International Journal of Psychosocial Rehabilitation, Vol. 24, Issue 02 2020
ISSN: 1475-7192

Designing a scale for some personality traits of tennis, badminton and squash players for students of the College of Physical Education / University of Baghdad

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Abstract ---*The present study aimed to study some personality traits by measuring personality traits with the Freiburg scale on a sample of students of the College of Physical Education / University of Baghdad who specialize in the games concerned with the research. In order to achieve the goal of the research, the researcher designed the rate scale by the researcher to measure some personality traits after ensuring the validity and stability of the scale in the research community and after processing the data and information obtained by statistical methods the researcher reached the results that characterized the sample groups in the characteristics of the researcher and it was noticed that the neurotic feature was Higher values than other traits. The research community consisted of a group of students of the College of Physical Education / University of Baghdad, who were (22) students out of (26), and they were divided into three groups according to the aforementioned games, which the scale was applied to them with the research. The researcher concluded that the psychological aspect is an important and influential factor in the sports field in terms of good performance and better achievement of goals. The researchers recommend, through the findings of a mechanism, in the study of the personality traits of each student and in depth in this area, as it is the main reason for the progress and decline of performance.*

Type of Paper--- *Review*

Introduction and the importance of research:

The scientific progress that the world is witnessing at the present time is one of the main reasons for the progress of human life in its various fields, including the field of sports, and that this progress can only be achieved through tireless scientific studies based on several interrelated sciences related to the mathematical field. Sports psychology, which has great contributions to the development of sports and its various types. The progress that included the sports field is a mirror of progress in all sports and among these games are individual sports because of the comprehensive numbers of players and all their groups, including students of physical education. And, in order to raise the level of sports, it is necessary to study the personality traits of playing individual sports to know their features and what they are distinguished by, by using one of the psychological measures of personality traits. Hence the importance of research by knowing the personality traits of the players of some individual sports and comparing these traits when Players of these games, in order to put the accurate results of their personal characteristics at each sports game through the characteristics of its players that distinguish them. To contribute effectively to the development of these games.

Research Problem:

The advancement in the athletic level requires continuous numbers of players for many years and various aspects, and is accompanied by psychological numbers. Through the researcher's experience as a team player and coach for one of the individual sports and a professor of racquet games, most coaches depend on physical fitness and skill performance, and there are deficiencies in knowing the personality traits of the players of these games and what distinguishes the players of these games in terms of personality and according to the type and specificity of the game in order to contribute in the

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future to The possibility of selecting coaches for their players and training them according to what each game requires of the features that distinguish a player from a player in the other game, as the personal characteristics of the players in these three games should be known because they have an impact across different age stages because they contribute significantly to raising the level of their abilities and readiness, and then we can achieve The best levels are not only at the level of the college student, but also on the levels of the game in general.

Research Objectives:

- Knowing the personal characteristics of students of the College of Physical Education and Sports Sciences at Baghdad University for players (tennis, badminton, and squash).
- Knowing the difference in personality traits between students of the College of Physical Education and Sports Sciences at Baghdad University for players (tennis, badminton, and squash).

Research fields:

- The human field: - Students of the College of Physical Education and Sports Sciences at Baghdad University for players (tennis, badminton and squash).
- Timing field: - from 10/8/2018 to 12/30/2018.
- Spatial domain: - Halls of the College of Physical Education and Sports Sciences, University of Baghdad.

Research methodology and field procedures:

Research methodology:

The nature of the study of any problem obliges the researcher to follow an appropriate research methodology with the choice of an appropriate approach, as the methodology is "the method or method that the researcher uses in determining the features of his research and its general features in order to arrive at accurate results based on which can be generalized" (Nabil, 2002, p. 179), and including The nature of the study of our research problem is of a descriptive nature, which means great interest in understanding and describing students' personality traits in the aforementioned games.

Sample Research:

The results that the researcher comes out with from his research depends on the good choice of the sample, and as a result the sample must be similar to the research community and it is part of it. Otherwise, it is not true for the community what was approved on the sample, as the sample indicates that it is part of all or some of all (Wajiyeh Mahjoub, 2005, p. 212), and accordingly, the selection of the research sample came after the community was determined by the random method, and by using lottery, (22) students were selected from a total of (26) students, as the research sample constitutes (84)% of the total number of specialized students. In the games concerned with research, as the ages of the students are all close, and they are students of the College of Physical Education and Sports Sciences / University of Baghdad, and they were distributed according to the purpose used and as shown in the following table: -

Table (1): It shows the games selected, the number of players and the purpose used

T	the game	Number (community) students of	Number (sample) students of	Purpose used
1	Tennis	10	8	Exploratory experience
		11	8	The main experience
2	the flying Feather	8	8	The main experience
3	Squash	7	6	The main experience
Total		26	22	

Actually, the descriptive method was chosen in the style of survey studies to achieve the desired goal, considering the descriptive approach the best and easiest methodology in solving our research problem and contributes to achieving its objectives. Caligiuri, Paula M.2000, p, 174) refers the descriptive approach as "the accurate perception of the interrelationships between Society, trends, tendencies, desires and development so that research gives a picture of reality, develops indicators and builds future predictions.

Research methods, devices and tools used: -

In order to solve the research problem, it is necessary to use tools that fit that problem, in order to obtain accurate data that help in solving the problem and the possibility of achieving the objectives of the research, as the tools indicate that it is "the means by which the researcher can solve the problem, whatever those tools or data" (Marwan Abd al-Wahhab, 2002, p.65), and among the tools, devices and research means that the researcher used in his research are: -

- Scientific sources and references.
- The International Internet.
- Psychometric measures (modified Freiburg personality traits scale).
- Questionnaire for opinions of experts and specialists.
- Computer acer type))

Freiburg Personality Scale:

The Freiburg list of personality was originally developed by Joken Farnberg, Herbert Selge, and Rainer Hamel, professors of psychology at the University of Freiburg in West Germany, promising an Arabic image of Muhammad Hassan Allawi, and Dale, professor of psychology at the University of Giessen in West Germany, designed a miniature image of the list that includes eight dimensions and includes (56) words, Using the scale on a sample of (10-12) years old as part of one of the studies, and the modified scale within this sample includes (50) items and the eight dimensions of the scale are (nervousness, aggressiveness, depression, excitability, social, calm, control, cessation or restraint) .

Field research procedures:

After surveying the opinions of experts and specialists in Appendix (1) within the validity of the application of some axes and paragraphs of the Freiburg scale and the relevance of the research sample, and after identifying the axes related to the characteristics of the players of these games and some paragraphs of the axes and included as shown in Appendix (3).

The first axis, which is the axis of the nerve and its vertebrae:

• The third axis is the focus of depression and its vertebrae:

The sixth axis is the axis of calm and its paragraphs:

The player's pointing for the scale paragraphs is inferred by giving two degrees to the positive paragraphs with an answer (yes) and one score for the answer (no), and giving two degrees to the negative paragraphs with an answer (without) and one score for the answer (yes), and after knowing all of that, the pilot experiment was conducted and values extracted Truthfulness, constancy and objectivity. After that, the main experiment was conducted as follows: -

Exploratory Experience:

It is a mini experiment similar to the real one, as the exploratory experiment was conducted on Monday 10/12/2017 at twelve o'clock in the afternoon in the halls of the College of Physical Education and Sports Sciences, University of Baghdad, on students of the College of Physical Education, University of Baghdad, for ground tennis players, which numbered (10) students The purpose of the pilot experiment was to know the following: -

- The suitability and understanding of the research sample for the items of the Freiburg scale.
- The time taken to complete the research sample in marking them on the scale paragraphs.
- The assistant's competence in clarifying some of the scale paragraphs of the research sample.

After conducting the pilot experiment, it was found that the paragraphs of the scale are clear for the sample, and it took (20) minutes to complete the research sample in the visas on all the scale paragraphs.

The scientific basis for the Freiburg scale:

In order to identify the personality traits of students of the College of Physical Education, University of Baghdad, specialists in the games concerned with research, the two researchers extracted the scientific parameters (truthfulness, consistency and objectivity) as follows: -

scale validation:

In the field of psychometrics and testing, honesty is an important characteristic. In order for the scale to be valid, it "must measure what it is set for in a good way, since the validity of the scale is related to what it actually measures" (Digman, JM 1990, p, 417)) and the researchers confirmed the validity of the scale by performing the procedures and distributing the questionnaire of experts and specialists to find out the extent of the reliability of the scale And the relevance of its paragraphs to the research sample, high percentages were obtained in the validity of the paragraphs and the scale appropriateness of the research sample depending on the percentage of nomination for each paragraph provided that it is not less than (75%), and as shown in Appendix (4).

Scale Stability:

Although the validity of the scale is more important than its reliability, because a valid scale is necessarily constant, while a fixed scale may not be true. However, reliability is one of the important psychometric properties of the scale, because it is not possible to obtain complete validity in psychological measures. Therefore, consistency is another indicator of the accuracy of the scale in measuring what it was prepared to measure (Brolwn, 2000, p, 343), as it indicates that it has a high degree of accuracy and consistency in the data it provides us with about the subjects. A static test is a test that if applied to a certain group and then re-applied to another identical group, it would give the same results. The researchers verified the reliability of the measures of the five personal dimensions involved in the research.

Objectivity Factor:

In order to extract the objectivity coefficient, one must use the objectivity of the scale and the test, which indicates that "the test is not affected by the subjective factors of the arbitrators who administer that test" (Nader and Hisham, 2005, p.143). For the purpose of knowing the objectivity of the Freiburg scale of personality traits, all the paragraphs of the scale were discussed With the sample exploratory experiment about the extent of their understanding of the scale paragraphs, and it was found that all the scale paragraphs are clear and understandable, and thus it was ensured that the personal factors of the sample members did not interfere with what is related to the difficulty or ease of understanding the paragraphs, and then the scale paragraphs used in the research are considered highly objective.

The Main Experience:

After confirming the suitability of the Freiburg scale on the exploratory experiment sample, and after determining the main research sample represented by students of the College of Physical Education for players (ground tennis, badminton, and squash) of 22 students, the main experiment was conducted under the supervision of the researchers on 10/14 to 10/25 / 2018, and confirming to the sample the need to answer all the scale paragraphs honestly and as was followed within the exploratory experiment, and after tabulating the data, it was analyzed and interpreted to obtain information that achieves the research objectives and thus solve the problem.

Statistical methods:

- Arithmetic mean:
- percentage:
- Correlation coefficient (Pearson):
- Variance:

Presentation, analysis and discussion of results:

Presentation, analysis and discussion of the results of the neural axis for the emergent: - (Tennis - badminton - squash)Through Table No. (2), the students 'values are shown within the paragraphs of the nerve axis and the values of their arithmetic mean, as it is evident from the table that the highest total and highest arithmetic mean were among students of tennis players, as their total scores and their arithmetic mean reached (66) (8.25 A score in a row, which is higher than the sum and mean values of students in other sports. In order to find out the differences in the trait of nervousness and for the benefit of any students of sports games, it is necessary to use the analysis of variance to extract the statistical significance and use the Schiff equation based on the values of the arithmetic mean, standard deviation, variance values, and the following tables show that.

Table (2): Shows sample values within the axis of neuronal trait

T	Tennis	the flying Feather	Squash
1	7	9	7
2	9	7	9
3	8	6	10
4	8	8	9
5	9	9	8
6	10	8	7
7	7	10	
8	8	7	
Sum	66	64	50
S.T.D	8,25	8	8,3

Table (3):shows the sample size, mean values, standard deviation, and variance of the samples investigated for the neurotransmitter characteristic

Statistical samples	Sample volume	Arithmetic mean	standard deviation	variance
Tennis	8	25 , 8	0.545	0,235
the flying Feather	8	8	0, 707	0, 499
Squash	6	8, 3	0 500	0, 250

Through Table (3) it was found that the values of the arithmetic mean are different for the individuals of the sample and within the sports specified in the research in addition to the values of the standard deviation and the values of variation varying for all members of the sample, and the researcher believes that the high degree of nervousness among students of tennis players is due to the nature of the game that It requires a state of nervous tension for the purpose of achieving the goal and overcoming the opponent, in addition to the high competition required by this game, in addition to the lack of experience in practicing this game by students, the lack of tournaments and their training age, and all these reasons have led to the high value of nervousness among students of tennis players, In addition, we find that the arithmetic mean among students is close to the theoretical limits of the neurotic trait. The high values of tennis players indicate that they are distinguished by nervousness. With pain and general psychological disorders such as sleep disturbances, fatigue, and clarity of some nervous and physical manifestations associated with high excitement).

Presentation, analysis and discussion of the results of the axis of depression for the students of the Games: - (Tennis - badminton - squash).

Table (4): Shows sample values within the depression trait axis

T	Tennis	the flying Feather	Squash
1	7	7	8
2	6	8	10
3	9	7	9
4	10	7	7
5	9	8	9
6	8	6	8
7	7	9	
8	6	6	
Sum	63	58	51

S.T.D	7,87	7,25	8,5

Through Table (4), the values of sports students are shown within the trait of depression, as it is evident from the table that the highest value within the depression trait was 8.5 for students of the squash game, and the lowest value was for students of badminton players, as it reached (7.25) In order to find out the differences among students within this feature and for the benefit of any of the students, it is necessary to use the analysis of variance to extract the statistical significance using the values of the arithmetic mean, standard deviation, and variance values, and the following table shows that.

Table (5): It shows the sample size, mean values, standard deviation, and variance of the samples searched for the depression feature

Samples	Sample volume	Arithmetic mean	standard deviation	variance
Tennis	8	7,87	0,652	0,518
the flying Feather	8	7,25	0,685	0,532
Squash	6	8,5	0,582	0,402

Through Table (5) it was found that there is a convergence in the value of the arithmetic mean and the standard deviation and the disparity between all students in the trait of depression, and this indicates that practicing sport in its general form and in various sports reduces depression and sends a spirit of understanding, raising morale, developing will, courage and self-confidence and these qualities Helps inevitably reduce the state of depression among students of sports, and this is what was pointed out to him (Osama Kamel, 1997, p. 144) that the reason for students' participation in sports is "to develop motor skills, have fun, make friends, succeed and appreciate, improve physical fitness, challenge," Social support and family encouragement, a positive way for the coach to interact with students or players. ”In addition, German doctors at the University of Free Berlin reported that exercise and physical activities are the best effective way to treat major depression, and many studies have confirmed that sport walking is the best way to get rid of Feelings of sadness, depression, frustration and laziness, as the researcher believes that the sports concerned with research include movements that help reduce depression.

Presenting, analyzing and discussing the results of the calm axis for young people: - (Tennis - badminton - squash).

Table (6): Shows sample values within the Quiet Trait axis

T	Tennis	the flying Feather	Squash
1	9	12	9
2	1 1	9	2 1
3	10	10	10
4	8	9	9
5	11	10	11
6	10	8	9
7	9	11	
8	10	10	
Sum	78	81	60
S.T.D	9,75	10,12	10

Table (6) shows the values of the axis of calmness in the research sample, as the highest value of the arithmetic mean was among students of badminton players, as the value of their arithmetic mean was (10.12) degrees and less is the mean of arithmetic (9.75) students of tennis players, which is the highest Arithmetic medium from among the arithmetic meanings shown in the above table, and in order to find out the differences in the students of the games within this feature,

it is necessary to use an analysis of variance, extracting in the beginning the values of the standard deviation and the variance values, as shown in the following table.

Table (7): It shows the sample size, mean values, standard deviation, and variance of the samples searched for the calm feature

Samples	Sample volume	Arithmetic mean	standard deviation	variance
Tennis	8	9,75	0.0 76	0, 580
the flying Feather	8	**12 , 10**	0, 920	0, 840
Squash	6	10	0,414	0, 171

We find through Table (7) there is a difference in the values of the arithmetic mean among the students of the games in addition to the lower values of the standard deviation and the values of variation, as it was found that the students of the badminton players had the highest value of the axis of calm, and this requires the badminton player to be calm and not tense, This is in order to be able to direct his thoughts, attention and focus on performing the skills well and facing the opponent without distraction or fear to obtain what is required, and thus the badminton player is among the high-class people of the axis of calm and the advantages of high-class people, as indicated by one of the sources as being They describe themselves as trustworthy, not confused or distracted, calm, difficult to arousal, moderate mood, optimism, away from aggressive behavior and persistence in work "(Jamal Qasim, 2000, p.92). Through the previous axes in which students of badminton players scored at least an arithmetic mean in the trait of league and depression.

Conclusions:

After implementing the field research procedures and tabulating and discussing the data, the researcher reached a set of conclusions, namely: -

- The tennis students were distinguished by the trait of asabiyyah, and they obtained the highest value in the nerve axis and the lowest value in the other axes.
- The students of the plane game were distinguished by the character of calm, due to the fact that he obtained the highest value in the calm axis and the lowest value in the other axes.
- Squash students were distinguished by the characteristic of depression, due to the fact that it obtained the highest value in the axis of depression.
- Playing sports reduces the depressive trait, and the value of this trait is low for students of tennis and badminton games.

Recommendations:

- The two researchers recommend that coaches study the personal aspects and characteristics of the players.
- The use of the Freiburg scale, taking into account the circumstances of each game and each class of players and their application.
- Conducting bigger studies on the personality traits of students in physical education and for players in clubs because the psychological aspects are an important factor in achieving achievement.

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