

The Mindfulness by Using (the Rehacom System) and its effect on the selective attention of wrestling juniors.

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- **Abstract:** The importance of research lies in identifying the two elements of mindfulness and the selective attention that effects on the beginners of wrestling (Romanian, Free) to assess their level and find appropriate solutions in the event that they have a low level, and put this data in the hands of experts, specialists and workers in the field of wrestling, especially for this age group. The research problem is evidenced by answering the following questions: What are the dimensions of mental alertness (without a sound signal, with a sound signal) and selective attention dimensions (reaction speed, reaction control) for the beginners of wrestling (Romanian, freestyle)? What is the effect of the dimensions of mental alertness (without a sound signal, with a sound signal) on the dimensions of selective attention (reaction speed, reaction control) of the beginners of wrestling (Romanian, free)? In other words, is there an effect between the dimensions of mental wakefulness (without an audio signal, with a sound signal) and selective distraction (reaction speed, reaction control)? The purpose of the study was to identify the quantities of the dimensions of mental alertness (without an audio signal, with an audio signal) and diverting selective attention (reaction speed, reaction control) to the beginners of wrestling (Romanian, free) to three sports clubs using the (RehaCom) system, and knowing the differences between the dimensions of mental alertness (without a sound signal, with a sound signal) and the differences between the dimensions of selective attention (reaction speed, reaction control), and identifying the effect between the dimensions of mental alertness (without a sound signal, with an audio signal) and selective attention dimensions (Reaction speed, reaction control). The researchers also dealt with field procedures and statistical methods after data acquisition and after unpacking them by conducting mindfulness tests, selective attention. They also presented, analyzed and discussed the results. Conclusion was made and recommendations were made in light of the conclusions reached.
- **Keywords:** statistical methods, wrestling, mental alertness, selective attention