

Philosophical Foundations of Physical Education and Sport Applied to University Students of Central Area in Iraq According to the Social Understanding

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Abstract

The study objectives: To recognize the reality of understanding the members of the research community in central Iraq for physical education and sports. Building foundations for the philosophy of physical education and sports in Iraq according to the social understanding. Research hypotheses: There is a possibility to identify the reality of understanding the members of the research community for physical education and sports of universities in central area in Iraq. The research methodology included, where the researchers used the descriptive approach and survey studies for their suitability to the research problem and its objectives. The research sample consisted of (200) male and female students from the Iraqi Middle Euphrates universities after distributing a questionnaire to the research sample consisting of (60) questions to solve the problem noting that the questionnaire is scientifically evaluated and it has been proven. After collecting the answers of the research sample, the researchers presented these results by using statistical means, analyzing those results, and then discussing it, and the research objectives were fully achieved.

Keywords: *Physical education, university students, Iraq, social understanding*

Introduction

The love of knowledge and access to the truth represented the obsession of man since he was found on this earth, he tried to uncover the surrounding hidden secrets and the secrets of himself, and the answers he got to some of the questions¹ was a starting point for future generations in their quest to complete that task that no doubt will continue as long as life continues². When we are exposed to man's attempts at knowledge, we will discover primitive philosophical features commensurate with his capabilities and capabilities and the amount of knowledge and information that he had⁽¹⁾, and we can imagine the huge number of questions that a person found his imam and committed himself to answering them to understand what his abilities help him to understand, and to employ this understanding later to change his lifestyle and conditions for the better. That human perception for some of what is going on around him of tangible development in his social and intellectual life, and his move to live in human gatherings was a great quantum leap that changed many of their concepts, orientations and

patterns of life, and it placed him in the face of challenges and difficulties of a new kind and was at the same time his gateway to enter the vast world of knowledge.. etc. Up to the rise of human civilizations in Sumer, Babylon and Egypt, and from what is mentioned here, the land of Iraq, which was the cradle of the first human gatherings, and whose other sons preceded the discoveries that he presented to humanity, changed the course of human and cultural history, and their civilization was its race in the field of sports and education. Establishing a philosophy for physical education and sports for a society requires studying that society and getting acquainted with the opinions of its members about physical education and sports and the concepts that they hold towards it. From this standpoint, standing on the views and concepts of Iraqis about sport in order to lay down philosophical foundations for it is a matter of great importance if We wanted the scientific and sports march in Iraq to be launched towards protective goals that benefit the society's age and conditions, meet its needs, and consolidate the values and ideals that it seeks to achieve.

Research problem:

The importance of philosophy for human societies is evident because it has contributed to laying out the theoretical contents of all fields of life in light of an in-depth extrapolation of the reality of societies, which had an impact on the qualitative civilization developments that accompanied the march of those societies in general and the developments that accompanied the process of physical education and sports in particular. Through the work of researchers in the field of sports and academia for more than 15 years and following the course of the sports movement in Iraq and informing them of many sources that dealt with the starting points of physical education and sports and its goals in Iraq, the two researchers found a clear absence of studies that recognize the role of Iraqi society (central Iraq) in formulating the philosophical contents. It was built on the basis of the intellectual frameworks of the political regimes that succeeded in leading the country since the founding of the Iraqi state and on the personal efforts of some of those who were at the head of the march of the sports movement in Iraq during the past decades, which led to a state of lack of realism and a loss of clarity in its goals, approaches and perspectives, and this was accompanied by the absence of academic philosophical and sports studies due to the lack of an academic teaching staff specializing in the subject of the philosophy of physical education and sports despite the urgent need for this specialization to fill the gap referred to by the researchers and because the foundations of education and the philosophy of sport are systematic study materials for students of colleges and departments of physical education in universities all of Iraq. The lack of a philosophical perspective on physical education. Sport is one of the most prominent aspects of the problem faced by physical education and sports in Iraq, which prompted the two researchers to study it.

Methodology

The researchers used the descriptive approach for its relevance to the nature of the research problem, and the descriptive method relies on studying the reality or phenomenon as it exists and describes it well, as it is a comprehensive cross-sectional study of a relatively large number of cases at the specified time⁽³⁾.

Research community and sample

The research sample was selected from members of the Iraqi community, students of central governorates universities of both sexes, and the research sample consisted of (200) male and female students. The research sample was chosen by a simple random method from (5) universities in the central governorates from among (7) Iraqi governorates according to division Geographical ratio (71.42%) They are (Babylon University, Karbala University, Kufa University, Al-Qadisiyah University, Wasit University)

The researchers were unable to determine the number of individuals of the research sample in each governorate due to the lack of a reliable modern population statistics. The two researchers decided to distribute the percentage equally to the universities covered by the research. 200 questionnaires were distributed to (5) universities of the research sample by (40) forms for each university as well. The number of male respondents reached (120) individuals, representing (60%), while the number of females was (80) by (40%). Table 3 shows the distribution of the research by gender.

The researchers believe that the percentage of females is considered good according to the conditions that Iraq is going through and according to the reality of Iraqi society and the type of subject being researched. The importance of females' opinion comes from the importance of their role in life and the importance of sport to them as they represent the other group of Iraqi society. To obtain credibility in the research, it must be passed through Male and female terminals. And that (5%) of the research sample do not practice sports, and (70%) practice sports, either the rest of the sample, which is (25%), practice sports from time to time and if we follow what Iraq has been going through for several decades, the majority of Iraqis have been occupied with many basics in public life, then practicing sport by a group (95%) of the research sample, even if it is sporadically and incorrectly, is considered a good thing, and the researchers believe that the motive for exercise Sport is the awareness of sports practitioners of its importance, regardless of the size of that awareness.

Search tools :

Arab and foreign sources – A computer - The

Internet - A questionnaire – Stationery

Field research procedures: (Ismail Khalil, PhD thesis, Babel, 2007) ⁽⁴⁾

The researchers carried out several procedures for the purpose of achieving the objectives of scientific research in the correct and applicable way, and among these procedures is preparing a questionnaire and distributing it to the sample covered by the research.

The questionnaire:

The questionnaire is one of the important means of collecting information that researchers need to accomplish scientific research and achieve its objectives, as it is the only means that facilitates the broadening of the research sample for carefully selected and arranged stimuli in order to collect data (1). The researchers used a questionnaire that contained (60) questions, three of which were general information questions about the sample and the rest were situational questions that were divided into (10) axes (Appendix No. 1). The two researchers formulated questions specific to each axis. Then the researchers presented the questionnaire to a number of experts (Appendix No. 2) in the faculties of physical education and sports sciences, the questionnaire was used in a previous study by researchers (Ismail Khalil Ibrahim) noting that the questionnaire is linguistically valid, and the two researchers proved the validity and reliability of the questionnaire.

Validity of the test: The validity of the test is one of the conditions that must be met in the test, “and honesty is that the test measures with a high degree of validity what it claims to measure.” The two researchers proved the validity of the questionnaire by adopting the apparent validity (Marwan Abdel Hamid, Amman, 2002, p. 195) ⁽⁵⁾.

- **Face validity:** The researchers presented the questionnaire to experts and specialists, as the experts' evaluation is one of the widely used standard measurements.

Stability of the test:

It is one of the important factors that must be characterized by, and “the test is stable if it gives the same results continuously if it is repeatedly applied to

the same subjects and under the same circumstances.” ⁽⁶⁾ The researchers used the method of retesting to verify its stability.

Retesting: To determine the reliability coefficient in this way, the two researchers distributed the questionnaire to (10) students from the sample, then retested them two weeks after the first test and extracted the correlation coefficient using the simple correlation equation (Pearson), which reached (0, 93), which confirms the high correlation between the two tests. It demonstrates a high stability of the response achieved by the testers.

Objectivity of the test: The experts to whom the questionnaire was presented to determine its powers, its sincerity, the clarity of its questions, the soundness of its wording, and the lack of differences between the arbitrators and experts in correcting its answers, which confirmed the objectivity of the test (Nahda Abd Zaid, Amman, 2015, p.99) ⁽⁷⁾.

Exploratory experience:

In order to identify the difficulties that the researchers and the working team assisting with him may face when carrying out the research, the extent of clarity of the questionnaire questions for the sample members and the time taken to answer the paragraphs, and determine what may need clarification from them. The researchers conducted an exploratory experiment on (10) individuals of the sample for a period of 9/11/2019 to 17/11/2019, and reached through it the following:

- The answer time ranged between 20-30 minutes
- the questions were clear and understandable to the sample members.

The main experience:

The two researchers conducted the main experiment from 1/12/2019 to 21/1/2020, in which the questionnaire was distributed with the help of the work team to individualize the sample according to the universities covered by the research.

Statistical means: All statistical operations were accomplished through the appropriate statistical system in order to describe and extrapolate the research results as follows

- Mean. (T) test for two unrelated samples.
- Std. Deviation. Percentage.
- Correlation coefficients person. View and discuss the results:

Table (1) shows the understanding of the community members in the Iraqi milieu.

Statistical indicators	Mean	Hypothetical Mean	Std. Deviation	T value Calculated	T value Tabular	Sig type
Social understanding	136,43	103	14,13	2,27	2,01	Sig

Table (1) shows the extent of the community’s understanding of physical education and sports after the results were extracted from the questionnaire distributed in five universities, namely the University of Babylon, Karbala, Kufa, Wasit and Qadisiyah from the central region. By searching for the questionnaire questions, whose answers tended to substitute the answer (yes), the researchers extracted the arithmetic mean (136,43), the standard deviation (14,13) and the hypothetical mean (103), and the researchers extracted the calculated value of t (2,27) and the tabular value of t (2,01) The final result of the statistical significance was significant, which showed the extent of understanding of the community to be researched.

The answers of the research sample on the questions of the educational axis are considered to be of the great conviction of them that physical education and sports have a great role in public education, and contribute to the moral building and values of the members of society. According to the sequence of questions, with percentages of (70%), (49%) and (64%). In contrast to the frequency and low rates for the alternative answer (no), and the researchers believe that the consensus of individual sample on a phenomenon is very difficult due to the multiplicity of visions and the diversity of attitudes and beliefs. Therefore, the trend of the largest percentage has become the basis for determining the importance or necessity of this phenomenon and that or not, and this is what applies to physical education and sports in which the research is being conducted.

The responses of the sample members to the questions of the physical axis show a clear vision of a large percentage of them about the importance of the role of physical education and sport in the physical aspect, whether in raising physical fitness, safety of growth, improving neuromuscular compatibility or economizing with effort, which are all factors that help individuals effectively in improving their life conditions Practical and private, and make it easier for those in charge of sports affairs the task of attracting them to practice sport, provided that the supplies and capabilities he needs are provided. The frequency of the answer to the alternative (yes) to the questions on the fitness axis were (156), (174), (156) and (128), respectively, with percentages (78%), (87%), (78%) and (64%), according to the same previous arrangement. The perception of a large proportion of the sample members of the positive impact of sport on the physical side and their conviction of its importance facilitates for those in charge of sports affairs to persuade them to practice it and holds them, in addition to other bodies, the responsibility of securing these practice requirements for the benefit of the individual and society.

Data indicate that (94%) of the research sample believe that exercising early contributes to improving community health, and (61%) of them believe that age, gender, or disability does not preclude practicing sports compared to (10%) believe that it affects (83%) of the research sample believe in the role of sport in the field of treatment of injuries and rehabilitation after injury, while only (1%) do not believe in that role. Either in

the field of healthy habits, (77%) are aware that physical education and sports motivate a person to adhere to sound health habits, while (81%) believe that practitioners of sports are faster cures of diseases than others. Focusing the answers of the research sample under the alternative answer (yes) clarifies the individuals' understanding of the sample and their awareness of the role of sport in improving human health and contributing to its rehabilitation after injury, which is something that must be practically invested in improving the health status of community members and persuading those with dissenting opinions to return to it.

Through the answers of the research sample on the questions of the axis of mental development, the researchers found that the majority of the sample members agree that physical education and sports have a role in the development of mentality through the information and experiences they add that enrich the individual and are alongside knowledge and experiences in other areas of life to help him in his daily life, as well as its positive effects on the soundness of thinking, maturity, correctness and correctness of decisions, the answers tended to be the alternative (yes), with a percentage of (69%), (86%), (69%) and (72%), respectively, against low rates for the alternative answer (no).

The answers of the research sample on the social axis questions show an increase in the percentage of alternative answers to (yes) to the questions (9, 10, 24, 35, 47, 55), where the percentages reached (66%), (68%), (78%) and (67%). And (53%) and (56%) according to the order of questions. This indicates that the research sample believes that physical education and sports contribute to building good social relations and developing leadership in their practitioners. Its practitioners attain the trait of humility. The foregoing indicates that the sample members are aware of the positive role of physical education and sport in building relationships and social characteristics that represent elements of strength for a society if it is common among the members of that society.

the percentages of the answers of the psychological aspect indicate that the alternative to the answer (yes) achieved the highest and for all the questions. These percentages reached (71%), (71%), (54%), (71%) and (68%) according to the order of the questions. While the

percentages of alternative answer (No) were the lowest for all questions, and they reached a bug, according to the order (4%), (4%), (8%), (4%) and (4%). These ratios indicate that the individuals of the sample touch the role of physical education and sports in the psychological axis, whether in building a person's personality or getting rid of stress and psychological problems or enabling the individual to control various emotions and trust in his abilities and potentials of the individual and develop the characteristic of courage in a way that makes the individual more dependent on himself in facing living requirements .

Conclusions

1- Experiences, skills, and their physical and sports implications must be transferred to society to benefit from them in facing their positions and enhance the status and ethical role of physical education and sports.

2- The early start of practicing sports is one of the most important foundations for success in developing the physical and athletic side and starts working from kindergarten class.

3- The Ministry of Health is considered one of the most important bodies that have a major role in educating members of society about the relationship of sport and health education and pushing for commitment to sound health habits.

4- The role of the teacher in the educational and educational process and the role of trainers in the training client increases the transfer of knowledge and experiences to society

5- The workers in physical education and sports bear a large share of the dissemination of sports culture among members of society.

6- Exercising is a good remedy for relieving the psychological pressures that prevent the members of society in their daily life

7- The sports group plays a major role in cooperation to achieve common goals, build cohesive social relationships, and develop loyalty and belonging.

8- The difference in the monotheistic religions' view of sports, not because Islam encouraged its practice

based on the relationship between the soul and the body.

- 9- Playing sports is a good way to invest the free time for all members of society, including the joy and pleasure that a person misses in his life.
- 10- The family has a great role in the participation of their children in the exercise of sports and their belief in the importance of the role of physical education and sports

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Conflict of Interest: None to declare.

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