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# A STUDY OF SOME ASPECTS OF ATTENTION AND THEIR RELATIONSHIP WITH THE SPIKING FOR JUNIOR PLAYERS OF KURDISTAN REGION IN VOLLEYBALL

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## Abstract

The volleyball game is a games that needs a lot of time and perseverance to be learned, therefore preparing volleyball player requires more effort to get him to the advanced levels.

The research aims to:

1. getting to know some aspects of attention (intensity, concentration and diversion of attention) of Juniors Volleyball players in clubs of Kurdistan Region .
2. getting to know the skills of spiking in volley ball for Juniors Volleyball players in clubs of Kurdistan Region .
3. getting to know the relationship of some attention aspects (intensity, concentration and diversion of attention) with the skill of spiking in volleyball of Juniors Volleyball players in clubs of Kurdistan Region .

Through the presentation of the results, analyzing and discussion them the researcher has reached to the following:

1. There is a significant correlation relationship between attention intensity and the two tests of diagonal and linear spiking accuracy in volleyball .
2. There is a moral correlation relationship between attention concentration and the two tests of diagonal and linear spiking accuracy in volleyball.
3. There is significant correlation relationship between attention diversion and the two tests of diagonal and linear spiking accuracy in volleyball.

**Keywords:** Relationship. Spiking. Junior. Kurdistan. Volleyball

## 1. INTRODUCTION

The right preparation based on the scientific basis is the basic foundation which the modern countries depend on it in order to achieve Superiority in the field of sports through a remarkable achievements in various kind of sports, thanks to reliance on scientific methods and techniques in sport training such as regular and systematized training based on scientific principles which led to the improvement of physiological and physical variables that were the basis which enabled the athlete to reach the highest level in the sports leagues.

Choosing the right individual for any the type of sport activity is the first step to get to the level of the tournament, so it turned specialists in different kind of sports activities in to determine the necessary specifications for each activity separately which helps choosing the athlete according to a specific scientific foundations in order to reach high levels of sports.

The volleyball game is a games that needs a lot of time and perseverance to be learned, therefore preparing volleyball player requires more effort to get him to the advanced levels, it was necessary to use methods and tools that raise the motivation of the learner towards learning and innovation through some interesting and entertaining workouts and suitable for the nature of the game until the coach succeed in achieving his goals, the game experts believe that the reasons that prevent players from mastering the basic skills of volleyball is doing what is Inappropriate to their interests and preferences and their willingness, therefore training must be appropriate for their interest and urging them to master the game, so the player needs a continuous training and motivation and concentrate his attention during the training units, there are many requirements to accomplish sports achievement including, physical and skill specifications and psychological abilities, there are many manifestations of psychological abilities, one of them is the attention and one of the most important aspects of the attention is attention diversion and attention concentration which they have an active role in executing the spiking skill in volleyball.

The importance of the research is studying the attention concentration and attention diversion and their relationship with spiking in volleyball.

The volleyball game is one of the most popular games in the world, as it witnessed a great improvement in performance through the increased interest by trainers and researchers in the field of improving the comprehensive training programs, directing the individual to the type of physical activity which is suitable for his preparations and ability increases the possibility to reach the high levels of sport, and also contributes in the same direction the amount of accurate knowledge of the effectiveness of the training on the growth of these preparations through the psychological aspects of the player that is no less important than sports skills and physical abilities, it is important that coach should be interested in it too.

The researcher has noted that there is a clear lack of performance of spiking through follow-up matches, the performance is not in the required level as a result of weakness in some aspects of attention that require concentration and diversion in the attention on the body and the arm of the player who is doing the spiking in volleyball to determine the direction of the ball and minimize the opportunity of blocking it, so the researcher directed all of his interest in this problem through the psychological aspects that are not less importance than the other aspects, note that there are many researches dealt with the physical and functional aspects while the psychological aspect did not have the same interest in research, study and interpretation.

The research aims to:

1. getting to know some aspects of attention (intensity, concentration and diversion of attention) of Juniors Volleyball players in clubs of Kurdistan Region.
2. getting to know the skills of spiking in volley ball for Juniors Volleyball players in clubs of Kurdistan Region.
3. getting to know the relationship of some attention aspects (intensity, concentration and diversion of attention) with the skill of spiking in volleyball of Juniors Volleyball players in clubs of Kurdistan Region.

**research procedures:**

**research methodology:**

Descriptive method has been used in a way of the matrix correlation for its suitability with the problem of the search.

**research sample:**

The research sample was chosen intentionally, which was 42 players of volleyball representing (4) Clubs in the Kurdistan Region in the sports season 2014-2015, while (6) players were chosen as a sample for the pilot study

**Research devices and tools:**

the researcher used (Arabic and foreign references, personal interviews, Referendum form for experts about the identifying the most important psychological indicators, data sheet to collect the tests results being used in the search, Internet, (4) volleyballs, light and audio diversion device and (4) stopwatches).

**research procedures**

**Determine the most important attention aspects: -**

In order to identify the most important aspects of attention it has been showed a questionnaire Form to a number of experts and specialists in Volleyball, psychology and tests and measurement, Then all the data were collected and took the aspects that have achieved ratio (75%) or above as you can see in table (1) so the aspects are (intensity, concentration and diversion of attention).

**Table (1)Shows the most important aspects of the tests by experts and specialists**

	aspects of attention	Percentages	Candidate aspects
1	Distribution of attention	60%	
2	attention concentration	80%	✓
3	The stability of attention	30%	
4	the intensity of attention	90%	✓
5	Picking of Attention	10%	
6	Attention diversion	90%	✓
7	Size of attention	20%	
8	Attention distraction	20%	

**Borden- Onvemuv test to measure the attention**(.Ahmed Mohammed Khater and Ali Fahmi elbieg: 1978. 492) :



It is a test for athletes used to measure five aspects of attention, which are, (intensity, concentration, distribution, diversion and stability) and is used to measure the level of attention of the players and when choosing a junior player at the training centers, the scale is a form contains (31) lines of arabic digits, each line contains (40) digits and thus the test has (1240) digits and the digits in each line are in groups placed in standardized way, each of which consists of (3-5) digits in a different arrangement to ensure that it would not be saved by the player

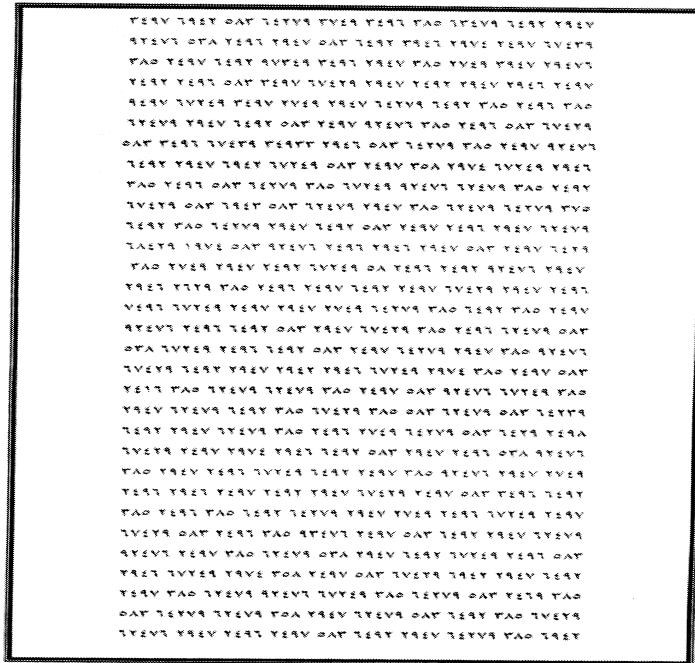


figure (1) Attention intensity test

**Attention Intensity test:**

- Purpose: to measure the attention intensity of junior player.
- Tools: scale form, stopwatch, and a pen.
- Procedure: When word (start) is being heard the player starts to take the test at the same time the stop watch starts ticking, the player searches and writes-off of number (97), line after line and from left to right.
- Conditions: test time is one minute, and when the word (stop) is being heard the player puts a mark next to the reached digits.
- Calculating the results: extracting the following :-

**attention intensity:  $A \times E$**

**A :** Overall size of the seen part of test (the amount of digits that have been seen) from the beginning till the STOP word .

**S :** The number of digits that should be written off in the seen part.

**B :** The number of errors in general (the number of digits that did not write-off plus the number of digits that mistakenly written off ).

**E :** Work equation

$$\frac{(S - B) \times 100}{S} = E$$

**Attention concentration Test :**

- Purpose: to measure the attention concentration of the junior player.

- Tools: light and audio distraction device, scale form of attention, stopwatch and a pen.
- Procedure: the same system that used in measuring the attention intensity, but when the start signal is given, the distraction device gives a flash of light each (5 seconds) and a sound each second ( 60 time per minute) , The device is placed one meter away from the player with his eyes level
- Conditions: When the word (stop )is being heard the player puts a mark at the end of written off digits and the distraction device turns off automatically.
- Calculating the results:
  - the results of measuring the attention intensity in quiet case = **U1**
  - the results of measuring the attention intensity in distraction case = **U2** - Concentration = the difference between the quiet case and the distraction case.

**Attention concentration is  $B = U1 - U2$**

**Attention diversion test:**

- Purpose: To measure the attention diversion of junior player.
- Tools: form for measuring attention, stopwatch and a pen
- procedure: When the word (start)is being heard the player starts to search and write-off number (83).
- When the command (switch) is being said the player puts a vertical line and starts writing-off number (49) from where the player ended without stopping.
- When the command (switch) is being said the player puts a vertical line and starts writing-off number (83).
- When the command (switch) is being said the player puts a vertical line and starts writing-off number (49).
- When the command (stop) is being said player puts a vertical line.
- Conditions: the command (switch) is given every (30) seconds, the test time is two minutes.
- Calculating the results:
  - first intensity : the results in the first 30 seconds.
  - Second intensity: the results in second 30 seconds.
  - Third intensity: the results in the third 30 seconds.
  - Fourth intensity: the result in the fourth 30 seconds.
- Then extracting the following values:
  - N** : attention diversion
  - M** : The difference between the first and second results.
  - H** : The difference between the second and third results
  - C** : The difference between the third and fourth results.

$$M + H + C$$

$$\text{attention diversion} = N \frac{\quad}{3}$$

3

**Spiking skills tests in Volleyball :**

**First / Diagonal spiking accuracy**(Muhamad. Subhi Hassanein & Hamdi Abdel Moneim:1988:202)

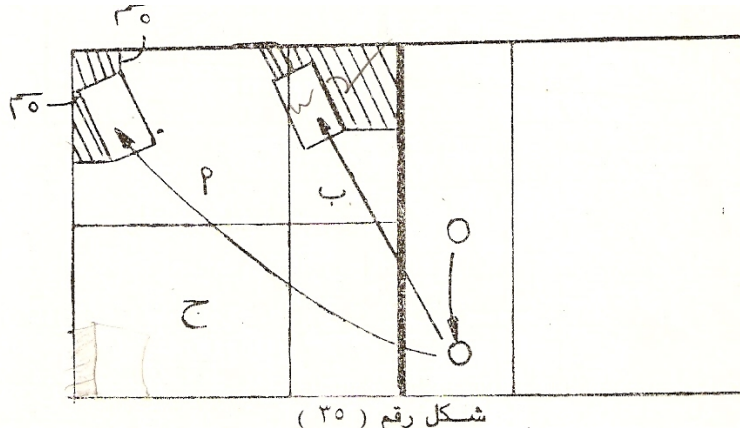
**The purpose of the test:** Measuring the accuracy of the diagonal spiking.

**Tools:** Volleyball, Volleyball field, two mattresses; one of them placed inside corner of the volleyball field 5cm away from the side and the end lines.

**Procedure:** The player spikes the ball from the center 4, after the coach **Passes** the ball from the third center using the long diagonal pass The player does 10 attempts to hit the back mattress, and then another 10 attempts to hit the front mattress, only the correct attempts would be counted in all the 20 attempts according to the rules of registration.

**scores:**

- 4 points for each correct spike when the ball falls on the mattress.
- 3 points for each correct spike when the ball falls on the lined area.
- 2 points for each correct spike when the ball falls on area A or B.
- 1Point for each correct spike when the ball falls on area c.



**Figure (2) Diagonal spiking accuracy test**

**Second / Linear spiking accuracy**(Mohamed Sobhi Hassanein Hamdi Abdel Moneim:1988:203)

**The purpose of the test:** Measuring the accuracy of spiking in straight directions.

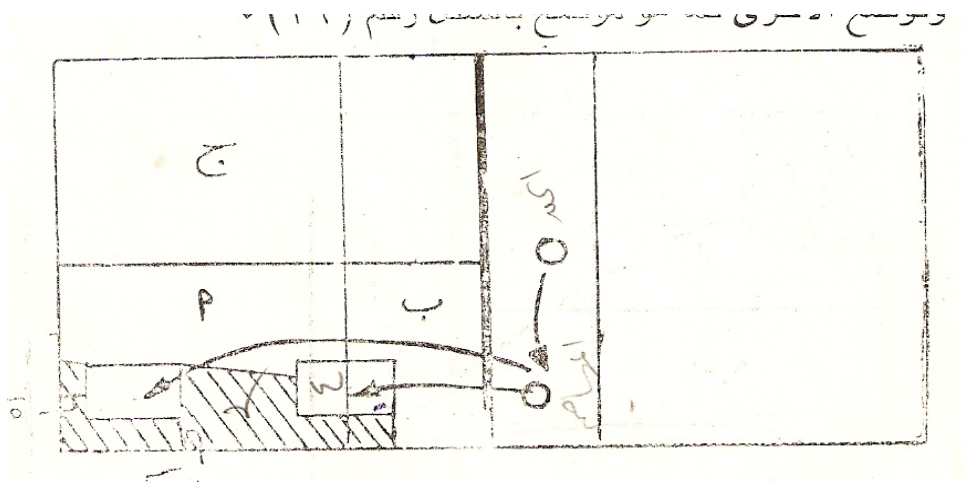
**Tools:** Volleyball, Volleyball field , 2 mattresses one of them placed in back of the field 5 cm away the side and end lines.

**Procedure:**

The player does the spiking from center 4, after the coach passes the ball from the center 3, the player does 10 attempts to hit the back mattress and another 10 attempts to hit the front mattress.

**scores :**

- 4 points for each correct spike when the ball falls on the mattress.
- 3 points for each correct spike when the ball falls on the lined area.
- 2 points for each correct spike when the ball falls on area A or B.
- 1Point for each correct spike when the ball falls on area c



**Figure (3) Linear spiking accuracy test**

**The scientific foundation of the psychological and skill indicators:**

**Test Validity :**

The Researcher Calculated the index-validity of the test that is equal to the root of the reliability factor as can be seen in the table (2) the correlation coefficient of the test is between (0.949 To 0.959) Indicating that the test is valid in measuring the aspect

**Test Reliability :**

the Researcher used the method of testing and re-testing, the test was on a sample of (6) junior players of volleyball from outside the research sample then re-testing after 4 days and then calculating the correlation coefficient between the results of the two tests as shown in the table (2) correlation coefficient shows that the test has a high degree of reliability.

**Table (2)Shows the validity and reliability of the skill and psychological indicators**

	Variables	Stability	index-validity
1	Attention intensity	0.920	0.959
2	Attention Diversion	0.914	0.956
3	Attention concentration	0.912	0.954
4	Diagonal spiking accuracy Test	0.902	0.949
5	Linear spiking accuracy test	0.904	0.950

**Test objectivity :**

After the test has been shown to a group of experts and specialists in the field of sport psychology and volleyball, testing and measurement they confirmed that the test is easy to be understood by the research sample, the Borden - Onvemuv test for attention intensity and concentration, in addition to the two tests the diagonal and the linear spiking accuracy have good objectivity as indicated by (Ibrahim Ahmed 1980) " the test with a good objectivity is the test that keeps the doubts and the lack of approval away from the test takers when applied"(Ibrahim Ahmed Salama:1980:79)

**The main Experiment:**

After the completing the scientific basis for all the research variables, the main experiment was performed on the main sample which was (42) junior player of volleyball representing (4) Clubs in the Kurdistan Region in the sports season 2014-2015.

**Statistical methods:**

Statistical methods were treated by SPSS and the following has been extracted (means, standard deviation, percentage, simple correlation coefficient of Pearson).

**2. RESULTS AND. DISCUSSION :**

**Presentation of the attention aspects and skill of spiking:**

**Table (3) Shows the means and standard deviations of the attention aspects and the skill of spiking in volleyball**

	Aspects	Arithmetic mean	Median	Standard Deviation	skewness factor
1	Attention intensity	529.023	528.500	6.508	0.241
2	Attention diversion	115.666	115	3.653	0.570
3	Attention concentration	631.976	632	3.502	- 0.020
4	Diagonal spiking accuracy test	58.476	60	4.949	- 0.923
5	Linear spiking accuracy test	59.095	59	4.011	0.071

Through the table ( 3 ) ,the arithmetic mean and standard deviations for the aspects in this research, the arithmetic mean value of attention intensity is (529.023) with a standard deviation (6.508) as the arithmetic mean value of attention diversion (115.666) with standard deviation (3.653) and the arithmetic mean value of the attention concentration (631.976) with standard deviation (3.502) while the arithmetic mean value of the diagonal spiking accuracy test (58.476) with a standard deviation (4.949) and the arithmetic mean value of the linear spiking accuracy test is(59.095) with a standard deviation (4.011).

**Correlation between the attention aspects and the skill of spiking in volleyball:**

The Researcher Extracted the relationship between the aspects of attention (intensity, diversion and concentration of attention) with the tests of spiking skill in volleyball through the use of simple correlation coefficient of Pearson , the researcher has found that all aspects of attention have significant relationship with the spiking skill in volleyball represented by the two tests of linear spiking accuracy and diagonal spiking accuracy, because all calculated values of (R) were greater than the tabulated value of (R) which is (.304) at freedom degree (40) and the level of significance 0.05, as shown in table (4).

**Table (4) shows The correlation coefficient between the aspects of attention and spiking skill in volleyball**

Variables	Calculated Diagonal spiking accuracy( R)	Significance	Calculated linear spiking accuracy ( R )	Significance
Attention intensity	0.832	Moral	0.840	Moral
Attention diversion	0.791	Moral	0.811	Moral
Attention concentration	0.827	Moral	0.825	Moral

**3. DISCUSSING THE RESULTS:**

From table (4) Its clear to us that the value of the correlation coefficient between the intensity of attention and diagonal spiking accuracy is (0.832) which it is greater than the tabular value of correlation coefficient which is (0.304) when the degree of freedom is (40) with significance level of 0.05, which indicates that there is a significant correlation relationship , while the value the correlation coefficient between the intensity of attention and the accuracy of linear spiking (0.840) which is greater than the tabular value of the correlation coefficient which is (0.304) when the degree of freedom is (40) and the significance level is 0.05, which indicates that there is significant correlation relationship too, this result that the researcher has reached that there is significance relationship between the intensity of attention and the two tests of diagonal spiking accuracy and the linear spiking accuracy in volleyball because performing any sport activities must be accompanied by the attention , but with varying degrees of attention sometimes the attention is very sharp and at other times the attention is very weak, this result compatibles with (Abdul Hamid Ahmad 1976) "during the activity, the player can direct the attention because of the activity of the nervous system, which leads to accuracy and when the player is not in his activity case the nervous system is inactive which leads to the lack of (Abdul Hamid Ahmed:1976:228) As it can be seen from the table also, The value of the correlation coefficient between the concentration of attention and diagonal spiking accuracy is (0.827) which is greater than the tabular value of the correlation coefficient which is (0.304) when the degree of freedom (40) and the significance level is 0.05, which indicates the presence of significant correlation , while the value of the correlation coefficient between the concentration of attention and linear spiking accuracy is (0.825), which it is greater than the tabular value of the correlation coefficient which is (0.304) at a degree of freedom (40) and the level of significance is 0.05, which indicates the presence of a significant correlation too.

The researcher believes that limiting the attention on a certain thing for certain period of time leads to discontinuity with what surrounding the player to do his move , the volleyball player focuses his attention on the direction of the ball that coming from the other player who prepares it to him and how he would respond with a diagonal spiking or linear spiking , toward the competitive team, and that would happen if he discontinues from what surrounding him, and this result agrees with what has mentioned by (Wajieh Mahjoub 1985), "Gathering all the ideas and the operations in one point to serve the skilled work to be achieved."( Wajih Mahjoub:1985:44) , and the result is agrees with what pointed out by (Abul Ela Ahmed and Ahmed Omar, 1986) that "concentrating the attention affects at the accuracy, clarity and mastering the technical aspects of the movement skill"( Abu Ela Ahmed Abdel-Fattah and Ahmed Omar Ruby:1986:74) <sup>(3)</sup> .

And also agrees with what has been reached by (Mohammad Hassan Allawi, 1979), "the attention concentration has important role in the field of

sports as it a significant factor in the level of performance skills"( Mohammad Hassan Allawi:1979:74) .

The result is also agrees with what has been referred by (Walid waedalla 1991), "The concentration of attention is a significant factor in the level of performance skills( Walid Ali waadalaah:1991:1959) .

As also shown in Table (4) the value of the correlation coefficient between attention diversion and diagonal spiking accuracy is (0.791) which is greater than the value of the tabular correlation coefficient which is (0.304) when the degree of freedom (40) and the level of significance is (0.05), which indicates the existence of the significant correlation relationship while the value of the correlation coefficient between attention diversion and of the linear spiking accuracy is (0.811) which is greater than the value of the tabular correlation coefficient which is (0.304) when the degree of freedom (40) and the level of significance is (0.05) which shows the existence of significant correlation relationship too, this is because the ability of the volleyball player to direct the attention quickly from one activity to another activity, the result that reached by the researcher agrees with what has been



confirmed by (Muhammad Lutfi Muhammed 1975) "that the player has the ability to direct the attention quickly from one activity to another activity with the same intensity and the ability of attention diversion is vary from player to another." ( Muhammad Lutfi Muhammed:1975:29)·

and also agrees with what referred by (Mohamed Sobhi,and Hamdi Abdel Moneim 1988), "The attention is important variable and crucial in the match , so concentrating at suitable rates and diverting the attention quickly

to a different parts of the field and according to the requirements of the performance in the match considered as important indicators of the player who has the ambition to achieve the highest levels. "( Mohammed Subhi Hassanein & Hamdi Abdel Moneim1997:391).

#### 4. CONCLUSION :

Through the presentation of the results, analyzing and discussion them the researcher has reached to the following:

1. There is a significant correlation relationship between attention intensity and the two tests of diagonal and linear spiking accuracy in volleyball .
2. There is a moral correlation relationship between attention concentration and the two tests of diagonal and linear spiking accuracy in volleyball.
3. There is significant correlation relationship between attention diversion and the two tests of diagonal and linear spiking accuracy in volleyball .

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## BALANCE AND BODY MASS RELATIONSHIP CASE" GIRLS IN MENSTRUATION PERIOD"

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### Abstract

Our experience is based on the period of grill life, exactly when they transitions from childhood to adulthood Especially in Menstruation where the girl is turning into a woman. From that, our interest based on Balance, which is the ability to maintain the body's center of mass over its base of support the complexity of the human balance system, creates challenges in diagnosing and treating the underlying cause of imbalance.

The literature reveal that, Vestibular dysfunction as a cause of imbalance offers a particularly intricate challenge because of the vestibular system's interaction with cognitive functioning in our case we have chosen our subjects visual sensitivity equal 10/10. To evaluate the correlation between body mass index (BMI) and postural balance as Relationship between the pivot base (Area of the instep) within adulthood (period of Menstruation). From that, our subjects were 15 middle school girls who do not practice any physical activity where their Ranging Aged located between 13.14 and their selection was intentional as condition that they Menstruation for the first time and accepted volunteered to participate in our experience for a period of one academic year. In order to observe changes caused by the period we have distributed the sample depending on the base of equation BMI, and calculation of the center gravity based on the law of the lever from the test of Balance Board . To verify the hypothesis that support:

- Which differences and relationship can be observed at the end of the school year (2014-2015) between the variables Selected for study?

From that, our aims for this study interest:

- Observing the changes caused by the period based on the data used in the experiment.
- explains the effects of the independent variable (age characteristics) on the dependent variable (the ideal weight and balance).

For that, we have chosen the analysis the correlation to compare the implementation differences and the relationship that can be observed between the variables Selected for study. Based in the results accuses and Age properties we confirm: (1) Move away from the ideal weight contributes to obesity and Flat instep; (2) There is a strong relationship between Pivot base, balance and the ideal weight (3) Incompatibility of the Tall with ideal weight contributes to the weakness of the focal base (flatness instep), which contributes to the loss of balance.

**Key words:** Balance, body mass, pivot base.

## 1. INTRODUCTION

Balance is the ability to stay upright or stay in control of body movement, in all activities, whether stationary or mobile, balance plays an important role. Some activities require static balance whereas many sports require athletes to maintain stability during highly dynamic tasks. Static balance is maintaining equilibrium when stationary, while dynamic balance is maintaining equilibrium when moving. From that (Gray Cook, 2003) confirmed the Athletic Body Balance is the first guide of its kind to show you how to train for smooth, fluid movement and prevent muscle imbalances, mobility restrictions, stability problems, and injuries.

From that we confirms that, Balance is 'the ability to retain the center of mass (gravity) of the body above the base of support with reference to static (stationary) or dynamic (changing) conditions of movement, shape and orientation .

In our case, we have chosen a period where the girls transitions from childhood to adulthood Especially in Menstruation where they are turning into a woman.

Our set came from background that the hormonal factors play an important role to disclosure obesity, from this vision we have chosen the analysis the correlation to compare the implementation differences and relationship can be observed at the end of the school year (2014-2015) between the variables selected for study based on of the classification the (BMI) index. Were, our aims interest:

- Observing the changes caused by the period based on the data used in the experiment.
- Explains the effects of the independent variable (age characteristics) on the dependent variable (the ideal weight and balance).

## 2. Material and Methods

We have chosen the Test of balance based on Balance Board Test the fig1 (a-b) Balance Board

- **Purpose:** to measure whole body balance

Equipment required a wooden balance platform measures measuring 50 x 50 x 1.5 cm, with a small 2 cm wide beam running lengthwise down the middle beneath it. Small stoppers are placed on the comers of the platform so that the board cannot tilt more than 18°. Contacts connected to a timer are placed on the underside of the platform, exactly in the middle of the left and right halves.

- **Procedure:** The participant is instructed to stand on the platform with toes pointed outward (15°) and heels 15 cm apart. The participant must try to keep the platform balanced for a period of 30 seconds. The timer stops when the contacts touch the floor. After one practice trial, the best score of three trials.

- **Scoring:** The score is the total time that neither contact touches the floor, expressed in counts (1 count = 0.3 s; 100 counts = 30). Thus the maximum score is 100 (for 30 seconds), and the higher scores indicate better performance.

- **Amendments taken in the test application:**



**fig1 (a) Stand on the Balance Board**

- The participant is instructed to stand at the edge of the platform Using the call leg in a squatting position



**Fig1 (b) Seeking his balance on Balance Board**

- Seeking its balance point of the pivot foot on the second board of the Balance Board.
- Once both feet on the Balance Board Beginning count (the chronometer.)
- The timer stops when the contacts touch the floor.
- ❖ **Observance:**
- ❖ All tests were at the end of the school year (2014-2015)
- ❖ All tests were videotaped and processing measured software Kinovea
- ❖ Calculate the Balance time
- ❖ Calculate the area of instep
- ❖ Calculate the length of the arm strength.
- ❖ The research teams' role in this study is limited to monitoring the experience and take the measures planned with the agreement of the participants.

**Data Collection**

**Subjects:**

Our experience is composed of 15 girl's school for the school year 2014-2015 who volunteered accepted to participate in order to observe changes caused by the period we have distribute the sample depending on the base of equation BMI at the end of the school year (2014-2015). The research teams role is limited to monitoring the expierence and take measures planned with the agreement of the participants

**Data Analysis:**

**Table1 (a-b) shows the BMI, area of instep, the Balance time and the length of the arm strength.**

**Table1 (a) shows the results of group with the Obese Class I (Moderately obese)**

BMI	area of instep	the Balance time	the length of the arm strength
30.3	33	10	11
31.8	32	16	15
32.8	31.5	14	16
31	32.58	13	12
33	32.3	16	15
31.7	33.8	13	12

**Table1 (b) shows the results of group with the Normal (healthy weight)**

BMI	area of instep	the Balance time	the length of the arm strength
23.99	26.16	24	26
24.7	24.04	25	25
24.55	23.04	26	24
24.87	23.01	26	24
25	24.8	27	23
24.64	24.5	26	24
24.71	23.22	28	22
24.66	24.03	27	23

Through the results table 1(a-b) the BMI shows two groups the group with the Obese Class I (Moderately obese) and the group with the Normal (healthy weight).from that our results are conformed with (M. Lee D. Vliet, 2001) BMI uses a mathematical formula that includes both your height and weight. BMI is calculated by taking your weight in kilograms divided by height in meters squared ( $BMI = kg/m^2$ ) where (Paresh Prabhakar Pamat M.B.BS, 2008) classified our results in his Table 3 were he provides details about the body mass index categories used by different studies While (Christopher D. Still, 2007) confirm that the BMI is very important vital sign which can determine obesity where (Howard C. Ansel, 2012) It advised to use this measure as easy and accessible to all.

From the above we conclude our discussion we rely on the opinion (Heather Hedrick Fink,Alan E. Mikesk, 2013) Body Mass

Index Classifications BMI (kg/m<sup>2</sup>) Classification ,18.5 Underweight 18.5–24.9 Normal weight 25.0–29.9 Overweight 30.0–34.9 Obesity class I 35.0–39.9 Obesity class II \$ 40 Obesity class III .

For (Dennis Caine, Laura Purcell, 2015) in their study conclude they are strong relationship between BMI and sport injury where (Tony Fahey, Liam Delaney, Brenda Gannon, 2005) set the lack of the participated of sport they are becoming obese. In our case we explain in Puberty, which contributes to increase the hormonal glands were his factors play an important role to disclosure obesity.

### 3. Results and Discussion:

**Table 2 shows the Correlations of the Total Measuring values of the Variables in order to study for the group with the Obese Class I (Moderately obese)**

Variables		ideal weight	Area instep	Score time balance	arm strength
ideal weight	Pearson Correlation	1	-.525	.794	.878*
	Sig. (2-tailed)		.285	.059	.021
	N	6	6	6	6
Area instep	Pearson Correlation	-.525	1	-.522	-.824*
	Sig. (2-tailed)	.285		.288	.044
	N	6	6	6	6
Score time balance	Pearson Correlation	.794	-.522	1	.814*
	Sig. (2-tailed)	.059	.288		.049
	N	6	6	6	6
arm strength	Pearson Correlation	.878*	-.824*	.814*	1
	Sig. (2-tailed)	.021	.044	.049	
	N	6	6	6	6

\*. Correlation is significant at the 0.05 level (2-tailed).

Through the results table 2 All comparisons are for the benefit of arm strength from that we conclude that :

- Correlations arm strength & Ideal weight is strong positive were More Heavy force Less Arm strength Balance Board.
- Correlations arm strength & Area instep is strong negative were More Heavy force Contribute to flatten instep
- Correlations arm strength & Score time balance is strong positive were Any imbalance in the distribution of body mass Requires Greater strength The body's own balance on Balance Board

**Table 3 shows the Correlations of the Total Measuring values of the Variables in order to study for the group with the Normal (healthy weight)**

Variables		Ideal weight	Area instep	Score time balance	arm strength
Ideal weight	Pearson Correlation	1	-.673*	.741*	-.741*
	Sig. (2-tailed)		.047	.022	.022
	N	9	9	9	9
Area instep	Pearson Correlation	-.673*	1	-.679*	.679*
	Sig. (2-tailed)	.047		.044	.044
	N	9	9	9	9
Score time balance	Pearson Correlation	.741*	-.679*	1	-1.000**
	Sig. (2-tailed)	.022	.044		0.000
	N	9	9	9	9
arm strength	Pearson Correlation	-.741*	.679*	-1.000**	1
	Sig. (2-tailed)	.022	.044	0.000	
	N	9	9	9	9



\*. Correlation is significant at the 0.05 level (2-tailed).

\*\* Correlation is significant at the 0.01 level (2-tailed).

Through the results table 3 All comparisons are for the benefit of arm strength from that we conclude that :

- Correlations arm strength & Ideal weight is strong negative were Equal force and resistance on Balance Board It requires to tuning balance of the body's own.
- Correlations arm strength & Area instep is strong positive were less area instep Contribute to More Heavy force.
- Correlations arm strength & Score time balance is strong negative were the ideal distribution of body mass and breadth of the focal Base Contribute to the Increase of the body's balance on Balance Board This explains the relations connectivity Among of the other comparisons.

#### 4. Discussion and Conclusion of our experience:

##### **For the group with the Obese Class I (Moderately obese)**

Our results are conformed to (Christopher Duggan (MD.), John B. Watkins, W. Allan Walker, 2008) **that the** practice of the Physical activity has a relation with energy intake and body fat in 8- and 13-year-old children in Sweden where (Thomas A. Wadden, Albert J. Stunkard, 2002) explain the phenomena that the energy balance equations are The balance between energy intake and energy expenditure which determines energy stores. from that we confirm Our set background that the hormonal factors play an important role to disclosure obesity which has a ratio of weight to height is known as the body mass index (BMI). People who are overweight might have too much body weight for their height. People who are obese almost always have a large amount of extra body fat in relation to their less balance (Barry Leonard, 2009) in our case we explain it in :

- Correlations arm strength & Ideal weight is strong positive were More Heavy force Less Arm strength Balance Board.
- Correlations arm strength & Area instep is strong negative were More Heavy force Contribute to flatten instep
- Correlations arm strength & Score time balance is strong positive were Any imbalance in the distribution of body mass Requires Greater strength The body's own balance on Balance Board

##### **For the group with the Normal (healthy weight)**

We explain the phenomenon in the limit of our study in The regulation of body weight composer that they can be considered as a homeostatic system characterised by a strict balance between caloric intake and energy expenditure (Giovanni Mantovani, 2007) for our sample we explain it in :

- Correlations arm strength & Ideal weight is strong negative were Equal force and resistance on Balance Board It requires to tuning balance of the body's own.
- Correlations arm strength & Area instep is strong positive were less area instep Contribute to More Heavy force.
- Correlations arm strength & Score time balance is strong negative were the ideal distribution of body mass and breadth of the focal Base Contribute to the Increase of the body's balance on Balance Board This explains the relations connectivity Among of the other comparisons.

#### 5. Our results and recommendation:

The nature of the balance of obese girls on Balance Board is advantage typical force were the force arm is longer than the resistance arm, force is favored. Conversely, when the resistance arm is longer than the force arm, the lever favors speed and ranginess (Gymnastics Guide, 1965). for (xioyan li, 2008) confirms in his study that weights to the body could be considered as a "mechanical constraint" that should affect the ability of an individual to control balance.

For the group with the Normal (healthy weight) the nature of the balance is Lever inter-support the fulcrum is positioned between the two forces The body can be rotated around its center without moving its center forward or backward in its relationship to its (Jack Nirenstein, 2010).

In addition, we conclude this modest study with clarification of (Anne Shumway-Cook, Marjorie H. Woollacott, 2007) the ability to control our body's position in space emerges from a complex interaction of musculoskeletal and ... gravity (the vestibular system), the support surface (somatosensory system), and the relationship of our body to objects in our environment (visual system). Postural stability, also referred to as balance, is the ability to control the center of mass in relationship to the base of support.

The ability to control our body's position on Balance Board require that the Body alignment refers to the relationship of one body part to another body part along a horizontal or vertical When the vertical line from the center of gravity does not fall through the base of support, the body loses balance. (Jackie Crisp, Catherine Taylor, 2012)

At the end of the experiment we recommend(1) Move away from the ideal weight contributes to obesity and Flat instep; (2) There is a strong relationship between Pivot base, balance and the ideal weight (3) Incompatibility of the Tall with ideal weight contributes to the weakness of the focal base (flatness instep), which contributes to the loss of balance.

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## COMPARING HEALTH AWARENESS OF SOME INDIVIDUAL SPORT PLAYERS

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### Abstract

The idea of the study emerged from the problem of lack in concern with the health aspect for some individual sports which led to lack of health awareness for players of these sports. They do not have complete awareness of their health and healthy behavior. The study set the following goals to be achieved:

- To define health awareness of some individual sport players in Al Najaf Al Ashraf
- Define differences in health awareness among some individual sport players in Al Najaf Al Ashraf

In order to achieve these goals, the researchers determined population of the study consisting of some individual sport players in Al Najaf Al Ashraf for the sport season of 2014 – 2015 in the following sports: (body building, wrestling, boxing and weight lifting). They were (80) players, while the sample of the study was (60) players constituting a percentage of (75%). The researchers used the health awareness scale which aims to define the level of health awareness for the sample of the study prepared by (Abdelnasir Qaddomi: 2009). After deriving scientific principles of the scale, it was distributed on the sample of the study to reach the following conclusions:

- 1- Most individual sport players enjoy average amount of health awareness.
- 2- The comparative study resulted in distinction for the sake of body building athletes in health awareness among individual sports. Accordingly, the researchers ended their study with many recommendations they found crucial and related to solutions of the study problem.

**Keywords:** (Health awareness – Individual sports)

## 1. INTRODUCTION

It is one of their basic rights when individuals enjoy the highest level of health that can be reached as this protects them, provides healthy and psychological care, responds their various needs and requirements and helps for inclusive growth. Health is a major goal for education as health education is the first goal which everyone seeks to achieve as it is a technical process that has its educational principles and basics. It starts with childhood and continues in all stages of life. It seeks to give individuals a set of information, experience and suitable educational methods with the aim of influencing knowledge, attitudes and behaviors of individuals in addition to giving them correct health habits which help them grow correctly.

Health education is related to sport education in a close relation as both of them are concerned with developing the individual's personality in a balanced and comprehensive way. This is shown through the concept of each of them. Sport education is a part of general education with goals including developing individual's personality from all its aspects (mentally, physically, psychologically and socially). This is done through practicing sport games or activities under the supervision of a fully-aware management. As for health, it is a state of physical, psychological and social wellness and not only being free of sickness or disability. Through presenting those two concepts, it is clear that both of them are parts of general education. Thus, the interest in health awareness comes in harmony with the holistic view towards education as a tool for bringing up individuals in a balanced and comprehensive way in terms of mental, physical and psychological aspects. It can help get rid of a lot of problems faced by individuals such as their weak health awareness. The significance of the study lies in defining health awareness of individual sport players and comparing them. In addition, this study may be a start for further similar researches adopting the issue of health awareness and means of health education for players.

### Problem of the Study

Through experience of the researchers in sports and their review of some individual sport players in Al Najaf Al Ashraf, they found lack of concern in health aspect for some individual sport players which led to lack of awareness among them as well as lack of specialist medical assignments in following-up healthy aspects of players and concern with their health behavior. Thus, trainers apply training courses without any idea about players' health level or about their health attitudes which led to many

physical and functional injuries. In fact, some players raised physical efficiency in an abnormal manner during training or sport competition. This leads to increase fatigue and tiredness on operating internal functional systems which, in turn, leads to multiple complications. Therefore, the researchers decided to define health awareness and its attitudes for players of some individual sports.

**Goals of the Study:**

1. Health awareness of some individual sport players in Al Najaf Al Ashraf.
2. Define differences in health awareness among some individual sport players in Al Najaf Al Ashraf

**2. METHODOLOGY:**

The researchers used the descriptive survey method with comparison as it is consistent with the nature of the study problem.

**Population & Sample of the Study:**

The population of the study included some individual sport players in the following sports: (body building, wrestling, boxing and weight lifting). They were (80) players, while the sample of the study was (60) players constituting a percentage of (75%) as shown in the following table No. (1):

**Table (1): Number of Population & Sample of the Study**

Serial	Sport	Total number	Sample members	Sample's percentage
1	Body Building	20	15	75%
2	Wrestling	20	15	
3	Boxing	20	15	
4	Weight Lifting	20	15	
Total		80	60	

**Field Procedures of the Study:-**

**Health Awareness Level Scale:**

The researchers adopted Health Awareness Level Scale (see annex 1) that aims to define health awareness level for the sample of the study prepared by Abdelnasir Qadoumi (122:4) as it consists of (48) paragraphs to be answered by respondents due to three options: (always, sometimes and rarely). The highest degree on the scale is (144) and the lowest one is (48). In order to apply the scale, the researchers presented it (see annex 1) on a group of expert and specialists (see annex 2) in the field of sport psychology, examination and measurement for the purpose of evaluation in terms of validity in a certain position. All paragraphs' validity was confirmed and then researchers set instructions to answer paragraphs of the scale (see annex 1). Correct answers are by setting instructions that can be answered easily with correct answers. They also asserted simplicity of words, meaning clarity, validity, answer reliability, hiding real purpose of measurement and informing the respondents that their respond will be kept confidential and only for the purpose of the scientific research.

**Scientific Principles of Health Awareness Scale**

**Scale Validity:**

Validity is one of the preconditions and scientific principles of good testing. Validity means that the test measures what it was set to measure and not anything else (23:7). Scale validity was ensured through counting superficial validity after presenting the sample to a group of experts and specialists. The researchers also ensured scale validity through content validity scale which was done through logical judgment on the presence of features or abilities to ensure that whether the proposed measurement means is able to measure it actually or not. Thus, it was presented to a group of experts and specialists (see annex 2) to approve scale validity.

**Scale Reliability:**

Reliability is the scale that gives close results or the same results if applied more than once in similar conditions (145:3). In order to determine scale reliability degree, the researchers applied it through the distribution of scale on members of the exploratory trial (10 players). By determining scale validity degree extent, Pearson correlation coefficient 's equation between the first application conducted on 26/01/2015 and the second application on 08/02/2015 after distributing the scale once again after 14 days with the same conditions of the first application. Reliability degree (0.85) was obtained and its high figure shows the scale's reliability.

**Main Trial for the Health Awareness Scale:**

After determining the original sample (80 players), the scale in its final form was applied. The scale's forms were distributed by direct communication by researchers on 10/02 to 01/03/2015. They illustrated goals of the study to members of the sample with assert on crucial answers to all paragraphs of the scale honestly. Answering time ranged between 15 and 20 minutes.

**3. RESULTS: ANALYSIS & DISCUSSION:**

After completing procedures of setting the tool of the study (health awareness scale) and after completing final application of the scale on the sample of the study, the obtained data were processed, analyzed and discussed as follows:

**Health Awareness Level for Individual Sport Players:**

For the purpose of achieving the first goal of the study (to define health awareness of some individual sport), the researchers applied the scale on the main sample (80 players) in the following sports: (body building, wrestling, boxing and weight lifting). Arithmetic means and Standard Deviations S.Ds for players' responses on the scale and then determining counted arithmetic means, S.Ds, conceptual means and difference coefficient of the health awareness scale for each game separately as shown in table No. (3):

**Table No. (3): Arithmetic means and Standard Deviations S.Ds, proposed means and difference coefficient in health awareness level for respondents of the sample of the study.**

Serial	Statistical features of sports	Mean	S.D	Proposed Mean	Difference Coefficient
1	Body building	119.20	4.11	96	%3.48
2	Wrestling	110.83	4.56		% 4.11
3	Boxing	112.70	4.52		%4.01
4	Weight lifting	103.87	5.62		%5.41

**Comparing Health Awareness Level among some Individual Sport Players:**

In order to define best results in health awareness level among some individual sport players, the researchers used the F rule for contrast analysis as shown in table No. (4):

**Table No. (4): Results of the F rule for contrast analysis of health awareness level among some individual sport players**

Variable	Contrast Source	S.Ds	Freedom Degrees	The counted Value	F	Average Deviations	Significance
Health Awareness Level	Inter-group	44.61	3	8.922	27.45	27.45	Significant
	Intra-group	32.18	76	0.325			
	General		79				

**Table No. (5) Shows results of the Least Significant Difference (L.S.D) in health awareness level among some individual sport players**

Sports	Means	Mean diff. value	Counted L.S.D value	Significance
Bodybuilding – Wrestling	110.83 *119.20	8.37	8.25	Significant
Bodybuilding – Boxing	112.70 119.20	6.50		Insignificant
Bodybuilding – Weight Lifting	103.87 *119.20	15.33		Significant
Wrestling – Boxing	112.70 110.83	1.87		Insignificant
Wrestling – Weight Lifting	103.87 110.83	6.96		Insignificant
Boxing – Weight Lifting	103.87 *112.70	9.13		Significant



#### 4. DISCUSSING RESULTS:

Through results of table No (3), it was found that most respondents from some individual sport players enjoy a good level of health awareness as mean values came higher than the proposed means for health awareness scale. The researchers found that this was due to the player's care in himself and following his health matters as well as realizing how to concern in health. A player with health awareness can change incorrect habits and practices in addition to the economic outcome of his physical and mental health through professional sport career which benefits him and society. Enjoying wellbeing makes individuals physically, socially and personally consistent with themselves and with others and be able to reach self-achievement and invest his abilities as much as possible (9:1).

Tables (4, 5) showed that there are significant differences and a clear distinction in health awareness level or the sake of some bodybuilding players. The researchers found that the reason for this distinction was due to health information exchange among players and discussing their thoughts and concerns among each other. Thus, health awareness increased by the increase of participation level and cooperation among members of the single team. This health awareness has to continue as the team should participate in decision-making to achieve wellbeing for its members. This participation may reflect bearing responsibility, leadership and setting correct priorities for players as well as raising social spirit among team members and being close in the type of cooperation which provides them with general health information. This is what distinguishes them in terms of high health culture level from other sports that lack this type of intellectual closeness as players depend on themselves in getting correct information which help raise their health awareness level. Accordingly, we should bear in mind that enhancing health condition of players and raising general health levels for them and their teams will still difficult to achieve unless integrating all efforts and guiding towards health awareness. It is not possible to think of raising the level of a player's health away from awareness and knowledge of main and correct information and rules which represent the basis of forming behavior, acquire health habits and practicing tem. (128:5).

#### 5. CONCLUSIONS:

- 1- Most individual sport players enjoy an average level of health awareness.
- 2- The comparative study resulted in distinction for the sake of body building athletes in health awareness among individual sports

#### 6. RECOMMENDATIONS:

- 1- There should be a concern with health aspect of individual sport players.
- 2- There should be a concern with explaining and spreading health awareness in various sport activities and games.
- 3- It is important to define real levels of health awareness for all sports with all levels and age categories.
- 4- We should concern with the health aspect of all players such as aspects of training process.
- 5- There should be comparisons in a lot of variables of public health among all sport players.
- 6- Making other comparative studies among male and female players (due to gender variable) in all sport games.

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**Annex (1)**  
**Health Awareness Scale**

Dear player: kindly read phrases accurately and then answer them by ticking (√) for suitable options without leaving unanswered paragraphs.

Age:-                      Sport:-                      Club Name:-  
Years of Training & Playing:-                      Academic Level:-

Serial	Paragraphs	Always	Sometimes	Rarely
1	I consult a doctor when I found any sickness symptoms			
2	I stick to doctor's instructions after returning from injury			
3	I concern much in rehabilitation training after injury			
4	I care with my personal physical hygiene and wash daily			
5	I follow health journals			
6	I keep a personal health history			
7	I make a comprehensive medical examination each year			
8	I discuss specialists in general aspects of health			
9	I keep away from places of noise			
10	I avoid having sport stimulants			
11	I avoid continuous staying up for long			
12	I use medical glasses that protect me from sunrays			
13	I have fresh fruits and vegetables			
14	I have various and balanced materials			
15	I keep a suitable weight for me			
16	I have food three hours before training or the match			
17	I drink enough amounts of water during training or the match			
18	I have my food meals on time			
19	I prefer boiled food to fried food			
20	I avoid vinegars and spices			
21	I avoid drinking tea and coffee in great amounts			
22	When I buy food materials, I read instructions related to calories			
23	I wear suitable sport attire for climate during training or match			
24	I wear suitable sport shoes for the sample I represent			
25	I ensure intact devices and equipment before using them			
26	I put on shields in training or matches			
27	I avoid wearing jewels (rings, necklaces and bracelets) during training or matches			
28	I inform the trainer for my health condition frankly before training or matches			
29	I make enough warm-up before start during training or matches			
30	I stick to trainer's instruction when performing complete training			

31	I know my abilities and potential without excess in performing training to avoid injury			
32	I concern with performing extension exercises before training and warming-up at its end			
33	I grade exercises performance of physical and skill training from the easiest to the hardest			
34	I cooperate with my partners in achieving success			
35	I respect rules of the event or sport I practice			
36	I have high commitment to my team			
37	I prefer public good of my team over my personal interest			
38	I bear responsibility of my mistakes during training or matches			
39	I accept winning or loss with good sportsmanship			
40	I share good and bad moments with partners			
41	I do instructions and guide of my team captain			
42	I deal with my partners on the pitch without getting nervous			
43	I balance my temper in order not to negatively affect general performance level of my team			
44	I find suitable methods to solve problems			
45	I discuss problems with my coach and partners			
46	I take my own decisions away from psychological anxiety			
47	I accept referee judgments without being nervous even if they are wrong			
48	I express my emotions clearly and frankly			

#### Annex (2)

#### Names of Experts & Specialists who Examined Health Awareness Scale

Serial	Name	Specialization	Workplace
1	Prof. Dr. Hussein Rabea Hamady	Psychology	Faculty of Education / Babylon University
2	Prof. Dr. Yassin Elwan Ismail	Sport Education Psychology	Faculty of Physical Education & Sport Science
3	Prof. Dr. Haidar Abdelreda Tarad	Sport Psychology	Faculty of Physical Education & Sport Science
4	Prof. Dr. Haytham Hassan Abd	Sport Psychology	Faculty of Physical Education & Sport Science
5	Prof. Dr. Amal Ali Saloumi	Sport Psychology	Faculty of Physical Education & Sport Science

# PLAYERS DEVELOPING AND APPLYING A SCALE FOR THE FAVORED VALUES IN PERSONALITY OF IRAQI FOOTBALL

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## **Abstract**

Iraqi society has the highest values of generosity, courage, jealousy and altruism. Since members of the sample of this research were taken from Iraqi community, they had definitely acquired a lot of the favored values of this society. Thus, the coach should believe that football is a team game of high values and that the players should be characterized with these values and that ignoring them will lead to the team failure.

## **Problem of the Study**

The favored values in the personality of football players on a scale that helps those who are concerned with this area to prepare sport and psychology programs that suite requirements of football so as to create achievements. It is worth mentioning that this is one of the main recommendations in most conferences.

## **Aim of the Research**

1. The current research aims to develop a scale for the favored values for football players of the premier league.
2. Developing standard levels for the scale of football players in Iraqi premier league.

**Research Approach and Sample :** which was 124 players of %67.39, was intentionally selected. The sample of application was 60 players from the premier league football players in the middle and south of Iraq with 32.60%.

**Scale Consistency:** the researcher used Siberman\_Brown to find out the total stability (0.696) and that was a good indicator. Crow-Nibach alpha on 120 players was also 0.853.

## **Conclusions**

1. The scale prepared by the researcher was able to measure the favored values among players of the Iraqi Premier League football.
2. The favored values correlate with the personal traits or other variables such as intelligence, morals, patience, and generosity.

**Keywords:** Developing, Favored, personality, Iraqi, Football

## 1. INTRODUCTION

Sport psychology tries to understand behavior of those who are related to sport to make achievement in sport competition that requires much from the player like psychological perfections that determine the values that are desired and wanted socially. That is why Smith (1982 : 373) refers that values direct the behavior and are used by the individual to judge his behavior in the social framework.

Iraqi society has the highest values of generosity, courage, jealousy and altruism. Since members of the sample of this research were taken from Iraqi community, they had definitely acquired a lot of the favored values of this society. Thus, the coach should believe that football is a team game of high values and that the players should be characterized with these values and that ignoring them will lead to the team failure.

## **Problem of the Study**

It is necessary and insisting that we scientifically study the values and their effects in sport to determine the favored values in the personality of football players on a scale that helps those who are concerned with this area to prepare sport and psychology programs that suite requirements of football so as to create achievements. It is worth mentioning that this is one of the main recommendations in most conferences, symposiums and researches in sport.

## **Aim of the Research**

1. The current research aims to develop a scale for the favored values for football players of the premier league.

2 . Developing standard levels for the scale of football players in Iraqi premier league .

**Sample :** Football players of premier league clubs in middle and south of Iraq .

**Time :** From 10-10-2014 to 10-3-2015 .

**Place :** Fields of Clubs of football of the premier league in Iraq.

**Definition of Terms**

1. **Value:** White ( 1951: 90 ) defines value as the goal or the standard rule that is derived from a specific culture and be desirable .

2. **Favored Values :** are the values favored by the Iraqi society and which should be basic ones in the personality of Iraqi football players.

**Research Approach and Sample :**The approach adopted in the study was the descriptive one by the technique of a survey ( Salama , 1980 : 46 ) . The population of the study , which was 124 players of %67.39 , was intentionally selected . The sample of application was 60 players from the premier league football players in the middle and south of Iraq with 32.60% .

**Identification of Scopes and Items of the Scale of the Favored Values:** Likert Method was used to formulate 64 items in a clear way .The items were graded from the highest to the lowest level so as to avoid boredom and random answers ( Al-Zebari ,1997:4 ) .

**Discriminatory Ability of the Item :** It is the ability to distinguish between individuals with higher levels and low levels for the trait measured by the item (Show, Mavrin,1974:67) . The T-Test for two independent samples with a degree of freedom of 74 and fault of %0.05 was applied . The T –value was considered as an index to distinguish each item by comparing it to the indexed one (Edwards ,1957:153 ) which was 3 and thus ( 7) items were deleted and the final scale of the favored values was made of 39 items .

**Internal Consistency Method :** It is the criterion of selection validity because the correlation scores indicate that every item is in the course of the tests (Esawi ,1971: 46 ), where the Indexed R value is 0.232 and the degree of freedom is n-2 .

**Scale Consistency :** This means that the test was reliable , valid and stable (Bahi ,1991: 5 ) . The correlation coefficient between the single and double parts (retail midterm) was obtained and it was 0.587 and that meant stability for half of the test .Therefore , the researcher used Siberman\_ Brown to find out the total stability (0.696 ) and that was a good indicator . Crow- Nibach alpha on 120 players was also 0.853 .

**Table (1) Mean, Standard deviation, Median and Sprain coefficient of the Scale of the Favored Values**

Variable	Mean	Standard Deviation	Median	Sprain Coefficient
Scale of the Favored Values	384.23	52.36	372	0.700

**Pilot experiment:** The scale was applied to 22 players of the first – grade clubs (Navy and Al-Zubair) in 28-11-2015 and it turned out that the scale items were ready for application.

**Standard Levels:** These are the standard criteria that represent the desired purpose to be achieved for any feature (Abdel Hameed, 1994: 184 ) . The researcher chose 5 of the levels as shown in table 2 .

**Table (2) Levels and Standard Grades for the Construction Sample on the Scale of the Favored values of the Premier League Football Players**

Categories	Levels	Standard Grades	Standard Grades Modified	Number	Percentage
620 521	Very good	3 1.81	68.1- 80	46	37.09%
520 421	Good	1.8 0.61	56.1- 68	37	29.83%



420 321	Middle	0.6 0.61-	44.1- 56	20	16.12%
320 221	Fair	0.6- 1.81-	32.1- 44	11	.87%
220 124	Weak	1.8- 3-	20- 32	10	8.06%

**The Experiment :** After completing the scale of the favored values in football which was made of 39 items distributed as follows : 8 items for honesty and sincerity ( items :1,6,12,17,22,27,32,37) ; 7 items for endurance and responsibility ( items :2,8,15,19,24,29,34) ; 8 items for satisfaction and good conduct ( items : 3,9,13,16,23,28,33,38) ; 8 items for obedience and respect ( items : 4,7,10,18,21,25,31,36) and 8 items for courage and altruism ( items : 5.11,14,20.26,30,35,38) , the scale was applied to measure the main sample that consisted of 60 players of Najaf, Port, Zawra, and South Oil clubs . Grades 1-5 were awarded if the item was positive and grades 5-1 were graded if the item was negative . It is worth noting that the highest degree on the scale was 195 and the lowest one was 39 .

## 2. Discussion of Results

### - Display and Analysis of the Levels of the Scale of Favored Values of the Football Players

**Table (3) Levels and Percentages of honesty and Sincerity ; and endurance and responsibility of the sample**

Honesty and Sincerity	Number	Percentage	Endurance and Responsibility	Number	Percentage	Total Scope of the Scale	number	Percentage	Level
34-36	18	%30	29-32	17	28.33%	168-180	20	%33,33	Very good
31-33	19	31.66%	25-28	15	25%	155-167	13	%21.66	Good
28-30	13	21.66%	21-24	9	15%	142-154	11	%11,66	Middle
25-27	9	15%	17-20	11	18.66%	129-141	10	%16.66	Fair
14-26	1	1.66%	14-16	8	13.33%	120-128	6	%10	Weak

Table 3 shows that both items of honesty and sincerity; endurance and responsibility received the highest grades on the scale. The reason for this , as seen by the researcher , was that the football player was not tempted in one way or another to violate the principle of honesty. There were no incentives or motives to steal or to lie . Also , the players had high degree of both family and sport education in addition to the fact that football by itself as a sport that requires what contradicts low values as Zotov (1989 :12 ) thinks that the practice of sport influences, to a higher degree than any kind of activity , the developing of personal qualities such as self-confidence , tendency to competition and endurance . Moreover , endurance and responsibility were very important features in the personality of football players because they indicated a good and normal personality trait that could be developed by organizing the training times to allow the use of special exercises that enabled players to show strong will, patience and a sense of care for the sport fan and to do their best to sustain sport achievement.

**Table (4) Levels and Percentages of Satisfaction and Good Conduct ; obedience and respect; and courage and altruism in the Sample**

Satisfaction and good conduct	Number	Percentage	Obedience and Respect	Number	Percentage	Courage and Altruism	Number	Percentage	Level
36-38	19	31,66%	31-32	22	36,66%	39-40	24	40%	Very good
33-35	14	23,33%	29-30	11	18,66%	37-38	19	31,66%	Good
30-32	10	16,66%	27-28	13	21,66%	35-36	10	16,66%	Middle

27-29	12	20%	25-26	7	11,66%	33-34	7	11,66%	Fair
28-26	5	8,33%	23-24	7	11,66%	33-32	0	0%	Weak

**Table (4) shows that satisfaction and good conduct ; obedience and respect ; and courage and altruism all got the highest levels ( good and very good ).** The reason behind that is that the football player chose football as result of his wish and tendency to competition . Football is also a popular play in Iraq because of the joy and competition it provides . Moreover , it is a team play in which obedience , respect , cooperation and adaptation with the other players are obligatory to reach at the goals that affect the mental state of the players . Amir Saeed ( 2008 : 124 ) thinks that obedience and respect have great educational impact on the mental state which govern the player and his play mates . They show how much the players obey and respect the plan and directions of the coach in the field . Courage is also considered as an important individual quality since old times in the Arab society. Therefore, members of the sample in this study care for this trait that should be available in every football player so as to be able to confront his strong rival of the other team , the audience and the media to get rid of fear and hesitation and thus these traits may determine the result of the match .

**Table (5) Correlation coefficient, the T-Value and Level of Significance in the Resulting Relations in the Scale**

N	Type of Relation	Correlation Coefficient	T- Value		Level of significance) 00.5(
			Calculate d	tabulated	
1	Honesty and Sincerity*	0.829	2.966	3.182	Significant
2	Endurance and responsibility*	0.889	3.882		Significant
3	Satisfaction and good conduct*	0.577	3.412		Significant
4	Obedience and respect*	0.943	5.663		Significant
5	Courage and altruism*	0.543	5.238		Significant

In table (5), we find a significant correlation among the relationships in the scale due to the fact that the T- Value that was calculated was greater than the Tabulated value (3.182) with the degree of freedom of 3 and level of significance of 00.5 .

**Display, Analysis and Discussion of the differences in the Relations of the scale**

The researcher used analysis of variance , F-Value value and significance of differences between the relations of the scale to check the differences and their statistical significance .

**Table (6) Variance analysis , F- Value and Significance of differences in the relations of the Scale of the Favored Values in the sample i**

Source of Variance	degree of freedom	Total of Squares	Mean of Total of Squares	F- value		Error Percentage	Signification
				Calculated	tabulate d		
Among the groups	4	12642.783	4755.641	5.22	2.38	0.05	Significant
Inside the groups	899	87935.682	91.383				
Total	903	100578.47					

Table (6) shows that there are statistically significant differences among the relations of the scale of the favored values and to know in sake of which relation , LSD was calculated with fault percentage of 0.05 and degree of freedom of 902 .

**Table (7) Mathematical Means of Relations of the Scales of the Favored Values in the Sample and Value of the Least Significance .**

Item	courage and altruism		Honesty and Sincerity	Obedience and respect	Satisfaction and good Conduct	Endurance and responsibility
M	-	66.6	64.8	60.2	57.3	55.4
Courage & altruism	66.6		1.8	6.6	9.3	11.2
Honesty & Sincerity	64.8			4.6	7.5	9.4
Obedience and Respect	60.2				2.9	4.8
Satisfaction and good conduct	57.3				-	1.9
Endurance and responsibility	55.4					

\* Value of the least significant difference (LSD) is 0.626 .

In table (7) which represents the mean for each item in the scale and the value of the least significant , we notice that the differences were for the sake of the item of courage and altruism which got the highest mathematical mean that had an obvious effect on the players . The researcher thinks that the reason for that is that this is important to the players because their society very highly appreciate courage , altruism and all other good traits that should be available in every member of this society .

### 3. CONCLUSIONS

1. The scale prepared by the researcher was able to measure the favored values among players of the Iraqi Premier League football.
2. The favored values correlate with the personal traits or other variables such as intelligence, morals, patience, and generosity.
- 3-There are five levels to measure the favored values, and there are five items that have highly correlated . relationship.

### 4. RECOMMENDATIONS

- 1- Making use of the scale provided in this study to detect the availability of the favored values in the personalities of Iraqi players in leagues of other games .
2. Working to develop the highest values in the character of the Iraqi players to help them build their personalities and increase self-confidence .
- 3- Making use of the five levels of the scale by applying them to the samples of other team sport samples.

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APPENDIX

#	Items	Extremely agree	agree	Neutral	Disagree	Extremely agree
1	do not spend the secretariats of the players without their knowledge I					
2	I feel I have the patience and ability to lead the team to victory					
3	I know my abilities and my football capabilities and I deal with on a career basis					
4	I feel I am a successful leader as I follow the orders of coach					
5	I feel that the feature potency courage to be enjoyed by the player					
6	I maintain the secrets of the team in all circumstances.					
7	I think that respect comes from coach					
8	Be patient when I'm on the bench I					
9	I do not feel responsible to a Republican when wasting opportunities					
10	I don't like unacceptable sport behavior					
11	I feel tense and shortness of breath when facing legions public					
12	I think that the player loses his respect when he is lying					
13	Convinced the level of my performance for all league matches.					
14	Express my thoughts bravely in front of the coach					
15	I do my best in the competition in order to win.					
16	Characterized by simplicity and humility despite the high level of my performance					
17	My best play is the right an audience of football					
18	Do not allow the coach to hurt my dignity in front of the players					
19	I am not afraid of the consequences of the mistakes that reality in games					
20	My courage to make me respected in front of the audience of football					
21	I feel ashamed when I do unacceptable behavior in front of my coach.					
22	I don't say the truth when I am asked about wasting chances of winning					
23	I am organizing my day-time between training and study					
24	I do not feel weak in front of strong opponent					
25	I refuse coach directives if they affect my performance					
26	I try to help other players and spend their needs					
27	I don't lying under and circumstances					
28	Stay away from the aspiration and ambition Sports illegal					
29	Resist against severe competition without boredom or fear.					
30	I do not hesitate when implementing the penalty at critical times					
31	I always joking with my teammate in training and competition					
32	I respect the principle of honesty in Deliverance					

33	Winning and losing as a result of the nature of each player. I believe in saying					
34	Wait football matches patiently					
35	When I make an error I say it is my teammate error					
36	I think that my colleagues obeying the coach more than me					
37	I feel that the treason disease footballers should get rid of it					
38	do not complain of difficult situations quickly. I					
39	When my team is late , I try to harm the opponent					

## THE EFFECT OF A PROPOSED TRAINING COURSE TO DEVELOP SOME BASKETBALL SCORING TYPES IN AL ISKAN YOUTH CLUB

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### **Abstract**

Through continuous reviews of the researcher to previous championships, she noticed that there is a weakness and decrease in scoring performance level with its different types. This is clear through multiple failed attempts and few successful ones which showed the weakness of training and skill aspects of players for previous years and lack of concentration of trainers on scoring in training units. This asserts that there is no correct scientific methodology for skill preparation including scoring skill in order to raise their susceptibility in this skill reaching optimal performance in scoring points, winning matches and then getting top positions. The researcher set a goal for the study in order to define proposed training course to develop some types of scoring for the youth of Al Iskan basketball club and define the effect of the proposed training course to develop some scoring types of young players of Al Iskan basketball club. The researcher used the empirical method and selected the sample with the purposive way. After knowledge of the study conditions, pre-tests were conducted with direct supervision of the researcher. The application of training course (2) lasted for months. As for post-tests, the researcher conducted it with the same conditions of pre-tests and ten data were recorder for statistical processing. The study concluded that there is a development in some scoring types as a result of the effect of the used training course especially on the empirical group.

**Keywords:** Proposed Training, Basketball, Iskan, statistical processing

### 1. INTRODUCTION

Sport today is considered one of the features which express peoples' civilizations. The development in various sports emerged through the increased concern of academic researchers in the multiple sports and practical application in sport fields. Accordingly, the sport training science is based on scientific principles and basics that cannot be ignored or overlooked. Basketball is considered one of the sports that are practiced widely and occupies good positions. It became today extremely interesting and wonderful which made its practitioners desire to express their rhythmic performance. It is a wonderful mixture of multiple and various skills whether offensive or defensive to be joined to show an extremely wonderful sketch and then emerged in a more beautiful and distinct form in a team motor with technical expressions. These expressions show fans' admiration especially at scoring points with a highly accurate skill and speed by players. The scoring skill with its different types in basketball as one of the motor and offensive skills which is the basis of skilled performance in the game as all moves and skills end by scoring through the net of the opponent because this skill is the final outcome of the match result. Therefore, the significance of this match lies in developing Al Iskan basketball youth team and raising their levels to the maximum. The scoring skill occupies a great position among skills as it depends mainly on the match result. Thus, the researcher sought to prepare a proposed training course to develop the scoring skill of Al Iskan basketball youth team to raise performance level and enhance its results.

#### **Problem of the Study:**

Basketball is one of the important and common games. Through the researcher's review, it was found that there is a weakness in players' performance in previous years for Al Iskan basketball youth team. The purpose of this game is to score the biggest possible points in the net of opponents through the use of various types of scoring. Through continuous reviews of the researcher to previous championships, she noticed that there is a weakness and decrease in scoring performance level with its different types. This is clear through multiple failed attempts and few successful ones which showed the weakness of training and skill aspects of players for previous years and lack of concentration of trainers on scoring in training units. This asserts that there is no correct scientific methodology for skill preparation including scoring skill in order to raise their susceptibility in this skill reaching optimal performance in scoring points, winning matches and then getting top positions. Thus, the researcher sought to prepare a proposed training course to develop some scoring skills.

#### **Objectives of the Study:**

- 1) Define proposed training course to develop some types of scoring for the youth of Al Iskan basketball club.



- 2) Define the effect of the proposed training course to develop some scoring types of young players of Al Iskan basketball club.

## 2. HYPOTHESES OF THE STUDY:

- 1) There are statistically significant differences between pre and post-tests for the empirical group.
- 2) There are statistically significant differences between post-tests in empirical and control groups and for the sake of the empirical group.

## 3. METHODOLOGY:

The researcher used the empirical method as it is consistent with the nature of the study (the empirical method is characterized with its ability to control various factors that may affect the studied behavior) (148:2)

### Sample of the Study

The researcher selected the sample by the purposive way represented in young players of Al Iskan basketball club (16 players) among which the researcher selected 12 players as the sample (6 for the empirical group, 6 for the control group and the remaining 4 in the exploratory trial.

### The Used Scoring Tests

The researcher distributed a special form related to scoring tests and consistent with the study methodology and procedures. The form was examined by a group of experts who are specialists in the field of training and in basketball and then select tests that gained agreement percentage of 80% and more by experts and specialists.

- Scoring from stationary test (107:3).
- Normal scoring test (258:4).
- Free throw test (264:4).
- Test of scoring from jumping under the basket (108:3).

### Pre-Tests

Pre-tests for the sample of the study were conducted in Al Yarmouk Hall, Zayouna on Monday 03/11/2014 at eleven o'clock am.

### Training Course:

Through the researcher's review of available references, researches and the help of experienced trainers and professors, she managed to set the training course. The following are some details of the course:

- The training course term is 2 months
- Course term in weeks: 8 weeks
- Number of total training units: 40 units
- Time of a single training unit: 90 minutes

### Post-Tests

Post-tests were conducted after completing the training course on 30/12/2014. The researcher also conducted post-tests at the same conditions of pre-tests and two weeks before the opening of the basket youth championship for the year 2014 /2015.

### Analysis & Discussion of Results:

**Analysis & discussion of results of differences between pre and post-tests for the empirical group in some types of scoring:**

**Table No. (1) is concerned with arithmetic mean, Standard Deviation S.D, total values, total values2, T counted and tabulated values for pre and post- tests for the empirical group.**

Scoring Type	Measurement	Mean	S.D	Total V.	Total V <sup>2</sup> .	T Counted	T Tabulated	Significance Level
From Stationary	Pre-test	2.3	0.5	1.2	1.44	4.8	2.02	Significance
	Post-test	3.5	0.5					
Normal Scoring	Pre-test	5.3	1.1	1.9	3.61	4.2	2.02	Significance
	Post-test	7.2	0.7					

Free Throw	Pre-test	14	1.3	2.3	5.29	3.5	2.02	Significance
	Post-test	16.3	1.4					
scoring from jumping under the basket	Pre-test	12.7	0.8	2.6	6.76	3.9	2.02	Significance
	Post-test	15.3	1.6					

**Freedom degree is (5) and significance level is (0.05)**

Through results of statistically significant differences through pre and post-tests for the empirical group as in table (1) and in all variables of the study in some types of scoring, the researcher found that there are significant differences between pre and post-tests for some types of scoring due to effectiveness of the skill training course prepared by the researcher. The researcher noticed that scoring from stationary is preferred by players more than other types of scoring as it shortened distance collecting shooting and made it more likely to be successful than shooting from certain distances. The more the distance is, the more ball rotation will be (185:5). In addition, the researcher included the training course of scoring exercises performed in the presence or absence of opponents reaching performance of compound exercises and skills with similar conditions of the match's.

**Analysis & Discussion of Results of Differences between Control & Empirical Groups in Post Tests**

**Table No. (2) shows types of scoring styles used in the study, post-measurement for the empirical and control groups, arithmetic means and Standard Deviations S.Ds.**

Serial	Scoring Type	Group	Measure	Mean	S.Ds	Total V	Total V <sup>2</sup>	T Counted	T Tabulated
	Scoring from Stationary	Empirical	Post-test	3.5	0.5	1.3	1.69	8.1	1.81
		Control	Post-test	2.2	0.4				
	Normal Scoring	Empirical	Post-test	7.2	0.7	0.9	0.81	3.2	1.81
		Control	Post-test	6.3	0.8				
	Free Throw	Empirical	Post-test	16.3	1.4	2.5	6.25	4.8	1.81
		Control	Post-test	13.8	1.2				
	scoring from jumping under the basket	Empirical	Post-test	15.3	1.6	2.5	6.25	5.2	1.81
		Control	Post-test	12.8	0.7				

**Tabulated T 1.81 with freedom degree 11=1-12 and significance level 0.05**

Table (1) shows the T counted value in scoring from stationary which is the highest value compared with other sports used in the study as a lot of sport events approve scientific principles that achieve goals whether from movement or stationary, so developing motor skills through training reach high scoring performance on a stationary basket in some events including developing player's performance in basketball (185:6).

**1. CONCLUSIONS:**

- 1) There is a development in some scoring types as a result of the effect of the used training course especially on the empirical group.
- 2) The development of the empirical group was better than in the control group at all skill variables of the study.
- 3) The training course affected the level of players and the evidence is getting the 4<sup>th</sup> place by Al Iskan Youth Club in the Basketball Youth Championship for the season 2014 – 2015.

**2. RECOMMENDATIONS:**

- 1) Asserting to training players on all different scoring skill types.
- 2) Giving sufficient time to train on the skill of scoring as it is important in obtaining points in basketball.
- 3) Asserting that players train on the triple-shot skill as it gives more points than others in scoring skills.
- 4) Conducting researches and studies to train players on offensive and defensive skills to raise their levels.

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## THE EFFECT OF STUDENT TEACHING OF EPS ON THE SENSE OF COMPETENCE IN CLASSROOM MANAGEMENT

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### Abstract

The class handling is Nagar increasingly indispensable to the level of the training of teachers of different subjects (Hamre et al 2005), including the sport and physical education (EPS) courses. In fact, according to Perrault (2010) student teaching classroom management represents a considerable advantage and which belongs to the repository of professional skills as a competence skills at the heart of the business affecting service unit. This study is to search the effect of student teaching of EPS on the sense of competence in management of the class. The French version of the questionnaire by Perrault (2010) was used to calculate these effects. Our sample consists of 234 trainee teachers of the higher Institute of sport and physical education of Sfax who participated voluntarily in the study after a 8 month internship in different schools of the city of Sfax. The results showed a non-significant effect at p 0.05 of course on the sense of competence in classroom management. This may explain the study of Hastings (2005), which showed the difficult behaviour students cause a negative emotional reaction in the teacher who has the effect to decrease the level of feeling of competence including competence in classroom management. This can be further explained by the specificity of the discipline of EPS that has always struggled to find its identity in the school system compared to other disciplines rather than physical intellectual order (Perlebas, 2009).

**Keywords:** the feeling of competence, student teaching, classroom management

## 1. INTRODUCTION

Of independence, policymakers in Tunisia occupies a primordial way of education within the framework of a strategy based on investment in human capital in a country that suffers from lack of natural resources. Teaching internship as a subject which belongs to the curriculum of school system occupies a paramount position. This course is a theoretical application of knowledge studied. This internship represents "the fruit" of 3 years of academic training. "Evaluation of the effectiveness of training actions is today more than ever an obvious need. GERARD, F.-M. (2003). The sense of competence is among the indices to evaluate the pedagogical teaching course. Romano (1996) to "consider a sense of personal effectiveness as an indicator of the effectiveness of a training". The class handling is Nagar increasingly indispensable to the level of the training of teachers of different subjects (Hamre et al 2005), including the sport and physical education (EPS) courses.

In fact, according to Perrault (2010) student teaching classroom management represents a considerable advantage and which belongs to the repository of professional skills as a competence skills at the heart of the business affecting service unit. Despite the importance of student teaching in the training of teachers of EPS, which is the fruit of three years of academic training, but it has not yet assessed the impact of this internship on the sense of teacher competence and in particular skills needed for education. This study is to search the effect of student teaching of EPS on the sense of competence in management of the class.

## 2. METHODOLOGY:

Hypothesis:

the educational course of EPS influence the sense of competence in **in classroom management**

Population:

Our population is rhying 234 trainee teachers (95 girls and 139 boys) of the higher Institute of sport and physical education of Sfax. According to the following table:

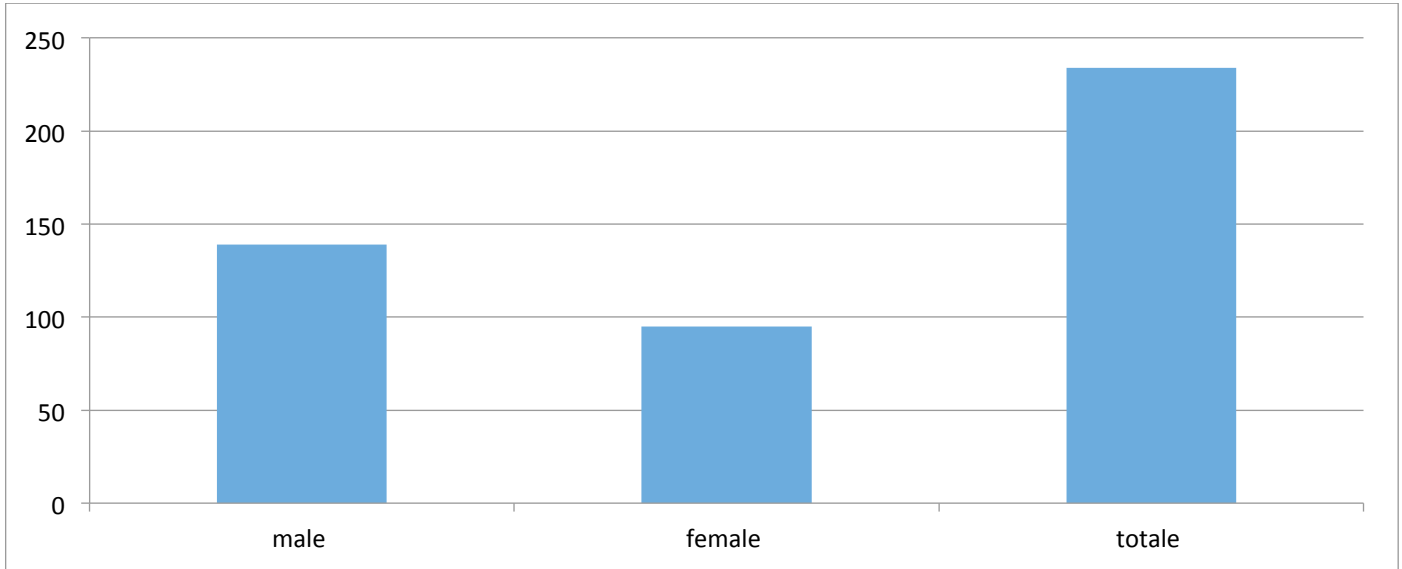


Table n° 1 :

This population is participated voluntarily Participation in the survey. The measuring tool is the scale of measurement of the feelings of competence (Perrault et al. 2007; inspired by Gérard, 2003). In this range there are 8 terms of response measuring the 10 skills of the french repository.

In our research we will focus on items (18, 19 and 26) the jurisdiction of mastery of TIC which are respectively:

- Item 18 :organize situations learning developing participation and cooperation among students -
- Item 19 : create a climate of confidence (attitude, respect, rules, management of conflicts...) in the class supported learning
- Item 26 : choose teaching situations that involve students in learning

The notice of the participants is unauthorised mainly before and after 8 weeks of training.

Results :

Based on the methodology of Gérard (2003) found the following results:

Compétence	Period	The homogeneity
<b>control the competence in classroom management</b>	Pre-internship	32%
<b>control the competence in classroom management</b>	After the internship	14%

According the results yet we notice that there is a significant learning effect 20.8 % (less a 25%). This indicates that trainee teachers of EPS does not believe have actually improved during the teaching course of EPS.

Compétence	The learning effect
<b>control the competence in classroom management</b>	20,8 %

According to the results yet we notice that there is a significant learning effect 20.8 % (less a 25%). This indicates that trainee teachers of EPS do not believe they have actually improved during the teaching course of EPS.

### 3. DISCUSSION

This may explain the Hastings study (2005), which showed the difficult behaviour students cause a negative emotional reaction in the teacher who has the effect to decrease the level of feeling of competence including competence in classroom management.

This can be further explained by the specificity of the discipline of EPS that has always struggled to find its identity in the school system compared to other disciplines rather than physical intellectual order (Perlebas, 2009).

### 4. CONCLUSION :

According to this research it is proposed several proposals:

First, increase the hourly volume of student teaching of EPS by two exit by weeks instead of a single output.

then, increase the number of years of qualifying period of two years (2nd year and 3rd years) instead of a single year.

Finally, increase educational advisors to ensure better supervision for each trainee and subsequently to take care of improvement of the management of the class during the physical education meeting.

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Annexes :

Competences	Items
Competence 1 :	(4) enter the value of the Tunisian Republic in his professional practice (fight against discrimination, equal opportunities... ..)
	6) Act on a daily basis in its class in compliance with the Regulation (rights, duties of officials, official texts).
	12: Ensure a framework guaranteeing the safety, security and respect for all students (integrities physical and moral of the students, sanction, authority, justice...)
Competence 2 :	(7) be careful to the quality of the language among students.
	10) integrate in its practices 107(a) of the mastery of oral and written language activities by students.
	(11) being exemplary in its use of language.
Competence 3 :	(1) control the disciplinary knowledge necessary to teach
	(2) identify links between the disciplines to contribute to their articulation
Competence 4 :	(15) analyze the observed performance and determine the causes of errors
	(16) teaching with reference to the objectives and content of formal programs of EPS.
	20) choose pedagogic and didactic means (group work, media,...) adapted to the learning objectives
	(22) adapt the conduct of the meeting on the basis of the effective work of the students
	(24) build learning situations based on skills to provide skills to students
Competence 5 :	(18) organize situations learning developing participation and cooperation among students
	19) create a climate of confidence (attitude, respect, rules, management of conflicts...) in the class supported learning
	(26) choose teaching situations that involve students in learning
Competence 6 :	(27) differentiate his practice according to the needs of students
	(30) develop with colleagues from projects in school or institution
	(33) to ensure monitoring etou orientation of students in collaboration aves relevant institutional partners (services orientation, medical services, protection of children...)
Competence 7 :	(13) build a progression of learning
	(21) to evaluate the skills of the common-base (the common base of knowledge and skills this what all students should know and master at the end of compulsory schooling)
	23) design at the different times of learning assessment to make account of student assessment

Competence 8 :	(14) use tic (information and communication technology) for networking with colleagues ("facebook" social networks, e-mail, forum...)
	(17) integrate ICT ((technologie d'information et de communication) in sessions with students)
	(25) use ICT (information and communication technology) to update his knowledge and develop
Competence 9 :	(28) build relationships with external partners (sporting, artistic or cultural projects, relations with the professional world...)
	(29) develop with colleagues from projects in school or institution
	(31) be able integrating students with special needs or disabilities
	(32) dialogue with parents or families on his teaching and on the monitoring of students
Competence 10 :	(3) identify and appeal to those who can provide help and support in exercise of the profession.
	(5) take into account in his teaching the contributions of school and teaching research.
	(8) analyze its business practices.
	(9) formulating its vocational training needs.

# THE EFFECT OF TRAINING & COMPONENT OF HARMONIC CAPACITY IN SOME PHYSICAL, BIO-KINEMATIC VARIABLES & ACHIEVEMENT OF LONG JUMP

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## Abstract

If players do not train on components of harmonic capacity, they may face difficulty in advanced stages. Therefore, the researcher integrated some exercises which contribute to develop this harmonic capacity in the training course and determining the effect of these exercises through kinematic analysis of some bio-kinematic variables and achievement for the sample of the study. The study aims to prepare training of harmonic capacity components related to the long jump event within the training course of the empirical group and then determine the effect of this training on some physical, bio-kinematic variables and achievement in the long jump for the empirical group. In addition, it aims to determine differences in some physical, bio-kinematic variables and achievement between empirical and control groups in post-tests. The study hypothesizes that training of harmonic capacity components has a positive effect between pre and post-tests in some bio-kinematic variables and achievement in the long jump event for the sample of the study. Moreover, the study hypothesizes that there are significant differences between empirical and control groups in post-tests for the sake of the empirical group. The researcher adopted the empirical method as it is consistent with the nature of the study problem for players of Basra Junior long jump team (8 players with ages between 16 and 17 years old). Players were chosen purposively and then sample of the study was divided by the researcher randomly into empirical and control groups. Each group contains 4 players. The former trained due to components of harmonic capacity and the latter used ordinary daily training. The researcher concluded that training of harmonic capacity components has a positive effect on physical, bio-kinematic variables and achievement under study in the long jump event for the sample of the study. She also found that there are statistically significant differences between post tests for the empirical and control groups in physical and bio-kinematic variables under study for the sake of the empirical group.

**Keywords:** harmonic capacities, bio-kinematic variables, long jump.

## 1. Introduction

Latest years witnessed great progress at all fields including physical education. This has a great effect in determining new tasks for the training process based on finding the best ways to develop any event and keep up with science and development. The long jump is one of these events as it requires kinematic harmony to perform its phases and relate them to the right technique of the event's kinematic path. Long jump was described as one of the easiest games, but it is difficult for any student and researcher in its details as it needs accuracy and mastery in performance. It also requires considering physical and bio-kinematic aspects for performance accuracy to get the farthest distance with the right performance. This is the hoped goal of the training process. Since this event is characterized by performance speed, kinematic analysis was adopted for some bio-kinematic variables as biomechanics is one of the sciences which help to find the best ways to reach optimal performance by athletes.

Talha. 1993:7 referred that biomechanics is concerned with application of all knowledge, information and research methods related to structural and functional formation in humans. Accordingly, he discovers weak points and sets their kinematic solutions and assessment as well as enhancing points of strength and set suitable kinematic paths for technical performance in the long jump. Hence, the significance of this study lies in finding helping training in developing components of harmonic capacity in long jump and, in return, acquiring ability for good performance and reducing errors to get the best distance.

## 2. Problem of the Study:

Long jump is one of the games in which technical performance (the technique) is one of the main factors on which achievement is based. It is one of the games which need to develop harmonic capacities in performing its stages. Therefore, there should be great concern with in finding methods which raise the level of technical performance and achievement in return, especially at juniors' stage. It is important for junior athletes to reach the right performance mechanisms. If they are not trained on these components, they may face difficulty in performing advanced stages. Therefore, the researcher integrated some exercises which contribute to develop this harmonic capacity in their training course. Mohanad Mahmoud, 2015:5 believes that sport training on multiple technical skills and with the use of variable training methods is effective to enhance the level of harmonic capacities and develop them. Determining the effect of these exercises is done through kinematic analysis of some bio-kinematic variables and

achievement for the sample of the study .The study aimed to prepare exercises of components of harmonic capacity related to long jump within the training course of the empirical group and then determine the effect of this training on some physical, bio-kinematic variables and achievement between empirical and control groups in post-tests. The study hypothesizes that training of harmonic capacity components has a positive effect between pre and post-tests in some bio-kinematic variables and achievement in the long jump event for the sample of the study. Moreover, the study hypothesizes that there are significant differences between empirical and control groups in post-tests for the sake of the empirical group.

### 3. Methodology:

The researcher adopted the empirical method as it is consistent with the nature of the study.

#### Population & Sample of the Study:

Population of the study was represented in players of Basra Junior long jump team (8 players with ages between 16 and 17 years old). Players were chosen purposively and then sample of the study was divided by the researcher randomly into empirical and control groups. Each group contains 4 players. The former trained due to components of harmonic capacity and the latter used ordinary daily training. Respondents were subjected to homogeneity and equality tests as in table No. (1):

**Table No. (1): Values of arithmetic means, standard deviations, difference coefficient value for homogeneity between both groups and the counted (T) value of equality between both groups:**

Groups Variables	Control Group			Empirical Group			Counted (T) Value	Significance
	Mean	S.D ±	D.C	Mean	S.D ±	D.C		
Length (cm)	1.65	0.32	19.39	1.68	0.44	17.85	1.42	Random
Weight (kg)	56.95	1.88	3.30	58.24	1.25	2.14	1.87	Random
Age (years)	16,50	0.5	3.03	16.92	0.7	4.13	2.09	Random
Explosive strength of legs (cm)	2.13	0.37	17.37	2.15	0.31	14.41	0.99	Random
Dash speed (30 m / sec)	4.64	0.6	8.62	4.68	0.3	6.41	1.75	Random
Agility / sec	11.82	1.12	9.47	11.87	1.15	9.68	0.67	Random
Achievement	5.10	0.04	0.73	5.15	0.06	0.55	0.67	Random

\* The (T) tabulated value at freedom degree (6) and significance level (0.05) = 2.44

#### Tests used in the Study:

##### Physical Tests

- Explosive strength test – wide jump from stationary (Mohamed Hussein et al 1982:93).
- Agility test: zigzag run using the power method (Mohamed Sobhy 1995: 368).
- Speed test: 30 m dash test from movement (Qais Nagy Abd et al 1997:363).

##### Bio-kinematic Variables:

- 1- Approach speed.
- 2- Rising time.
- 3- Rising angle.
- 4- Flying time.
- 5- Flying angle.
- 6- Maximum height for body weight center in flying.
- 7- Jump distance (achievement).

### 4. Steps of the Research:

#### Pre-tests:

Pre-tests were conducted on the sample of the study on 19/03/2015 at 6:00 pm in the athletics playground of the Faculty of Physical Education, Basra University and consecutive physical ability tests. After that, the sample was photographed using two photographic cameras to extract bio-kinematic variables. Cameras were put on a distance of 12 m away from performance place

and at the height of photography lens from the ground (1.55 m) with all consistent temporal and spatial conditions for the purpose of similarity with post-tests.

**Training Course:**

The training course was applied on 21/03/2015 until 23/06/2015 including 24 training units distributed on 12 weeks (two training units a week). Stages of the program were distributed due to the following time distribution:

- 1- Preparatory stage: 8 weeks divided into:
  - A) General preparation: 4 weeks
  - B) Special preparation: 4 weeks
- 2- Competition stage: 4 weeks

Each training unit included three parts as in annex (1): a- preparatory part b- main part c- final part.

Intensity and load size for each training unit were determined based on average potential of members of the sample with consideration of gradual and regular rise of loads which is consistent with the limits of reached susceptibility. The researcher also considered training specialty as the course was planned due to physical and functional abilities of members of the sample. The training course, which contains harmonic capacity training (speed, strength and agility), was applied on the empirical group, and the control group used daily training prepared by the trainer.

**Post-tests:**

Post-tests were conducted on the sample of the study on 25/06/2015 with all consistent temporal and spatial conditions for the purpose of similarity with pre-tests.

**5. Discussion of Results:**

Analysis of results of pre and post tests for physical, bio-kinematic variables and achievement for the empirical and control groups for the sample of the study.

**Table (2): Pre and post tests and the counted (T) value for physical variables for the empirical and control groups:**

Variables	Control Group					Significance	Empirical Group					Significance
	Pre-test		Post-test		T		Pre-test		Post-test		T	
	Mean -	SD ±	Mean -	SD ±			Mean -	SD ±	Mean -	SD ±		
Legs explosive strength / cm	2.13	0.37	2.17	0.31	7.33	Significant	2.15	0.31	2.28	0.25	9.29	Significant
Dash speed 30 m / sec	4.64	0.6	4.55	0.51	6.99	Significant	4.68	0.3	4.35	0.2	11.36	Significant
Agility / sec	11.82	1.12	11.02	1.15	7.76	Significant	11.87	1.15	10.90	0.52	17.27	Significant

\* The (T) tabulated value at freedom degree (3) and significance level (0.05) = 3.18

**Table (3): Pre and post tests and the counted (T) value for bio-kinematic variables for the empirical and control groups:**

Variables	Control Group					Significance	Empirical Group					Significance
	Pre-test		Post-test		T		Pre-test		Post-test		T	
	Mean -	SD ±	Mean -	SD ±			Mean -	SD ±	Mean -	SD ±		

Approach speed m / sec	6.15	1.40	6.35	1.55	6.34	Significant	6.33	0.82	6.95	1.43	7.39	Significant
Rising time / degree	0.17	0.04	0.16	0.02	3.35	Significant	0.17	0.01	0.15	0.02	5.97	Significant
Rising angle / sec	57.42	2.17	59	1.86	6.87	Significant	56.12	2.22	60	1.03	6.60	Significant
Flying time / sec	0.64	0.32	0.74	0.07	13.5	Significant	0.65	0.30	0.79	0.06	15.28	Significant
Flying angle / degree	16.13	1.41	17.30	0.74	9.15	Significant	15.92	2.15	19.12	1.11	17.49	Significant
Maximum height of body weight center	1.62	0.09	1.72	0.05	8.99	Significant	1.64	0.07	1.85	0.04	9.91	Significant
Achievement	5.10	0.04	5.20	0.7	5.94	Significant	5.15	0.06	5.35	0.04	7.66	Significant

\* The (T) tabulated value at freedom degree (3) and significance level (0.05) = 3.18

**Analysis of results of post-tests for physical, bio-kinematic variables and achievement for the empirical and control groups for the sample of the study**

**Table (4): Post (physical) tests and the counted (T) value for the empirical and control groups:**

Test	Control Group		Empirical Group		Counted value (T)	Significance
	Mean	S.D ±	Mean	S.D ±		
Explosive strength of legs	2.17	0.31	2.28	0.25	5.77	Significant
Dash speed 30 m / sec	4.55	0.51	4.35	4.35	7.82	Significant
Agility / sec	11.02	1.15	10.90	10.90	5.98	Significant

\* The (T) tabulated value at freedom degree (6) and significance level (0.05) = 2.44

**Table (5): Post tests and the counted (T) value for the empirical and control groups:**

Test	Control Group		Empirical Group		Counted value (T)	Significance
	Mean	S.D ±	Mean	S.D ±		
Approach speed m / sec	6.35	1.55	6.95	1.43	10.12	Significant
Rising time / degree	0.16	0.02	0.15	0.02	7.90	Significant
Rising angle / sec	59	1.86	60	1.03	4.88	Significant
Flying time / sec	0.74	0.07	0.79	0.06	8.61	Significant
Flying angle / degree	17.30	0.74	19.12	1.11	7.22	Significant
Maximum height of body weight center	1.72	0.05	1.85	0.04	7.45	Significant
Achievement	5.20	0.7	5.35	0.04	6.66	Significant

\* The (T) tabulated value at freedom degree (6) and significance level (0.05) = 2.44



## 6. Discussion of Results:

Tables (2) and (3) showed that there is a development in results of pre and post-tests for physical, bio-kinematic variables and achievement for the empirical and control groups as a result of the effect of the adopted training program and the training program which contained training of some components of harmonic capacity including speed, explosive strength of legs, agility and bio-kinematic variables. We also found a progress in these variables as a result of the effect of both training programs on them. This development in physical and bio-kinematic variables leads to enhance achievement for the sample of the study and for the empirical and control groups.

As for table (4), it shows post-tests for physical variables despite the difference between pre and post tests for both groups in variables under study. However, post-tests showed that the empirical group, which used harmonic capacity training in its training program, is better than the control group. The researcher found that this development is due to the use of harmonic capacity training serving long jump event. Although the training program contains training for these components, they did not take suitable importance as their effect was indirect, so the empirical group excelled over the control group in post-tests. Speed developed in post-tests for the empirical group as the training program included the training of this quality and this quality is very important and has a clear effect on long jump with approach run speed also plays an important role in this event. Concerning explosive strength, it also developed in post-tests for the empirical group through the set training which played a great role in successful take-off. Bastawisy Ahmed 1997:338 believes that good take-off cannot be reached only if it is related to a harmonized rhythm in approaching stage. He adds that the take-off stage is considered the most important stage of kinematic performance. This importance lies at the center of body weight without gaining additional distance or changing kinematic level after the feet leaving the ground. We can also notice that agility developed in post-tests for the empirical group because of the effect of agility training in the training program referred to by (Mohanad Mahmoud 2015:62) as being one of the qualities which help in quickness of performance and mastery of kinematic skills. The more a player is agile, the quicker more accurate and more effective his movement will be.

When it comes to table No. (5), we find that post-tests for the empirical group in bio-kinematic variables and achievement excelled over the control group. This is related to the distinction of the empirical group at physical variables as we notice that approaching speed has been enhanced for the empirical group in post-test. This is because the training program contains speed development exercises. Accordingly, it had a positive effect on developing approaching speed as it is important in acquiring horizontal speed in performing the run in long jump. Khaled Attiat et al 2011:9 refers that this factor is the most important in long jump as it represents possession of horizontal speed transformed into a horizontal and vertical strength. As for rising time variable, we found that it reduced due to the effect of explosive strength training of legs, acquiring horizontal strength, speed and also agility components of harmonic strength as it is important in connection to reach the best performance. One of requirements of good take-off is moment reach to the highest strength and the least time. We also found that the rising angle was enhanced in post-tests of the empirical group due to the speed, take-off strength and agility acquired by the player to make the rising angle better. As for flying time variable, we also found that the empirical group was consistent with the control group in post-test as a result of the acquired horizontal speed due to speed training and take-off strength acquired from explosive strength training of legs so they led to increase flying time. Concerning flying angle variable, there was an improvement in the empirical group in post-test. The researcher found that this was because of the capacity component training which helped develop flying angle and there was a positive effect of explosive strength training on body strength during the stage of pushing the ground at the moment of leaving the ground to start flying. Flying angle is considered one of the most important criteria of skill performance in long jump during approaching and flying stages as they are basic and effective factors on flying time and this was asserted by Khaled Attiat et al 2011:10. When it comes to maximum height variable, it had a positive effect on post-test in the empirical group as the take-off angle increased as Bastawis Ahmed 1997:342 referred that the height of weight centre depends on increasing the take-off angle. All these developments in physical and bio-kinematic variables are due to the effect of training of some components of harmonic ability within the training program which led to develop achievement for the sample of the study.

## 7. Conclusions:

- 1- Training of harmonic capacity components has a positive effect on physical, bio-kinematic variables and achievement under study in the long jump event for the sample of the study.
- 2- There are statistically significant differences between post tests for the empirical and control groups in physical and bio-kinematic variables under study for the sake of the empirical group.

## 8. Recommendations:

- 1- The necessity of focusing on harmonic capacity components related to long jump and giving it importance with the training program of the players.
- 2- The necessity of considering physical tests periodically to set the effect of harmonic capacity components training related to the event.

- 3- Considering diagnosing errors through bio-kinematic variables for their importance in detecting and diagnosing errors.
- 4- Conducting similar researches for other events and different categories.

## 9. References:

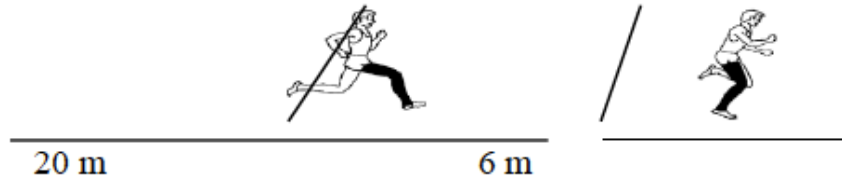
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### Annex (1)

#### Model of Harmonic Training on the Main Section of Training Units

##### Speed:

An area with a length of 6 m is determined and one of the players waits at the end of the area. This player speeds up when his partner enters the area and starts running from a distance of 20 m.



- Using a post or rope with a length of 1.5 m.
- Running on a straight line.

The front player drags the post or rope and then leaves it to start speed training.



Rest for (3) minutes between groups

##### Agility:

Using ground ladder

5x2 joining legs inside the ladder and getting them out sideward with continuing to the end of ladder

5x2 hopping by right leg

5x2 hopping by left leg

5x2 jumping with both legs inside the ladder, to the right side and then return inside the ladder and jumping to the other side till the end of the ladder

5x2 jumping with both feet inside the ladder and forwards till the end of ladder

Running at the approaching zone for different distances and jumping to the ascending zone with a barrier of a height of 50 m rising with rest gradation (3) minutes among groups.

##### Explosive Strength of Legs

2x5 hurdles: crossing hurdles with both feet (hurdle height 50 cm)

3x5 jumping for a distance of 20 m on left foot, 20 m on right foot and 20 m speed running

Rest is (3) minutes among groups.

# THE REACTION OF THE ELEMENT VIOLENT CAN BE DIFFERENT IN RELATION WITH THE BEHAVIORS OF THE PARTIES OVERLAPPING IN THE FOOTBALL IN TUNISIA, ACCORDING TO THE VARIATION OF HIS DEMOGRAPHIC VARIABLES.

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## **Abstract**

This study aimed to determine the effect of the demographic variable (gender, age and civil status) on the reaction of the violent element inside the football stadium in relation with the behavior of the parties overlapping in the game (arbitration, players, public, the coach and his assistant, media, the forces of order, domestic and international sportive organizations). And we have adopted the questionnaire inspired by previous experiences in sociology applied in the field of sports, direct dialogue and observation. The search results show the effect of gender variable more on the positions of the sample, also the age and civil status lesser degree. This shows that the behavior and actions of the parties overlapping in the football game affect attitudes of public and it helped to the violent reactions.

**Keywords:** violence, supporter, football, the Republic of Tunisia, a demographic variables.

## 1. INTRODUCTION

The violence is evolved and its consequences from athlete season to other season. Admittedly, the sports competitions became scene of serious confrontations where it varied his severity depending on the importance of sports bets. Practically, the phenomenon of violence has propagated in the field sports in the all countries of the world without exception. In the same context, the championship and cup football in Tunisia it became in a catastrophic situation in recent seasons. Where, it is dominated by the violent acts. So, we have the objective reasons for studying and understand this phenomenon. Therefore, this study is interested to the element violent in the football stadium. Practically, the reaction of this element can be different in relation with the behaviors of the parties overlapping in the football in Tunisia, according to the variation of his demographic variables or no. So, Crowell and Burgess consider many other factors contribute to the occurrence of violence and "the field appears to be developing toward an integrative, Meta theoretical model of violence that considers multiple variables operating at different times in a probabilistic fashion" (Crowell & Burgess 1996, p. 69). Based on the above, we have decided study this phenomenon in Tunisia. This research was during the sports season 2010 - 2011. Here, we used the descriptive research where we analyze the effect and relation between numbers of variables can caused the phenomenon of violence in the stadium. So, the "descriptive research is unique in the number of variables employed. Like other types of research, descriptive research can include multiple variables for analysis. Yet unlike other methods, it requires only one variable" (Borg & Gall, 1989). the hypotheses of this study that will be discussed we can summarized in the following questions: the element violent is interacts with the parties interlaced in a game of football (arbitration, players, public, the coach and his assistant, media, the forces of order, domestic and international sportive organizations) depending to variation of variables demographic to him (gender, age, civil status)? So, we studied the impact of a number of variables on the behaviors of the research sample, meaning there are two hypotheses of research for every variable:

- **The first sub-hypothesis (H0) (Null hypothesis):** Demographic variables (gender, age, civil status) effects on the attitude of the supporter in its relationship with the parties nested in the game of football.
- **Sub-second hypothesis (H1):** Demographic variables (gender, age, civil status) do not effects on the attitude of the supporter in its relationship with the parties nested in the game of football.

So, we will accept the first hypothesis in the case was the obtained correlation coefficient is significant at the 0.05 level of significance and confidence interval (1.96). And we have adopted this standard because the research sample number is not exceed thirty (497 person). When, the obtained correlation coefficient is not significant, we accept the second hypothesis.

## 2. METHODS

**1. Research sample:** The subjects were 497 persons. So, that we can circulate search results, you should be a representative sample of the study population, where "sampling is the process of selecting a group of subjects for a study in such a way that the individuals represent the larger group from which they were selected" (L. R. Gay, 1987). The Research sample is randomly from most areas of Tunisia. Where, we ensure "all members of the population have an equal and independent chance of being included in the sample" (Donald Ary, al, 1972). Distributed sample geographically as follows: (189 person) from state Greater Tunis, (69 person) from the north-east, (50 person) from northwest, (70 person) from the middle-east, (30 person) from the midwest, (69 person) from the south-east, (20 person) from the south-west. And therefore, has been distributed as follows:

**Gender:** 50.1% males and 49.9% females.

**Age:** Age group divided to four categories: the first category of 15-19 years (43% of the sample), the second category of 20-29 years (37%), the third category of 30-39 years (18%) and the fourth category of 40 years and older (02%).

**Civil Status:** Divided into four categories: the first category of celibates (80% of the sample), the second category of married (17%), the third category of absolute or absolute (3%) and the fourth category of a widower or a widow (0%).

**2. Research protocol:** we relied primarily on the questionnaire technique inspired by the experiences of field research carried out by a number of researchers in applied sociology in the field of sports by the observation and direct dialogue with the research sample.

To establish validity of content of the questionnaire, we have distributed a preliminary version to group of experts (professors from Institute Superior of Sport and Physical Education Ksar Said in Tunis), where we asked their opinions on the relationship of the questionnaire and the research hypothesis. Where, the validity of content represents "the amount of systematic or built-in error in measurement" (Norland, 1990). Which type of validity (content, construct, criterion, and face) to use depends on the objectives of the study. So that carrying out a readability test enhances questionnaire validity. Where, the Fog Index, Flesch Reading Ease, Flesch - Kincaid Readability Formula, and Gunning-Fog Index are formulas used to determine readability. Then, we conducted a field test using subjects not included in the sample. Finally, we changed formulation of some questions, as appropriate, based on both a field test and expert opinions. Reliability of the questionnaire is an important element to determine the adoption of search tool or remove it. To establish reliability of Search tool, we used test and retest. The reliability coefficient (alpha) can range from 0 to 1, with 0 representing an instrument with full of error and 1 representing total absence of error. A reliability coefficient (alpha) of 0.70 or higher is considered acceptable reliability (George, D., & Mallery, P., 2003). The correlation of coefficient Cronbach's alpha for the sample is ( $\alpha = 0.81$ ). That the correlation coefficient Cronbach's alpha for the exploratory sample was high and this shows the authenticity of the questionnaire to apply to sample our research.

**3. The statistical tools supported:** We have adopted statistical tools next:

**A. Statistical packages for Social Sciences (SPSS):** SPSS provides two key pieces of information. These are "correlation matrix" and "view alpha if item deleted" column. Make sure that items/statements that have 0s, 1s, and negatives are eliminated.

**B. Frequency test:** We have adopted for the calculation of the frequency answers at different demographic levels and questions in the questionnaire.

**C. Statistical test (Mc Nemar):** We Adopted this statistical test to measure the difference in the frequency of answers in the test and re-test in the prospective study to decide on adoption of the questionnaire or not.

**D. Pearson's chi-squared test ( $\chi^2$ )** is a statistical test applied to sets of categorical data to evaluate how likely it is that any observed difference between the sets arose by chance. It is suitable for unpaired data from large samples.

**E. Test "tables intersecting" (Tableaux croisés):** is a statistical test to examine the relation between two categorical variables. He thus describes the correlation of each category of a variable function of another categorical variable. Where we will examine the relation between the variable and hypotheses Search through the questionnaire.

**F. Test of "equality in frequencies of answers" (Egalité des fréquences):** Statistical test is to study the relation between the variable and the answer chosen by the sample.

## 3. RESULTS

Our study showed the following results distributed to 07 sections. Each section contains special stats sample answers to the questionnaire.

**Arbitration:** The decisions arbitration can be cause of violent reactions of the public.

The correlation coefficient of males and females obtained in the issue of "repeat the mistakes of the arbitration," is 0.89. The statistical value is significant at the 0.05 level of significance and confidence interval (1.96). We can say that sex variable affects in the sample options. But the age and civil status variables does not effect on the research sample answers. Where, the obtained



correlation coefficient of the first age groups and the fourth (16.44) and the celibate and married category (9.52) are not statistically significant at the 0.05 level of significance and confidence interval (1.96).

On the issue of "governance reform contribution to his mistakes in calming the public," the obtained correlation coefficient of gender is 0.38. The statistical value is significant at the 0.05 level of significance and confidence interval (1.96). We can say that sex variable affects in the sample options. But the age and civil status variables does not effect on the research sample answers. Where, the obtained correlation coefficient of the first age groups and the third (4.27) and the celibate and married category (2.83) are not statistically significant at the 0.05 level of significance and confidence interval (1.96).

We can't apply the test of correlation coefficient of answers to this question related to «the weakness of the arbitration during the match» because has not been approved. So scientifically, these tests are applied only in cases where we have a difference between the answers. In addition, all the supporters refuse the weakness of arbitration, regardless of sex, age and civil status of the sample.

On the issue of "refusal of the decisions of arbitration foreign having a very bad level in an important match," the obtained correlation coefficient of sexes is 1.65. The statistical value is significant at the 0.05 level of significance and confidence interval (1.96). We can say that sex variable affects in the sample options. But the age and civil status variables does not effect on the research sample answers. Where, the obtained correlation coefficient of the first age groups and the fourth (14.23) and the celibate and married category (4.12) are not statistically significant at the 0.05 level of significance and confidence interval (1.96).

The obtained correlation coefficient of genders in issue of "a shortage practical training in the arbitration," is (0.38). The statistical value is significant at the 0.05 level of significance and confidence interval (1.96). We can say that sex variable affects in the sample options. But the age and civil status variables does not effect on the research sample answers. Where, the obtained correlation coefficient of the first age groups and the third (5.91) and the celibate and married category (2.83) are not statistically significant at the 0.05 level of significance and confidence interval (1.96).

On the issue of "refusal sample search for errors of judgment, whether intentional or not," the obtained correlation coefficient of sex variable is (1.41). The statistical value is significant at the 0.05 level of significance and confidence interval (1.96). We can say that sex variable affects in the sample options. But the age and civil status variables does not effect on the research sample answers. Where, the obtained correlation coefficient of the first age groups and the third (16.97) and the celibate and married category (12.37) are not statistically significant at the 0.05 level of significance and confidence interval (1.96).

**Players:** The behavior of players can be cause of violent reactions of the public in the stadium.

The obtained correlation coefficient of gender variable in the issue of, "the interaction of the public with extreme psychological excitement for the players," is 1.13. The statistical value is significant at the 0.05 level of significance and confidence interval (1.96). We can say that sex variable affects in the sample options. But the age and civil status variables does not effect on the research sample answers. Where, the obtained correlation coefficient of the first age groups and the fourth (11.49) and the celibate and married category (8.77) are not statistically significant at the 0.05 level of significance and confidence interval (1.96).

In the issue of "acceptance the dominance of material side at the football player," the obtained correlation coefficient of gender variable is (0.72). The statistical value is significant at the 0.05 level of significance and confidence interval (1.96). We can say that sex variable affects in the sample options. But the age and civil status variables does not effect on the research sample answers. Where, the obtained correlation coefficient of the first age groups and the fourth (11.49) and the celibate and celibate category (7.48) are not statistically significant at the 0.05 level of significance and confidence interval (1.96).

As regards the theme "the role of the professionalism to the players and improved the technical levels to reassure the public of clubs on the outcome of the matches," the obtained correlation coefficient of sex variable is (0.63). The statistical value is significant at the 0.05 level of significance and confidence interval (1.96). We can say that sex variable affects in the sample options. But the age and civil status variables does not effect on the research sample answers. Where, the obtained correlation coefficient of the first age groups and the fourth (10.01) and the married and celibate category (8.53) are not statistically significant at the 0.05 level of significance and confidence interval (1.96).

On the issue of "the public refused the aggressive play among the players during the match," the obtained correlation coefficient of males and females are 1, 14. The statistical value is significant at the 0.05 level of significance and confidence interval (1.96). We can say that sex variable affects in the sample options. But the age and civil status variables does not effect on the research sample answers. Where, the obtained correlation coefficient of the first age groups and the fourth (12.04) and the married and celibate category (9.21) are not statistically significant at the 0.05 level of significance and confidence interval (1.96).

Study of the obtained correlation coefficient of gender on the subject of " interaction by public with feud favorite players for the members of others teams", amounting to (1.20), shows that this value statistically significant compared to confidence interval (1.96) and at the 0.05 level of significance. But the age and civil status variables does not effect on the research sample answers. Where, the obtained correlation coefficient of the first age groups and the third (6.49) and the married and celibate category (10.41) are not statistically significant at the 0.05 level of significance and confidence interval (1.96).

About the subject of "the public is affected by the behavior of the players inside and outside the stadium", the obtained correlation coefficient of males and females are (1.41). The statistical value is significant at the 0.05 level of significance and confidence



interval (1.96). We can say that sex variable affects in the sample options. But the age and civil status variables does not effect on the research sample answers. Where, the obtained correlation coefficient of the first age groups and the third (16.97) and the celibate and married category (12.37) are not statistically significant at the 0.05 level of significance and confidence interval (1.96).

The obtained correlation coefficient of genders about question of "interaction the public with the negative comments of players after the match," is (1.14). The statistical value is significant at the 0.05 level of significance and confidence interval (1.96). We can say that sex variable affects in the sample options. But the age and civil status variables does not effect on the research sample answers. Where, the obtained correlation coefficient of the first age groups and the fourth (12.04) and the celibate and married category (9.21) are not statistically significant at the 0.05 level of significance and confidence interval (1.96).

In the matter of "non-acceptance of the public to the actions of some players of the opponent team during the match," the obtained correlation coefficient of males and females is (0.9). The statistical value is significant at the 0.05 level of significance and confidence interval (1.96). We can say that sex variable affects in the sample options. But the age and civil status variables does not effect on the research sample answers. Where, the obtained correlation coefficient of the first age groups and the second (3.82) and the celibate and divorced category (2.11) are not statistically significant at the 0.05 level of significance and confidence interval (1.96).

**Public:** Some factors where it existed, can be a cause of reactions by the public in a violent manner.

The obtained correlation coefficient of the sexes in study of "the effect of importance of match results for the sportive public," is (0.45). The statistical value is significant at the 0.05 level of significance and confidence interval (1.96). We can say that sex variable affects in the sample options. But the age and civil status variables does not effect on the research sample answers. Where, the obtained correlation coefficient of the first age groups and the third (12.04) and the celibate and married category (7.82) are not statistically significant at the 0.05 level of significance and confidence interval (1.96).

The obtained correlation coefficient of the genders and civil status variables in the question of "impact the absence of money prizes to the ideal public for his behavior throughout the whole season" is 1.98 and 1.96 (married and celibate category). The statistical values are significant at the 0.05 level of significance and confidence interval (1.96). We can say that sex and civil status variables are affects in the sample options. But the age and age variable is not effect on the research sample answers. Where, the obtained correlation coefficient of the first age groups and the third is (3.61).

The obtained correlation coefficient of the genders the issue of "need to punish the individuals known by violence from entering stadiums even be an example to others of the public" is 1.36. In the same context, the obtained correlation coefficient of the age groups the first and fourth is 1.29. And the result of married and divorced category is 1.38. The difference of answers between sexes, age categories and civil status category are significant at the 0.05 level of significance and confidence interval (1.96). Therefore, we note that the variable gender, age and civil status does affect the choices of the sample.

The obtained correlation coefficient of the sexes in the question of "interaction of public with favorite players in the stadium", is (1.41). That is statistically significant at the 0.05 level of significance and confidence interval (1.96). We can say that sex variable affects in the sample options. While, the age and civil status variables does not effect on the research sample answers. Where, the obtained correlation coefficient of the first age groups and the third (16.97) and the celibate and celibate category (12.37) are not statistically significant at the 0.05 level of significance and confidence interval (1.96).

The obtained correlation coefficient of the sexes with respect to "the incidence of violent acts can be more probability with the younger fans", is (0.38). The statistical value is significant at the 0.05 level of significance and confidence interval (1.96). We can say that sex variable affects in the sample options. While, the age and civil status variables does not effect on the research sample answers. Where, the obtained correlation coefficient of the first age groups and the third (3.02) and the celibate and married category (2.83) are not statistically significant at the 0.05 level of significance and confidence interval (1.96).

The obtained correlation coefficient of the sexes in the question of "deprivation the elements addicted to alcohol and other from access to the football stadium," is (1.38). The statistical value is significant at the 0.05 level of significance and confidence interval (1.96). We can say that sex variable affects in the sample options. While, the age and civil status variables does not effect on the research sample answers. Where, the obtained correlation coefficient of the first age groups and the third (4.26) and the celibate and married category (2.92) are not statistically significant at the 0.05 level of significance and confidence interval (1.96).

**Technical framework (the coach and his assistant):** the technical framework can be the cause of reactions violent of the masses.

The obtained correlation coefficient of the sexes regarding "the opinion of public about the focus on the technical side of the player and overlooked of the other aspects from the technical framework ", is (0.28). The statistical value is significant at the 0.05 level of significance and confidence interval (1.96). We can say that sex variable affects in the sample options. While, the age and civil status variables does not effect on the research sample answers. Where, the obtained correlation coefficient of the first age groups and the second (2.30) and the celibate and divorced category (3.48) are not statistically significant at the 0.05 level of significance and confidence interval (1.96).

The obtained correlation coefficient of the sexes with respect to "the provocative behavior for some coaches can be motivated the public", is (1.41). The statistical value is significant at the 0.05 level of significance and confidence interval (1.96). We can say that sex variable affects in the sample options. While, the age and civil status variables does not effect on the research sample answers. Where, the obtained correlation coefficient of the first age groups and the third (19.97) and the married and celibate category (12.37) are not statistically significant at the 0.05 level of significance and confidence interval (1.96).

The obtained correlation coefficient of the sexes the issue of "the concentration of technical crew on the mental preparation can diminished the pressure to the players and the public in the match ", is (0.96). The statistical value is significant at the 0.05 level of significance and confidence interval (1.96). We can say that sex variable affects in the sample options. While, the age and civil status variables does not effect on the research sample answers. Where, the obtained correlation coefficient of the first age groups and the fourth (8.70) and the married and celibate category (6.47) are not statistically significant at the 0.05 level of significance and confidence interval (1.96).

The obtained correlation coefficient of the sexes in the study of "the ignored intentional of administrative crew and tolerance with some behavior of the players can be increased the reaction violent of public ", is (0.42). The statistical value is significant at the 0.05 level of significance and confidence interval (1.96). We can say that sex variable affects in the sample options. While, the age and civil status variables does not effect on the research sample answers. Where, the obtained correlation coefficient of the first age groups and the third (13.38) and the celibate and married category (8.58) are not statistically significant at the 0.05 level of significance and confidence interval (1.96).

The obtained correlation coefficient of the sexes in the issue of "the role of severity of the challenge statements and threats by administrative and technical crew of team favorite (before, during and after the match) in increasing the tension and pressure to the public during the match", is (1.22). The statistical value is significant at the 0.05 level of significance and confidence interval (1.96). We can say that sex variable affects in the sample options. While, the age and civil status variables does not effect on the research sample answers. Where, the obtained correlation coefficient of the first age groups and the third (11.21) and the celibate and divorced category (11.49) are not statistically significant at the 0.05 level of significance and confidence interval (1.96).

**Media:** The media can be the cause of the stress of sports fans.

The obtained correlation coefficient of the sexes in the issue of "deliberately some of the media to recognition instead of defamation the violent acts contribute to aggravated and spread this behavior", is (1.14). The statistical value is significant at the 0.05 level of significance and confidence interval (1.96). We can say that sex variable affects in the sample options. While, the age and civil status variables does not effect on the research sample answers. Where, the obtained correlation coefficient of the first age groups and the fourth (12.65) and the celibate and married category (15.18) are not statistically significant at the 0.05 level of significance and confidence interval (1.96).

The obtained correlation coefficient of the sexes when we examine the issue of "the media use for the war dictionary to describe the matches" is (1.18). The statistical value is significant at the 0.05 level of significance and confidence interval (1.96). We can say that sex variable affects in the sample options. While, the age and civil status variables does not effect on the research sample answers. Where, the obtained correlation coefficient of the first age groups and the second (3.17) and the married and celibate category (12.13) are not statistically significant at the 0.05 level of significance and confidence interval (1.96).

The obtained correlation coefficient of the sex and age variables in question "the existence of the bias of the media for certain teams on other teams account" is (1.35) and (1.14) the first age groups and the second. The statistical values are significant at the 0.05 level of significance and confidence interval (1.96). We can say that sex and age variables affects in the sample options. While, the civil status variable is not effect on the research sample answers. Where, the obtained correlation coefficient of the celibate and celibate category (3.09) are not statistically significant at the 0.05 level of significance and confidence interval (1.96).

**The forces of order:** The forces of order can become to the motivation to the feelings of violence by the fans.

The obtained correlation coefficient of the sex, age and civil status variable when we examine the issue of "the absence of surveillance cameras inside the stadium and its role in increasing the sense of void of security by the public" is (2.35), (8.73 for first age group and the second) and (4.41 for celibate and married category). The statistical values are not significant at the 0.05 level of significance and confidence interval (1.96). We can say the three variables does not affects in the sample options.

The obtained correlation coefficient of the sexes for the matter of " presence of large number of forces of order dressed the uniform allowances inside and outside the football stadium increases the tension at the public," is (0.23). The statistical value is significant at the 0.05 level of significance and confidence interval (1.96). We can say that sex variable affects in the sample options. While, the age and civil status variables does not effect on the research sample answers. Where, the obtained correlation coefficient of the first age groups and the second (6.94) and the married and celibate category (10.64) are not statistically significant at the 0.05 level of significance and confidence interval (1.96).

The obtained correlation coefficient of the sexes for the issue of "mistreatment by security men contributes to tension in the public inside the stadium," is (1.33). The statistical value is significant at the 0.05 level of significance and confidence interval (1.96). We can say that sex variable affects in the sample options. While, the age and civil status variables does not effect on the research

sample answers. Where, the obtained correlation coefficient of the first age groups and the second (4.99) and the married and celibate category (4.31) are not statistically significant at the 0.05 level of significance and confidence interval (1.96).

The obtained correlation coefficient of the sexes as for the matter of, " the security men specialized in dealing with the berserk public is unavailable in Tunisia" is (0.25). The statistical value is significant at the 0.05 level of significance and confidence interval (1.96). We can say that sex variable affects in the sample options. While, the age and civil status variables does not effect on the research sample answers. Where, the obtained correlation coefficient of the first age groups and the third (4.99) and the married and celibate category (4.78) are not statistically significant at the 0.05 level of significance and confidence interval (1.96).

**Domestic sportive organizations:** The decisions of Domestic sportive organizations it may be the cause of reactions violent of the masses.

The obtained correlation coefficient of sex, age and civil status variables in the issue of " playing without the presence of the public can be cause of many of financial crises to the favorite sportive teams," is (2.32), (4.64 for first age group and the third) and (4.88 for celibate and married category) . The statistical values are not significant at the 0.05 level of significance and confidence interval (1.96). We can say the three variables does not affects in the sample options.

The obtained correlation coefficient of the sex and age variables in the issue of "the absence of an active role for cells loved ones in framing the public", is (2.66) and (3.44 the first and second age group). The statistical values are not significant at the 0.05 level of significance and confidence interval (1.96). We can say that sex and age variables are not affects in the sample options. But the civil status variable effect on the research sample answers. Where, the obtained correlation coefficient of the married and celibate category (1.64) is statistically significant at the 0.05 level of significance and confidence interval (1.96).

The obtained correlation coefficient of the sexes in the issue of "Synchronization of a number of factors such as the expensive of ticket, chairs allocated to the teams fans limited and the importance of the score increases the tension for public" is (0.41). The statistical value is significant at the 0.05 level of significance and confidence interval (1.96). We can say that sex variable affects in the sample options. But the age and civil status variables does not effect on the research sample answers. Where, the obtained correlation coefficient of the first age groups and the second (2.71) and the celibate and married category (8.01) are not statistically significant at the 0.05 level of significance and confidence interval (1.96).

The obtained correlation coefficient of the sex, age and civil status variables in the matter of "the contribution of equitable distribution of seats allocated for each team public can be as a solution to reduce the tension," is (2.32), (9.34 for first age group and the third) and (4.88 for celibate and married category) . The statistical values are not significant at the 0.05 level of significance and confidence interval (1.96). We can say the three variables does not affects in the sample options.

The obtained correlation coefficient of the sexes in the issue of "tolerance with abuses the administrative and technical crew increases the tension of the public inside stadium" is (0.9). The statistical value is significant at the 0.05 level of significance and confidence interval (1.96). We can say that sex variable affects in the sample options. But the age and civil status variables does not effect on the research sample answers. Where, the obtained correlation coefficient of the first age groups and the fourth (5.35) and the married and celibate category (2.11) are not statistically significant at the 0.05 level of significance and confidence interval (1.96).

The obtained correlation coefficient of the sexes in the matter of "the decisions of domestic sportive organizations that can be damaged the interests of the favorite teams for the fans" is (1.41). The statistical value is significant at the 0.05 level of significance and confidence interval (1.96). We can say that sex variable affects in the sample options. But the age and civil status variables does not effect on the research sample answers. Where, the obtained correlation coefficient of the first age groups and the second (3.94) and the married and celibate category (12.37) are not statistically significant at the 0.05 level of significance and confidence interval (1.96).

The obtained correlation coefficient of the sexes in the issue of " the public can be feel of discomfort of the lack of enough seats because the lack of maintenance enough or sale of a large number of tickets compared with the available seats" is (0.6). The statistical value is significant at the 0.05 level of significance and confidence interval (1.96). We can say that sex variable affects in the sample options. But the age and civil status variables does not effect on the research sample answers. Where, the obtained correlation coefficient of the first age groups and the third (8.14) and the married and celibate category (9.63) are not statistically significant at the 0.05 level of significance and confidence interval (1.96).

We cannot apply the test correlation coefficient of answers for the sex, age and civil status variable in the issue of "instability of competitions system thus damaged the favorite teams for the fans", because there is consensus by the sample in one answer.

The obtained correlation coefficient of the sexes in the issue of "absence of logistical means to go to stadium increases the tension of public," is (1.41). The statistical value is significant at the 0.05 level of significance and confidence interval (1.96). We can say that sex variable affects in the sample options. But the age and civil status variables does not effect on the research sample answers. Where, the obtained correlation coefficient of the first age groups and the third (16.97) and the married and celibate category (12.37) are not statistically significant at the 0.05 level of significance and confidence interval (1.96).

#### 4. DISCUSSION OF RESULTS:

We accept partially the sub-hypothesis (H0). The gender variable affect in the sample positions in your relation with the behaviors of parties overlapping to the game of football. And that, Based on the result of test of equality of frequency of answers ( $\leq 1.96$ ), except the issue of "impact the absence of cash prizes to the ideal public on his behavior ", " the absence of surveillance cameras inside the stadium and its role in increasing the sense of void of security by the public ", " playing without the presence of the public caused many moral and financial problems to the sportive teams "and" the contribution of equitable distribution of seats allocated to each to the public as a solution to reduce the tension". It could be argued that the sex variable contributes to determine the position of public in relation with the behavior of the parties overlapping in the game of football. And be the public behaviors of the male sex more violent than females and that as a reaction to the behavior of the parties overlapping in the game.

We accept the sub-second hypothesis (H1), in part, which is based on the age variable do not affect the sample positions as the result of test of equality of frequency of answers ( $\geq 1.96$ ) is not statistically significant, except of the issue of "the need to punish the individuals known to violence from entering stadiums even be an example to others of the public"(1.29) and "the existence of some of the bias of the media for certain teams on other teams account"(1.14).

We accept the sub-second hypothesis (H1), in part, which is based on the civil status variable do not affect the sample positions as the result of test of equality of frequency of answers ( $\geq 1.96$ ) is not statistically significant, except of the issue of " impact the absence of cash prizes to the ideal public on his behavior" (1.96) and "the need to punish the individuals known to violence from entering stadiums even be an example to others of the public"(1.38) and "the absence of an active role for cells loved ones in framing the public"(1.64).

It could be argued that the gender variable contributes to determine the position and the behavior of the public in relation to the behavior and the actions of the parties overlapping in the game of football. Normally, the male reaction to stimuli will be more violent and the power compared to the female. "In the early 1990s, European researchers sought to investigate the stress differences in responsiveness to moderately stressful situations in specialized laboratories in biological stress responses. Several studies have shown consistently that young men respond twice more than women of the same age with respect to release of the stress hormone cortisol, meet an acute stress. Other studies have demonstrated that higher levels of adrenaline and blood pressure were observed in men" (MAMMOUTHMAGAZINE, No 6, mars 2009). In many situations, the men and the woman reacts independent of education and culture, and thus directly linked to their hormones. The man reacts under the influence of hormones. So, the testosterone (hormone of desire, sexuality and aggression, in other words hormone "conquest" - military or sexual) is developed (KIMURA Doreen, 2000).

And be the public actions of the first age group (15-19 years) is more violent than the category of 40 years (40 years old and above), as a reaction against the behavior of the parties overlapping in the game. It is due to that the category lives the period of adolescence and the changes we can be in the behaviors. We can explain these reactions for the majority of adolescents who act out, their behavior reflects a gap between their biological and social maturity. Young people commit these acts impulsively and, if handled in a way that discourages them from this type of behavior and puts them back on the right track, most cease all forms of this type of behavior by adulthood. As for the variable of civil status affects in the position and the public's behavior from the behavior and actions of the parties overlapping in the game of football. Where the action of single category is more violent compared to the married category. but we can explain this phenomenon via the behavior of adult category is more stable compared to the children there are many research in the desire for children (Dandurand et al., 1994) or on the sociability of youth (Le Gall, 1993) studying the interdependence of young adults. Throughout his adolescence, but especially in the early years of adulthood, is committed to the young people other than his parents, and negotiates these commitments and obligations thereunder. The adult remains committed to his parents, but that link engagement differs from that of adolescence. The same can be done for lover or professional commitments: they have a different meaning in adulthood. There is a redefinition of links that differentiates the youth of the adult, and that is by focusing on this redefinition, which involves the development of autonomy, independence and responsibility; we reinterpreted the beginnings of adulthood. A type of consciousness, sensitivity to humanity, that you can affect someone else's life, you can affect your own life, and you have a responsibility not to endanger other people's lives or to hurt other people. So morality is complex; I'm being very simplistic. Morality involves realizing that there is interplay between self and other and that you are going to have to take responsibility for both of them. I keep using that word responsibility; it's just sort of a consciousness of your influence over what's going on (Gilligan, 1993: 139). Due to the fact that most of the category of single are less than twenty years and thus are characterized by impulsive and rapid interaction with arousal by overlapping Parties in the game of football agents.

#### 5. CONCLUSION:

Results of the study show that the sample answers are affected by variable sex, where we note a difference between male and female answers. The answers are not affected whenever we switched from age group to another. This explains the enthusiasm of youth and docility behind passion for the category of adolescence. While the realization of the mind and experience the presence of the more encouraging progress in age. Difference between the results is shown in a function according to the civil case and we

can explain that the importance of the age factor for the category of single (below 30 years especially that 42% of them without twenty years (teenager)).

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# THE SPORTS MEDIA ROLE IN WOMAN SPORTS ENCOURAGEMENT FROM A SECONDARY SCHOOLGIRLS VIEWPOINT.

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## Abstract

The study aimed to identify the role of sports media in encouraging women's sports from the point of view of secondary school female pupils'. We have used a questionnaire as a means of study. It contains 30 paragraphs, which controls three main fields: competitive, promotional and healthcare, the sample of 40 schoolgirls is taken from Asaid Bouali secondary school, Bordj Bou Arreridj , Algeria. We have used descriptive approach to achieve the study purposes; there have been the following results:

- Media's care in introducing sporting programs that attracts woman as elegance, size and beauty.
- Non-care of sporting media in helping sporting woman and guiding her to find suitable job opportunities that proves her in sporting field.
- Sporting media's care on women sports in case of her participation in competitive games.
- There is a failure in sporting media's care in distributing the real concept of woman sport either health side or promotional one.

**Keywords:** SPORT, MEDIA, ROLE, WOMAN, SCHOOLGIRLS

## 1. INTRODUCTION

Currently Sport has many institutions, committees, organizations, national and international unions, training schools and universities. On the competitive level, it recognizes a high degree of professionalism in either administration, management or economy , developing the preparation and training ways, sports found a huge information promotion either visual media, audio or readable one, to cover the different competitions especially football . Woman has a big favor in developing and increasing the degree of advancement and progress of the societies in different fields of life. Recently the world witnessed increasing participations of women in sports and sports competitions on all levels: local, regional, continental, international and Olympic, thanks to the services and activities provided by the sports media of all kinds in order to motivate and encourage women to exercise and to highlight her position and value in society. ( Ahmed Bousakra , Safa Jawadi, 2012 p: 3.)

The sports media is a part of the media system, which seeks to bring about a change in the public opinion. What owns the sports media can make a change in sports knowledge that is by employing some of the variables of human personality, its experience in the social and sporting environment and its cultural composition, as well as its socialization with others. Many people deal with the sports media as a mere entertainment tool and a source of sports news but this narrow view does not serve the sports media, which seeks to change at all what we hear, read or see to remove one of the negative values in the sports field. Then to install another positive one that serves the receiver of this message. (Sakhri Akila, 2008,p.10) The informational aim is in the media content provided by media programs and the extent to bring them in line with the development of intellectual, technological, cultural development that is appropriate to the requirements and needs of the public receivers. "Kheireddine Aouis" clarified the role of the media attention in sporting women participation and highlighting its role in the sports field. The media sports is a reflection of the sport's concept, the expansion and diversification that has taken place on the sports field raised the responsibility of the sporting media and expanded its performance of its role. This later does not shortcut its role on the interest to publish newspapers, and broadcast radio and television programs, to highlight the official activity in the sporting field, and the excess of interest in news coverage. (kheireddine Aouis, Ata Hassan Abderrahim, 1998.p.54) To achieve all this. Various media must be characterized by professionalism and international standards and specifications, with a quality of high level of services. Especially domestic and international-level because of its close association to the upgrading of sports especially women's sports with the increase of the practice motivation, sporting achievement and cultural growth and value, for all members of society , the sports media have a special and distinctive character that cares on publishing the true concept of sport. In our local community, there is still a lot of members of the community who are opposing the practice of their daughters to sports, or joining clubs or sports teams that limits the role of women in the field of competitive sports. From here, the role of sports media is highlighted in providing moral support to women's sports, and because of its effective impact on the members of the community to change their attitudes and opinions towards the woman sport, to provide her assistance to face the obstacles that prevent her from participating in the

sports field in all its forms. (Elkobty Atef , 1994. , p. 42) On this basis, we want, through the contributions of this study, to show the sports media support and encouragement of women's sports in challenging all the pressures faced her in our society. According to what is mentioned before we reach the following general question of the study:

- Does Media Sports have a role in spreading woman sports from the viewpoint of secondary schoolgirls of Bordj Bou Arreridj ?

**Sub-questions of the study:-** Do sports media contribute to the dissemination of women's sports in the competitive field. - Are various sports media interested in

publishing women's sports in the promotional field?

- Is there an interest of Sports Media to publish women's sports because of its great importance in the health field.

**Study hypothesis:** - Sports media contributes to the dissemination of women's sports in the competitive field. - Media is interested in the deployment of women's sports in the promotional field. Sports media is interested in the deployment of women's sports because of its great importance in the health field. - Study purpose: to know of the role played by sports media through the competitive, promotional and health field of women.

**The importance of the study:** -the study has an importance through the subject being addressed with sports media and its role in the dissemination of women's sports.

**Sports media:** The process of disseminating news, information, facts, rules explanation and laws for games and sports activities for the purpose of public dissemination of sports culture among the members of the community with their sports development of consciousness. (Hassen Ahmed Echafai, 2003.p.317)

- **Previous studies:** 1-Abdel Tawab study and others 1983: it aimed to investigate the sources of knowledge of sports for schoolgirls of elementary stage. The researcher followed the survey method, the sample was a random one representing all school districts in Cairo and Giza, the study concluded that schoolgirls knew 28 active athletes. TV has been ranked the first position among the sources of knowledge, then the school, thirdly came the press, then the magazines after that the family, then the radio, at the end came the club.

2. Owaidat and Odheibat study 1988, which aimed to study the removal of sports journalism in Jordan, which reached to sports journalism in Jordan, represented by the supplements that were analyzed, it focused clearly on the game of football, compared to the Olympic Games and other non-Olympic . The study also found that slightly more than 50% of the images, news and analysis are related to football and the rest was distributed in different rates to the rest of the games and sports and other subjects. The study also concluded that there are deficiencies in the university and school sports coverage, as well as deficiencies in the Arab sports coverage compared to foreign one, it turns out that the capital has the greatest share of the sports programs.

3. Abdullah Boujelal study 1992: a study published in the Algerian magazine of communication, it was under the title of "the impact of television on children". The researcher discussed the way in which the TV could contribute to in the impact on children, whether this impact has a positive or negative effect. Then how parents could make of their son knows how to use the media diversity and especially TV in a positive and civilized manner. What benefits from the broadcast on television of quotas, paragraphs, educational programs and the process of cultural purposeful operation, the researcher concluded that television is the second shelter, which was frequented by the child after school; he spends a lot of his time watching it. Therefore, this attention should be drawn in the true positive way.

4- Mohammed Aref Abidat study 2005: The aim of this study was to identify the viewpoint of university girls of sports Education faculties in Jordanian universities about the role of the media in the dissemination of women's sport. The researcher used the survey tool, and the study sample was 381 university girls, it reached the following results: lack of media interest in the sport of woman as requested only in her participation in competitive games, poor attention of sports media to publish the true concept of sport and support for woman sports in general.

5. Cunningham study (Cunningham, 2003): The study aimed to identify the media coverage of women's sport, particularly the electronic coverage and its impact on the university women's sports on the Internet, the study sample was teaching schools in the USA , it has been selected as a sample by the class way. Eight regions were selected randomly; from that, there have been taken five schools and then randomly chosen 35 websites of news of the network sites. The results indicated that there was no statistically significant differences, which provides information that support women's sports, and which support male sport on the website, the results of the study also concluded that the Women's Tennis Sport coverage was longer than the media coverage of the same sport for males.

**Field procedures for the study: 1- The exploratory study:** aims to sum up all aspects of the study and to write the final wording of the problematic and hypotheses; to determine the methodology and the study tool; and to test and achieve its scientific conditions to adjust the size of the sample. We have distributed the questionnaire to a sample of the third secondary schoolgirls of the Said Zerrougui secondary school of Bordj Bou Arreridj, their number was 15 schoolgirls outside the scope of the study sample.

**2- The study approach:** We used descriptive analytical method because it suits the purposes of the study.

**3- The audience and the study sample:** the audience study consists of some third year schoolgirls in Asaid Bou Ali secondary school of Bordj Bou Arreridj of the academic school year 2013-2014, totaling 199 schoolgirls, on the light of these facts we have been identified the research sample. It has been selected at random way and the number of its members is (40) schoolgirl.



**4- The study tools:** We have used a questionnaire to measure the views of the study sample, it was divided into units and under each unit there have been expressed phrases or questions in accordance with the hypothesis of the study. The questionnaire has been drafted at the end being based on the three fields of design: the competitive field with 10 expressions; promotional field with 12 expressions and health care with 10 expressions. We have adopted in this analysis to the closed form that limits the potential responses for each question on the five-Likert scale.

\* **Degrees of the questionnaire:** the questionnaire includes 05 degrees:

**"Table (01): shows the degrees of the questionnaire**

The answer	with a very big degree of approval	with a big degree of approval	with a medium degree of approval	with a low degree of approval	with a very low degree of approval
Degrees	5	4	3	2	1

**5 – The scientific conditions of the instrument:**

**The virtual Belief:** The questionnaire was presented to a group of experts, it was initially consisted of 42 words, it was amended by deleting some other phrases and increasing access to the final formulation in 32 expressions.

**Belief of the internal consistency:**

**Internal consistency between the competitive field expressions and the total degree obtained in this field:**

**Table (02): correlation coefficients between each paragraph of the competitive field and total degree of its paragraphs.**

N=°	Expression content	the correlation coefficient	level of significance
01	Sports media interested in a direct transfer of woman matches	0.933	0.01
02	sports media participates in honoring sports women for her achievements	0.556	0.01
03	sports media contributes to the analysis of the competitive events of sports for women adequately	0.928	0.01
04	Sports media tools contribute to modify the public attitudes towards competitive sports for women	0.919	0.01
05	Sporting journalism published scientific analysis of sports issues and events, that woman have involved in.	0.725	0.01
06	Sports media means is interested in defining the legislation of competitive sports for women.	0.690	0.01
07	Sports media means does not seek to define to the citizen the problems and difficulties facing the Algerian women's competitive sport and proposing solutions to them	0.927	0.01
08	Sports media means are working on the definition of the achievements realized by Algerian women to the public.	0.951	0.01
09	The Arab media simulates the world media in the dissemination of women's sport.	0.815	0.01
10	The sports media contributes in stimulating sporting Algerian women to gain access to the internationalization	0.960	0.01

Where correlation coefficients are ranging between (0.556-0.960), they are considered significant at the level of significance (0.01-0.05), so that the first field programs are considered as honest of what they are intended to measure.

**Internal consistency between promotional field phrases and the total degrees obtained in this field:**

**Table (03): Correlation coefficients between each program of promotional field and the total degrees of programs.**

N=°	Expression content	the correlation coefficient	level of significance
11	Media is working to clarify the negative effects of the lack of women's sports practice in a permanent way	0.635	0.01
12	Media programs provide advertisements about women's clubs.	0.919	0.01
13	TV offers private sport programs of women through the morning programs.	0.931	0.01
14	Sports newspapers keen to know the tendencies of women to meet the desires	0.960	0.01
15	newspapers devoted a daily special section on morning women's sports	0.939	0.01
16	TV provides entertainment and recreational programs by which women involved in the form of sports competitions.	0.810	0.01
17	Daily newspapers offer private women's sport programs to fill her free times permanently.	0.950	0.01
18	Sports programs includes television programs that are interested women's physical fitness.	0.774	0.01
19	TV offers through its programs private seminars about the importance of playing sports for women in particular	0.747	0.01
20	The media offers a chance to know sporting woman's needs through her participation in giving her views to know the problems faced her during her practice for sports.	0.766	0.01
21	Sports journalism put competitions to increase the knowledge of readers about the importance of women's sport and exercise permanently.	0.873	0.01
22	Sports media seeks to attract specialists in the sport to cooperate with them in developing programs and promotional activities for women free time.	0.732	0.01

Where correlation coefficients are ranging between (0.635-0.960), the level of significance is considered significant at (0.01-0.05), so that the programs of the first field are considered as honest to what they are intended to measure.

**internal consistency between the health sector and phrases college degree obtained in this field:**

**Table (04): correlation coefficients between each program of the total degree of health field of its programs.**

N=°	Expression content	the correlation coefficient	level of significance
23	Sports media provides information about maintaining fitness for women	0.731	0.01
24	The means of sports media provides information about women's proper nutrition.	0.832	0.01
25	The means of sports media provides Information about women's diseases and methods of prevention through sports exercise	0.972	0.01

26	Sports media provides special programs to protect women from excess weight (obesity).	0.636	0.01
27	Sports media means provide special sports programs for women to preserve her beauty and fitness.	0.742	0.01
28	The means of sports media provide special sporting programs, to take care of the pregnant mother.	0.970	0.01
29	The means of sports media provide programs to educate women about sports injuries, how to prevent and deal with them.	0.834	0.01
30	Sports media means contribute in providing advice and guidance to clarify the habits that cause size deviations for women.	0.920	0.01
31	Sports media means contribute to the importance of the role of sport exercise to reduce the negative effects of psychological stress, which may affect women.	0.720	0.01
32	Sports media means contribute to highlight the role of sport to overcome the phenomenon of shortage or lack of movement imposed by the modern life on woman.	0.883	0.01

Where correlation coefficients are ranging between (0.636-0.972) and considered significant at the level of significance (0.01-0.05), so that the first field programs are honest to what they are intended to measure.

**6 -The stability of the tool:** the consistency was calculated using Cronbach's alpha coefficient.

**Table (05): reliability coefficient of the questionnaire.**

Questionnaire field	Expressions number	Cronbach Alpha
Competitive field	10	0.957
promotional field	12	0.967
Health field	10	0.955
The Questionnaire	32	0.955

The previous table shows that all the reliability coefficients are high and statistically significant at the level of 0.05 and the value of these transactions varied from one field to another; reaching its highest limit in the promotional field with 0.967 and the lowest is in the "health" field with 0.955. As then the whole stability coefficient of the questionnaire of the study was 0.986, it is a high stability coefficient and statistically significant at the 0.05 level of significance...

Dimension	phrases	grade	arithmetic average	standard deviation
Competitive field	1- Sports media cares about the transfer of Women matches quoting directly.	22	2.725	1.154
	2-sports media participate in sports women honoring her accomplishments.	4	3.325	1.366
	3- Sports media contributes in the analysis of the creation of competitive sports for women adequately.	7	3.175	1.152
	4- Media sports means contribute to modify public attitudes towards	15	3.025	1.073

	competitive sports for women.			
	5- Sports journalism published scientific analysis issues and sporting events involving women's scientific.	30	2.450	1.197
	6- Sports media means care to identify the legislation on the definition of the citizen	26	2.600	1.215
	7- Sports media means do not seek to define the citizen the problems and difficulties facing the Algerian women's competitive sport and proposing solutions to them.	29	2.550	1.376
	8- Sports media means work to publicize the achievements realized by Algerian women.	19	2.850	1.231
	9- The Arab media simulates the world media in the dissemination of the Algerian woman sport.	25	2.625	1.274
	10- Sports media contributes to in stimulating Algerian women sports to reach the internationalization level.	6	3.250	0.954
<b>The arithmetic average and the total standard deviation of the competitive field</b>			2.857	1.076
<b>Promotional field</b>	11- Media works to illustrate the negative effects of the lack of women's sports practice permanently.	23	2.725	1.280
	12-media programs provide advertisements about women's clubs.	14	3.075	1.163
	13- TV offers private sports programs of women through the morning programs.	8	3.175	1.238

	14- Sports newspapers keen to know the tendencies of women to meet their wishes.	27	2.575	1.195
	15- Newspapers preserve a special section on the morning for women's sports every day.	31	2.400	1.172
	16-TV provides entertainment and promotional programs by which women involved in the form of sports competitions.	20	2.775	1.404
	17-daily newspapers offering private women's sport programs to fill her spare permanently times.	32	2.225	1.290
	18- Sports programs contains television paragraphs that care of fitness for women.	1	3.525	1.198
	19- TV offers programs through special seminars about the importance of playing sports for women in particular.	24	2.700	1.285
	20- Media offers an opportunity to know the sportive women's needs of through their participation in giving their views to see the problems faced them through the practice of sports games.	12	3.125	1.284
	21- Sports journalism pose competitions to increase the knowledge of readers about the importance of women's sport and her exercise in a permanent way.	18	2.925	1.268
	22- Sports media seeks to attract specialists in the sport to cooperate with them to develop programs and promotional activities for women's free time.	21	2.750	1.192
<b>The arithmetic average and standard deviation of the promotional field</b>			2.831	1.205
<b>Health field</b>	23-Sports media provides information about maintaining fitness for women.	17	2.925	1.268
	24- Sports media means give information about women's proper nutrition.	10	3.150	1.331
	25-media sports means provide information about women's diseases and methods of prevention through the practice of sports.	16	3.000	1.240
	26- Sports media provides special programs to protect women from excess weight (obesity).	5	3.275	1.320
	27- Media sports means provides private sports programs to the preserve women's beauty and fitness.	9	3.175	1.318
	28-Media sports means provide special	13	3.100	1.172

	programs to care about Sport pregnant mother.			
	29- Sports media means provide programs to educate sportive women about injuries and how to prevent them and deal with them.	2	3.400	1.032
	30- Sports media means contribute in providing advice and guidance to clarify the habits that cause deviations of the size for women.	3	3.350	1.001
	31- Sports media means contribute in the importance of the role of sports exercise to limit the negative results of psychological tensions that may affect woman.	11	3.125	1.017
	32 - Sports media means contribute in highlighting the role of sport to overcome the lack of movement imposed by modern life	28	2.550	1.011
<b>The arithmetic average and standard deviation of the health field.</b>			3.107	1.121
<b>The arithmetic average and the total standard deviation of the questionnaire.</b>			1.130	2.925

The previous table shows that all the high reliability coefficients that is statistically significant at the 0.05 level of significance, that the value of these transactions varied from one field to another, reaching its highest limit in the promotional field with 0.967, and the lower level in the "health" field with 0.955. Moreover, the total consistency coefficient of the study questionnaire reached 0.986 that is statically of high significance at 0.05 level of significance.

**7- Statistical methods:** Statistical Package software for Social Sciences version (19 SPSS), arithmetic averages and standard deviations, reliability coefficient alpha Cronbach.-Pearson correlation coefficient sincerity to achieve internal consistency of the phrases.

**8- View and analysis of the results:**

**Table (06): Distribution of the competitive field phrases, promotional and health fields. From the perspective of the third year secondary school girls; according to arithmetic averages and standard deviations values with clarifying the descending order of averages:**

It is clear from the table that the health field has been ranked first with an average of (3.107) and standard deviation that estimated at (1.121). The competitive field ranked second, occupied by an average (2.857) and standard deviation (1.280), in third place, and last came the promotional field with an average of (2.831) and standard deviation (1.205).

**2. Discussion of the results in light of the hypotheses of the study:**

Results showed that the field of health ranked first and this shows that the interest of sports media in the health aspect. Especially for women in terms of providing information on maintaining fitness and women's proper nutrition. What sports media means offer of special programs to protect women from excessive weight and special sports programs for women to preserve her beauty and fitness and special sport programs to take care of the pregnant mother. Moreover, other programs to make women aware of sports injuries with how to prevent them. This is in addition to the remark of the schoolgirls that the media contribute the sport exercise to reduce psychological tension. Then came in the last ranked in this field, the phrase (32), which stipulates «Sports media means contribute in highlighting the role of sport to overcome the lack of movement imposed by modern life. ». This is due to the weakness and lack of specialized media to illustrate the positive effects of sports activities, also the ideas prevailing Women who are controlled by the habits and traditions of Algerian society.

This result conform with the study of "Dautaman Bergman 2004," a study that examined the relationship between media sources and health awareness about obesity and its problems , nutrition and its problems and physical activity and its problems. He had identified that those who follow healthy nutrition differ from those who do not in their use of the media. While the researchers



found that television news and entertainment sites on the Internet are more targeted means by others of non-healthy feeding, which means that if we want to reach the mass slides that feed in non-healthy way, we have to use sports television programs and entertainment sites. (Othmane Elarabi, Othman El-Arabi, 2007. p 646)

As for the competitive field, it was in second place with the participation of sports media in honoring sporting women's for her accomplishments that have been ranked first in the field. The researchers found that the sports media is interested in sports achievements realized by women, when they occur. However, the interest does not appear except in the case when woman achieves success in competitive sports leagues. The media is not interested in the real sense for the sport of women; it cares about what sporting women achieve in the championships in the sports competitive field. Sports media does not care about the local press coverage of women, in terms of her achievements in a permanent way; this is what makes the deployment of women's sports very limited. That is what agreed with this study of (Shirin Mohammed Arif 2005). Which concluded that the Jordanian sports media is interested in the competitive women in the case of her participation in competitive games.

The promotional field occupied the last scale where the phrase (18) ranked first which stipulates that the sports programs on television paragraphs concerned with physical fitness for women. And this is due to the government television stations in particular by providing programs in the morning include paragraphs sports, displaying the morning exercises benefiting women physically. What makes her feel more comfortable and active; this is due to women's interest in aspects of aesthetic (elegance, moderate size). In addition, the media serve to clarify the negative effects, for lack of women sport exercise in a permanent way, the media is interested in clarifying the negative effects of the lack of physical promotional activities and especially in our era that is characterized by the use of modern technology. It will reflect negatively on women's addiction and lack of movement.

The phrases, which speak about the newspapers, as they were in last place as a result of negligence from the side of the daily newspapers in their follow-up to provide a private women's sports programs on an ongoing way; dealing with all aspects either health, promotional, or social side. That is to narrow her focus on the follow-up sporting achievements carried out by women in competitive sport, on the other hand that the pupils, females in particular, do not read the newspapers continuously. This result is consistent with the study (Owaidat and Odheiet 1998), which reached the students to know the 28 active athletes. Newspapers and magazines came in third place, which is the last one after TV, between sources of knowledge, and then the school.

### 3. General conclusions:

- Media interest to provide sports programs that attract women such as elegance, maintain the strength and beauty.
- Non-care of sports media means with the help of sporting women to guide them in finding suitable jobs that qualify her in the field of sports.
- Sports media care of the women competitive sport when they participate in the competitive games.
- There is a Weakness in interest of the means of sports media in spreading the true concept of women's sports, whether the health aspect or promotional side.

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## TRENDS OF SPORT EDUCATION TEACHERS TOWARD THE RELATION BETWEEN SELF-MANAGEMENT & JOB PERFORMANCE APPRAISAL

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### Abstract

The study aims to define trends of sport education teachers toward the relation between self-management and performance appraisal. To achieve goals of the study, the descriptive method was used with the surveying method. In addition, random sample was used consisting of sport education teachers, Babylon governorate center. Tools of the study were applied on this sample. After statistical data processing, the study found that there is a statistically significant correlation between trends of sport education teachers toward self-management and job performance appraisal.

**KEYWORD:** Trends. Sport. Education. Teachers. Self-Management.

## 1. INTRODUCTION

Success in life in general and in administrative life in particular depends on self-management and dealing with oneself effectively and wisely. Failure with oneself leads to failure in life in general and administrative life in particular. There was the need for replace self-management in our institutions especially with the emergence of the new world order accompanied with multiple changes. Among the most prominent of them there were continuous administrative reformations which aimed to develop the administrative system and the accompanying transformation from central management to local self-management which is considered a basic element coping with changes which happen in the entire society. Accordingly, we can derive the significance of the study which is represented in recording daily behavioral activities of sport education teachers along the week and determine their trends in self-investment in relation to job performance appraisal. The purpose here is to determine the reality of self-investment by sport education teachers and their trends in order to raise their assigned educational and educational process.

### Problem of the Study:

Through the researcher's experience in the field of sport and continuous meetings with sport education teachers, the researcher tackled some problems related to performance appraisal of sport education teachers, Babylon governorate center. Among these problems, there are self-management, good self-organization and energy investment. The researcher noticed that studies concerned with showing that there is a lack in the reality of dealing sport education teachers with themselves. Hence, this also means lack of information which helps guide sport education teachers toward better self-energy investment. This, in turn, raised the level of job performance of sport education teachers. Accordingly, the researcher decided to study this topic as an attempt to show trends of sport education teachers toward self-management and how to invest it and then to examine its relation to job performance. This helps to set propositions to raise the performance level of sport education teachers and other positive aspects reflected on educational level of students in general and sport field in particular.

### Goals of the Study:

- 1- Determine trends of sport education teachers toward self-management.
- 2- Determine the relation between trends of sport education teachers toward self-management and performance appraisal.

### Hypotheses of the Study:

- 1- Sport education teachers have positive trends toward self-management.
- 2- There is a statistically significant correlation between self-management and job performance appraisal.

### Fields of the Study:

Human field: sport education teachers – Babylon governorate center

Spatial field: schools of Babylon governorate

Temporal field: from 01/03/2014 to 01/07/2014

### Methodology &Field Procedures

## 2. METHODOLOGY

The researcher used the descriptive method with the surveying study method as it is proper to the nature of the study and its problem.

### Population & Sample of the Study:

Population of the study consists of 327 sport education teachers – Babylon governorate center distributed on schools of Babylon governorate center –Al Malak Secondary School. To achieve goals and hypotheses of the study, the sample of the study was chosen randomly. By the same way, the sample was divided into: (open questionnaire sample, exploratory sample, reliability sample, structure sample and final application sample).

### Tools of the Study:

#### Scale of trends toward self-management:

To achieve the goal of the study, which is to build scale of trends toward self-management, the researcher adopted the following steps:

- 1- Reviewing literatures which tackled topics of self-management and related topics to self-management including planning, time management, emotional balance, psychological stress and others.
- 2- Analysis of the phenomenon that needs to be measured to its initial elements. Thus, five measurement elements were determined: (self-planning, self-organization, time management, communication and balance). To determine its validity, it was examined by 12 experts and by using the Chi2 test it was found that all elements were valid.
- 3- Formulation of questions requiring direct answers which are valid to be paragraphs of scales of trends toward self-management including an open exploratory questionnaire. Accordingly, the following questions were designed:

Q1. Inside school, show problems of determining goals and the way they are answered with highlighting the nature of available material and moral possibilities.

Q2. Write about difficulties you face in distributing tasks and works assigned to you during official full-time work periods.

Q3. Write about positive and negative experiences of your job.

Q4. Show the nature of the effect of social values and habits on performing your job tasks.

Q5. Show the nature of your relation with students on one hand and with your colleague teachers on the other hand.

After analysis of answers of the open questionnaire sample questions (40 teachers), 44 paragraphs were formulated and distributed on measurement items as follows: (10 paragraphs for planning dimension, 10 paragraphs for organization dimension, 8 paragraphs for time-management dimension, 8 paragraphs for communication dimension, and 8 paragraphs for balance dimension). After that, paragraphs of the scale were shown to 12 experts to determine their validity. With the use of Chi2 test, it was found that all paragraphs were valid.

- 4- Preparation of (the respondent guide) with consideration of clear, easily understood and suitable paragraphs for the level of the sample of the study in order for respondents to clearly understand it.
- 5- Self-management degree is counted for respondent through answering all paragraphs (44 paragraphs). Scale correction is made due to five options (always, often, sometimes, rarely and never) by giving scales of (1, 2, 3, 4 and 5). Thus, degree total for the two scales ranges between 220 degrees, which is the highest degree, 44 degrees, which is the lowest degree and a proposed average of 132 representing theoretical average of scale degrees. If scale degree is more than 132, this refers to positive trend of self-management, while if it is less than 132 degrees this refers to negative trend of self-management.
- 6- To ensure clarity of scale instructions, paragraphs and time lapsed to answer it, the scale was applied on 15/03/2014 on an exploratory sample consisted of 30 teachers.
- 7- The main trial was performed on 15/04/2014 through application of the scale on structure sample of 128 teachers aiming to perform an initial statistical analysis for scale paragraphs.
- A. After correction of structure sample on the tool of the study consisting of 44 paragraphs with degrees in descending order and then 27% percentage was selected of higher and lower degrees to represent the other two groups as each group included 27 teachers and verified the statistically significant T value as an indicator to distinguish between paragraphs as shown in the following table:

Paragraph No.	T Value	Paragraph No.	T Value	Paragraph No.	T Value	Paragraph No.	T Value
1	15.245	12	15.490	23	14.120	34	14.864
2	18.894	13	17.123	24	16.139	35	14.626

3	12.327	14	18.706	25	14.991	36	16.139
4	14.538	15	15.355	26	13.975	37	14.200
5	18.625	16	15.219	27	15.029	38	19.122
6	14.741	17	15.093	28	9.81	39	15.996
7	13.802	18	15.332	29	9.25	40	14.770
8	14.059	19	14.217	30	3.49	41	14.538
9	14.770	20	14.972	31	9.14	42	13.441
10	15.644	21	14.668	32	10.26	43	16.139
11	14.719	22	17.665	33	11.256	44	12.122

B. Pearson correlation coefficient was used to derive the correlation between degrees of each paragraph and the scale's total degree. After getting results, it was found that all paragraphs are statistically significant as shown in the following table:

Paragraph No.	Correlation coefficient	Paragraph No.	Correlation coefficient	Paragraph No.	Correlation coefficient	Paragraph No.	Correlation coefficient
1	0.43	12	0.45	23	0.45	34	0.29
2	0.36	13	0.40	24	0.24	35	0.33
3	0.46	14	0.40	25	0.30	36	0.22
4	0.44	15	0.38	26	0.28	37	0.29
5	0.41	16	0.27	27	0.46	38	0.30
6	0.39	17	0.35	28	0.31	39	0.36
7	0.43	18	0.25	29	0.42	40	0.38
8	0.40	19	0.53	30	0.45	41	0.26
9	0.48	20	0.44	31	0.30	42	0.25
10	0.52	21	0.32	32	0.35	43	0.38
11	0.27	22	0.43	33	0.33	44	0.45

C. Pearson correlation coefficient was counted between paragraphs and the scale's total degree. Significance of correlation was ensured using the (T R) test as it was found that all paragraphs were significant as their counted values are more than tabulated one as shown in the following table:

Paragraph No.	Correlation coefficient	T R	Paragraph No.	Correlation coefficient	T R	Paragraph No.	Correlation coefficient	T R
1	0.570	7.309	16	0.319	3.546	31	0.420	4.877
2	0.385	4.397	17	0.267	2.920	32	0.267	2.920
3	0.213	2.297	18	0.678	9.720	33	0.580	7.504
4	0.505	6.168	19	0.580	7.504	34	0.489	5.909
5	0.515	6.333	20	0.465	5.536	35	0.470	5.610
6	0.442	5.193	21	0.489	5.909	36	0.522	6.450

7	0.470	5.610	22	0.613	8.175	37	0.322	3.624
8	0.553	6.993	23	0.470	5.610	38	0.350	3.937
9	0.493	5.973	24	0.553	6.99	39	0.413	4.778
10	0.399	4.586	25	0.493	5.973	40	0.463	5.505
11	0.535	6.675	26	0.311	3.448	41	0.593	7.761
12	0.322	3.624	27	0.643	8.849	42	0.572	7.351
13	0.321	3.572	28	0.540	6.761	43	0.613	8.175
14	0.522	6.450	29	0.572	7.351	44	0.505	6.168
15	0.420	4.877	30	0.613	8.175			

A. Pearson correlation coefficient was used to derive the correlation between degrees of each paragraph and the scale's total degree. It was found that all paragraphs were significant as their counted values are more than tabulated one as shown in the following table:

Dimensions	Correlation Coefficient	Counted (T R) Value
Self-planning	0.715	9.432
Self-organization	0.599	10.539
Time Management	0.660	8.932
Communication	0.688	10.277
Balance	0.822	11.666

8- Psychometric characteristics of the scale were measured as follows:

- Surface validity: this type of validity was ensured through agreement of experts and specialists about paragraphs of the scale of trends toward self-management.
- Structure validity: this type of validity was ensured through relating each paragraph with the total of the scale (internal consistency).
- Reliability through retesting: the tool of the study was applied on reliability sample (30 teachers). The tool of the study was reapplied after 16 days. After statistical data processing using Pearson correlation coefficient between the two applications, it was found that the counted R value was 0.82 which refers to scale reliability.
- Alpha Cronbach method: this method was used to derive reliability by applying the Alpha Cronbach equation on degrees of members of the study sample and reliability coefficient value was 0.85 which was a good indicator for scale reliability.
- Performance appraisal form: the researcher adopted the performance appraisal form prepared by (Ali Mohamed Jawad Al Sayegh) consisting of 40 paragraphs distributed on 5 dimensions and corrected due to four grade evaluation (from 1 to 4). The performance appraisal form is based on high scientific bases including validity as it achieved validity degree of 0.97. This is a high correlation value showing that the form measures the same phenomenon which it expresses. In addition, structural validity was determined through the use of common methods (two limit groups and internal consistency). Moreover, the performance appraisal form enjoys a high degree of reliability as this was shown through the use of the researcher the method of half partitioning in which correlation coefficient's value was 0.81 which is a high indicator of reliability for the performance appraisal form. By applying Alpha Cronbach method on members of the sample (30 sport education teachers) using Excel program, it was found that the correlation coefficient's value was 0.849 which is a valid indicator.

#### Final Application of the Tools of the Study:

On 01/05/2014, tools of the study were applied (trends scale toward self-management, the performance appraisal form) on the final sample of application (90 teachers) in order to achieve goals of the study.

#### Statistical Methods:

The researcher used the SPSS method for data processing.

### 3. DISCUSSING RESULTS:

The researcher analyzed degrees of the scale of trends of sport education teachers toward self-management. It was found that final arithmetic mean of the degree of application sample for the trends scale is (164) with a Standard Deviation (S.D) of (5.09) and the following table shows that the counted mean is higher than the Hypothesized Mean (H.M) which is (132):

Final application sample	Sample size	Mean	S.D	H.M	Z counted value	Significance
Sport education teachers	90	164	5.09	132	59.7	Statistically significant

In order to determine statistical significance of differences, the researcher used the (Z) test. Results showed that the counted Z value was (59.7) and this is bigger than tabulated one. This shows a clear result saying that sport education teachers, Babylon governorate center have positive trends towards self-management. In addition, through analysis of evaluation form application results, it was found that the mean of final application sample's degrees of evaluation form equals (77.55) and with a standard deviation of (7.1). By comparing the mean with hypothesized one (which equals 62.5), it was found that the counted mean is the highest and this is shown through the following table:

Final application sample	Sample size	Mean	S.D	H.M	Z counted value	Significance
Sport education teachers	90	77.55	7.1	62.5	20.12	Statistically significant

In order to determine statistical significance of differences, the researcher used the (Z) test. Results showed that the counted Z value was (20.12) and this is bigger than tabulated one. This rejects of the zero hypothesis which asserts that there are no significant differences between counted and hypothesized means of the sample. This asserts that sport education teachers, Babylon governorate center enjoy high performance levels in their fields of job based on their achievement. In order to define the correlation between trends of sport education teachers, Babylon governorate center toward self-management and job performance appraisal. According to Pearson correlation coefficient between trends of sport education teachers, Babylon governorate center toward self-management and job performance, it's value was (0.823). To explore the level of significance of the correlation coefficient, the researcher used the second test related to Pearson test. The T counted value was (21.22) which was higher than the tabulated one (1.960) at freedom degree (88) and significance level (0.05). This showed that there is a significant direct correlation between trends of sport education teachers, Babylon governorate center toward self-management and job performance as shown in the following table:

Sample size	Freedom degree	Significance Level	Correlation coefficient	T Value		Significance
				Counted	Tabulated	
90	88	0.05	0.823	21.22	1.960	Significant

### 4. DISCUSSION OF RESULTS:

Results of the current study showed that respondents showed interest in self-management, organization and feeling of importance. Results showed that there are statistically significant differences between arithmetic means (counted and hypothesized means of scale) for the sake of counted mean. This shows a clear result saying that sport education teachers, Babylon governorate center enjoy positive trends toward self-management. The researcher found that this is due to the desire of sport education teachers, Babylon governorate center to invest their self-energy in raising the level of their ethical and professional commitments. The researcher found that this is due to the commitment to time by sport education teachers, Babylon governorate center due to their sense of belonging to the institution as well as application of regulations, laws which respect official work times and the increase in horizontal and vertical communications of teachers and their bosses. Moreover, results showed that sport education teachers, Babylon governorate center enjoy high performance levels in fields of their work as they were evaluated based on their achievement in them. The researcher attributes this to their perception of their responsibilities and duties which is similar with results of (Ragwa's 2010) study as it found that performance quality is related to the level of the feeling of responsibility for individuals toward the work which needs to be achieved. Moreover, results showed that there is a direct correlation between



trends of sport education teachers, Babylon governorate center toward self-management and job performance. The more the teachers' trends on trends scale towards self-management (positive trend toward self-management) are, the more their degrees are in the performance appraisal form. The researcher found that this result is due to mutual characteristics among variables of the study. Self-respect and energy investment based on logically based plans increases individuals' (sport education teachers) power and strength in events and situations which is positively reflected on functional performance. This agrees with the study of (Al Emary, 1996) that asserted that individuals' ability of self-management increase their perception to their job needs and helps to respond them and thus their efficiency and ability to self-improve increase too.

## 5. CONCLUSIONS & RECOMMENDATIONS:

### Conclusions:

- 1- Sport education teachers have positive trends toward self-management.
- 2- Sport education teachers have positive performance appraisals.
- 3- There is a statistically significant correlation between trends of sport education teachers toward self-management and job performance appraisal.

## 6. RECOMMENDATIONS:

- 1- Putting guiding programs to develop positive trends of self-management for sport education teachers.
- 2- Conducting similar studies aiming to raise the level of job performance of sport education teachers.

## 7. REFERENCES:

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### Annex (1) Experts & Specialists:

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Experts' workplace: Babylon University Faculty of Physical Education & Sport Sciences			

### Annex (2) Scale of Self-Management Trends

Serial	Paragraph	Always	Often	Sometimes	Rarely	Never
1	I plan to be leader of my group					
2	I adopt planning in taking important decisions					
3	I can focus on my inner feelings					
4	I try to be regular in study meetings					
5	I plan to stay with others for the longest possible time					
6	I control events around me					
7	I exert effort in showing the message that needs to be delivered to others					
8	I feel that good time utilization and organization help enhance job performance					
9	I set plans to raise the level of my self-potential					
10	I can prove to others that I am better than them					
11	I can balance between my social duties and work					
12	I try to respond job assignments and duties on time					
13	I plan to keep my belonging to the place where I work					
14	I seek to achieve life goals					
15	I listen carefully to what is said by others					
16	I avoid being a source of threat for others					
17	I set plans to control my temper					
18	I avoid negative things					
19	I consider levels of students while talking to them					
20	I plan to maintain self-stability					
21	I consider performance more than results					
22	I believe that time management is crucial for work organization					
23	I give great importance to formal relations					
24	I care of others' rights regardless of their behavior					
25	I feel that I am more affordable to job commitments					
26	I reject welcoming visitors during job work hours					
27	I plan to succeed in works assigned to me					
28	I work on improving my appearance					
29	I greet my colleagues while passing-by					
30	I think that progress of societies is related to their respect to time					
31	I plan to make successful social relations with others					
32	I try to solve problems myself					
33	My adherence to divine books makes me more committed to work					
34	I have the ability of effective time utilization					

35	I set suitable plans to solve problems facing me					
36	I draw my goals in limits of my abilities					
37	Influence of external distractions is weak					
38	I feel able to achieve my daily tasks					
39	I commit to my society's habits and values					
40	I participate in all school activities					
41	I apologize to those I offended					
42	I feel that the past time cannot be restored					
43	I seek to form a beloved personality					
44	I seek to raise my job commitment level					