

Personal traits according to the model of the list of the big five factors and self-efficacy and their relationship to the motivation of sports achievement for young handball players, a survey research

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Introduction

Introduction and importance of the research:

The follower of what is happening in the world of achievements will find there is a comprehensive scientific development for all scientific fields and in their various forms and types, and the sports field takes its share and right every day from this wide development that reaching a new level and achieving achievement in international forums is important for all sports teams in all Games, and that this progress is not the result of chance, but is the result of research, investigation and scientific and technical efforts exerted by experts and coaches in the field of sports and in regular and deliberate ways to reach the best to serve the players. The essence of the human being and closely related to the response of other athletes, so most scholars agreed that personality traits are among the most complex phenomena that psychology is subjected to studying because they are a multidimensional and multifaceted psychological phenomenon. It is considered the decisive factor in achieving maximum performance, especially in the sports field, as it means the extent to which the handball player believes that he can successfully implement what is required of him. All the requirements of sports performance in order to achieve a certain result required of him, and the achievement motivation is no less important than the concepts of personality and self-efficacy, as it is a multi-dimensional composition and that achievement situations are situations in which the greatest attention for the player is on his personal competence to meet the requirements of the situation and that the goals or Attitudes are among the most important determinants of achievement behavior based on the interpretation of the success or failure of the achievement behavior in light of the extent to which these goals or directions have been achieved.

Therefore, the importance of the research lies in the study of personality traits according to the model of the list of the big five factors and self-efficacy and trying to know the type of relationship with the motivation of sports achievement among young handball players in order to reach final results that serve researchers, coaches and players in the field of handball and help them develop the game.

Research problem

The researcher's great belief in the need to identify the personal traits of young handball players and how they deal with the course of the match must be studied as a whole. Characteristics of the personality only after knowing its relationship to other traits. An effective player is the one who needs continuous training without interruption to acquire and develop many of his personal and skill traits that open the doors to excellence and success for him. Subjectivity requires that it expresses the effort exerted by the player during the match or training, and in order to know the type of complex interaction for each of the personal traits and self-efficacy of young handball players, the researcher conducted this study to know the importance and relationship of each of them to the motivation of sports achievement among handball players. Young people in order to reach results that help coaches develop the levels of their players in the service of developing the game.

Research aims

1. Identifying the dimensions of personality traits according to the model of the list of the five major factors for young handball players.
2. Identifying the dimensions of self-efficacy for young handball players.
3. Identifying the dimensions of sporting achievement motivation for young handball players.
4. Identifying the type of relationship between the dimensions of personality traits according to the model of the list of the big five factors and self-efficacy with the dimensions of sports achievement motivation for young handball players.

Research areas

1. The human field: the players of the National Center for the Care of Sports Talent in Youth Handball.

2. Spatial domain: the closed hall of the National Center for the Care of Sports Talent in Handball affiliated to the Ministry of Youth and Sports / Baghdad, and the training halls of the centers covered by the research.
3. Time range: the period from 2/3/2019 to 5/6/2020 AD.

Research methodology and field procedures:

Research Methodology:

The researcher used the descriptive method with correlative relations to suit the objectives of the study.

Research community and sample

The researcher selected the research community from the players of the National Center for the Care of Sports Talent for Youth Handball and participants in the 2019-2020 sports season, and their number is (181) players representing the research community with (8) centers throughout Iraq, except for the Kurdistan Region, and (110) were selected Players in the intentional way and those who have the desire to carry out research tests represent (7) centers for sports talent with a percentage of (60.773%) of the research community, and (8) players were selected as a pilot experiment sample and were excluded from the work sample.

Means of data collection, devices and tools:

The researcher used the following means (Arabic and foreign references, the International Information Network (Internet), tests and measurements, personal interviews, an individual registration form to record answers on the personality traits scale according to the big five factors list form, an individual registration form to record answers on the self-efficacy scale, a registration form Individual to record the answers on the sports achievement motivation scale).

Tests used in the research

Personal traits scale according to the big five factors list model (5: 2007: 66-67):

The researcher used the Personal Traits Scale (Costa & McCrae 1992) to measure the major basic factors of personality, which are (neuroticism, extraversion, openness, kindness, and conscientiousness), which consists of (60) items, and each factor It includes (12) paragraphs, and each of them is answered by choosing one of five alternatives (strongly disagree, disagree, neutral, agree, strongly agree) and grades (5, 4, 3, 2, 1) are

assigned to the positive paragraphs, while (1, 2 are given) , 3, 4, 5) for the inverse negative clauses for each of the five factors.

Self-efficacy scale (11: 1993: 242-251):

The (Schwarzer 1993) scale was used, which is a scale that aims to identify the level of self-efficacy of individuals in work situations, and the scale consists of (10) items listed on a scale of three alternatives (sometimes, often, always) and assigned scores (0, 1, 2), respectively.

Sports Achievement Motivation Scale (6: 1998: 181-183):

The (Achievement Motivation) scale was used for (Joe and Willis 1982), which consists of (40) items, and (Mohammed Hassan Allawi, 1998) has Arabized and shortened the scale to be in its final form consisting of (20) items only, and the scale consists of two dimensions and by (10) paragraphs for each dimension, namely:

The first dimension/ (the motive for achieving success) and includes paragraphs (2, 4, 6, 8, 10, 12, 14, 16, 18, 20) and they are all positive paragraphs in the direction of the dimension except for the numbered paragraphs (4, 8, 14) They are negative paragraphs ie in the opposite direction of the dimension.

The second dimension (after the motive of avoiding failure) and includes paragraphs (1, 3, 5, 7, 9, 11, 13, 15, 17, 19) and all of them are positive paragraphs in the direction of the dimension except for the numbered paragraphs (11, 17, 19) They are paragraphs in the opposite direction of the dimension.

The answer to the scale is through five alternatives (to a very high degree, to a great extent, to a moderate degree, a little degree, and to a very little degree) for which grades (5, 4, 3, 2, 1) were assigned to the positive paragraphs while being given (1, 2, 3, 4, 5) for negative paragraphs.

Survey experience:

The three measures and tests were applied on 2/10/2019 on a sample of (8) players representing the National Center for the Care of Sports Talent for Youth Handball in the Governorate of Baghdad. It's as follows:

First, the validity of the metrics:

The researcher presented the three scales (personal traits scale according to the Big Five Factors List model, the self-efficacy scale, and the sports achievement motivation scale) used on experts specialized in sports psychology, tests and measurement and in the game of handball, and they all agreed 100% on their validity. Thus, they are all apparently true.

Secondly, the stability of the scales:

The researcher calculated the stability of (personal traits scale according to the big five factors list model) by the methods of (test and retest) and (Cronbach's alpha coefficient) for internal consistency). And the value of the significance level (Sig) has (0.000), which is smaller than the value of the adopted significance level (0.05), so the scale is considered to have a high stability coefficient, and in the method (Alpha Cronbach's coefficient) for internal consistency, its value reached (0.921).

As for the (self-efficacy scale) it was calculated by (test and re-test) and (Cronbach's alpha coefficient) for internal consistency) has (0.000), which is smaller than the value of the approved significance level (0.05), so the scale is considered to have a high stability coefficient, and in the method (Alpha Cronbach's coefficient) for internal consistency, its value reached (0.933).

While the (Scale of Mathematical Achievement Motivation) was calculated by (test and re-test) and (Cronbach's alpha coefficient) for internal consistency. (Sig) has (0.001), which is smaller than the value of the adopted significance level (0.05), so the scale is considered to have a high stability coefficient, and in the method (Cronbach's alpha coefficient) for internal consistency, its value reached (0.901).

Third/ Objectivity of Standards:

The researcher calculated the value of Pearson's simple correlation coefficient between the degrees of the first and second judgments, and it was concluded that the three scales are highly objective due to the fact that their calculated values amounted to (0.900, 0.920, 0.903) and the significance level (Sig) values for them respectively (0.000, 0.000, 0.000) which is less than the value of the adopted significance level (0.05).

The main experience:

The researcher conducted the main experiment on (2/3/2019) on (110) players from the National Center for the Care of Sports Talent for Youth Handball and participants in the 2019-2020 sports season through the distribution of the three scales forms (personal traits scale according to the list of factors model). The Big Five, the self-efficacy scale, and the sports achievement motivation scale) on the players consecutively, and the importance of each game scale was clarified and the accuracy in answering all paragraphs of each scale was emphasized, then the data was collected and unloaded with individual forms for each scale in order to be processed statistically.

Statistical laws:

The data was processed using the ready program (IBM SPSS Statistics Ver.24) to extract the following: (arithmetic mean, standard deviation, median, skew coefficient, Pearson simple correlation coefficient).

Presentation, analysis and discussion of the results:

Presentation and analysis of the results of the dimensions of personality traits measures according to the model of the big five factors list, self-efficacy and sports achievement motivation for young handball players:

After collecting and unpacking the data for the dimensions of measures (personal traits according to the model of the list of the big five factors, self-efficacy, and motivation for sports achievement), the values of the arithmetic means, standard deviations, the median and the values of the torsion coefficient were extracted by the method of the third moment and as in Table (1), and it is noted from the table that all The values of the skewness coefficients for all three research scales were less than (+1), which indicates the good distribution of the sample under the normal distribution curve and its homogeneity.

Table (1) Arithmetic means, standard deviations, median and skew modulus of the three scales

skewness	Mediator	standard deviation	Arithmetic mean	Dimensions	metrics
0.835	51	2.030	51.736	neurotic	Personality traits according to the big five factor list model
0.802-	53	1.535	52.700	extroversion	
0.873-	52	1.113	52.090	openness	
0.687-	55	1.488	54.481	kindness	
0.176-	55	0.851	55.090	vigilance of conscience	
0.331	253	2.989	253.018	Total marks	
1.015	15	1.500	15.363	self-efficacy	
0.196-	44	0.866	44.100	After the motivation to achieve success	Athletic achievement motivation
0.525	42	1.302	42.190	Post-motivation	

				avoid failure	
0.034-	85	1.280	84.409	Total marks	

Presentation, analysis and discussion of the relationship of the dimensions of the two scales of personality traits according to the model of the list of the big five factors and self-efficacy with the dimensions of the sporting achievement motivation scale for young handball players:

The researcher used Pearson's simple correlation coefficient between the dimensions of the two personality traits scales according to the model of the Big Five Factors List and self-efficacy with the dimensions of the sports achievement motivation scale for young handball players, as shown in Table (2), and it is clear from the results presented in the table that there is a significant correlation between the dimensions of the scale Personal traits according to the model of the list of the big five factors which are (neuroticism, extraversion, openness, kindness, and vigilance of conscience) and the total score of the scale and the measure of self-efficacy with the dimensions of the sports achievement motivation scale, which is (after the motivation to achieve success, and after the motivation to avoid failure) because the values of the correlation coefficients The calculated (r) for them were with (after success achievement motivation) respectively (0.791, 0.766, 0.745, 0.812, 0.788, 0.803, 0.822) due to the fact that all the values of its significance level (Sig) were smaller than the value of the approved significance level of (0.05), which indicates a significant correlation.

It is also clear that there is a significant correlation between the dimensions of the personality traits scale according to the model of the list of the big five factors which are (neuroticism, extraversion, openness, kindness, and vigilance of conscience) and the total score of the scale and the measure of self-efficacy with the dimensions of the sports achievement motivation scale which are (after the achievement motivation of success, after Failure avoidance motivation) because the calculated correlation coefficients (r) values were with (after failure avoidance motivation) respectively (0.774, 0.752, 0.761, 0.744, 0.780, 0.785, 0.813) due to the fact that all the values of its significance level (Sig) were It is smaller than the value of the approved significance level of (0.05), which indicates the existence of a significant correlation.

While it is clear that there is a significant correlation between the dimensions of the personality traits scale according to the model of the list of the big five factors which are (neuroticism, extraversion, openness, kindness, and vigilance of conscience), the total score of the scale and the scale of self-efficacy with the total score and dimensions of the sports achievement motivation scale, because the values of the correlation coefficients The calculated (r) for it were (0.792, 0.789, 0.767, 0.779, 0.758, 0.799, 0.801) due to the fact that all the values of its significance level (Sig) were smaller than the value of the dependent significance level of (0.05), which indicates that there is a correlation morale.

Table (2) Correlation coefficient of the dimensions of the two personality traits scales according to the big five factors list model and self-efficacy with the dimensions of the sports achievement motivation scale for young handball players

Athletic achievement motivation									Dimensions neurotic	metrics
indication	Sig	Total marks	indication	Sig	Motivation to avoid failure	indication	Sig	Motivation to achieve success		
moral	0.000	0.792	moral	0.000	0.774	moral	0.000	0.791	extroversion	Personality traits according to the big five factor list model
moral	0.000	0.789	moral	0.000	0.752	moral	0.000	0.766	openness	
moral	0.000	0.767	moral	0.000	0.761	moral	0.000	0.745	kindness	
moral	0.000	0.779	moral	0.000	0.744	moral	0.000	0.812	vigilance of conscience	
moral	0.001	0.758	moral	0.002	0.780	moral	0.000	0.788	Dimensions	
moral	0.003	0.799	moral	0.001	0.785	moral	0.001	0.803	Total marks	
moral	0.000	0.801	moral	0.000	0.813	moral	0.000	0.822	self-efficacy	

Discuss the results

The findings of the researcher related to the relationship of personality traits according to the model of the list of the big five factors, the meaning of the existence of a correlation relationship (the neurotic trait) with the motivation of sports achievement is consistent with the study (Essam Abdel Majeed 2006) “the best evidence of the conditions of family and school upbringing and what the player faces from Harsh and difficult conditions and the psychological problems they generate are

reflected in the player's behavior in the situations he is exposed to before or during the matches, making him feel emotional instability, confusion, anxiety, pessimism, and a decrease in self-efficacy. He asks them "(4: 2006: 137), and the meaning of a correlation (extraversion) with the motivation for athletic achievement is consistent with the study of (Youssef Hama Saleh 2005). The harsh conditions that he goes through, whether inside or outside the field, have the effect of making the player more inclined to act impulsively and quickly in movement and launch and the pursuit of excitement" (9: 2005: 321).), and the meaning of a correlation (the openness trait) with the motivation for sports achievement is consistent with the study (Youssef Hama Saleh 2005) "that the challenges posed by modern technology and the information age, which push the player to love knowledge, curiosity and openness to ideas and information" (9: 2005: 328).), As for the meaning of the existence of a correlation relationship (the trait of kindness) with the motivation of sports achievement, it indicates how the handball player interacts with others, cooperates with them, and is altruistic and believes that others will treat them in the same way, and this result is consistent with what she indicated (Iman Abdel Karim 2012) The political, cultural, economic, social and religious conditions led to the erosion of many values and customs, which affected the level of kindness among students, who are one of the groups of society" (2: 2018: 533).

The researcher also believes that the meaning of the relationship between (self-efficacy) with the motivation of sports achievement is the best evidence of its great value in influencing the level of team achievement, and the individual differences in the degree of awareness of young handball players of self-efficacy is related to their ability to evaluate the level of self-efficacy. Achievement and control of attitudes and related behavior, which affects their awareness of the nature of their competitive position, and this conclusion reached by the researcher agrees with the study (Sidqi Nour El-Din 1993) "that self-efficacy plays an important role in influencing the performance of players, as the level of self-efficacy they have represents the factor The decisive factor in achieving the maximum performance" (3: 1993: 22), as indicated by (Bandura 1997) "that the individual with high self-efficacy is the most efficient in responding to the correct performance, and therefore the current performance will be predicted by the degree of the individual's belief in his

sufficiency Personality, which means that self-efficacy is one of the important means of predicting performance” (10: 1997: 344), and it also agrees with what was emphasized (Nazih and Nassima 2000) “that self-efficacy can also include the initiative and perseverance behavior of the individual, which depends On the individual’s judgments and expectations related to his behavioral skills and their adequacy in dealing successfully with the challenges of the environment and the surrounding conditions. The position is better cognitively in order to achieve the best sporting achievements” (8: 2000: 45).

The researcher also believes that the motive for achieving success expresses competition in achieving the best level of achievement for young handball players, which pushes them to persevere, reach the best performance and build a high level of self-confidence through working on continuous training and commitment to values and principles and good behavior on the field according to The planning that the coach puts in the team leadership in the sports competition, and this result is consistent with the study (Ahmed and Maisa 1992) that “the motivation for achievement is a motive that is generated by the individual and urges him to compete in situations that include levels of excellence and superiority, and the motive for achievement includes different patterns and types of behavior and interferes with It has an element of challenge” (1: 1992: 169), and it also agrees with what was confirmed by (Mohamed Hassan 1998) “that achievement motivation is the individual’s willingness to compete in a certain achievement situation in light of a certain standard or level of excellence standards or levels. As well as the desire to struggle and struggle to excel in achievement situations, which results in a certain type of activity, effectiveness and perseverance” (7: 1998: 251).

Conclusions and Recommendations:

Conclusions:

1. There is a significant correlation between all dimensions of the personality traits scale according to the model of the list of the big five factors (neuroticism, extraversion, openness, kindness, and vigilance of conscience) with the dimensions of the sports achievement motivation scale for young handball players.

2. There is a significant correlation between the total score of the personality traits scale according to the big five factors list model with the total score of the sport achievement motivation scale for young handball players.
3. There is a significant correlation between the self-efficacy scale with the dimensions of the sports achievement motivation scale and the total score of the scale also for young handball players.

Recommendations:

1. Work to include the final results that have been reached within the long-term and short-term training programs because of their great role for handball players to achieve a better achievement.
2. Enhancing the positive aspects of sporting achievement motivation for young handball players.
3. Emphasis on the role of personality traits and self-efficacy in influencing the motivation of sports achievement for handball players.
4. The necessity of conducting studies on other psychological variables that were not addressed in the current study.
5. The necessity of re-conducting the study at other levels of handball players of both sexes.

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