



Psychological prosperity and its relationship to the attitudes of college students towards playing sports in light of the variable of the academic stage

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ABSTRACT

Keywords:

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Building the scales of psychological prosperity and students' attitudes towards playing sports among students of the College of Physical Education and Sports Sciences / University of Thi-Qar in the light of the variable of the academic stage and identifying the level of psychological prosperity and the tendency of students of the College of Physical Education and Sports Sciences / University of Thi-Qar towards playing sports in light of the variable of the academic stage and finding the relationship between psychological prosperity and the tendency of students of the College of Physical Education and Sports Sciences / University of Thi-Qar towards playing sports in light of the variable of the academic stage, and the formation of a community The research of (233) students, and after excluding a number of female students due to not answering the scale correctly, the final sample became (215) divided into a sample of an exploratory experiment and the number of (15) students and a sample of numbers (120) students and the application (80) students, the researcher reached a set of conclusions, the most important of which was The research sample achieved a high level in both the scales of psychological prosperity and the tendency of students towards playing sports, the comparative study produced preference for students of the third stage first, students of the fourth stage second, and students of the stage Second, third, and finally students of the first stage In arranging the levels of psychological prosperity and the trend towards playing sports, there is a significant correlation between the two measures of psychological prosperity and the students' tendency towards playing sports.

1- Definition of Research :

1.1 Introduction and importance of the research

Psychological prosperity is one of the relatively recent positive concepts, which dealt with the study of positive psychology, which is the optimal performance that results from the individual's possession of high levels of positive emotions, psychological integration, the meaning of life, positive relationships and achievement, and indicates (Mesurado, 2018, 10), that psychological prosperity represents the maximum degree of happiness and bliss and optimal performance of human behavior, and this performance is affected by the individual's ability and ability to regulate and control behavior in terms of knowing the results of behavior, following up, evaluating and promoting it It expresses the high level of positive mental health and embodies the mental health of individuals, and makes the individual more influential in society in terms of successful social relations, good productivity at work and high levels of environmental control, and thus be a combination of positive feelings and effective performance in order to become more involved in life and deal with difficulties and responsibilities better to improve the general life of the individual. Mohebb, 2020, 115

The university is considered one of the prestigious scientific and educational institutions in any human society, and as the university student is part of this institution and the future that falls on the shoulders of the progress and prosperity of society despite all the circumstances and psychological pressures inside or outside the university, so attention must be paid to the role of educational institutions in supporting psychological prosperity and its responsibilities for providing an educational environment that supports the psychological prosperity of learners, so this term has become one of the important challenges that occupy great attention for many at the present time, as it is a responsibility Preparing the learner in the best way is an educational goal and a necessary requirement for positive education, especially for university students, who are considered to be the youth of the near future influential in society.

Practicing sports has become one of the most important manifestations of the prosperity of society healthily, psychologically, culturally and preventively, so countries are keen to direct citizens of different age groups to practice sports and of various kinds, whether healthy, recreational and even therapeutic, for the purpose of building the positive spirit of the individual prosperous, and that sports are largely related to the trend towards sports, as it is a kind of social motivation that the citizen gains to create his behaviors, and that the positive trend towards playing sports seeks an important role to improve activity Humanitarian and raised towards the practice of games on a regular basis, so professors must take into account the trends towards practicing various sports among university students in general and the Faculty of Physical Education in particular, hence the importance of research in identifying the degree of psychological prosperity among college students and identifying the nature of the relationship between psychological prosperity and the

tendency of students towards playing sports in light of the variable of the academic stage.

1-2 Search problem:

Psychological prosperity is one of the important variables in positive psychology because it is considered an influential and important variable on the motivational, emotional and achievement aspects of the learner, and because psychological research was limited to the negative aspects of personality such as anxiety, fear, interest in repairing damage and treating mental disorders more than the bright aspects in the life of the educated individual, so the researcher sees the need to research in positive psychological variables, including the psychological prosperity variable, which the researcher did not find any research in the field of physical education, despite the importance of On the psychological state and motivation of the educated individual, Mesurado et al., 2018, 7) has referred to the positive role of psychological prosperity for both the individual and society, which makes his study an urgent necessity to increase his understanding and knowledge of the factors affecting the improvement of personal, psychological and life aspects within the framework of university education, and thus the number of graduates who possess the elements of prosperity and have the ability to challenge obstacles and face problems and pressures, and through what has been mentioned, the researcher sees the need to delve into new variables such as (psychological prosperity) and identify Its relationship with other variables in the sports field, one of the most important variables is the attitudes of students towards playing sports to know the nature of the relationship and the degree of prosperity among college students in light of the variable of the academic stage.

1.3 Research Objectives:

- 1- Building the measures of psychological prosperity and students' attitudes towards playing sports among female students of the Faculty of Physical Education and Sports Sciences / University of Dhi Qar in light of the variable of the academic stage.
- 2- Identify the level of psychological prosperity and the attitude of students of the Faculty of Physical Education and Sports Sciences / University of Thi-Qar towards playing sports in light of the variable of the academic stage.
- 3- Finding the relationship between psychological prosperity and the attitude of female students of the Faculty of Physical Education and Sports Sciences / University of Thi-Qar towards playing sports in light of the variable of the academic stage.

1.4 Imposition of the search:

- 1.4.1** There is a statistically significant correlation between psychological prosperity and the attitude of female students of the Faculty of Physical Education and Sports Sciences / University of Thi-Qar towards playing sports in the light of the variable of the school stage.

1.5 Research Areas:

1.5.1 Human field: Female students of the Faculty of Physical Education / University of Thi-Qar for the academic year 2024-2025.

1.5.2 Spatial field: classrooms within the Faculty of Physical Education and Sports Sciences / University of Thi-Qar.

1.5.3 Time Domain: From 1/12/2024 to 2/2/2025.

1.6 Definition of terms:

1.6.1 Psychological prosperity: "a state in which the individual feels positive feelings in his own sphere such as activity, vitality, competence, mastery and optimism, as well as in the external sphere such as social relations, social contribution and purposeful life" (Diener, 2010: 247).

3- Research methodology and field procedures

3-1 Research methodology: The researcher used the descriptive approach in the survey method and correlation relations to suit the nature of the current study.

3.2 Research community and sample:

The research community was determined, female students of the Faculty of Physical Education and Sports Sciences - University of Thi-Qar / for the academic year 2024/2025 (for the four academic levels)¹ * and their number is (233) students, and a number of students of the construction sample and the application sample were excluded due to the failure to answer the form and send it (electronically), and thus the final sample total became (215) students distributed over the sample of the exploratory experiment by (15) students, the construction sample by (120) students, and the application sample by (80) students from all stages, and by 50% of each stage, and the percentage The percentage of the research sample as a whole is (92%) of the original population, and the sample was divided as shown in Table (1):

Table (1) Shows the distribution of sample members

Sample Application	Sample exploratory experiment	Sample construction	Percentage	Total number of research population	Study Level	t
25	4	30	29.18 %	68	The first	1
28	7	30	33.48 %	78	The second	2
12	2	30	18.03 %	42	Third	3

* The term (levels) was launched instead of the term (stages) according to the system used in the college, which is the system of courses.

15	2	30	19.31 %	45	Fourth	4
80	15	120	-	233	Total	-
34.33 %	6.44%	51.50 %	100%	100%	Ratio	-

3.3 Tools and devices used in research:

- Arab and foreign sources.
- Questionnaire paragraphs of the scale.
- Personal interview for those with experience and competence.
- Measurement and testing.
- Data collection forms.

3.3.1 Tools and devices used in research:

- Assistant team supplement 2 - computer - manual cartoon scientific calculator.
- Papers - Pens - Statistical Bag (SPSS)

3.4 Field research procedures

3.4.1 Procedures for building and codifying psychological prosperity scales and student attitudes.

3.4.1.1 Purpose of constructing the two study scales:

The researcher had to identify the psychological prosperity and attitudes of female students, and then build measures characterized by accuracy and comprehensiveness in measurement among physical education students / University of Dhi Qar.

3.4.1.2 Identification of the phenomenon to be studied

Before embarking on the descriptive study, building and codifying it in accordance with the theoretical framework of reference and reaching a solution to the problem, the phenomenon to be studied should be identified, and its concept and boundaries should be quite clear.

3-4-1-3 Identify the areas of the psychological prosperity scale

For the purpose of determining the areas of scale, the researcher reviewed various sources, studies and previous research and in various disciplines that dealt with the subject of the research, and thus the dimensions or areas were identified as follows: (cognitive prosperity, emotional prosperity, social prosperity, moral prosperity).

3.4.1.4 Determine the style and foundations of paragraph drafting: After reviewing some relevant sources and studies and conducting personal interviews with a group of experts and specialists, the researcher has relied on important foundations in the formulation of the paragraphs of the scale, including: that the paragraph has one meaning, and that the phrase measures the field of study, away from the method of negation of negation, written in an easy and clear language, and is flexible and clear.

(64) items have been formulated in the psychological prosperity scale distributed over four areas as follows:

- 1- Cognitive prosperity (12) paragraphs.
- 2- Emotional prosperity (12) paragraphs.
- 3- Social prosperity (12) paragraphs.
- 4- Moral prosperity (12) paragraphs.

3.4.1.5 Scale of attitude towards sports activities: - Through access to the literature of scientific research and the theoretical framework of the subject of trends and review of some scientific sources in addition to the experience of the researcher has been formulated (45) paragraphs, so the nature of the answer to the paragraphs of the scale of five alternatives are (agree to a very large degree, agree to a large degree, neutral, agree to a small degree, disagree).

3.4.1.6 Presentation of the preliminary version of the study scales

The initial version **of the two scales of the study was presented** to a group of experienced and specialized in sports psychology and tests, numbering (11) experts Appendix (3) to ensure the validity of the paragraphs and their observations on the paragraphs of the scale, and the answers were analyzed using (K_{a2}) for one sample (3) paragraphs were deleted from the prosperity scale and the final number became (45) paragraph instead of (48) paragraph The trend scale has counted all the paragraph (45) valid when the calculated (K_{a2}) function at (0.05).

3.4.1.7 Exploratory experiment

After the two scales of the study became ready to be applied to the sample of the exploratory experiment, which consists of (10) students from different academic levels, the scale was applied on Thursday, 19/12/2024, for the purpose of ensuring clarity and understanding of the paragraphs and the method of their formulation and the detection of unclear paragraphs, and it was found that the paragraphs of the two scales were clear, and the response time for the psychological prosperity scale was from (17-20) d and the trends scale from (13-15) d.

3.4.1.8 Main experience of applying scale clauses to the construction sample

The application was made on the construction sample, which numbered (120) students on Thursday (26/12/2024 to Sunday 29/12/2024), after which the forms of the two scales were collected after completing the answers to them and in a timely manner.

3.4.1.9 Statistical analysis of metrics items:

Statistical analysis is a necessary step in building personal measures and the rest of the scales, because the logical analysis of paragraphs may sometimes reveal their validity or truthfulness accurately, while statistical analysis of scores reveals the accuracy of paragraphs in measuring what was developed for it); P41 ,1972 (Able)

3.4.1.10 The discriminatory power of the paragraphs of the two scales of the study:

The discriminatory force means the extent to which the paragraphs are able to distinguish between those with higher levels and those with lower levels of students for the field measured by the paragraphs, and thus the researcher has

formed two upper and lower groups for each scale, which number (45) paragraphs for the first scale and (45) paragraphs for the second scale.

The researcher used the statistical bag (SPSS) in the T tests, which is a statistically significant indicator to distinguish the paragraphs and thus became the paragraphs of the prosperity scale after excluding a number of paragraphs (45) paragraph and the trend scale (45) paragraphs.

First: Psychological Prosperity Scale: The discriminatory ability of the paragraphs of the scale was calculated

- In the top group, the highest score on the scale was 5,000 and the lowest score was 2,756.
- In the lower group, the highest score on the scale was (3,402) and the lowest score was 1,200 (

Second: A measure of students' attitude towards playing sports

- In the top group, the highest score on the scale was 4,800 and the lowest score was 2,720 .

In the lower group, the highest score on the scale was 3,430 and the lowest score was 1,240.

3.4.1.11 Internal consistency coefficient:

The internal consistency coefficient was extracted using the significance of the correlation coefficient (Pearson) between the degree of each paragraph and the total degree of the scale and the second method between the degree of each field with the total degree of the scale for all members of the sample, which numbered (80) students by the statistical bag (spss) as shown in Table (2).

First: Psychological Prosperity Scale

Table (2)

Shows the correlation of the score of each domain to the overall score of the scale

Significanc e level	Significanc e level	Correlation coefficient	domains	sequencin g
Moral	0,000	0,762	Cognitive flourishing	1
Moral	0,000	0,857	Emotional prosperity	2
Moral	0,000	0,837	Social prosperity	3
Moral	0,000	0,748	Moral prosperity	4

Second: Measure of students' attitudes towards playing sports

Table (3) shows the correlation coefficient between the paragraph and the students' attitudes scale

Sig	Correlation coefficient	t	Sig	Correlation coefficient	t	Sig	Correlation coefficient	t
0,000	0,675	31	0,000	0,567	16	0,000	0,740	1
0,000	0,546	32	0,000	0,871	17	0,000	0,893	2
0,000	0,657	33	0,000	0,546	18	0,000	0,567	3
0,000	0,659	34	0,000	0,767	19	0,000	0,496	4
0,000	0,748	35	0,000	0,759	20	0,000	0,467	5
0,000	0,723	36	0,000	0,871	21	0,000	0,678	6
0,000	0,788	37	0,000	0,663	22	0,000	0,702	7
0,000	0,869	38	0,000	0,813	23	0,000	0,701	8
0,000	0,775	39	0,000	0,668	24	0,000	0,576	9
0,000	0,618	40	0,000	0,465	25	0,000	0,870	10
0,000	0,654	41	0,000	0,652	26	0,000	0,674	11
0,000	0,860	42	0,000	0,660	27	0,000	0,881	12
0,000	0,678	43	0,000	0,767	28	0,000	0,784	13
0,000	0,546	44	0,000	0,488	29	0,000	0,767	14
0,000	0,567	45	0,000	0,653	30	0,000	0,556	15

3.5 Scientific foundations of the research standard:

3.5.1 Honesty:

Honesty is one of the characteristics that must be paid attention to in the test and the construction of standards, the honest scale is the measure that "measures its paragraphs characteristic to be measured and does not measure any other characteristic, whether the individual responder applies to him or not applies (Mohammed Hassan Allawi: 2002, p. 255), and there are types of honesty and so the researcher extracted the sincerity of the content and the sincerity of construction.

3.5.1.1 Authenticity of content or content:

The sincerity of the content or content is one of the types of honesty through which the contents of the scale form are clarified through the paragraphs of the presentation of these paragraphs to experts and specialists, and this type of honesty has been achieved through the presentation of the standards to experts and specialists.

3.5.1.2 Authenticity of construction:

This type of honesty was calculated through the following: -

1- The method of the two extreme groups:

The discriminatory power of the vertebrae was extracted through which the paragraphs capable of distinguishing between individuals with high and low scores were identified.

- 2- The relationship of the score of each paragraph to the overall score of the scale (internal consistency):

The researcher used the internal consistency coefficient in the analysis of the paragraphs of the two scales, ie calculating the sincerity of the paragraphs of the two scales using the internal test by finding the correlation between the degree of each paragraph and the total degree of the field to which it belongs, as well as the total degree of the scale and achieve this type of honesty through the use of the law of simple correlation (Pearson).

3.5.1.3 Stability of the two search criteria:

Stability is defined as "accuracy in estimating the real mark of the individual on the paragraph that measures it or the extent of consistency in the individual's relationship if the same scale is taken several times in the same circumstances" (Ahmed Odeh Fathi: 1993, p. 194), the researcher has used two methods in calculating the stability of the scale and the resolution, namely:

I. Half Segmentation

The researcher has adopted the forms of the sample of the construction experience of (120) and divided the researcher paragraphs of the two scales into paragraphs odd and other even, and was calculated correlation coefficient (Pearson) between the degrees of the two groups mediated by the statistical bag spss, "and to find a full degree of stability researcher used equation (Spearman), as the degree of stability and the degrees of stability were high.

Table (4) shows the correlation and stability coefficient of the psychological prosperity scale

Spearman Brown	pierson	Cronbach for the second half	Cronbach for the first half
0,849	0,743	0,846	0,873

Table (5) shows the correlation and stability coefficient of the students' attitudes scale

Spearman Brown	pierson	Cronbach for the second half	Cronbach for the first half
0,768	0,836	0,932	0,877

Second: Alfakronbach equation:

One of the most common and most stable scales and suitable scales scale, this method depends on the amount of correlation paragraphs within the scale, and the correlation of each paragraph with the scale as a whole and to calculate

the stability of the scale the researcher used the statistical bag (SPSS) as in Table (6)

Table 6.

Alfakronbach	Scale
0,868	Psychological prosperity scale
0,923	Students' attitude scale

3.5.1.4 Objectivity:

3- The two standards of the study are clear and objective and do not accept interpretation and have correction keys.

3.6 Main experience:

After completing the procedures for building the two scales, the researcher applied the psychological prosperity scale, which has (45) paragraphs, and the measure of the trend towards playing sports , which has (45) paragraphs, on the main application sample, which numbered (80) students from all four stages, for the period from 7/1/2025 to 20/1/2025, after which the forms were collected to be ready for statistical analysis.

3-7 Statistical means:

The researcher used the Statistical Portfolio for Social Sciences (SPSS) to process the following data:

- Square test (Ka2) - arithmetic mean - hypothetical mean - standard deviation.
- Spearman's coefficient - standard error - test (t) for one sample - test (t) for independent samples.
- Standard degree of Z-T - alpha cro-nabach coefficient - torsion coefficient.
- Percentage - simple correlation coefficient (Pearson) - relative weight

4- Presentation, analysis and discussion of the results: -

The data of the two research scales (psychological prosperity and student attitudes) were analyzed and were as follows:-

4-1 Presenting, analyzing and discussing the results of psychological prosperity and students' attitudes towards playing sports among the research sample.

4.1.1 Present, analyze and discuss the results of the sample's "psychological prosperity".

For the purpose of achieving the goal of the second research, which is to identify the levels of students of the College of Education and Sports in the variable of psychological prosperity and the direction of female students, the researcher applied the psychological prosperity scale on the base sample of (80) students (for the four levels) from the College of Physical Education and Sports Sciences - University of Thi-Qar, as the medians and deviations were calculated for the students' answer to

the scale, and then identify the significance of the differences between the calculated and hypothetical mean of the psychological prosperity scale and for all levels, and as shown in Table (7) where the results of Research that the mean of the sample scores in the variable psychological prosperity is (160.43) and a deviation of (5.42) and the hypothetical mean (135) and using the T test show that the "calculated T value" was (9.51) is greater than its tabular value of (1.99) at the degree of freedom (79) and the level of significance (0.05) and this means "rejection of the hypothesis" that confirms the absence of significant differences between the value of the calculated and hypothetical mean, and this indicates that the levels of students in the psychological prosperity scale was high and as shown in the table (7).

Table (7)
Shows arithmetic means, standard deviations, calculated t-value, and relative weight of psychological prosperity

Indication Type	Final ranking	Relative Weight%	Calculated value (t)	Hypothetical mean	Standard deviation	Going to	Levels	t
Moral	2	67.60	6.95	135	5.43	158.14	Level IV	1-
Moral	1	68.95	5.42		5.95	163.05	Third level	2-
Moral	3	64.59	2.25		4.54	149.22	Second level	3-
Moral	4	63.70	2.51		3.54	142.60	First level	4-
Moral	-	66.47	8.41		5.42	160.43	All Sample	5-

*** Tabular value of (t) at degree of freedom (79) and level of significance (0.05) is equal to (1.99).**

To learn about the order of psychological prosperity among the students of the research sample and according to the academic levels, the researcher calculated her relative weight and then arranged according to her weights arranged in Table (7), as the college students (third level) got the first rank in the prosperity scale, as it was found that the arithmetic mean was equal to (163.05) either the standard deviation is equal to (5.95) and a relative weight equal to (68.95%), then comes in the second place students (fourth level) with an arithmetic mean equal to (158.14) and a standard deviation equal to (5.43) and a relative weight equal to (67.60%), then comes in the third place female students (second level) with an arithmetic mean

equal to (149.22), while the standard deviation is equal to (4.54) and a relative weight equal to (64.59%), and finally in the fourth place students (first level), as they got an arithmetic mean equal to (142.60), while the standard deviation is equal to (3.54) and a relative weight equal to (63.70%), and the results showed that there is high psychological prosperity among students (research sample), and this indicates that students are characterized by a high level in all journals of psychological prosperity scale, cognitive And moral, emotional and social relations, but on the other hand, we find the social, cultural and psychological determinants that generate a great desire in the hearts of students to get rid of reality and improve life and the desire to develop and adapt to society, so that it is psychologically and socially compatible with it and with others and be able to achieve itself and invest its capabilities and potential to the maximum extent possible, so (Hamed Zahran) sees "2The researcher believes that the reality of physical education in terms of practical lectures in various sports and competition between them during lectures has given a positive aspect that is fun and entertaining, in addition to that it is an important recreational aspect in an important age period of life, in addition to the educational aspect and scientific and cultural seminars within the college, all of this helped develop their psychological prosperity.

4.1.2 Present, analyze and discuss the results of sports trends in the sample.

In the variables of the students' attitude towards playing sports, the researcher applied the scale of students' attitudes towards **playing games** on the main research sample of (80) students and (for the four levels) in the College of Physical Education and Sports Sciences at the University of Dhi Qar, so circles and deviations

for the students' response towards the scale, and as shown in Table (8) so that the results appeared that the arithmetic mean scores of the sample members In the variable attitude of students towards the practice of sports was (159.7) out of (225) degrees and a deviation of (5.90) while the hypothetical mean (135) and using the T test for one sample to identify the differences between the media, it was found that the calculated value was (22.05) is greater than the tabular and the amount of (1.98) at the degree of freedom (79) and the level of significance (0.05) and this indicates that the research sample with high and positive trends towards sports practice, which necessitated the rejection of the hypothesis that shows the absence of significant differences Between the values of the hypothetical calculated mean, this indicates that the level of the sample members in upper limits of attitudes towards playing sports, as shown in Table (8).

Table 8

Shows the arithmetic means and standard deviations of students' attitudes towards playing sports

Indication Type	Final ranking	Relative Weight%	Calculated value (t)	Hypothetical mean	on	Going to	Levels	t
Moral	2	84	16.68	135	4.34	162,7	Level IV	1-
Moral	1	87.11	11.70		5.28	166,4	Third level	2-
Moral	4	75.91	8.07		3.49	155,8	Second level	3-
Moral	3	77.75	8.12		4.07	156,6	First level	4-
Moral	-	77.55	22.05		5.90	159.7	All Sample	5-

*** Tabular value of (t) at degree of freedom (79) and level of significance (0.05) is equal to (1.99).**

In order to identify the order of the students' tendency towards playing among the individuals research sample for the academic levels within the college, the researcher by calculating the relative weights of them and then arranging them according to the weight of each level as shown in Table (8), as the students of (the third level) ranked first in the trend scale and an arithmetic mean of (166.4) and a standard deviation of (5.28) with a "relative weight" (87.11%), followed by the "second place" students (fourth level) as they obtained an arithmetic mean of (162.7) with a deviation of (4.34) and a relative weight (84%), while the one who came in third place (first level) with a mean of (156.6) and a deviation of (4.07) and a relative weight of (77.75%), while the sample of female students (second level) came in fourth and last place in the trend scale, as it achieved an arithmetic mean of (155.8) with a deviation of (3.49) and a relative weight of (75.91%).

4.1.3 Clarify, analyze and discuss the results of the correlation between the measures of psychological prosperity and students' attitudes.

For the purpose of achieving the third objective of the research, which is to find the relationship between the two scales of psychological prosperity and the tendency of female students towards playing sports among students of the Faculty of Physical Education and Sports Sciences / University of Dhi Qar, on the basic sample of (80) and as shown in Table (9).

Table (9) shows the amount of correlation between the two search scales

Significance	Sig	t	on	Going to	Scale	t
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Moral	0,000	0.739 **	5.42	160,43	Psychological prosperity	1
			5.78	159.7	Students' Orientation	2

Table (9) shows us that the calculated value of (t) was (0.739) among each of the prosperity scale.

Psychological and the direction of female students, which is higher than the value of (sig) to a high degree, and this indicates a significant correlation between the two variables, that is, there is a correlation between the two scales, and this is evident through the results presented in the table above, where they affect each other, whenever the psychological prosperity of students is good, the tendency of students towards playing games is also good, and the researcher believes that the basis of psychological prosperity is the psychological state associated with happiness and bliss for the individual, which helps to develop all aspects of life Daily, because the psychological problems of the individual, no matter how simple, affect all aspects of life, especially the practice of sports games that need a comfortable psychological atmosphere in order to practice and enjoy and benefit from performance, so the researcher believes that exercise is an important part and complementary to the psychological, mental and health prosperity of the individual, especially the practice of sports that can not be enjoyed and developed distinctively unless it is collectively with colleagues or friends, and recently sport has become the prevention of many One of the psychological and physical problems, and indicates (Zainab Shaaban: 2020, 303) that prosperity, which is a good feeling, is coupled with positive social relations and positive engagement with the group, which plays a major role in human life and its acceptance of society and interdependence with it with the aim of strengthening, deepening and expanding the individual's positive orientation towards life.

5- Conclusions and recommendations:

5.1 Conclusions:-

In light of the results of the research, the researcher reached the following conclusions:

- The sample achieved a high level in the measures of psychological prosperity and the students' attitude towards playing sports.
- 2- The results reached the preference of students of the "third stage" first, students of the "fourth stage" second, students of the "second stage" third, and finally students of the "first stage" in the levels of psychological prosperity and the trend towards playing games.
- 3- There is a significant correlation between the psychological prosperity scale and the attitudes of students towards playing sports.

5.2 Recommendations:

- 1- Doing similar research on the scale of prosperity because of its importance on the positive psychological side of students.

- 2- Attention to psychological research similar to the cognitive and physical aspects.
- 3- Paying attention to the need to spread awareness of the importance of practicing sports activities from all aspects, whether health or psychological.
- 4- Trying to make comparisons between many psychological variables among college students.

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Psychological prosperity scale in its final form

Dear student We put in your hands the psychological prosperity scale, which consists of (45) phrases, please read the answer instructions below and adhere to them, taking into account not mentioning the name.

- Please check only one selection among the five alternatives in front of each phrase by ticking ✓ inside the box.
- If you can't understand any statement, don't hesitate to ask or ask.
- The answer is to the question paper and not to leave any of the paragraphs unanswered.
- Do not use a colleague when answering.
- Never hesitate to answer because it is for scientific research purposes only.
- The time allotted for the answer is (17-20) minutes.

Applies to me very low	Applies to me to a low degree	Applies to me to a moderate degree	Applies to me to a high degree	Applies to me to a very high degree	Ferry	
					I feel happy to be one of the college students	1

					I feel fun while in college	2
					I feel full of joy when I'm with others.	3
					My success makes me proud and happy	4
					I can control my emotions and direct them positively	5
					My mood is good regardless of external pressures	6
					I feel that life is beautiful when I accomplish a beloved work	7
					My social relationships are characterized by mutual appreciation and respect	8
					Share others' feelings	9
					I feel warm in my relationships with others	10
					I like learning new things.	11
					Take care of the details of the activity I'm in	12
					I feel love for my colleagues	13
					I believe people are innately benevolent	14
					I feel happy when I achieve an important goal in my life	15
					Express feelings of love towards others	16
					I keep up with my religious duties	17
					Has the ability to take responsibilities	18
					I strive to achieve my goals with optimism and positivity	19
					My thinking decreases while I am in tune with the activity I love	20
					Whatever the external circumstances, I can successfully overcome them	21
					When I do the beloved task that I don't care about the thinking of others	22
					The difficulty of business to weaken my will	23
					I feel completely absorbed in the work I tend to	24
					My goals in life are clear	25
					Have the ability to influence others	26
					I feel comfortable listening to the explanation of the lecture	27

					My life is full of important details	28
					I am very satisfied with my college life	29
					I feel that life has value	30
					I lose my feelings when I absorb the tasks I enjoy	31
					I have the ability to challenge to achieve my difficult goals	32
					I do my best to excel and succeed	33
					I have more than one solution to accomplish my tasks	34
					I feel that success is my ally in all my works	35
					I can set my goals well	36
					I was serious and careful in finishing my work	37
					I find that the work I do is meaningless.	38
					I can solve my problems no matter how difficult they are	39
					Have clear goals in life	40
					I always accomplish my work with high efficiency	41
					I feel happy when I achieve my core goals	42
					I give my full trust to those who deserve it	43
					My time is fast when I'm in college.	44
					I feel reassured that I have achieved most of my goals	45

Measure of students' attitude towards playing sports in its final form

Dear student We put in your hands the scale of students' attitude towards playing sports, which consists of (45) phrases, please read the answer instructions below and adhere to them, taking into account not mentioning the name.

- Please check only one selection among the five alternatives in front of each phrase by ticking ✓ inside the box.
- If you can't understand any statement, don't hesitate to ask or ask.
- The answer is to the question paper and not to leave any of the paragraphs unanswered.
- Do not use a colleague when answering.
- Never hesitate to answer because it is for scientific research purposes only.
- The time allotted for the answer is (13-15) minutes.

Non Consent	Slightly approved	Neutral	Highly approved	Very much approval	Ferry	
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					I want to play sports in the space designated for each game	1
					I prefer to play sports in sports uniforms	2
					I'm afraid to play sports for fear of getting injured	3
					I am happy to play sports games in college constantly throughout the working days	4
					I would like to participate in the tournaments held in the college	5
					I like joining sports clubs and teams	6
					I feel happy playing sports with my classmates	7
					Consider playing sports the most important means to clear the mind and relax	8
					I want practical lectures more than theoretical lectures	9
					Empty my pent-up energy and unleash my potential while playing sports	10
					The best sports that develop health and fitness	11
					Gain wide friendships while playing sports in college	12
					Enjoy playing team games more than individual games	13
					Keep playing sports even during break time	14
					I am happy to play sports in college with other stages of study	15
					I prefer to exercise at home or gym more than in college	16
					I want to play women-only sports as a rhythmic	17
					Playing sports has little effect on college students	18
					I give a lot of care and attention to games that develop fitness and beauty	19
					Focusing on the beauty of performing movements and skills is the most important feature of the lecture	20
					Playing sports increases the bonds of love and respect among students	21
					Playing sports develops self-confidence and a love of teamwork	22

					Playing sports helps improve students' behaviors	23
					Playing sports develops physical and mental skills and increases intelligence	24
					Playing sports is limited to building muscle only and not others	25
					In general, sport is not important in our daily lives.	26
					Playing sports makes our bodies lean and our figure moderate	27
					The only way to get rid of everyday problems is to exercise	28
					The reason I stay away from sports more broadly is not relying on the correct scientific foundations	29
					Not having the motivation to play a sport that makes me not like it	30
					When I play sports with my classmates, I care about winning and nothing else.	31
					Extensive social relationships The reason for my sports with other stages	32
					Playing sports is not a way to entertain and entertain me	33
					Stay away from playing dangerous and potentially injured sports	34
					Playing sports has an effective impact on the health, social and behavior of students	35
					My regular exercise makes me happy all the time.	36
					I prefer group games over individual games	37
					Participating in sports activities is a waste of time and effort	38
					Sports activities do not contribute to the social maturity of a student.	39
					Practicing sports activities may affect health in the future	40
					A woman rarely needs exercise because of her daily chores inside the house	41
					Practicing sports positively affects the lives of female students	42

					Sports are considered an outlet and entertainment for students	43
					Deep sleep due to regular exercise	44
					The sports atmosphere makes me happy and enjoyable all the time.	45