

**Obstacles to the exercise of sports activity at the  
University of Basra**

**From the students' point of view**

**Survey research**

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**1- -Definition of research**

**1\_1 Introduction and Importance of Research**

The university is one of the most important educational institutions in the developed countries. In order for us in a country that seeks to develop, we can promote these educational institutions. We must give them their right in all fields, especially physical education.

The researchers want to focus on an important aspect, namely, the student's practice of sports activity within the University of Basrah, where its importance is no less than other scientific lessons in the other countries of the developed world is the most important mathematical activity in the evaluation of the student morally, physically and psychologically and that the cancellation of these activities and marginalization is very dangerous because The exercise of sports activity is important at all ages, especially that our society today urgently need to create healthy habits, physical and intellectual civilized to build the individual building intact away from the tragedies of wars and the legacy of the wrong practices and the importance of this activity must consider the reasons that stand in the way In front of the students at the University of Basra, especially at this time, where we seek to attract them to practice sports activities, especially at this time period experienced by our country.

The aim of this research is to prepare for the correct formation of the society.

## **1\_2Search problem**

Through the work of researchers in the field of sports activity, the university noted the reluctance of students to practice various sports activities within the university as a non-class activity and hence the problem manifested in identifying the most important obstacles that contribute to the reluctance of students to practice sports activities at the University of Basra.

## **1\_3Research Goals**

Identify the obstacles to the exercise of sports activity at the University of Basra from the point of view of students.

## **1\_4Research Areas**

Identify the obstacles to the exercise of sports activity at the University of Basra from the point of view of students.

**1\_4-1Human Field:** Students of Human Faculties - Fourth Stage - Basra University for the academic year 2008/2007.

Time domain: 2008/11/3 to 2009/25.

University of Basrah University.

## **Section II**

### **2- theoretical studies**

Sports activity and its importance in the university

The exercise of sports activities is important in the life of the individual and this is what we ignore as individuals in the community and the numbers of generations well prepared to start again in the revival of sports activities from the primary stage to universities and the basic movements and games are important for students of this stage.

The practice of sports activities at the university level is a complementary course that contributes to the completion of the student acquired in the previous stages and the development of motor competence and satisfaction of desires. The lesson of physical education at the university level is necessary in the preparation of students physically, socially and psychologically and the consolidation of their collective work and personal development and advancement of their reality absent The most important principles of commitment and order, tolerance and giving and respond to the requirements of the stage, including the

construction of society and the state, so it is incumbent on everyone involved in the subject sponsorship of sports activities because it is an educational task and a significant importance to To be scientifically studied and programmed in order to meet the objective and objective objective of the inquiry.

Scientists have defined physical education as an aspect of general education that promotes the education of the individual integrated education balanced in all respects through the selected physical activities under the supervision of specialized conscious leadership(1) .

The researcher believes there are reasons behind the lack of exercise by students for sports activities within the university and began this phenomenon after the abolition of the lesson of physical education at the university and marginalization in recent times in most colleges of the University of Basra, which negatively affected the sports side of this age group. Which is in dire need of an important aspect of social and psychological development and health, which is the sports activity, which contributes to the preparation of the generation integrated integrated with other scientific materials and this is recommended by modern education. The inappropriate sports atmosphere has made the practice of sports activities, games and individual games a little in our universities compared to what was the University of Basra, where it was one of the first universities in Iraq, which applied the lesson of compulsory physical education and even before the application at the University of Baghdad, Always in all kinds of sports activities (2)

And limited to the activity of the Directorate of Physical Education, which is the collection of students wishing to participate in the sports teams and enter the university competitions that take place during the academic year, or if there was no one to participate and stop the activity in that college.

The researchers took the views of the teachers who work in this Directorate in the adequacy of sports activities. The answers were that sports activity is not enough because it is limited to participation in periodic competitions and there are no daily or weekly programs that all students participate in addition to the lack of potential for this directorate to meet the needs of colleges. Time by colleges and make room for the

exercise of sports activities and this is what the researchers touched through their work in different colleges.

(1)Mahmoud Khalaf Salem, Hussam Mohammed Jaber, Fatima Abdul Malih: An Analytical Study of the Reasons of Students' Absence to Apply to the Faculty of Physical Education, Published Research, Physical Education Magazine. University of Basrah

(2)Saleh Hussein: Journal of Physical Education - University of Baghdad 1982 pp. 89

## **2-2Program and curriculum at the University**

The program is a plan that must be followed until its content is implemented correctly. And that any educational program successful must be prepared for the specific place and time and this is very important (for example, as the university has developed within its annual curriculum a plan to raise the level of sports activity must take into account the allocation of time for the student and the implementation and not only the capabilities and teaching staff) In the university is the curriculum approved by the authorities with a precise scientific competence in the material of physical education, which is appropriate for students of the stage and their tendencies and take care of that age and gender.(1) The program should be developed by the educational leaders specialized in the fields of physical education and public education. The programs should have a general outline that outlines the main lines of programs, the general goal, the specific objectives, Target Audience, the content of the program, the ways and means, the duration of the program, The programs are implemented through either the physical education classes or the allocation of training hours for college students either daily or weekly and the aim is to provide opportunities for practicing sports activity for each student at the university.(2)

### **Section III**

#### **3- Research methodology and field operations**

##### **3\_1Research Methodology**

The researchers used the survey approach to suitability and the nature of the problem.

##### **3\_2Search Sample**

The study sample was randomly selected from the students of the fourth stage of the humanities colleges at the University of Basrah. The number of the sample was 100 students for the academic year 2008/2007 and 10%

(1) Ghazi Saleh Mahmoud: Sports booklet in the university between the material and application. Technology University. 1985 p. 7

(2) Information Network: Association of Science and Knowledge: the scientific standard for the design and evaluation of programs. 200

### **3-3 Search Tools**

\_1 Sources and references 2\_ Questionnaire 3\_ Conduct interviews

### **3\_4 Questionnaire form**

#### **1-4-3 Design the form**

A questionnaire was prepared on the most important obstacles that can face the university student and caused him to refrain from practicing sports activities at the University of Basra.

The two axes included the first social axis and the administrative axis, where 25 paragraphs were written for the first axis and 25 points for the second axis.

Thus, the researchers obtained 50 items that were presented to a group of experts and specialists in the field of university physical education and the faculties of education (Annex 1). After expressing their opinion, 31 articles were approved with 80% (13). The questionnaire was presented to a sample of (8) students from the Faculty of Fine Arts and Letters to clarify the clarity of the form in terms of wording and content. The sample was asked to mark (correct) before the phrase (7) paragraphs (2) for the social axis and (5) for the axis Ni administrative and this form has become ready for the first application is made up of (24), paragraph (16) Social axis (8) axis administrative.

The application was applied to a group of 12 students from the humanitarian faculties. The researchers then re-applied the form on the same sample after 12 days to confirm the consistency of the form. The correlation value between the two tests (0, 82) was found to indicate the consistency of the questionnaire.

As for its validity, the researchers adopted objective truths by presenting them to a group of specialized experts (2) in the field of

physical education and university sport and obtaining 80% or more, thus making the form ready to be applied in its final form.

**Key paragraphs** the key paragraphs (16\_15\_14\_13\_12\_11\_\_10\_9\_7\_6) are negative paragraphs and the paragraphs (8\_5\_4\_3\_2\_1) are positive paragraphs in the social axis.

The paragraphs (3\_4) paragraphs were negative paragraphs (8\_7\_6\_5\_2\_1) positive paragraphs in the administrative and technical axis.

### **3\_5Statistical means (1)**

The researchers used the following statistical methods

- 1-The arithmetic mean
- 2-The weighted mean
- 3- Self-honesty coefficient
- 4-percent
- 5-percent weight
- 6- Simple correlation (Pearson(
- 7- Medium Satisfaction (2)

## **Section IV**

4- View and analyze the results and discuss them

4-1View and analyze the results of the social axis and discussed

In order to obtain the results that achieve the objectives of the research, the researchers presented the results in the form of tables The researchers adopted that the paragraph that achieves the middle of the calculation is higher than the mean mean (1.5) and above and the weighted average of higher than (50) Albasrah university.

1-Wadee Yassine, Hassan Mohamed: Statistical Applications and Computer Applications in Physical Education Research, Dar Al Kutub and

2\_ George Sarkson: Statistical Analysis in Education and Psychology: Translated by Hanaa Mohsen Ugaili. Baghdad. Dar Al Hekma for Printing and Publishing. 1991 p. 69

#### 4\_1 Presenting and analyzing the results of the social axis paragraphs and discussing them.

**Table (1)**

A table showing the arithmetic mean and the weighted mean of the social axis paragraphs ranked descending by degree of severity.

Arrange paragraphs by their severity	Weighted average	Center Arithmetic	Paragraphs	esequenc Questionnaire
1	91.7	2.75	Parents have a role in limiting the student's practice of sports activity	-7
2	90	2.7	Social customs and traditions have .made sports activity undesirable	-11
3	86.6	2.6	Sports activity is a recreational and .entertaining aspect only	-14
4	83.3	2.5	I think wearing sportswear inside the .university is shameful	-15
5	76.6	2.3	Intercourse at the university is one of the important reasons for students' .reluctance to exercise	-12
6	73.6	2.2	You believe that your colleagues will welcome the exercise of sports within .the university	-6
7	61.6	1.85	When you exercise, you will feel very .tired	-16
8	58.3	1.75	Being married or married prevents you from practicing sports at the .university	_13
9	56.6	1.7	The shyness of believing that you have an important reason not to exercise sports activity within the university	-9
10	51.5	1.5	I think that fear of injury is an .important factor in not engaging students in sports activities	-10
11	43.4	1.3	When you exercise, you will feel comfortable	-8
12	43.3	1.3	Your exercise must be motivated by .your desire to exercise	-5
13	40	1.2	Sports activity is important in .preparing the student physically and psychologically	-1
14	36.6	1.1	Sports activity improves student relationships with each other	-2
15	36	1.05	The practice of sports activity within the university is an important phenomenon for the development of .sports reality among university youth	-4
16	35	1	The practice of sports activity gives an	-3

			<b>.educational and social dimension</b>	
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We find that the paragraphs that obtained the middle of the calculation (1.5) and above and the percentage weight (50) or more is (10\_9\_13\_16\_6\_12\_15\_14\_11\_7) where the arithmetic environment was greater value than the mean and thus was one of the constraints of the social axis. As for the paragraphs (3\_4\_2\_1\_5\_8), their computational environment was less than the accepted mean and thus did not constitute a social impediment to the student in the exercise of sports activity at the University of Basrah.

Note that paragraph (7) of the paragraphs of the social axis, which confirms (parents have a role in limiting the student's exercise of sports activity) has ranked first for the level of severity, with the weighted mean (91.6) and the mean (2.75), which is the largest value of This is the biggest disability of the social axis. The researchers attribute the reason to the role of the parents in influencing the student psychologically and educationally. The parents are the first institution to acquire the individual's educational and health habits. The culture of the fathers is inherited by the children. The low level of the sports culture that suffers From the family Which was left behind by wars in our society as well as the policy of violence and fear of parents on their sons and daughters. It is necessary to seek to create a generation conscious and cultured.

Paragraph (11) of the social axis, which stresses (social customs and traditions made the exercise of sports activity undesirable) has ranked second for its level of severity as the weighted mean (90) and its arithmetic mean (2.7), which is the largest A value from the mean medium Therefore, this paragraph was the second largest disability among the paragraphs of the social axis. This is because the social reality of our society, with its customs and traditions, leaves negative consequences that we can not free from, which prevent our children from exercising.

In paragraph (14) of the paragraphs of the social axis and considered (sports activity is only a recreational and entertaining), it was ranked third with regard to its level of severity with a weighted mean (86.6) and an



arithmetic mean (2.6) This paragraph is the third largest disabled among the paragraphs of the social axis of the students of the University of Basra from the exercise of sports activity. The researchers consider that this disability is internal and external, ie, the internal concerns of the student of ideas and concepts and lack of know-how enough of the importance of sports activity and the extent of the benefit that the activity gives them psychologically, physically and socially. As for the outside, it is about the society surrounding the student and considering the sports side as a recreational activity only. This is important and the fact is not only that, but it is complementary to all educational and educational aspects. And that the exercise of sports activity is an important function by the behavior of the movement in the combination of many of the moral, administrative and social characteristics in the education of the individual comprehensive and balanced education.(1) As for poverty (15) paragraphs of the social axis, which included (you think wearing sports clothes inside the university is shameful) has got the fourth place

(83.3)and its arithmetic mean (2.5), which is the largest value of the mean mean. Therefore, this paragraph is a handicap among the sections of the social axis that transform the students of the University of Basra from practicing sports activity. This is due to the lack of awareness of sports because the wearing of sports clothes is like any other suit, work and place, the doctor is wearing a work suit

and wearing a work suit and so sports clothes are suitable for the performance of sports movements that these clothes worn at home during rest and overcome shyness is necessary To overcome this handicap and connect the researchers this paragraph with the paragraph habits and traditions where the shyness is also linked to the social construction of our society.

As for paragraph (12) of the social axis, which emphasizes (mixing in the university is one of the important reasons in the distance of students from the exercise of sports activity) has been ranked fifth for the level of intensity as the weighted mean (76.7) and its arithmetic mean (2.3) The largest value of the social center that turn the students of the University of

Basra from the exercise of sports activity and attributed the researcher the reason for this lack of freedom from some customs and traditions and the society's view of the relationship between men and women

.(1) Anayat Mohamed Faraj: Curricula and Methods of Teaching Physical Education, Dar Al-Fikr Al-Arabi, Cairo 1998, p

Paragraph (6) of the paragraphs of the social axis, which is concerned (in the belief that your colleagues will welcome the exercise of sports within the university). (73.3) and its numerically mean (2.2), which is the largest value of the mean. Therefore, it was one of the obstacles of the social axis that turned the students of the University of Basra from practicing sports activity. The reason for this is to the previous school stages passed by the student without developing this aspect and not to instill sports awareness among our children and to inform them of its importance. To convince students to exercise sports is necessary in the university as well as teaching the university and this depends primarily on the university and its curriculum and decisions.

(6\_16\_13\_9\_10) was ranked last in terms of the degree to which it occurred, the weighted arithmetic circles (51.6-56.6-58,3,61,6-73,3(

.(2,2-1,85-1,75-1,7-1.5) The reasons that prevent some students from practicing sports activities from the social point of view, which constitute a small percentage of disabilities, are fear of the students' surrounding eyes and the fear of feeling Tiredness and fear of reluctance partner (husband or wife) shyness of the exercise of the same activity is also a constraint for some students and these obstacles are all linked to the social and psychological side and influenced by customs and traditions.

Finally, (fear of injury) and injury due to sports activity in the last place in the social axis in terms of severity of the ratio of the ratio (1.5) and the weighted mathematical mean (51.6) as it can not be considered an important obstacle in this axis.

As for the paragraphs (3\_4\_2\_1\_5\_8), which did not constitute any disability ratio because they obtained less than the mean mean, their

weighted arithmetic ratios were respectively (35.36-36.6-40-34.3-34.4)  
1.1.05.1.1.1.2.1.3)

#### **-4 Presentation, analysis and discussion of the results of administrative and technical axis**

**Table (2)**

A table showing the arithmetical mean and the weighted arithmetic mean of the administrative and technical axis paragraphs arranged descending by degree of severity.

Arrange the paragraphs according to their severity	Weighted average	My Account	Paragraphs	Sequence of the questionnaire
1	93.3	2.8	University students are concerned about the idea of engaging students in sports activities	4
2	90	2.7	The university always obstructs sports activity from the administrative side	3
3	86.6	2.6	To ensure the success of sports activities within the university must be provided (sports supplies) in reasonable quantities and appropriate qualities	1
4	56.6	1.7	Entry of students in the exercise of sports activities at the university requires the provision of time allocated for it	8
5	43.3	1.3	If you are asked to practice sports activities within the university	7
6	38.3	1.15	University media attention to the sports side and printed booklets for sports activities within the university to help revive the university sports activity	2
7	35	1.05	Creating an athletic atmosphere by the university	5

			administration helps in the development of the university sports movement	
8	1.03	34.3	The establishment of sports festivals within the university to help revive university sports activities	6

Note from Table (2) that the paragraphs that get the middle of the account (1.5) and above are disabled from the exercise of sports activities at the University of Basra and the paragraphs are ranked by degree of severity.

Paragraphs (1.3.4.1) in order and their computation (2.8 - 2.7-2.6 - 1.7) are higher than the mean. (93.3 - 90 - 86.6 - 56.6), which is considered one of the obstacles in this area.

Paragraph (4), which includes "teaching the university, avoids the idea of engaging students in sports activities".

In paragraph (3), which includes (the university always impede the sports activity by the administrative). It ranked second in the degree of intensity, where it reached the arithmetic mean (2.7) and its weighted arithmetic mean (90), which is higher than the mean, To obtain administrative approvals for any sports activity within the university, a small or large need to submit applications and wait for initial approval after obtaining other approvals taken from the article teacher and heads of departments after the approval of the deans and others and this is what the student and the organizer of the activities.

As for (1), it ranked third in terms of degree of disability, where the weighted arithmetic mean (86.6) and the arithmetic mean (2.6), which is higher than the mean, where provision of sports supplies within the university is necessary for the activity, Closed halls and other factors important for the establishment of sports activity. Is it possible for the student to exercise in the corridors and corridors of the college? Or playing soccer football reels and inappropriate and university level? Supplies must be available as well as halls with basketball bureaus, volleyball nets, football goals, table mats, table tennis tables etc.

Paragraph (8) concerning the success of sports activities within the university must provide (sports supplies) in reasonable quantities and appropriate qualities.) Which ranked fourth in terms of degree of severity, the weighted mean (56.6) and the arithmetic mean (1.7) Higher than the mean.

The students' entry into the field of sports activities requires the necessary time for them. The university student is busy with the exams and the obligatory courses.

As for paragraphs (7.2.5-6), respectively, they obtained a weighted mean (43.3 - 38.3 - 35 - 34.3) and an arithmetic mean (1.3 - 1.15 - 1.05 - 1.03). Sports activities.

### **3.4Presentation and discussion of the themes of the questionnaire**

Table (3)

Shows the sequence of axes by degree of disability

Likely	Arithmetic mean	Axis sequence by degree of disability	Axles
1.92	60.30	1	Arithmetic mean
1,08	60.05	2	Administrative axis

Table (3) shows that the social axis, which ranked first in the questionnaire, got the first place in the questionnaire and the degree of disability (60,23). The administrative axis, which ranked second in the questionnaire, was ranked second, with 60.05, 1.08). Therefore, the social axis was the main obstacle in the lack of exercise by students for sports and administrative activities and also because the degree of difference is few and the researcher believes that the two axes are important impediments, but it is possible to overcome these obstacles with some perseverance and hard work.

#### **4.4 Presentation of obstacles that prevent the student from practicing sports activity within the University of Basra**

**Table 4**

Their arithmetic classes are arranged in descending order by their degree of severity	Obstacles	Sequence
2.8	The university's teaching is hampered by the idea of engaging students in sports activities	<b>1</b>
2.75	The role of parents in limiting the student's practice of sports activity	<b>2</b>
2.7	Social customs and traditions have made sports activity undesirable	<b>3</b>
2.7	The university obstructs the sports activity from the administrative side	<b>4</b>
2.6	Sports activity is only recreational and entertaining	<b>5</b>
2.6	Lack of provision of (sports supplies) in reasonable quantities	<b>6</b>
2.5	The shyness of wearing sportswear inside the university	<b>7</b>
2.3	Mixing in the university is one of the important reasons for students to avoid exercising	<b>8</b>
2,3	Your colleagues are not welcome to practice sports within the university	<b>9</b>
1,85	Feeling very tired when exercising	<b>10</b>
1.75	Marital status hinders the exercise of sports activity	<b>11</b>
1.7	Shame on your practice of sports activity within the university	<b>12</b>
1.7	Lack of time for sports activities at the university	<b>13</b>
1.5	Fear of injury while exercising sports activities	<b>14</b>

## **Section V.**

### **1-5 Conclusions**

#### **2-5 Recommendations**

##### **1.5 Conclusions**

1-Paragraphs that belong to the social aspect of customs and traditions occupied the advanced positions in the degree of disability.

2-The refusal to teach the university the idea of practicing sports activity was an important and interesting handicap.

3-Lack of sports awareness and lack of interest in sports activities by parents and students themselves.

4-Lack of interest in physical health through lack of interest in sports activity by parents and educational institutions and students as well.

5-Lack of desire to participate in sports activities because of lack of adequate cultural awareness and social upbringing.

### **Recommendations 2.5**

1-Re-studying physical education to the curricula of the faculties of the university.

2- Involve students within universities in spreading cultural and sports awareness.

3- break the customs and traditions that prevent the exercise of sports activities and that through the definition of the usefulness of sports activity of human and physical and psychological and social importance.

4- Holding educational seminars and distribution of booklets to students explaining the importance of intellectual and practical activities.

5-Allow the teaching of faculties of physical education to hold these seminars.

6- Develop plans programmed by the university to allocate time for students to practice sports activities within the university (mandatory) in principle until the dissemination of sports awareness.

\_7- Provide adequate and good sports supplies and appropriate halls and stadiums well prepared and commensurate with the level of university students to practice these activities.

## **Sources**

\_George Sarkson: Statistical Analysis in Education and Psychology: Translated by Hana Mohsen Ugaili. Baghdad. Dar Al-Hikma for Printing and Publishing. 1991

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## **Supplements**

### **(Annex (1))**

Albasrah university

Directorate of Physical and Artistic Education

M / questionnaire form

Dear student

The research aims at identifying (obstacles to the exercise of sports activity at the University of Basra from the point of view of students), please mark (X) in front of the paragraph and in the place you deem appropriate for your choice.

thanks for your cooperation



### **Social Questionnaire Questionnaire**

Obstacles to the exercise of sports at the University of Basra from the point of view of students

1-Sports activity is important in preparing the student physically and psychologically

2- Sports activity influences the improvement of students' relationships with each other

3- The practical practice of sports activity gives an educational and social dimension

4-The practice of sports activity within the university is an important phenomenon for the development of sports reality among university youth

5-your exercise Sports activity should be the result of your desire to exercise

6-You believe that your market colleagues welcome the exercise of sports within the university

7-parents have a role in limiting the student's practice of sports activity

When exercising, you will feel comfortable and happy

8- shame on your belief in the important reason not to exercise sports activity within the university

### **Management Questionnaire Questionnaire**

(Obstacles to the exercise of sports at the University of Basra from the point of view of students)

Some what	I disagree	I agreed	Paragraphs	ت
			For the success of the exercise of 1 sports activities within the university must be provided (sports supplies) in reasonable quantities and appropriate qualities	1
			University media attention to the - 2 sports side and printed manuals for sports activities within the university to help revive the university sports activity	2
			The university always obstructs the .3 sports activity from the administrative side	3

			The University's 4 students are concerned about the idea of engaging students in sports activities	4
			Creating an athletic atmosphere by the 5 university administration helps in the development of the university sports movement	5
			The establishment of sports festivals - 6 within the university to help revive sports activities university	6
			If you are asked to practice sports 7 activities within the university	7
			Entry of students in the exercise of 8 sports activities at the university requires the provision of time allocated for this	8

(Annex (2))

### **Experts and specialists**

The researchers sought to be experts and specialists, most of them work in (sport university) previously (Directorate of Physical Education and Art currently) for their knowledge of the reality of university sports and their sense of the problem. with respect

The scientific title of experts and specialists

- 1a. Dr. Hajim Shani Odeh
- 2a. Dr. Lamia Hassan Al - Diwan
- 3a. Dr. Mohamed Abdel Wahab
- 4A. Dr. Ahmed Abdel Aziz
- 5a. Dr. Mustafa Abdel Rahman
- 6a. D. Yarub Abdel Baqi
- 7a. Dr. Ammar Jassim Muslim
- 8a. Dr. Thaer Dawood Salman
- 9AMD Abdul Kadhim Jalil
- 10AM Dr. Fatima Abdel-Maleh
- Dr. Zulfikar Saleh Abdul Hassan
- Dr. Qusay Fawzi Khalaf
- Dr. Hossam Mohamed Gaber
- 14 - Dr. Mohammed Ansey Joy