

# The Socio-Psychological Variables in the Meaning of Self-Consciousness and Movement Satisfaction of Physical Education and Sport Sciences Students

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## Abstract

This research aims at determine socio-psychological variables, self-consciousness and movement satisfaction of Physical Education and Sport Sciences students. Then, identify the relationship among the socio-psychological variable, self-consciousness and movement satisfaction of Physical Education and Sport Sciences students and predicting the socio-psychological variables in the meaning of self-consciousness and movement satisfaction of Physical Education and Sport Sciences students. In order to achieve the aims of the research, the researchers used the descriptive method by using the surveying method to recognize the variables of the research, the relationships between them and the predictions studies in order to find out how much self-consciousness and movement satisfaction contribute to the psychosocial variable. The community of the research made of Physical Education and Sport Sciences students/ University of Babylon / Fourth grade- morning classes, they were (140) students, the sample of the research made up of (15) students in order to represent the research sample by (11%), the researchers distributed the questionnaires for the research variables to the sample of the research, after analyzing and discussing the results they found out the following:

1. Physical Education and Sport Sciences students enjoy high degrees in movement satisfaction, self-consciousness and the socio-psychological variables.
2. The increasing of socio-psychological variables degrees has a relationship with the increasing of degrees in movement satisfaction, self-consciousness.
3. There is an ability of predicting the psychosocial variables, depending on the reality of movement satisfaction, self-consciousness.

**Keywords:** *Movement Satisfaction, Self-Consciousness and the Socio-Psychological Variables.*

## Introduction

The Sport is considered one of the main pillars of the overall advancement of civilized societies, which explain the behavior and activates of persons in community through <sup>1</sup> a set of rules and foundations, which have a direct effect in guiding the relationship among athletes in a social form that expresses the spirit of Sports and its role in creating an opportunity to race, held and work together. The Socio-Psychological variables are considered as one of the most important requirements of sport, which athlete lives in, it's also contained things,

persons and thoughts that communicated with the athlete <sup>2</sup>. The Socio-Psychological variables also considered as an important factor of the psychological health of the athletes, their directions towards the team and their performance. Modern trends have confirmed that the Socio-Psychological variables in which athletes live in and a group of friends participates in it, to achieve more and better production, which makes players fell of comfortable and confidence, then it gives them the ability to adaptation and satisfaction of performance and all that is related to indications, which contains lots of Abstract factors such as feelings and emotions

of person and team members<sup>7</sup>. So, it may be say that the socio-psychological variables have a significance of player or student who face a difficult environmental situations under certain circumstances. Then, the player or the student should has a high awareness of the socio-psychological variables, because it has a great role in improving the teams' score, because of that all athletes in the sports teams try to recognize their abilities together in order to achieve the best performance. So, athlete or student who has a motivation to achieve his maximum physical abilities, skills, knowledge and plans in order to achieve the aims of the team, which has a big role in the growth of the athlete physically, psychologically and socially. The psychological awareness is more important than all the awareness of modern life, because it studies human as the most important in the world. The self-knowledge, feeling and awareness begin from human's observation of his/herself, with full recognition of his/her feelings as he see.<sup>9</sup> Through some of starting points in which the researchers begin with, it was clear to him a clear vision in his feeling of the present research problem through the reality of the studied sample, the students of the university, the study period within the framework of the student community, in which the element of effect and effectiveness, with the varying level of awareness, culture and socialization. The university students are not immune from different circumstances and extreme life situations and conflicts and contradictions and problems that increase the requirements of life, so that there are many requirements that need to be satisfied and desires that may not be achieved, which leads them to surrender to temptations life and its charms which become urgent needs that lead the person to satisfy them in ways that may be socially unacceptable<sup>8</sup>. Success in motor activity is connected with satisfaction and enjoyment, which considered as motivational elements that encourage to interesting in motor activity, the sport activities have a big and positive role to the participants in it, whether physically, mentally, socially or psychologically<sup>4</sup>. Movement satisfaction is the person's feeling of ability to achieve motor skills with his/her feeling of satisfaction and happiness as a result of performance,<sup>5</sup>. As Ratib mentioned "The positive previous experiences in which the player achieves success and satisfaction in any activity lead to increased willingness and desire to continue to practice the activity, which provides a better opportunity to improve the sports skills and the feeling of happiness and satisfaction as a result of achieving the aims"<sup>1</sup>.

## Statement of the Research Problem

One of the most important factors that contribute to the achievement of sports success is the availability of an ideal psychological and social situation for the athlete, the education is received by members of the family and society may contribute to the acquisition of many values, habits and experiences, the formulation of some rules may also contribute of behaviors that It should be directed in the light of the self-awareness of the individual and his self-building as well as the individual's sense of motor satisfaction about the level of performance, as its measurement gives us an indication of the state of satisfaction of the learner or the athlete, so, there is no study in such a topic, thus the researchers decided to build measures for these variables to recognize the importance of the three variables and the relationship between them.

## Aims of the Research

### This research aims at the following:

1. Identify the changing psychosocial variables, self-awareness and motor satisfaction of students of physical education and sports science.
2. Learn about the relationship between the psychosocial variables and both self-awareness and motor satisfaction for students of physical education and sports science.
3. Predicting the psychosocial variables in the meaning of self-awareness and motor satisfaction for students of physical education and sports science.

### The Research Hypothesis

The researchers hypothesized the following:

1. There is a real relationship social-psychology variables and both the self-awareness and movement satisfaction
2. There is a possibility to predict the social-psychosocial variables in the meaning of self-awareness and movement satisfaction for the students of physical education and sports science.

### Limitations

1. Human limit: the students of the fourth grade in the college of physical education and sports science at

University of Babylon for the academic year 2018-2019.

2. Time limit: from 15/3/2019 to 16/5/2019.

3. Place limit: Classrooms of the college of Physical Education and Sports Science at the University of Babylon.

**The Basic Terms**

The social-psychosocial variable: is the qualitative aspect of interpersonal relationships, which is manifested as a sum total of psychological conditions and facilitates or hinders the productive activities and the overall development of the individual in the group, (al-Hayali: 2011, 12).

Self-awareness: identifying the individual’s feelings and vocabulary system, monitoring and deriving self-assessing results, as well as monitoring one’s own self through his/her actions and trying to influence the results of his/her actions to become more effective <sup>2</sup>.

**Tab No. (1): Shows the SD and X of the sample**

Variables	X	SD	Sample
Psychological variable	119.4000	12.87744	15
Movement Satisfaction	104.9333	11.94910	15
Self-awareness	130.2000	10.83117	15

The previous table (1) shows that they are distinguished by a good social-psychosocial variables compared to the hypothetical mean which is (90) for having an arithmetic mean of (119,400) that means they are in a good health. This may be due to the fact that they are fourth stage students in the college of Physical Education and Sport Sciences and the positive effects

Movement satisfaction: “is the outcome of emotional feelings felt by the individual towards a particular activity, and express the extent of satisfying the appropriate needs and achieve the aims for which he/she joins this activity”<sup>3</sup>.

The Methodology and Practical Procedures of the Research

The methodology of the research: the description method was used by a survey, correlation relationships and predictive studies to suit its relevance and the nature of this research.

**The Sample and Community of the Research:**

The community of the research consists of the students of college of physical education and sport science/ University of Babylon/ Fourth grade/ morning classes that made up of (140) students, the sample of the research contained (15) students to present the sample of the research with percentage of (11%).

of its lessons. While the degree of standard deviation, which reached (12,877), indicates a slight variation in the homogeneity of the mentioned sample of the psychiatric climate variable, movement satisfaction and self-awareness, especially if we know that the highest hypothesis of movement satisfaction and psychological variables is (150), while the highest hypothesis of self-awareness is (160) Degrees.

**Tab No. (2) Shows the value of Correlation Coefficient between Psychological variable and Movement Satisfaction**

Varriables	Mean X	SD	Value of Correlation Coefficient	Significance Level	Sig.
Psychological variable	119.40	12.87	.569*	0.01	Sig.
Movement Satisfaction	104.93	11.94			

The previous table (2) shows that there is a correlation between psychological variable and movement satisfaction where the correlation coefficient reached (0.569) at the level of significance (0.01), after conducting correlations to achieve the second objective of the research, the results proved above in the table, and through the examination of the fact of correlation (Sig.) shows that the relation is strong and real, which indicates the credibility of the first hypothesis of the research, which is a real correlation between both movement satisfaction and self-awareness of the social-psychosocial variables of students of the college of Physical Education and Sports Science. This indicates that the satisfaction of the movement satisfaction a very significant contribution to the imposition of psycho-

social variables, and can be explained by the results that the student who has a positive psychological variable is shown by his behavior and positive behaviors that make the student self-confidence which leads to the feeling of the student Satisfaction with his/her behavior and movements, which promotes a sense of movement satisfaction, this will achieve good results, cheers to positive self-talk, which helps the player in the formulation of goals well and work to achieve them and look at all the positive things, which makes him confident of success in his tasks and performance because of the high confidence needed, as motor satisfaction is one of the most important determinants in the development of confidence if the student's self-image is positive, he is certainly confident and high. First in the competition.

**Tab No. (3) Shows the Value of Pearson Correlation between the psychological variables and self-awareness**

Varriables	Mean X	SD	Value of Correlation Coefficient	Significance Level	Sig.
Psychological variable	119.40	12.87	.799**	0.01	Sig.
Self-awareness	130.2000	10.83117			

According to Table (3), there is a strong correlation between psychological variable and self-awareness in the research sample. The correlation coefficient was (0.799). Students who have a good self-awareness helps the student to formulate aims well and work to achieve them and look at all the positive things which makes him/her confident of success in his/her tasks and performance due to the high confidence needed. Self-awareness is an important determinant in the development of confidence and enhance self-esteem. If the student's image of himself is positive, he certainly has high confidence and good, and therefore can be said that the more self-awareness when the player positive, the higher self-esteem leading to achieve good sports results It is the top spot in the competition.

**Predicting the Psychological Variable in the Meaning of the Variables Studied**

Tests and measures may be used for the purpose of forecasting, meaning to anticipate a future outcome

in the light of the results of tests and measures, and therefore use some appropriate statistical methods such as regression so that individuals who can predict their success according to a particular test can be selected <sup>6</sup>.

**Array Data:**

The aim of this array is to obtain one value that reflects the psychological variables of all the sample members, as well as one value for the variable of self-awareness and the value of movement satisfaction. This measure was applied to the students in the colleges of physical education and sports sciences at the University of Babylon, which number (140) students, The data were then extracted and processed statistically by extracting the arithmetic media and standard deviations. The table below shows that.

**Tab No. (4) Shows Means X and SD of the sample vocabulary at the three scales**

No.	Variables	Sample	Mean X	SD
1	Social-psychological variables	15	119.40	12.87
2	Self-awareness	15	130.2000	10.83117
3	Movement satisfaction	15	104.93	11.94

Predicting the psychological variables in the meaning of self-awareness and movement satisfaction among students of the colleges of physical education and sports sciences: -

**Array of Simple Correlations**

The main aim of this research is to predict the social-psychosocial variables in the meaning of self-awareness and movement satisfaction. This can only be achieved by knowing the simple correlations between these variables by using the Pearson equation to calculate the array of inter-correlations and Table (5) shows that.

Varriables	Mean X	SD	Value of Correlation Coefficient	Significance Level	Sig.
Psychological variable	119.40	12.87	.569*	0.01	Sig.
Movement satisfaction	104.93	11.94			
Psychological variable	119.40	12.87	.799**	0.01	Sig.
Self-awareness	130.2000	10.83117			

The above table shows that there is a correlation between psychological variables, movement satisfaction and self-awareness. Social and self-awareness has reached a value of 0.799 which is also an acceptable correlation, which gives an indication that the social-psychosocial variables of the student is moving in the same direction movement satisfaction, while the relationship between the social-psychosocial variables

and self-awareness has a value (0.799), which is also an acceptable correlation relationship.

The predictive value of social-psychosocial variables in the meaning of self-awareness among students of the colleges of physical education and sports sciences:

The researchers used linear regression equations and table (6) shows that.

**Tab (6) Shows the Linear Regression Equations of the Research Variables**

Variables	Correlations		Correlation Coefficient	Nature of Correlation	Calculated T-Value	Level of Sig. on 0.05	Calculated F-Value	Sig. Level of 0.05
	N. of C.	Value of C.						
Social-Psychological Variables of the meaning of Self-awareness	F. A	4.420	.799**	Simple	-2.486	.019	1.046	0.000
	B1	0.714			26.391	0.000		
Social-Psychological Variables of the meaning of Movement Satisfaction	F. A	5.004-	.569*	Simple	26.391	0.000	8.466	0.000
	B 1	0.318			2.932	0.006		
	B 2	0.408			3.743	0.001		

Through Table (6), the researcher can deduce depending on the coefficients referred to, for the purpose of constructing the equation of the contribution of each of the self-awareness and movement satisfaction of the members of the research sample as follows:

$$\text{Linear Regression } (y_i = \beta_0 + \beta_1 x_{i1} + \dots + \beta_p x_{ip} + \varepsilon_i = \mathbf{x}_i^T \boldsymbol{\beta} + \varepsilon_i, \quad i = 1, \dots, n_i)$$

$$\text{Psychological Variables} = 4.420 + 0.799 \times 82 \text{ (self-awareness)} = 62.968$$

$$\text{Psychological Variables} = 5.004 + (0.318 \times 82) + (0.408 \times 101) = 62.28$$

**Conclusions**

Investing the present values of the studied variables in achieving the aims of physical education and sports sciences. Making attention of the social-psychosocial variables of college students through the formation of social relations between the students themselves and the teaching staff. The need to organize courses and scientific lectures for students of the college and teachers by specialists in sports psychology to promote positive values and organize the social-psychological variables when students to achieve the desired aims. The need for teachers and psychologists to hold periodic meetings with students in order to achieve the ideal social-psychosocial variables to express their feelings in a constructive manner and guide them.

**Financial Disclosure:** There is no financial disclosure.

**Conflict of Interest:** None to declare.

**Ethical Clearance:** All experimental protocols were approved under University of Babylon, College of Physical Education and Sport Sciences, Iraq and all experiments were carried out in accordance with approved guidelines.

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