



## Psychological climate and its relationship to the quality of student activities for university students

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### Abstract

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The research aims to identify the psychological climate of the students of the Faculty of Physical Education and Sports Sciences at the Faculty of Physical Education of the University of Diyala , through the use of the psychological climate scale for the researcher , Dr. Dharam Musa Abbas , University of Qadisiyah Faculty of Physical Education and Sports Sciences, where the number of paragraphs (42) distributed on (7) axes , as well as the researcher adopted a questionnaire for the quality of student activities consisting of ( 25 ) paragraphs , and the scientific foundations were extracted for it, and the researcher used the descriptive approach to the medical suitability of the research and the data were processed using the statistical bag (spss) and the area concluded that there is a positive relationship between the research variables, because the psychological climate of the students is one of the most important mathematical requirements that the individual needs and lives in it psychologically as it is perceived by people and ideas, and it is an important factor in the health of individuals and their attitudes , and that the psychosocial climate is important for individuals who face difficult environmental situations and under certain conditions and the individual must have a high awareness of the psychological climate, he does not play a significant role and enthusiasm in improving the results , and the study recommended the use of the psychological climate scale in other variables and studies.

### **1 – Introduction and importance of research :**

The psychosocial climate is one of the most important mathematical requirements that an individual needs and lives in psychologically as he is aware of it , and it includes people and ideas. It is also an important factor in the psychological health of individuals and their attitudes. The psychosocial climate is important for an individual who faces difficult environmental situations and under certain circumstances and must have a high awareness of the psychosocial climate because it plays a significant and crucial role in improving results. Therefore , the concept of the psychosocial climate is a new and fertile field of study and research and still needs to be enriched as defined by the psychosocial climate in The lexicon of psychology "is the qualitative aspect of mutual personal relations, which manifests itself as a total sum of psychological conditions and facilitates or hinders productive activities and the comprehensive development of the individual in the group." It also indicates the importance of the psychosocial climate by emphasizing that society is not just a group of individuals, but a group of individuals organized by independent social relations to a large extent. It confirms that the climate appears from how relations between members of the group are perceived. Through the researcher's experience as a teacher in the Faculty of Physical Education , I noticed a lack of interest in the psychosocial aspect of students. There is no special measure so that the teacher or school can know the extent of the formation of relationships, interactions and social participation, whether inside or outside the lesson, as well as serious cooperation, love and raising morale among the students themselves.

Here, the importance of conducting this study lies in shedding light on the individual's awareness of the psychological atmosphere within the

team and its relationship with colleagues, as well as clearly evaluating these relationships.

## **2– Research Problem:**

Experiences and experiences have proven that psychological preparation is an educational process that plays a role in the achievement of individuals or groups of tasks required of them , so psychologists have been interested in studying the psychological climate of students because of its impact on the moral and psychological level of individuals , where the degree of individual emotion is affected by an important extent of the provocative situation , and this varies according to the level of sacrifice of the psychological composition and the difference of the collective environment. The more experiences of the individual during the exercise of his daily life, the more entrenched his emotions will be . The problem of research is determined to identify the psychological climate of students, which is reflected negatively or positively according to behavioral attitudes. As far as the researcher knows, there is a lack of interest in the topic of the psychosocial climate of students in the Faculty of Physical Education and Sports Sciences. This logic is an attempt to solve some of the psychosocial problems that students may face in physical education and work to find appropriate solutions to them.

- 1– Identify the psychological climate of the students of the Faculty of Physical Education and Sports Sciences through the scale .
- 2– Finding the relationship between the psychological climate scale and the quality of student activities.

## **3– Research fields**

- 1– Spatial field: Classrooms of the Faculty of Physical Education/Diyala University.

- 2- Human field: Students of the Faculty of Physical Education – Diyala .  
 3- Time Range: 1/3/2024 to 25/4/2024.

#### **4- Identifying terms**

- 1- Psychological climate: The space in which athletes live psychologically, as it is perceived and includes things, people and ideas that relate to athletes. It is also an important factor in mental health. Recent trends have confirmed that the psychological climate in which athletes live , in which a group of them participate, achieves more and better outputs, and individuals feel reassured and confident (Fatima Youssef Ibrahim : 2002).
- 2- Student activities: They are the development of spiritual and moral values, national and patriotic awareness among students, training them to lead, and providing opportunities for responsible expression of their opinions. Working to give them the opportunity to express their opinions (Zayed, Kashif and Al-Jabali: 2004)

#### **3- Research procedures**

##### **3-1 The research approach:**

The method is the way in which man communicates in a logical scientific way coordinated with reality, that is, the realization of the truth that he was ignorant of. It is the way to acquire certain knowledge (Fawzi Ibrahim Al-Shouk:2004).

On this basis, the researcher used the descriptive approach in the survey method and the appropriate correlational relationships in solving the research problem.

##### **3-2 Description of the community and individuals of the research sample:**

It is part of the community so that the characteristics of the community itself are available in this part, so the selection of the

sample is with the aim of reaching results that can be generalized to the community (Al-Asadi2008: 92).

The research community consists of all (230) physical education students , where the current research sample consists of(220) students in the Faculty of Physical Education and Sports Sciences – University of Diyala , where they were selected in a deliberate manner from both sexes and as shown in Table No. (1)

**Table No. (1) shows the numbers of the research community and the sample**

Variables	Number	Research Community	Sample population	Exploratory experiment	Percentage
Faculty of Physical Education for Girls	230	230	220	10	95%

### **3–3 Means , tools and devices used in data collection:**

#### 3.3.1 Means of data collection:

Research tools are the means by which the researcher can solve his problem. Researchers have used the following means:

- 1 Arab and foreign sources.
- 2 International Information Network (Internet).
- 3 questionnaires to collect information.
- 5 Psychological Climate Scale

### **3–4 Research tool :**

#### **1. Classroom Management Scale.**

After reviewing the educational and Arabic literature, research and studies that dealt with the topic of psychological climate in psychology, the researcher used the scale(psychological climate) , for the researcher, a.Dr. Dharam Musa Abbas, University of Qadisiyah, Faculty of Physical Education and Sports Sciences, where the number of paragraphs reached (42) paragraphs distributed over (7) fields , and it was applied to the study sample for the test, and that the test measures the areas of the psychological climate, and is

measured by a Likert scale, which consists of five alternatives (strongly agree, agree, hesitant, disagree, strongly disagree) and gives scores from (1-5) for each positive response and the total score of the scale is (210).

## **2- Scale correction.**

The scale consists of five answer alternatives, where the alternatives are positive from (5-1) and vice versa, where the alternatives are negative, where the highest value of the scale is (10 2) and the lowest value is (2 4).

## **3- Validity and stability of the scale.**

In order to verify the validity of the test, the researcher presented the scale to a group of arbitrators and specialists in the field of educational psychology, measurement and evaluation with the aim of judging the scale. The Pearson correlation coefficient was also calculated for each of the scale areas of the scale, where it reached (0.77), which is statistically significant, and the stability coefficient reached (0.87), and the Crow Nebach Alpha coefficient reached (0.74), which is a good and acceptable stability coefficient for the stability of the scale.

## **2-Student Activities Questionnaire:**

A questionnaire was prepared by the researcher for student activities consisting of (27) paragraphs distributed over (9) axes, namely (the diversity of extracurricular activities, the quality of extracurricular activities, the management of extracurricular activities, the harmony of extracurricular activities in the disciplines of students, the added value of extracurricular activities, the contribution of faculty and administrative members, the contribution of students to planning and preparing for extracurricular activities, the compatibility of extracurricular activities and the needs of the local community, and the general satisfaction with extracurricular activities). It was presented to the experts specialized in the methods of teaching physical education, sports science, sports psychology, measurement and evaluation,

and their observations were made on it, and the questionnaire paragraphs were approved.

### **1- Validity of the tool.**

The validity of the tool is the degree to which it measures the dimensions or areas of the tool, not its purpose. Therefore, the validity of the tool is the degree of availability of data related to the problem of research or study and the extent to which the tool measures it, or linking the tool to the degrees of the similar tool or presenting it to the relevant experts or specialization, where it has been approved at a high rate (80%) .

### **2- Tool stability:**

To ensure the stability of the resolution of some areas of the psychological climate, the stability of the tool was calculated using the internal consistency method using the Cronbach alpha equation , where the stability coefficient was ( 0.80 ) for its paragraphs, and this value indicates the stability of the questionnaire tool.

### **3- Questionnaire Correction Criterion**

The response scores were distributed according to the questionnaire paragraphs according to three categories showing the degree of students' practice of activities in the fields of the questionnaire , and they were as follows: From (1-3) score, and the range was adopted as the basis for the standard, as the highest score( 3) and the lowest score ( 1), the range between them is ( 2,5), and when dividing the range into the three responses, the share of each response is ( 0.5 ), where the highest score for the questionnaire is (60) and the lowest score is ( 20) with a hypothetical average ( 40) , and when distributed, that is, the higher the percentage of grades, the higher the level of teaching performance of teachers, and if the score decreases, the level of the research sample decreases.

### **3-5The exploratory experiment of the classroom management scale.**

The researcher conducted a survey experiment on a sample of (10) students representing the survey research sample, which consisted of students of the University of Diyala– Sports Education, on Wednesday morning, 20/3/2024, and the purpose of this experiment was as follows :

1. Ensure the clarity of the instructions and the paragraphs of the scale .
2. Identify the difficulties facing the application process in order to avoid them when applying the scale in its final form.
3. Identify the time required to apply and answer the paragraphs of the scale.

### 3.6 Key Experience.

The scale and questionnaire were applied to the research sample of physical education students, who numbered (220) students, and the student activities questionnaire on 14/4/2024 until 18/4/2024 , and they were answered by the students and then the data was downloaded and processed statistically.

### 3-7 Statistical means:

( median, standard deviation, Pearson simple correlation coefficient, Cronbach alpha coefficient, chi-square).

## Part Four

### Presentation and Analysis of the Results.

#### 1- The relationship between the psychological climate scale and the quality of student activities.

Table No. ( 2 ) shows the results of the Pearson correlation of the relationship between the psychological climate scale and the questionnaire of student activities, ( n= 220 ) .

Student Activities		Psychological Climatometer		t	Significance
Q	E	s	W	0.75	00001 Statistically
3.59	0.40	3.65	0.38		

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\*Statistically significant at a significance level ( $0.05=a$ ) .

It is clear from the table that there is a statistically significant positive correlation at the level of significance ( $a=0.05$ ) between the questionnaire of student activities and the psychological climate scale of students at the University of Diyala, Faculty of Physical Education.

The psychological climate of students and university life is related to their awareness of their ability to predict events, ideas and innovations, their creativity and their reactions to situations, and the impact of this on their attitudes towards study, work and motivation, as well as their sense of psychological happiness. Individuals who have a high level of creativity and renewal in their work and personal lives and a degree of integration into society so that they are effective and also have the ability to express their personality freely and in proportion to society, they enjoy a measure of personal freedom and how to deal with others, colleagues, their professors and towards themselves and others (Khaled Nahas Al-Raqas, Yahya Abdullah Al-Rafi, 2010,165).

Thus, the balance between life and work has a positive impact on educational institutions, as it works to achieve commitment to work, absenteeism rates, work pressures, differences and conflict between personal life and work, increase psychological satisfaction, improve performance and improve the psychological state of the student (Osama Al-Balbisi, 2012:12).

### **Conclusion and Recommendations:**

#### **1- Results:**

There is a correlation between the research variables (psychological climate and student activities).

Students of the Faculty of Physical Education and Sports Sciences have a positive level of psychological climate.

The high positive climate came as a result of the quality of the students of the Faculty of Physical Education and Sports Sciences, the prevailing psychological and social climate, and the continuous communication that drives them to create strong relationships that push them towards effective participation with a social and affiliation goal.

Satisfaction with the need to belong is an important factor in group cohesion, as it requires the individual's acceptance of his group and vice versa, and students of physical education always try to keep pace with the standards prevailing in their group and respect its laws and regulations, and their sense of belonging gains a force that increases self-affirmation

## **2- Recommendations:**

Working to develop the awareness of students through the professor of university sports activities and the need to hold workshops and seminars to discuss the most important problems facing them .

Work to train students on how to deal with problems and their causes and ways to deal positively to reduce the psychological pressure of the student and to avoid making mistakes .

Develop programs and courses to develop the capabilities of students, similar to what is applied in universities, where these courses focus on humanitarian aspects and methods of effective communication, and these courses are mandatory and on specific dates.

Paying attention to sports activities as they are the most affected by the external atmosphere surrounding the nature of the various participations.

- Focusing on the positive aspects and aspects that characterize the Faculty of Physical Education and Sports Sciences.

Work to highlight the importance of group affiliations and their positive aspects on the activities of the Faculty of Physical Education and Sports Sciences.

- Avoiding the existence of subgroups that oppose the cohesion or attractiveness of the group to the activity of students
- Conducting studies to find out the psychological climate of other sports samples.

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## Psychological Climatometer

This service allows customers to issue a permit	Paragraphs	1	2	3	4	5
1	I trust and value myself					
2	I always feel respected by others					
3	I always think that the best thing is what will happen when I perform well					
4	I prefer to share most of my classmates with me in the lesson					
5	I feel anxious while performing the difficult skill					
6	The college honors students who are distinguished mathematically and culturally					
6	I guess I'm probably hesitant.					
8	It exceeds my level of ambition , the ambition of my colleagues in sports performance					
9	I'm bored and I don't want to do anything					
10	I feel like a loser					
11	I have a sound will capable of implementation					
12	I do my best to get the best results in the performance of sports events					
13	I feel lonely and isolated					
14	I feel comfortable assigning tactical duties that match our physical and skill abilities					
15	I trust my friends and can count on them					
16	I feel that others are always watching me during the performance					
17	There is more emphasis on the reward side than on the punishment side					
18	Important problems and decisions are discussed collectively					
19	My positive relationship with the students makes it easier for him to communicate and communicate with them					
20	I express myself well and without emotion					
21	It is easy to form relationships with students					
22	It gives the college an opportunity to communicate with all					

	faculty members					
23	I work on my role given to me by the college or the professor during the training					
24	I find encouragement from everyone to show my talents and athletic abilities					
25	The college or the professor makes direct contact with me or my friends to explain the skill					
26	I feel good about myself					
27	I love people and I can't live alone					
28	I participate in making decisions in the lesson					
29	The size of the benefit received by the student is equal to the size of the tender					
30	I feel that communication exists between the students and the teacher					
31	The College assists students who are mathematically outstanding					
32	The means of communication with the college allows students to obtain the necessary information in a timely manner					
33	I know my strengths and weaknesses during the performance					
34	The teacher distinguishes students from outstanding achievement and motivates them					
35	Working with others gives me pleasure and comfort in the lesson					
36	The professor honors outstanding students according to their achievements					
37	I think there is a positive competition between students in the lesson					
38	Incentives are given based on pre-agreed scores					
39	ethos					
40	College presidents are in constant communication with each other and students to discuss the problems they are facing					
41	I get help from my colleagues					
42	I feel in harmony with my classmates					