



The University Environment and its Relationship with the Practice of Sport Activities among Female Students of Thi Qar University

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ABSTRACT

Keywords:

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The study aims to build the university environment and the trends of practicing sports activities among female students of Dhi Qar University, identify the level of the university environment and the trends of practicing sports activities among female students of Dhi Qar University, find the relationship between the university environment and the trends of practicing sports activities among female students of Dhi Qar University, identify the percentage of opinions of female university students in agreeing to add a systematic lesson for physical education within their lessons, and identify the most important reasons that led to the university's female students staying away from practicing sports activities. Inside and outside the university, the research population consisted of (470) female students, divided into a sample of (20) female students, a construction sample of (235) students, and the application (125) students, the researcher reached a set of conclusions, the most important of which was that the research sample achieved a high level in both the university environment and the practice of sports activities, and the comparative study yielded a preference for female students of the Faculty of Physical Education first and female students of the Faculty of Human Education secondly in the order of the levels of the university environment and the practice of sports activities from female students of the rest of the university's faculties. There are significant differences between female students of colleges (scientific and humanities) in both the university environment and the practice of sports activities, and there is no significant correlation between the university environment and the attitude of female university students towards sports activities

1. Introduction to the research

1.1 Introduction and Importance of the Research

In light of the great scientific and knowledge progress in various fields of life, the world has become in your hands through the circulation and transfer of information and experiences that cast a shadow on the scientific reality to be framed by modernity and development that has become required at various levels, and countries have become racing in the field of science and knowledge through great interest in education and the learner directly, sponsoring schools, and harnessing all resources that facilitate the performance of lectures, provide information to students in a smooth scientific way, and make students active participants in the lesson. Perhaps one of these lessons is the physical education lesson, which has received direct and effective attention by those in charge of it through their relentless pursuit to use everything that is modern, and the university environment, which is considered an integrated framework that works to achieve educational goals through interactions within the campus and all that includes it of teaching staff and students, with the aim of providing a comprehensive environment that stimulates learning and academic, personal and social growth, and thus helps to acquire knowledge, understanding, skills and other goals. University life is considered one of the prestigious scientific institutions in any developed society because the university student is part of the future that falls on him the progress and development of society despite all the circumstances and pressures inside and outside the university, so attention must be paid to the role of educational institutions in supporting and developing and thus teaching all sports activities through actual practice in those activities. Their attitudes towards practicing sports activities serve as a motivation for achievement and indicate to us what can be accomplished in this field, as the responsibility of the number of learners in the best way is an educational goal and a necessary requirement for positive education¹, especially for university students who are considered the future influential in the new society.

1-2 Research Problem:

Sport psychology is one of the fields that have been studied and researched to reach the facts that lead to the development of sports levels in various games, and sports psychology tries to scientifically study the behavior and experience of the individual, the environment around him, and his relationship with sports activity in its various fields, levels and practices, and try to describe and interpret to benefit from the circumstances surrounding the student, on the basis of which the research problem crystallized through the work of the researcher in the field of physical

Nizar Al-Taleb: Sport Psychology, University of Baghdad Press, Iraq, Baghdad, 1999, p. ¹

education, as she noticed that most of those in charge of the educational process They may not pay enough attention to the environmental, psychological and social needs of students, especially female students, which leads to a lack of integration into the university and educational environment, and consequently less control over their problems, needs and motivations as one of the important variables for them, it is not a privilege for those who spend a long time developing their ideas, but it is the idea itself that the individual may have in one moment of insight to overcome the ongoing obstacles facing them, in addition to the researcher's observation that many female students show a much lower level than it is They are expected to practice sports activities, so the research problem arises in trying to identify their university environment and the tendency of female students of Dhi Qar University towards practicing sports activities.

1.3 Research Objectives

- 1- Building the University Environment Scales and Trends in Sport Activities among Female Students of Dhi Qar University.
- 2- Identifying the level of the university environment and the trends of practicing sports activities among female students of Dhi Qar University.
- 3- Finding the Relationship between the University Environment and the Attitudes of Exercising Sport Activities among Female Students of Dhi Qar University.
- 4- Identify the percentage of university students' opinions in approving the addition of a systematic physical education lesson in their lessons.
- 5- Identify the most important reasons that led to the university's students staying away from practicing sports activities inside and outside the university.

1-4 Research Areas:

- 1-4-1 Human Field: Female students of Dhi Qar University for the academic year 2024-2025.
- 1-4-2 Spatial Domain: The buildings of the colleges covered by the research (Physical Education, Humanities, Engineering, Nursing, Administration and Economics).
- 1-4-3 Temporal Domain: From 15/12/2024 to 16/3/2025.

1.6 Definition of Terms:

University Environment: It is "the holistic set of academic, social, psychological, and physical conditions and factors that surround the student within the campus, which affect the formation of his personality, the formation of his attitudes, behavior, and academic achievement, and includes the relationships between students, students, faculty members, available services, and the prevailing culture at the university."⁽¹⁾

⁽¹⁾ Adnan Yousef, Al-Otoun: Developmental Psychology – Childhood and Adolescents, Amman, Dar Al-Masirah for Publishing and Distribution, 2004, p. 18.

3- Research methodology and field procedures

3-1 Research Methodology: The researchers used the descriptive method with the survey method and correlational relationships to suit the nature of the current study problem.

3-2 Research Sample: - The researchers selected the research sample from the research community represented by the female students of Dhi Qar University for the academic year (2024-2025).

- 1- Construction sample: (325) female students of Dhi Qar University from the faculties of science and humanities, and they were randomly selected from five faculties (Physical Education, Humanities, Engineering, Nursing, Management and Economics).
- 2- Application sample: 125 female students of Dhi Qar University distributed among the five scientific and humanities faculties.
- 3- The sample of the survey experiment was (20) female students of the Faculty of Physical Education from outside the construction and application samples, thus the total number of female students included in the research in all samples is (470) female students as shown in Table (1)

Table (1) shows the distribution of the sample members

Appli cation Sampl e	Sample of the Survey Experie nce	Constr uction Sample	Colleges	t
40	20	125	Physical Education	1
32	-	50	Humanities Education	2
21	-	50	Engineering	3
20	-	50	Nursing	4
12	-	50	Management and Economics	5
125	20	325	Total	

3.3 Tools and Methods Used in the Research:

- Arab and foreign sources.

- Questionnaire.
- Interview.
- Measurement and testing.
- Data collection forms.

3.4 Field research procedures

3.4.1 Procedures for building and codifying the standards of the university environment and the trends of practicing sports activities.

3.4.1.1 Purpose of constructing the two study scales:

The researchers had to identify the university environment and the trends in practicing sports activities, and then build scales that are characterized by accuracy and comprehensiveness in measurement among female students of Dhi Qar University.

3.4.1.2 Identification of the phenomenon to be studied

Before embarking on a descriptive study, constructing and codifying it in accordance with the theoretical frame of reference and reaching a solution to the problem, the phenomenon to be studied should be defined, and its concept and boundaries should be completely clear.

3.4.1.3 Determining the method and foundations of drafting the paragraphs of the University Environment Scale: After reviewing some relevant sources and studies and conducting personal interviews with a group of experts, the scale was presented to the experts and specialists, where all the paragraphs ^{consisting} of (30) paragraphs were approved, and the alternatives to answering these paragraphs consist of five alternatives: (strongly agree – agree – neutral – disagree – strongly disagree).

3.4.1.5 Trend Scale of Sport Activities: By reviewing the scientific research literature and the theoretical framework of the subject of attitudes and reviewing some scientific sources in addition to the researcher's experience, (20) paragraphs were drafted, and the answer to these paragraphs is on five alternatives: (very much agree, very agreed, neutral, little agreed, and disagreed).

3.4.1.6 Presentation of the preliminary version of the study scales

The initial version of the two study scales was presented to a group of (11) experts with experience and specialization in the field of sports psychology to verify the validity of the paragraphs and their observations on the paragraphs of the scale,

and the answers were analyzed using (K2) for one sample and each paragraph was counted as valid when the calculated (K2) is a function at (0.05).

3.4.1.7 Reconnaissance Experience

After the two study scales became ready to be applied to the sample of the survey experiment, which consists of (20) female students from different levels of study, the scale was applied on Sunday, 22/12/2024, for the purpose of ensuring the clarity and understanding of the paragraphs, the style 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 each scale was between (13-15) d.

3.4.1.8 Main experiment of applying the paragraphs of the study scales to the building sample

The application was conducted on the construction sample, which numbered (325) female students on Tuesday (24/12/2024 to Monday 30/12/2024), 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 the paragraphs of the scales:

3.4.1.10 The discriminating power of the paragraphs of the study scales:

Discriminating power refers to the extent to which the paragraphs are able to distinguish between those with higher levels and those with lower levels of female students in relation to the area measured by the paragraphs, and thus the researchers formed two groups of upper and lower for each scale and for the purpose of calculating the discrimination coefficient of each of the (30) paragraphs of the scale **University Environment** and (20) paragraphs for the scale **Exercise** The researcher used the T-test using the statistical bag of social sciences.SPSSThe statistically significant T-value was considered an indicator of discrimination, and the highest item in the scale was the university environment (4.760) and the lowest item (0.713), and the highest item in the scale of sports activity towards female students towards the sports practitioner was (4.720) and the lowest item (0.285).

3.4.1.11 Internal coherence coefficient:

This index was extracted using the significance of the correlation coefficient (Pearson) between the score of each item and the total score of the scale, and the second method between the score of each field and the total score of the scale for all the sample members of (325) students using the Statistical Package for Social Sciences (SPSS).

3-5 Scientific Foundations of the Research Scales:

3.5.1 Honesty:

Honesty is one of the characteristics that must be taken into account in testing and building scales, as the honest scale is the scale whose ²paragraphs "measure the quality to be measured and does not measure any other attribute whether the respondent individual applies to him or not", and there are types of honesty, and therefore the researcher extracted the honesty of the content and the honesty of the construction.

3.5.1.1 Truthfulness of content or content

The truthfulness of the content or content is one of the types of truthfulness 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 scales to experts and specialists.

3.5.1.2 Sincerity of Construction:

This type of honesty was calculated through the following:

- 1- The style of the two extremist groups:
- 2- The relationship between the score of each item and the total score of the scale (internal consistency):

3.5.1.3 Consistency of the two research scales:

Consistency is defined as "the accuracy in estimating the true score of an individual on the paragraph he is measuring or the extent of consistency in the individual's relationship if the same scale is taken several times in the same circumstances³", and the researcher used two methods to calculate the consistency of the scale and the questionnaire, namely:

I. Half-Segmentation

The researchers adopted the forms of the construction experiment sample, and the researcher divided the paragraphs of the two scales into odd and even paragraphs, and the correlation coefficient (Pearson) was calculated between the scores of the two groups by means of the statistical bag SPSS, and to find a complete degree of stability, the researcher used the (Spearman) equation, as the degrees of stability were high.

Second: The Alpha Cronbach Equation:

1 Muhammad Hassan Allawi and Muhammad Nasr Al-Din Radwan: Measurement in Physical Education and Sport Psychology, Cairo, Dar Al-Fikr Al-Arabi, 2002, p. 255.

2 Ahmed Odeh and Fathi Malkawi: Fundamentals of Scientific Research, Jordan, Al-Kinani Library, 1993, p. 194.

It is one of the most common and more suitable measures of stability for scales with a graded scale, as this method depends on the extent to which the paragraphs are related to each other within the scale, and the correlation of each item with the scale as a whole, and the result of the consistency of the university environment scale is (0.958) and the practice of sports activities is (0.967) using the statistical bag (SPSS).

3.5.1.4 Objectivity:

When choosing the best alternatives in any test, it is called (objective choice) because the panel of arbitrators uses the correction key to agree on the results completely, so the coefficient of agreement of the arbitrators** was (0.86) for the scale of the university environment and (0.79) for the scale of practicing sports activities, which indicates that the two scales have high and acceptable objective coefficients.

3.6 Main Experience:

After completing the procedures of building the two scales, the researchers applied the research scales to the main application sample, which is (125) students from five colleges, for the period from 12/1/2025 to 23/1/2025, and then the forms were collected to be ready for statistical analysis.

3-7 Statistical Methods:

The researchers used the statistical bag (SPSS) to process the following data:

- Square Test (K2) - Arithmetic Mean - Hypothetical Mean - Standard Deviation - Spearman Coefficient - Standard Error - Test (t) for One Sample - Test (T) for Independent Samples - Standard Degree Z and T - Alpha Kro-Nabach Coefficient - Torsion Coefficient - Percentage - Simple Correlation Coefficient (Pearson) - Relative Weight

4. Presentation, analysis and discussion of the results:

After completing the procedures of developing the two research tools, namely (university environment and practicing sports activities) and after completing the final application of the two scales, the data obtained were analyzed, as follows:

4-1 Presenting, analyzing, and discussing the results of the university environment and the practice of sports activities among the research sample.

4-1-1 Presenting, analyzing, and discussing the results of the university environment in the research sample.

- 1- For the purpose of achieving the second objective of the research, which is to identify the level of the university environment and the trends of practicing sports activities for female university students, the scale was applied to the basic sample of (125) female students from the faculties of (Physical Education, Human Education, Engineering, Nursing, Administration and Economics) at Dhi Qar University, where the arithmetic circles and standard

deviations of the students' responses to the scale were calculated, and then the significance of the differences between the calculated and theoretical circles of the university environment variable and for each college separately was confirmed, and as it is The results showed that the arithmetic mean of the sample scores in the variable of the university environment was (99.70) with a standard deviation of (11.41) while the hypothetical mean was (90) and using the t-test for one sample to know the differences between the two mediators, it was found that the calculated t-value was (9.50) which is greater than the corresponding tabular t-value of (1.98) at the degree of freedom (124) and the significance level of (0.05), and this indicates that the levels of female students in the university environment were high and as shown in the table (2).

Table (2) shows the media, deviations, calculated value of (t) and the relative weight of the university environment scale

Significance Type	Final Ranking	Relative Weight %	Calculated value (t)	Hypothetical Medium	on	Going to	Colleges	t
Morale	1	68.58	7.45	90	10.92	102.78	Physical Education	1-
Morale	2	66.95	5.13		11.50	100.43	Humanities Education	2-
Morale	5	63.59	2.14		11.52	95.38	Engineering	3-
Morale	4	64.63	2.67		11.65	96.95	Nursing	4-
Morale	3	66.28	3.58		9.12	99.42	Management and Economics	5-
Morale	-	66.48	9.50		11.41	99.70	Total Sample	6-

*** The value of (t) tabular at the degree of freedom (124) and the significance level of (0.05) is equal to (1.98).**

In order to identify the ranking of the university environment among the members of the research sample according to the faculties to which they belong, the researcher calculated their relative weights and then arranged them according to their weights as shown in Table (2), where the female students of the Faculty of Physical Education ranked first in the university environment with an arithmetic mean of (102.78) with a standard deviation of (10.92) and a relative weight of

(68.58%), followed by the female students of human education in the second place, as they achieved an arithmetic average of (100.43) with a standard deviation of (11.50) and a relative weight of (66.95%), and thus the results of the rest of the female students came in the other colleges, which are the consecutive ranking (third for the Faculty of Engineering, fourth for the Faculty of Nursing, and fifth for the Faculty of Administration and Economics), as they also achieved arithmetic averages respectively (99.42, 96.95, 95.38) and standard deviations (9.12, 11.65, 11.52), which earned them consecutive relative weights (66.28%, 64.63, 63.59%), (and when calculating the differences between the scientific and humanities faculties in the scale of the university environment)) it was found that there are no statistically significant differences between the scientific and humanities faculties and that the calculated value of (T) It is (1.47) which is smaller than its tabular value at the degree of freedom (123) at the significance level of (0.05), so what the results showed in general is that there is a university environment with high levels of it among female students (the research sample) regardless of whether they are scientific or humanities faculties, but although these results may seem good and encouraging in light of the reality that the female student at Dhi Qar University lives in terms of weakness and marginalization in all areas of life, on the other hand, there are social determinants It is necessary to pay attention to the psychological aspect of the university student during her studies by activating the main engine, which is the university environment, which is the engines for the individual's behavior in different situations, so understanding this university environment and how to use it helps us to control and control behavior, and thus studying the subject of the university environment is the basic studies for every educator who works with students. Understanding the environment of the students, the educator can direct their behavior towards practicing all the beloved activities, and the most important and beneficial for the body and soul is the practice of sports activities, because a healthy mind is in a healthy body, but it is difficult to define the concept of the human environment, that is, it cannot be observed directly, but can be deduced from the behavior issued by the students, and it is also considered the unconscious organization that is known as participation in an activity, based on the elements dictated by the environment, so that it becomes part of the environment of the self, and based on The results of many studies have shown that students who feel supported and safe in their university environment enjoy a higher level of academic satisfaction and active involvement in the educational process.⁽¹⁾

4.1.2 Present, analyze and discuss the results of students' attitudes towards sports activities.

In order to complete the achievement of the second goal of the research, which is to identify the level of the university environment and the trends of practicing

sports activities for female university students, the researchers applied the scale of female students' attitudes towards sports activities to the basic sample of (125) female students from the faculties of (physical education, human education, engineering, nursing, management and economics) at Dhi Qar University, where the arithmetic medias and standard deviations of the students' responses on the scale were calculated, and then the significance of the differences between the calculated mathematical media and the media was confirmed. The theoretical of the variable of female students' attitudes towards sports activities and for each faculty separately, as shown in Table (2), the results showed that the arithmetic mean of the sample scores in the variable of female students' attitudes towards sports activities was (77.54) out of (100) degrees and with a standard deviation of (8.91), while the hypothetical mean was (60) and using the t-test for one sample to know the differences between the two mediators, it was found that the calculated t-value of (22.04) is greater than the corresponding tabular t-value of (1.98) at the degree of freedom (12.4) and a significance level (0.05), which means that the research sample has a high and positive attitude towards practicing sports activities, and thus the level of the research sample members is in the upper limits of the tendency towards practicing sports activities, as shown in Table (3).

Table (3)

Shows the arithmetic circles and standard deviations of female students' attitudes towards sports activities

Sig nifi can ce Typ e	Final Rank ing	Relati ve Weig ht %	Calcu lated value (t)	Hyp othet ical Medi um	on	Goin g to	Colleges	t
Mor ale	1	82	16.68	60	8.34	82	Physical Education	1
Mor ale	2	77.13	11.70		8.28	77.1 3	Humanities Education	2
Mor ale	3	74.95	8.07		8.49	74.9 5	Engineerin g	3

Morale	4	74.65	8.12		8.07	74.65	Nursing	4
Morale	5	73.25	6.09		7.53	73.25	Management and Economics	5
Morale	-	77.54	22.04		8.91	77.54	Total Sample	-

* The value of (t) tabular at the degree of freedom (124) and the significance level of (0.05) is equal to (1.98).

In order to identify the order of the scale of the tendency towards practicing sports activities among the members of the research sample according to the colleges to which they belong, the researchers calculated the relative weights of them and then arranged them according to their weights as shown in Table (3), where the female students of the Faculty of Physical Education ranked first in the scale with an arithmetic mean of (82) with a standard deviation of (8.34) and a relative weight of (82%), followed by the female students of Humanities Education in the second place, as they achieved an arithmetic average of (77.13) and a standard deviation of (8.28) The Faculty of Engineering came in third place with an arithmetic average of (74.95) and a standard deviation of (8.49) and a relative weight of (74.95%), while the sample of the Faculty of Nursing came in fourth rank as it achieved an arithmetic average of (74.65) with a standard deviation of (8.07) and a relative weight of (74.65%), while the sample of the Faculty of Administration and Economics ranked fifth and last with an arithmetic average of (73.25) and a standard deviation of (7.53) and a relative weight of (73.25%), (and when calculating the differences between scientific and human faculties towards practicing sports activities)) It was found that there are no statistically significant differences between the scientific and humanities faculties, and that the calculated value of (T) is (1.63), which is smaller than its tabular value at the degree of freedom (123) at the significance level of (0.05).

4.1.3 Present, analyze and discuss the results of the correlation between the university environment and sports activity practices.

Where high levels appeared in the scale of the university environment as well as a high level in the scale of the attitudes of practicing sports activities for most of the female students of the university study (scientific and human), so it is easy to expect that there will be a meaningful functional relationship between them, but the truth was otherwise, after analyzing the data of the responses of university students to five faculties mentioned earlier, the research sample on the scales of the university environment and the trends of practicing sports activities Using the simple correlation coefficient (Pearson), its value was closer to zero, which is (0.00148), and this indicates the great weakness of the relationship between the two scales, as the university environment has nothing to do with the distance of female

students from practicing sports activities, but there are other reasons that we will address in the fourth and fifth objectives of the research.

4.1.4 Identify the percentage of female college students' opinions in agreeing to add a systematic physical education lesson to their lessons: To identify the percentage of the sample as shown in Table (4).

Table (4) shows the percentage of female college students' opinions

Other than approvals	Approvals	Colleges	t
0	185	Physical Education	1
16	66	Humanities Education	2
26	45	Engineering	3
22	48	Nursing	4
10	52	Management and Economics	5
74	396	Total	-
15.8 %	84.3%	Percentage	-

In order to identify the most important reasons for female students to stay away from practicing sports activities after analyzing the answers of female students, the most important reasons were identified, as shown in Table (4).

Table (5) shows the most important reasons for female students to stay away from practicing sports activities.

Percentage	Number	Reason	t
41.9%	197	Not having enough time to exercise	1
26.8%	126	Lack or distance of the place designated for exercise	2
11.9%	56	Lack of real desire to exercise	3
9.4%	44	Lack of acceptance by parents and society to practice sports	4

6.8%	32	Lack of information about the benefits of exercise for the body and mind	5
3.2%	15	Poor mathematical information for women in general	6
100%	470	Total	

It was found in Table (5) that one of the most important reasons is the lack of sufficient time to practice sports activity, and the number was from (197) to (41.9) due to the momentum of the lectures, in addition to most of the female students are from outside the city center, so it is difficult to control the time due to the long time of transportation from one district to another, in addition to other reasons that were arranged according to their importance.

5. Conclusions and Recommendations:

5.1 Conclusions:

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

- 1- The research sample achieved a high level in both the university environment and the practice of sports activities.
- 2- The comparative study yielded an advantage for female students of the Faculty of Physical Education first and female students of the Faculty of Human Education secondly in ranking the levels of the university environment and practicing sports activities from female students of the rest of the university's faculties.
- 3- There are no significant differences between female students of colleges (scientific and humanities) in both the university environment and the practice of sports activities.
- 4- There is no significant correlation between the university environment and the attitude of female university students towards sports activities.

5.2 Recommendations:

- 1- It is important to know the real levels in the university environment and the tendency towards practicing sports activities among the students of all colleges of Dhi Qar University in order to facilitate social interaction with them.
- 2- Paying attention to the psychological and environmental aspects of the university students, as well as the cognitive and physical aspects.
- 3- The necessity of paying great attention to clarifying and spreading awareness of the importance of sports activities and their various aspects for the student in the university education stage.
- 4- The necessity of making comparisons in many psychological variables among female students of the faculties of Dhi Qar University.

Arab and foreign sources:

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The University Environment Scale in its Final Form

Dear Student... We put in your hands the University Environment Scale, which consists of (30) phrases, please read the answer instructions below and adhere to them, taking into account that the name is not mentioned.

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

Strongly disagree	Disagree	neutral	I agree	Strongly agree	The Ferry	
					There are halls suitable for sports activities in all the colleges of the university	1
					My grades are commensurate with the effort I put in during my studies	2
					Get support and support from professors and the Deanship	3

					Health insurance standards are commensurate with the effort	4
					The university is keen to provide all the necessary equipment for sports and other activities	5
					The university provides facilities for students in all fields	6
					The university works on the maintenance of all the university's various facilities.	7
					There is an integrated library equipped with various resources	8
					The university takes into account all the requirements of special needs	9
					Adaptors are available to work at any time	10
					Classroom furniture is suitable for the number of students	11
					University health requirements are available in multiple locations on campus	12
					Sports equipment is suitable for the nature of the designated venue	13
					The university always rewards creative and distinguished personalities	14
					The working hours and the nature of the schedule are commensurate with my abilities	15
					Classrooms are problem-free	16
					There are respectful and affectionate relationships between students	17
					Student-teacher relations are official	18
					The Deanship Respects the Opinion and Suggestions of Students	19
					There is an incentive system within the university	20
					The university is working on the law of reward and punishment at work	21
					There is safety and stability inside the corridors of the university	22

					The university takes into account the pressures of studying	23
					The university encourages the participation of its students in various activities	24
					The university works to hold intercollegiate tournaments on a permanent basis	25
					The student participates in decision-making within the college in aspects that concern him.	26
					There is flexibility in dealing within the college	27
					There is a psychological counseling committee within each college	28
					There is a special system within each college	29
					Holding workshops and courses within the university for all students in various specializations	30

Students' Attitude Scale Towards Playing Sports in its Final Form

Dear Student... We put in your hands the scale of students' attitude towards practicing sports activities, which consists of (20) phrases, please read the answer instructions below and adhere to them, taking into account that the name is not mentioned.

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

Disagree	A little bit of approval	Neutral	Highly agreeable	Approval to a very large degree	The Ferry	
					Women who don't play sports are more balanced and active	1
					Sporting activities are not necessary for women's health.	2
					Making friends through sports activities is poor.	3
					Sports activities are not valuable to justify the effort and wasted time.	4
					Physical exercise can be performed by carrying out daily daily life.	5
					Sporting activities help develop the social aspect.	6

					Sporting activities help to grow and develop a woman's personality.	7
					Women's participation in sports activities gives them the opportunity to pursue new aspirations.	8
					Sports activities help her acquire useful skills that serve her daily life.	9
					Sporting activities help her get rid of anxiety and stress.	10
					Sports activities help increase fun and entertainment	11
					Women's participation in sports activities increases their acceptance by their female colleagues.	12
					Sports activities are so unimportant that I dedicate part of my time to them.	13
					Time devoted to a sport can be invested in meaningful work.	14
					Exercise has nothing to do with improving social relationships.	15
					Participating in sports activities is a waste of time.	16
					Sporting activities do not have a clear role in an individual's health.	17
					Sporting activities do not contribute to an individual's psychological maturity.	18
					Sporting activities have no role in relieving psychological stress.	19
					A woman's body is strong enough without participating in sports activities.	20