

Self -Confidence And Its Impact On The Practice Of Sports Activities Among Students Of The Department Of Physical Education And Sports Sciences/ College Of Education / Al -Farahidi University

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Abstract

The aims of the research to Highlighting the relationship that links self -confidence and physical and sports activities among students of the Department of Physical Education and Sports Sciences / College of Education / Al -Farahidi University, and knowing self -confidence for students of the Department of Physical Education and Sports Sciences / College of Education / Al -Farahidi University, and new additions to studies that address the level of self -confidence when practicing Sports physical activity that students of the Department of Physical Education and Sports Sciences / College of Education / Al -Farahidi University passed, and the descriptive curriculum relied on (60) male and female students from the Department of Physical Education and Sports Science / College of Education / Al -Farahidi University, and after applying the scale and addressing its results (SPSS) Extracts and applications were to find guiding and psychological programs that contribute to Enhancing self -confidence among university students, and paying attention to the problems that occur to university students and help students to solve these problems themselves because this enhances self -confidence, and there is an integrated relationship between sport and a sense of confidence, whoever trusts in his abilities has a greater strength to withstand the effort and high format of exercises. Sports also has a positive impact on the psychological state and mood, and it helps to change the perception of the self and sends a sense of excellence and excellence, and work to develop the positive self -assessment of university students so that their self -confidence increases.

Keywords: Self -confidence, sports activities.

Research problem:

Self -confidence is one of the most important psychological characteristics that are strongly desirable for the human soul in general and the athlete in particular, as self -confidence is considered as good self -pride for himself, and his consideration of himself and his capabilities according to the circumstance in which he is without excess,

whether it is wonder or great and without neglect of humiliation or Unscrew submission, which is an important matter for every person, whatever it is, and a person hardly dispenses with the need for an amount of self -confidence in a matter, especially if it comes to competition in a specific position that includes a level of concession, excellence, success and struggle, in order to control Difficult

challenges that increase the individual in a desire for success. The issue of self - confidence is one of the important factors A great impact on the sporting activity of any player from a public side, as self - confidence is a manifestation of the appearance of the normal personality and an important element in the effective adaptation and the ability to confront emergency and decision -making and self - reliance in that, as the individual who has confidence in himself is accepting himself in all situations With the ability to confront and not to evade the duties and his slogan in life, "Here I am and will go through giving, so psychologists have taken care of the interpretation of psychological phenomena that people suffer from time to time to get to know their causes and try to reach the most appropriate solutions to help individuals achieve mental health. Scientists have cared about The difference of their opinions and theoretical orientations and their intellectual grammar The individual acquires it in the social environment in which he lives and deals with it, as it is the individual's feeling of his entity and capabilities and the pursuit of it to reach his goals, based mainly on the good adaptation of the individual with it lives the ability that the individual possesses and enables him to respond to different stimuli. The concept of positive self -confidence makes the individual more confident We are safe in his treatment with others and in the actions he performs, as he plays an important role in achieving sporting achievement. Sports psychologists that the distinguished have a strong trend towards winning so that they enjoy victory and also hate defeat, They love competition and Al -Rouz because they are making enough effort to achieve their goal, as we find that the athletes who have a trend towards winning want to win over time, as well as avoiding the loss of the game, they measure their success by losing their competitors, and therefore this type of

athlete has a relatively fixed preparation in the personality that determines the extent of their pursuit And their perseverance in order to achieve success or achieve a goal that results in a certain degree of people, in the situations that include the evaluation of performance in the light of a certain level of concession, and this is known as the achievement. It is installed instead of walking, He sits instead of standing, and sees instead of practicing, and lives a terrible void that the world has not seen as an unparalleled, and perhaps this was due to technological progress and the spread of mechanical means and modern machines on a large scale, as it included various aspects of life and work fields and production. This situation led to reducing the physical and sporting effort until this effort became non -existent in some societies, that our research as a whole research was not launched from nothingness, because the study that we are in the process of completion derives its importance from its nature, it is a research based on the study as a characteristic of psychological features in the sports field In general, in the field of university sport, as a strong engine and motivation, whether it is to continue in the training process or to achieve, succeed and compete, in order to advance the level of the athlete on the one hand and the level of students on the other hand and the level of the sports system as a whole.

From it we ask the following question: How reflection is the practice of exercising sports activities at the level of self - confidence in the Department of Physical Education and Sports Sciences / College of Education / Al -Farahidi University?

From it, the following questions come to our minds:

- 1- Does the university student have a good level of self -confidence?

- 2- Are there differences in the level of self - confidence among students of the Department of Physical Education and Sports Sciences / College of Education / Al -Farahidi University attributed to the gender variable?

The research Aims:

1. Highlighting the relationship that links self - confidence and physical and sports activities among students of the Department of Physical Education and Sports Sciences / College of Education / Al -Farahidi University.
2. Knowing self -confidence for students of the Department of Physical Education and Sports Science / College of Education / Al -Farahidi University.
3. New additions to studies that address the level of self -confidence when practicing the physical physical activity that students of the Department of Physical Education and Sports Sciences / College of Education / Al -Farahidi University are going through.

Study methodology:

The research in the facts and the attempt to reach general laws is never without a clear approach that requires the researcher to track his steps and stages with accuracy and stages. In fact, this research is called normative or evaluation research and the descriptive approach on the other hand is a method of analysis and interpretation in an organized scientific manner in order to reach specific goals regarding a social problem. The descriptive approach is a way to describe the studied phenomenon and photograph it quantitative by collecting audited information about the problem And its classification, analysis and subjecting to study.

Study Society and its sample:

The study community is the students of the Department of Physical Education and Sports Science / College of Education / Al -Farahidi University, as we chose a sample

in a random manner and our choice was not subject to any standard, whether in terms of the level of scientific, social, psychological and physical students or the gender of females and males, not even in terms of the academic level. Our samples included male and female students, as the number of the sample elements reached (60) male and female students.

Measurement Tools and Test:

The search tools have been adopted by relying on the reference frame for each of:

- 1- Sports physical activity: The word physical activity is used as an expression that means the total and overall field of human movement, as well as the process of training, activation and stitching in exchange for laziness and lethargy. Among them highlights 'Larson', who was considered physical activity as a major system under which all other systems fall. 'Physical education' at all in its books and the physical activity was considered the historically developed expression of other variables, such as physical training, physical culture and they are expressions used so far, and the procedural definition: it is a set of physical, sports and group activities that students perform in physical and sports education that are subject to the foundations And scientific and pedagogical laws.

- 2- Self -confidence: Language: It is credit, came in the tongue of the Arabs and trusted it, his trust, and in the dictionary 'documented by a heir with confidence and documented his credit, and it is not documentation or documentation in his house Rabat and the covenant of the covenant'. The challenges of life and the entitlement of living happily, the person who does not see his right to live with happiness does not have self -confidence, so every depressed person who lost his self -confidence and vice versa is not

necessarily true, not everyone is happy
Measurement of self -confidence
adopted by researchers.

First: Self -confidence scale: This test includes (15) a phrase, and it is answered on each phrase (always or sometimes, or rarely) and is always given (3) degrees, and sometimes (2) degrees and rarely (one degree) and students choose one of three Options and puts a scientist (x), while the choice is appropriate for his condition.

Second: Sicom properties of the scale:

1- Honesty: The researchers relied on the calculation of the authenticity of the self -confidence scale on

- Sincerity of content or content

A - The content of the content: The researchers relied to ensure the sincerity of the self -confidence measure on the method of limiting and analyzing previous studies, as it was proven through the desktop survey of studies that used the scale, whether in the foreign or Arab environment, to the availability of scientific standards for this tool, and thus the researchers reassured the sincerity of its content.

2- The stability of the scale: Stability indicates that the tool is free of measurement errors, meaning that if it is applied to the same group again, it gives almost the same results.

Then the exploratory experiments that are an important stage preceded the field study of the research, which is the first step we took before starting to undermine the outline of the research and before proceeding to the field study and took place through two phases: before determining the research problem where we were informed of the various references of books, And the unpublished magazines and lectures and was to expand our knowledge of the subject

and to ensure the importance of research and dialogue with students to take an idea about the field of research.

The objectives of our reconnaissance studies were below

- 1- Learn about the study community in order to control, test it and contact the basic sample and identify its characteristics.
- 2- Identify the difficulties and potential obstacles in order to create the scientific conditions and conditions for conducting the basic study in good conditions.

As the field side is the most important in the subject of the study, it supports what was stated in the theoretical side and proves its validity or error, so each researcher must carry out all the data related to the subject of his study, then he cards it in graphic tables, analyzes and interpreting them in the light of what was stated in the hypotheses, and we will try to do this The chapter mixing theoretical and what matches and serves it on the field side, accordingly, and after completing the analysis of methodological procedures, hypotheses, curriculum, study sample and data collection tools, then discharge the data obtained by the scale after processing them with (SPSS) in A graphic tables, then comment on them, analyze them, and make suggestions and future solutions to them.

Results and discussion:

The text of the hypothesis: To test the validity of the hypothesis that: 'The level of self -confidence among students of the Department of Physical Education and Sports Science / College of Education / Al -Farahidi University (good' (researchers calculated the differences between the average arithmetic and theoretical average

of self -confidence for members of the sample and this is explained by Table (1) :

Table (1) shows the level of the variables that are compared to the Hypothetical means of each:

Scale	n	Total degree	Hypothetical mean	Arithmetic mean	(T)	Degree (Sig)	Sig
Self -confidence	60	45	30	33.95	6.11	0.000	S

Unit of measurement (degree) n = 60 degrees of freedom (59), significance level (0.05) D, if (Sig)> (0.05)

Through the results obtained based on what was stated in Table 1- we see that it is a result of what we assumed at the beginning of our research, which indicates that the total degree of testing in favor of the self-confidential self. The researchers believe that the results came logical and coordinated with the theoretical framework of the research.

Conclusions and Applications:

Above all, students must be educated and given the real concept and essence of self -confidence and its relationship to sports physical activity, as through this concept they can realize and know the important role that this experience can attach to sports physical activity.

That is why the researchers propose a set of points and as follows:

- 1- Finding guidance and psychological programs that contribute to enhancing self -confidence among university students.
- 2- Attention to the problems that occur to university students and help students to solve these problems themselves because this enhances self -confidence
- 3- There is an integrated relationship between sports and a sense of confidence. Whoever trusts in his abilities has a greater strength to withstand the effort and the high format of exercises. Sports also has a positive impact on the psychological state and mood, and it helps to change the perception of the self and sends a sense of excellence and excellence.

- 4- Conducting a descriptive study between the relationship of self -confidence and sporting physical activity.
- 5- -Working to develop the positive self -esteem of university students so that their self -confidence increases.
- 6- Conducting studies on developing research tools for measuring self -confidence in the sports field that suit different levels and ages.

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