



THE SIOSS JOURNAL OF SPORT SCIENCE



31st March

2017

Vol. 1, Issue 3
www.sjss.com

ISSN: 2519 - 6634

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Hope and Social Interaction and their Relationship to the Goals of the Students in the Faculty of Physical Education and Sports Science at the University of Babylon

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Abstract- The research aims to identify both:

- 1- Hope and social interaction and achieve goals for the students of the Faculty of Physical Education and Sports Science at the University of Babylon.
- 2- Correlation between each of hope and social interaction to achieve the goals of the students in the Faculty of Physical Education and Sports Science at the University of Babylon.

After determining the appropriate approach to research and create the required standards and check their validity in reaching the desired results and then use it on the (16) students have been reached several conclusions are as follows:

- The fourth stage was marked by students in the College of Physical Education and Sports Science of the University of Babylon in a high degree of social interaction.
- The students of the fourth stage at the Faculty of Physical Education and Sports Science of the University of Babylon in the middle of the limits of both hope and achieve goals.
- The high degree of hope when the students of the fourth stage in the Physical Education and Sports Science offset by a rise in social interaction as well as to have achieve goals.
- The high degree of social interaction when students in the fourth phase of Physical Education and Sports Science offset by a rise in achieving the goals of them.

Keywords- hope - social interaction - to achieve the goals

I. SEARCH DEFINITION

A. Introduction of research and its importance

Flocking students in the Faculty of Physical Education Sports at the start of the academic world to sit in school and take advantage of the information which raises scholarship and materials in order to prepare them after graduation.

Certainly these students are different from each other in the hope that the level enjoyed in this life as well as different in social interaction, which characterized it may be some of the students are high degrees unlike others may not characterized originally.

From here the researcher began his research in an attempt to identify the very important variables, depending on your point of view, such as (Hope) and (social interaction) to resolve the problem of not knowing summed up these variables for these students.

As well as priorities for action, we find already require them more diligent to learn about the possibility of achieving their goals in relation to the extent of hope or social interaction that is achieved it.

Which already recognize the importance of the current our research in the detection of hope and social interaction and achieve goals with the

students in the Faculty of Physical Education and Sports Science at the University of Babylon, and the disclosure of the relationship that may exist between hope and social interaction on the one hand and between the achievement of the objectives of the other.

B. *Research problem*

There are psychological phenomena form the basis to move the behaviour of humans and these phenomena to hope that if necessary the individual could tend his actions and deeds give us a distinctive life, as well as the case if shown social interaction necessary to live and interact with the ocean and all that was unknown and excellence known to the students at the College Physical Education and Sports Science so keen researcher on the collection of data and the provision of this information that will help us in the proper handling of these students.

If the above is a face-to-search problem as the other was in an attempt to solve the problem of not recognize the reality of achieving the objectives in these students, as well as the face of the relationship which may be between hope and social interaction on the one hand and between the achievement of the objectives of the other.

C. *Third research objectives*

Identification of:

- 1) Hope and social interaction and achieve goals for the students of the Faculty of Physical Education and Sports Science at the University of Babylon.
- 2) Correlation between each of hope and social interaction to achieve the goals of the students in the Faculty of Physical Education and Sports Science at the University of Babylon.

D. *Impose Search:*

There is a positive correlation between both hope and social interaction to achieve the goals of the students in the Faculty of Physical Education and Sports Science at the University of Babylon relationship.

E. *Areas of research:*

- 1) The human sphere: Students Stage IV at the Faculty of Physical Education and Sport Sciences University of Babylon.
- 2) Temporal sphere: the duration of 11.16.2015 until 04.04.2016
- 3) Spatial field: classrooms for the College of Physical Education and Sports Science at the University of Babylon.

II. FIELD RESEARCH METHODOLOGY AND PROCEDURES

This chapter includes the research methodology used and the procedures followed in determining the community of search and selection of sample preparation tools for measuring hope and achievement of objectives and social interaction among students of the fourth stage at the Faculty of Physical Education and Sports Science of the University of Babylon, and make the final application of the two measures on the sample and the steps that have been adopted in the analysis of the answers and processors statistical used in this research.

A. *Research Methodology*

It was used descriptive approach my style survey and relations suitability standard questionnaire, and solving the problem of research and achieve its objectives.

B. *Community and the research sample*

Define the research community by students fourth stage at the College of Physical Education and Sports Science at the University of Babylon has reached the research community (26) students were taking a sample of them was their number (16) at a rate of (61.53%) of the total community.

C. *Search Tools*

The use of different tools to reach the desired results of the present research, most notably the following:

- 1) Sources of local, Arab and foreign relevant scientific references
- 2) Internet access available with respect to the provision of retaining the information in this search.
- 3) An electronic calculator: It requires achieving the objectives of the research to use one to measure the hope and the second to measure the social interaction and the third to measure the achievement of objectives, as follows:
 - A measure of hope

It is a measure of the researcher (Mayada Abdul Hassan Al-Salhi: 2005) measure of hope among university students and consists of (33) items answered by the subjects according to five alternatives are: (strongly agree, agree, agree somewhat, refuse somewhat strongly reject) is given paragraphs positive answer to (strongly disagree) five degrees and to answer to (agree) four degrees and to answer to (agree somewhat) three degrees and the answer to (refuse somewhat) Two degrees two of while you are to answer (b strongly reject) the degree and only one,

gives the opposite of degrees paragraphs negative means (1.2, 3, 4.5), respectively.

- A measure of social interaction

It is a measure of the researcher (AmoSh Abdul Qadir: 2004) and measures the social interaction with the subjects of university students and their ability to social harmony and understanding the positive and consists of (48) items answered by the subjects according to five alternatives are: (always, often, sometimes, rarely, never) is given the positive paragraphs to answer to (always) five degrees and the answer to (mostly) four degrees and to answer to (sometimes) three degrees and the answer to (rarely) two degrees while you are the answer to (never) and one degree only, and be given grades paragraphs negative exactly the opposite meaning (1.2, 3, 4.5), respectively.

- To achieve the goals scale

It is a measure of the researcher (Mayada Abdul Hassan Al-Salhi: 2005) measures the achievement of the goals the university students and consists of (32) items answered by the subjects according to five alternatives are: (strongly agree, agree, agree somewhat, refuse somewhat strongly reject) is given paragraphs positive answer to (strongly disagree) five degrees and to answer to (agree) In order to answer four degrees (b).

I agree somewhat) three degrees and the answer to (refuse somewhat) Two Degrees two of while you are to answer (b strongly reject) the degree and only one, gives the opposite of degrees' paragraphs negative means (1.2, 3.4, 5), respectively.

D. Search procedures and field

To achieve the objectives of the research were planned to walk several applied scientific procedures which is as follows:

- Find scientific conditions for the Standard Search

The consultation of number of gentlemen specialized experts with the knowledge of sports psychology at the University of Babylon after the submission of standards (referred to) to get the truth of the content, which has gentlemen experts * approval of all the paragraphs of standards mentioned unanimously, and thus obtained the sincerity of the measure The measure firming had demonstrable from during an exploratory experience and return and perform simple between the scores of the two applications correlation coefficient to measure the hope and the second to measure the social interaction and the third to measure the achievement of the goals to show values (0.89) and (0.84) and (0.86), respectively, a degree of stability to the standards mentioned is a good indicator of the stability. As already check the

psychometric properties of the scales used where it is stated (Abdul Khaliq: 1993: 173) to clarify the properties that characterize the scale that the most important properties of multiple fortitude and honesty, they are the most important objective benchmarks for good measure. And objective measure or means test the clarity of the instructions for the application of the test and calculate grades or its results.

With regard to the clarity of the instructions and paragraphs own testing indicates (Kahribt: 1987: 72) to test it to be objective if it is selected specific questions and answers, and so that the question is only one answer, do not leave room for confusion. This is what has been approved and gentlemen experts found through exploratory scales Current search experience.

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- Exploratory experiment

Has been conducting exploratory experience standards Research (Hope) and (social interaction) and (achieving the objectives) In addition to the goals of this experiment to ensure the stability of standards and practical measures to be applied also had to get rid of so-called mistake expert (Expert Error), which may be of the following experts the sincerity of the content. And it was on 15.3.2016 on a sample of students in the second and third phase of the Faculty of Physical Education and Sports Science at the University of Babylon was their number (10) students were re-experience the same group after 10 days, specifically on Wednesday On 03.25.2015.

It is worth mentioning that the paragraphs of the standards were clear non-ambiguity in the meaning and application of good standards were the circumstances there was not any obstacles in it, has the answer lasted up to (23) to (27) minutes for all scales used.

- Major experiment to search

The experiment was conducted key research on the application of standards research sample amounting to 16 female students from the fourth stage in the Faculty of Physical Education and Sports Science, has been in 30/03/2016.

- Statistical methods

To achieve the objectives of the research, the use of the SPSS statistical bag to get to the search results.

III. VIEW THE SEARCH RESULTS AND DISCUSS

Through the actions that took place in the third quarter and the use of statistics needed to reach a solution to the problem of research and achieve its objectives was as follows:

About hope and social interaction and achieve goals for the students of the Faculty of Physical Education and Sports Science at the University of Babylon.

After the final application of standards Find It (hope) and (social interaction) and (achieving the objectives) students on the fourth stage in the Faculty of Physical Education and Sports Science, then obtain the following data:

TABLE I. CIRCLES, STANDARD DEVIATIONS FOR THE STUDENTS OF PHYSICAL EDUCATION AND SPORTS SCIENCE SHOWS THE MEASURES (HOPE) AND (SOCIAL INTERACTION) AND (ACHIEVING THE OBJECTIVES)

T	Variable mean	Arithmetic Mean	Standard Deviation
1	Hope	103.75	10.19
2	Social interaction	180.25	11.61
3	Achieving the goals	100.06	8.16

Seen from the table (1) our circles, standard deviations for the variables search (hope) and (social interaction) and (achieving the objectives) extracted from the answers students fourth stage in the Faculty of Physical Education and Sports Science at the University of Babylon, a measure of each variable, and it has reached the center the arithmetic of hope (103.75) the degree of an indicator in the center premise limits of the scale, which has a 99 degree only, posing in front of us a phenomenon characterized by the danger in the way of thinking and the use of these students with the current reality in which they live is this result obtained indicates the absence of the emergence of hope of life and the future.

No doubt that a cause for reflection unreachd with the nature of life that they live and detect cases of uncertainty that they live. It is useful to mention here that even though the index of the degree enjoyed by these students hope a measure

of risk, but it did not reach the degree of the very bad and where the lack of hope and lack thereof to have the lowest degree hypothesis theory on the scale is 33 degrees Obviously, after such a degree somewhat from the arithmetic mean of the students (sample).

The degree of the standard deviation of \$ (10.19) seen a marked contrast between the students some of them for some which is normal due to the nature of the genesis of all of them and the circumstances in which they have suffered and other personal reasons for each of them.

Noting the arithmetic mean, which describes the social interaction for the students of Physical Education and Sport Sciences found through the previous table (180.25) degree, a high index of the students in the social interacted, who enjoyed his follow through central premise of the scale of the social interaction that reach 144 degrees This is logical it embodies that The sample of students in physical education and science, which is characterized by their students distinctive features of social interaction and atmosphere of solidarity actors who gather them by virtue of the work they do and the circumstances surrounding it, so we see that this class reflect the reality of structural sound of these students even though we had audited the highest degree hypothesis possible to be on the scale we find (288) pushing the ceiling of our ambitions to the top.

Waiting for social interaction better than the existing humanitarian personalization in multiple aspects and in any society is a product of social interaction and human behaviour is the basis of this interaction and that of the most important qualities and characteristics to be a special kind of social relations between him and the other of these social relations and depend on what issued capita actions and what it receives from the responses. (Mohammad Mehdi: 1986: 579) Thus, the head of interaction and effective element in the social life in all its stages.

The degree of the standard deviation of \$ (11.61) get the case close similarity that characterizes these students, especially if we remember that the highest degree of hypothetical (288) which is a very high value.

With regard to the achievement of the goals we believe that the arithmetic mean, obtained by the students (sample) the cursor in the table (1) is (100.06) which means they are in the middle limits, especially if we know that the central premise for achieving the objectives on the scale is (96) which is not seen reassuring in our society, people are all trying with all their efforts to achieve the objectives and specific achievements, and what to do for them so shaped their goals and other purposes, and thus stand to have new goals, and show additional needs are seeking to obtain or satisfy therefore,

what is missing every one of those people many and renewed and continuously over their lives, as evidenced by the continuing sense of the human beings needed and ask for more, there are those who feel that he lacks the good-looking, and there are those who feel that he lacks social skills, and there are those who feel it lacks scientific center, and there are those who feel that what is lacking is physical competence, and so many other things besides the individual feels it lacks as long as alive, so human remains in constant pursuit of what may feel that he lacks.

The degree of the standard deviation of \$ (8.16) seen a marked contrast between the students some of them for some which is normal due to the nature of the genesis of all of them and the circumstances in which they have suffered and other personal reasons for each of them.

Correlation between research variables for the students: to achieve the objective of the second search was conducted simple correlation coefficient between each of hope and social interaction and achieve goals for the students of the Faculty of Physical Education and Sports Science at the University of Babylon has been conducted what appeared following data:

TABLE II. THE CORRELATION COEFFICIENT BETWEEN EACH OF HOPE AND SOCIAL INTERACTION AND ACHIEVE GOALS FOR THE STUDENTS OF THE FACULTY OF PHYSICAL EDUCATION AND SPORTS SCIENCE AT THE UNIVERSITY OF BABYLON

Variables	Hope	Achieve Goals	Social Interaction
Hope	1	0.501*	0.57 *
Achieve the goals	0.501 *	1	0.63 *
Social interaction	0.57 *	0.63 *	1

By watching a simple table (2) we can see the correlation moral (real) located between hope and social interaction for the students of the fourth stage, who in order to overcome the degree of correlation calculated the (0501) on the class spreadsheet for (t) amounting to (0497) when the degree of freedom (14) and under the 0.05 level of significance, which means that the greater the hope for female students increased social interaction with them, which is normal if we realized that what is happening and hope for the future gives strong Doafa for interaction and social harmony.

By reviewing the matrix, we find as well as the existence of a real correlation statistically significant between both hope and achievement of objectives related to the degree calculated amounted to link to (0.57), a top-class spreadsheet

adult (0497) when the degree of freedom (14) and below the level of significance 0.05, which means that the greater the hope for female students increased with the achievement of the goals and the pursuit of it overnight with that which is normal human behaviour in natural situations very reasonable and brilliantly moving system towards achieving the goals it seeks to obtain. And that the human tendencies strong positive is the most important trends in the possession of individuals is a tendency to self-realization. "(Meligi: 2001: 156-157)

It is noted the obvious correlation between social interaction and achieve goals, reaching degree (0.63) which is certainly top-class spreadsheet adult (0497) when the degree of freedom (14) and under the 0.05 level of significance, which means that the greater the social interaction of students increased

With them to achieve the goals and the pursuit of it overnight with. Certainly it is very important to join efforts as a group and find common goals seek to achieve these students under the prevailing intimacy.

As has already been established to achieve the research objectives and is confirm his hypothesis.

IV. CONCLUSIONS AND RECOMMENDATIONS:

A. Conclusions

Through the presentation and discussion of the research results has been reached several conclusions notably the following:

- 1) The fourth stage was marked by students in the College of Physical Education and Sports Science of the University of Babylon in a high degree of social interaction.
- 2) The students of the fourth stage at the Faculty of Physical Education and Sports Science of the University of Babylon in the middle of the limits of both hope and achieve goals.
- 3) The high degree of hope when the students of the fourth stage in the Physical Education and Sports Science offset by a rise in social interaction as well as to have achieve goals.
- 4) The high degree of social interaction when students in the fourth phase of Physical Education and Sports Science offset by a rise in achieving the goals to them.

B. Recommendations:

- By knowing the research findings can be reached important recommendations in this regard, including:
- Students Stage IV at the Faculty of Physical Education and Sports Science at the University of Babylon, you need to outreach programs seriously to try to give them additional doses of the arms of hope and determination as well as the planning and achieve their goals.
- It is important to support the social interaction between the students in general and students in the fourth phase of Physical Education and Sports Science at the University of Babylon in particular.
- The need to define the students in general on the importance of life, optimism and hope to leave a space hardwired front of them always as it has a clear impact on both the social interaction and achieve goals to them.

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Effect of Repetition of Technical Tests in the Transmission of the Learning Effect of some Basic Basketball Skills

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Abstract- The work of the researchers in the first section included the introduction and importance of the research problem as well as the objective of the research is to identify the impact of repetition of the tests in the transfer of learning skills of some of the basic skills of basketball, the third section, the researchers used the experimental method of the two sets of tests tribal and remote, (22) trainees in the specialized school for the care of sports talent in Diyala for basketball ages (8-12) years. The researchers used the technical tests to collect data. In the fourth section, the data were statistically treated using the mean, standard deviation and T test. After analyzing the results, the researchers found that the research sample showed a significant improvement in all the skills under The tests were effective and significant in the transmission of the learning effect of some skills, indicating that there were significant differences between the tests of the dimension and the interest of the first group.

Keywords- technical tests, basketball, transmission

I. DEFINITION OF RESEARCH:

A. Introduction and Importance of Research:

The research is still ongoing in the field of motor learning with a variety of methods and methods used to find the best scientific means to serve the sports movement and scientific and human development. This helps in the development and preparation of the athlete well prepared from all the physical and technical aspects. This development can be achieved through practice and repetition To create learning, basketball is one of the games in which the success of any team depends mainly on the skill of its members to the basic skills of the game, as winning the game depends on the team that earns the greatest number of points, which can score points through the optimal performance of the basic skills Basketball as well as plans and level of fitness "The basic skills of the basketball is to determine the level of difference and order, and the success of any team depends on the proficiency of the members of these skills" (Jassim, 2014: 7). The player is the focus of the educational process and the development of his skills is the goal in this process, which requires thorough and careful attention in providing different educational positions to serve the educational process and provide the opportunity to achieve the performance of the basic skills that reflect the ability of the player to understand the

parts of skill or movement and components, The great developments brought about by modern learning methods have led to the introduction of a lot of vocabulary and concepts into the learning process in general and dynamic learning in particular. The importance of research is to reach the best level of education of the basic skills of basketball in its comprehensive form, which can reach the player to a better level Time by repeating skill performance and tests. Shaker, 2007: 162). The skill level of the individual during the performance of the test for any skill is performed with mastery, diligence and motivation, and the success of his performance may be better and distinct from his performance During competitions.

B. Research Problem:

Through the experience of the researchers in the field of teaching and training and their observation of the various methods and methods used in the learning process, they found that some of them did not achieve the desired benefit in speeding up learning when used, so the use of new methods is the best solution to move away from traditional methods, in the transfer and impact of learning speed. The researchers used the repetition of the technical tests to determine the extent of their influence in the transmission of the learning effect of some skills in basketball and to verify the positive transfer

of learning to the athletes of the specialized school for the care of sports talent in Diyala.

C. Goals Search:

- 1) To recognize the impact of the repetition of the technical tests in learning some of the basic skills of the basketball for the players of the specialized school for the care of sports talent in Diyala.
- 2) Identify the differences between the two research groups in learning some of the basic skills of the basketball for the athletes specialized school for sports talent in Diyala.

D. Research hypotheses:

- 1) There are statistically significant differences between the tribal and remote tests of the two groups in learning some of the basic skills of basketball for the players of the specialized school for the care of sports talent in Diyala.
- 2) Identify the extent to which the repetition of the technical tests in the transmission of the learning effect of some of the basic skills of basketball for the players of the specialized school for the care of sports talent in Diyala.

E. Research Areas:

- 1) Human Field: - Athletes of the Specialized School for Sports Fitness in Diyala.
- 2) The Yamanian domain: - The period from 1/3/2016 to 10/6/2016.
- 3) Spatial domain: - Shaheed Abbas closed hall in Baquba.

II. METHODOLOGY AND FIELD PROCEDURES:

A. Research Methodology:

The researchers used the experimental method for its suitability and the nature of the current study. "Is an attempt to control all the key factors affecting the variable or dependent variables in the experiment only one factor controlled by the researcher and others in a certain way to determine and measure the impact on the variable or dependent variables" (thorns and al-Qubaisi, 2004: 59)

B. Research Sample:

The sample was selected from the players of the cubs (8-12 years) of the athletes of the specialized school for sports talent in basketball in Diyala, which consisted of (30) players and was excluded (8) of them for the performance of the exploratory experiment, and then the researchers divided the players (22) randomly to two groups, one experimental and a number of (11) players who are repeating the tests on them, and the other an officer and a number of (11) players to apply the test tribal and remote only, to achieve the goal of research.

The sample means "the part that represents the community of origin or model in which the researcher conducts his work" (Mahjoub, 2002: 67).

C. Parity between the two groups according to tribal test

In order to reduce the differences to the lowest possible among the sample, and because the players in the category of cubs exercised the game of basketball for a period of a few periods and varying degrees of the researchers conducted a process of parity between the two groups in the technical variables (high Altbtapb, chest handling, correction of stability) depending on the results of tests Tribal of the sample members of the research as shown in Table (1).

TABLE I. PARITY BETWEEN THE TWO GROUPS ACCORDING TO SKILL PERFORMANCE

T	Variable	Measuring Unit	Group	Arithmetic Mean	Standard Deviation	(T) Calculated	Designatio ⁿ
1	High plump	Time / s	First (pilot)	15.3	7.6	0.26	Is D.
			Second (control)	16.3	3.3		
2	Chest handling	The number (30 sec)	First (pilot)	14.2	3.8	0.15	Is D.
			Second (control)	14.8	4.2		
3	Sight of stability	Point for successful shot	First (pilot)	8.4	9.2	0.31	Is D.
			Second (control)	7.6	1.3		

Table (1) Search Results showed a lack of animate denote significant differences between the two groups in the variables (high clapotement, handling pectoris, correction of consistency) and this confirms the equality of the two groups.

D. Methods and tools used in the research .

Research tools "is the means or the way by which the researcher to solve a problem, because no matter how those tools of data and samples and organs" (Mahjoub, 2003: 163) The researchers used tests, standards and methods of data collection tools are A leather tape measure (30 m) - balls basket size 6 (10) - colored adhesive tapes Toukat- whistle-hour number) (2) - Hoa_khas number (10)

E. Identifying research variables

- 1) Identify some of the basic skills

After briefing the researchers on a range of sources and references, which focused on the topic of learning in basketball the researchers prepared a questionnaire containing basic skills of basketball, which have been presented to some of the experts with competence accessory (1), in order to determine the appropriate skills to study and achieve the target of research it has

been agreed some of the skills that got 80% and above extension (2), which will be relied upon in the study by the researchers, "the researcher choose the right proportion as it deems appropriate when choosing indicators." (Allawi and Radwan., 1979: 366)

2) Identify the specific skills specific tests

After briefing the researchers on a range of sources and references that he wanted them to determine the appropriate tests the skills of basic basketball the researchers prepared a questionnaire containing some tests concerning the specific skills to study extension (3) it has been presented to some of the experts with competence extension (1) in order to determine the appropriate tests for the study sample and Hdvaha, it was agreed on the appropriate tests, which got 80% and above, which will be relied upon in the study by the researchers.

F. Exploratory experience

The exploratory experience "hands-on training for the researcher to find out the pros and cons, which is offset in the course of conducting tests to avoid them" (Ibrahim, 1999: 14) so the researchers conducted their experiment exploratory Wednesday day on 03/16/2016 at ten o'clock in the morning in the Martyr Abbas indoor hall in Baquba, a group of players their number (8) of the research community's (30) for the player who has been excluded from the main experience of research and this became out of the research sample was applied tests to come to know the time it takes for each test and diagnose obstacles and negatives that have happened to the player when the experiment and ensure the safety of the tools and equipment used to search.

G. Testing

1) Tribal tests for the research sample

The researchers conducted two sets of tests to tribal Find both On Sunday (13/03/2016) At precisely ten o'clock in the morning in a closed hall of martyr Abbas in Baquba, the researchers have installed the special circumstances of the tests with respect to the place, time and method of the test in order to achieve the same conditions as possible when making successive tests for the first group of the research sample.

2) Repeated tests on the first group

After completing the two researchers tribal tests to two groups They select the days of the application of the tests for the first group, which began two weeks after the pre-test rate of one test for each skill duration of two weeks between the test and another, and set out the details of the table (2) for a total tests of the first group (6) tests for each skill.

H. Post tests

After completion of the tests the first set and despite the continuing education units for the two sets of research sample, the researchers conducted a meta-test

of the two groups on Sunday, 22/05/2016 in order to achieve the target of the search.

I. Statistical methods: The researchers used statistical Pouch (SPSS) for the extraction of the search results.

TABLE II. APPLICATION OF THE TESTS ON THE DETAILS OF THE FIRST GROUP (EXPERIMENTAL)

T	Tests	Today	Date
1	Pre-test	Sunday	2016/3/13
2	Second Test	Sunday	2016/3/27
3	Third Test	Sunday	2016/4/10
4	Fourth Test	Sunday	2016/4/24
5	Fifth Test	Sunday	2016/5/8
6	Post-test	Sunday	2016/5/22

III. PRESENTATION AND ANALYSIS AND DISCUSSION OF THE RESULTS

A. Display, analyze and discuss the results of the test for the two sets of meta-search:

TABLE III. CIRCLES, STANDARD DEVIATIONS OF THE TEST POSTTEST THE SKILLS OF THE TWO SETS OF SEARCH

Variables Skills	Second Group (control group)		First Group (experimental)		T Calculated	Significance
	Amid Account	Standard Deviation	Amid Account	Standard deviation		
High Plump	6.97	0.80	9.7	0.89	4.30	Moral
	19.20	1.16	23.3	0.99	2.80	Moral
Chest Handlin	6.50	0.65	8.8	0.42	5.12	Moral

Tabulated values of t = (2.20) at the level of (0.05) and under the degree of freedom (20)

Table 3 shows that the values of (t) calculated for the tests footwork posteriori under discussion, came the biggest of Tabulated value of (2.20) under a degree of freedom (20) and at the level of (0.05) which indicates the achievement of the goals of research is the presence of significant differences between tribal tests and dimensionality applied to the two groups and in favor of a posteriori tests when compared to the results of the tribal tests which shows that the two groups outperformed their findings in the post tests on tribal tests, the previous table shows the results of the post tests, where I got the first set the trial to test the skill of high clapotement (the unit of measurement / time - tha) on the center of my account amounted to (9.7) and

standard deviation (0.89) is superior to the second group and middle arithmetic (6.97) and standard deviation (0.80). As for handling the Sadrist skill (the unit of measurement / iddah) center was the arithmetic of the group for the first (23.3) standard deviation of (0.99) and the second group to the middle of the arithmetic (19.2) and standard deviation (1.16), and the last skill is the correction of persistence (the unit of measurement / successful correction), the first group (experimental) was her center of my account (8.8) with a standard deviation (0.42), it is through these results enable researchers to confirm achieve the goal first research and learn about the differences between pre and post tests for the two groups to learn some basic skills of basketball players specialized school to care for sports talent in Diyala, the researchers attribute to the superiority clear to the groups in the post-test on the pre-test is the goal of the influence of special training modules school and curriculum training, and this was confirmed by Ghurairy "the objectives of the training mission and the inevitable is the artistic performance access to the competent athlete in that game and mastering the perfect shape to perform skills her basic " (Ghurairy 2010: 19).

B. Display, analyze and discuss the circles shows the calculation and the amount and rate of transmission after learning the skills to the test for the two dimensional.

TABLE IV. DATA TRANSMISSION OF LEARNING SKILLS FOR THE POST-TEST OF THE TWO GROUPS

Variables Skills	First Group	Second Group	Teams amount of learning between the two groups	Percentage of the amount of learning
High clapotement	6.97	9.7	2.73	28.14 %
Handling Chest	19.20	23.3	4.1	17.59 %
Correction of stability	6.50	8.8	2.8	31.81 %

Table 4 shows the circles calculations and the amount and rate of transmission after learning the skills to test the dimensional to two results posteriori tests outperforming the first group (experimental) on the second group (control group) through the obvious differences in the learning rate of transmission of its impact of the skills that are in the study, which proves achieve the second goal It is to identify the extent of the effect of repeat skill tests in the transmission after

learning some basic skills of basketball players specialized school to take care of sports talent in Diyala, where it was found the difference to the skill of high clapotement (2.73) in favor of the first group (experimental), either handling thoracic skill was a difference learning between the two groups (4.1) in favor of the first group (experimental), and teams of learning between the two groups for the skill of the correction of stability was (2.8) and attribute the researchers that the repetition in the performance tests of skills and this was confirmed by Shaker "that replicate the skill and restore information about skill will lead to improved learning efficiency" (Shaker 2007: 131)

IV. CONCLUSIONS AND RECOMMENDATIONS

A. Conclusions

In light of the goals of research and researchers to reach appointed

- 1) The skill to replicate the effect of the tests to learn some basic skills of basketball players specialized school to take care of sports talent in Diyala
- 2) There are differences between the post-test for the two sets of results in learning some basic skills of basketball players specialized school to take care of sports talent in Diyala.

B. Recommendation

In the light of the results that have been reached Find The researchers recommend the following:

- 3) The need to apply the repetition of tests during the educational units to have an impact in accelerating learn the basic skills of basketball and the transmission effect of learning.
- 4) The need for the use of tests (formative assessment) between the modules periods because of their importance in raising the level of performance through the transition effect to learn.
- 5) Carry out research and studies on other similar games Vrgih or different individual and the use of repeat tests and to identify the impact on the transmission effect of learning.

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APPENDIXES

TABLE I. EXPERTS WHO HAVE BEEN OFFERED THEM SKILLS AND TESTS NAMES

T	Name	Scientific Title	Specialization	Workplace
1	Nabil Mahmoud	A. M. Dr.	Kinaesthetic Learning	College of Basic Education / University of Diyala
2	Zahir Gnaua	A. M. Dr.	Kinaesthetic Learning / Basketball	College of Basic Education / University of Diyala
3	Bashar Ghalib	A. M. Dr.	Tests / Duel	Physical Education and Sport Sciences / University of Diyala
4	Hardan Aziz	A. M. Dr.	Tests / Handball	College of Basic Education / University of Mustansiriya
5	Yassir Sabah	A. M. Dr.	Kinaesthetic learning / Basketball	Physical Education and Sport Sciences / University of Diyala
6	Oday Abd hseen	A. M. Dr.	Tests Basketball	Physical Education and Sport Sciences / University of Diyala
7	Tahrer Alowin	A. M.	Training / Basketball	Physical Education and Sport Sciences / University of Diyala
8	Rashown Mhmad	A. M.	Teaching methods	College of Basic Education / University of Diyala
9	Nazair Alie	M.	Tests / Basketball	Physical Education and Sport Sciences / University of Diyala

TABLE II. IT SHOWS THE PROPORTION OF THE VIEWS OF EXPERTS AND SPECIALISTS TO TEST

T	Skills	Proportion
1	High Clapotement	%80
2	Clapotement Low-Lying	%10
3	Handling Chest	%70
4	Handling of the Highest One-Handed	%20
5	Handling Counter	%10
6	Peaceful Altoabsh	%30
7	Correction of Stability	%70
8	Correction Jumping	%10

T	Skills	Proportion
1	High Clapotement	80%
2	Clapotement Low-Lying	10%
3	Handling Chest	70%
4	Handling of the Highest On- Handed	20%
5	Handling Counter	10%
6	Peaceful Altoabsh	30%
7	Correction of Stability	70%
8	Correction Jumping	10%



Evaluation of the Teaching Reality of Teachers Practices and Teachers of Physical Education for the Preparatory Stage in Sulaymaniyah City

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Abstract:

- The Evaluation of the reality of practices teachers teaching and teachers of Physical Education for the preparatory stage in Suleimaniyah city.
- Recognizing of the moral differences for the significance practice of teaching for teachers of physical education due to sex and educational qualifications and experience.
- And to verify the targets the researcher drafted the following assumptions:
- There is no difference between a moral connotation average total teaching practices for teachers of Physical Education for the preparatory phase depending on the variable sex.
- There is no difference between a moral connotation of total average teaching practices for teachers of Physical Education for the preparatory stage depending on the qualification of the variable.
- There is no difference between a moral connotation average total teaching practices for teachers of Physical Education for the preparatory phase variable depending on experience.

And the researcher adopted descriptive manner survey suitability nature of the research, and he used the questionnaire as a method to collect data the researcher adopted a questionnaire included (51) items which are distributed on (5) axes they are (numbers axis and lesson planning. lesson implementation axis and using devices and tools. Class management axis and dealing with the students. Interesting of the scientific article axis. Module evaluation axis) and each item of the questionnaire expresses a particular exercise.

And the research community has reached (156) teachers but the research sample amounted to 80 teachers in reality of (40), and (40 schools), distributed according to the variables of sex and qualification (High School, Institute, College) and years of experience. And after collecting data from the research sample it was processed using a (T) test for two independent samples and analysis of variance (P) and test Shefe for testing averages differences.

And the researcher concluded the following:-

- Possession of enough quantity of teaching practices for physical education lesson by most of the teachers of physical education in Sulaimaniya city.
- Superiority of the physical education teachers in most of the teaching practices with the exception of the focus of classroom management and dealing with students in which women teachers distinct men teachers.
- Years of experience play a positive role in enabling teachers in teaching practices.

Keywords: *teaching reality, teachers of Physical Education*

I. INTRODUCTION

Educational teacher needs the hiring of his memory stocks from knowledge and information and acquired the skills and behaviours in various areas of teaching activities, whether it has been associated with the planning and implementation of lesson, or decision-making, administrative aspects and evaluation or other professional necessary competence to ensure an acceptable level of practice of the profession. Also, teachers regardless of their gender and their experiences they need to employ what is available from the measuring instruments to test their performance teaching if they want the continuity of development and progress, and to enable them to influence positively on pupils and to improve the process of education (Rink-j., 1985, 156).

The task of improving the teaching and learning process, is a priority for many countries whether developing or developed, this is because this process is truly contribute to achieving the objectives of these countries and their hopes for future. Cultural evolution on Education has imposed new requirements targeted to enable the individual to absorb the culture and it's accessories so as to be continue with what is going on around him (Jazzie & Hammed, 1994, 133).

The preparation of the teacher and the schools is the most important factors that it help to achieve the desired educational renaissance which lead to the renaissance of the community in all aspects, and efficient teacher is a teacher who is capable of achieving the objectives of educational society effectively and mastering, Countries that are trying to achieve a comprehensive renaissance in all aspects of life need teachers that have several competencies, including (arbitrator planning, evaluation, effective and modern teaching methods, and Successful management of the grade) (Al-Ghzewat, 1998,56).

Evaluation as a diagnostic and therapeutic process together is a scientific technique that diagnose from it the reality of education as an accurate diagnosis and choose the adequacy of the methods and procedures used and benefit from its results in the modification of educational path by putting solutions and treatments and to propose suitable alternatives to contribute all together to the achievement of set objectives of the educational process with highest efficiency and quality levels. (Al-Qurashi, 1986, 3).

Evaluation is a cornerstone of the pillars of the educational process, because of being an instrument for renewing and a method of the development process, and It is a systematic process designed to provide information to help make decisions or judgments about endeavors and educational programs and how to achieve the targets set for them, and resorting to the results of this process in the development and improvement demonstrated the limitations to improve their standard to access the best levels, It leads a prominent role in the

educational process guide and enrich and improve the quality of their outputs (Nassar, 1997, 174).

The most important functional roles exercised by the teacher is to do a balanced upbringing to take care of the development of mental, psychological and physical construction of students. Teachers are earning pupils knowledge and information, skills in sports and necessary experiences in their lives. As well as helping them to social adjustment and adaptation to real-life conditions. Also instruct them and guide them scientifically and practically and leading their progress. With such a large role of the teachers is not surprising that occupy their distinguished position in the educational system (Ghanima, 1996, 19).

The importance of research as the process of self-assessment of the behaviour of physical education teachers, is that it sheds light on the nature of some of the teaching practices by teachers through the identification and selection of the proposed alternatives classroom teaching positions for teachers of physical education at the preparatory schools, which can support the wheel of scientific research. On the other hand, it learned us about the practices and behaviour of teachers and the relationship of both sex and experience by a degree possession of these practices.

II. METHODS

A. *Meaning of evaluation and its goals*

Evaluation is that pillar which is indispensable in the educational process. Thus, this concept has become common in the educational field as it relates to every detail of his joints (Hattab & Fadhil, 1995, 67).

Evaluation helps us to assess the effectiveness of teaching and its impact, and makes us in doubt in the value of educational Curricula, Subjects, and teaching instruments, Which may lead us entrust it by amendment and review or rejected as useless (Al- Imam et al, 2000, 56).

Evaluation aims to:

- Determination the extent of the student growth and his ability to think and to raise motivation among students.
- Laying the basis to modify the curriculum and the introduction of experiences met the needs of individuals and groups.
- Identifying incompetent teachers or Poor efficiencies in their teaching for the purpose of their improvement and raise their efficiency.
- Improving teaching through the revision, amendment and renewal of teaching methods, instructional materials and knowledge.

- The evaluation process designed to determine the extent of what has already been achieved from the educational goals.
- Preparing training programs for those teachers who need that.
- Taking appropriate administrative decisions on some work like bonuses, transportation and exemption from service.
- Providing authorities like the families of the students and community leaders and those interested in feedback about what the teachers doing with general educational achievements to get more psychological and material support to the community.
- The administrators should be aware from the problems and difficulties in the field of teaching for treating them like employing additional numbers of qualified teachers in the case of disablement.
- To judge the effectiveness of the school, region or the entire education system as it reflected beneficial to the teachers, administrators and curriculum by customizing additional potential resources for them, in the case of need for those. (Al- Gharib, 1991, 187-188).

B. Evaluation Tools and Instruments

The evaluation methods and instruments have increased due to the scientific developments that have occurred in the educational sector, so there are some methods and instruments which are more common than the others in different evaluation programs, the most important of them are the following:

- Note.
- Questionnaire.
- Case study.
- Interview.
- Experiments.
- Cumulative records and School Gards (Al-Fatlawi.200,123).

But the conditions and evaluation levels;

- The levels are linked to the basic goals of the education.
- The levels should be in accordance with the general maturity of the students in the classroom.

- The levels should be in accordance with the abilities and backgrounds of pupils. (Al-Shaalan et al, 1981,191).

III. RESITS

Descriptive methods with survey style have used to fit the survey nature of the research.

Research Community and Its Sample: the research community includes physical education teachers of boys and girls schools in Sulaimaniyah city for the academic year 2015-2016 totaling (156) teachers who are (92) schoolmaster and (64) schoolmistress classified into three categories according to experience variable, (less than 5 years), (from 6-10 years), and (more than 11 years) as shown in table (2).

15 teachers were excluded from the research community including (9) schoolmaster and (6) schoolmistress and that for their participation in the Stability testing. Also 36 teachers were excluded because of the difficulty to reaching them due to their existence outside the city center, and 20 forms were excluded for not clearly answering the questionnaire, so that the research samples become (80) teachers including (40) schoolmaster and (40) schoolmistress. The research sample comprising (51.28%) from the research community as shown in table (1).

TABLE I. IT SHOWS THE NUMBER OF MEMBERS OF THE RESEARCH COMMUNITY ACCORDING TO THE SEX AND YEARS OF EXPERIENCE VARIABLES.

Gender	Categories	No.	
Schoolmaster	Less than 5 years	9	40
	6-10 years	12	
	More than 11 years	19	
Schoolmistress	Less than 5 years	8	40
	6-10 years	13	
	More than 11 years	19	
		80	80

A. Questionnaire

The researcher used the prepared questionnaire by (Shaker Mahmud , 2005) as a tool to gather information and to achieve the goals of research. The questionnaire is a convenient way to get the information, data and opinions in a relatively short time, it may also be the only way to get some information from human sources. (Al-

Hurry & Al-Hassan, 2016, 168). The researcher has follow the following steps:

- The questionnaire was presented to a group of arbitrators gentlemen with the specialists of the ways of teaching, psychology, management, organization, measurement and evaluation, to make sure of the validity of its basic axes, And to add or delete any axis they see fit, after re-questionnaires from gentlemen experts show access to the proportion of 100% about the validity of the axes and paragraphs.
- The questionnaire was presented to a sample of physical education teachers in Sulaimaniyah city totalling 100 teachers, ruled out of which 20 to settle the research on 80 form.
- After obtaining the reported answers they have been discharged, Standardized and arranged to reach to the research results.

B. Trustiness Tool

Trustiness is one of the important conditions and the main steps for preparing experiments and using them (Al-Taei, 1983, 15) and take appropriate decisions for a certain purpose. (Alaam,2000,231).

To check the trustiness tool, virtual trustiness (and that by displaying tool) depends on a number of arbitrators gentlemen with the specialists of the ways of teaching, psychology, management, organization, measurement and evaluation (Appendix 1) to give their opinion about the validity of each axis, paragraphs and reformat or merge some axes with the observance of alternatives developed for these practices and validity extent or putting alternative for it. Ebel (Ebel, 2003) refers to that the Preferred method to take sure from virtual trustiness of research tool is that the researcher should display the tool on a group of specialists experts to show their opinion about the validity of paragraphs according to the adjective measurement that found for it. (Ebel, 1972: 555).

After the tool repetition and that with an agreement with majority of the experts on the trustiness axes and distributed teaching practices which reached an agreement proportion of (0.89), Blum (Blum, 1983) refers to that if the component gets on the proportion of agreement (0.75) or more, the test will be true. (Blum, 1983, 125).

To achieve virtual trustiness of the tool, the researcher took the agreement proportion of experts (75%) or more as a Standard for accepting the practice, based on expert opinion and guidance and their clarification, adopted paragraphs of axes remained as they are and the experts agreed to keep alternatives unchanged.

So the questionnaire with its final image became ready to be displayed on the research sample, the degrees of alternatives ranged between (5-1), Performed (A very large degree, A large degree, Medium degree, A few degrees, Very few degrees), and were given grades (5,4,3,2,1) respectively for these alternatives. Thus the tool considered as trustiness, and the final form included 51 teaching practices for axes (70%) and more gives to it a good level and a standard for practice, depending on what referred to it by the previous studies (Al- Khashab, 2004), which got on (100%) from the agreement of gentlemen experts.

C. Stability Instrument (Stability Tool)

Stability means steadiness, or if it re-test the application of the same experiment on each individual it gives a bit of stability in the results, and the coefficient of the test stability is the linked coefficient between different times result for performing it, or between any of the same test. (Ibrahim, 1999,70). And it was presented the tool on a sample of the research community, consisting of 15 teachers (Excluded from the final application of the tool) where the researcher explained the study objectives and instructions of answer for members of the sample before answering the questionnaire, after two weeks the second application conducted on the same sample based on what he referred to (Awda) that the period between the first and second two applications must be not less than a week. (Awda, 1998, 347).

The researcher found the linked coefficient between total grades achieved by the respondents in the first application of the tool and the outcome of the grades which achieved by the same group in the same second application of the tool, and the stability extracted by the method of the application of simple correlation equation (Pearson) in which the stability coefficient reached (0.89), and it's a high stability coefficient could depend on it. (Samara et al, 1989, 120).

D. The Final Application Of The Tool

The application of the tool as a final image which consisting of (51) teaching practice has done distributed over five axes, and five substitutes on the individuals of research sample consisting of (80) teachers, and after collecting the forms from the individuals of research sample, they were analyzed and processed statistically.

Statistical Instrument: the researcher depends on the following statistical instrument (methods) in sample responses analysis as it comes:

- Arithmetic mean.
- Standard deviation.
- The relative weight.
- Simple correlation equation (Pearson).
- Variance analysis.

- T- Experiment for two unlinked sample (Al-Hakim, 2004, 269-310).
- Scheffe test.

$$Sch = \frac{(\bar{X}_1 - \bar{X}_2)^2}{s_w^2 \left[\left(\frac{1}{n_1} \right) + \left(\frac{1}{n_2} \right) \right]}$$

- 8- Interview test (Ferguson, 1981, 244).

TABLE II. SHOWS PROBABLE ARITHMETIC MEAN AND PERCENTAGES FOR THE ALL AXES OF TEACHING PRACTICES OF INDIVIDUALS OF THE RESEARCH SAMPLE ACCORDING TO THE GENDER AND THE EXPERIENCE YEARS VARIABLES.

Gender	Experience years	Data		Total	Percentages
		Probable Arithmetic Mean	Percentages		
Schoolmistress	Less than 5 years	208.175	81.6%	212.952	83.51%
	6-10	215.193	84.4%		
	More than 11 years	215.487	84.5%		
Schoolmaster	Less than 5 years	208.625	81.8%	217.805	85.41%
	6-10	219.898	86.2%		
	11 years and older	224.891	88.2%		
		215.118	84.36%	215.118	84.36

It can be seen from table (2) that the total arithmetic average by the Schoolmistress has reached (212.952) and a percentage of (83.51%), while the total arithmetic average by the Schoolmasters has reached (217.805) and a percentage of (85.41%) and both of them are greater than the premise stake of (70%), this indicates that the physical education teachers have necessary sufficient teaching practices to study physical education at the preparatory school and of their ability to prepare and lesson planning, implementation and dealing with pupils, and familiarity with the scientific article, and their practice for evaluation properly. The researcher invades it to their well groomed in their organizations and training during their service and participation in classroom extra-curricular activities. Also it can be seen from table (2) that the performance level of Schoolmasters in teaching practices albeit something relative was better if its compared with the performance of Schoolmistress. We have indicated that in all axes tool by virtue of the fact that this article provide more opportunities for Schoolmasters than the Schoolmistress depending on the nature of the community..

Also it can be seen from table (2) that the performance level of individuals of the research sample according to the variable of experience years. Logically graded from least to most service, reached its average by Schoolmistress with the category of less than five years to (208.175) with the percentage of (81.6%). While the average performance with the category of (6-10) years reached (215.193) with the percentage of (84.4%), as for the category of 11 years and older it reached an average of (215.487) and a percentage of (84.5%), While the results reached at teachers with a category of less than five years (208.625) with the percentage of (81.8%), While the average performance with the category of (6-10 years) reached (219.898) with the percentage of (86.2%), but the category of 11 years and older reached an average of (224.891) and a percentage of (88.2%).

The researcher attributes this phenomenon to the professional development they have winning as a result of the ongoing cumulative experience, and because of exposure to various kinds of activities and the more years of experience the more diverse their participation, which led to the reduction of malpractice and replaced by a correct and right practices. (AL- Aasi and Hadith, 1987) confirm that experience increases the confidence of the teacher and improve the ability of the teacher to highlight the problems and processing them quickly and accurately in accordance with the educational perspective, as well as help them to evaluate their work more effectively, Also, teachers who have confidence in themselves have strong clarity and good thinking and good conduct, the more experience and successful experiment the more positive results more than a limited and restricted work experience. (AL- Aasi and Hadith, 1987, 27-28). In general it is clear that the overall average for all research sample and the overall themes of the practices has reached (215.118) and a percentage of (84.36%) and it is larger than the premise stake of (70%).

This gives a positive indication of owning physical education teachers in preparatory school elements of the profession correctly and effectively, despite some minor differences in the level of performance, according to the interaction of search variables among themselves. The researcher believes this positive outcome is the result of great efforts by starting from the preparation and ending by the last active prompt and non- Prompt teaching and training which had a positive effect in their responses to the questionnaire paragraphs.

Third Goal is to ensure the identification of the indication of moral differences of teaching practices for teachers of physical education due to the gender and experience variables. For the purpose of verification of this objective formulated the following zero hypotheses:

E. Presentation and discussion of the results relating to the first zero hypothesis:

There is no moral indication difference between the averages of total teaching practices of physical education teachers of preparatory school according to the gender variable.

To investigate this hypothesis the researcher extracted the arithmetic mean and the standard deviation of total teaching practices of the teachers, then applied on it the (t-test) for two independent samples (Al-Hakeem, 2004, 69-310) and grades the data and the result as it is shown in Table (3).

TABLE III. SHOWS THE RESULT OF T-TEST FOR THE MEAN TEACHING PRACTICES OF THE PHYSICAL EDUCATION TEACHERS ACCORDING TO GENDER VARIABLE.

Source of Variation	Sum of Squares	Freedom Degree	Sum of Mean Squares	The F- Value		Indication
				Calculated	Tabulated	
Between Groups	1346.381	2	673.190	12.150	2.9957	Moral
Inside Groups	6952922.47	78	55.4039			
Total	6954268.85	80	728.593			

F. The tabulated F-value is (2.9957) at the error rate (0.05) and the freedom degree of (2-156).

It shows from the table (4) that the calculated f-value reached (12.150) which is greater than the tabulated f-value (2.9957) at the indication level of (0.05) and the freedom degree of (2-80). This means that there is a moral difference between the performance of teachers (male and female), depending on the variable of teaching experience, thus reject the third zero hypothesis and accept the alternative hypothesis, and for the purpose of investigating the indication of moral difference between the categories of teachers (male and female) according to the experience variable the researcher followed the same procedure in the previous hypothesis and graded the critical values of Scheffe in table (5).

TABLE IV. SHOWS THE RESULT OF T-TEST FOR THE MEAN TEACHING PRACTICES OF THE PHYSICAL EDUCATION TEACHERS ACCORDING TO GENDER VARIABLE.

Total	No	Arithmetic Mean	Standard Deviation	T- Value		Indication
				Calculated	Tabulated	
Schoolmaster	40	211.525	9.11	3.28	1.96	Moral
Schoolmistress	40	207.189	11.52			

Critical values of Scheffe = 5.9914

(*) Statistically function

It shows from table (1) that the calculated Scheffe value between the physical education teachers (male and female teachers) of the two categories (less than 5 years, and from 6-10 years) has reached (13.331) and that is greater than the critical Scheffe value which reached (5.9914), and this means the presence of a moral difference between the average of the both categories for total teaching practices and in favor of the category (6-10 years).

As it can be seen in table (5) the calculated Scheffe value between the means of the both categories of (less than 5 years and from 11 years and more) has reached (51.60) and that is greater than the critical Scheffe value (5.9914), and this means the existence moral difference between the means of the both categories of teaching practices and in favor of the category (from 11 years and more), also showed the calculated Scheffe value between the means of the both categories (6-10 years and from 11 years and more) (12.193) and that is greater than the critical Scheffe value (5.9914), and this means the existence of the moral difference between the means of both categories in teaching practices and in favor of (from 11 years and more).

The researcher attributes the results shown in table 5 to the experience factor that acquired by the individual of research sample from the teachers (male and female teachers). It is clear that the members of the two categories (6-10 years and from 11 years and more) are better in their teaching practices than the individuals of the category of (less than 5 years), this comes through the participations and training courses in classroom and extra-curricular sports activities, and exposure to the fruitful supervisory visits and educational lessons, on the contrary to the individuals of (less than 5 years) category who move to the city center Schools after spending time in schools outside the district center, which have not been exposed to the most activities in which Suffered by the teachers of the county schools, as well as their lack of supervisory visits and difficulty participating in outdoor activities (Clubs and sports federations Activities).

The researcher seen the priority of the individuals of the categories of (6-10 years and from 11 years and more) compared to the category of (less than 5 years) in sport teaching practices, this is due to their exposure to joint activities and events within the city, as well as the fact that most of them working side-by-side in one school, which facilitated the exchange of experiences among themselves and born in them a common feeling toward teaching practices to this article, as well as the participation of these two categories and alternately in all school and out of school activities, and at the level of the country.

On the other side, the researcher sees the displayed result in table (5) which shows the superiority of individuals of the category (from 11 years and more)

Compared to individuals of the category (6-10 years) in sport teaching practices to the factor of accumulation of field experience, as well as participations and contributions to various local and foreign sports activities, this comes by virtue of long service in teaching and their reflection in the acquisition of sports skills and the maturation of the sport's thought of members of this category.

The results of this study agrees with the following studies which indicates the importance of experience in achieving results including the study of (Al-Subaihi, 1987), (Abu Shinar, 1990) and (Al- Zaabi, 1992), while the following studies confirmed the importance of experience, especially long experience, including the study of (Abu Al-Zait, 1997) which indicates the presence of statistically significant differences (Function) enhance the experience for the benefit of those teachers who have long experience (10 years and over) on the fields of targets, planning, and evaluation, and the study of (Al-Hamadi, 1997) that showed in its results statistically significant differences enhance the experience for the benefit of those teachers who have long experience, and the study of (Mismar, 2002) which indicated the presence of statistically significant differences to those teachers who have the experience for more than (10 years), and finally the study of (Abu Dalbuh, 2002) that led to the existence of a statistically significant effect to those teachers who have the long experience (10 years and over) more than those teachers who have the short experience (10 years or less) especially in the field of classroom management and classroom interaction.

In general it can be seen from table (5) that the arithmetic means of teaching practices has taken a logical arrangement in Proportionality between age and the degree of teaching practices experience of physical education article, this gives a positive sign for experience factor especially in the subjects of physical education based mainly on both sides knowledge and skills, which leads to improving the educational process in schools, and thus reflect on the performance of pupils in a positive way.

IV. CONCLUSIONS

- Possession of enough quantity of teaching practices for physical education lesson by most of the teachers of physical education in Sulaimaniya city.
- Superiority of the physical education teachers in most of the teaching practices with the exception of the focus of classroom management and dealing with students in which women teachers distinct men teachers.
- Years of experience play a positive role in enabling teachers in teaching practices

V. RECOMMENDATIONS AND PROPOSALS

- 1) The necessity for the directorate of sports activity in the general directorate of education in Sulaimaniyah to do coordination with the deanship of the Faculty of physical education to open specialized development courses for teaching staff, supervisors and specialists of physical education, In the general directorate of education in the province.
- 2) The necessity for the directorate of sports activity in the general directorate of education in Sulaimaniyah to do coordination with preparation and training directorate to involve all teachers of the physical education with the courses of training, development, and arbitration focusing on the familiarity of the scientific article and evaluation methods.
- 3) Intensification of supervisory tours of the physical education supervisors to those physical education teachers (male & female) that have a few years of experience (less than 6 years).

Recommendations:

- The researcher suggests doing the following future studies:
- Teaching practices of the physical education teachers in preparatory stage and its relation to direct their students towards physical education.
- Teaching practices of the physical education teachers and its relation with some of variables.

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APPENDIXES

S	Practices (Axis of Evaluation)	A very Large Degree	Large Degree	Medium Degree	A few Degrees	A very Few Degrees
1	I organize the lesson Steps & its procedures in the plan book.					
2	I observe emergency weather conditions at the time of putting the annual and monthly plan.					
3	I observe the number of students in class at the time of putting a plan.					
4	I set behavioural objectives in the lesson plan.					
5	I choose the appropriate method and style to implement the lesson activities.					
6	I set the tools and appliances before starting the lesson.					
7	I set kinetic skills that should be educated by lesson.					
8	I observe inclinations, desires and abilities of pupils at the time of putting a plan.					
9	I do gradation for teaching physical exercise& kinetic skills according to the difficulty.					

S	Practices (Axis of Implementation of Lesson & The Use Of Instruments and Tools)	A very Large Degree	Large Degree	Medium Degree	A few Degrees	A very Few Degrees
1	I encourage students to participate in the lesson.					
2	I prepare the pupils and connect the lesson with their previous experience.					
3	I do diversity in explaining the methods of kinetic skills.					
4	I offer the sample to raise student motivation for learning.					
5	I give sudden moves.					
6	I observe the level of pupils during teaching kinetic skills.					
7	I will be careful in instruct when applying the lesson parts.					
8	I use feedback and reinforcement styles in lesson.					
9	I move between groups that lead applied activities.					
10	I do diversity in formations during the implementation of the lesson.					
11	I invest the time to give extra homework for pupils.					
12	I work on the development of innovation & creativity among students in the lesson through the use of modern styles of teaching methods.					
13	I will add instruments and tools to increase repeating performance.					
14	I use the pictures and paintings illustrations for kinetic skills.					
15	I observe weather conditions when teaching kinetic skills.					

S	Practices (Axis of Classroom Management and Dealing with Pupils)	A very Large Degree	Large Degree	Medium Degree	A Few Degrees	A Very Few Degrees
1	I keen on attendance the lesson on time.					
2	I will be honest and fair in my dealings with students.					
3	I optimize directing spirit of competition among students.					
4	I work on earning the pupils intact and healthy habits in their daily lives.					
5	I observe the desires and inclinations of students in the lesson.					
6	I Involve all pupils in the classroom and extra-curricular activities without differentiating.					
7	I involve the pupils to bring instruments and tools and returning them.					
8	I care the problems of the pupils and I help in solving it with the administration.					
9	I give leadership to pupils to enhance confidence in themselves.					
10	I work on the maintenance of order and safety of the pupils from hurt.					
11	I encourage pupils on enquiry and direct questions.					

S	Practices (Axis of Evaluation)	A very Large Degree	Large Degree	Medium Degree	A Few Degrees	A Very Few Degrees
1	I understand events, laws and rules of sports games.					
2	I follow innovations in physical education curriculum.					
3	I Join refereeing, training and developmental courses.					
4	I bind and connect the physical education lesson with other materials.					
5	I use teaching methods& appropriate styles to teach physical education.					
6	I use the guide of physical education teacher for the primary stage.					
7	I Join sports seminars and courses.					
8	I understand fundamentals of administering sports games.					

S	Practices (Axis of Evaluation)	A very Large Degree	Large Degree	Medium Degree	A Few Degrees	A Very Few Degrees
1	I relied on scientific methods in evaluation.					
2	I set the fundamentals and accurate standards in the evaluation process.					
3	I relied on skill, physical and psychological tests in evaluation.					
4	I correct the teaching methods and styles in illumination of evaluation results.					
5	I motivate pupils and encourage them at the test performance.					
6	I observe the individual differences in the evaluation process.					
7	I briefed the pupils on the evaluation results.					
8	I conduct weekly and monthly tests to see the progress of pupils.					

A Comparative Study of the Psychological Adjustment According to Body Mass Index among Women Practices for non-Sports Activity and Mathematics Retreats Age (50-60) years

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Abstract- A comparative study of the psychological adjustment according to body mass index among women practices for non- sports activity and mathematics retreats age (50-60 years).

Human beings are born as a biological interacts with the larger unit is a unit of physical and social environment , and continue this interaction , which consists of personal and grow and regenerate its landmarks and its mark and become the organization of a dynamic within the individual , regulates the devices functional, psychological and physical , which dictate the individual's own style of behaviour and thinking, they are among features psychological, physical , mental and social inherited and acquired and that distinguish each from the other person . As her personal several components , including:

The overall shape of the individual and in terms of physical health , such as colour , height, weight , psychological adjustment , motor performance , physical diseases , disabilities and functions of the senses and the various organs of the body , as well as the components of the mental and cognitive , social, emotional and environmental components .

That is determined by the interaction of these components with each other, and the change that happens to one of these components as a result of physical and psychological factors and social behaviour in turn affects the individual and the extent of his feelings of confidence and happiness and satisfaction with himself and with others , and integration with the environment and the community effectively .

So researchers wanted to pay attention to the psychological adjustment according to body mass index , and how to accept and satisfaction for the individual components and the physical shape of the outer , and self- confidence , and thus achieve a sense of psychological adjustment within the community.

So study aimed to:

- To identify the psychological adjustment and body mass index among a sample search.
- Find the differences in psychological adjustment according to BMI research sample .
- Find the differences in BMI among women are practices and Mathematics retreats for sports activity.
- Find the differences in psychological adjustment among women is the body practices and Mathematics retreats for sports activity .

The method has been used in a manner descriptive survey on a sample of women practices of non- sports activities and retreats for women and sports activity of their number (100) woman , has been divided intentionally to: -

- Four groups according to body mass index, which (under normal weight - naturally - overweight - obesity), and then finding the differences among them.
- To two practices of the non- sports activities and retreats for the activity to demonstrate the differences among them.

After collecting and processing results concluded:

- There is a difference in psychological adjustment according to body mass index between the members of the research sample.
- The existence of differences in psychological adjustment between the practices of non- sports activities and retreats for physical activity.
- The existence of differences in body mass index between the practices of non- sports activities and retreats for physical activity.

Therefore, the researchers recommend interest in psychological adjustment and body mass index being a pattern of an individual and a form acceptable to the women in particular, and therefore complacency and interaction with the environment and society.

Keywords: *Comparative, Psychological Adjustment, Body Mass, Women, non-Sports Activity, Age (50-60) year*

I. INTRODUCTION OF RESEARCH AND ITS IMPORTANCE

That her personal several components mainly related to the format of the individual and the health of the physical, such as color, height, weight, psychological adjustment, motor performance, pathogenic physical, and disabilities, and functions senses and various body organs, as well as the components of mental and cognitive, social, emotional and environmental components .

That is determined by the interaction of these components with each other, and the change that happens to one of these components as a result of physical and psychological factors and social behaviour in turn affects the individual and the extent of his feelings of confidence and happiness and satisfaction with himself and with others, and integration with the environment and the community effectively .

That an individual's ability to look at things realistically and objectively and set strengths and weaknesses and work on the development of abilities and aptitudes to the maximum extent possible, indicating the psychological adjustment and achieve a balance between the individual and the surrounding environment .

So pay attention to the researchers sought psychological adjustment according to body mass index, and how to accept and satisfaction for the individual components of physical and external shape, confidence and self-esteem and thus achieve a sense of psychological adjustment within the community.

A. Research a problem

Seeking women always have to be beautiful and good-looking in terms of weight and height, and these are the wishes of the normal, and any increase or decrease will affect the psychological adjustment of women, so sought researchers pay attention to the

psychological adjustment according to body mass index, and how to accept and satisfaction of women from components of physical and shape of the outer , and thus achieve a sense of psychological adaptation within society.

B. Aims of the research

To identify the psychological adjustment and body mass index among a sample search.

- Find the differences in psychological adjustment according to BMI research sample.
- Find the differences in psychological adjustment among women are practices and Mathematics retreats for sports -activity.

Finding the differences in BMI among women are practices and Mathematics retreats for sports activity.

II. RESEARCH HYPOTHESIS

There is a difference in psychological adjustment according to body mass index between physical activity practices and mathematics retreats.

A. Areas of research

- The human domain: a sample of non-women practices, physical activity and women's retreats and sports activity of their number (100) woman.
- Spatial domain: classrooms in the faculties of the University of Baghdad.
- Temporis domain: the period from 09/02/2016 till 20/02/2016.

B. Research Methodology

Use descriptive approach to solve the problem of comparative research.

The research sample:

The research sample was selected randomly from the affiliated University of Baghdad, and their

number (100) affiliate (50) practices of sports activity and retreats (50) is the practice of sports activity. Has been divided intentionally after that was calculated body mass index to: -

- Four groups according to body mass index, a (normal weight - overweight - obesity mild - moderate obesity), and then finding the differences among them.
- To two practices of the non-sports activities and retreats for the activity to demonstrate the differences among them.

III. METHODS

A. Tools and devices

- A device for measuring height and weight mail.
- An electronic calculator.
- A measure of psychological adjustment supplement (1).
- Sources and references of Arab and foreign countries.

B. Tests are used

- First: a measure of psychological adjustment: (204:2)
Used measure of psychological adjustment year, and consists of 40 items that measure (4) dimensions, namely: (personal dimension, the dimension of emotional, family dimension, social dimension) includes responding to the scale selection Screened each paragraph a substitute of five alternatives, namely: (never, a little, sometimes, most of the time, always). The correct measure depends on the balance of five from one to five, where grades gathered in the case of paragraphs positive as they are, are not reversed in the case of paragraphs negative, and total scores on the scale are Screened total degree which refers to the psychological adjustment year for him. The scores on the scale ranging between (40) and represents a minimum be able to get it screened, and (200), which represents the highest degree can be obtained by Screened.
- Secondly: BMI: (Body mass index)
Is universally accepted measure to distinguish the excess weight from the thinness ideal weight, which expresses the

relationship between a person's weight and height? It holds recognition by the U.S. National Institute of Health and the World Health Organization as the best standard for measuring obesity. The BMI is calculated by dividing weight in kilograms by the square of height in meters as follows: $BMI = \text{weight in kilograms} / \text{square of the height in meters } m$, after comparing the calculated result table (1)

TABLE I.

Rating	Body Mass Index - kg / m 2
Very severe shortage	Less than of 15
Acute shortage	of 15 to 16
Weight loss	of 16 to 18.5
Normal weight	From 18.5 to 25
An increase in eight	From 25 to 30
Mild obesity (obesity class I)	From 30 to 35
Moderate obesity (obesity class II)	From 35 to 40
Excessive obesity (obesity class III)	More than 40

C. Exploratory experiment

Exploratory experiment was conducted on (9-2-2016) to identify some of the obstacles that accompany the researchers through the distribution of a measure psychological adjustment and testing a body mass index.

D. The tests

Has been conducting tests over five days from the date of 16-2-2016, as was the distribution scale psychological adjustment to all members of the research sample on the day and up 17.2 20/02/2016, was measured height and weight in every day (50) woman.

E. Statistical methods

Has been the adoption of the bag statistical Ready (SPSS) for processing the results.

TABLE II. IDENTIFY THE A BODY MASS INDEX AMONG A SAMPLE RESEARCH

Statistical Milestones	Psychological Adjustment to the Practices of non-Sports Activity	Psychological Adjustment for Physical Activity Practices Retreats
Mean	118.04	149.46
The middle hypothesis	120	120
Standard deviation	10.31	13.63
The highest value in the scale	200	200
Less value scale	40	40
The highest value achieved by the sample	141	152
Less the value of the sample achieved	90	101
Coefficient sprains	-0.54	-0.36
Number members of the sample	50	50

IV. DISPLAY, ANALYSIS AND DISCUSSION OF THE RESULTS

A. To identify the psychological adjustment and a body mass index among a sample search.

TABLE III. IDENTIFY THE PSYCHOLOGICAL ADJUSTMENT AMONG A SAMPLE RESEARCH

Number of Members of the Sample	Rating	Body Mass Index
15	Normal weight	From 18.5 to 25
11	Increase in weight	From 25 to 30
59	Mild obesity (obesity class I)	From 30 to 35
15	Moderate obesity (obesity class II)	From 35 to 40

*. Significant difference at the level of 0.05

Table (2) shows that the practice of physical activity have to adapt myself and practices for sports activity is not attune myself to paint.

Show of the table (3) that the sample of women classified as (normal weight, overweight, obesity light, medium and obesity.)

B. Finding differences in psychological adjustment according to a body mass index research sample.

TABLE IV. THE DECOMPOSITION OF THE VARIANCE IN PSYCHOLOGICAL ADJUSTMENT, ACCORDING TO A BODY MASS INDEX

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	23571.8	3	7857.28	640.9	0.000
Within Groups	1176.8	96	12.25		
Total	24748.7	99			

*. Significant difference at the level of 0.05

Show of the table (4) the existence of differences in the psychological adjustment according to a body mass index

TABLE V. SHOWS THE MEAN DIFFERENCES

(I)VAR00011	(J) VAR00011	Mean Difference (I-J)	Sig.
Normal weight	Increase in weight	10.61*	0.000
	Mild obesity	29.85*	0.000
	Medium obesity	51.8*	0.000
Increase in weight	Mild obesity	19.23*	0.000
	Medium obesity	41.1*	0.000
Mild obesity	Medium obesity	21.94*	0.000

*. The mean difference is significant at the 0.05 level

Show of the table (5) the existence of differences between members of the research sample in psychological adjustment, as we find that the classification of normal weight better psychological adjustment in the classification of overweight and obesity, and obesity light and medium less degree in psychological adjustment.

C. Finding differences in psychological adjustment among women is practices and Mathematics retreats for sports activity.

TABLE VI. COMPARED IN PSYCHOLOGICAL ADJUSTMENT BETWEEN PRACTICES (RETREATS) AND NON-PRACTICE OF SPORTS ACTIVITY

	Sample	N	Mean	Std. Deviation	T	Sig. 2 Tailed
Psychological Adjustment	Practices (retreats)	50	149.46	13.63	8.44	0.000
	Non practices	50	129	10.31		

*. Significant difference at the level of 0.05

Show of the table (6) the existence of differences in psychological adjustment between the practices of the sports activity retreats and other practices and in favor of practices.

D. Finding differences in body mass index among women is practices and Mathematics retreats for sports activity.

TABLE VII. COMPARISON OF BODY MASS INDEX BETWEEN PRACTICES RETREATS) AND PRACTICES FOR SPORTS ACTIVITY

	Sample	N	Mean	Std. Deviation	T	Sig. 2 Tailed
Body Mass Index	Practices (retreats)	50	29.92	5.102	5.9	0.000
	Non practices	50	34.58	2.167		

*. Significant difference at the level of 0.05

Show of the table (7) the existence of differences in body mass index between the practices of sports activity (retreats) and practices in favor of practices.

E. Discussion of the results

Show from the above table that the research sample math retreats distinguished themselves adjustment myself better than the non-practice of sports activity, it turns out that the practice of sports activity retreats better than non-practices in body mass index, and that the classification of normal weight better in the psychological adjustment of the rating increase the weight and then light obesity and obesity medium less degree in psychological adjustment. The researchers attribute to the fact that exercise-induced sports works to acquire the personal qualities and skills, positive mental, and individual sports is characterized by simplicity, humility and love of others, cooperation and is characterized appreciated the right of the reality which is the center caught internal, and this makes them better compatibility with the environment, society and thus satisfaction and a feeling of happiness and self-realization adapt to society and have a positive adjustment. The owners of normal weight feel good

and not an embarrassment by their appearance and thus be better adapt to society. As "the adaptation of the individual with himself and with society outside leads to the greatest possible efficiency and happiness for each of the individual and the society to which he belongs to that individual." (10:4) and can be counted "an individual's ability to form successful relationships with others, and to participate in building and change social and natural environment in which they live, and to satisfy his basic needs in a balanced manner and development of personal is capable of self-realization are together. "(205:6) so we find that the individual practitioners of sports activity have the state of happiness makes a person able to work in a satisfactory manner and establish relationships with others and be free of any symptoms of crippling such as anxiety and high tension, depression, and free of conflicts psychological. (34:7) that the practice of physical activity works to acquire the individual classification ideal for body mass index, it turns out that members of the research sample of classification (for normal weight) are characterized by adjustment myself, this is reflected in the natural balance of the sample individuals in terms of the lack of problems affecting their outward appearance, and this gives them self-confidence and satisfaction with the exterior, and a form acceptable among members of the community in general. As individuals in the quest for a lasting appearance and appropriate weight and the search for success and glamour and happiness in professional or private life. There is no doubt that an individual who is characterized by the weight of a perfect and consistent with the length (no indication mass within normal limits) would have a profound impact in increasing self-confidence and develop their abilities and sense of happiness and optimism and love of others, and these are indicators of psychological adjustment positive. (37:1)

There are a lot of factors psychological effects of overweight and obesity on a person's life chubby daily. The polls showed many of the opinion that the community sees people who are overweight as people lazy, unsuccessful, and is beautiful. Which cause rejection of the society around them for them. (469:5) as that of the signs of psychological adjustment to accept the man himself (its shape - colour - size) such properties cannot be changed and the individual to accept them and do not affect the his adaptation and mental health. (6 : 3)

V. CONCLUSION

- 1) Sample mathematics retreats were distinguished adjustment of the best practices for non-sports activity.
- 2) Sample mathematics retreats best practices in non-BMI.
- 3) That the research sample is classified within the (normal weight, overweight, obesity and obesity medium light.
- 4) There is a difference in psychological adjustment according to body mass index. And in favour of a group of normal weight.

VI. RECOMMENDATION

- Attention in body mass index being a criterion for fitness and form acceptable to the outer member.
- Attention being psychological adjustment reflects the satisfaction and self-confidence and happiness of the individual with himself and with the community to which it belongs.
- Interest in this age group (50-60 years) of women through training centres and Weight Loss, attention and psychological counselling sessions in their organizations.

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Effect of (the Short–Medium) Interval Quality Training to Develop the Max and Explosive Strengths and some of Functionary Changes for Players

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Abstract- The research aimed to:

- 1) Prepare two(short-medium) approaches of interval training to develop max. and explosive strengths and some functional changes of volleyball players
- 2) Identify the impact of the two approaches in development of max. and explosive strengths and some functional changes of the volleyball players .

The two researchers used experimental method for its suitability to the research problem as for the research sample which included(12) volley ball players from volley ball specialized school divided into two groups, each group included (6) players and performing the pre- tests on 13.3.2015 and then applied the two approaches with average (3) training units weekly for 8 weeks equivalent to (24) training units, finally performed the post -tests after the completion of the two approaches preparers dated 15/05/2015 and the two researchers concluded the following: -

- 1) The two prepared approaches have a clear and positive impact on the changes under consideration (max. and explosive strengths) and some functional changes currently under consideration.
- 2) Superiority of the first experimental group used (short) interval training approach on the second experimental group.

The two researchers recommend the following:

1. A great attention should be paid to use (short- medium) of interval training approach in training of other samples and activities.
2. Conduct similar studies and researches on other samples

Keywords- interval quality trainin. volley ball

I. IDENTIFICATION OF THE RESEARCH

A. Introduction and the importance of the research

The scientific development occurs in the field of sport has imposed new limitless horizons in sport sciences amongst the sport training which has developed rapidly and its theories have adopted new trend to cope with the new approaches in sport training, and realizing the good results and accessing high levels required following –up the scientific and objective methods soundly and with

good planning besides the trainers well-informed with new knowledge in lots of scientific approaches such as sport physiology and morphology also biomechanics, tests , measurements and other sciences of close relation with scientific training.

The interval training is considered one type of training classified according to performance period and it aimed at develop physical and skillful abilities , besides increasing the body resistance against the reasons causing fatigue and it is represented((an organize and

constant exchange process between incomplete load and rest(Khreibit, 2001,p. 123)

Volleyball game is considered in continuous development and the favor ascribed to well-informing with various sciences and depending on scientific research and detecting the accurate particulars in the training units and because the physical abilities is the essential base for upgrading the kinetic skills and considered one of basic performance requirements to realize this fundamental objective to reach the high achievement.

The importance of the research is clarified here:- studying the effect of the interval training(the short and medium) to develop max. and explosive strength and some of the functional changes for the volley ball players

B. The research problem

A number of the countries in the world have concluded to use the suitable methods and ways..... All the important efforts in methods of the sport training to access the championship places depended of what the science has innovated including bases and theories suitable with the nature and type of the practiced activity.

The sport training with its training characteristics is regarded distinguished phenomenon and accompanying the athlete during the forbidden sport activities and the response of the bio processes of the athlete depended on degree rationalization and nature of the work nature related with choosing the suitable training methods have opened new horizons to realize best achievements and by the researchers being well-informed for they are players and trainers for volleyball game and what this game is distinguished with characteristics and privileges distinguishing it from other games besides most trainers adopted classical training methods , the matter required that the two researchers to set two approaches for the interval training (the short- medium) and to discover its effects on physical aspects (max. and explosive strengths) and also its physiological effects resulted from the training process.

C. The research domains are represented by:-

- 1)The human domain:-A sample included (12) players from the volley ball specialized school .
- 2)Special domain:- the interior hall of the specialized school of volleyball
- 3) Time domain:- for the period from 13/3/2015 till 13/5/2015.

II. THE RESEARCH APPROACH AND ITS FIELD PROCEDURES

A. The research approach

Choosing the approach considered the most important steps on which the research success depended thus the two researchers used the

experimental approach for its suitability to solve the research problem and being the most suitable and easiest approach to realize the research objectives with pre and post-tests for the research sample.

B. The research community

The research community was(16) players chosen deliberately from the specialized volley ball school , as for the research sample whose number was (12) players and the sample was divided in to two groups, the first was trained with the short interval training method (6) players, as for the second group (6players) were trained with medium interval training method thus the sample percentage was (75%) and the harmony and equivalent of the research sample was done as in the two table (1) and (2)

TABLE I. ILLUSTRATED THE SAMPLE RESEARCH HARMONY

Variables	Mean	Standard deviation	Mean	Torsion coefficient
Age/year	16,33	0,86	15,00	0,27
Height/ M.	1,671M	1,851M	1,670M	0,495
Weight/Kg	60,012 Kg	1,734 Kg	61,00kg	0,638

TABLE II. ILLUSTRATED THE RESEARCH SAMPLE EQUIVALENT

Tests	Pre-test		Post-test		Value of Calculated T	Significance
	Mean	S.D.	Mean	S.D.		
Test of Sitting Dbna	1,290	25,2	41,13	4.03	3.362	Significance
Test of Forward Jumping	0,810	0,43	2,05	4.03	3.362	Significance
Lying Test (Abdomen)	0,54	2,2	13	0.89	4.332	Significance
Test of Physical Eligibility	0,76	0,71	43,01	1.05	5.371	Significance
Test of Bio Capacity	0,76	51,16	281	0.84	3.113	Significance

C. The research tools and means of collecting data

- 1) References
- 2) Observations and measurements
- 3) Device to measure the weight
- 4) Walk meter device
- 5) Computer type hp
- 6) Different height boxes
- 7) Medical balls of weight(2-3Kg)
- 8) Different height barriers

D. Tests used

The processes of choosing tests depended on variables and the most important of the procedure steps in which the conditions make it measure in measuring the variable.

- The first test:- sitting with iron bar on the shoulders (Radhwan; 1998, p.106)
- The second test:-sitting test from lying(Al-Mandalwi (1998, p.302)
- The third test: jumping forward(Radwan; 1998, p.124)
- The forth test:-test of physical eligibility(Radhwan; 1998.p234)

E. The scurvy experiment

To identify the obstacles clearly accompanying items of the tests and the variables used in the study to be overcome or avoiding them and in order to guarantee obtaining objective and accurate results in the main experiment thus used the survey experiment on 13/3/2015 on a sample of (3) players and the aim of this experiment was:

- 1) Identifying the way of performing the tests and preparing its requirements.
- 2) Ensure the validity of the tools and devices
- 3) Identifying the obstacles facing the study

F. The main experiment procedures

1) The pre-tests

The two researchers performed the pre-tests on 18/3/2015 and the two researchers strive to prepare all the conditions including time and place also the tools and method of performing the experiment to prepare the suitable circumstances.

2) The training approach items

After terminating the pre-tests of the research sample, the two researchers performed application of the two training approaches items.

- The two approaches were implemented within the special preparation
- The two approaches were implemented for the two groups in the main part.
- The sample was divided in to two groups, the first was trained with the short interval training and the second group was trained with the medium interval training.

- The two approaches were applied on 20/3/2015 till 13/5/2015 for (8) weeks on average (3) units weekly.
- Abiding by and diversity in physical exercises to be successive for another exercises for the muscle groups.
- The training load waves of the training 2:1
- The period of the training unit ranged between (60-80) minutes

3) Post- tests

After termination the period of implementing items of the determined approach, the implementation of post tests were performed on 15/5/2015 for the research sample and the two researchers observed commitment with the same conditions followed in the in the pre-tests

G. Statistical means

The statistical means were used according to SPSS system.

- 1) Mean
- 2) Standard deviation
- 3) (T) test for the symmetrical samples
- 4) (T) test for non-symmetrical samples
- 5) Torsion coefficient.

III. DISPLAYING AND DISCUSSING OF RESULTS

A. Displaying of pre- and post tests for the research sample for the first experiential group.

TABLE III. ILLUSTRATING MEANS AND STANDARD DEVIATION AND CALCULATED AND TABULAR (T) VALUE FOR THE FIRST GROUP

Tests	Pre-test		Post-test		Value of Calculated T	Significance
	Mean	S.D.	Mean	S.D.		
Test of Sitting Dbna	40	28,1	43,01	29,2	4,08	significance
Test of forward jumping	2,15	0,39	2,23	1,85	3,36	significance
Lying test (abdomen)	12	1,89	15	1,28	4,27	significance
Test of physical eligibility	42,18	0,63	40,08	1,13	3,85	significance
Test of bio capacity	295	40,33	325	41,28	6,13	significance

Value of tabular (T) is (2.57) under significance level(0.05)

B. Discussing results of pre and post tests for the research sample the first experimental group

It has become clear from the table (3) that value of calculated (T) more than tabular value amounted (2.57) and for all the test means that there are differences of statistical significance between the pre and post test and in favor of the post test and the two researchers ascribed that differences to the used approach which is the short interval training, which represented the process(organized and constant exchange between in complete load and rest).(Khrebit,1997, p.16) where observing in using this method applying the used interval rest periods to be appropriated with abilities and potentials the practitioner individuals, which is (repetition periods of efforts alternatively with period or intervals of rests to reduce burden of this effort(Shahata,2005, p.68), besides that the prepared approach enjoyed by diversity of the used exercises and gradation in size and intensity where they were rationalized and promoted, and this is inconsistency with what Kamal Dirweis and Mohammed Subhi Hasanein had mentioned(that work to improve features of strength and speed be within limit of medium load or less load than max with the observation of repetitions)(Shahata; 2005, P 26)

As for the functionary changes, the two researchers ascribed the significant differences to changes occur in vital body organs to face the resulted stress from practicing the interval training and more responded of the body organs for these changes is the respiratory system via increasing the breathing movements after performing the exercise after each simple physical stress on the athlete is an increase in the respiratory process means provision suitable amount of Oxygen to meet the needs occurs in the body and the necessary energy for the working muscles to increase the amount of the inhaling oxygen in the body via increasing the breathing rates and this in turn resulted in increasing the bio capacity and stretching size accordingly there is pushing and put exhale out strongly (Hussein . 1990, p.130)

TABLE IV. ILLUSTRATING MEANS AND STANDARD DEVIATION AND CALCULATED AND TABULAR (T) VALUE FOR THE SECOND GROUP

Tests	Pre-Test		Post-Test		Value of Calculated T	Significance
	Mean	S.D.	Mean	S.D.		
Test of Sitting Dbna	5,32	25.2	42,82	28,13	5.32	Significance
Test of Forward Jumping	3,65	0,43	2,15	1,67	3.65	Significance
Lying Test (Abdomen)	4,13	1,2	14	1,12	4.13	Significance
Test of Physical Eligibility	5,14	0,71	41,08	1,24	5.14	Significance
Test of Bio capacity	6,43	41,16	305	41,82	6.43	Significance

Value of tabular (T) is (2.57) under significance level(0.05)

It has become clear from the table (4) amounted(2.57) that indicates there are differences of statistical significance between the pre and post test and in favor of the post test and the two researchers ascribed that differences to the used approach which is the medium interval training, besides the diversity in the used exercises, rationalization of sizes and intensity according to the method of the used training.

This is in consistence with what Mohammed Shahata (that the approach prepared to improve the strength and speed be within the limits of the medium and the less than max loads with the observation of repetitions (Shahata. 2005, p.39), besides that the occurred changes as a result of practicing the physical stress or training loads have clear effects on functional organs changes in the body especially the respiratory system and this is inconsistency with what(Fox.1981.p.294) has mentioned(increasing respiratory during practicing physical effort is necessary to ensure the body requirements of ventilation and through them could provide the muscles with the necessary energy)) and Ghtuin emphasized on (the bio capacity amount and the stretch size increased for the athletes during practicing sport activity(Hall.1997. p.(574)

C. Post tests results for the research two groups in the tests currently under research

TABLE V. ILLUSTRATED MEANS AND STANDARD COEFFICIENT FOR THE TWO RESEARCH GROUPS IN TESTS CURRENTLY UNDER RESEARCH

Tests	Pre-Test		Post-Test		Value of Calculated T	Significance
	mean	S.D.	Mean	S.D.		
Test of Sitting Dbna	43,01	29,2	42,82	28,13	4,28	Significance
Test of Forward Jumping	2,23	1,85	2,15	1,67	5,23	Significance
Lying test (abdomen)	15	1,12	14	1,12	3,25	Significance
Test of Physical Eligibility	40,08	1,24	41,08	1,24	4,68	Significance
Test of Bio Capacity	325	41,82	305	41,82	6,08	Significance

D. Discussing post tests results for the two research groups in the test currently under research

It has become clear from table(5) that the value of calculated (T) more than value of Tabular (T) amounted(2,23) under significance level (0,05) and freedom degree(10) and the two researchers ascribed the significance difference in favor of the first experimental group and via the results have been reached, the means were observed and in favor of the

first experimental group and this related to the prepared approach activity according to method of short interval training being represented by set trainings with contrast intensity- and to its form and type and this appeared clearly through the results reached also volleyball game characterized by diversified short and quick and alternative skills from time to time leads to improve the players' performance clearly.
ratio of quantities and units. For example, write "Temperature (K)", not "Temperature/K".

IV. CONCLUSIONS AND RECOMMENDATIONS

A. Conclusions

- 1) 1- The two prepared approaches have positive clear effect on the max. and explosive strengths for volleyball players.
- 2) 2- The two prepared approaches have positive clear effect on some functional changes(bio capacity and eligibility of physical performance)

B. Recommendations

- 1) The necessity depending the two prepared approaches by the two researches in training the sport teams.
- 2) 2-The necessity of performing similar researches on different samples and on another games and abilities.
- 3) 3-Paying attention to the physical and functional aspects to reach best levels.

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Impact Methods of Competition in the Development of the most Important Physical Abilities, Motor Skills and Basic Football Junior

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Abstract- The problem Is the phase of the youngsters to football transition in their lives, as characterized by many physiological changes with the greatest impact in their lives in the future, and that is a noted researcher that some of the basic skills of players emerging in the school football club al-Hilla, which require physical and motor to develop form that is appropriate and required by the game and that as a result of the use of training methods increase the burden on the coach training process in terms of follow-up to each player and correct the errors that accompany the performance skills that he is doing.

Research Objectives:

- 1) Know the impact of competitive methods (mass, doubles - Comparative per capita) in the development of the most important physical abilities and motor skills and basic football junior school career at Hilla sports.
- 2) Knowing the best tactic in the development of the most important physical abilities and motor skills and basic football skills of the sample selected.

The research community of players school career at Hilla Sports / Babil province, a game of football and Reconstruction (14-15-16) year's (52) players. Were excluded (4) players only and the selection (48) for the player as a sample of the research are the proportion of (92.31%) of the community were divided randomly three groups

Conclusions:

- 1) That the three methods of competition have a positive effect in the development of physical attributes and motor skills and basic football, but to varying degrees.
- 2) The preference for the style of competition in the development of collective variables Fitness, Multe speed, endurance Assembly, compatibility, handling, rolling and scoring.

Recommendations:

- 1) The need to use methods of competition (collective - Doubles - Comparative and individual) in developing the components of fitness as well as the basic football skills to young men.
- 2) Emphasis on the use of collective style of competition in the development of physical fitness and basic skills of football for young men.

Keywords- *Impact Methods, Physical Abilities, Motor Skills, Basic F ootball*

I. DEFINITION OF RESEARCH

A. Introduction to the research and its importance:

The game of football and one of the games, which include a large number of basic skills which are required to coach connected to the player and developed well in order to raise the performance skills to him, and this is through the use of fashion style and appropriate consistent with the tendencies of the players and their desires and reach their level of able and high ranking of efficiency, effectiveness and access to the desired goals and it has to be the coach of the research on the best approach that suits the nature of the player and the training environment and in provoking motivated teenager, and that achievement has, using a variety of means to lift the state of boredom, for him during training, resulting from the use of one style have dysfunctional to the development required, because the player is affected by the methods of training followed by the coach and the players that create innovation and competition and the desire to evolve.

The importance of research using methods of competition (team, doubles - Comparative, and individual) that are more influential in the development potential of the youngsters if accompanied by the type of activity skills football, through the best investment of time and effort as well as their contribution in enriching the coach-style the practical success of which he could keep up the training process and the scientific development of this game.

B. Problem:

Is the phase of the youngsters to football transition in their lives, as characterized by many physiological changes with the greatest impact in their lives in the future, and that is a noted researcher that some of the basic skills of players emerging in the school football club al-Hilla, which require physical and motor to develop form that is appropriate and required by the game and that as a result of the use of training methods increase the burden on the coach training process in terms of follow-up to each player and correct the errors that accompany the performance skills that he is doing.

For this researcher selected three methods of competitive is the (collective, doubles - Comparative and individual), to develop the training process in terms of speed in the development of basic skills for football and mastery as well as the development of physical abilities and motor escort and performance-related skills and try to avoid deficiencies in training and up to the level of the best of performance for all young players.

C. Research Hypotheses:

There is positive impact of aggressive competition in the development of the most important physical abilities and motor skills and basic skills of the junior football (research sample) and to varying degrees.

D. Fields of research:

- 1) Human domain: juniors School spherical Club Hilla Mathematical Reconstruction (14-15-16) years in the province of Babylon.
- 2) Temporal domain: 28/05/2016 until 09/16/2016.
- 3) Spatial domain: Golf Club Hilla sport.

II. THEORETICAL STUDIES

The choice of the appropriate method by coach through which to be able to communicate the skill to a teenager better than others, and the training modules should be to not apply according to the style and even one to be more influential and effective, according to some criteria, which include (possibilities, the situation of climate, the capacity of learner, the type of game, the nature of skill .. and others)

The coach gives each style multiple choices of conduct training in order to choose those most suited to the conditions that have it or through this concept puts coach on track to deliver the desired objectives.

The sports competitions of indicators important and basic, which can not be any sporting activity to succeed without them, where is characterized by hardship and struggle and effort, and this feature is to force the individual to be used as the maximum physical abilities and skills and tactical required by the attitudes of the many and variable, leading to the development of these capabilities and develop when an individual or group , where (Manele) that athletic competition is the basic shape of the life of the field and therefore it must be a fundamental duty on the physical education and sport can bring, especially construction includes diverse personalities.

We have noted (Brownal) the importance of competition and the extent of its contribution to the development of skills and abilities of the individual and to any game, because the element of competition in the training module will increase the motivation of the players and help the coaches in judging the potential of the players in the application of the facts and principles they learned in the training modules.

The game of soccer specific requirements of the basic the different and wide, A good running quickly and stop and walk due to back and jump and catch the opponent and almost ball feet, head and roll away and these all require the capacity of physical high for their

implementation and ownership of player fitness that help him in the face of the physical demands as well as for maintaining the capability art during the time of the full game.

III. RESEARCH METHODOLOGY AND PROCEDURE OF THE FIELD

A. Research Methodology

An experimental method was used to fit the nature of the research. Research community and appointed by:

The research community of players school career at Hilla Sports / Babil province, a game of football and Reconstruction (14-15-16) year's (52) players. Were excluded (4) players only and the selection (48) for the player as a sample of the research are the proportion of (92.31%) of the community were divided randomly three groups and also set out the agenda (1) .

TABLE VI. SHOWS THE NUMBER OF MEMBERS OF THREE RESEARCH GROUPS AND PERCENTAGE

Research Groups	The Age of 14 Years Old	15 Years Old	The Age of 16 Years	Total	Total Members of the sample	Total Members of the Society	Segregates	Ratio
Competitive Collective	3	6	7	16	48	52	4	92.31%
Doubles Competition	3	6	7	16				
Individual Competition	3	6	7	16				

B. Procedures Search Field

1) Homogeneity of the sample

It was conducted a homogeneity of the sample in the variables age, height weight, age of training) and appeared to have the value (P) group of variables and by sequencing (0.000, 2.991, 1.223, 0.000) all of which are less than the value of (P) spreadsheet of (3.23), indicating that he does not have a significant difference between any of these variables to the three research groups as homogeneous, indicating the scale (2)

TABLE VII. SHOWS THE HOMOGENEITY OF THE SAMPLE IN THE VARIABLES (AGE, HEIGHT, WEIGHT, AGE TRAINING)

VARIABLES	The Unit of Measurement	P Calculated Value	P Tabulated	Denotation
The age	Month	0.000	3.23	Non. Significant
Tall	cm	2.991		
Weight	KG	1.233		
Old training	Month	0.000		

2) Equal sample

Table (3) Equal sample in the variables selected and the results showed that the value calculated for all variables are less than the value (P) and the spreadsheet of \$ (3.23) under level of denotation (0,05) and my degree of freedom (45.2) indicating there is no significant difference in any of the three research groups equal physically, physically and skills.

3) Exploratory experiment: Exploratory experiment was conducted on 28-29-30/5/2016.

4) Scientific bases for the tests:

Was the adoption of scientific bases in the process of applying the tests, despite being rated for the purpose of tests to determine the process of these tests and selected through.

5) A-sincerity test: was the use of truth content or content experts have agreed to achieve the purpose for which it has developed for it, as well as suitability for the age group under discussion.

TABLE VIII. SHOWS EQUAL SAMPLE OF THE RESEARCH VARIABLES SELECTED

Variables	The Unit of Measurement	P Calculated Value	P Tabulated Value	Denotation
Fatalism Explosive	cm	3.031	3.23	Not Significant
Speed of Transition	Second	2.058		Not Significant
Fitness	Second	9.144		Not Significant
Speed Endurance	Second	1.768		Not Significant
Endurance	Minute	1.695		Not Significant
Compatibility	Second	2.307		Not Significant
Flexibility	Second	0.488		Not Significant
Handling	Second	0.588		Not Significant
Trundle	Second	3.107		Not Significant
Goals	Degree	0.753		Not Significant

B-Stability tests: it was found that tests of physical and motor skill and enjoyment high, because all the values of (t t) larger than the calculated value of \$ Indexed (2,16) and the degree of freedom (13) and at the level of significance (0,05) .

T-objective tests: the data showed that all tests are objective and they are of high significance because the values of (t t) larger than the calculated value (t t) larger

than the calculated value (v_t) (2,16) at the level of significance (0.05) and the degree of critical (13).

- Pretest: Tests were conducted during the tribal days (11-12-13/6/2016).
- Implementation of the training curriculum. Training curriculum has been implemented on Monday, 06/15/2016).
- Post tests: Posteriori tests were conducted during the days (14-16/9/2016).

C. Statistical methods: Was the use of statistical methods using the program (SPSS)

IV. RESULTS, ANALYSIS AND DISCUSSION:

The results of tests of physical and motor skills and in accordance with the methods of the three.

TABLE IX. SHOWS THE RESULTS OF TESTS OF COLLECTIVE-STYLE COMPETITION

Parameters of statistical Variables	Sample Size	Pretest		Post Test		Value of T Calculated	Tabulated Value	Significance
		Mean	Std.v	Mean	Std.v			
The Explosive Power of the Two Legs	16	1.60	0.06	1.90	0.08	11.326	2.13	Sig.
Speed the Transition		5.14	0.58	4.12	0.30	6.19		Sig.
Fitness		11.52	0.55	9.51	0.36	10.87		Sig.
Endurance speed		24.66	1.08	19.73	0.94	20.58		Sig.
General endurance		4.53	0.03	3.83	0.32	8.43		Sig.
Compatibility		9.38	0.73	5.83	0.50	20.16		Sig.
Flexibility		19.62	1.31	25.56	1.79	14.04		Sig.
Handling		11.63	0.50	20.06	2.52	13.35		Sig.
Trundle		15.69	10.98	11.69	0.76	15.48		Sig.
Goals		5.50	1.03	11.75	1.53	13.30		Sig.

Under the degree of freedom (15) and the level of significance (0.05).

Through our observation of the results of tests-style competition for the collective and set out in Table (4) we find that all significant differences, it reached a value (v) calculated for all variables greater than the value (T) indexed the (2.13) and the degree of freedom (15) and under a level of (0.05), which indicates the existence of significant differences in favor of the post tests.

The researcher attributed this development to the collective style of competition makes the learner to work within a group of players cooperate and build the basis from which to benefit from the capabilities of players within the same group so as to lead the integration of these capabilities in the outcome of one united together to achieve the ultimate goal.

Through the values set out the agenda (5) shows that there are differences of as significant for all variables-style competition Doubles - Comparative) as the value of (T) calculated greater than the value spreadsheet of \$ (2.13) and the degree of freedom (15) and the level of significance of (0.05), indicating There are differences in favor of the check post administration.

TABLE X. SHOWS THE RESULTS OF TESTS MANNER DOUBLES COMPETITION (COMPARATIVE)

Parameters of statistical Variables	Sample Size	Pretest		Post Test		Value of T Calculated	Tabulated Value	Significance
		Mean	Std.v	Mean	Std.v			
The Explosive Power of the Two Legs	16	1.61	0.07	1.98	0.07	14.147	2.13	Sig.
Speed the Transition		5.22	0.48	3.94	0.10	10.88		Sig.
Fitness		11.38	0.62	10.01	0.77	8.41		Sig.
Endurance speed		25.30	1.49	21.91	0.94	14.27		Sig.
General endurance		4.63	0.23	4.15	0.11	10.42		Sig.
Compatibility		9.83	0.99	6.17	0.17	14.14		Sig.
Flexibility		19.06	1.77	27.56	0.89	15.97		Sig.
Handling		11.19	1.38	16.19	1.17	9.39		Sig.
Trundle		15.08	0.95	12.70	0.57	12.32		Sig.
Goals		5.00	1.32	9.56	0.96	11.48		Sig.

Under the degree of freedom (15) and the level of significance (0.05)

That you get this development comes from the fact that the players work against each other in order to achieve the goals of the learner and this requires each learner to work hard and be faster than his colleague in the accomplishment of duty motor and to be more precise it.

Seen from the table (6) that the value of (T) calculated for all variables are higher than the value of indexed amount (2.13) and the degree of freedom (15) and below (0.05), which indicates the existence of significant differences in favor of the post test tests the style of individual competition.

TABLE XI. SHOWS THE RESULTS OF TESTS MANNER INDIVIDUAL COMPETITION

Parameters of statistical	Sample Size	Pretest		Post Test		Value of T Calculated	Tabulated Value	Significance
		Mean	Std.v	Mean	Std.v			
Variables								
The Explosive Power of the Two Legs	16	1.59	0.11	1.82	0.34	9.66	2.13	Sig.
Speed the Transition		5.37	0.74	4.46	0.34	5.42		Sig.
Fitness		11.72	0.55	10.52	0.35	8.89		Sig.
Endurance speed		25.56	1.54	22.69	1.09	11.92		Sig.
General endurance		4.68	0.32	4.27	0.08	6.16		Sig.
Compatibility		9.88	0.25	7.15	0.48	26.53		Sig.
Flexibility		19.06	2.25	22.13	1.09	4.50		Sig.
Handling		11.50	1.41	15.13	0.89	9.39		Sig.
Trundle		15.88	0.92	13.86	0.49	9.89		Sig.
Goals		5.06	1.39	7.31	0.70	5.73		Sig.

Under the degree of freedom (15) and the level of significance of (0.05)

This development was the result of the findings of the player through the same self-assessment exercise of his activity any self-learn where each player according to his own abilities and what they were a mile and the desire of being a player is the focus of the training process.

And to identify any of the three research groups, the most sophisticated in the variables researched researcher has resorted to the use of test Tiouki (HSD), the results showed:

- 1) Way more than the collective comparative method in the variables of fitness, endurance speed, endurance Assembly, compatibility, and handling, rolling and scoring. While the comparative method than the collective capacity in the explosive of the two men and flexibility.
- 2) On the individual style of collective variables in the explosive capacity of the two men, the transition speed, agility, speed endurance, general endurance, compatibility, flexibility, handling, rolling and scoring)
- 3) Way more than doubles (comparative) on the individual variables also in the explosive power of the two men, the transition speed, agility, endurance speed, compatibility, flexibility, rolling, and scoring).
- 4) Did not show significant differences in the variables of endurance between the public and handling technique doubles and singles.

V. CONCLUSIONS AND RECOMMENDATIONS

A. Conclusions

- 1) That the three methods of competition have a positive effect in the development of physical attributes and motor skills and basic football, but to varying degrees.
- 2) The preference for the style of competition in the development of collective variables Fitness, Mtaulp speed, endurance Assembly, compatibility, handling, rolling and scoring.
- 3) That the style of the doubles competition - had a comparative advantage in the development of (the explosive power of the two men, the transition speed, flexibility) for the rest of the other methods.
- 4) That the style of individual competition was less influential in the development of methods to search all variables.

B. Recommendations:

- 1) The need to use methods of competition (collective - Doubles - Comparative and individual) in developing the components of fitness as well as the basic football skills to young men.
- 2) Emphasis on the use of collective style of competition in the development of physical fitness and basic skills of football for young men.
- 3) The need for change and diversification in training methods to make the process of developing skills more interesting.
- 4) Further studies by methods of competition in other age groups to see its influence in the physical variables and motor and skill of soccer players

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Mental Health and its Relationship to Academic Achievement of the Faculty of Physical Education and Sport Sciences University of Anbar Students

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Abstract- The research aims to study mental health and knowledge of their relationship to academic achievement among in the Faculty of Physical Education and Sports Science at the University of Anbar students, the research problem assimilating in mental health suffered by displaced colleges students, especially students of the Faculty of Physical Education and Sport Sciences-Anbar University from its original location to alternative sites in the provinces of Baghdad & Kirkuk and its impact on academic achievement. The study aimed to identify the mental health of members of the research sample for the four stages and to identify the relationship between mental health and academic achievement among a sample search for the four stages of individuals.

Keywords- *Mental Health, Academic Achievement, Faculty of Physical Education and Sport Sciences*

I. INTRODUCTION

The psychology of is on of the most important science that be interesting to researchers because of its clear effect on the individual behaviour in his life, public and private, and the study of psychological phenomena that characterize the individual be the result of the environment that surrounds it or institutions to which he belongs, and its interaction in the community that human in his life is trying to attain perfection best cases and the development of mental health care.

As a basic university item, students considers the development of society in various fields and to how much of the impact of the events of the changes that accompany these developments by what they have gained from the values and

concepts, which have punctuated life stress, displacement from their areas and leave all what they own and the difficulty of living, housing and struggles every day, which could pave the way for the feelings of psychological negative, especially when it comes to the treatment of non-supportive and the climate is appropriate curriculum for the aspirations of students and their hopes and goals that interfere with the clarity of vision indiscriminate and confusion in education, especially with displaced college students, which is more or less effect on the mental health and academic achievement of these students , so that the enjoyment of mental health, which means "the situation in which the individual lived in relative peace with itself and with variables and conditions in which they live and the middle" (Zahran, 1997, S9-10), whenever he feels

satisfied approached degrees of mental health, and if students wished hit the conditions experienced by the displacement and the possibilities of material and residence leads to the creation of obstacles in order to appease his motives as a result of a study of the attendant pressures, also the students make goals for themselves, seeking to achieve, like passing at the end of the school year.

The importance of this issue which is not taking by researchers who they tried to study this problem because the suffering of the students of the Faculty of Physical Education and Sport Sciences University of Anbar in alternative locations and psychological and social problems is an important problem it is necessary to study it, and this reinforces the need to carry out this study, they contribute to the completion of the development and improvement the work of government institutions in solving such a problem and know the mental health suffered by the Faculty of Physical Education and Sports Science students at alternative locations.

Research problem: The problem of displacement is one of the main factors that affecting the academic achievement of students, through researcher's acquaintance on the fact the study at alternative sites in the province of Baghdad and Kirkuk and the level of performance of the students, noted the lack of tools and supplies, sports equipment and which should be available to the students, as well as about the mental state generated as a result of displacement, such as changing the educational environment, housing students and suffering, including the move away from family and peers and friends who may reverse its impact negatively on the scientific level and their personal behaviour, as the student is an important focus of the educational and scientific cornerstone of which, so we felt researcher the study of this problem and identify the causes of the causes of mental health and its relationship to academic achievement of the students of the Faculty of Physical Education and Sports Science at alternative locations to develop appropriate solutions.

A. Research goals:

- 1) Identify the mental health of members of the research sample for the four stages.
- 2) To identify the relationship between mental health and academic achievement

among a sample search for the four stages of individuals.

B. The research hypotheses:

- 1) The research sample for the four grades characterized by mental health and to varying degrees.
- 2) The existence of a correlation between mental health and academic achievement among a sample search for the four stages of study.

C. Areas of research:

- The human sphere: a sample of students of the Faculty of Physical Education and Sport Sciences University Anbar alternative sites in the province (Baghdad-Kirkuk) to the four stages of the studies morning, totaling 106 students.
- Temporal sphere: for the period from 12/06/2016 to 20/08/2016.
- Spatial area: Faculty of Physical Education and Sports Science at the University of Anbar alternative sites in the governorates (Baghdad, Kirkuk).

II. THEORETICAL STUDIES

A. The concept of mental health

That the human attention to his health as a body and mind and spirit is something instinctive So it has been associated with the history of mental health presence of human, as he and since landed his feet on the ground was his first goal is to stay and confront the forms of threats facing the harsh nature and predators factors and what it takes to stay to create shelter worker and food, clothing and all this does not take place without the enjoyment of physical and mental health, which help him to live in safety and compatibility with the environment.

In psychology, it can be seen from the point of view of some specialists in mental health that he no psychology is (aware of the health) of through its contributions to the field of health, especially mental health and psychotherapy, mental health is the "positive case involving enjoy individual healthy mind and body, and not merely the absence of or freedom from symptoms of mental illness "(Zahran., 1978, p. 9).

And knows (Mohammed Shehata, 2010) "is the absence of the individual pathological symptoms that appear in the image of the whispers or ravings or abnormal or image apparent inability to treat people or restraint, or in the form of distrust noticeable hesitation excessive" concerns (Spring 2015, p. 469).

B. Psychological health standards

It emerged in different directions for the development of criteria for determining both is both mental health as a result of the multiplicity of psychological theories and these criteria (al-Zubaidi, 2004, p. 9.):

- Self-direction: in which the individual takes the same frame of reference is due to him in judging normal or abnormal behaviour.

The ideal direction: that is personal decency as a perfect or nearly Allasih them and that is the deviation from the ideals, so The ruling is how close or move away from the individual perfection.

- Social trend: it depends on the proper identification of the extent of any commitment to cultural norms of social and religious values.
- Statistical trend: the normal distribution of the abnormal deviation from the average gets concentrated as most of the similarities between the individuals in the middle of this distribution.
- Medical trend: the number of researchers in psychiatry determines that the normal and Allasi due to psychological conflicts unconscious and that normality is free from the disease.

C. Concept of academic achievement

Academic achievement is not intended to accumulate information in the mind of the learner as he does not aim to obtain a certificate to improve the situation of economic and social as an end in itself, that the actual academic achievement goal is the development of the human mind with the knowledge useful in a comprehensive and scalable manner.

From this standpoint, the ultimate purpose of educational attainment is the acquisition of life skills, and ethics of honest, develops the personality of the individual, and elevate his mind, and take care of his body, and refines his conscience to err towards the formation of the

same first and configure decent beds Second and civilized society Third and including extending humanitarian crowds and serve just causes.

Among the most important social causes for the low academic achievement of students, those causes related to poor health, moral and psychological problems Kalahmal and lack of self-esteem and behavioural disorders and health reasons for confidence associated with frequent absences audio or visual or mental or motor related to the inability to concentrate and perform school tasks comfortably and obstacles.

There are other factors of not less important than the previous things like the quality of the performance of school management and its role in the formation of effective school environment, and plays a teacher and a large active role in it to his students using the latest methods in teaching and thrill leaving Hamid impact in the sense of the learner and result in appropriate educational climate in general . Family which is grabbing their children for education of their determination to continue the family that builds bridges of cooperation and communication between them and the school to put the individual in the right track, that the success of the community basis of mutual trust and common message, and work connected.

The concept of academic achievement among the basic concepts in educational psychology, calendar, and through various research presented several definitions singled concept of academic achievement and academic, known academic achievement linguistically as a student in the classroom performance of a work of quality and quantity hand, also known as knowledge acquisition process or school information in an orderly manner (Rashid Mohammed 0.2000, p. 24).

Known psychological encyclopedia collection as "one that achieves the same higher levels of science and knowledge, which is usually compares the study, says the level of academic achievement and we mean the degree to which one obtained in the standardized exam" (Fadel, 2008, p. 62)

And he knows (Naim Rafii, 1980) that "what is the pupil in the school and the degree to which he arrived from the knowledge, information comprising the curriculum aims to him" (Rifai, 1980, p. 227)

Lama (Lafon, 1970R lafon) Viarafh that "knowledge acquired by the individual through the

course, and adapt it to the middle school in which to live and work" (Lafon (R): 1973, p15)

III. RESEARCH METHODOLOGY AND FIELD PROCEDURES:

- 1) Research Methodology: The researcher used the descriptive manner connectivity relations more appropriate approaches to the nature of the research problem for being.
- 2) The research community and appointed: were identified community search Students Faculty of Physical Education and Sports Science - University of Anbar, as the research community the total amounted to 207 students for the academic year (2015-2016) distributor of this community within the alternative sites in the provinces of Baghdad, Kirkuk has been site Selection variant of the Faculty of Physical Education and Sports Science students - Anbar University in Baghdad, deliberate way and totaling 106 students and their percentage of the overall society (51.207%) spread over four phases, as shown in the table (1).

TABLE 1

No.	Stages	Sample	Society	Percentage
1	First	29	74	39.18 %
2	Second	15	30	50 %
3	Third	25	36	69.42 %
4	Forth	37	67	55.22 %
Total		106	207	51.207%

- 3) The search tools, "a way for the researcher to solve his problem no matter how those tools, data or samples or devices" (Mahjoub, 2002, p. 163), as intended tools means that combines whereby the required data and information, so hired researcher with the tools and the following devices:
 - Arab and foreign sources.
 - Network International information (online).

- Experts who presented them with the mental health scale, extension (1).
- Data and information collection form.
- The measure of health Alnevsah.mlhak (3)
- The timing of an hour hand type (hand hart)
- Alhacbh E (Laptop, Dell) Chinese-made.
- Hacbh Small electronic type of Japanese-made mustache.

4) Procedures of the search field

Describe the scale used in the research:

- Mental health scale: hired a researcher scale mental health Siham Kadhim tiger and adjusted (Alia Naseer Obeis 0.2010, p. 86), because it is applied to the university students have been utilized in our study and after he was chosen by experts and taking agreement proportion (80%) consisted of mental health scale (55) items distributed (30) positive and paragraph (25) negative paragraph, and alternatives to answer (always, often, sometimes, rarely, never) (1,2,3,4, 5) paragraphs positive and (5,4,3,2,1) paragraphs negative as in the table (4) and consists of the scale of the nine areas are:

The first area: realistic outlook on life: It means the student's ability to accept reality.

The second area: the level of ambition: It means the level prescribed by the student to achieve according to its possibilities and capabilities and strives through achievement motivation to achieve these ambitions.

The third area: emotional stability: It means the student's ability to deal with things steadily and patiently and quietly in various aspects of life.

Fourth area: scientific thinking: It means the student's ability to interpret phenomena and events the fifth field: self-concept: It means the image formed by the student himself

Fifth field: Social Responsibility: Askew student intended to give assistance to colleagues

and others without waiting to obtain any personal gain and has positive trends

Sixth field: Flexibility: It means the student's ability to balance things in his life and his actions and staying away from extremism and rigidity in decision-making and judgment.

Seventh area: the psychological needs: It means the student's sense of security and freedom desire.

Eighth area: Allaohn nervous, It means Beah student a sense of relief the year.

TABLE II. IT SHOWS THE AXES OF MENTAL HEALTH SCALE AND PARAGRAPHS POSITIVE AND NEGATIVE

No.	Field	Positive items numbers	Negative items numbers	Total
1	Realistic view for life	1, 2, 4, 7, 8	3, 5, 6	8
2	Externa level	9, 10, 11, 12, 13, 14, 15	12	7
3	Emotional stability	17	16	2
4	scientific thinking	18, 24	19, 20, 21, 22, 23	7
5	Self-concept	30, 31, 32, 33	25, 26, 27, 28, 29, 34	10
6	Social Responsibility	35, 36	37, 38	4
7	Flexibility	39, 40, 41, 43	42	5
8	Psychological needs	44, 45, 46		3
9	Non-Neurasthenic	49, 51, 55	47, 48, 50, 52, 53, 54	9
Total		30	25	55

5) Scale correcting

After collecting the forms correct answerhe research sample) on the mental health scale by using the key correction, which is "a tool that detects the examiner for answers that indicate the variables that measured" (Abdul Salam, 1981, p. 114), has been corrected forms on the basis of (55) paragraph after the grades given to respond to the positive and negative paragraphs as shown in the table (5).

In order to extract the total score of the scale, the researcher collects grades obtained by the respondent in response to a vertebrae scale of (55) and therefore the highest degree can be obtained is 275 degrees and the lowest score is (55) The degree of neutrality are (165), which can be obtained them by collecting degrees

appreciation scale (5-4-3-2-1) and then divided (5) alternatives and then hit her in the number of paragraphs of the scale of \$ (55) and so we get a degree of neutrality, according to the following equation.

Neutrality degrees' number = total degrees' alternatives answer / number of alternatives × number of scale items. Neutrality degrees' number = $15/5 \times 55$. Grades obtained by the research sample in this measurement of (148-253) ranged.

TABLE III. IT SHOWS APPRECIATION SCALE WITH DEGREES POSITIVE AND NEGATIVE PARAGRAPHS

Alternatives	Positive items	Negative items
Always	5	1
Frequently	4	2
Occasionally	3	3
Rarely	2	4
Never	1	5

6) Academic achievement: It is a final grade for each course materials obtained by the student Til two scholarships for the academic year 2015-2016, which is in degrees obtained by the student through the first round performance exams for two semesters for this year, so during the degree examinations and the final quest, which gives teaching each article of the sample individuals from making the pursuit and quarterly exams, which is about degrees of subjects practical and theoretical assessed by the College board, it has got him on that researcher grades by the Dean of the college after completing the final examination of the role the first.

7) Major experiment to search: the researcher at ten o'clock in the morning on Sunday, which falls 06/12/2016 apply through the distribution of mental health scale form on (106) students through contact Assistant Team extension (2) with the research sample he explained the objectives of his research and how to answer the measure phrases and the need to answer all the words and do not leave any words without an answer, and

after collecting the sample answers, the researcher offload data depending on the weight of the paragraphs of the scale and then was obtained raw scores to the test results.

- 8) Statistical methods: statistical researcher used the bag (SSPS) in accordance with the laws.

IV. PRESENTATION AND ANALYSIS OF RESULTS AND DISCUSSION

- 1) View and analyze the results of mental health and discuss the research sample:
- 2) View and analyze the results of mental health among the research sample:

TABLE IV. STATISTICAL PARAMETERS SHOW THE RESULTS OF THE RESEARCH SAMPLE OF THE FOUR STAGES OF VARIABLE MENTAL HEALTH PERSONNEL

Monuments statistical variables	Sample	Arithmetic mean	standard deviation	Premise mean	Value		Error level	Significance of differences
					Calculated	Tabulated		
First phase	29	208.51	22.93	165	48.95	2.05	0.000	Moral
Second phase	15	201.86	22.06	165	35.43	2.14	0.000	Moral
Third phase	25	200.84	22.98	165	43.68	2.06	0.000	Moral
Forth phase	37	193.91	15.45	165	26.31	2.03	0.000	Moral

Moral in the significant level $0.05 \geq$

We can see from the table (4) that the arithmetic mean of the results of mental health among a sample search for the first phase members was (208.51) while the standard deviation was (22.93) and the average premise was of \$ (165) The total value of (t) calculated (48.95) at the level of a line hit (0.000) which is greater than the value of (T) Indexed amounting to (2.05) under a degree of freedom (28) and level (0.05), which confirms the presence of significant significant differences, but in terms of the research sample for the second phase members reached the arithmetic mean (201.86) while reached the standard deviation (22.06) The average premise was of \$ (165) The total value of (t) calculated (35.43) at the level of error was (0.000) which is greater than the value of (T) Indexed amounting to (2.14) under a degree of freedom (14) and the level of significance (0.05)

confirms the presence of significant significant differences, and with respect to the research sample for the third phase members reached the arithmetic mean (200.84) and reached the standard deviation (22.98) and the average premise was of \$ (165) The total value of (t) calculated (43.68) at the level of line was (0.000) which is greater than the value of (T) Indexed amounting to (2.06) under a degree of freedom (24) and level (0.05), which confirms the presence of significant differences, but in terms of the research sample for the fourth phase members was the arithmetic mean (193.91) while the standard deviation was (15.45) and the average premise was of \$ (165) The total value of (t) calculated (26.31) at the level of error was (0.000) which is greater than the value (v) the grandfather Les amounting to (2.03) under a degree of freedom (36) and the level of significance (0.05) confirms the presence of significant differences.

For the purpose of recognition for the benefit of those differences to the results of this scale between the four stages, and the achievement of objectives of the research, the researcher used appropriate statistical treatments of analysis of variance, and build on what is stated in the results of the data presented in tabular form, it is through the table (4) shows that.

Adopt from the table (5) that there is a significant difference to the results of the mental health scale of the research sample for the four stages, as the value of total average squares between the groups was (3494.352), and within the groups of (42831.091) and while the sum of the average squares reached between Groups (1164.784), while the value of (P) calculated (2.774), when the level of error was (0.045) which is greater than the value of (P) Tabulated of (2.758) under the degree of freedom (3-102) and level (0.05), which It indicates the presence of significant differences between the students of the Faculty of Physical Education and sport Sciences-Anbar University in the four stages in the mental health scale, and for the purpose of identifying for the benefit of those differences, the researcher used the equation less moral difference (L, D, S).

TABLE V. IT SHOWS THE SUM OF THE DEVIATIONS AND DEGREES OF FREEDOM AS WELL AS THE SUM OF SQUARES OF DEVIATIONS BETWEEN GROUPS AND WITHIN THE VALUE (P) CALCULATED AND TABULAR AND THE LEVEL OF SIGNIFICANCE OF THE RESULTS OF THE RESEARCH SAMPLE TO THE VARIABLE MENTAL HEALTH PERSONNEL

Statistical monuments		Total average squares	Freedom degree	Squares average	F Value		Error level	Differences Significance
					Calculated	Tabular		
Psychological health	Betw een grou ps	3494.352	3	1164.784	2.774	2.758	0.045	Moral
	Insid e grou ps	42831.091	102	419.913				
	Total	46325.443	105					

Moral in the significant level $0.05 \geq$

TABLE VI. CIRCLES AND COMPUTATIONAL DIFFERENCES SHOWS TO SAMPLE INDIVIDUALS BETWEEN THE FOUR STAGES AND THE VALUE OF L, S, D CALCULATED AND TABULAR VARIABLE MENTAL HEALTH.

Phases	Mathematic means	Differences between mathematic means	Error level	Differences Significance
First – second phase	201.86 – 208.52	6.65	0.310	Non-moral
First – third phase	200.84 – 208.52	7.67	0.173	Non – moral
First – forth phase	193.19 – 208.52	*14.59	0.005	Moral
Second – third phase	200.84 – 201.86	1.02	0.878	Non – moral
Second – forth phase	193.19 – 201.86	7.94	0.208	Non – moral
Third – forth phase	193.19 – 200.84	6.92	0.195	Non – moral

Moral in the significant level $0.05 \geq$

Through the table (6) is clear that there are significant differences for the variable of mental health among the sample of the first phase with the fourth stage individuals, amounting to the value of the difference between the circles (14.59) at the level of a line (0.005) which is less than the level of significance (0.05) and this means having differences moral and in favor of the first group, as demonstrated by the lack of

differences between the first and second phase and the third phase, as well as between the second and third phase and the fourth, the fact that error level values greater than the significance level values, and this means there are no significant differences, namely that the first phase of the best stages in the health scale psychological and fourth stage less psychological health of the rest of the stages.

V. DISCUSS THE RESULTS OF THE MENTAL HEALTH RESEARCH SAMPLE

Shown in the table (6) that the sample has a psychological health, and also show that the first phase students are the best stages in mental health, and attributes the researcher to the fact that the four stages of the students in the University of Anbar realized the reality and adapted to the events of daily life and different attitudes and dealt with it realistically so as to achieve a balance with themselves on the one hand and with the environment on the other hand, (as the mental health a key pillar in the proper construction of the development level of the individual process, being actively contribute to creating a balanced personality capable of dealing with various special individual circumstances, as a human being he is a member of the community his needs and motivations and aspirations, objectives and commitments, customs, values and social problems and pressures, and these pressures posed by negative factors on the psychological construction, which is reflected in the level of performance and collected) (Hussein et al., 2002, p. 105).

It was found that the sample enjoy psychological health. As the mental health plays a major role in an individual's life being the main motivation to succeed, and it has become clear the importance of mental health and its impact on quality of life and their impact on job overall physical health.

Attribute the researcher, however, that the practice of physical activity in all its activities of the most important areas that give the individual mental health indicators, of its own to the students of the qualities and characteristics of positive to satisfy their needs and the development of positive behaviour, and this is in line with the concept of mental health in "the

possibility of an individual to achieve the same through satisfying psychological, physical and social needs "(Maslow.AH, 1978, p.16), as" human feeling happy and enjoying good about his life with itself and with its environment, make it able to work satisfactorily and establish relationships with others and be free of any symptoms blocker such as anxiety Higher stress and depression, and free of psychological conflicts "(Journal of sport science and medicine (2012) 11,339-345), and these are the goals that sports activities in the faculties of Physical Education and Sports Science seeks to achieve.

So is the mental health of those students conscious and continuous process through the various stages of the study, which is focused on the development of performance and the level of achievement, and the development of his personal aspects.

For the students of the Faculty of Physical Education and Sport Sciences University of Anbar Health is psychological work and strong basic engine in various aspects of their lives, in terms of decision-making, and their ability to achieve the desired goals, and invest all his efforts to overcome the problems themselves, and impulse control and anger they face by a colleague, or a teacher or a different person.

And that the practice was founded develop courage, intelligence and satisfy the needs of the practitioners, "and that satisfy the personal needs of the individual to be able to grow in consciousness and its efficiency and ability to love the same love of the natural environment and love of other people's sport" (Sidney M. Jordan and Ted Landes of 0.1988, p. 29) .

Mental health is part of public health, which is the fundamental basis of human happiness, as the man looking for different ways to make it enjoys yes life, and if he was able to reach this level of life, it is without a doubt it will be a beautiful happy pure conscience, self-satisfied mind loving to himself and to others , it's a proper man in himself and his mind and his body, and accordingly, the mental Health president of sports personal sound and personal sports sound is part characterized by sound psychological configuration being the foremost, because a healthy person has to be a mental health, and thus the health psychological profile is sound mathematical base (Hazza, 2013, p. 36).

The society reflects his on individuals and simultaneously it is influenced by the status of its

members, The image of the community is the sum of personality traits that are characterized by whether they are intellectual or psychological, cultural, social, or sports as the individuals who are in good health in any aspect of the components of their personality including mental health, this will impact on their community (Dobroradnykh MB, 2003, 164 p).

And agree in this view (journal), where between mental health is part of public health, which is the fundamental basis of human happiness (Gournal, 2012, p, 339), where the shows (Hamid Zahran) that an individual if he has to balance the level of performance, it will be a sound base in his character (Zahran, 1997).

TABLE VII. IT SHOWS THE RESULTS OF ACADEMIC ACHIEVEMENT FOR THE FOUR PHASES

Study phases	Sample	Mathematical mean	Deviation standard
First phase	29	66.36	5.76
Second phase	15	66.39	4.91
Third phase	25	70.07	7.18
Forth phase	37	71.61	5.84

Table (7) shows that the arithmetic mean of educational attainment among a sample search for the first phase members was (66.36) while the standard deviation was (5.76), and the second phase was the arithmetic mean (66.39) while the standard deviation was (4.91), and the third stage was the center arithmetic (70.07) while the standard deviation was (7.18), and for the fourth phase was the arithmetic mean (71.61) while the standard deviation was (5.84).

VI. CONCLUSIONS AND RECOMMENDATIONS

A. Conclusions

- 1) The sample of the research has the psychological health of differentiated between the four stages.
- 2) Sample the first phase marked by a degree mental health better than the sample stage four.
- 3) The sample of the first phase marked degree of psychological health of a sample of the fourth stage.

- 4) There is no difference in the degree of mental health between the first stage and the second and third.

B. Recommendations

- 1) Work on the acquisition of social communication skills of students in order to raise the level of coping with mental health have
- 2) Interest in providing psychological counseling services and educational guidance to help students overcome the displacement and family circumstances and economic conditions and to avoid the pressures that may be exposed
- 3) To provide full health care for students and the establishment of educational, cultural and directing college and university guidance centers and so raise the scientific level of the students
- 4) Benefit from the scale of this study to identify mental health and relationship with some variables such as academic achievement among students.
- 5) Paying attention to various media and audio-visual Almqrah private sports related to the concept of mental health and awareness turn positive on the public figure of the individual and private sports

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APPENDIX 1 Specialists who have been accessed mental health scale names

o.	Title	Name	Specialization	College and university
1	Prof. Dr..	Saad muneim alshaikhly	Training science	Baghdad University / Political Science College
2	Prof. Dr.	Khalida Ibraheem Ahmed	Sport Psychology	Baghdad University / College of Physical Education and Sports Science for Girls
3	Prof. Dr.	Samira Mousa Abdulrazzaq	Educational Psychology	Iraqi University / College of Education
4	Prof. Dr.	Ali Yousuf Hussein	Sport Psychology	Baghdad University / College of Physical Education and Sports Science
5	Prof. Dr.	Hamid Sulyman Hamad	Sport Psychology	Anbar University / College of Physical Education and Sports Science
6	Prof. Dr.	Amer Saeed Jasim	Sport Psychology	Babylon University / College of Physical Education and Sports Science
7	Prof. Dr.	Suad Sabti	Educational Guidance	Baghdad University / College of Physical Education and Sports Science for Girls
8	Prof. Dr.	Abdullah Hazza Alshafei	Sport Psychology	Baghdad University / College of Physical Education and Sports Science
9	Prof. Dr.	Maher Hmoud Awad Alamery	Sport Psychology	Mustansiriya University / College of Physical Education and Sports Science
10	Prof. Dr.	Tariq Nazar Majeed Altalid	Sport Psychology	Baghdad University / College of Physical Education and Sports Science
11	Prof. Dr.	Hasan Hmoud Ibraheem Alfalahy	Psychology / Personal	Anbar University / College of Education, Human Sciences
12	Assistant Professor	Nooriya Hinfesh Alobaidy	General Psychology	Baghdad University / College of Education, Ibn Rushd
13	Assistant Professor	Abdulhussein Razooqi Majeed	Measuring and evaluating	Baghdad University / College of Education, Ibn Rushd
14	Assistant Professor	Fadil Zamel Salih	Educational Psychology	Mustansiriya University / College of Physical Education and Sports Science
15	Assistant Professor	Zainab Hasan Aljubory	Sport Psychology	Iraqi University / College of Arts
16	Assistant Professor	Adnan Ali Hamza	Psychology / Psychological health	

APPENDIX 2 ASSISTANT TEAM

No.	Name	Work place
1	Prof. D. Saad Menem Shaykhli	Baghdad University / College of Political Science
2	Prof. D. Samira Mousa Abdul Razak	Iraqi University / College of Education for Girls
3	Prof. Dr. Arif Abdul-Jabbar Hasan	Anbar University / College of Physical Education and Sports Science
4	Prof. D. Saleem Hassan Chillab	Fallujah University / Department of Sports Activities
5	Prof. D. Yaser Rashid Shujayri	Anbar University / College of Humanities Education
6	Teacher Sabah Farhan Hassan	Graduate student Anbar University
7	Teacher Zeyad Thabit	Graduate Student / University of Anbar
8	Mr. Omar Sabah Jameel	Graduate Student / University of Anbar

APPENDIX 3 MENTAL HEALTH SCALE

No.	Items	Always	Often	Sometimes	Scarcely	Never
1	I Look to the future with optimism					
2	I want to develop my life					
3	I feel despair when I fail in my job performance					
4	I see that life is renewed					
5	I feel like I do not get what I wish					
6	I see the problems that I face no solution					
7	I can solve my problems quietly					
8	I think about more than one reason for my problems					
9	When I get upset degrees less than I expect					
10	Obey to face the difficulties that I face and I overcome them					
11	I am disturbed by the preparation of homework					
12	I expect to make high scores in all lessons					
13	I prefer the difficult subjects easy					
14	I hope to be a prominent person in the community					
15	Respond quickly to those who exceed the					
16	Accept criticism of my colleagues and I deal with comes quietly					
17	I choose to represent me in the class who has a high efficiency					
18	I believe that success depends on luck					
19	I resorted to reading the horoscope before the oldest on any action					
20	I see that the computer (PC) invented for leisure and entertainment					
21	Grab magic books					
22	I resorted to reading the cup or stop to get to know my future					
23	I am disturbed by the preparation of homework					
24	I expect to make high scores in all lessons					
25	I prefer the difficult subjects easy					
26	I hope to be a prominent person in the community					
27	Respond quickly to those who exceed the					
28	Accept criticism of my colleagues and I deal with comes quietly					
29	I choose to represent me in the class who has a high efficiency					
30	I believe that success depends on luck					
31	I see I am an important person in the classroom					
32	I can express myself					
33	I have high confidence in myself					
34	I feel useless					
35	I apologize to my colleagues when he was late for a date					
36	Having problems because of the weakness of respect for my colleagues of the system					
37	I think that the issue of reverence to be exaggerated					
38	Stay away from the face of my family problems					
39	Completed my duties quietly despite the difficult					
40	Inquired about the reasons for a boycott of any colleague of mine					
41	Interested in the advice of those who are older than me not					
42	Surrendered for cash easily					
43	I could interact with my colleagues easily					
44	I see that my family and cohesive spirit of understanding					
45	He had the freedom to express my opinions and my thoughts					
46	I love my family and my colleagues					
47	I feel a headache					
48	I feel my temperature rising from time to time					
49	I see that I am in complete my energy					
50	Disturbing dreams					
51	My fitness high					
52	Weak appetite for food					
53	I find it difficult to focus during the study					
54	My stomach hurts					
55	I feel vibrant					