



The Optimistic Sports Personality and its Relationship with Psychological Flexibility among the Players of the Noor University Sports Teams

Karam Emad Hamdi Hamid Al-Hamdani ¹

karamemadalhamdany90@gmail.com

Ahmed Saeed Rashid Hussein Al-Latai ²

Ahmed.saeed@alnoor.edu.iq

ABSTRACT

Article history:

Received in revised form: 20/ 6 /2025

Accepted: 20/ 6/ 2025

Published online: 20/9/ 2025

Keywords:

*Optimistic Sports Personality ,
Psychological Resilience, Al
Noor University*

The purpose of the research was to: identify the level of optimistic sports personality, the level of psychological flexibility, and the relationship between the level of optimistic sports personality and the level of psychological flexibility among the players of the Al-Noor University sports teams in Nineveh Governorate. For the academic year (2024-2025), the number of (120) players with a percentage of (100%) distributed over (13) teams, which are (football, volleyball, handball, basketball, arena and field, gymnastics, chess, badminton, fencing, table tennis, tennis, swimming, futsal football), while the research sample reached (80) players with a percentage of (66.66), and the sample was selected randomly, and the researcher used the scale of (optimistic sports personality) prepared by (Jassim, 2023) and the (Psychological Resilience) Scale prepared by (Mahmoud, 2005), and the researcher used the questionnaire as a means of data collection and the statistics of the number of players were obtained from the Student Activities Division at Al-Noor University in Nineveh Governorate.

The researcher reached the following conclusions:

- 1- The players of the Al-Noor University sports teams in Nineveh Governorate have a high level of optimistic sports personality.
- 2- The players of the Al-Noor University sports teams in Nineveh Governorate have a high level of psychological flexibility.
- 3- There is a statistically significant correlation between the level of optimistic sports personality and the level of psychological flexibility among the players of the Al-Noor University sports teams in Nineveh Governorate.

The researcher came up with a number of recommendations and suggestions, which are:

- 1- Urging the players of Al-Noor University sports teams in Nineveh Governorate and Iraqi university teams to organize lectures on the concepts of optimistic sports personality and the concept of psychological resilience.
- 2- Conducting more studies related to these concepts, and preparing counseling and psychological programs that would enhance the optimistic sports personality and psychological flexibility of the players of Al-Noor University sports teams in Nineveh

1- Introduction and the importance of the research:

The university stage is considered one of the pivotal stages in the life of the individual that determines the shape of his future life, and in order for the student to pass this stage successfully, he must exert effort, perseverance, and bear the academic burdens and university requirements, in addition to facing the pressures of other daily life, as well as the student's satisfaction and conviction in the specialization he is studying, and all of this requires a degree of psychological flexibility in the university student that enables him to pass this stage safely. (Shaqoura, 2012, 39)

The sports games of the Al-Noor University teams are considered one of the games that have good achievements at the level of Iraqi universities, and through them, advanced sports results are achieved depending on the sports personality traits that characterize each athlete, as the optimistic sports personality is related to sports performance, leading to the achievement of success and sports achievements. (Al-Laqrani, 2009, 18)

Optimistic sports personality is the temperamental trait that mediates the relationship between external events and the individual's interpretation of them, and includes cognitive, emotional, and motivational components, where people with a higher level of personality tend to use better methods and be more persistent and successful. Many psychological researches have indicated that optimistic sports personality reduces the risk of problems and the ability to overcome difficulties and a faster recovery after traumatic events, and that optimists are less anxious. He is more able to endure adversity and is more able to make decisions.

(Abdul Khaleq, 2000, 41)

Optimism is positively related to controlling and coping with psychological and life pressures, success in solving problems, self-control, self-esteem and compatibility, and makes the individual and his attitudes positive towards life, promising good in it, enjoying the present and optimistic about the future brighter.

(Abdel Mu'ti & Mukhaimer, 2000, 12)

The optimistic sports personality has certain functions, which are flexible thinking, conscience and feeling, the athlete tries through his thinking to understand himself and the athletes around him, while the conscience is the value of the game or games he plays, which sometimes gives him painful and sad situations and sometimes pleasant situations, while feeling is his perception of situations realistically.

(Annan & Wabahi, 2000, 64)

Moreover, the fact that optimism imparts to the individual and even more so can have a much deeper role and unending implications for the subjectivity of the individual, claims that have given rise to many studies in the field of understanding optimistic mathematical personality. (Seligman, 1994,6)

The optimistic sports personality is considered an important aspect of many sports, as the athlete who makes a great physical effort in order to obtain the highest levels and athletic achievements and reach a high level of sports must possess many different motivations that motivate his behavior towards practicing sports and sports games, and these motives are individual and social motivations. The sports personality consists of a set of traits in the player, and if these traits exist before, they can be measured as dimensions of the personality, and accordingly, the personality is like a geometric shape that has dimensions that can be measured to know its characteristics, if we know the intelligence of the student, we know one dimension of his personality, and if we know the extent of his emotional balance by a test that measures this trait, we know another dimension of his personality. The personality also has dimensions in the number of traits that can be accurately measured.

(Zahran, 1985, 50)

Psychological resilience is a complex phenomenon that mediates successful adaptation to adversity, and this is evident in the growing literature related to the relationship between psychological resilience and adaptability, and studies related to psychological resilience are increasing due to its great importance in all fields, including optimistic sports personality. (Khosla, 2017, 233)

Psychological flexibility in sports psychology refers to the idea of an individual's tendency to be steadfast, maintain his calm and self-equanimity when exposed to pressures or difficult situations, as well as his ability to effectively adapt and positively cope with these pressures and traumatic situations.

(Abu Halawa, 2013, 4)

Flexibility is an inherent quality of life and a latent power created by God Almighty in man, and it can only be turned into a feature if the individual activates it through experience and practice, and this begins when he looks at things from different perspectives, and acknowledges the existence of different points of view instead of the same point of view, and changes in his attitudes, reactions, habits and legacies.

(Fahjan, 2010, 22)

Psychological resilience may involve many different psychological difficulties and stressors, as well as positive psychological resilience is not one of the psychological traits that individuals may or may not have, so it includes many behaviors, thoughts, beliefs, actions, and actions that can be taught and developed in anyone.

(Abu Hattab & Sadiq, 1999)

Psychological resilience is a crucial element in determining the way individuals react and deal with stress, as there is a wide range of qualities related to resilience, these qualities are related to the positive manifestations and strengths of an individual's mental state.

(Al-Zuhairi)2012, 76)

1-1- Research Problem

The students who represent the university teams are considered one of the most important elements of the educational process, as they consider the pillar and support of society, and caring for their personality and mental health is a very important thing, and the students' possession of many methods and methods in self-control and the treatment of others has become a necessary thing in order to promote oneself first and then influence others, and for this they will have an effective role in building state institutions. The players of the Al-Noor University sports teams are considered one of those pillars with the functions that affect the civil society very much, so they must have an optimistic personality and psychological flexibility that helps them serve their elites, their university and their community, and that Their interaction with the community is one of the indicators of success and a strong influence on people from the goals they seek to achieve, which is to pay attention to the players segment in the university.

(Al-Zuhairi, 2012,

38)

Hence, the problem of the current research lies in trying to answer the following questions:

- 1- Are there any statistically significant differences in the level of optimistic sports personality among the players of the Al-Noor University sports teams in Nineveh Governorate?
- 2- Are there any statistically significant differences in the level of psychological flexibility among the players of Al-Noor University sports teams in Nineveh Governorate?
- 3- Is there a statistically significant correlation between the level of optimistic sports personality and the level of psychological flexibility among the players of the Al-Noor University sports teams in Nineveh Governorate?

1.2. Importance of Research

The importance of the research is highlighted through the importance of the variables addressed in the current research, namely (optimistic sports personality and psychological flexibility), as well as highlighting an important category of society, namely the category of (Al-Noor University sports teams) to prepare them well to be qualified to carry the flag and lead the nation in sports forums and achieve achievements in all sports and through the roles played by the athlete in his daily and sports life. The concept of optimistic sports personality is considered The most important concepts of positive psychology are that they include all physical, mental, and emotional traits and characteristics interacting together within the individual. Personality has many different dimensions, patterns and traits, and personality is formed through the interaction between genetic

factors and environmental experiences that an individual is exposed to since birth, making each personality unique and complex in its formation." (Kagan,1994:123)

The importance of this research is also embodied in knowing the level of optimistic sports personality and its relationship with psychological flexibility in Al-Noor University sports teams, as this helps coaches to deal with players in accordance with their personal styles and interests. Players can benefit from it in understanding themselves better, thus reinforcing their positive points and finding solutions to weaknesses. It also helps in constructive social interactions and improves personal and athletic relationships with others. During the researcher's observation of athletes, and through the life experiences she experienced, he realized that athletes who possess optimistic personality traits have the ability to achieve success and achievements in achieving goals, whether at the university, social or international level, due to their personal qualities. Many positives enable them to overcome the frustrating situations that they encounter during sports competitions, and find appropriate solutions in different situations, and they are usually loved and socially accepted, and they have the ability to overcome the obstacles that face them using their abilities in psychological flexibility, as the qualities of an optimistic sports personality. It is in harmony with psychological flexibility, forming athletes who possess enough psychological flexibility to enable them to adapt to the surrounding conditions, and find appropriate solutions to the problems they face, hence the problem of the current research lies in trying to answer the following questions:

1. Are there any statistically significant differences between the level of optimistic sports personality among the players?
2. Are there any statistically significant differences between the level of psychological flexibility of the players?
- 3- Is there a relationship between the level of optimistic sports personality and the level of psychological flexibility among the players of the Al-Noor University sports teams in Nineveh Governorate?

1-3- Research Objectives

- 1- Identifying the level of optimistic sports personality among the players of Al-Noor University sports teams in Nineveh Governorate.
- 2- Identifying the level of psychological flexibility among the players of Al-Noor University sports teams in Nineveh Governorate.
- 3- Identify the relationship between the level of optimistic sports personality and the level of psychological flexibility among the players of Al-Noor University sports teams in Nineveh Governorate.

1-4. Research Hypotheses

- 1- The players of the Al-Noor University sports teams in Nineveh Governorate have a high level of optimistic sports personality.
- 2- The players have a high level of psychological flexibility.
- 3 - There is a statistically significant correlation between the level of optimistic sports personality and the level of psychological flexibility among the players of the Al-Noor University sports teams in Nineveh Governorate

1.5. Research Areas

Human Field: The current research is limited to the players of the Al-Noor University sports teams in Nineveh Governorate for the academic year 2024-2025

Temporal Domain: For the academic year (2024-2025) for the period from (5/1/2025) to (29/5/2025).

Spatial Field: Playgrounds, halls and sports halls of the Department of Physical Education and Sport Sciences at the Faculty of Education at Al-Noor University.

1.6. Defining the Terms

1- Optimistic Athlete Personality: Seligman (2006): "It is the tool that leads to sporting achievement at the realistic individual level and social justice at the general level, and that the individual takes a positive attitude towards the world and seeks to shape his life instead of remaining negative in the face of his life, looking at the bright side, and expecting a happy ending to real-world problems. (Seligman, 2006, 67)

2- Psychological Resilience: Arfa (Choucair, 2012): "The ability of the individual to face different situations effectively and respond rationally, establishing good relations with others, based on friendship, mutual respect and acceptance of others.

(Shaqoura, 2012, 6)

3.1. Research Methodology

The descriptive method was used in the method of relational studies for its suitability and the nature of the research. The descriptive method depends on the study of reality or phenomenon as it exists in reality, and is concerned with as an accurate description, through a qualitative expression that describes the phenomenon and clarifies its characteristics, or a quantitative expression that gives a numerical description that shows the amount or magnitude of the phenomenon.

(Abbas et al., 2009, 74)

3.2. Research Population and Sample

The current research population for the study is the players of Al-Noor University teams in Nineveh Governorate, for the year (2024-.2025) from (120) players with a percentage of (100%), while the research sample reached (80) players and a percentage of (66.66) players, and the sample was selected randomly, and the statistics of the number of players were obtained from the Student Activities Division at Al-Noor University in Nineveh Governorate.

Table (1)

The research community, the number of players and the percentage of Al-Noor University sports teams in Nineveh Governorate

Percentage	Number of Players	Name of the sports team	t
18,33	22	Football	1
10	12	Volleyball	2
11,11	14	Handball	3
8,33	10	Basketball	4
10	12	The square and the square	5
6,66	8	Gymnastics	6
3,33	4	Chess	7
3,33	4	Badminton	8
3,33	4	Fencing	9

3,33	4	Table tennis	10
3,33	4	Tennis Tennis	11
6,66	8	Swimming	12
11,11	14	Futsal	13
100%	120	Total	

Table (2)

Shows the research sample, the number of players and the percentage of Al-Noor University sports teams in Nineveh Governorate

Percentage	Number of Players	Name of the sports team	t
12,5	10	Football	1
10	8	Volleyball	2
12,5	10	Handball	3
10	8	Basketball	4
10	8	The square and the square	5
7,5	6	Gymnastics	6
3,75	3	Chess	7
3,75	3	Badminton	8
3,75	3	Fencing	9
3,75	3	Table tennis	10
3,75	3	Tennis Tennis	11
7,5	6	Swimming	12
11,25	9	Futsal	13
100%	80	Total	

3.3. Research Tools

First: Optimistic Sports Personality Scale Prepared by (Jassim, 2023)

The scale consists of (25) paragraphs and the paragraphs were formulated in the form of declarative phrases, each of which represents a situation that the players go through, followed by five alternatives to the answer, which are (apply to me completely, apply to me a lot, apply to me to a moderate degree, apply to me a little, do not apply to me at all) and the weights of the scores (1,2,3,4,5) are given to the positive paragraphs and the opposite of these scores applies to the negative paragraphs, so the lowest score obtained by the respondent is (25) and the highest score that the respondent can get is (125)) is the highest grade, with a hypothetical average of (75) degrees. The researcher prepared the instructions of the scale, which included how to answer its paragraphs, and urged the respondent to be accurate in answering, and the researcher hid the purpose of the scale so that the respondent would not be affected by it when answering, as Cronbach (1970) points out that the explicit naming of the personality scale may cause the respondent to falsify his answer or the individual to respond in the socially desirable direction. (Al-Tamimi, 2011, 79)

Second: The Psychological Resilience Scale Prepared by (Mahmoud, 2023)

The scale consists of (32) paragraphs and the paragraphs were formulated in the form of declarative phrases, each of which represents a situation that the players go through, followed by five alternatives to the answer, which are (apply to me completely, apply to me a lot, apply to me to a moderate degree, apply to me a little, do not apply to me at all), and the weights of the scores (1,2,3,4,5) are given for the positive paragraphs, and the opposite of these scores applies to the negative paragraphs, so the lowest score obtained by the respondent is (32) and the highest score that the respondent can get is (160).) is the highest score, which represents the lowest overall score on the scale with a hypothetical average of (96) degrees.

3.5. Exploratory Experiment

Bahi et al., 2002) refers to "the necessity of applying the test in a survey study to a sample of the research population to identify the suitability of the test in terms of wording and content to be applied to the research sample, as well as to determine the time required for the procedure". (Bahi et al., 2002, 199), In order to identify the clarity of the paragraphs and the instructions of the scale, the scale was applied to a sample of (15) randomly selected players from the research community and from outside the research sample, and the instructions were clear, and the paragraphs were clear.

3.6. Indicators of Validity of the Scale

The honesty of the scale is the most important characteristic of a good scale.

(Omar et al., 2010, 189), and an honest scale is the measure that achieves the function for which it was designed. (Melhem, 2002, 266)

3.6.1. Apparent Honesty

A tool is honest if its appearance indicates this in terms of shape and in terms of the relationship of its paragraphs to the measured behavior, and if the contents and paragraphs of the instrument are identical to the trait it is measuring, it is more truthful. (Abbas et al., 2009, 262), and the researcher presented the paragraphs of the two scales to a group of experts in educational psychology, sports psychology, education, psychological and educational sciences, in order to express their opinion through (deleting, adding or reformulating) in a way that suits the environment of the Iraqi society and the research community, as well as the validity of alternatives, and all experts obtained the approval of the paragraphs of the two scales used in the research with a percentage of 100%.

3.6.2. Stability of the scale

The stability coefficient provides many statistical indicators of the phenomenon studied, through which the accuracy of the scale used in the measurement can be judged. Consistency means that the measurement tools have a high degree of accuracy, mastery, and consistency in the data they

provide us with about the behavior examined. (Chalabi, 2005, 113), and to calculate the stability of the scale, it was applied to a sample of (15) players who were randomly selected from the players of the Al-Noor University sports teams in Nineveh Governorate, and the stability of the Optimistic Sports Personality and Psychological Resilience Scale was extracted in the following way:

3.6.2.1 Retest method

(Al-Nabhan, 2004, 238), and the time period between the two applications is from two to four weeks. (Al-Ajili, 2005, p. 121), so the scale was applied a second time to the same stability sample of (15) players after (17) days after the first application, and after the completion of the application according to the stability of the scale, by calculating the scores of this sample with its scores in the first application, and the correlation coefficient (Pearson) was used between the scores of the two applications, so the correlation coefficient was (0.866) for the scale of extroverted mathematical personality while the correlation coefficient for the scale of emotional intelligence was (0, 89) This value is a good indicator of the stability of their responses on the scale, as well as the description of the scale as an acceptable stability tool, as (Issawi, 1985) indicates that the stability if it is (0.70) or more is a good indicator of the stability of the scale.

(Isaiah, 1985, 58)

3.7 Final application of study tools

The scale was applied on 25/5/2023, consisting of (80) players from the Al-Noor University sports teams in Nineveh Governorate, by giving the sample research tools and clarifying the instructions on how to answer them, while emphasizing the need to answer all paragraphs in proportion to the respondent, as well as the honesty and confidentiality of the answer, and that it will be used for scientific research purposes only.

3.7.1. Statistical Methods

For the purposes of the present research, statistical methods (SPSS) were used

4. Presentation and discussion of the results

1- Presenting and discussing the first goal: - Identifying the level of optimistic sports personality among the players of Al-Noor University sports teams in Nineveh Governorate.

After analyzing the students' responses in the light of the alternatives to the paragraphs of the (Optimistic Mathematical Personality) scale, it was found that the arithmetic average of (117.98) with a standard deviation of (10.78) degrees, and when compared with the hypothetical average of (75) points using the t-test for one sample, it turned out that the calculated T value (5.64) is greater than the tabular T value (2.000) at the significance level of (0.05) and a degree of freedom (80), which means that there are statistically significant differences between the two averages and in favor of the arithmetic average, and this result indicates that (the players of the Al-Noor University teams) have a high level of optimistic sports personality, and thus the first hypothesis of the research was realized, and Table (1) shows this.

Table (3)

The results of the t-test of the difference between the arithmetic mean and the hypothetical average of the level of optimistic sports personality in the players

Significance Level 0,05	T-value		Geophysical Mean	Standard deviation	Arithmetic Average	Variables	Sample
Statistical Function	Tabularity	Calculated	75	10,78	117,98	Optimistic sports	80

	2.000	5,64				personalit y	
--	-------	------	--	--	--	-----------------	--

2- Presentation and discussion of the second objective: - Identifying the level of psychological flexibility among the players of Al-Noor University sports teams in Nineveh Governorate. After analyzing the students' responses in the light of the alternatives of answering the paragraphs of the scale, it was found that the arithmetic average (147.89) with a standard deviation of (13.37) degrees, and when compared with the hypothetical average of (96) points using the t-test for one sample, it became clear that the calculated t-value (7.06) greater than the tabular T-value (2.000) at the significance level of (0.05) and the degree of freedom (80), which means that there are statistically significant differences between the two averages and in favor of the arithmetic mean, and this result indicates that the players have a high level of psychological flexibility, thus the second hypothesis was fulfilled and Table (4) shows this.

Table (4)

The results of the t-test of the difference between the arithmetic mean and the hypothetical average of the level of psychological flexibility in the players

Significance Level 0,05	T-value		Geophysical Mean	Standard deviation	Arithmetic Average	Variables	Sample
Statistical Function	Tabularity	Calculated	96	13,37	147,89	Psychological Resilience	80
	2.000	7,06					

3- Presentation and discussion of the third goal: - Identify the relationship between the level of optimistic sports personality and the level of psychological flexibility among the players of the Al-Noor University sports teams in Nineveh Governorate. To achieve this goal, the correlation coefficient between the two research variables was calculated using the Pearson correlation coefficient between the scores of the research sample at the scale level, and the results showed that the value of the calculated correlation coefficient is (0.321) at the significance level of (0.05) and with a degree of freedom (80), which is greater than the value of the tabular correlation coefficient (0.214). This result indicates that there is a positive correlation with statistical significance between the two variables, and thus the third hypothesis of the research was fulfilled and Table (5) shows this.

Table (5)

Illustrates the relationship between the level of optimistic sports personality and the level of psychological flexibility in players

Type of indication	Significance Level	Correlation coefficient value Tabularity	Calculated correlation coefficient value	Variables
--------------------	--------------------	---	--	-----------

0,5	2,000	0,214	0,321	Optimistic sports personality × Psychological Resilience
-----	-------	-------	-------	--

5. Conclusions, Recommendations and Suggestions

5.1 Conclusions

- 1- The players of the Al-Noor University sports teams in Nineveh Governorate have a high level of optimistic sports personality.
- 2- The players of the Al-Noor University sports teams in Nineveh Governorate have a high level of psychological flexibility.
- 3- There is a statistically significant correlation between the level of optimistic sports personality and the level of psychological flexibility among the players of the Al-Noor University sports teams in Nineveh Governorate.

5.2. Recommendations and suggestions, which are:

- 1- Urging the players of Al-Noor University sports teams in Nineveh Governorate and Iraqi university teams to organize lectures on the concepts of optimistic sports personality and the concept of psychological resilience.
- 2- Conducting more studies related to these concepts, and preparing counseling and psychological programs that would enhance the optimistic sports personality and psychological flexibility of the players of Al-Noor University sports teams in Nineveh Governorate.
- 3- Holding courses to raise the awareness of the players about the concept of the optimistic sports personality as it is important in strengthening psychological flexibility to increase their motivation for sporting achievement, develop their personality and identify their needs and motivations.
- 4- Raising the awareness of Iraqi players and university teams about the importance of the optimistic sports personality to increase the motivation of sports achievement among the players of the university teams.
- 5- The possibility of conducting research and studies dealing with other psychological variables with the variable of the optimistic sports personality of the players of the Al-Noor University sports teams in Nineveh Governorate.

Arab and foreign sources:

- 1- Arabic sources:
 - 1- Abu Halawa, Mohamed Al-Saeed (2013): "Psychological Resilience, Its Nature, Determinants and Protective Value", Arab Psychological Science Foundation, 2nd Edition.
 - 2- Abu Hattab, Fouad, & Sadek, Amal (1999): "Human Development from the Fetal Stage to the Elderly", Anglo-Egyptian Library for Printing, Publishing and Distribution, 4th Edition, Cairo, Egypt.
 - 3- Al-Tamimi, Ali Saleh Mahdi (2011): "The Power of the Ego and its Relationship with the Concept of Physical Self among the Players of the University of Mosul Teams", Unpublished Master's Thesis, University of Mosul, Iraq.
 - 4- Al-Zuhairi, Lamia (2012): "Psychological Resilience and its Relationship with Stressful Life Events among Students
 - 5- Al-Ajili, Sabah Hussein Hamza (2005): Educational Measurement and Evaluation, 3rd Edition, Education Library for Printing and Publishing, Sana'a, Yemen.
 - 6- Al-Laqani, Nasser (2009): "Personality Styles and Work Skills", Al-Kitab Center for Publishing, Cairo, Egypt.
 - 7- Al-Nabhan, Moussa (2004): Fundamentals of Measurement in Behavioral Sciences, 1st Edition, Dar Al-Shorouk for Publishing and Distribution, Amman, Jordan.

- 8- Bahi, Mostafa Hussein et al. (2002): "Mental Health in the Field of Sports: Theories - Applications", Anglo-Egyptian Library, Cairo, Egypt.
- 9- Jassim, Huda Habib Hamza (2023): "Optimistic Personality and its Relationship with the Development Mindset among Graduate Students", Unpublished Master's Thesis, Faculty of Education for Humanities, University of Karbala, Iraq, Baghdad.
- 10- Zahran, Hamed Abdel Salam (1985): "Psychological Guidance and Counseling", World of Books, Cairo, Egypt.
- 11- Shaqoura, Yahya (2012): " Psychological Resilience and its Relationship with Life Satisfaction among Palestinian University Students in Gaza Governorates", Unpublished Master's Thesis, Al-Azhar University.
- 12- Abbas, Nawal Qasim et al. (2009): "The Effect of a Training Program to Raise the Self-Efficacy of University Students", Research Published in the Journal of Educational and Psychological Research, Issue (21), Faculty of Education, University of Baghdad, Iraq.
- 13- Abdulkhaleq (2000): "Optimism and Pessimism and Their Relationship to Mental Health", Unpublished Master's Thesis, Faculty of Arts, Baghdad, Iraq.
- 14- Abdel Moati, Hisham, & Mokhaimer, Mohamed El-Sayed (2000): "Optimism and Pessimism and Their Relationship with a Number of Psychological Variables among a Sample of University Students", Journal of Educational and Social Studies, Faculty of Education, Helwan University, Volume (6), Issue (3), Cairo, Egypt.
- 15- Omar. Mahmoud Ahmed et al. (2010) "Psychological and Educational Measurement", 1st Edition, Dar Al-Maysara for Publishing, Distribution and Printing, Amman, Jordan.
- 16- Anan, Mahmoud Abdel Fattah and Bahi, Mostafa Hussein (2000): "Introduction to Sport Psychology", Al-Katib Center for Publishing, Cairo, Egypt.
- 17- Issawi, Abdel Rahman (1997): "Personality: Theories and Tests", Dar Al-Fikr Al-Arabi.
- 18- Fahjan, Sami (2010): "Professional Compatibility and Social Responsibility and Their Relationship with Ego Flexibility among Special Education Educators", Master's Thesis, Faculty of Education, Islamic University, Gaza, Palestine.
- 19- Mahmoud, Huda Kazem Habib (2005): "Building and Codifying Psychological Flexibility among Players Playing Teams Games", Unpublished Master's Thesis, Faculty of Education for Humanities, Diyala University, Iraq.
- 20- Melhem, Sami Mohamed (2002): "Research Methods in Education and Psychology". 6th Floor, Dar Al-Maysarah for Distribution, Publishing and Printing, Amman.
- 21- Chalabi, Sawsan Shaker (2005): The Basics of Building Psychological and Educational Tests and Scales. 1st Edition, Aladdin Printing and Distribution Establishment, Damascus, Syria.
- 22-Issawi, Abdel Rahman (1985): Measurement and Experimentation in Psychology and Education, Dar Al-Maarifa University, Cairo.
- 23- Kagan, J. (1994).* Galen's Prophecy: Temperament in Human Nature. Basic Books.
- 26-Cronbach, J. (1970) Essentials of Psychological testing. 3rd ed, Harper Row, New York.
- 24-Khosla, M. (2017). Resilience and Health: Implications for Interventions and Policy Making. Psychological Studies, 62(3):233–240. DOI: 10.1007/s12646-017-0415-9
- 25-Scheier ,m,f,(1994):distinguishing optimism from neuroticism and trait anxiety, self ,mastery,and self esteem, reevaluation of the life orientation test:gourual of personality and social psychology
- 26-Seligman, M. (2006). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. New York: Free Press.