

Measuring the level of psychological capital of football coaches from the point of view of players in the clubs of Babil Governorate

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The study aimed to build a measure of the psychological capital of the coaches from the point of view of the coaches of the Middle Euphrates region in football.

– Identifying the degree of psychological capital of the coaches from the point of view of the coaches of the Middle Euphrates region in football. – Setting standard levels for the psychological capital of coaches from the point of view of the coaches of the Middle Euphrates region in football. The researcher used the descriptive approach in the survey method to suit him and the nature of the research, as the research community included the coaches of the clubs of Yale Governorate, who numbered (168) players, distributed over (11) clubs, namely: (Al-Qasim, Al-Kifl, Babel, Al-Musayyib, Al-Sadah, Al-Hillah, Al-Mahawil, Al-Madhatiyah, Al-Shamli, and Al-Nil). The construction sample included (100) players , while the application sample included (60) players. Then, the exploratory experiment of the scale was conducted on 15/3/2024 on a sample of (8) players. Then, the researcher applied the scale to the research sample and used the statistical bag (spss) to obtain the statistical values (arithmetic mean, standard deviation, independent sample (T) test, Pearson correlation coefficient, hypothetical mean). In light of the research results, the researcher concluded what comes: the validity of the psychological capital that he built to apply to football coaches and his ability to distinguish between coaches, through the dimensions that he adopted in the current research. – Football coaches in Babylonian clubs enjoy a generally high level of psychological capital. – Standard levels of psychological

capital were reached among the coaches of the clubs of the province of Babylon. In line with the results of the research, the researcher recommends the following: – Benefiting from the measure of psychological capital with other sports events. – Applying the psychological capital measure to other categories of football coaches (youth, juniors).

– Preparing special psychological courses to clarify the importance of psychological capital.

1-Introducing the research

1.1 Introduction and importance of research

Sports psychology is one of the branches of psychology whose interest is generally focused on investing the maximum psychological abilities of the individual to improve his efficiency. In the sports field, it is concerned with improving performance through the development of psychological skills or applied mental abilities. Psychological capital is a concept that consists of four main elements: optimism, self–efficacy, psychological resilience, and hope. In sports, psychological capital plays an important role in the success and development of coaches and teams. Here's how important it is in this area .

Coping with stress: Sports require a high level of performance under stress, be it in competitions or training. Psychological capital helps players deal with failures and failures healthily and regain their energy quickly.

Motivation and Continuity: Hope and optimism are important parts of psychological capital that help athletes continue to work toward their goals even in challenging circumstances, fostering dedication and perseverance.

Self–confidence: Self–efficacy means confidence in the ability to succeed at a particular task. This confidence enhances performance and helps the player to take risks and learn from challenges.

Resilience in the face of injuries: Sports are often fraught with injuries and physical challenges.

Psychological resilience helps athletes recover quickly, whether from physical or mental setbacks. Improving team performance: Psychological capital does not only affect individuals but extends to affect the team as a whole. Athletes with higher optimism and hope are better able to build positive relationships with their teammates and motivate the team in general. Thus, investing in the development of psychological capital can contribute to enhancing athletic performance and achieving better results in the long term. (Ali, 2015, 2)

In light of the above, the importance of the current research is reflected in the following points:

1- Building a measure to measure the psychological capital of football coaches. 2- Through the above, it can be said that the current research constitutes a new scientific and cognitive addition to the Physical Education and Sports Sciences Library in the field of applications of psychological measures among football coaches due to the lack of research and studies that have been used in such measures.

Research problem:

The poor psychological condition left by the absence of psychological capital can be considered an obstacle to the efficiency and effectiveness of the performance of the coach, and that the effectiveness of football is one of the events that require the coach to have the psychological skills and physical abilities to follow the speed of the game and the pressure of competitors and the public, especially in games characterized by strong competition and convergence of level throughout the game, which may sometimes reach crucial times for results such as the last minutes of the game or maintaining the achieved result or extending the games to additional times that require high concentration with the possession of mental strength and physical and skill capabilities necessary as one is complementary to the other, it is necessary for the coach to have all these aspects in order to be able to continue to provide outstanding

performance and apply the plans and duties assigned to him, as the high level of the coach's planning work contributes to raising the moral and psychological state and makes him move confidently to monitor the pitch and works to accurately communicate the application of duties, and the problem of the current research lies in the lack of a means or tool to measure the psychological capital of football coaches, which prompted the researcher to find a way to measure this variable by building a scale for it.

Research Objectives

1-3-1 Building a measure of psychological capital among the coaches of the clubs of the province of Babylon in football.

1-3-2 Identifying the degree of psychological capital of the coaches of the clubs of the province of Babylon in football.

1-3-3 Setting standard levels for the psychological capital scale of the coaches of the clubs of the province of Babylon in football.

Research Area

1-4-1 Human field: Coaches of Babylon Governorate football clubs.

1-4-2 Time Range: The time period is from 10/2/2024 to 20/6/2024.

1-4-3 Spatial scope: The stadiums of the clubs of Babylon Governorate.

Identifying terms

1-5-1 Psychological capital and he knew it (2009, Mak & Daly ,Kennth)

"As the individual's growing positive psychological state characterized by self-efficacy, optimism, motherhood and flexibility."

(474, 2009, Mak & Daly ,Kennth)

- As the researcher defines psychological capital procedurally:

" Measuring psychological capital procedurally to the degree that the trainer obtains by answering the psychological capital measure built by the researcher."

3- Research Procedures:

3-1 Research Methodology

3-2 The research community and sample

The research community defines it as “ all individuals, events or objects that are the subject of a research problem.” (Al-Sayrafi, 2002, 185)

The current research community determined in the deliberate way, which means " that the researcher selects the members of the sample according to what he deems appropriate to achieve a specific goal, so the trainers were selected to achieve the research goal" (Tashtoush, 2001, 37). Therefore, the research community included the trainers of the Babil Regional Clubs for the sports season (2023–2024), who number (168) players, distributed among (11) clubs, namely: (Al-Qasim, Al-Kifl, Babil, Al-Musayyib, Al-Musayb, Al-Saddah, Al-Hillah, Al-Mahaweel, Al-Madiyah, Al-Shamli, and Al-Nil). As shown in Table (1), the construction sample included (100) players representing (78.31%) of the research community, while the application sample included (60) players representing (21.68%). Table (2) shows this.

Table (1)

Shows the details of the research community

#	Club name	Number of Players
1.	Qasimi	16
2.	haunch	16
3.	Babylon	16
4.	Musayyib	16
5.	The Project	16
6.	Plug	16
7.	Al-Hillah	16
8.	Babylon – Mahaweel	16

9.	Mudahnabeh	16
10	Al Showmali	16
11	Nile	8
Total		168

Table (2)

Shows the number of trainers of the building sample and the application sample and their percentages

#	Club name			
		Exploratory experiment	Construction Sample	Application Sample
1.	Qasimi	–	10	6
2.	haunch	–	10	6
3.	Babylon	–	10	6
4.	Musayyib	–	10	6
5.	The Project	–	10	6
6.	Plug	–	10	6
7.	Al-Hillah	–	10	6
8.	Babylon – Mahaweel	–	10	6
9.	Mudahnabeh	–	10	6
10	Al Showmali		10	6
11	Nile	8		
Total		8	100	60

3–3 Tools used in the research:

In order to reach the objectives of the research, the following steps were required to build the psychological capital scale:

3-3-1 Field Research Procedures:

Since there is no measure of the psychological capital of football coaches, as far as the researcher knows, the researcher has built this measure according to the following steps:

3-3-1-1 Determining the axes of the psychological capital scale:

(Al-Hakim, 2004) indicates that "the validity of the content of the test depends mainly on the extent to which the test can represent the contents of its elements, as well as the positions and aspects that it measures in an honest, homogeneous and highly moral way to achieve the goal for which the test was set." (Al-Hakim, 2004, 23)

The researcher reviewed the literature, previous studies, theoretical frameworks, scientific sources, theories and theoretical definitions related to the topic under discussion for each of the study of (Al-Hassani, 2013), the study of (Al-Mutairi, 2021), the study of (Mansour, 2022), the study of (Ahmed and Ali, 2023), the study of (Hussein, 2023).

The researcher noted that the subject of psychological capital often revolves around four main axes (self-efficacy, optimism, hope, and flexibility), as these four dimensions were used in the construction process as dimensions of the scale, and then these dimensions were presented in the form of a closed questionnaire to a number of experts and specialists in the field of educational and psychological sciences and sports psychology (Appendix 1), to express their opinion on the validity of these dimensions and their coverage of the topic under discussion through (deletion, modification, or addition) of any other axis they deem appropriate for research, and a percentage of (75%) of the opinions of experts was adopted to adopt the dimension in the scale, and in light of their observations, the four dimensions were adopted after using the percentage, and Table (3) shows that.

Table (3)

The views of the experts on the dimensions of the psychological capital measure and the percentage of agreement

#	Dimensions	Total number	Approvers	Rejectionists	Agreement percentage %
1.	Goethe– Institut Alexandria	11	11	–	100%
2.	optimism		11	–	100%
3.	hope		10	1	90%
4.	Flexibility		10	1	90%

3–3–2–2 Determining the method of drafting and answering paragraphs:

The researcher adopted the developed five–graded Likert method, which is similar to the multiple–choice method, " as it provides the respondent with paragraphs and asks him to specify his answer by choosing an alternative from several alternatives of different weights." (Al–Ajili et al., 1990, 377)

3–3–1–3 Formulation of the paragraphs of the scale:

The researcher prepared and drafted a number of paragraphs obtained by reviewing the literature and scientific sources related to the field of study, as the scale in its initial form included (40) paragraphs, distributed equally on the four dimensions of the previously identified scale, where the first dimension included self–efficacy (10) paragraphs, the second dimension optimism (10) paragraphs and the third dimension hope (10) paragraphs, and the fourth dimension flexibility (10) paragraphs respectively, noting that the proposed scale alternatives are five (fully agree, agree, somewhat agree, disagree, completely disagree).

3–3–1–4 Validity and validity of paragraphs:

"Honesty is of the utmost importance in the construction of psychological tests by revealing their " The truthfulness of the test means that the test measures what it is

designed for." (Abu Mughli and Salama, 2010, 41), after preparing and drafting the paragraphs of the scale of (40) paragraphs in their initial form, and in order to verify the validity of the paragraphs of the scale, the scale was presented to a group of experts and specialists in the fields of sports psychology, measurement and evaluation (Appendix 1), in order to determine their validity and suitability for the dimensions of the scale by placing a mark (\checkmark) in front of each paragraph and under the appropriate alternative (valid, not valid, valid after modification) as well as making the appropriate modification through (deleting, merging, modifying or adding) other paragraphs they deem appropriate and appropriate to the nature of the research, as well as expressing an opinion on the proposed alternatives of the scale, and after collecting the forms from the experts, the percentage of the agreement of the experts was extracted as a basis for retaining or deleting the paragraphs, as (2) paragraphs were excluded because they obtained an agreement percentage of less than (75%), as well as some paragraphs were modified to become (38), and the paragraph (4) shows that.

Table (4)

Shows the opinions of the experts on the validity of the paragraphs of psychological capital and their percentages

#	Dimensions	Sequence of Scale Paragraphs	Number of experts	Approvers	Rejectionists	Percentage
1.	Goethe-Institut Alexandria	2,3,4,9,10	10	10	-	100%
		1,6,7,8	10	9	1	90%
		5	10	8	2	80%
2.	optimism	2,3,4,5,6,7	10	10	-	100%
		2 8	10	9	1	90%
		9 10	10	8	2	80 %
3.	hope	1,2,4,9	10	10	-	100%
		3,6,7,10	10	9	1	90%
		8	10	8	2	80%
		5	10	7	3	70 %
4.	Flexibility	2,4,5,6	10	10	-	100%
		3,7,9	10	9	1	90%
		1{ 10.	10	8	2	80 %

		8	10	7	3	70 %
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3-3-1-4-1 Exploratory experiment:

After completing the apparent validity of the scale, the exploratory experiment was conducted on a sample of (10) trainers, at a rate of (7,14%) representing the Mosul Surf Club on 10/3/2024, to answer the paragraphs of the psychological capital scale consisting of (38) paragraphs, after providing them with instructions on how to answer the scale, and it was clear from this experiment that the instructions of the scale and its paragraphs are clear and understandable, and the time specified for answering the paragraphs of the scale was (10) minutes.

3.3.1.2.5 Statistical analysis of paragraphs:

The aim of this analysis is to reveal the efficiency of each of the paragraphs of the scale, in order to retain the valid paragraphs and exclude the invalid ones based on their discriminatory strength and internal consistency coefficient, and for the purpose of finding the discriminatory strength and internal consistency coefficient of the paragraphs of the psychological capital scale of (38) paragraphs, as the forms were distributed to the trainers and then the answers of the discrimination sample of (100) players were analyzed, as the researcher used the method of extremist groups, as the discrimination sample was divided into two halves so that the upper group includes (45) players, and the lower group includes (50) players, after ranking the trainers in descending order, as (Al-Nabhan, 2004) confirms the " ranking of the examiners descending and then determining the highest (50%) and the lowest (50%) if the number of examiners is small. (Al-Nabhan, 2004, 196)

3-3-1-2-5-1 Construction Validity:

It is "the degree to which a test operates on a characteristic or task that it is primarily designed to measure." (Al-Nabhan, 2004, 294), and construct sincerity is described as "the most representative type of sincerity of the concept of sincerity, sometimes

called concept sincerity and hypothetical formation sincerity, and it means the extent to which the psychological scale measures the formation of a hypothesis or a particular psychological concept." Spring 2009

The characteristics of the scale also depend to a large extent on the standard (psychometric) characteristics of its vertebrae. The higher these characteristics of the vertebrae are in their degree or their discriminatory strength, they give an indication of the accuracy of the scale and its ability to measure what is set in order to measure it. " (184, 1976, Ellis)

The statistical analysis was carried out in two ways:

3-3-1-2-5-1-1 Discriminatory Power Method:

This method was used to detect distinctive vertebrae in the construction of the psychological capital scale, as (Cronbach & Meehl) refers to some indicators of construct validity. One of these indicators is the assumption that there is a difference between individuals in the characteristic that reflects their performance or responses on the scale. Therefore, the ability of vertebrae to distinguish between individuals is one of the indicators of construct validity. (Faraj, 1980, 319)

The sample was divided into two extremist groups after ranking their grades in descending order, where the upper group reached (50) players, and the lower group reached (50) players, with a total of (100) players, as the total excellence sample, and the researcher adopted the value of the (T) test calculated to test the significance of the differences between the means of the answers of the two groups (upper and lower) for each paragraph of the scale, using the (spss) system on the computer .

It is clear from Table (5) that the T-values of the paragraphs of the scale approached between (1,925 – 5,785). When referring to the tables of the significance of the correlation coefficient at a significant level (0,05), we find that paragraph (23)

was indistinguishable, because the value of (sig) calculated is greater than (0,05), while the rest of the paragraphs were distinctive.

Table (5)

Shows the sequence of the excluded paragraph, its text and the axis it represents

Paragraph Sequence in Scale	Paragraph Text	the axis that
23	I think about continuing with the positive results	hope

3.3.1.2.5.2 Internal Coefficient of Consistency:

"Examining consistency, or its coefficient of homogeneity, yields an estimate of its formative validity." (Bahi 1999, 35) Where the coefficient of internal consistency is found by finding the correlation between the paragraph and both the sum of the axis and the total sum of the scale. After excluding the indistinguishable paragraph, the correlation coefficient of the degree of each paragraph with the total score of the scale was found for the same number of the total discrimination sample of (100) players, as it is called " truthfully the internal consistency of the scale " (Farhat, 2001, 68). Pearson's simple correlation coefficient was used to find this.

It is found that the values of the correlation coefficient between the paragraphs of the scale and the total score of the scale have approached between (0,292 – 0,637), and when referring to the tables of the significance of the correlation coefficient at a significant level (0,05), we find that the value of (sig) calculated for the correlation coefficients of the paragraphs is less than (0,05), so all the paragraphs get a significant consistency coefficient.

2 3-3-1-2-5-2 Stability of the scale in the Alpha Crew Nebach method:

" The stability coefficient provides many statistical indicators for the studied phenomenon through which it is possible to judge the accuracy of the scale used in the measurement." (Chalabi, 2005, 113)

In order to obtain the stability of the scale, the researcher used the alpha-crow method (alpha coefficient), as (100) forms withdrawn from the construction sample were corrected. After deleting the unmarked paragraph from the scale, the stability coefficient of the scale was calculated as (0.89), which is a reliable stability coefficient.

6-2-1-3-3 Description and Correction of Psychological Capital Scale:

The psychological capital scale shall be in its final form of (37) paragraphs, and I have specified in front of each paragraph five alternatives (completely agree, agree, somewhat agree, disagree, completely disagree).

The scale included one-way paragraphs (positive), scores (5, 4, 3, 2, 1) and table (6) in between, and the total score of the scale approached between (37 – 185) with a hypothetical average of (111), as this indicates that the higher the score of the respondent on the scale, the higher the degree of psychological capital of the trainer, and the lower the score of the respondent, the lower the degree of psychological capital of the trainer, and thus the scale in its final form is ready to be applied to the study sample.

Table (6):

Paragraphs show the Psychological Capital Scale in its final form

#	Gauge Dimensions	Paragraphs	Total
1.	Goethe-Institut Alexandria	1,5,9,13,17,21,25,29,33,37	10
2.	optimism	2,6,10,14,18,22,26,30,24,38	10
3.	hope	3,7,11,15,19,23,27,31,35	8
4.	Flexibility	4,8,12,16,20,24,28,32,36	9
			37

3-3-1-2-7 Final application of the scale

After the researcher completed all the requirements for building the scale, it was applied to the application sample of (60) players, distributed over (10) clubs (Table 2) for a period of (5- 10/ 5/ 2024).

3.4 Statistical Means

The Statistical Portfolio for the Social Sciences (spss) was used on the computer to obtain:

Percentage

Arithmetical mean (Maths.)

Standard deviation (Maths.)

– Test (T) for two independent eyes.

Pearson correlation coefficient

– Cronbach's alpha (alpha coefficient) to extract the stability coefficient.

4- Results and Discussion:

In order to achieve the objectives of the research, the research tool (psychological capital) was applied to the application sample, conducting statistical analyses of the data obtained, and reaching the results that will be presented and discussed in accordance with the objectives and hypotheses of the research as follows:

Objective 1

" Building a measure of the psychological capital of the coaches of the clubs of the province of Babylon in football."

This goal was achieved by building a psychological capital scale, which met the standard characteristics (psychometrics) of this type of psychological scale, and as explained in detail in Chapter Three of this research, this scale is one of the most important and complementary tools to achieve other research objectives.

4.2 Objective

" Identifying the degree of psychological capital of the clubs of the province of Babylon in football."

In order to achieve the fourth goal, the psychological capital of football coaches was measured by applying the scale to the members of the research sample. The total score of the scale was mainly adopted in identifying the degree of psychological capital of the sample members, and Table (7) shows the details of this.

Table (7):

Shows the statistical values of the sample members of the application on the scale of psychological capital

Sample individuals number	Arithmetical mean (Maths.)	Standard deviation (Maths.)	Hypothetical average	Degree of Freedom	The value of (C) at (0,05)		Value (sig)
					Calculated	tabular	
60	555	666	121	58	26, 25	2.03	0 000

Table (9) shows the following:

The statistical values of the members of the research sample, as the arithmetic mean was (181,555), and the standard deviation was (13,666), while the hypothetical mean was (121). When comparing the arithmetic mean and the hypothetical mean of the scale, it was found that the arithmetic mean of the scale was greater than the hypothetical mean. The level of significance was (sig) (0.000), which is smaller than the level of significance (0.05). These results indicate that the level of trainers is generally high with their psychological capital. The researcher attributes this result to the fact that the members of the research sample of trainers who have long years of practice so effectively that they have gained through years of training and continuous play in these clubs and clubs in neighboring governorates the experience that will

undoubtedly develop and refine their psychological abilities. This is one of the reasons why the members of the research sample enjoy a high level of psychological capital, as he states (2018, Guoa et al.) that the individuals with high levels of psychological capital have the ability to deal better with stressful situations and maintain an optimistic outlook over all difficulties by responding with positive feelings instead of negative feelings. (219, 2018, Guoa et al), as (2019, (Safavi and Bouzari citing (Mansour, 2022) "Psychological capital leads to improved approach and performance, and that individuals with higher levels of psychological capital had satisfaction, organizational commitment, better awareness of their performance, and were happier and had a better experience of their quality of life." (Mansour, 2022, 30), The researcher also attributes this result to the fact that the level of performance of the clubs within the limits of the research sample was very close, as the teams that qualified for the final stage were known only in the last round, as this indicates the difficulty, intensity and equality of competition in physical and skill aspects, so that the psychological aspect plays a direct role in the emergence of qualified teams at a fixed level until the final stages due to good psychological preparation during the training curricula, which confirms (Arabs and Moses, 2001) " Psychological preparation is one of the pillars on which the training process is based, as well as other training elements." (Arab and Moses, 2001, 35)

(Salary,2000) indicates that "good psychological preparation aims to help the trainer control his thoughts and emotions in order to achieve the best level with different conditions of competition. " (Salary, 2000, 230)

Sports practice generally exposes the coach to many psychological burdens and situations that vary in their intensity and impact on the coach from one effectiveness to another, especially when they turn into competition. The practice of any effectiveness, whether in training or competition, including the effectiveness of football, in which the

coach is exposed to great psychological burdens, including the difficulty of competition, the pressure of the competition, the pressure of the fans, the convergence of the level of competing teams, referees, the media, and social networking sites. All these variables have become an integral part of football and therefore in turn need to bear these burdens, in which the coaches differ from one player to another according to the degree of response to these burdens, which depend on the coach's balance of psychological abilities that make him able to deal with them and overcome them, especially during competition. Therefore, psychological preparation and preparation are a necessary process for the player to face the various burdens of effectiveness practiced by the coach, which leads to increase and raise the efficiency of performance by enhancing the coach's self-confidence.

Objective 3:

" Setting standard standards for the measure of psychological capital among the coaches of the clubs of the province of Babylon in football."

In order to complete the objectives of the research, and through the raw grades, standard levels were set for the research sample, and Table (8) shows this.

Table VIII.

Shows the standard levels of the research sample in the psychological capital scale

Raw Score	Not up to standard	Trainer number	Percentage
80 +	Very good	38	77%
137	Good	21	7:44
112	Medium	1	—2.77***
87	Accepted	—	—
62	Low	—	—
less	Very Low	—	—
H = 171,77	N = 13,889	60	100%

The following can be seen from table (8):

The mean of the application sample on the psychological capital scale amounted to (171,77), and it falls within the field (162 and more), which means that the level of psychological capital among the members of the research sample is very good, and the researcher attributes the reason for the emergence of this result is that the members of the current research sample have great ambitions to move to play in the higher levels and competitions such as the Iraqi Premier League and the Iraqi First Division League, through which the opportunity to train the Iraqi national teams can be obtained, and this led to the vast majority of the members of the research sample having very good psychological capital, and this is what (Younis, 2021) indicated that "psychological capital contributes strongly to achieving goals at the level of individuals, groups and institutions." (Yunus, 2021, 191)

Conclusions and recommendations

5.1 Conclusions:

In the light of the results of the research, the following conclusions can be drawn:

- The validity of the psychological capital scale built by the researcher to apply to football coaches and his ability to distinguish between coaches, through the dimensions adopted by the researcher in the current research.
- The coaches of the football clubs of Babylon Governorate enjoy a generally high level of psychological capital.
- Standard levels of psychological capital were reached among the coaches of the clubs of the province of Babylon in football.

5.2 Recommendations

In line with the research results, the researcher recommends the following:

- Benefiting from the measure of psychological capital with other sports events.



- Applying the psychological capital measure to other categories of football coaches (youth, juniors).
 - Preparing special psychological courses to clarify the importance of psychological capital.
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