



Obstacles to practicing recreational sports activities in the faculties of the University of Qadisiyah, Republic of Iraq

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Abstract

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This study aimed to identify the obstacles facing students from participating in recreational sports activities in the faculties of the University of Qadisiyah, which was to design a questionnaire containing four axes, which are classified into major obstacles according to their importance in influencing the weakness of participation. The first axis was related to **administrative aspects**, which includes (12) phrases, and the second axis related to the possibilities in the faculties, which includes (11) phrases, while the third axis was represented by **psychological and social** aspects, which contains (11), and the fourth axis related to **academic aspects** and their impact To participate in recreational sports activities in the colleges and included (4) statements, the researcher used the descriptive approach of survey studies to suit the nature of the study in obtaining answers to the questionnaire form, which includes (40) statements distributed as mentioned above. The sample of the research was randomly selected by (950). The clarity of the questionnaire was known and its statements were understood in a survey sample represented by (90) students who were randomly selected and were excluded from the research. The validity and stability of the questionnaire was confirmed by the arbitrators, as well as the validity of the content between the axes of the questionnaire as a whole, as well as between each axis and the phrases that The results showed that the priority of the obstacles facing students due to poor participation is due to the lack of possibilities of multi-purpose playgrounds and halls. The obstacles related to the administrative aspects came in second place, which stipulate that officials should not develop recreational activities through the maintenance of playgrounds, lack of financial support, and the lack of advertising advertising that focuses on participation. The third rank was for the fourth axis, which relates to the academic aspects of the request that prevents them from participating, the compression of the academic schedule

Introduction and importance of research :

Since creation and the beginning of life, man has been interested in practicing various types of sports and recreation to occupy the free time available to him and introduce happiness, pleasure and psychological satisfaction with the life he lives, get rid of the pressures of work, renew activity and enjoy good health to be able to carry out the daily work required by the age of him. We have not limited the practice of sports to a specific type, whether gender, age, social status or economic status. The desire to recreate and practice his multiple activities has accelerated in the modern era with the entry of technology, the development of institutions and the increase of culture with the importance of practicing Recreational activities as sports recreational activities are characterized by ease of performance and low cost and achieve for the participating individual a sense of relaxation away from the pressures faced at work or study. Sports activities have acquired the greatest interest among members of the community, including the community of students who have great responsibilities towards their community because they represent the elite of society in terms of educational level and energy that they possess, which requires them to be highly aware of the importance of sports recreational activity as countries and government institutions have tended to provide everything necessary to practice Sports activity is not aware of the importance of time, but it is interested in planning to invest it so as to avoid young people from drifting towards crimes and drug use that have become lethal to societies and thus harmful to the life of the individual and thus reflected on society in general. It is clear from the above the importance of sports recreational activities and their positive repercussions on the individual. Therefore, educational and educational institutions must pay attention and care through schools, universities and their affiliated colleges to spread recreational culture among the student community by providing capabilities and infrastructure to encourage students to practice multiple recreational activities, including sports,

whether inside or outside the university, and promote them through its media and the departments that are available within universities. Therefore, the importance of the research lies in that it deals with an important segment of society that in the future is responsible for building homelands and represents the most cultured segment of society. The percentage of youth in Iraq is about 60% of the population. On this basis, the importance lies in providing all the necessary supplies for the practice of sports recreational activities.

Statement of the problem:

Despite the abundance of local and Arab research and studies that dealt with the importance and the correlation between participation in recreational activities and the investment and enjoyment of free time through individual or collective practice and many of the variables that occur on the personal side, including physical, psychological, educational and social, there is a scarcity in the studies that dealt with this aspect at the university level, according to the researcher's knowledge, where the research did not shed light on the nature of youth (university students) practice recreational activities within the university and know the extent of student demand for them and what are the obstacles that may hinder student participation in recreational sports activities within the university and the researcher's work is responsible for student activities and was in constant contact with the request. He noted that there are obstacles that may be among the reasons for not participating in recreational sports activities, so it was necessary to identify and diagnose them and reach results that would benefit those in charge of student activity at the university. The university contains a large number of students and youth energies that can provide the community with leaders and active elements of the personality and self-confidence of recreational activities. Despite this knowledge of the advantages of recreational activities, there are a number of obstacles that are an obstacle to student participation, including those related to the administrative aspects of the university and the possibilities for student participation, including those related to students and related to psychological and social aspects and obstacles related to the study aspects and the extent of its organization to allow students to participate in recreational sports activities. Therefore, the two researchers addressed these questions and found solutions to strengthen participation in recreational sports activities within the colleges at the University of Qadisiyah .

The Objective of the study:

In its current form, the study aims to

To learn about the nature of the obstacles to participating in recreational activities among students of the faculties of Qadisiyah University in the Republic of Iraq.

Terminology of study:

Recreational activities:

It includes all constructive, socially and ideologically acceptable aspects of activity that take place during free time and are chosen and participated in for internal motives in accordance with freedom of choice and with an internal will aimed at acquiring social and personal skills and values and achieving satisfaction and happiness from participation, whether individual or collective, and not for external motives such as material or moral gain. "

(Saleh Ghazali, 2002, p. 45)

Recreational Sport Activities: (Recreational Sport)

A type of multiple recreation, which includes various individual and collective sports activities practiced by students within the colleges, the purpose of which is to get rid of academic pressure, social acquaintance and renewal of activity to enter the scientific side with vitality and activity .

(Procedural definition)

Obstacles to practicing recreational sports activities:

They are the reasons that hinder the participation of students in recreational sports activities, which can be personal and external reasons related to the university atmosphere and the available possibilities that encourage the student to participate or not

(procedural definition)

Research Methodology and Procedures :

Research Methodology:

The researcher used the descriptive method (survey studies) to suit the nature of the current study .

Study Community: The research community included students of the faculties of the University of Qadisiyah, which amount to (18) faculties representing the university . The sample was randomly selected from the research community, which included 5% of the total students (19,000), as the sample amounted to (950) students distributed to (17) faculties of the University of Qadisiyah . After excluding the Faculty of Physical Education and Sports Sciences as a college specialized in practicing sports activity in practical lessons and Table No. (1) shows the numerical distribution of the research sample.

Table(1) n= 950

#	College	Sample
1	Faculty of Education	68
2	Faculty of Administration and Economics	70
3	Faculty of Arts	50
4	College of Engineering	70
5	College of Science	50
6	College of Medicine	50
7	Dental Antelope College	62
8	Nursing School	60
9	College of Pharmacy	50
10	College of Veterinary Medicine/IFAS	50
11	Computer Science	60
12	FACULTY OF AGRICULTURE	50
13	Faculty of Biotechnology	50
14	Faculty of Fine Arts	60
15	Faculty of Archaeology	50
16	Faculty of Law	50

Search data

1- The researcher designed a questionnaire to collect information about the obstacles to practicing recreational sports activities in the faculties of the University of Qadisiyah and send it electronically to students to answer them through the groups associated with the officials of the Student Activities Division in the faculties .

-Steps in designing the questionnaire form:

- 2- Follow the researcher in designing the questionnaire form to reach the research results:
- 3- - Theoretical readings in scientific references that dealt with topics similar to a topic such as Kamal Darwish (1997), Tahani Abdel Salam (2001), Mohammed Al-Hama Hamma, Aida Abdel Aziz (2001) and Kamal Abdel Hamid (2012)
- 4- - Reviewing previous studies related to the research topic such as the study of Mohamed Ahmed Abdel Salam (2005), the study of Bashar Saleh Shihab (2015), the study of Adnan Obaid (2017) and the study of Iman Abdel Aziz (2018)
- 5- - Designing the axes of the main questionnaire form, which contained four axes related to the subject of the study (the axis of obstacles related to administrative aspects within the faculties of the university .The main obstacles related to the capabilities available within the university faculties. The axis of obstacles related to the psychosocial aspects of the student and the axis of obstacles that are related to the programs of recreational sports activities within the faculties of the university) .

- Identify the statements that express the obstacles to practicing recreational sports activities within the colleges at the University of Qadisiyah and represent each of the four axes of the questionnaire form.
 - The first axis of administrative obstacles included (15) phrases that include the administrative aspects of those responsible for managing sports activity and facilities .
 - The second axis included (20) phrases of obstacles related to the available capabilities such as stadiums, halls, sports and human tools that supervise these capabilities
 - The third axis: Obstacles that are related to psychosocial aspects, which include all the student's awareness of practicing recreational sports activities from a psychological and social point of view directly or indirectly, and it was represented by (15) phrases either
 - The fourth axis is the obstacles related to the academic aspects of the student, that is, the impact of the lectures and the time of them, which is taken from the practice of sports recreational activity and included (4) phrases
 - The form was presented to a group of experts with experience in developing axes and knowledge of appropriate phrases for each of the seven axes of the form.
- 6- **The survey study:** The researcher sent the questionnaire form to a sample that represented the faculties of the university electronically to know the clarity of the statements and the extent of their interaction with them and understand their phrases and linguistic style. The survey sample represented (90) students of the faculties of the University of Qadisiyah who were excluded from the main sample, which was (950) .

Testing the validity and reliability of the questionnaire:

The researcher used two methods to test the validity of the questionnaire :

A- The method of truthfulness of content

- The veracity of the arbitrators, who are interested in analyzing and examining the content of the questionnaire, the suitability of the statements, their representation of the axis, and their suitability to obtain results for the problem to be solved.

7- - Testing the internal consistency of the questionnaire form by finding the Pearson Correlation Coefficient values between the degree of each individual and the total degree of the axis it follows to ensure that the phrase is related to the axis to which it belongs . |||UNTRANSLATED_CONTENT_START|||الجدول بين كما |||UNTRANSLATED_CONTENT_END||| (6) رقم

Table (2) shows the values of the Pearson correlation coefficient between each item and the axis to which it belongs (n =90)

Administrative aspects		Capability		Psychological aspects		Academic Aspects of the Student	
#	#	#	#	#	#	#	#
1	0	16	0	26 ^	0	51	0
2	0	17	0	27 ^	0	52	0
3	0	18	0	28 ^	0	53	0
4	0	19	0	39 ^	50,0%	54	0
5	0	20	0	40	0		
6	0	21	0	41	0		
7	0	22	0	42	50,0%		
8	0	23	0	43	0		
9	0	24	0	44	0		
10	0	25	50,0%	45	0		
11	0	26	0	46	0		
12	0	27	0	47	0		
13	0	28	0	48	0		
14	0	29	0	49 ^	0		

15	0	30	50,0%	50	0
		31	0		
		32	0		
		33	50,0%		
		34	0		
		35	0		

It is clear from Table No. (1) that all four statements of the questionnaire are related to the axis to which they belong, as the Pearson correlation values between the degree of each statement were statistically significant at the level of (0.01), and we note the overall result that there is an indication of the internal consistency of the questionnaire .

Table No. (2) shows the correlation coefficient of the axes with the total score.

Topics	Number of Statements	Correlation coefficient (Maths.)
Administrative aspects	15	63
Capability	20	0.71
Psychological aspects	15	0.83
Academic Aspects of the Student	4	0.58

It is clear from Table No. (2) that all the coefficient of internal correlation values (internal consistency) for each axis of the questionnaire is related to the total score. This is statistically significant at the level of (0.01), and this confirms the chances of the questionnaire and its validity to collect the data required for the current research.

Questionnaire:

The stability of the questionnaire was calculated in this research on the survey sample, which numbered (90) students in a way that gives the stability coefficient of Alpha Cruelty for each of its axes as shown in Table No. (3)

Table No. (3) The values of the alpha-crew index for the stability of the questionnaire axes

Topics	Number of Statements	Alpha-Croe Nabakh coefficient
Administrative aspects	15	0.74
Capability	20	0,79
Psychological aspects	15	0,88
Academic Aspects of the Student	4	0,78
Total	54	0.82

8- It is clear from Table No. (3) that the value of Alpha Crew Labs is high for all the axes of the questionnaire, where the value of Alpha Crew Labs ranged between (0.74 and 0.88), which indicates that each axis enjoys a high degree of stability and homogeneity of its vocabulary, as homogeneity gives high consistency in response .

Final description of the questionnaire :

The questionnaire form included four axes. The first axis: Administrative aspects included (15) phrases

The second axis: Capabilities This axis included (20) phrases that represent the possibilities available for practicing activities

The third axis: Psychological and social obstacles, which included (15) phrases

The fourth axis: The student's academic obstacles, which include (4) phrases

A three-way scale was determined to find out the students' answers about the axes of the questionnaire and the phrases associated with each of the axes of the questionnaire. I agree – I agree to some extent - I disagree

The researcher used the Statistical Period (SPSS) to obtain the results of the research .

- 1- Testing the internal consistency of the questionnaire by finding the values of the Pearson correlation coefficient between the degree of each phrase and the total degree of the axis to which it belongs, in order to ensure that each phrase belongs to the axis that develops it .
- 2- Extracting Alpha Core Nebach laboratories to test the stability of each of the questionnaire axes.
- 3- Duplicates, percentages and arithmetic averages to describe the study sample and the distribution of individuals
- 4- Test to measure the average value of differences between axes .

Presentation and Analysis of the Results.

Through this research, the researcher explains and discusses the results shown by the answers of his pure sample based on the phrases of the questionnaire form, each according to his axis, in order to achieve the goal of the study and answer its questions through the above mentioned for the purpose of the research, which is to know the obstacles to participation in recreational activities among the students of the faculties of the University of Qadisiyah

The answer to the main research question:

What are the obstacles to participating in recreational activities among students of the faculties of Al-Qadisiyah University?

To find out the answer to this question in this study, the arithmetic mean and deviation were calculated. Standard for measuring the obstacles of participation in recreational sports activities among students of the faculties of the University of Qadisiyah as a whole and for each axis of the scale, each on Jeddah, for the sample as a whole, amounting to (950) students, and measuring the average value of differences and their significance between axes using the (T) bilateral test with the analysis of the phrases of each axis alone

Table No. (4) The arithmetic mean and standard deviation of the axes of the study as a whole according to the arithmetic mean

Topics	Number of Statements	Mean	Standard Deviation
Administrative aspects	15	3.53	0,69
Capability	20	3.65	0.68
Psychological aspects	15	2.89	0,76
Academic Aspects of the Student	4	3,52	0.88
Total Scale	54	3,24	0.51

It is clear from the above table No. (4) on the arithmetic mean and the standard deviation, what are the obstacles that we face in participating in recreational sports activities for all the axes of the scale for the research sample, as the arithmetic mean was between (2.89) for the obstacles of the third axis, the psychological and social aspects and the axis related to potential, while the arithmetic mean of the scale in each axis was (3.65). Thus, the researcher concludes that there are more obstacles than average that hinder the exercise of recreational sports activities among the students of the faculties of the University of Al-Qadisiyah.

Table No. (5) The average values of the differences and their significance between the axes of practicing recreational sports activities for the faculties of the University of Qadisiyah collectively.

Topics	Arithmetic	1	2	3	4
B. Administrative aspects	(3.53)	-	UNTRANSLATED_CONTENT_START	8:37	21,1
			TART		3
		6,41**	UNTRANSLATED_CONTENT_END		
Capability	3,65		-	26	25

		Decem ber	12
Psychosoci al aspects	2,89	-	0.8
Academic Aspects	3,64		-

Table (5) above shows Analysis of the axes of the obstacles to the exercise of recreational sports activities for the entire research sample. The second axis related to the obstacles facing students in the faculties of the University of Qadisiyah related to the potential was in the first place, followed by the axis related to the obstacles to the student's academic aspects, followed by the third center. The obstacles related to the administrative aspects and the fourth center represented the obstacles related to the psychological and social aspects of the student. According to the order of the research interviewer, the researcher concludes that the axis of potential, which came in the first order from the axes of the obstacles facing the students of the faculties of the University of Qadisiyah from the practice of recreational activities, that students represent the stage of youth who are eager for development and progress in international universities. They are in dire need of sports halls spread in the university, where most colleges are in one location and are equipped with advanced skills that are able to meet the needs of young people in practicing recreational sports activities and are under the auspices and supervision of the university. As for the obstacles related to the academic aspects of the students in the center, they are stressed due to the interest in the study schedule and not to avoid the student from being given the opportunity to participate in sports activities. Intellectually revitalizing the student, renewing his activity and vitality, and making him feel happy and happy. All this helps the student to return to the seats of study with interest and activity, which results in his superiority in the study materials. This study is consistent with the study of Suzanne (2003), which showed the results of her study with the

importance of the availability of capabilities and creating the appropriate atmosphere for college students to practice recreational sports activities and enthusiasm for them, as the availability of modern capabilities from closed halls and model playing halls is attractive to students through positive participation until innovative participation reaches the passage of the university study period, as psychological pressure generates a decline in the scientific level of students. Therefore, it is necessary to include recreational sports activities with the student's study materials to obtain a student free of diseases and psychological contract as a result of pressure and thinking about study materials and focus on study and examinations only .

The researcher presents the axes of the study with the presentation of the arithmetic mean and the standard deviation of the phrases associated with each of the axes of the study separately and in detail and compares them with similar and related studies.

1- Obstacles related to administrative aspects

Table No. (6) shows the arithmetic mean and the standard deviation of the phrases of the axis of obstacles that are related to the administrative aspects in descending order in light of the arithmetic mean . 950

#	Phrase	Mean	Standard Deviation
1	Sports recreational activities do not witness a permanent development by officials that prevents me from participating	3.87	1,65
2	Colleges are interested in the activities from which they get points	3.75	1.25
3	There is no clear advertisement that encourages me to practice recreational activities	3.70	1,24
4	The times of practicing recreational activities are not commensurate with the dates of the school schedule	3.67	23 Jan.

5	Failure to conduct a questionnaire for the types of recreational sports activities that I am stranger to practice limits my participation	3.63	1,27
6	Lack of interest by sports stakeholders reduces my activities	3.59	1.26
7	The absence of the supervisor in charge of the activities reduces my determination to participate	3.50	1,22
8	Lack of tools suitable for participation reduces my participation	3,43	1,38
9	The administration of colleges does not provide an ideal room for participation, which leads me not to participate	3,36	1.19
10	There is no organized program to participate in recreational activities that causes my non-participation	3.34	1,31
11	There is no specific date that brings students together to practice recreational activity that pushes me not to practice	3.32	2,31
12	I do not feel that there is a real interest in participating that leads me not to practice activities within the college.	3,17	1,26

Table No. (6) shows the data and answers of students about the obstacles that can affect their non-participation in recreational sports activities, which are related to the **administrative aspects**. The researcher concluded through the answers that the statement No. (1) The officials responsible for recreational sports activities do not carry out the continuous development of them has occupied the highest percentage of answers to the research sample and the arithmetic mean (3,87) and standard characters (1.65). The statement No. (9) In the second place, the departments of the colleges do not provide halls for the practice of recreational activities and interest in them is infamous as the classrooms are equipped with all the devices and means that stimulate participation, that is, the lack of financial support in the establishment of such halls reduces practice and vice versa. Therefore, the researcher believes that there should be a serious and real stop to provide and prepare the appropriate atmosphere for the exercise of recreational sports activity because of its importance that the participant can feel in the development of personality and good investment of free time and by knowing the obstacles and their priorities, it becomes clear to the researcher that one of the most important things that colleges can overcome obstacles is the establishment of sports halls specialized in the practice of recreational sports activities and the

provision of financial support and the appointment of competencies to manage the activity Recreational sports so that the student can participate to provide real places for practice that meet the aspirations of participants in recreational sports activities.

2- Constraints related to potentials: This axis includes phrases related to the capabilities provided by the colleges for the purpose of encouraging students to practice recreational sports activities. **Table No. (7) shows the arithmetic means and standard deviations related to potentials.**

#	Abalabarah	Mean	Standard deviation (Maths.)
1	Lack of showers hinders my participation	3,96	1,28
2	The lack of stadiums and gyms is a reason for my non-participation in recreational sports activities	4,00	1,22
3	The lack of first aid prevents me from participating for fear of injury	(3.53)	1,32
4	The deterioration of playgrounds and the lack of gyms in some colleges hinder the student from practicing recreational activities	4,05	1,16
5	The lack of game supervisors limits my participation	3,41	1-21
6	The absence of the supervisor on a regular basis does not encourage me to practice recreational sports activities	3,45	1,22
7	The overcrowding of the stadiums makes me not participate in recreational sports activities	3,24	1,25
8	The lack of diversity of sports in the college and the interest is focused on football. I do not have the opportunity to participate in my favorite sport	3,78	1,27
9	There are no tools for individual sports and they are limited to some invalid stadiums	3,72	1,22
10	Lack of a dressing room prevents me from participating	3,80	132
11	The lack of transportation vehicles for intercollegiate competitions limits my participation in recreational activities	3,50	1,28

9- Through the answers and data results of Table No. (7) related to the second axis, the capabilities available in the colleges, the results showed that the arithmetic averages ranged between (4.05- 3.24), where the phrase No. (4) The

deterioration of the stadiums and the lack of availability of sports halls in the colleges hinders students from participating in recreational sports activities. The highest arithmetic average was (4.05) and a standard deviation was (1,16), followed by the possibilities that hinder the request from participating in student activities, statement No. (2) The lack of stadiums and the lack of availability of sports halls dedicated to participating in recreational sports activities with an arithmetic average of (4,00) and deviation. Standard reached (1.32), where the availability of playgrounds and sports halls dedicated to the practice of sports activities is one of the main ingredients in the rush of students towards participation and the practice of their beloved sports hobbies. This is consistent with the study of Kamal Abdel Hamid (2012), which showed that participation must have the infrastructure to encourage individuals to practice their favorite hobbies, as well as the study of Owais (2004), whose results showed that educational institutions have an interest in providing the appropriate environment to encourage their members to participate in recreational activities. The researcher and those who follow sports affairs believe that these phrases are one of the most important things that make participation weak but make it non-existent because the goal of practicing sports recreational activities is for the individual to feel happy, happy and satisfied. If the environment does not meet the needs of the individual, he is reluctant to participate . The researcher believes that the colleges at the University of Qadisiyah should provide the typical infrastructure of stadiums and periodic maintenance of existing ones with the establishment of multi-game sports halls and not be limited to the football game. It is shameful to raise the level of participation among students and the university becomes an attractive environment for the practice of recreational sports activities during the morning and evening hours.