came to study this problem using mental skills and its role in the law of artistic gymnastics of female students.

1- construction a test of the artistic gymnastic law on the students of the third stage of the faculties of physical education and sports sciences at the University of Babel, Karbala and Qadissiya, in order to put an objective test away from the dispersion of the teachers' opinions in the difficulty and ease of the test questions the by law the artistic gymnastic.

2- Preparation of a program using mental skills to reduce the forgetfulness of the law the artistic gymnastic for female students.

3- Identify the effectiveness of the program in order to reduce   the forgetfulness of the information of the by law the artistic gymnastic.

4- Determination of the standard levels of female students in the test of the law the artistic gymnastic to determine the level of forgetfulness.

1- Research fields. 1-Human Field: Female students of the third stage of faculties of physical education and sports sciences.

2 - Spatial Field: Gymnasium artistic Hall in the Faculty of Physical Education and Sports Sciences at the University (Babel, Karbala and Qadissiyah).

3-Time Field: 25/12/2017 to 7/4/2018.

Terminology

1)Forgetfulness: "The inability or failure of the individual to recover and retrieve information, ideas and experiences that have been learned earlier in his life, or the gradual loss of what the individual has already gained from knowledge and experience" (Allam.2010, p. 55).

2) Mental skills: the necessary skill set for any logical thinking process (Ma'amar, 2006, 54).

Methods

The nature of the problem is what determines the type of approach used. Since the nature of the research problem is descriptive and experimental, two methods were used:

descriptive approach in surveying methods and standard levels in the construction of the test of the artistic gymnastic law and its measurement on the students of physical education, and the experimental method in the two experimental, and in the use of the mental skills program, to know the effectiveness of the program in reducing the forgotten information of the law Artistic Gymnastic.

The experimental curriculum was designed by applying the independent variable (mental skills program) to the experimental group (female students of the University of Babylon), while the control group applied the curriculum followed by the professor of the article (female students of Karbala University).

Community and sample research
The research community consists of female students of the third stage in the faculties of physical education and sports sciences at the University of Babel, Karbala and Qadissiya for the academic year (2018-2019) of (116) female students, according to the registration lists. The random sample of the sample was (110) female students at (94.8) %.

Means, devices and tools used in research
Scientific sources, interviews with the artistic gymnastic experts. Test the Artistic Gymnastic law; it was built for the absence of a unified test of the Artistic Gymnastic law Appendix (1). Mental skill scale to determine the homogeneity of the sample Appendix (2). Registration form for ages, lengths and weights for female students. Electronic balance for weight measurement (Korean origin). Laptop type (hp). Device display of mathematical skills and mental skills exercises of a Japanese-made type.

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Procedures for construction the test of the by Law the artistic gymnastic

Determine the target of the test
Locate the objective of the test to in measurement the information female students of physical education and sports sciences in the artistic law of gymnastic.

Setting the theoretical framework
After studying the theoretical studies and books of sports psychology, it was adopted in building the test of the artistic law of the gymnastic art on the theory of social learning being more realistic and comprehensive. Where you female student learns skills with the presence of a group of students and according to the model and information that you learn from teachers of the material and the approved educational curriculum.

Preparation of the initial wording phrases (paragraphs) the test
Through the study of scientific sources and theoretical models and previous studies that have been used in the process of building the test. The initial wording of the test words was prepared through several procedures starting from defining the phrases in line with the sample of the research and the level of educational achievement and setting instructions on how to answer them and the correction method as follows:
- Conducting individual and group interviews with female students of the third stage in the Faculty of Physical Education and Sports Sciences, including discussions on the reasons for success and failure in the study of Artistic Gymnastic, taking into account the variable of the artistic law of the gymnastic.
-Presenting open questionnaire to a sample of the same research community to answer the following questions: -Explain positions and situations that increase and decrease the forgetfulness in the artistic gymnastic.
 -What good and not good results that you think she got you by forgetting.

Determination the style of formulation phrases (paragraphs) the test. Adopted in the formulation of the test paragraphs on the method of answer from two alternatives, taking into account the following
The phrase should not be long sparse by its meaning, The phrases should not be too short and be meaningless, The phrase is subject to one interpretation, Do not use phrases that are likely to be answered by everyone with the same answer or not answered, In order not to lack the chance of comparison in front of the researcher, The phrase must be clear and understandable. Table (Law 1).

Determination validity phrases (items) of the test
The statements were presented in the first form to a group of experts and specialists in the artistic gymnastic (the number of (5) teaching the title of scientific professor), to demonstrate its validity in measuring the aim for which it was established, and to give their views on the validity, by marking ($\sqrt{}$)in front of each paragraph and under the appropriate alternative (suitable, not suitable, suitable after modification) with the setting of the amendment appropriate in the field (suitable after modification), The ostensible Validity (sincerity of the experts) was extracted for testing through the percentage and the proportion of agreement was based on (80%) or more, under these views, the percentage of agreement appeared in the number of (26) Phrases, which were relied upon in the test-building processes to perform the power of excellence and internal consistency. as shown in Table (1).

Table 1. Results of the percentage of agreement of expert opinions on the validity of paragraphs.

Phrase Numbers	Number of Phrases	Number of experts		percentage	Acceptance
		Approvers	Disagree		
1,2,4,5,8,9,10,12,14, 15, 17,18,20,22,24,25	16	5	0	%100	Acceptable
3,6,7,11,13,16,19,21, 23, 26	10	4	1	%80	Acceptable

Table (Law 1). Test the artistic gymnastic law for female students.

NO.	Phrases	The correct answer	
		Right	No
1	consists of two judges D Judgment committee	√	
2	Jogging track in the jump table(25)m	√	
3	Height of the table jumping device from the ground(135) cm.	√	
4	Absence of honor when the results were announced at the ceremony without a formal excuse from the general technical judgment punish by canceling the individual or collective arrangement of the team.	√	
5	All gymnastic devices contain (5) numbered kinetic groups numbered in Latin		√
6	Judgement committee E consists of 6 rulers	√	
7	The player spoke and the referees debated (0.30) of point.	√	
8	Stopping is longer than 2 seconds before the movements the acrobat on the ground movement device is resolved (0.10) of the Point	√	
9	The championships according to the list of the International Federation are (5) tournaments		√
10	The height of the parallel device is different heights, the first beam rises 236 cm and the second 157 cm.	√	
11	If the final deductions of the player in the tournaments at the jury are (2-2.5) the allowed difference is (0.60).(	√	
12	Uncontrolled or unsportsmanlike behavior by play is decided upon every time (0.3).	√	
13	In the competition the performance period on the ground rug up to (70) seconds.	√	
14	back somersaults. indicates III The number	√	
15	The direct landing of the player outside the area of the floor mat is deducted (0.50) of the score.	√	
16	Total instability or a complete or minor correction of a man or a weighted arm during the landing is a minor error (0.10)	√	
17	In the official championships that the D jury take their place on the shape of a ring around the jumping table machine.		√
18	In the event of verbal assistance from the coach the player decides (0.3) points	√	
19	Length of balance beam 3.88		√
20	A player's Interruption to perform without a fall is considered a big mistake to be deducted from him (0.30)		√
21	The JMNASTIC team consists maximum of (4) players		√
22	That the player's landing of the landing type C is considered a partial landing	√	
23	Of the functions of the judge E1 coordinating and monitoring the work of all members of the jury on the machine		√
24	In the official championships, the sitting of the judging committee within the jumping table device is in one line and the distance between them is small.		√
25	Degree of difficulty movements F amounting to (0.70).		√
26	Responsible for the time will be in official Championships place near committee the D.	√	

Key correction test
It is intended to establish a degree of sample response on each test phrase, and then to collect these scores to find the total score for each form using the correction key prepared for this purpose, since the correction key "is the tool by which the Researcher in detection the answers that indicate the existence of the measured result "(Allam, 2000, p. 184), as for the validity of alternatives to phrases was the proportion of the agreement (100%) by the experts. and that the degree is granted according to the type of statement and the location of the answer, the phrase whose answer is true is granted (1), the phrase whose answer is error is given (0), and that the correct answer is the number (17) with the numbers (1, 2, 3, 4, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 18, 22, 26), as for the words that are answered incorrectly, there are (9) expressions with numbers (5, 9, 17, 19, 20, 21, 23, 24, 25). Therefore, the highest score obtained by the student is (26) and the lowest score is (0), and the average of the test is estimated at (13) degree, if the degree of measurement before the program is more than the mean medium indicates high information for the sample and if after the program indicates that Little forgetfulness in the of the artistic gymnastic law of the, and the opposite is also true.

Equivalence of the sample groups for the construction of the artistic gymnastics law test
In order to know the existence of variance or lack of variance between the three researches groups in the universities of Babylon, Karbala and Qadissiya, the analysis of variance was based on the following Table (2).

Table 2. Equivalence using the analysis of variance between the research groups.

Source of Contrast	Degree of freedom	Contrast value	value (f) calculated	value (f) Standard	Statistical significance
Between totals	2	18.55	2.57	3.15	Not significant
Inside aggregates	107	34.86			

Table (Mental skill 2). Mental skill scale.

NO.	Phrases	Alternatives to answer					
		1	2	3	4	5	6
1	I can train on my sport in my mind						
2	I exercise the skill in my mind before I practiced it						
3	It is difficult to form a mental image of the skill						
4	I find it easy to feeling the movement						
5	I define my aims of training						
6	My aims are always very specific						
7	I analysis my performance after I finished the lecture						
8	I Define the aims that you have fulfill						
9	I suffering losing confidence in In regards to my performance						
10	I enter the gymnasium artistic hall with a confident intellect						
11	My confidence gradually diminishes as my performance time approaches skills						
12	The length of the lecture i maintain a positive attitude						
13	I often suffer from fear of injury						
14	I was worried what had caused myself to fail to perform the skill						
15	Let my mistakes be a concern when I perform skill						
16	Very concerned about performance						
17	I cannot focus on my thoughts while I'm doing the skill						
18	I lose my thinking when I perform the skill						
19	Unexpected noise hurts my performance						
20	Fogginess my mind easily is a problem for me						
21	I can relax before performing the skill						
22	I am very tense when performing difficult skills						
23	My ability to calm is one of my strengths						
24	I can relax in difficult situations						
25	In the tests I prepare myself for acquisition a high score						
26	I really enjoy the gymnastic art lecture						

There is no difference between the research groups because the statistical significance is insignificant. The calculated value of f is smaller than the standard value at the degree of freedom (2,107). This indicates that the information of the students in the artistic gymnastic law is close and does not indicate differences between totals. Thus the sample of the three groups is homogeneous and suitable for building upon them the testing of the artistic gymnastic law.

Results

Statistical analysis for phrases (paragraphs) - the test
The purpose of this application is to select the appropriate paragraphs and to remove the invalid paragraphs based on their distinctive power. And statistical analysis was conducted in two ways:

A) The two end groups (the distinct power of phrases): Distinctive power means "the ability of a phrase to distinguish between high level and lower-level individuals for the characterization of the phrase, and this is evidence of the genuineness of the construction" (Hanna 2011. p.55), the two end groups were used to detect the distinguishing features in the construction of the gymnastic artistic test, and the ratio adopted 27% for each group, 30 in the upper group, and the same in the lower group. After the Using (T-TEST), the results showed that the calculated (T) value is a function of the discriminant force of the paragraphs. Where the value of (T) calculated is greater than the greater than the standard value (2) at the level of significance (0.05) and the degree of the freedom between the two groups (28). Table (3).

Table 3. Coefficient of discrimination of each paragraph of the measure of forgetfulness in the style of the two end groups.

No.	Coefficient of discrimination	Statistical significance	No.	Coefficient of discrimination	Statistical significance	No.	Coefficient of discrimination	Statistical significance
1	6.732	Significant	10	4.904	Significant	19	6.654	Significant
2	5.189	Significant	11	4.781	Significant	20	4.782	Significant
3	5.664	Significant	12	5.336	Significant	21	5.945	Significant
4	4.799	Significant	13	5.338	Significant	22	6.048	Significant
5	6.046	Significant	14	6.157	Significant	23	5.057	Significant
6	5.551	Significant	15	4.493	Significant	24	5.950	Significant
7	4.531	Significant	16	3.512	Significant	25	5.511	Significant
8	5.316	Significant	17	6.180	Significant	26	5.722	Significant
9	4.860	Significant	18	4.612	Significant			

B) Coefficient internal consistency: The relationship between the degree of the paragraph and the total score of the test was calculated. The Pearson correlation coefficient was used to derive the correlation between the scores of each phrase and the total score of the test. After obtaining the results and comparing the correlation coefficients calculated by the standard value (0.44) all the paragraphs were statistically significant at level (0.05), and Table (4) shows that.

Table 4. Correlation coefficients of the scale of oblivion with the total degree of the scale.

No.	Coefficient of discrimination	significance	No.	Coefficient of discrimination	significance	No.	Coefficient of discrimination	significance
1	0.478	Significant	9	0.464	Significant	18	0.484	Significant
2	0.474	Significant	10	0.486	Significant	19	0.454	Significant
3	0,545	Significant	11	0.474	Significant	20	0.452	Significant
4	0.505	Significant	12	0.492	Significant	21	0.474	Significant
5	0.474	Significant	13	0.455	Significant	22	0.481	Significant
6	0.505	Significant	14	0.453	Significant	23	0.451	Significant
7	0.482	Significant	15	0.457	Significant	24	0.481	Significant
8	0.491	Significant	16	0.498	Significant	25	0.480	Significant
			17	0.465	Significant	26	0.484	Significant

Psychometric Characteristics for testing the artistic gymnastic law

A - Honesty of the scale

Virtual honesty was used. The test was presented to a number of experts and specialists in the field of artistic gymnastics. After collecting the results of the questionnaires, the percentage of the agreement of experts and specialists on the test paragraphs was %80 and %100.

B - Stability of the scale

For obtaining consistency, the half-split method based on the test split was used for two equal parts. The first part includes the scores of the paragraphs that carry the odd numbers, the second part includes the scores of the even numbers, the correlation coefficient (Spirman-Brown) was calculated between the test halves and the correlation coefficient value (0.74) was the difference between the two test halves, and to calculate the test stability as I hope that Pearson is used and the total stability coefficient of the test (0.84) is a reliable stability factor.

C) The equation of Kyudar and Richardson

The Coder and Richardson method is a measure of stability. The stability factor (0.82) is also a good indicator of test stability.

Preparation of the mental skills program

After analyzing the scientific sources and through personal interviews, a questionnaire was distributed in the identification of mental skills to experts and specialists in sports psychology, mathematical measurement, motor learning, and sports training. They were given the title of scientific professor (number 8), and the skills that obtained an agreement ratio of

٪ 75 Table (Mental skill 2), the program was implemented in the main section of the educational unit of the experimental group under the supervision and guidance of the researchers. The control group applied the vocabulary of the educational in the faculty.

Exploration experience
The pilot experiment was conducted on 2018/1/25 on a sample of (10) female students from the Faculty of Physical Education and Sports Sciences at the University of Qadisiya. They were randomly selected in the artistic gymnastics lesson at 10:30am. The tests of the mental skills and the terms of the artistic gymnastics law are clear and understood by the students as well as the efficiency of the auxiliary team. The time taken to answer the test is between (20-15) minutes.

Main research procedures
The research procedures consisted of tribal tests and the application of mental skills on the research sample and then the post-test.

First - tribal tests
Prior to the tribal test, two definitions were introduced in the law of the gymnastic, and then the tribal tests were conducted on the students of the third stage of the Faculty of Physical Education and Sports Sciences at the University of Babylon on Tuesday (4/2/ 2018) at (10:00)am in the gymnasium, the conditions related to the test in terms of time, place, tools used, method of implementation and the supporting team has been established in order to work on providing them in the post-test.

Second - Harmonization and equivalence of the two sets of applied program
1 - Homogeneity of two research groups - The homogeneity of the sample of the experimental and control groups was determined in the variables of age, mental skills (Bahi and Gad, 2004, p. 73), performance of the skills of the artistic gymnastic (performance rate of 4skills, one skill on each device) Variables using the law of torsion coefficient and obtained the following values, table (5).

Table 5. Homogeneity of the sample in variables (age, mental skill scale, skill performance).

Statistical transactions	Age -Year	Mental skills scale degree-	Skill performance -degree
Arithmetic mean	20.87	91	5.4
Mediator	21	93	5
Standard deviation	0.82	6.8	1.6
Torsion coefficient	-0.48	-0.88	0.75

The results showed that the values of the torsion coefficient were low between (+1, -1). This indicates the average distribution of the sample members and the concentration and proximity of most of the students towards their arithmetic mean. The difference in the measurement is a small difference and does not affect the accuracy of the response. The torsion is an indication of the homogeneity of the sample of the research sample in the information of the artistic gymnastics law, since "the closer the torsion coefficient is from zero, the distribution is normal" (Ibrahim, 2000, P. 339).

2 - Sample equivalence of the two program groups - In order to determine the significance of the differences in the gymnastics variable and to ensure the equivalence of the control and experimental groups, the t-test of two independent samples was used between the two groups before and after before and after the two definitions units of the artistic gymnastics Law, as shown in Table(6).

Table 6. Equivalence of the research sample in the artistic gymnastics law.

Test the artistic gymnastics law	Control group		Experimental group		(t) Calculated	(t) Standard	Statistical significance
	Arithmetic mean	standard deviation	Arithmetic mean	standard deviation			
Before the two units the definition	8.1	0,9	8.5	0,8	0,8	2.04	Not significant
the two units the definition directly	20.4	0.6	20	0.7	0.7		Not significant

Table (6) shows the calculated values (t) of the artistic gymnastics law less than the tabular value of (2,04) at the degree of freedom (39) and the level of significance (0,05), indicating that there are no significant differences in the sense The two samples are equal in the information of the artistic gymnastics law.

Third: Application of the mental skills program
The implementation of the mental skills program on 13 Feb. 2018, with (12) educational units, each week (2) educational unit. Each unit includes one exercise for focus skill, one for visualization and one for relaxation. These exercises are applied in the main part of the unit and each mental skill Six exercises are applied and then these exercises are repeated again to enhance the role of the mental side until the end of the number of units, with the emphasis not to give or recall information related to the law of the gymnastic of the control and experimental groups to know the effectiveness of mental skills in remembering students to the law or forgetting. The program was completed on 22/3/2018.

Fourth: Post-tests
The post-test was conducted on the date of (27 | 3, 2018) at the artistic gymnastics. The test of the artistic gymnastics law was distributed after the implementation of the program and the same conditions of the tribal testing and its procedures for testing.

Statistical means
The statistical file (SPSS) was used to process data, including the following statistical means.

Arithmetic mean. Standard deviation. Mediator. Torsion coefficient. Quaider and Richardson equation. Ka 2 good match. Simple correlation coefficient (Pearson). Correlation coefficient (Spearman - Brown). Test (t) for the interrelated sample. Test (t) for two independent samples. Analysis of variance

Discussion and conclusion

Presentation, analysis and discussion of the results of the artistic examination of the artistic law

1 - Presentation, analysis and discussion of the results of the tribal and remote tests of the control and experimental groups in the artistic gymnastics law:

A comparison was made between the results of the students' tests on the technical law of the gymnastic to find out the extent to which the students forgot the information of the law.

The tribal test that was adopted was after the induction units directly and the post-test tests after the period of application of the experimental group of the program, tribal and remote groups in each group, according to the following table, table (7).

Table 7. Computational environment, standard deviations and calculated and tabular (t) values for the tribal and post-test tests of the experimental and control groups of the artistic gymnastics law.

group	artistic gymnastics law						
	Test before		Test after		Values (t)		Statistical significance
	Arithmetic mean	Standard deviation	Arithmetic mean	Standard deviation	Calculated	standard	
Experimental	20	0.7	16.9	1.1	3.5	2,09	Significant
Control	20.4	0.6	15.4	0.8	4.2		Significant

The table shows significant statistical differences between the pre and posttests in the experimental and control groups. The calculated value of (3.5) for the experimental group and (4.2) for the control group are greater than the tabular value of (2.09) and the level of significance (0.05), and this is a natural thing that the person is exposed to forget the information in the event that it is not repeated after a long period of time or when the overlap of different additional information during the learning process, the forgotten is "lack of access to retrieve some elements of information, You do not mean losing his own representation in memory "(Michelian, 2011,404). "Sport psychology is the study of thinking in sport and how that thinking affects an individual's behavior and performance in training and competition. Sport psychology focuses on teaching practical skills to athletes to enable them to develop their mental abilities to the same level as their physical abilities" (Mental Skills Training Gym Sports).

Present, analyze and discuss the results of the remote tests of the control and experimental groups in the artistic law
Here, it shows the difference in the amount of technical gymnastic information between the two groups in the post-test to know the effectiveness of mental skills in reducing the forgetting of information. As shown in table (8).

It was found that there is a significant difference of statistical significance, and for the benefit of the experimental group to obtain a greater degree of control group. The value of (t) calculated (5), which is greater than the value of the table (2,02) at the degree of freedom (38) and the level of significance (0.05), and this indicates the impact of the mental skills program to reduce the forgetfulness of the artistic gymnastics law of the members of the experimental group. One of the sources points out that the theory of overlap in forgetfulness.

This theory states that "the frequent overlap of information in the short memory during treatment or in the long memory during storage, and the large number of learning tasks and activities performed by the individual during the day disperses information stored in memory and facilitates The process of forgetting, the more information about the stimulant or the more similarities between the stimuli that the individual learns in a narrow period of time the greater the probability of forgetting "(Al-Atom, 2012, 150). This applies to students of physical education during the multiplicity of practical and theoretical lectures and the study of many laws Saliva sports information and remember it is difficult to forget happen..

Table 8. Arithmetic mean, the standard deviation and the calculated and tabular (t) values for the experimental test of the experimental and control groups in the artistic gymnastics law.

Artistic gymnastics law					
Group	Test after		Values (t)		Statistical significance
	Arithmetic mean	Standard deviation	Calculated	standard	Significance
Experimental	16.9	1.1	5	2.02	
Control	15.4	0.8			

As the password in the fight against forgetfulness "focus and attention", a skill that needs some training to be mastered, attention helps the brain to store information correctly, which facilitates the retrieval of information when needed, so it is advised not to do two tasks at the same time when the need for attention And not interrupting when learning new information, as well as dealing with anxiety and stress directly, and not give those feelings and feelings the opportunity to affect our lives and then on our mind and memory, "Individual sports performers require more performance enhancement interventions, such as standard mental skills, e.g. concentration strategies, confidence enhancement and anxiety reduction" (Paul E. Robinson 2010), "Sport psychology should be used to enhance sports performance by training the mental skills alongside the physical skills during coaching sessions"(GymSports), "results indicated that implementing the mental skills training program was associated with enhanced service performance"(Elizabeth L, Amber U 2008).

In order to give more clarity to the results of the students in the information of the artistic gymnastics law, 5 standard levels were specified, the first level was set from 0 to 5.2, the second level (5.3-10.5), the third level (10.6-15.8), the fourth level 15.9-21), the fifth level (21.2-26). Since the values of the computational classes in the equivalence of the two samples before the induction units reached 8.1 and 8.5 for the control and experimental groups, they were located at the second standard level (5.3-10.5) Conducting the induction units directly The values of their computational domains (20 and 20.4) for the experimental and control groups, and their position at the fourth standard level of (1) 5.9-21), and after the end of the mental skills program to find out which of the two groups had forgotten the information of the technical law, the values of the computational circles reached (16.9) for the experimental group their place at the fourth standard level, and the calculation of the control group reached (15.4) Standard III.

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