

Dimensions of self-concept between girl's students expected to graduate from the Faculty of Physical Education and Sports Science due to the integrated them in practical courses in sports

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ABSTRACT--*This study aimed to get the dimensions of the concept of self in the female students expected to graduate from the Faculty of Physical Education and Sports Sciences due to their integration with practical courses in sports. The sample of the study consisted of (30) female students of the Faculty of Physical Education and Sports Sciences, who are expected to graduate in the academic year (2019/2020). In order to collect the necessary data, a mean measure of the self-concept introduced by Wahhabi (1999) was used to suit the Jordanian environment, after the sample responded to the Measure data, it was returned from the students and statistical processors were performed to arrive at the study's results, using arithmetic averages and standard deviation. The study's results refer that the order of the dimensions of the concept of the self as seen by the sample members is as follows: First, self-acceptance, after that personality, after that self-criticism, then moral self-respect, and then family self-respect. the researchers recommend that, in light of the results of the study, the members of the teaching staff of the faculties of sports education in Jordan hold workshops and awareness-raising courses for students practicing sports activities to demonstrate the importance of the concept of self and how to make similar studies to compare the concept of self between males and females, especially those who engage in sports activities or between scientific and human specialties.*

Keywords-- *Dimensions of the concept of self, practicing sports activities.*

I. INTRODUCTION

human beings have been trying to explain his behavior and explain behavior for other humans around him based on comparing what he believes to what he sees as natural phenomena and others (Aljawarneh & Atan, 2018). But psychology, through its study for human behavior, has been able to establish scientific bases for measuring the concept of the self to clarify its identity and significance to make it more clear and understandable by the person himself and others, since the concept of self is linked to many factors, including inheritance, intelligence, awareness, perception, and social upbringing, and daily behavior and life activities (Al-Omari, et al., 2020). These factors have an important role to play in the growth and crystallization of the concept of self, but their importance varies according to the degree of their effect (Al-Hamawi and Al-Ahmad, 2010). Psychologists have emphasized

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that the concept of self as a personal characteristic reflects individual perceptions and experiences (Al-Jawarneh, 2016). They have defined self-concept as "a psychological term used to express a virtual concept that includes all opinions, ideas, feelings and directions, which an individual is forming about himself, and also the individual's beliefs, convictions, previous experiences and future ambitions (Abu Awad, 2000).

Arrouk (1992) points out that self-perception or self-perception plays a major role in guiding behavior. A student who has the idea of himself as a smart, hard worker, tends to act like that (Al-Omari, et al., 2018). This is understood as a driving force, so how an individual realizes himself affects the way he behaves it or his behavior affects how he or she recognizes himself (Alshare et al., 2020). The concept of self is one of the motivations of behavior in the light of the perceptions of the individual, and the concept of self is the only thing that makes the individual is human and he is the only person who can know himself so that he or she can make himself the subject of his or her reflection, thinking, and evaluation (Al-Da'abseh, et al., 2018). The concept of self is an important factor in the study of personality and a major factor that has a great effect on behavior. It is a way of understanding the psychological health of individuals (Alwagfi et al., 2020). The individual's image of himself has a great effect and importance in the future of his life, as it reflects in the perception and vision of the individual on himself (Abdul Qader, 2015).

Taher and Abd El-Kareem (2001) thinks that when the individual knows more and more about himself so there will be no limits for his abilities and it will be more effective when dealing with the different situations of life without problems and psychological conflicts, and this in agreement with the fact that the concept of the individual is considered a fundamental factor for determining and interpreting human behavior. To determine and interpret human behavior, self-conscious effectiveness affects patterns of thinking, behavior, and emotional effects, when the level of self-effectiveness increase, the greater of the achievement and abandonment of the experiences of failure and self-regulation of the reflexive reactions (Mahafzah et al., 2020). Salha (1990) says that the concept of self is a social product that is influenced by childhood experiences, social education methods and others' evaluations, especially the evaluations of parents, peers and teachers and that the concept of self also serves as a guiding and motivating force for individual behavior, Positive notions of self-concept push the individual to face life and enter new situations courageously, and Cheryl (1998) supports this saying if "positive concepts of self are to increase understanding and appreciation of the body and the individual's ability to move."

Cheryl (1998, Cheryl) said that there are two meanings to the first concept of self, the traditional concept that represents the Comprehensive goal of all beliefs and intentions that a person holds in his or her own right, and the second meaning of self-concept has to do with the corresponding knowledge and observation of the measurement that a person has about himself. Beni Jaber and others (2002) define the concept of self as the evaluate of the individual as a whole in terms of his appearance, background, abilities, directions, feeling and means, so that self-concept becomes oriented when these things reach their peak. Al-Hamawi (2010) points out that the self has several dimensions that surround the individual in all respects:- Body self-dimension: any idea about the person's body, health, appearance, and sexual life, Personal self-dimension: it is the individual's feeling of his personal value and his appreciation of his personal advantages and skills, Family self-dimension: This is the idea of the individual's self as a member of the family, how he adapted to it, and his commitment to it, Moral self-dimension: It is the individual's idea of his ethics, his commitment to moral values, his satisfaction with his faith and his actions and

Social self-dimension: This is the idea of the individual through his relationship with others, his place between them, and his role in interacting with them.

The study aims at: Self-identification for female students expected to graduate from the Faculty of Physical Education and Sports Sciences due to their integration into practical sports courses. The researcher came up with some study questions such as; What is the order of the dimensions of the concept of self-according to some aspects of the priorities of female students who are expected to graduate from the Faculty of Physical Education and Sports Sciences due to their integration with the practical distances in sports?

II. LITERATURE REVIEW

2.1 concept of self

On a daily basis we make use of the term "self-consciousness" and this makes us to understand that there is more than one way in which a person's attention can be self-focused. In one form of self-consciousness, an individual tends to be greatly aware of his or her own internal states. Examples was given of people who seem to focus more on their values or are in closer touch with their feelings than are others. This preoccupation with one's own psychological attributes is called private self-consciousness. A second form of self-consciousness, is characterized in contrast by a general concern with the self as a social actor who is a stimulus for others' behavior. Fenigstein et al. (1975) posits an empirical support for a discrimination between private and public self-consciousness. Conceptually, the difference between them is that, in private self-consciousness, the person's attention is on his or her personal characteristics, whether or not others are aware of them, whereas in public self-consciousness, the person is aware that others will react to him or her as a social object, even though particular internal states are not at issue. According to Fenigstein et al. (1975) public self-consciousness has to be distinguished from social anxiety. Socially anxious people not only are aware that others react to them as social stimuli; they also are apprehensive about this reaction. Buss (1980) outlined four types of social anxiety such as; embarrassment, shame, shyness, and audience anxiety-but they all involve discomfort due to the scrutiny of others.

2.2 Practicing sports activities

According to Grigore, (2007) from this perspective, physical activity is a component of an active life, an "important element of lifestyle, which has to do with involving in some sort of exercise according to one's own options, a few times a week; this exercise should be enjoyable, as they usually consume energy and produce satisfaction. Baitel & Pătru, (2018) Additionally, sports practicing has a positive influence on the dexterity of the monodominant participant, more so as the training is conducted in this respect and, on the other hand, whether the sport involves the use of both members equally. Lack of physical activity and Unhealthy diets are major contributors to overweight and obesity, which are among the leading risk factors for many non-communicable diseases (Kelishadi et al., 2008). There is also prove that regular physical education may reduce or prevent from sensitive or moderate depression (Yildirim, 2010). Macovei, (2013) posits that a "healthy lifestyle" is an important component of the more general notion of "health" which includes several elements: avoiding any kind of abuse (alcohol, tobacco, unhealthy diets etc.), a systematic involvement in physical activity either in an organized place or form or individually, at a leisure time or activity with a recreational purpose, observing basic nutrition rules etc.

A healthy lifestyle is always associated to good health, to an active life. Also other studies described the effects of sports from a psychological view, physically active individuals report higher levels of self-esteem and lower levels of anxiety, which also have both been associated with improved academic achievement (Flook et al., 2005). To create a healthy lifestyle through practicing physical exercises is one of the main motivations for sport, analyzed and discovered by specialists. (Sopa et al. 2016) posits that according to experts, a healthy lifestyle is an active process that takes place during ontogenesis especially during maturity, the genetic inheritance being important and environment norms and values in which individuals live. According to Carlson et al., (2008) in another study indicated that taking time away from traditional educational pursuits during the school day to spend an hour devoted to physical activity will not adversely influence performance of traditional educational skills.

2.3 The Positive Self

This kind of self-concept is the acceptance of the individual and his satisfaction with it, A positive concept shows a clear and crystallized self-image of anyone who deals with the individual or talks to him and reveals it in a way that deals with others, in which he always shows the desire to respect and appreciate it, maintain its social status, role, and importance, and the clear self-confidence and to uphold dignity and self-independence, which expresses the individual's acceptance of himself and his satisfaction. Self-concept as a psychological construct has some significant importance which has been recognized since the work of the earliest American psychologists, including James (1890/1983) and Cooley (1902). There has been little change in the degree of emphasis placed on the construct during the past century, which apparently led to Bracken and Lamprecht (2003) suggesting that "It might be only a slight exaggeration to suggest that fostering healthy, positive self-concepts, self-esteem, or self-images in children and adolescents has become a national preoccupation among parents, teachers, psychologists, and educational policy makers" according to Sheldon, Elliot, Kim, and Kasser (2001) research, they expressed a similar position, "It is interesting that if one were to pick a single need that is most important to satisfy in the its nation, the current data suggest it would be self-esteem" The reason for a societal emphasis on self-concept is easily understood compared to individuals who have negative self-views people with positive self-views tend to be happier (Swann, 1990), better edited (Dumont & Provost, 2001). According to Jackson & Bracken, (1998), after a research have the findings that has a better subjective sense of well-being (DeNeve & Cooper, 1998; McCullough, Huebner, & Laughlin, 2000), profess greater life satisfaction (Diener, 1984; Diener & Diener, 1995; Huebner, 1994; Huebner, Gilman, & Laughlin, 1999; Terry & Huebner, 1995), come from intact families (Sweeney & Bracken, 2000), and are less likely to run away from home (Swaim & Bracken, 1997).

2.4 Negative self-concept

This type applies to behavioral deviations and opposite or opposite patterns of normal life, which are outside the normal patterns of behavior expected of ordinary people in society, And make us judge who issues these behaviors with bad social or psychological adaptation and put them in a category with the worst individual, Such individuals often have two kinds of problems: the first is the inability to deal with the outside world in which they live, The second is that some of them feel hated by others (harafsheh and others, 2010).

2.5 The Self and Sports

Sports activity is considered the differences of its kind from human activities which abound in many competitive positions that may have a great effect on the personality, self-concept and appreciation of the individual, Sporting activity plays a distinctive role in promoting human personal experience and excellence, contributing to improving health and physical well-being, developing a social spirit and good communication with others, which is reflected in increasing individual productivity (Obaydat, 1988). Allawi and others (1989) pointed out that one of the most important dimensions of the concept of self is its association with the field of sports, such as physical self, body self, and skill self. They confirmed that the concept of body self is the understanding of the sports individual and his unique way of realizing his body, the individual's concept of physical self-shows his appreciation for the physical qualities he enjoys. Based on it, the concept of physical and physical self becomes clear as the most important dimension of the self that affects human behavior. The individual who has a positive concept of self has high confidence in himself and his ability to help him in the face of difficult circumstances is able to defend his perceptive organizations, including different sports situations, Hence the importance of conducting this study on a sample of female students from the Faculty of Physical Education and Sports Sciences in the Hashemite University and expected to graduate from the college for the semester (2019/2020), As an attempt to study one of the important psychological aspects of sports, the role that practical lectures play in sports is the role that subjects the student to situations where her idea of her physical and skill abilities in sports can be useful in developing the positive concepts of self that affect the student's self-esteem and thus balance the character. The personality of the student, especially who specializes in studying the field of sports, is greatly affected by the attitudes he is exposed to through the sports he studies in theory and practice, Given the importance of the concept of self in shaping and forming the personality of the individual, which can be reflected on the different attitudes in his life, and through the work of researcher that in teaching theoretical and practical materials in the varied sports of male and female college students, researcher found that there were a group of female students expected to graduate who studied all the competitions related to most sports (football, basketball, handball, volleyball, tennis) etc. they have a positive concept about themselves while some of them have less self-perception. Hence, the idea of studying appeared in the researchers that through their desire to expose the self-awareness of the students expected to graduate from the Faculty of Physical Education and Sports Sciences in the Hashemite University due to their integration with practical sports competitions.

III. METHOD AND PROCEDURES

The study community is one of the 60 female students expected to graduate from the Faculty of Physical Education and Sports Sciences of the Hashemite University for the academic year (2019/2020) who have cut all practical courses in most individual and collective sports. The sample of the study consisted of 30 female students, i.e. 50% of the total study community. Female students expected to graduate from the Faculty of Physical Education and Sports Sciences of the Hashemite University for the academic year (2019/2020). Dependent variable, the self-perception of female students who are expected to graduate from the Faculty of Physical Education and Sports Sciences for various sports in practical lectures has five dimensions: Self-acceptance, Personal self, Self-criticism, The moral self, Family self.

The tool used in this study is a mansi measure of the concept of the self, and it has been translated into Jordanian environment by the Wahibi researcher (1999) and created indications of the validity of the content and the evidence of its expressive form, in the manner of testing and re-testing. It has reached the degree of the overall consistency of the standard (0.92). This measure includes a nine-dimensional self-assessment of the examination researcher that five dimensions are: Self-acceptance: The terms of this dimension describe how an individual feel about himself in terms of satisfaction and acceptance. Personal self: It reflects an individual's sense of personal values, his sense of competence as a person, his or her personal assessment of his or her personality as part of his or her relationship with others. Self-Criticism: The terms of this dimension are being misquoted and most people admit they are right. The Moral Self: Her expressions describe self through a moral reference frame in moral values and the relationship with God and feelings in being good or bad from physical aspect or failing. Family self: Their phrases show an individual's sense of competence, appreciation, and values as a member of a family, and indicate self-awareness by going back to the nearest circle, the most direct to him in society.

3.1 Statistical processing

To answer the study's question, the researcher used the following statistical processors: the arithmetic mean and standard deviation. Presentation and discussion of results: The researcher will present the findings of the study. What is the order of the dimensions of the concept of self-according to some aspects of the priorities of the female students expected to graduate from the Faculty of Physical Education and Sports Sciences due to their integration in the practical courses in sports?

In order to answer this question, and in terms of self-identification arrangements for female students expected to graduate from the Faculty of Physical Education and Sports Sciences due to their integration into practical sports courses, the researcher has used arithmetic mean and standard deviation, and table 1 shows the self-understanding order of female students expected to graduate from the Faculty of Physical Education and Sports Sciences due to their integration into practical sports competitions.

Table 1. Self-Conscious Arrangement for Prospective Female Students Graduating from Physical Education College

Dimensions	mean	mean after standardization	SD
self-acceptance	106.921	76.09	10.251
Personal self-worth	104.504	75.03	10.109
self-criticism	98.927	74.18	9.861
moral self	97.741	75.19	7.868
family self	60.025	67.70	7.840

Notes from table 1 on self-identification arrangements for female students who are expected to graduate from the Faculty of Physical Education and Sports Sciences as a result of their integration into sports practical courses and the order by the arithmetic mean: Self-acceptance comes first with an arithmetic mean 76.09 and a standard deviation 10.251. Personal self-esteem came second with an arithmetic mean 75.03 and a standard deviation 10.109

and It was in third place after self-criticism with an arithmetic mean 74.18 and a standard deviation 9.861, followed by a moral self in fourth place with an arithmetic mean 75.19 and a standard deviation 7.868, followed by a family self in fifth and last place with an arithmetic mean 67.70 and a standard deviation Ari (7.840). From the results in table 1 on self-perception, we note that self-acceptance and personal self-acceptance have come first, and this can be explained by the student's high-tech behavior, including high-tech aspects, in the course of the process, seeking to form a positive concept of self-esteem in the student so that it is accepted within the college community and between colleagues and therefore a special identity for students reflected on their satisfaction. Self-criticism, self-moral self and family self-came in third, fourth and fifth place. Self-criticism was built among female students in their proficiency in sports skills. The less perfect, the more self-criticism. The moral self is related to the respect of the rules of sports inside the stadium, which will reflect on the student's life outside the stadium with the surrounding society. The family self-came last because the student was liberated from the domain of the family in a conservative society linked to the customs and traditions that determine the movement of women.

IV. RESULTS DISSUASION

It is gathered in this research work on self-identification arrangements for female students who are expected to graduate from the Faculty of Physical Education and Sports Sciences as a result of their integration into sports practical courses and the order by the arithmetic mean, which Self-acceptance comes first with an arithmetic mean 76.09 and a standard deviation 10.251. followed by Personal self-worth which have an arithmetic mean of 75.03 and a standard deviation 10.109 followed by self-criticism which have an arithmetic mean 74.18 and a standard deviation 9.861, followed by moral self in fourth place with an arithmetic mean 75.19 and a standard deviation 7.868, followed by family self which is in fifth and last position with an arithmetic mean 67.70 and a standard deviation Ari (7.840).

Based on the results finding self-acceptance and personal self-acceptance have come first, and this is so due to the student's high-tech behavior, including high-tech aspects, in the course of the process, seeking to form a positive concept of self-esteem in the student so that it is accepted within the college community and between colleagues and therefore a special identity for students reflected on their satisfaction. Self-criticism, self-moral self, and family self-came in third, fourth, and fifth places. Self-criticism was built among female students in their proficiency in sports skills. The less perfect, the more self-criticism. The moral self is related to the respect of the rules of sports inside the stadium, which will reflect on the student's life outside the stadium with the surrounding society. The family self-came last because the student was liberated from the domain of the family in a conservative society linked to the customs and traditions that determine the movement of women.

V. RECOMMENDATION

the researchers recommend that, in light of the results of the study, the members of the teaching staff of the faculties of sports education in Jordan hold workshops and awareness-raising courses for students practicing sports activities to demonstrate the importance of the concept of self and how to make similar studies to compare the concept of self between males and females, especially those who engage in sports activities or between scientific and human specialties. Based on the research by Arrouk (1992) self-perception or self-perception plays a major

role in guiding behavior. A student who has the idea of himself as a smart, hard worker, tends to act like that (Al-Omari, et al., 2018). This is understood as a driving force, so how an individual realizes himself affects the way he behaves it or his behavior affects how he or she recognizes himself.

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