

# Feeling Of Psychological Loneliness And Its Relationship To Physical Self-Acceptance Of Female Athletes With Special Needs Ages (18-20) Years

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***Abstract: The study aimed to identify the level of psychological loneliness of female athletes with special needs, to identify the level of physical self-acceptance of female players with special needs, and to identify the relationship between psychological loneliness and physical self-acceptance of female players with special needs, and the researcher assumed the existence of Statistically significant differences in the sense of psychological loneliness of female athletes with special needs, and the presence of moral differences statistically significant for the physical self-acceptance of the players with special needs, and the presence of statistically significant differences in the feeling of psychological loneliness and its relationship to the physical self-acceptance of the players with special needs As for the third chapter, the researcher used the descriptive approach, and the study sample was deliberately chosen from the Paralympics players (with mobility impairments) in the Kateen Sports Club, as the research community consisted of (75) players. Weightlifting players (bing press) were selected for the 2018 season. In 2019, their number (12) players and their ages range from (18-20) years, with a percentage of (16%). Psychological acuity and measure of physical self-acceptance in research.***

## 1. INTRODUCTION

Feeling of psychological loneliness is one of the problems that have a negative impact on the psychological health of the individual, and on his relationships with others. The environment and circumstances that generate pressures may make the individual feel lonely and prefer isolation and not mixing with others, which is a painful feeling and the beginning of many psychological problems that a person is exposed to, whether it is A normal person or those with special needs, who are more lonely, anxious and fearful, because disability of all kinds causes the individual a lot of stress and psychological problems that affect the behavior of the individual and his various behaviors, and if he is unable to adapt to that disability, especially the movement disability, it is one of the disabilities that may leave a mark. Negatively on its owner and one of the most important problems facing the disabled in general, and a mobility disabled person in particular feels insecure within him, which weakens himself resulting from the feeling of inferiority.

The importance of this study is highlighted as sports activity and physical training have a positive role in developing his physical and functional capabilities as well as the psychological and social impact of what he lives in the training atmosphere of interaction with the coach and fellow players and the atmosphere of excitement and suspense as well as competition and exit from the daily routine and winning in competitions and its impact on

The player and his self-esteem and increase his self-confidence and that continuing in sporting activities increases their self-esteem and makes them get rid of depression and introversion, and at the same time it is the most important way to relieve the emotions and pressures that face in normal life.

## **2. RESEARCH PROBLEM**

The feeling of psychological loneliness is one of the great problems for people with special needs, especially the mobility handicapped, because this feeling they have exceeds their peers from ordinary individuals because they feel that they are more burden on others because of relying on them to meet their needs as they are characterized by some personal characteristics such as shyness, introversion and anxiety about the future and their self-esteem is low It is the result of his lack of acceptance of his physical self, which is reflected negatively on social interaction and self-confidence due to what this physical disability imposes on him, which he finds as a reason to prevent him from communicating and interacting with others at a time when they need an understanding and appreciation of their self that is only created through relationships Social activities and the practice of sports activity is an outlet for them to express the same atmosphere of excitement and suspense that prevails in the training atmosphere, which has a positive impact on the personality, especially when achieving achievement in competitions.

## **3. OBJECTIVES OF THE STUDY**

- 1- Identify the level of psychological loneliness of players with special needs.
- 2- Identify the level of physical self-acceptance of female athletes with special needs.
- 3- Identify the relationship between feelings of psychological loneliness and physical self-acceptance of female athletes with special needs.

### *Research hypotheses*

- 1- The presence of significant statistical differences in the feeling of psychological loneliness among players with special needs.
- 2- The presence of statistically significant differences in the physical self-acceptance of female athletes with special needs.
- 3- The presence of statistically significant differences in the feeling of psychological loneliness and its relationship to physical self-acceptance of female players with special needs.

### *Research areas*

The Human Domain: A sample of Paralympics players with special needs.

Spatial domain: - Paralympic club hall in Al-Kateen Sports Club.

Temporal domain: - 1/30/2019 - 5/1/2019.

## **4. RESEARCH METHODOLOGY AND FIELD PROCEDURES**

### *Research Methodology*

The descriptive approach "is the accurate visualization of the interrelationships between society, trends, tendencies, desires, and development, so that the research gives a picture of the reality of life, setting indicators and building future predictions." (Mahjoub, 2002, 276)

Therefore, the researcher used the descriptive method in the survey and comparison method, as it is the most appropriate approach to the nature of the research problem.

*The research samples*

The sample "is the part that represents the community of origin or model on which the researcher conducts the whole and the focus of his work." (Mahjoub, 2002, 162) or "It is that original group from which we take the sample for study." ((Religion, 2003, 14) Therefore, the study sample was deliberately chosen from the Paralympics players (with mobility impairment) in the Al-Kateen Sports Club, as the research community consisted of (75) players, and the weightlifting players (bing press) were selected for the 2018-2019 season. Their number is (12) players, and their ages range from (18-20) years, with a percentage of (16%).

*search tools*

It aims to collect the necessary data for this research, so the researcher used two tools, the first to measure physical self-acceptance, and the second to measure feelings of psychological security.

*Measuring psychological loneliness*

The researcher used a scale prepared by (RusseL, 1980) and Khader Al-Shennawi in (1988) Arabized and codified the Saudi environment. The scale consists of (20) paragraphs or phrases, half positive and the other negative, and the scale is designed according to Likert method so that the subject responds to each Phrase according to the standard .

*The main experience*

The researcher, with the help of the assisting work team, distributed the two scales' forms to the research sample of (12) players. After the two scales were indicated by the players and the players, the forms were collected to obtain the research results.

**5. ANALYZE RESEARCH RESULTS :**

The results of the paragraphs scale of psychological loneliness .

Table No. (1) shows the results of the paragraphs of the Psychological Loneliness Scale			
Scale paragraphs	A	STD	V
I am a person who is in tune with those around me	4.4167	.41493	265.
I feel the need for friends	4.0833	.99620	992.
I feel that there is no one to turn to	2.0833	.66856	447.
I feel lonely despite being with people	3.6667	1.43548	2.061
I feel that I belong to a group of friends	3.6667	.98473	970.
I feel I have a lot in common with the people around me	3.9167	1.16450	1.356
I feel that I am no longer close to people	2.5000	.52223	273.
I feel that my thoughts and interests are not shared by anyone	3.3333	.98473	970.
I feel friendliness and friendship with others	4.1667	1.02986	1.061
I feel that other people do not appreciate me as	2.5833	.90034	811.

necessary			
I feel close to people	3.4167	1.08362	1.174
I feel that my relationship with others has no value	2.5000	1.16775	1.364
There is no one who understands me well	3.0833	.99620	992.
I feel isolated from others	3.0000	1.47710	2.182
I can find friends when I need them	3.2500	1.13818	1.295
There are people in the community who understand me well	3.4167	1.08362	1.174
I feel shy	2.7500	1.35680	1.841
I see that people do not pay any attention to me even though I am among them	3.0833	1.08362	1.174
There are people I can talk to easily and easily	3.0833	1.16450	1.356
There are people I can turn to in some stressful situations that I am going through	3.2500	1.13818	1.295

Table No. (2) shows the results of the paragraphs of the Physical Self-Acceptance Scale

Scale paragraphs	A	STD	V
My girlfriends know that I am weak	3.5833	51493.	265.
I am completely satisfied with myself	3.2500	62158.	386.
I feel that I am a useless person	2.9167	90034.	811.
I cherish myself	3.2500	1.05529	1.114
I have nothing to be proud of	3.4167	51493.	265.
My idea of myself is excellent	3.4167	79296.	629.
My girlfriends are better than me	3.9167	79296.	629.
I am a successful person	3.5000	67420.	455.
I do not know how to defend myself when others criticize me	3.2500	75378.	568.
I have good qualities that make me proud of myself	3.3333	49237.	242.
I wish I was another person	3.3333	65134.	424.
I can accomplish and master the work and tasks assigned to it	3.0000	1.04447	1.091
I feel shy when I speak in front of others	3.0000	60302.	.364
I think I am a failure	3.0833	79296.	.629

Table No. (3) shows the relationship between the psychological loneliness scale and the physical self-acceptance scale

Variables	Correlation coefficient	DF	calculated t value	Tabular t value	Significance
Psychological loneliness scale	0,67	12	5,46	1,87	Sign
A measure of physical self-acceptance					

The value of the correlation coefficient between the feeling of psychological loneliness scale and the physical self-acceptance scale amounted to (0.67) and with a degree of freedom (12).

As for the value of (t) calculated, it reached (5,46) and the value of (t) tabular ( ) and this indicates the existence of A significant relationship between the measure of psychological loneliness and physical self-acceptance of players with special needs.

At the conclusion of the research, the researcher reached the following conclusions and recommendations: -

## **6. FIRST / CONCLUSIONS**

- 1- The presence of significant statistical differences in the feeling of psychological loneliness among players with special needs.
- 2- The presence of statistically significant differences in the physical self-acceptance of female athletes with special needs.
- 3- The existence of a significant relationship between the measure of psychological loneliness and physical self-acceptance of female athletes with special needs.

## **7. SECOND / RECOMMENDATIONS**

- 1- The coaches give additional exercises to the players with special needs in the elevation (bing press)
- 2- Conducting similar research and studies on the two scales in other events and games for female athletes with special needs.

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