

The role of recreational sports activity in reducing psychological pressures among the employees of Almaarif University College

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Abstract

This study aimed at identifying the role of recreational sports activities among the employees of the University College of Knowledge, and to achieve this, the study was conducted on the research community from the employees of the University College of Knowledge for the academic year (2020 AD - 2021 AD) in Anbar Governorate, whose number is (238) employees, divided into ten departments Scientific in addition to the staff of the Deanship of the College, while the sample consisted of (168) permanent employees who were chosen by the deliberate method and at a rate of (70%) from each department, the researchers used the descriptive approach to suit the nature and problem of the research by applying a scale distributed on three axes (the phenomenon of anxiety, the characteristic of frustration, the phenomenon of psychological tension), and the triple response scale was adopted, sometimes (3), often (2), never (1). For paragraphs, and the upper overall score for this scale is (57) degrees, as for the minimum overall score (19) degrees, and after collecting the scale data and analyzing them in the statistical bag (spss), the results showed that the practice of recreational sports activities contributes significantly to reducing the psychological pressures that the college employees are exposed to and absorb work pressures, self-control and adaptation from the difficult work environment.

Introduction:

What happened and what is happening in modern society in terms of progress in its various fields came as a result of the act of experimentation and research and the convergence of various sciences to reach the highest levels in all sports fields, accordingly, the pursuit of these higher levels in many activities and sports has become a foothold of interest for all researchers and specialists in physical education and sports sciences by getting to know what God has given mankind in terms of innovation, capabilities and various positive energies, but the decisive factor in this is the psychological factor that increases their chances of success, achievement and adaptation to a better degree, as "the idea of activity and the process of its application in the educational process is an old idea as old as the emergence of education itself. Education in the ancient civilizations of the Greeks and Romans were activities and among those activities is physical sport".

Sports activity has a great role in improving the psychological ability, meaning the ability to withstand the psychological pressures that a person may go through in his daily life, whether it is the result of work pressures that fall on his shoulders or the emotional and mood states that he may go through in his daily life, and he has a role as well. In developing and improving muscle

strength, joint movement, flexibility, agility, walking speed and in general physical coordination, it has a positive effect on metabolism, blood pressure regulation and weight gain prevention, what's more, there is evidence that strenuous exercise has a link to reducing the risk of cardiovascular disease and diabetes. The practice of sporting activity is considered one of the important educational methods in disciplining behavior, providing members of society with physical fitness, general health of the body, and providing them with mental health and making them able to carry out the burdens of daily life, self-defense and achieve stability and economic prosperity.

The educational institutions in general, universities, colleges and institutes in particular are among the most prominent institutions in society that are supposed to pay attention to the importance of recreational sports activities and to spread them culturally, not only the goals these activities achieve, but also the importance of the groups that universities and colleges (male and female students) rely on for production and advancement and progress in society.

The psychological and nervous tension and pressures that many individuals are exposed to have led to the interest of many countries in providing opportunities for practicing recreational sports activities, whether these opportunities for their citizens or their employees, and increasing the enthusiasm of individuals and enjoying the spirit of play. It has become a benchmark for measuring the progress of countries for its role in human development and increasing production. ”) Hence the importance of research in knowing the role of these recreational sports activities in reducing psychological pressures from the viewpoint of the staff of the Almaarif University College, it also lies in the benefit of those in charge of these sports activities through the results they provide that help to know the role of sports activity in reducing these pressures that individuals may be exposed to in general and employees in particular, and thus investing the results in guiding and educating them and increasing their participation in sports activities.

Research problem :

Through the researcher's work in the field of university teaching in the Department of Physical Education and Sports Sciences - Almaarif University College in Anbar Governorate and his participation in the implementation of plans and programs for sports activities in the department and the college in general, as well as through his work as a member of the Student Activities Committee, he noticed that there is a large percentage of employees the college is exposed to many stressful situations that negatively affect their personality traits, resulting in psychological pressures such as anxiety, tension and depression, it is worth noting that the persistence of these psychological pressures can lead to a breakdown of relationships and impotence in decision-making, as well as lead to various physical disorders, and accordingly the problem of the current study can be identified in the following question:

Does recreational sports activities have a role in reducing these psychological pressures that the employees of the University College of Knowledge are exposed to ??

Research objective:

- Knowing the role of recreational sports activity in reducing psychological pressures among the employees of the Almaarif University College.

- Highlight the role and importance of sports activities within the educational process in colleges and universities.

Research hypotheses:

- Recreational sports activities have a positive and effective role in reducing psychological pressures among the employees of the Almaarif University College.

Research fields:

The human field: Staff of the University College of Knowledge (2020 AD - 2021 AD).

Time field: from 1/1/2021 to 14/4/2021.

Spatial field: Playgrounds and the closed hall in the University College of Knowledge

Research methodology and field procedures:

Research Methodology:

The researcher used the descriptive approach in view of its relevance and the nature of the research problem.

Community and sample research:

The research community was determined from the staff of the Almaarif University College for the academic year (2020 - 2021) in Anbar Governorate, whose number is (238) employees, distributed into ten scientific departments in addition to the staff of the faculty deanship, while the sample consisted of (168) permanent employees who were selected by the deliberate method, at a rate of (70%) from each section, and Table (1) shows this.

Table (1) Study population and sample by department.

N	Departments	Number of Employees	Sample
1	Deanship of the College	51	36
2	Physical Education and Sports Sciences	22	16
3	English	13	9
4	Arabic	10	7
5	Law	23	16
6	Banking and Finance	18	13
7	computer Sciences	16	11
8	Computer Technologies Engineering	18	13
9	civil engineering	26	18
10	Medical laboratory technologies	27	19
11	Nursing	14	10

Devices, tools and methods used in the research:

Methods of data collection:

The researcher used a scale consisting of (19) items divided into three axes (the phenomenon of anxiety, the characteristic of frustration, the phenomenon of psychological tension), this scale is directed to the sample from the staff of the Almaarif University College, despite its high degree of scientific foundations (truthfulness, reliability), however, the researcher presented the questionnaire to a group of experts and specialists in the field of sports psychology, measurement and evaluation in order to express their opinions and advice on the suitability and validity of the paragraphs of this scale and to make adjustments that require modification or

deletion of paragraphs that the researcher does not need in his study, in addition to mentioning alternatives Which they consider appropriate and appropriate to the nature and problem of the research, and it is worth noting that this scale was prepared by (Daoud Manjahi, 2016) ⁽¹⁾ .

The triple answer scale has been adopted, sometimes (3), often (2), never (1) for the paragraphs, and the overall higher score for this scale is (57) degrees, while the minimum overall score is (19) degrees.

Means of collecting information used by research

- Arab and foreign sources
- Personal interviews
- Test and measurement

Scientific foundations of the test:

Validity:

That the validity of the test is one of the most important scientific foundations that must be met in the test and the measurements, since validity is its ability to measure what was set for it or what the test is supposed to measure, whether it is a physical, skill, psychological or other characteristic. Something substitute for him " ⁽²⁾, as the researcher resorted to the method of apparent honesty to ensure the validity of the paragraphs of the scale that he used in his study by relying on the opinions of experts and specialists in the field of sports psychology and the field of measurement and evaluation, where the scale was presented to them in its initial form and they were asked to express their opinions about the validity of the paragraphs it contains and cancel the paragraphs that the researcher does not need that do not fit his research problem, as well as making appropriate adjustments to them by deleting or reformulating or adding some paragraphs to suit the sample and the nature of the study, this was confirmed by (Aweys, 1999), who indicated that "we can consider the test valid after presenting it to a number of specialists and experts in the field that the test measures, if the experts agree that this test measures the behavior that was set to measure it, the researcher can rely on the experts 'judgment ⁽³⁾, moreover, the veracity of these paragraphs was ascertained through the results obtained, as "one of the determinants of validity is the ability to test the ability to distinguish between different capabilities" ⁽⁴⁾, where an agreement percentage of more than (90%) was obtained from the opinions of specialists and experts to measure the role of recreational sports activities to reduce psychological pressures among the employees of the Almaarif University College, this is what was confirmed by (Blum and others, 1983) when he indicated that "the researcher must obtain the percentage of experts' agreement regarding the validity of the paragraphs, and the possibility of making amendments at a rate not less than (75% or more) than the experts 'estimates in this type of truthfulness" ⁽⁵⁾, and with this The total number of the scale paragraphs is (19), with some modifications made to some of them.

Reliability:

For the purpose of determining the stability of the scale and its paragraphs, it was applied to a sample consisting of (11) employees chosen randomly by one employee from each department of the Almaarif University College, as well as one employee from the Deanship of the College, then the test was repeated after (13) days of the first application on the same The

sample, and when calculating the correlation coefficient between the first and second application, it is found that the value of the stability coefficient is (0.89), which indicates that the tool or scale used has a fixed index, as the stability of the test means “that it is consistency in the results and the test is considered constant if we obtain from it almost the same results. When re-applying it to the same sample members and under the same circumstances ”⁽⁶⁾.

Exploratory experience

The essence of building the research is the exploratory experience, as it is the basis by which the researcher begins to solve his research problem step by step, which enables him to experiment with each method and his tools on his research sample and to know the obstacles and difficulties that may be encountered while carrying out his main experiment, as the researcher conducted his exploratory experiment on (11) employees from the University College of Knowledge were randomly selected from the research community in order to:

- Knowing the obstacles and difficulties that may accompany the researcher.
- Answers to questions and inquiries, if any.
- Ensure the efficiency of the assistant work team during the implementation of the test.
- Ensure the correctness and appropriateness of the paragraphs to the sample and the degree of their response to it.
- Learn about the study problem that we are about to discuss and stand on the reality of this study.

Main Experience of Research (Final Application of the Scale):

After analyzing the responses and observations and making some amendments that were confirmed by the experts and specialists, the scale was applied to the research sample of (168) employees distributed into ten departments and the college deanship, at a rate of (70%) from each department, where the method for answering the scale was explained by placing a mark (✓) in front of each paragraph that the employee deems appropriate, then after which the questionnaire forms were collected from them and the grade of each paragraph of the nineteen paragraphs was extracted.

Statistical means:

The social statistical bag system (spss) was used, where each of the values was calculated automatically.

Presentation, analysis and discussion of results:

Presenting the scale results and the degrees of the contribution of the three axes' paragraphs in reducing psychological pressures among the employees of the Almaarif University College and analyzing them:

In order to achieve the goal of the research, the incoming data and statistics that were obtained from the answers of the sample members on the scale paragraphs that were presented to them were processed, the results showed that recreational sports activities have a major role in reducing the psychological pressures that the employees of the Almaarif University College are exposed to, and this is evident in the following table:

Table (2) shows the values of the arithmetic means, the standard deviations, the hypothetical mean, the difference between the averages, and the significance of the differences for the scale paragraphs:

N	Paragraphs	Mean	Std. Deviation	Hypothetica l Mean	Difference of means	Sig level	Sig type
First axis : the phenomenon of anxiety							
1	I feel comfortable while practicing recreational sports	2.71	0.526	2	0.70	0.005	Sig
2	I control my recreational sports activities	2.70	0.523		0.70		Sig
3	Feel peace of mind upon completion of a recreational sporting activity	2.79	0.537		0.80		Sig
4	Feel self-confident when performing a recreational sporting activity	2.75	0.523		0.70		Sig
5	I control my behavior when performing recreational sports activities	2.70	0.611		0.70		Sig
6	I feel at ease when I do sporting activities with my mates	2.69	0.528		0.70		Sig
7	Feel the fun as the time for a recreational sporty activity approaches	2.80	0.629		0.80		Sig
Second axis : description of frustration							
8	I free myself from recreational sporting activities	2.67	0.526	2	0.70	0.005	Sig
9	Insist on winning and completing recreational sporting activities	2.71	0.529		0.70		Sig
10	I feel happy and happy when my teammates participate in the recreational sporting activity	2.78	0.614		0.80		Sig
11	I feel joy when I do recreational sports	2.79	0.625		0.80		Sig
12	I overcome my problems when practicing recreational sports	2.73	0.519		0.70		Sig
13	I feel more enthusiasm when practicing recreational sports activities	2.76	0.527		0.70		Sig
Third axis : the phenomenon of psychological tension							
14	I get rid of aggression with others when I engage in recreational sports activities	2.67	0.526	2	0.70	0.005	Sig

15	I forgive my colleagues for harassment during recreational sports activities	2.62	0.519		0.60		Sig
16	Focus with all recreational sports activities	2.72	0.617		0.70		Sig
17	I get rid of the pent-up when I do sportive recreational activities with my mates	2.70	0.611		0.70		Sig
18	I resort to a recreational sporting activity when I feel dissatisfied with myself	2.69	0.604		0.70		Sig
19	The continuity of my recreational sporting activities increases the stability of my mental state	2.82	0.623		0.80		Sig

Table (2) shows the value of the arithmetic mean, the standard deviation, the hypothetical mean, and the difference between the averages for each of the three axes' paragraphs, and through these degrees and the significance of the differences and their morale, it was found that recreational sports activities have an important and significant role in reducing the psychological pressures that the employees of the Almaarif University College are exposed to. .

Presenting and analyzing the results of the role of recreational sports activities in reducing psychological pressures among the staff of the Almaarif University College:

Table (3) shows the values of the arithmetic means, the standard deviations, the difference between the averages, the significance of the differences for the three scale axes, and the degrees of the contribution of sports activity in reducing psychological pressures among the employees of the Almaarif University College:

N	Axis	Mean	Std. Deviation	Hypothetical Mean	Difference of means	Sig level	Sig type
1	The phenomenon of anxiety	2.23	0.553	2	0.70	0.005	Sig
2	The characteristic of frustration	2.74	0.556		0.70		Sig
3	The phenomenon of psychological tension	2.70	0.583		0.70		Sig
	The percentage of the final contribution of sporting activities in reducing psychological pressures among the employees of the University College of Knowledge	2.55	0.564				Sig

It was found from Table (3) that the total value of the arithmetic mean differences and standard deviations from the questionnaire of the contribution of recreational sports activities to reduce psychological pressures among the employees of the Almaarif University College

reached (2.23) (0.553), respectively for the first axis (the phenomenon of anxiety) and the estimated hypothetical mean (2) While the percentage difference between the averages was (0.70) in front of the significance level (0.005), whereas the total value of the mean differences of the arithmetic mean and the standard deviations were (2.74) (0.556), respectively, for the second axis (the characteristic of frustration) and the estimated hypothetical mean (2), while the percentage of the difference between the averages was (0.70) in front of the level of significance (0.005), as for the total value of the mean differences of the arithmetic mean and the standard deviations (2.70) (0.583), respectively, for the third axis (the phenomenon of psychological tension) and the estimated hypothetical mean (2), while the percentage of the difference between the averages was (0.70) against the level of significance (0.005), in light of these results, all of the scale statements and its three axes have a great role in reducing psychological pressures on the sample presented to it, and this is confirmed by the previous results and its significance.

Discussing the results of the role of recreational sports activities in reducing psychological pressures among the employees of the Almaarif University College.

Table (2) and Table (3) regarding the results of the scale presented to the research sample show that there is a significant indication in the results of the questionnaire presented to the employees of the Almaarif University College regarding recreational sports activities and their contribution to reducing the psychological pressures that the employees are exposed to. The researcher attributes these results. To practice recreational sports activities within the educational and educational institution that help the employee get rid of psychological pressures by absorbing work pressures, self-control and adapting to the difficult work environment, meaning that the practice of recreational sports activities with co-workers has a role in overcoming the psychological problems that this group is exposed to and makes them feel vitality, activity, love of work and a willingness to accommodate working conditions, enthusiasm and the ability to think positively, and there is a lot of research and studies that emphasized the role and importance of recreational sports activities. In reducing psychological pressures, anxiety, depression and fear, as indicated (Frederick, 1998) that "Freedom and its supreme law created freedom with freedom, but the condition for establishing freedom is that it is like playing existing without an external purpose, and that free rejoicing falls within the needs of mankind, and that the law of beauty is freedom and the law of freedom is play, and play is the removal of estrangement from the world, and a person does not play until he is a human being with all the meaning of the word, and he is not a perfect person except when he plays " ⁽⁶⁾, "So, play is an activity that the individual accepts with his spontaneous desire without having a specific material goal, and it is one of the reasons by which the individual expresses himself" ⁽⁷⁾ .

The researchers attribute these results also to the fact that practicing sports activities would reduce work pressures, it strengthens the individual's body and protects it from diseases and thus enables him to perform his duties and duties with high efficiency, enjoys the appreciation of his colleagues and work members, strengthens his position within the college and the educational community and gives him independence instead of relying on others, this is because these activities develop the employee's skills in

organizing time, focus and attention, and thus raising his academic and functional performance within the educational and educational institution, and this matter enhances the morale and reduces the fear of failure and in the end result it will work to develop a sense of freedom, this is what (Muhammad Ismail, 1982) indicated: "The human being is seen as a psychological unit, and on this basis, psychologists advise practicing sports activities and inserting them in educational institutions because they stimulate the body, calm the soul, reduce anxiety, remove the individual from his isolation and gain him self-confidence" ⁽⁸⁾.

These results can also be explained by the positive impact of recreational sports activities on the employee's social life. The practice of recreational sports activities within educational institutions gives the employee opportunities to establish new relationships with the rest of the departments or with the rest of the college staff, whether from members of his sex or with the opposite sex, and his acquisition of social skills dialogue and communication with others and do group work or by imitating a model from another department and simulating it in different situations, this is what was confirmed by the theory of social learning or the theory of observation and imitation, "This theory was known by other names such as the theory of learning by observation and imitation or the theory of modeling or the theory of social learning" ⁽⁹⁾, in which he (Echwati, Abdul Majeed 2005) indicated that "the human being as a social being is influenced by the attitudes, feelings, behaviors and behaviors of others, that is, he can learn from them by observing their responses and imitating them and the possibility of being affected by reward and punishment in an alternative way (indirect) and this is what gives learning an educational character because Learning does not take place in a vacuum, but in a social setting"⁽¹⁰⁾ .

Conclusions and recommendations:

Conclusions:

- Sports activities have a positive and effective effect in reducing psychological pressures among the employees of the Almaarif University College.
- The employee, during the exercise of a recreational sporting activity, develops a sense of psychological comfort and gains social qualities such as cooperation, team work, and instilling a spirit of fun and happiness.
- The practice of recreational sports activity works to address a lot of the employee's psychological and behavioral deviation, to achieve balance, self-confidence, and to realize the social position of himself.
- The educational institution has a prominent and important role in the formation and inculcation of the tendencies and attitudes of its employees towards practicing recreational sports activities and investing their spare time in a positive and constructive

manner, which helps them to face various psychological pressures and reduce their severity.

Recommendations:

- Developing and designing a weekly sporting program for the employees of Almaarif University College.
- Paying attention to the number of sports programs and activities by specialists in the college in line with the capabilities and capabilities of the employees of all departments of the Almaarif University College.
- Holding lectures, seminars and workshops to stand up to the importance and role of sports activities within the college and for all departments.
- Benefiting from professors and specialists in the field of sports activities within the college in preparing recreational activities in order to take good care of the employees of all departments and the college deanship, especially from the psychological point of view.
- Giving utmost importance to the established goals of recreational sports activities within the Almaarif University College, as they have an effect on increasing self-confidence and reducing psychological pressure.
- Benefiting from the study: prepared by, before the researcher, in carrying out similar studies to promote and develop sporting activities inside or outside the college, and to educate the community in practicing sports in general because it has an important role in reducing the psychological pressures that a person is exposed to in his daily life.

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