

The relationship of psychological security to educational, cognitive and skill outcomes in the tennis ground for students

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Abstract:

The need for security is one of the most important psychological needs, and one of the most important motivations for human behavior throughout life, and it is one of the basic needs necessary for normal psychological growth, psychological harmony, and mental health for the individual, and concern for the psychological security of the individual means concern for his mental health, because mental health is a permanent state that is In it the individual is compatible from a psychological, personal and social point of view with himself and with others and is able to achieve himself and invest his capabilities and potentials to the maximum extent possible, and the concern for the psychological security of the individual, whether he is an athlete or a regular person means concern for his mental health, and his personality is integrated together and his behavior is disciplined so that He lives in peace, and psychological security is one of the necessities of life that cannot continue without him, and a person needs it as his needs for food and drink. Thus, “satisfying the needs of a person is a prerequisite for obtaining the adaptation that achieves psychological stability with him.

Keywords: educational, psychological security, tennis.

I. Introduction

The psychological security of the individual is not limited to one aspect of it. His personality only, but includes psychological security in the physical, social, emotional, and mental aspects, and it is related to psychological security, social security and now health It is a positive correlation. Psychological security is “the freedom of the individual from fear and reaching a state of confidence in his health and his future, feeling confident towards others and his social position (1), and it is also“ a person's feeling of his value, self-confidence and self-confidence ”(2), as he means“ the existence of balanced relationships Between the individual and himself on the one hand, and between him and the other individuals surrounding him on the other hand, if these balanced relationships

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are available, his behavior tends to be stable, and then he becomes more susceptible to work and production away from the types of anxiety and turmoil (3), "Psychological security is also known as "The psychological or emotional reassurance of the individual, and a situation in which the satisfaction of needs is guaranteed and not at risk, and a driver for the individual in achieving his security" (4), which is "a need of the individual, whose satisfaction makes him feel comfortable and reassured through his feeling of belonging or acceptance by others and freedom from fear Pain (5).

There are six basic elements that make up the concept of psychological security, namely (6):

1- Self-acceptance. It is represented in the individual's view of himself positively and the feeling of the value and importance of life.

2- The positive relationship with others is represented in the individual's ability to establish positive relationships with others.

3- Independence, which is represented in the individual's dependence on himself, regulating his behavior, and evaluating himself through specific standards that he sets for himself.

4- Control of the self-environment. It is represented in the individual's ability to manage his environment and to exploit the good opportunities in an environment to take advantage of them.

5- Life has goals. It is represented in the individual setting for himself specific and clear goals to be built upon.

6- Self-development. It is represented in the individual's awareness of his capabilities and capabilities, seeking to develop them with the development of time.

There are several factors affecting psychological security in the sports field, namely (7,8,9):

1- Social upbringing: Psychological security plays an important role in social upbringing, as it is determined by its methods of tolerance, authoritarianism, democracy, acceptance, rejection, love and hatred, as social relations have become a direct cause of its growth, and the degree of security that the individual feels depends on the provision of love, acceptance and stability.

2- Environmental factors: - The environment is one of the factors in which the individual is affected by his continuous presence in it, which gives him different experiences and situations that make him feel psychological security towards his environment.

3 - Physical and health factors: - The physical and health condition means the integrity of the body, and the vital forces in it that enable the individual to carry out his basic movements, and these physical factors have an effect on psychological security as the more the individual accepts his body, the greater his sense of security, and the less acceptance there is, the more Prone to losing psychological security.

4- Economic factors: - Economic factors are among the pressing factors that may threaten an individual's life, as the lack of monthly income for him makes him feel psychological insecurity in satisfying his needs and self-

desires and these feelings of insufficiency and satisfying material needs give him a kind of anxiety and turmoil as a result of lack of Security to satisfy his personal needs and the needs of his family.

Sports activities: - It is one of the most important activities practiced inside the university and aims to develop the health and physical aspects. The university aims, through sports activities, to develop mental and physical aspects, motor skills and belonging to the group, as well as enjoying physical and recreational activities, investing leisure time optimally and acquiring leadership qualities Taking responsibility and providing opportunities for outstanding students to highlight their athletic excellence (10).

And sports activities have several goals that can be achieved when the student practices them, and among these goals are (11):

- 1- Developing basic skills such as walking, running, jumping, etc.
- 2- Instilling healthy and personal habits for students, such as personal hygiene, maintaining body, and getting rid of deformities and obesity.
- 3- Providing the student with the spirit of cooperation, bearing responsibility and leadership, and increasing her self-confidence.
- 4- Taking care of talented or outstanding athletes and working to develop their talents.
- 5- Developing the student's psychological attributes and situations, including a sense of psychological security, to achieve balanced comprehensive growth.

Examples of sports activities that a student can practice inside the university are:

- 1- Team games such as volleyball, basketball, handball and five-a-side football.
- 2- Individual sports teams such as athletics, tennis, fencing and fitness programs.
- 3- Scouting festivals and camps, both internal and external.

And because sports psychology is one of the fields that have been studied and researched to reach the facts that lead to the development of mathematical levels in different games, and sports psychology tries to scientifically study the behavior and experience of the individual and his mental processes related to sports activity in its various fields, levels and practices, and try to describe And interpretation and prediction to benefit from the knowledge and information gained in practical application, and as a result of the researchers 'work in the field of physical education sciences, and their experience in the field of teaching and training, as they noticed that most of those in charge of the educational process may not give sufficient attention to the students' psychological and social needs, which leads to Many students appear at a level much less than what is expected of them in the exams, the reason why the researchers tried to identify the relationship between psychological security and exam scores for third-stage students in the College of Physical Education and Sports Sciences.

Research goal:

- Knowing the relationship between psychological security and educational cognitive and skill outcomes in the tennis ground for students.

Force search:

- There is a correlation between psychological security and educational cognitive and skill outcomes in the tennis ground for students.

The sample:

The research sample was chosen represented by students of the third stage in the College of Physical Education and Sports Sciences, University of Baghdad for the academic year (2018-2019) and their number was (167), (87) male and (80) female students from a total of (253), and their percentage was (66.007%) .

procedures:

In this study, the Psychological Safety Scale was used:

The researchers used the Psychological Security Scale, which aims to identify the amount of psychological security in the research sample, which was prepared by Maslow. Three alternatives are (yes, no, not sure).

Statistical methods:

Arithmetic mean, standard deviation, Pearson simple correlation coefficient.

II. Results display:

Table (1) shows the values of the arithmetic mean and the standard deviation for students		
Variables	Arithmetic mean	standard deviation
Psychological security	28.53	7.19
Theoretical (cognitive output)	23.80	4.96
Practical (skill output)	39.34	4.68

Table (2) shows the results of the simple correlation for students		
Variables	Theoretical (cognitive output)	Practical (skill output)

	Value (R)	Sig*	Value (R)	Sig*
Psychological security	-0.89	0.00	0.82 -	0.00

▪ Significant when the value of (sig) <(0.05) at a degree of freedom (85) and a level of significance (0.05).

Through tables (1) and (2), the values of the arithmetic mean, standard deviations, and the results of the simple correlation of students with the psychological security variables and the educational and cognitive and skill outcomes of students are shown. The value of the arithmetic mean of the psychological security variable was (28.53) with a standard deviation of (7.19). The arithmetic for the cognitive output variable (23.80) with a standard deviation of (4.96), as for the skill output variable, the value of the arithmetic mean was (39.34) with a standard deviation of (4.68). As for the simple correlation values between the psychological security variable and the cognitive outputs, the correlation value was (-1.89), at a degree of freedom (85) and below the significance level (0.05), which indicates the existence of a correlation between the psychological security variable and the students' cognitive output. Likewise, for the simple correlation values between the psychological security variable and the skill outputs, the correlation value was (- 0.82), at a degree of freedom (85) and below the significance level (0.05), which indicates the existence of a correlation relationship between the psychological security variable and the students 'skill outputs.

Table (3) shows the values of the arithmetic mean and the standard deviation for female students		
Variables	Arithmetic mean	standard deviation
Psychological security	28.79	9.24
Theoretical (cognitive output)	25.56	5.03
Practical (skill output)	37.79	5.93

Table (4) shows the results of the simple correlation for female students				
Variables	Theoretical (cognitive output)		Practical (skill output)	
	Value (R)	Sig*	Value (R)	Sig*
Psychological security	- 0.84	0.00	- 0.80	0.00

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- Significant when the value of (sig) $< (0.05)$ at a degree of freedom (78) and a level of significance (0.05).

- Through tables (3) and (4), the values of the arithmetic mean, the standard deviations, and the results of the simple correlation for students with the psychological security variables and the cognitive and skill outputs of the students are shown. The value of the arithmetic mean of the psychological security variable reached (28.79) with a standard deviation of (9.24). The arithmetic for the cognitive output variable (25.56) with a standard deviation of (5.03), as for the skill output variable, the value of the arithmetic mean was (37.79) with a standard deviation of (5.93). As for the simple correlation values between the psychological security variable and the cognitive outputs, the correlation value was (- 0.84), at the degree of freedom (85) and below the significance level (0.05), which indicates the existence of a correlation between the psychological security variable and the students' cognitive output. Likewise, for the simple correlation values between the psychological security variable and the skill outputs, the correlation value was (- 0.80), at a degree of freedom (85) and below the significance level (0.05), indicating the existence of a correlation between the psychological security variable and the students' skill outputs.

III. DISCUSSION:

By reviewing the results in tables (1-2-3-4), it appears that there is a correlation between psychological security and educational cognitive and skill outcomes in students' tennis lessons. The researchers show that the results of this study are due to the fact that most members of the research sample do not enjoy high psychological security and this is due to the social, economic, health and environmental conditions in which the student lives, and to the lack of care for them and the increased awareness of responsibility towards them and attention to them in the university environment or the satisfaction of their psychological needs that make them feel comfortable And the calm and tranquility, safety and mental health, which affects the level of knowledge of the student and thus on the educational cognitive and skill outcomes in the tennis lesson. This is what JananRajou confirms (1994), "The need for security is a basic need linked to the desire for life, and if this need is threatened, then the person will face fears and threats in all aspects of his life." Adaptation is a dynamic process through which an individual's behavior is modified to be able to live in his environment in peace, harmony and with the least possible conflict and that he depends on

The beginning is to satisfy his various needs, and failure to satisfy these needs means not obtaining adaptation (Jamal Al-Alousi, 1990).

The results of the research also show that the value of the correlation of psychological security was with a negative sign, as the researchers show that the negative sign is an indication of the inverse relationship between the degree of psychological security and the degree of educational cognitive and skill outcomes in the students' tennis study, as the lower the degree of psychological security the higher the degree of educational output The student is good, and this is what (Salim, 2006) shows, "The need for knowledge and understanding is represented by the desire

to acquire information, craving for knowledge, understanding, curiosity and adventure. These needs appear in the desire to explore, know the realities of things and curiosity. This need appears in analysis, organization, linking and finding relationships between things. And that the lack of feeling of security will affect the individual's desire towards knowledge and the achievement of the cognitive self and reaching his goals in life, and Adler links that a person's psychological security is the extent of his ability to achieve adaptation and happiness in the fields of work, love and society and this is done through the ability of man to overcome the feeling of inferiority because Any social or moral deficiency that results in a feeling of insecurity. Thus, the psychological security of the individual depends on a real awareness of the issue of feeling inferior and a living style It is driven by a reasonable level of cognitive ambition (Almas Sami, 2019). Ayyad Muhammad (2005) adds: "Security is fundamental to development, there is no development and prosperity except in the shadow of prior security. Proper planning, intellectual creativity and scientific perseverance are the most important foundations of development, and these things are only possible in light of security and stability in which a person can reassure himself and his wealth. And his investments.

IV. Conclusions:

1. The majority of the research sample is a lack of a sense of psychological security, which indicates that the reinforcers of insecurity are prevalent in the details of their daily lives, which affected the educational and skill outcomes of the students' tennis lesson.

2. The negative reference to the value of the correlation between psychological security and educational and skill outcomes indicates that the high degree of psychological security negatively affects the educational cognitive and skill outcomes of students' tennis lessons.

V. Recommendations:

1. Providing a psychologically safe atmosphere for students, whether at home or at the university, to satisfy the students' biological, social and cognitive needs.

2. Continuous communication between the university and the family in order to alleviate anxiety states and thus increase the students' knowledge level.

3. Carrying out many studies in this context to come up with a clear vision about the nature of the relationship between the variables of psychological security and the educational cognitive and skill outcomes of students.

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