

THE ROLE OF SPORTS ACTIVITIES IN ALLEVIATING ANXIETY AMONG MIDDLE SCHOOL STUDENTS FROM THE TEACHER'S POINT OF VIEW

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Abstract:

The research problem crystallized in the following question: To what extent sports activities can alleviate the anxiety of a student in middle school, according to the opinion of physical education teachers. The aim of the message was to build a measure of anxiety among middle school students, with regard to the goals. Identify the level of anxiety of middle school students. Identify the role of sports activities to reduce anxiety among middle school students. As for the research method and its field procedures, the researchers used the descriptive approach in the survey method as well as the relational method for its suitability to the nature of the problem. For the academic year 2019/2020, when their total reached (70) teachers, the building sample for the psychological anxiety scale consisted of (60) teachers from middle school schools in the governorate for the year (2019/2020), as it represented (71.85%) of the parent community. The exploratory sample consisted of (10) teachers from the governorate's schools, who were deliberately selected by the percentage (28.14%) of the total community. The procedures for building the scale included, determining the scale, building the scale, determining the goal of construction, determining the phenomenon to be measured, identifying areas, determining the validity of dimensions, preparing paragraphs, determining the validity of paragraphs. The exploratory experiment, the main experiment, correcting the scale, the statistical analysis of the paragraphs, the psychometric characteristics of the scale, the final description of the scale, the main application experiment to apply the tests, the results were presented, analyzed and discussed through the statistical kit (SPSS) to find out the level of psychological anxiety of middle school students, On the light of the results, the researchers reached a set of conclusions, the most important of which are:

- The existence of a positive moral correlation between sports activities and reducing anxiety among middle school students.

INTRODUCTION AND IMPORTANCE OF RESEARCH

It is a physical education and sporting art and observing its origins, principles and objectives that enhance through the following the process of gaining Maha Art movement, and in our time it has become based on integrated growth by preparing a healthy and effective individual in his surroundings and society. He confirmed that “Kivska Kozlak” by saying that the understanding of physical education as a strong body Only, or a mathematical skill or something similar is a wrong direction, as it is an art of public education that aims to prepare a good citizen in the body. And his mind, morals, and making him able to produce and carry out his duties towards his society and his country, and for that, its goals and programming have been clarified from the basic factors and elements on which modern advanced societies

are built and become their duty. From researchers to clarify the concept accurately and highlight the benefits provided to students from all sides, but what we notice is that most of the efforts d. We explained the knowledge of the impact of physical education and sports on the physical aspects of the student as one of the first goals of her sufficient interest in what the latter offers from positive rat tutus on the psychological aspects of students despite the presence of students who prove that practicing sport is psychological tension that respects the individual, and thus intensifies and harnesses energies for research In these fields it has become a duty for all researchers and scholars. Perhaps what prompted us in this study to address the emotional aspect, which is anxiety, and hence the importance of the research in studying the role of student activities in reducing or reducing the middle school stage from the teachers' point of view. In addition to the scientific library.

RESEARCH PROBLEM

Among the things that physical education scientists and psychologists agree upon is that the regular and practical practice of physical and sports activity has a positive effect on human health, whether physical, psychological or social, and because sports activities have an important and positive role. In reducing and eliminating anxiety among students in particular, and from the aforementioned, the research problem can be formulated in the form of the following question:

* To what extent can sport activities relieve the anxiety of a middle school student, according to Dersau's views on physical education?

Research objectives

- Building a measure of anxiety among middle school students.
- Identify the level of anxiety of middle school students.
- Understand the role of sports activities in reducing anxiety among middle school students.

Research fields d

Human field: Physical education teachers for middle school in conservative schools.

Time range: the period from 9/26/2019 to 26/4/2020.

Spatial domain: preparatory schools in Missan Governorate.

Definition of terms

Anxiety: - General anxiety is the loss of the meaning of psychological security, accompanied by a feeling of unknown fear, an expectation of defiance at every moment, and general anxiety with several actions of RZ, including physical and psychological ones.

Sports activities: - Activity is educational work on educating young people in a balanced and integrated education: emotional, social, physical and mental, through the program and field of multiple sports - under each area in specialized leadership work to achieve the goals of sport activity in a way that contributes to the general objectives of physical education in stages General education and technical education. (2)

RESEARCH METHODOLOGY AND PROCEDURES

Research Methodology

The researcher used the descriptive survey method as well as the connection and correlation that defines "that this approach is based on Dr. Lars's causal relationship between the rat variables in a normal situation. Exercises in which F Ward researches a sample of jobs or specific experience or" is in a situation that Dr. NP would like"

Research community and its samples

Research community

The study population consisted of physical education teachers in preparatory schools in the governorate's schools for the 2019-2020 academic year, and the research sample was selected (70 teachers)

An exploratory sample experimentation scale

The exploratory sample consisted of (10) teachers from the governorate's schools, who were deliberately selected with a percentage of (14.28%) of the total community.

Building sample (sample statistical analysis of scale

The building sample consisted of a measure of psychological adaptation of 60 teachers from the preparatory stage in the governorate for the year (2019/2020), i.e. (85.71%) of the original community.

Means, devices and tools used in the study

Methods for gathering information

The researcher hired Wen to obtain Almaloma t the following means:

- Arab and foreign sources .
- The global information network(the Internet)
- Virtual electronic library .
- Observation .
- Personal interview .
- Astma Rat questionnaire to solicit opinions cantering behind in several steps from the search.
- Astma Rat to empty the results of the scale data.

Devices and tools used

- Pen and paper .

Measure construction procedures

Determine the scale of anxiety

Families with a parental variable were identified through accessing the literature and sources, presenting them to experts and professionals in the field of psychology and sports psychology, and agreeing on the variable anxiety rate (100%)

Build an anxiety scale

Researcher Wen analyzed the content of some available resources and the pain of staring at this variable, as well as an egg behind personal interviews with professionals in the field of sports psychology, to build a measure of anxiety.

Determine the goal of building the scale

The aim of the current research is to measure the anxiety level of middle school students in the governorate and use it by teachers, specialists and researchers as an indicator to measure the anxiety characteristic of students.

Determine the scale areas

The researcher obtained the access of a group of students and research, and the Jordanian Women's Commission conducted some accurate personal interviews with a group of malicious people behind them and specialists in the fields of (general psychology and sports psychology), in light of the definition of theoretical interest. Researcher Wen identified six areas of the anxiety scale by defining each of them and their components related to anxiety (psychological induction, psychological flexibility, psychological weakness, emotional adulterity machines, self-regulation, psychological adaptation)

Determine the validity of scale dimensions

Researcher One Ava D developed a scale for it, and it was presented by people who would read from the opinion of D work for this purpose, a bunch of malice behind the specialists in the field of sports psychology, numbering (19) experts. In order to start preparing the "poverty rat", the researcher took Wayne with acceptable proportions of his powers and his implicit representation. The four dimensions of the scale were agreed upon (psychological stability, psychological flexibility, self-regulation, emotional balance machines)

Preparing paragraphs and their alternatives for the scale and its instructions

Researcher Wen sees how the wording of the rat clause in some Father Rasa is available and relevant, such as Dr. Nassar Ismail Faris Misbah Arfaj, 2016 [(1)]. Utilize n Egg Raath in construction tools, then press behind the mt backfill to fill in some specifiers or for mice when formulating them. The researcher prepared (60) paragraphs, and distributed (4) dimensions for each dimension (15) paragraphs of the instruction scale, to be the initial form of the anxiety scale.

Determine the validity of the scale paragraphs and instructions and their alternatives and the key to their correction

Researcher Wen on the EF question behind the manipulation behind the number of specialists (19 experts and specialists expressed their responses to each paragraph of the scale, and it seemed that the paragraph was agreed upon by (75%) and more than one successor, and the specialists are accepted by any (15) experts from (19) "According to Ari Blum, Benjamin 1983 (who indicated that the validity of the paragraph should not be less than) 75%" [(1)]. The results of the final analysis showed about acceptance (52 (paragraph and rejection) 8 (provisions have also been modified) 6) (Vq Art), as a kind of Brother y of alternatives to rat poverty and the correct main procedure under the supervision of the backward gentlemen by agreement 100% Adopt Likert method ((Likert) in the measurement from (1-5) gradually closed with five substitutions) always, often, in Sometimes, the club has to be R a.

The pilot experiment of the scale

Researcher Wen applied the period 9/30/2019 scale on an exploratory sample consisting of (8) middle school physical education teachers who were purposefully selected.

The main experience of building an anxiety scale

It was applied on the scale of construction for a sample of (50) pure PE teachers in the heart of Abi Governorate in my head 2019/2020 for the researcher Thon personally in the extension of 10/10/2019 until 1/26/2020.

Scale correction

In order to derive the total scores for the scale, the scores obtained by the teacher Vq Rat measure anxiety were collected from the number (52) paragraph so that the highest score (260) and the lowest score (52) could be obtained.

Statistical analysis of the scale paragraphs

The researcher used two methods to analyze a statistical scale using ART on a sample of (50 middle school teachers in the governorate for the year 2019/2020). These two methods are:

First: The method of the last two groups

To discover the discriminatory strength of the paragraphs of the measure of interest, the two-station method was used because it is its method in appropriate methods to distinguish between the poor rat and for the purpose of calculating the strength of the distinction, ATP p paragraph traced by the researcher and Wayne:

1. Calculating the total score of the scale from all the scores obtained by the laboratory for each paragraph.
2. Score ratings obtained by the F-Rad sample are descending.

Deleting (6) paragraphs that are not statistically significant, and keeping (44) items from the scale because they indicate discrimination, and this delay became the owner of the scale (44) paragraphs.

Second: the internal stability factor

Researcher Wen has made an internal consistency factor in the Vq Rat Analysis that measures any calculation that has been validated by Vq Art using the internal test (total score after the total score of the scale to which it belongs).

Internal consistency

Correlation coefficient (Pearson) between the overall dimensions of the scale score, the dimension score, and the rat scale score Vq. (4) items to measure anxiety were omitted. The conditions for giving the internal statistics were not met in the crisis. Indicators of the coefficients' correlation between paragraph weight score, overall field score. In addition to all kinds of poverty, the mouse does not need to be modified according to the conditions of symmetry of the poor rat, and this abolition of my background has become a measure of self-sufficiency consisting of (40) elements.

Psychometric properties of the scale

To ensure the safety and management of the scientific structure, the basic and important conditions are required, and these conditions are characterized by (honesty, consistency and objectivity):

Check the scale

It is assumed that the scale is correct, and that the scale actually measures the characteristic that is assigned to the measure, i.e. the proximity of the subject measuring the scale to the subject for which the measure is designed [1].

Virtual validity

This honesty was achieved by presenting the current test of rowing and specialists in physical education, sports science and psychology to judge the extent of his authority in measuring what they were prepared for and dealing with. (75%) and more than the lag of specialists sufficed to be recognized.

Construction validation

Researcher Thun verified the validity of the construct in its measurement through a statistical analysis of the paragraphs, where he showed that all the paragraphs have the ability to distinguish between high and low level students in measuring anxiety.

Volume stability

There are several transparent methods by which the Y Raj stability factor has chosen Researcher 1, including two methods

First: the Alpha Cronbach method Stabilization of the wi-rag in this way by applying the Fakornbach equation F. Take a sample based on the measured x / using a statistical bag (spss); whereas, the value of the reliability coefficient of the anxiety scale is (0 78), which is a reliable and reliable coefficient for estimating the reliability of the test.

Second: the half-segmentation method because the scale was divided into two parts, the first: includes scores for the individual sequence of paragraphs with (20 paragraphs, and the second: includes scores for the paragraphs with an even sequence and by) 20 paragraphs; Where the simple correlation coefficient perso n was calculated, which arrived at the scale (768.0). However, this value represents half of the stability coefficient of the test, so the researcher used the equation (Spearmen Brown) in order to correct the correlation coefficient. , Which makes the scale stability (868.0), and thus the standard instrument of Lbh w can be adopted.

Objectivity of scale

Its purpose is the objective measurement to be questions for the different F - rad sample applied away from the scale of interpretation or controversy as intended and “self-interference of the researcher, sincerity of loyalty and belief in test results [1]” meaning if applied to an individual or group and then corrected then they will remain as they are about Whoever applied this tool "[2] where the Q is made with a high target, the difference in scores cannot be obtained from the F - Rad sample.

Final description of the anxiety scale

Atko n anxiety measures its final form of (40 (paragraphs divided into four domains), and the scale also includes a number of alternatives (always, often, sometimes, rarely, never) with a score of five between (5-1)), and that the calculation of the scores of the scale dimensions is as follows: Psychological stability (11) items, the highest score for the dimension (55) and the lowest score (11) on hypothesis (33). And psychological flexibility (8) paragraphs, which is the highest degree of the dimension (40) and the lowest degree (8), and in the middle of the hypothesis (24) self-organization (j) (9) paragraphs, which is the highest degree of the dimension (45). (i) The lowest score is (9), in the middle of the hypothesis (27), emotional balance (12) paragraphs, the highest score for the dimension (60), the lowest score (12), and a hypothetical average (36)

Statistical methods

SPSS 16 statistical information system and Excel program. Percentage, arithmetic mean, Alan Raff criterion, test (t.test) of samples followed by association (independent), simple correlation coefficient (Pearson), Spearman's equation - by Aaron, Cronbach's alpha coefficient, central introduction.

RESULTS ANALYZED AND DISCUSSED

Presentation and analysis of the results of the dimensions of the anxiety scale for middle school students, analyzing and discussing them

Table(1) it shows the T-value calculated between the hypothetical average and the arithmetic mean for each of the dimensions in the anxiety scale

The probability value Sig	T-value	standard deviation	SMA	Hypothesized mean	Number of dimension paragraphs	Dimensions	No.
* 0.000	8.701	5.143	73001	33	11	Psychological stability	1
* 0.000	18.762	2.954	31,000	24	8	Psychological flexibility	2
* 0.000	6.889	4.023	34,000	27	9	Self-regulation	3
* 0.000	4,922	6.510	38.002	36	12	Emotional balance	4
* 0.000	20.620	7.756	140.003	120	40	The scale as a whole	

It is clear from Table No. (1) that the number of rat pups after the psychological investigation decision is (11) items, with a sorting rate of (33), while the arithmetic mean of the sample is (001.37) and the standard number of rat is (341.5) if the (T-value) is between the mean The default and arithmetic mean of the search sample (8701). (The level of significance (0.000), which indicates its importance at a significant level (0.05), and I found that the arithmetic mean is greater than the average of any hypothesis that there are statistically significant differences in favor of the arithmetic mean. This indicates that middle school students are practitioners of sports activity They have seen the same in the publication (a psychological investigation decision). It is clear from the table above that the number of rat punctures after (psychological flexibility) is (8) paragraphs and the average is (24), while the arithmetic mean of the research sample was (31,000) and a criterion Benh Raf (2.954), if the (T value) between the default average and the arithmetic mean of the research sample (18.762) and at a significant level (0.000), which indicates its importance at a significant level (0.05), it is found that the average The arithmetic is greater than the average of any hypothesis that there are statistically significant differences in favor of the arithmetic mean of this. This indicates that students of the preparatory stage for practitioners of sports activity have a sponsor after (psychological flexibility). It is clear from the above table that the number of Vq Rat after (Self-Confidence) (9) Vq Rat, Average Varzi (27), while the arithmetic mean of the research sample was (000.34) and Banh Raf's criterion (4.023), if (T value (Between the default average and the arithmetic average of the research sample (6.889) and the significant level (0.000), which indicates its importance at a significant level (0.05). I found that the arithmetic mean is greater than the average of any hypothesis indicating the existence of differences statistically significant in favor of the arithmetic mean of this indicates that middle school students of the practitioners of a sports activity may have ta ka in the prism (self-regulation). It is clear from the above table, the number of rat chasms after emotional beech machines (12) paragraphs, and the mean of the sorter (36), while the arithmetic mean of the research sample (002.38) and the standard Ben Rav (6.510), if the value of T (between the mean The default and arithmetic mean of the research sample (4.922) and at a significant level (0.000), which indicates its importance at a significant level (0.05). I found that the arithmetic mean is greater than the average of any hypothesis that there are statistically significant differences in favor of The arithmetic mean of this indicates that middle school students for sports practitioners may have enough machines after the emotional beech. It is evident from the above table that the number of Vq Art as a whole is a measure of anxiety (40) paragraphs, and the average of Varzi (120), while the arithmetic mean of the arithmetic sample in the scale was (140.003 (standard standard) RAF (7.756), if (the value of T) Between the hypothetical average and the arithmetic mean of the research sample (20.620) and at a significant level (0.000), which indicates its importance at a significant level (0.05). I found

that the arithmetic mean is greater than the average hypothesis where there are statistically significant differences in favor of The arithmetic mean and this shows that the preparatory stage for the practitioners of the sports activity was sufficient to measure the anxiety attributed by Wein so that the role of the research activities is because it relieves the pressure of the father of the head and the severity of depression and encourages cooperation among students to solve the problems facing them and also works to spread happiness, reassurance and psychological . Comfort, in addition to that, it dumps emotions, controls and controls them with the help of the teacher by giving the correct directions to motivate the student and encourage him to self-organize and enhance his self-confidence, as all the dimensions mentioned in Table No. (1) Showed high levels because the arithmetic mean is greater from the middle front.

The role of sports activities in reducing anxiety among middle school students. Sports activities played a prominent role in reducing anxiety among middle school students in Maysan governorate schools. This was achieved through the results of the main experiment that the researcher personally conducted for the anxiety scale, where the results showed dimensional levels that middle school students who practice sports have a low level of anxiety as a result of exercising. In light of the results of the dimensions (psychological stability, psychological flexibility, self-regulation, emotional balance), it becomes clear to us that the arithmetic mean of the dimensions is greater than the default average, that is, the presence of moral differences and in favor of the arithmetic mean, and this indicates that middle school students practice sport activities. They can control and control his emotions, and this came as a result of practicing sports activities, as sports activities relieve pent-up emotions and also help to release fear, tension and anxiety, as well as contribute to raising the spirits and self-confidence in addition to it enhances the feeling of happiness, comfort and reassurance.

CONCLUSIONS AND RECOMMENDATIONS

Conclusions

Researcher Wen reached the following conclusions

There was a positive significant correlation between sport activities and anxiety relief.

Recommendations

1. Work on the development of sports activities Bastm decision.
2. Preparing sports activities to serve the actual needs of students.
3. Production behind the calendar continuously for no sports active to serve the achievement of goals.
4. Work to create an appropriate environment for the implementation of sports activities.

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Finalized Anxiety Scale

No.	Spondylitis	Always	frequently	Sometimes	Nadar	Start
1	Aharon proud Sa is born when he speaks of others about Inga Zach m sports.					
2	I feel that their behavior is balanced during sports activities.					
3	An important connection between them when practicing sports activities reduces the intensity of anxiety.					
4	Control their emotions when facing stressful situations while practicing sports activities.					
.5	They feel psychological comfort when they engage in sporting activities					
6	Basttaa interest to adjust their emotions when exposed to stressful situations while exercising their sports activities.					
7	It makes us n n from previous mistakes incentive to win in sports competitions.					
.8	They deal with persistence and determination while practicing sporting activities.					
9	Their self-efficacy increases when they engage in sporting activities.					
10	Development of psychological skills when practicing sports activities.					
11	Their motivation to learn increases when they play sports					
12	The ability to change their emotions when faced with psychological stress matters.					

13	Sports activities help them easily cope with various stressful situations.					
14	It is easy for them to regulate their emotions when they suffer a loss during races.					
15	They deal easily with innovations in sporting activities.					
16	They have the ability to deal flexibly with difficult competition circumstances					
17	They have the ability to persevere to solve the problems they encounter during competitions.					

No.	Spondylosis t	Always	frequently	Sometimes	Nadar	Start
18	They find it easy to perform training duties that interfere with their physical ability.					
19	They feel reassured when facing the stressful situation during competitions.					
20	Their desire to win helps them monitor themselves properly when practicing sports activities.					
21	They have the ability to know their strengths and weaknesses during sports activities.					
22	Sports activities contribute to raising their spirits and self-confidence					
23	They can think and self-visualize their own performance when doing sports.					
24	They find it easy to regulate their performance when they are defeated.					
25	They maintain their focus on performance after any stressful situation during the activity.					
26	During competition their thinking is all about self-regulation and the desire to win.					

.27	They can keep up with competitors despite feeling tired during competitions.					
28	They depend on themselves to determine the type of stressful situation while practicing sports activities					
29	They find it easy to control my emotions while doing sports activities.					
30	Ron gets to grips with their nerves when you criticize their performance during competitions.					
.31	Ron radiates hope when she encounters a problem that they cannot solve.					
No.	Spondylitis	Always	frequently	Sometimes	Nadar	Start
.32	Ron radiates satisfaction with their abilities and capabilities in most cases.					
33	They interact when opponent Free provokes them.					
34	Their psychological spirits increase when they win races.					
35	They have a sense of self-confidence in light of what they present during the training sessions.					
36	Has the ability to behave well in stressful situations while practicing sports activities.					
37	They have the ability to control negative thoughts that they may encounter while running a race.					
.38	Ron feels psychological comfort when the team scores are good.					
39	They are more satisfied when they see their level well during competition.					
.40	They seek to raise the morale of their fellow player when they are under psychological pressure during competition.					