



مجلة جامعة ذي قار لعلم التربية البدنية
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Building and codifying the scale of emotional obedience among youth football club players

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ABSTRACT

Research Objective: To build and codify the Emotional Submissiveness Scale among Football Players. The researcher used the descriptive method in the survey method, the research population represented the football players in Baghdad and Basra governorate as a youth group, and the sample building the emotional obedience scale consisted of (100) players, in addition to the survey sample consisted of (14) players and the rationing sample consisted of (50) individuals.

The researcher concluded: The ability of the Emotional Submissiveness Meter in Football Players On measuring emotional obedience and with all transparency The problem is clearly that the emotional obedience of football players. The scale's ability to characterize the emotional obedience of the research sample in a broader and broader sense than they thought. Knowledge of modern psychological programs address negative cases of emotional submissiveness.

It was Recommendations: Work on the emotional obedience scale because it is ready to generalize the results. Paying attention to the psychological state of athletes every day and knowing the variables and developments in it. Understanding society and working to keep athletes away from the media that affects their psychological state. Conducting research by using the scale for another sample.

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Keywords:
*emotional
subjugation, sports
psychology,
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1. Introduction to the research:

1-1 Introduction and the importance of the research:

Psychology is one of the ancient sciences that has many recent variables in its modern theories, which have been directed to correct the course of some problems that accompany individuals in their daily and work lives, and that emotion is mainly related to achieving the best achievements in individual and collective teams, and that paying attention to this shot is a key axis in the training process.

Emotional obedience is a complex and thorny topic that works negatively on the personality of the individual and affects him and his social life in a real and fast way because the results we see are fast, as it works to crystallize the personality of the player and to achieve the desires of others in meeting their requests and accomplishing the work instead of them and working to take the effort or blame on other things instead of them, so we see it important to study this topic among football players, as the football player is directly affected by his psychological situation inside the stadium. It takes a lot of negative and positive thinking from his space, which distracts him from playing and training, so the training process must be a process that coincides with psychological training and addressing psychological matters beyond the player's control through psychotherapists or researchers in the specialty of sports psychology.

Hence, the importance of the research lies in building a scale of building and codifying the scale of emotional obedience among the players of youth football clubs to support the scientific library.

1-2 Research Problem:

The psychological state of athletes is very important, and the matches are the decisive factor in which the psychological impact occurred, because it is considered the result of hard and strenuous work in their working life, and there are many effects on the player, including the psychological state, so the researcher decided to study emotional obedience and build a scale because there is no special scale for this sample and work on useful recommendations for subsequent research on the subject of emotional obedience.

1-3 Research Objective :

1- Building and codifying the scale of emotional obedience among youth football players.

1-4 Research Areas:

1.4.1 Human Field: Youth Football Players.

1.4.2 Temporal Domain: From 1/3 /2025 to 3/6/2025.

1.4.3 Spatial Field: Football Stadiums in Baghdad and Basra Clubs.

2. Research methodology and field procedures:

2-1 Research Methodology:

The process of choosing the appropriate method for research is one of the basic and important steps that lead to the success of the research, which depends on the type and size of the problem, the extent of its clarity, and the availability of real data and information about it in order for the researcher to be able to distinguish it from the rest. Problems studied ، (رضا، 2011 ، 278 صفحة) Accordingly, the researcher used the descriptive method in the method of relational relations in order to suit the nature of the problem.

2-2 Research Population and Sample:

The process of selecting and distributing the sample depends on the percentage and size of its original population, and the current research population is determined by the youth football players in Baghdad and Basra clubs, which number (313) individuals, and the research sample was selected by deliberate method.

The sample of building the Emotional Obedience Scale consisted of (100) football players, in addition to the survey sample consisted of (14) players and the rationing sample consisted of (50) individuals.

The percentage of the research sample from the community was (52.396%).

2-3 Research Tools, Methods and Devices Used in the Study:

The tool means the means that the researcher collects with the required data and the tools used by the researcher in his current research, which are:

- Personal Interviews :
Through the personal interviews conducted by the researcher, it will be the opinions of experts with experience and specialization to give the research a scientific value, and to complete the research requirements and choose the ways to reach the required results.
- Arabic and English libraries with their sources.
- Websites (Internet).
- TOSHIBA LAPTOP .

2-4 Field Research Procedures :

Achieving the objectives of this study requires building a measure of emotional submissiveness in football players.

For this purpose, the researcher did the following:

2.4.1 Building the Emotional Submissiveness Scale of Footballers:

The builder of the scale shall take into account several basic points in the process of building psychological and administrative scales and shall be subject to specific controls in the process of building them:

First: Determining the phenomenon to be studied :

This step is focused on identifying the most important trends that the scale is directed to study and measure, and which it depends on in building the scale, and the phenomena have been diagnosed. (أحمد، 2006 ، صفحة 114) and its definition In a way theoretical Which was represented by a phenomenon Emotional Submissiveness in Football Players.

Second. Define the metric objective.

This step is based on determining the desired goal of the scale and the purpose of its construction. E From building various scales, including myself and others, and the goal is to measure (رضوان، 2000 ، صفحة 320) Emotional obedience in football players.

Third: The Theoretical Framework of the Scale:

This step is based on the researcher's theoretical knowledge of the theoretical information related to the scale and explains its meaning, which is what is required of this scale to be measured, and the researcher usually bases one or several definitions that show what the scale is and what its axes are. Scale and definition of each Axis. (أحمد، 2006 ، صفحة 115)

The researcher identified the axes of the scale and gave a definition of each axis in the light of the reference framework, which provided the researcher with good theoretical information about the concept of the scale .

2.4.2 Measures for building the scale:

After completing the previous steps and in order to have an integrated scale in terms of scientific foundations, the researcher did the following:

2.4.2.1 Determining the dimensions of the scale:

The researcher relied on the sources and references he reviewed related to the concept of emotional submissiveness in football players, after it was presented to experts in the fields of sports psychology and tests.

Presented Dimensions in Questionnaire Experts to take Their opinions on the theoretical definition of the concept of Emotional obedience among football players, the extent to which the axes cover the concept of study, and the validity of theoretical definitions for each axis, As They will be asked to add any other axis, and it was adopted Researcher Ratio (70%) and more than the approval of experts As a percentage To maintain Themes. (B.S.، 1981، 126 صفحة)

2.4.2.2 Preparation of Metric Statements:

According to the theoretical definition of each axis, the researcher has prepared a set of phrases that he proposed, which includes all the axes of the scale.

The researcher worked on formulating the paragraphs in a clear way and not vague, and adopted the Likert method in the answers, and the researcher suggested alternatives to a five-point answer, as follows (strongly agree, agree, sometimes, disagree, strongly disagree).

2.4.2.3 Logical Analysis of Statements:

This was done by presenting the phrases to experts and specialists, and each expert was asked to express an opinion on the validity of each phrase in measuring the concept of the study and its validity in the axis in which it was placed, and to modify or add any phrase in all axes, as well as to express an opinion on the validity of the alternatives to the five-point answer and to indicate the positive and negative statements of the scale.

I said. according to Their opinions and dependence On the basis of More than(75%) from their approvals, which Bloom mentioned. (B.S.، 1981، 126 صفحة).

All statements were approved for the 28 items.

2.4.2.4 Scale in its initial form:

After the aforementioned steps and procedures, the phrases were listed sequentially without mentioning their themes in a questionnaire in order to conduct the exploratory experiment and find the scientific basis for it.

2.4.2.5 Correction Key:

We mentioned that the scale in its initial form consists of several phrases distributed on several axes, and in front of each phrase is a five-point scale (strongly agree, agree, sometimes, disagree, strongly disagree) and the points are given positive paragraphs as follows (5-4-3-2-1) and negative paragraphs (1-2-3-4-5) and that the highest score obtained by a person is (140) for the scale, and the lowest score is (28) for the scale The hypothetical mean or degree of neutrality is (84) for the scale.

2.4.2.6 Exploratory experiment of the scale:

The exploratory experiment was conducted on (14) from the research community and from outside the construction sample if applied to a random sample of club members on the date (2/5/2025) and its aim is to identify several points, including the time required for answering, language integrity, clarity of phrases, and the efficiency of the auxiliary staff.

2.4.2.7 Statistical analysis of the phrases:

The researcher worked on subjecting the statements after answering them to statistical analysis and to ensure that the scientific foundations are sound in the scale on the construction sample of (100) individuals and the following:

2.4.2.7.1 Honesty Validity:

It means The scale measures the attribute that it is prepared to measure, that honesty is one of the most important scientific foundations in the construction process. (Walsh، W.B.، 1979 ، 29 صفحة) The researcher used the following indicators: To know his honesty in This study:

First: Content Validity:

Logical honesty and constructive honesty are available as follows:

1- Logical Validity :

he mentions (Alan Allen) "That logical honesty Be Logical Design For paragraphs which she is Scale and dialogue Where these cover Paragraphs The basic dimensions of the phenomenon to be measured" (Allen.M.J &Yen.W.M، 1979، 96 صفحة)I said. Finding a high degree of honesty for this phenomenon and developing a special definition of the concept of Emotional Submissiveness in Football Players and specifying Dialogue and Preparation His phrases As mentioned.

2. Construct Validity :

Named As well (The Truth of the Hypothetical Composition or the Truth of the Concept) means Extent Compatibility and homogeneity Phrases with the intended concept Work on measuring it,

(Gay.L.R, 1986 , صفحة 168)And depends on the truth Building on the App Demo, So it is one of the indicators Critical To be honest , In order to verify the extent of Availability of honesty in the scale has been done Use The following two methods:

A. The discriminating power of phrases Items of Disckimination :

It is a statistical processthat depends mainly on the abilities of the phrases between people who get high scores and people who get low scores, and to know this, the current study scale with its phrases was applied to the construction sample of (100) people, and work on calculating the scores of the respondents for each form and afterwards. The scores of the answers are arranged in descending order, and the percentage of (27%) of the upper scores and the same percentage of the lower scores are determined, then the scores of the lower and upper groups are worked on or the T-test is used for two independent samples to identify the discriminating power of the statements and show the ability of all the statementsof the scale to distinguish between those who obtain the sum of the scores.and those who get a low score when the significance level value is less than (0.05).

Table (1)
Statistical Indicators of the Discriminating Power of Emotional Submissiveness
Statements in Football Players

Significance Level	True Morale	Calculated T Value	Top Group		Lower Group		Ferry Number
			on	Going to	on	Going to	
Featured	0.000	7.593	0.692	4.42	0.631	2.79	1.
Featured	0.000	6.736	0.692	4.42	0.885	2.68	2.
Featured	0.000	9.004	0.692	4.58	0.562	2.74	3.
Featured	0.000	8.459	0.761	4.37	0.612	2.47	4.
Featured	0.000	6.537	0.684	4.37	1.020	2.53	5.
Featured	0.000	11.655	0.496	4.63	0.612	2.53	6.
Featured	0.000	10.919	0.612	4.47	0.513	2.47	7.
Featured	0.000	6.794	0.787	4.21	0.582	2.68	8.
Unmarked	0.000	1.098	0.6155	4.644	0.646	4.17	9.
Featured	0.000	6.755	0.765	4.16	0.772	2.47	10.
Featured	0.000	6.599	0.787	4.21	0.684	2.63	11.
Featured	0.000	8.750	0.772	4.47	0.496	2.63	12.
Featured	0.000	9.880	0.692	4.42	0.653	2.26	13.
Featured	0.000	10.537	0.684	4.63	0.607	2.42	14.
Featured	0.000	6.163	0.898	4.16	0.838	2.42	15.
Featured	0.000	7.519	0.733	4.26	0.597	2.63	16.
Featured	0.000	9.506	0.513	4.53	0.671	2.68	17.
Unmarked	0.000	1.095	0.612	4.53	0.658	4.11	18.
Featured	0.000	6.466	0.692	4.42	1.073	2.53	19.
Featured	0.000	9.477	0.692	4.42	0.809	2.11	20.
Featured	0.000	9.701	0.684	4.37	0.653	2.26	21.

Featured	0.000	6.444	0.597	4.37	1.012	2.63	22.
Featured	0.000	6.564	0.733	4.26	0.749	2.68	23.
Featured	0.000	8.875	0.653	4.26	0.507	2.58	24.
Featured	0.000	6.893	0.955	4.37	0.607	2.58	25.
Unmarked	0.000	1.097	0.613	4.63	0.643	4.14	26.
Featured	0.000	6.444	0.597	4.37	1.012	2.63	27.
Featured	0.000	6.564	0.733	4.26	0.749	2.68	28.

- Significant at a significant level (0.05%)

B. Internal consistency of phrases : Items consistency

It means to ascertain the compatibility and homogeneity of the group of phrases of a scale in measuring the concept to be measured, and in order to make sure that the statements of the scale of this study are characterized by consistency, and the correlation coefficient of each statement was extracted with the total score of the scale, through the Pearson coefficient for the members of the construction sample, and it was shown that all the statements with A significant relationship with the total score of a scale and all of them should be less than (0.05) at the level of error (0.05).

Table (2)

Pearson's correlation coefficient between the score of each phrase and the overall score of the Emotional Obedience Scale in football players.

Significance	True Morale	Simple correlation coefficient	t
Moral	0.000	0.801	1.
Moral	0.000	0.782	2.
Moral	0.000	0.599	3.
Moral	0.000	0.785	4.
Moral	0.000	0.664	5.
Moral	0.000	0.560	6.
Moral	0.000	0.701	7.
Moral	0.000	0.702	8.
Moral	0.000	0.748	9.
Moral	0.000	0.666	10.
Moral	0.000	0.617	11.
Moral	0.000	0.662	12.
Moral	0.000	0.698	13.
Moral	0.000	0.663	14.
Moral	0.000	0.725	15.
Moral	0.000	0.671	16.
Moral	0.000	0.784	17.
Moral	0.000	0.749	18.
Moral	0.000	0.640	19.
Moral	0.000	0.656	20.
Moral	0.000	0.600	21.
Moral	0.000	0.740	22.
Moral	0.000	0.799	23.
Moral	0.000	0.658	24.
Moral	0.000	0.799	25.

C. The relationship between the field and the total score of the scale :

In order to identify the extent to which the axes represent the concept of the scale, i.e. whether the axes that make up the scale are characterized by honesty in measuring the concept of the scale, and in order to confirm this, Pearson's simple correlation coefficient was used to identify the extent of the correlation of each axis to the total score of the scale of the construction sample, and to show whether all axes are significantly related to the full degree of the scale. Its value was less than (0.05) at the significance level of (0.05).

Table (3)

The correlation relationship of the axes of emotional submissiveness

Significance	Morale	Calculated value (t)	Axis Name
Moral	0.000	0.922	Ignoring the self
Moral	0.000	0.903	Fear of rejection or conflict
Moral	0.000	0.874	Relying on the opinions of others
Moral	0.000	0.812	Take responsibility for the feelings of others
Moral	0.000	0.914	Loss of self-identity

2.4.2.7.2 Consistency:

It will complement the scientific foundations that must be characterized by Scale, Done The researcher by finding its stability as it is one of the basic conditions that should be met in the scale and stability It means "the accuracy of the scale in observation, its non-contradiction with itself, its consistency and consistency in the information it provides us with about the behavior of the individual." Murphy states ((Hattab, 1987, p. 101) Murphy) ' The goal of consistency is to estimate the errors of the scale and work to reduce them. If any, (Murphy, R.K.: 1988, 63 صفحة) To verify that the scale of this study is characterized by stability, he got up The researcher uses the following methods:

1. The Alpha Cronbach method:

This method is one of the most used In measuring the stability of the scales, It depends on the consistency of the performance of individuals from Phrase To others , and to find (عدس, 1989, 79 صفحة) Scale stability in this way Done Applying the scale with its phrases to a sample Survey Adult (13) Players and show that Stability coefficient value It has reached (0).962) for the Emotional Obedience Scale (At a significance level (0.05).

2. Half-segmentation method:

This method is based on dividing the scale into two parts or two equal parts with the number of phrases, the first part includes the odd statements and the second part the even statements, as the researcher performed this procedure for the measures of the scale statements based on the results of the survey sample of (13) members and using the Pearson correlation between the two parts and showing the stability coefficient , the confirmatory bias has appeared (0.921), (0.922) In order to approximate the results, we are satisfied with adopting Spearman-Brown's equation for the half-segmentation (0.972) for the measure of emotional conformity in football players.

2.4.2.7.3 Objectivity:

The current scale is characterized by having paragraphs formulated by choice method of the same five multiple alternatives that do not accept two answers.

2.4.2.8 Final metric.

After the aforementioned procedures, the scale of (emotional obedience among football players) has been built and in its final form consists of (25) phrases distributed over (5) axes.

2.4.3 Field Experience (Main):

After the previous procedures, the researcher codified the Emotional Obedience Scale among (50) football players. After completing the implementation of the research steps, the researcher collected the statistical data of the scale applied to all the application samples and arranged them in tables, in preparation for conducting statistical treatments to complete the achievement of the research objectives.

2.5 Statistical Methods:

The researcher used the statistical software version 23 (SPSS) and the statistical results were extracted in this study.

3. Presenting, analyzing and discussing the results:

3.1 Presentation and analysis of the results of the Emotional Submissiveness Scale among Football Players:

3.1.1 Presentation of the results of the raw and standard score (Z) and the modified standard score of the research sample answers to the Emotional Obedience Scale in Football Players:

The researcher presents the results of the raw score of the research sample, the standard score (Z) and the modified standard score in order to find a determination of the standard levels of the Emotional Obedience Scale in football players as shown in Table (4):

Table (4)

Raw score of the research sample, standard score (Z) and adjusted standard score of the Emotional Obedience Scale in Football Players

Modified Standard Score (T)	Standard Grade (Z)	Raw Grade	N	Modified Standard Score (T)	Standard Grade (Z)	Raw Grade	N
30.78	-1.72223-	90	26.	23.43	2.14322	72	1.
30.78	-1.72223-	90	27.	26.55	2.14322	76	2.
30.78	-1.72223-	90	28.	26.55	2.14322	76	3.
30.78	-1.72223-	90	29.	26.55	2.14322	76	4.
30.78	-1.72223-	90	30.	27.55	2.15321	78	5.
30.78	-1.72223-	90	31.	27.55	2.15321	78	6.
30.78	-1.72223-	90	32.	27.55	2.15321	78	7.
39.78	-1.01113-	95	33.	27.79	2.12824	80	8.
39.84	-1.01113-	95	34.	27.79	2.12824	80	9.
39.84	-1.01113-	95	35.	27.79	2.12824	80	10.
39.99	-1.01113-	95	36.	27.79	2.12824	80	11.
39.99	-1.01113-	95	37.	27.79	2.12824	80	12.

39.99	-1.01113-	95	38.	27.79	2.12824	80	13.
39.99	-1.01113-	95	39.	28.81	-2.11934-	81	14.
39.99	-1.01113-	95	40.	28.81	-2.11934-	81	15.
39.99	-1.01113-	95	41.	28.81	-2.11934-	81	16.
39.99	-1.01113-	95	42.	29.33	-2.06710-	82	17.
39.99	-1.01113-	95	43.	29.33	-2.06710-	82	18.
39.99	-1.01113-	95	44.	30.37	-1.96261-	84	19.
39.98	1.01110	104	45.	30.37	-1.96261-	84	20.
39.98	1.01110	104	46.	30.37	-1.96261-	84	21.
39.98	1.01110	104	47.	30.90	-1.91036-	85	22.
39.98	1.01110	104	48.	30.90	-1.91036-	85	23.
40.22	0.91110	105	49.	30.90	-1.91036-	85	24.
40.22	0.91110	105	50.	31.42	-1.85812-	86	25.

In order to identify the emotional submissiveness of football players, the researcher extracted five levels by arranging their answers in ascending order after finding the score of each form using the Excel program, and the levels are (Weak - Acceptable - Medium - Good - Very Good) as shown in Table (5).

Table (5)
Shows the sample response levels for the level of emotional submissiveness in football players

Ranking	Percentage	Duplicates	Values that fall within the level	Level	t
Fourth	16%	7	72-78	Weak	1
First	32%	17	79-85	Acceptable	2
Thirdly	16%	8	86-92	Medium	3
Second	18%	12	93-99	Good	4
Fifthly	18%	6	100-105	Very good	5
	100%	50			Total

From the above table, it was found that the highest score obtained by the sample members is (105) and the lowest score is (72) and that the level of (good) came first according to the answers of the sample members of (50), which falls within the values between (79-85) with repetitions of (17) and a percentage of (32%), meaning that the largest percentage of the sample members are within the acceptable level and the level was good In the second rank and the level was medium in the third rank, while the level came weak in the fourth rank and very good in the fifth and last rank.

3-2Presentation of the results of the arithmetic median and the T-value of the level of differences of the Emotional Subordination Scale among Football Players for the research sample:

Table (6)

Arithmetic mean, standard deviation, hypothetical mean, and T-value of the level of differences Emotional obedience in football players

Significance of the difference	sig	T-value	Hypothetical arithmetic average	Standard deviation	Mean of the sample	Issue
Moral	0.000	20.122	75	4.068	111.30	50

Significant < (0.05) and degree of freedom (n-1) = 49.

By looking at Table (4), we observe the significance of the values by comparing the arithmetic mean of (111).30) with the hypothetical mean of (84) and the appearance of the significance of the T value of (20.122) below the significance level of (0.05) and this indicates that individuals have the level of emotional obedience in football players.

3.2.1 Discussion of the variable of emotional submissiveness in football players:

By looking at the two tables (5-6), it is clear that the level of the research sample to which the scale was applied shows that the players in general do not have great emotional obedience that affects them and that the scale that was built has accurately diagnosed the level and this scale helps to develop mental health, increase the player's understanding of himself, set appropriate boundaries for others in his work and social life, and remember the faith of Jamal. Setting boundaries helps protect our energy and time, and prevents us from overwhelming and draining. It also helps to build healthy and sustainable relationships based on mutual respect and understanding" (جمال، 2023، صفحة 67).

The research sample is also football players, and this makes the player's awareness of the importance of his psychological and mental state, as it "complements exercise in order to relax and reduce stress and psychological pressure, and works to treat some psychological conditions and correct his path in order to face the daily burdens of life." (ياسين، 2008، صفحة 52)

Iman Jamal also recalls that individuals who put Setting boundaries is not selfish. It is an essential part of self-care and maintaining your mental and emotional health. When you set healthy boundaries, you respect yourself and value your time and energy, which in turn helps you be a better person and more able to give to others. (جمال، 2023، p. 68)

4. Conclusions and recommendations

4.1 Conclusions:

1. The ability of the Emotional Submissiveness Meter of football players to measure emotional submissiveness transparently.
2. The scale's ability to characterize the emotional obedience of the research sample in a broader and broader sense than they thought.
3. Knowledge of modern psychological programs and treatment of negative cases of emotional submissiveness in youth football players.

4.2 Recommendations:

1. Working on the Emotional Obedience Scale for being and studying the research community experimentally using the scale .
2. Attention about the psychological state of athletes every day and knowing the changes and developments in it.
3. Understanding society and working to keep athletes away from the media that affects their psychological state.
5. Conducting research by using the scale for another sample.

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Attachment (1)

The scale in its final form

1- Ignoring the self:

Strongly disagree	Disagree	Not sure	I agree	I strongly agree	Phrases	t
					Ignoring the fatigue that gets me in order to complete the training requirements to satisfy the trainer.	1-
					Work overtime even if I have other important commitments.	2-

					Avoid working overtime as it is my own time to rest.	3-
					Working without extra pay is not important to me, as informal assignments.	4-
					Take prompt action after each informal request to be rejected because it is illegal.	5-
					I feel like I deserve more than I earn at work because I work the field.	6-

2. Fear of rejection or conflict.

Strongly disagree	Disagree	Not sure	I agree	I strongly agree	Phrases	t
					I avoid being lazy or failing to work so that I don't get outcast among other players.	1-
					I work to meet everyone's requirements without saying no or rejecting because it avoids feelings of reproach later.	2-
					Not seeing me is a reason why I am afraid to refuse any request from others.	3-
					I find it difficult to sleep at night as a result of rejecting a request.	4-

3. Relying on the opinions of others.

Strongly disagree	Disagree	Not sure	I agree	I strongly agree	Phrases	t
					I always work on taking people's advice and not just deciding for myself.	1-
					He cared a lot about the experiences of others.	2-
					I am happy to have the support of those close to me, they help me	3-
					I am happy to hear compliments from others and it drives me to work more.	4-
					Wait for the results by hearing from your subordinates.	5-
					I see institutional hypocrisy as making me rely solely on an opinion to avoid making mistakes.	6-

4. Take responsibility for the feelings of others.

Strongly disagree	Disagree	Not sure	I agree	I strongly agree	Phrases	t

					I realized that working to please others does not work	1-
					I'm afraid to work with people who are always me.	2-
					Sometimes I deal firmly with those who try to exploit me.	3-
					I see working with those who want help all the time as a waste of my skills.	4-
					I learn quickly from my mistakes, I don't care about other people's feelings	5-

5- Loss of self-identity.

Strongly disagree	Disagree	Not sure	I agree	I strongly agree	Phrases	t
					I take into account the expectations that meet people's demands and do not care what happens to me.	1-
					I express my personality by helping others by always fulfilling their requests	2-
					I worked hard for a long time in order to please others and I no longer know what I care about and where.	3-
					I avoid revealing my feelings because they do not matter to anyone else.	4-