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## Emotional self-control among ground tennis and table tennis players for the disables

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### Abstract

Emotional self-control is an important factor in terms of the player's ability to raise the level of performance and control his behavior, and it is considered a risk factor when it is low such that the player deviates from his normal behavior. Low self-control is nothing but difficulty in controlling the self and issuing abnormal behaviors such as extreme anger and thus the influence negatively in the level of performance. As for the research problem, the researchers noted that they suffer from psychological problems as a result of neglecting and lack of proper attention to them. The player sees himself as marginalized and no one cares about his disability and his psychological and social problems that require special care from everyone. The goal of the research is to prepare measures of emotional self-control. For tennis and table tennis players for the disabled, identifying the degree of emotional self-control for tennis and table tennis players for the disabled. As for the hypothesis, there are no statistically significant differences in the degree of emotional self-control between the arithmetic mean and the hypothetical mean among tennis players. As for the fields, the human field for disabled tennis and table tennis players, the time field for the period from 3/23/2023 to 5/3/2023, the spatial field is in the tennis courts in the International Al-sh'ab Stadium and the halls of the Sub-Union and table tennis for people with disabilities. The researchers followed the descriptive approach by relying on the research sample, which represented 100% of the research community, which was represented by table tennis and tennis players in sports clubs and committees for males and females and for the sports season (2021-2022). They numbered (62) male and female players, and the researchers took (12) male and female players for the purpose of conducting the exploratory experiment, and the application sample included (50) male and female players. The conclusions were that the tennis and table tennis players for the disabled had an average score according to their responses on the emotional self-control scale, and this achieves one of the sustainable development goals of the United Nations in Iraq which is (Quality Education). The recommendations highlight the role of disabled players as a topic that deserves further research in the field of sports psychology and other variables.

### Keywords

Emotional self-control, Table tennis for the disabled, Tennis for the disabled

### Introduction:

Sports psychology is one of the important human sciences that investigates the formation of the human psyche and sports behavior in its various forms to determine the lifestyle of the individual athlete and solve his problems by identifying the motives for his behavior and abilities. Emotional self-control is an important factor in terms of the

player's ability to raise the level of performance and control. With his behavior, it is considered a risk factor when it is low such that the player deviates from his normal behavior. Both (Sumaya Riyadh and Widad Kadhim) mentioned, citing (Ahmed Suleiman and Fathi 1987), training is a goal: "The one-way training unit has a significant positive impact on the development and

development of functional potential and capabilities.” Physical activity, whether general or private, as this works effectively to improve and upgrade the level of technical performance (technique)” (6).

Low self-control is nothing but difficulty in controlling and controlling oneself and issuing abnormal behaviors such as extreme anger, thus negatively affecting the level of performance. As both (Saba Abdul Karim and Sahira Razzaq 2022) see, “The individual lives in a world dominated by rapid and sudden change, where he faces countless variables and situations in various fields of life, which generates conflict in him and affects his psychological environment in particular and his intellectual and practical life in general” (8), if the disabled player acts in his best interests, proves himself, and expresses his sincere feelings freely, he will confirm his behavior without feeling afraid of others and control his own emotions that confront him, and thus he will reach the best performance and his fear of the situations surrounding him will decrease more easily. The games of tennis and table tennis for the disabled are among the important events in the Special Olympics for the Disabled, which players play while they are in wheelchairs. They require high control of the chair and a high motor response in moving around the court to defend the court and reach the ball bouncing from the opposing player. In the shortest possible time and in the situation The correct way to control the ball and hit it correctly in order to score a point over the opposing player. The higher the player’s control over the court and the ability to reach the ball quickly, the greater his ability to defend his court and score points, and despite all the tremendous development that the player’s physical and tactical preparation has witnessed in the field, specifically in table tennis and tennis for people with physical disabilities in all aspects, it requires those concerned to keep pace with this development in preparing and preparing the players psychologically and to stimulate the desire within them in order to achieve great

achievements. Therefore, the importance of research lies in identifying emotional self-control among players in table tennis and tennis for the disabled. **The research problem** is that after examining the reality of the teams in these games through repeated meetings with coaches, administrative bodies, and the head of the Paralympic Committee, the researchers noticed that the current research sample lacks the psychological and social studies necessary for this segment; To be the real help for her to avoid the problems from which she suffers and to meet other necessary needs, whether psychological, social, or training, and the opinion of (Maryam Abdel Amir and Sahira Razzaq 2021) was, “Where these problems must be recognized, interpreted, and appropriate solutions found for them: and the improvement of positive behavior.” And developing the feeling and sense of responsibility towards themselves” (14), and from here the idea of the research crystallized towards identifying the state of emotional control among the research sample. The player sees himself as marginalized and there is no one who cares about his disability and his psychological and social problems that require special care from everyone, which may negatively affect the course of their professional lives and perhaps their private lives. Hence, the researchers took it upon themselves to try to determine the condition of disabled players for some of the psychological phenomena through knowing and evaluating emotional self-control, and on this basis, the following question was asked by the researchers:

- What is the degree of emotional self-control for disabled tennis and table tennis players?

#### **Research aims:**

- Preparing measures of emotional self-control for ground tennis and table tennis players for the disabled.
- Identifying the degree of emotional self-control of ground tennis and table tennis players for the disabled.

- There are no statistically significant differences in the degree of emotional self-control between the arithmetic mean and the hypothetical mean among tennis and table tennis players for the disabled.

### **Research areas:**

Human field: - Disabled tennis and table tennis players

Temporal scope: - For the period from 3/23/2023 to 5/2/2023.

Spatial area: - Tennis courts at the International Al-Sh'ab Stadium and the halls of the Sub-Union and table tennis for the disabled.

### **Method and procedures:**

#### **Research Methodology**

The researchers used the descriptive approach to suit the nature of the current research.

#### **The research community and its sample**

##### **Research community**

As (Abbas et al., 2009) states, "The descriptive approach depends on studying reality or the phenomenon as it exists in reality, and is interested in describing it accurately, through a qualitative expression that describes the phenomenon and explains its characteristics, or a quantitative expression that gives a numerical

description that shows the amount or size of the phenomenon." " (15), as the research population consisted of ground tennis and table tennis players for the disabled, the total number of which was (62) distributed among sports clubs, where the number of male players included (40) and the number of females (22). The sample was selected using the comprehensive enumeration method, and table (1) includes the name of the team, the event, and the number of players. In addition, the researchers excluded (12) male and female players for the purpose of conducting the exploratory experiment.

### **Research sample:**

The researchers relied on the research sample, which represented 100% of the research community, which was represented by table tennis and tennis players in sports clubs and committees for males and females and for the sports season (2021-2022), who numbered (62) male and female players. The researchers took (12) players. A female player for the purpose of conducting the exploratory experiment, with a percentage of (19.355%), and the application sample (50) male and female players, with a percentage of (80.645%). Table (1) shows the details of the research sample.

**Table (1)**  
**(Shows details of the research sample)**

Sample	Number	Activity	Gender	Number	Percentage of the community	
Application	50	Tennis	Males	18	<b>29.032</b>	%80.645
			Females	10	<b>16.129</b>	
		Table tennis	Males	13	<b>20.968</b>	
			Females	9	<b>14.516</b>	
Exploratory sample	12	Tennis	Males	7	<b>11.290</b>	%19.355
			Females	2	<b>3.226</b>	
		Table tennis	Males	2	<b>3.226</b>	
			Females	1	<b>1.613</b>	
Total	62	Total		62	%100	%100

### **Means of collecting data and information, tools and devices used in research:**

The success of the research depends on several factors, the most important of which is the correct and appropriate choice of means to obtain sufficient information for the data required for the purpose of achieving the objectives and solving the research problem. Wajih Mahjoub mentions that “methods are the means and method by which the researcher can solve a problem, regardless of whether those tools are data, samples, or devices” (17). Therefore, the researchers used many methods and tools, which are as follows:

1. Arab and foreign sources related to the variables of the current research.
2. Contact and interviews via social media with player coaches.
3. Personal interviews with players.
4. Expert opinion survey
5. Forms for recording and transcribing data
6. Emotional self-control scale
7. Internet information network.
8. Dell laptop computer.

### **Steps of search procedures:**

#### **Field research procedures**

According to the procedures and type of the current descriptive study related to the three phenomena studied, the researchers proceeded to adopt the scientific method to choose psychometric measurement tools based on the following standards to achieve the objectives of the study:

Emotional self-control scale in its initial form

The researchers adopted the preparation of an emotional self-control scale designed by (Othman Mahjoub Khalaf). The emotional self-control scale contains (24) items and is divided into items with a positive and negative wording. The scale is corrected according to five alternatives: (applies to me completely, applies to me mostly, applies to me sometimes, applies to me rarely, does not apply to me at all) and is given the following weights (1-2-3-4-5). After the items of the scale were presented to a group of experts and

specialists in the field of educational psychology and sports psychology, as shown in Appendix (6)\* for the purpose of evaluating it and judging it in terms of the wording of the items or their validity in the measure of emotional self-control and the order that was placed on the answer alternatives from the numbers. They were given the freedom to make any amendment to all items of the scale, to express their opinions and suggestions on the items and their suitability for measuring emotional self-control for the research sample, and they were asked to do the following:

- 1- Judging the appropriateness of the answer alternatives.

- 2- Judging the suitability and validity of the paragraphs to measure what they were designed for.

- 3- Make what they deem appropriate (amending or merging) the paragraphs to increase accuracy and verify the validity of the paragraphs.

After that, the experts agreed on the emotional self-control scale by (100%) in terms of the validity of the items and their suitability for the sample members. As for the answer alternatives to the scale's phrases, they agreed by (100%) in terms of their validity, and the correction for the positive items is from (1, 2, 3, 4,5) respectively and the negative of (5,4,3,2,1) respectively.

### **Honesty**

#### **-The arbitrators' honesty**

This type of honesty is represented by the researcher's presentation of the items of the scale, its alternatives, and its instructions. It was the opinion of (Wahib Al-Kubaisi) that “A group of arbitrators who are characterized by experience that enables them to judge the validity of the items of the scale in measuring the characteristic and variable to be measured, and the validity of the instructions of the scale and its alternatives in such a way that they make the researcher reassured.” to their opinions and adopt the rulings upon which there is agreement” (18), as most of them had an agreement rate of (80%) or higher, and the researchers relied on the truthfulness of

the logical content, based on the opinion of (Mustafa Mahmoud and others) as he mentioned, “which is related to the answer to the question: to what extent is The scale is able to measure a specific field of behavior and depends on what the arbitrators decide about the scale by examining it”

(12). Table (2) shows the approved agreement with the logical validity of the scale. With this procedure, the validity and experimental validity were determined by expert agreement for the emotional self-control scale.

Table (2)

Shows the Ca2 score calculated for the experts' answers to each statement of the emotional self-control scale

.Seq	Experts opinion		Calculated Chi 2 square value	Error level	Agreemen% percentaget	Significanc e level
	Agree	It needs modification				
1	14	0	14	0,000	%100	Sign
2	14	0	14	0,000	%100	Sign
3	14	0	14	0,000	%100	Sign
4	12	2	7.134	0.005	%86	Sign
5	13	1	10.286	0.001	%93	Sign
6	12	2	7.134	0.005	%86	Sign
7	13	1	10.286	0.001	%93	Sign
8	13	1	10.286	0.001	%93	Sign
9	12	2	7.134	0.005	%86	Sign
10	12	2	7.134	0.005	%86	Sign
11	14	0	14	0,000	%100	Sign
12	12	2	7.134	0.005	%86	Sign
13	14	0	14	0,000	%100	Sign
14	12	2	7.134	0.005	%86	Sign
15	14	0	14	0,000	%100	Sign
16	14	0	14	0,000	%100	Sign
17	14	0	14	0,000	%100	Sign
18	14	0	14	0,000	%100	Sign
19	14	0	14	0,000	%100	Sign
20	14	0	14	0,000	%100	Sign
21	12	2	7.134	0.005	%86	Sign
22	14	0	14	0,000	%100	Sign
23	14	0	14	0,000	%100	Sign
24	13	1	10.286	0.001	%93	Sign
The scale as a whole	14	0	14	0.000	%10	Sign

Alternative keys	14	0	14	0.000	%100	Sign
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\*Significant at significance level  $\leq 0.05$

Finding validity through the internal consistency coefficient

The relationship of the item with the total score of the emotional self-control scale.

This type of honesty is achieved by linking the item score to the total score of the scale, as psychometricians point out the importance of having honesty in the items of the psychological

scale. Because the validity of the scale depends to a large extent on the validity of its items, especially the validity that is calculated by the method of the relationship of the item score to the total score of the scale, and accordingly the Pearson correlation coefficient was calculated between the score of each item and the total score of the scale, and Table (3) shows this.

Table (3)

It shows the relationship of the paragraphs to the general total and their sequence

Post	Sequ ce before deletion	connection between the paragraph and the general total before deletion	Error level	Signific ance level	Seque nce after deleti on	connection between the paragraph and the general total after deletion	Error level	Signific ance level
Self- moni torin g	1	0.618**	0.003	Sign	1	0.367	0.012	Sign
	2	0.504*	0.020	Sign	2	0.380	0.014	Sign
	3	0.595**	0.004	Sign	3	0.559	0.002	Sign
	4	0.509*	0.018	Sign	4	0.621	0.001	Sign
	5	0.487*	0.032	Sign	5	0.321	0.012	Sign
	6	0.515*	0.041	Sign	6	0.341	0.013	Sign
	7	0.548*	0.010	Sign	7	0.402	0.007	Sign
	8	0.526*	0.014	Sign	8	0.619	0.008	Sign
	9	0.467*	0.033	Sign	9	0.567	0.003	Sign
	10	0.536*	0.012	Sign	10	0.644	0.002	Sign
Self- evalu ation	11	0.661**	0.001	Sign	11	0.349	0.012	Sign
	12	0.527*	0.014	Sign	12	0.340	0.017	Sign
	13	0.475*	0.030	Sign	13	0.312	0.013	Sign
Self- enha ncein g	14	0.475*	0.030	Sign	14	0.507	0.001	Sign
	15	0.475*	0.030	Sign	15	0.414	0.002	Sign
	16	0.766**	0.000	Sign	16	0.374	0.007	Sign
	17	0.475*	0.030	Sign	17	0.536	0.004	Sign
	18	0.429*	0.011	Sign	18	0.437	0.009	Sign
	19	0.550*	0.007	Sign	19	0.357	0.018	Sign
	20	0.466**	0.000	Sign	20	0.474	0.011	Sign



	21	0.565*	0.008	Sign	21	0.336	0.023	Sign
	22	0.087	0.124	Unsign		Deleted		
	23	0.579*	0.009	Sign	22	0.437	0.012	Sign
	24	0.650*	0.021	Sign	23	0.457	0.009	Sign

Significant at a significance level  $\leq 0.05$

We see from Table (12) that there is one paragraph for which there was no correlation with the grand total, which led the researchers to delete it and re-establish its correlation with the grand total. They found that there is an acceptable correlation after deleting (14) paragraphs, while the deleted paragraphs are (22) from After self-reinforcement, the scale now consists of (23) items.

#### **Stability:**

Cro-Nebach's alpha coefficient:

The researchers used the Cro-Nebach's method, as both Saleh Arshad and Samer Al-Shayeb (1988) mentioned that it is "used in any type of

objective or essay questions" (7). This type of reliability is called internal consistency, as Ahmed Suleiman and Fathi Hassan mentioned "internal consistency, which indicates the strength of the connections between the items in the test" (2). To extract reliability according to this method, we find in Table (3) a value Cro-Nebach alpha for each paragraph compared to the total Cro-Nebach's alpha value. The Cro-Nebach's alpha value was (0.709), which is a good value indicating the discriminatory ability of the paragraphs. After that, the paragraphs were re-sequenced so that the number became 23 paragraphs.

**Table (4)**  
**Shows the (internal consistency) of each item of the emotional self-control scale**

Seq.	Cronbach's alpha	Seq.	Cronbach's alpha	Seq.	Cronbach's alpha after deletion
1	0.745	9	0.735	17	0.726
2	0.703	10	0.692	18	0.742
3	0.726	11	0.730	19	0.757
4	0.726	12	0.738	20	0.724
5	0.722	13	0.726	21	0.778
6	0.720	14	0.724	22	Deleted
7	0.736	15	0.738	23	0.758
8	0.701	16	0.719	24	0.782

#### **Half split method:**

For the purpose of finding the reliability coefficient of the scale, the researchers adopted the split-half method, because it is a method that does not require a long time and is consistent with the requirements of the test. To calculate reliability, the researchers used the data obtained from the experimental sample preparation, and

the researchers used the Cro-Nebach's alpha coefficient, and this method relies on dividing the items of the scale. Thus, this method gives equal scores for the two halves of the statement, so the researchers divided the players' answers into odd and even pairs, and thus the researchers obtained the reliability coefficient by finding a reliability coefficient between the odd and even pairs for

Pearson, which amounted to (0.684). Therefore, the value of the reliability coefficient was adjusted for half of the scale. Emotional self-control through the use of the Sipperman-Brown correction factor, as its items are even, so the reliability value after modification reached (0.812), which is a good reliability factor.

### **Objectivity:**

Objectivity is the absence of discrepancy in the judges' results on the answer alternatives and the scale as a whole, as the agreement rate was 100% and the value of Chi square was (14).

### **Emotional self-control scale in its final form:**

After extracting the scientific foundations of the scale, the scale became ready in terms of renumbering, and the emotional self-control scale consisted of (23) items and was rearranged from (1-23). The highest score on the scale was (115), the lowest score was (23), and the hypothetical mean was (69).

### **The main research experience:**

The researchers began their main experiment on 3/29/2023, where the sample of the experiment reached (50) players divided into (28) disabled ground tennis players and (22) table tennis players. The questionnaires were distributed by the researchers and the coaches, and after obtaining all the forms, the questionnaires were completed. Implementing the main experiment, the researchers collected data for all community members and arranged them in tables in preparation for statistical analysis.

### **Statistical methods:**

To achieve the purposes of the current research, the researchers used statistical methods that were calculated using the computer program (spss).

### **Results:**

Presentation and analysis of the results of the dimensions and totality of emotional self-control among the research sample as a whole:

After analyzing the data on the dimensions of emotional self-control, we find in Table (5)

Table (5)

Shows the statistical parameters and the value of (One-Simple -T-Test) for the emotional self-control scale according to its dimensions for the sample as a whole

Seq.	Emotional self-control	Items	Asthmatic mean	Default average	Standered deviation	T value	probability Sig	Significance
1	Self-monitoring	10	35.096	30	5.214	6.214	0.006	Sign
2	self evaluation	3	8.709	9	1.554	0.854	0.095	Un sign
3	Self-reinforcement	10	38.299	30	6.214	9.215	0.002	Sign
	Total marks	23	82.104	69	11.547	22.321	0.000	Sign

### **Discussion:**

Through Table (6) and after analyzing the responses of the research sample in light of the answer alternatives, it was found that the arithmetic mean of the research sample in the (self-monitoring) dimension is equal to (35.096) with a standard deviation of (5.214) degrees, and when compared to the hypothetical mean of (30) degrees using the t-test. For one sample t-test, it turned out that the calculated t-value was (6.214)

and the sign probability score reached (0.006) at a significance level of (0.05), which means that there is a statistically significant difference between the two means.

The researchers believe that self-monitoring identifies the main conditions that contribute to shaping aspects of behavior and personality, and therefore knowing these conditions contributes to avoiding negative conditions, and when successful in avoiding them, this is considered



self-reinforcement in a way that contributes to making other future adjustments, and this monitoring is the basis in building a strong personality for the disabled athlete, it means that the athlete has the ability to self-monitor and think well about performance, which helps him control his emotional self, as Raghdaa Fouad Muhammad stated, "Developing social behavior in individuals' personalities because it is an important and influential element in society." By enabling them to understand themselves and understand the dimensions of the relationships that bind them to other individuals in their environment and society, which leads to achieving educational, social and economic outcomes for both the individual and society in the final outcome" (9). Also, the ability of the disabled athlete to monitor and modify himself, and work to improve it, It gives him self-confidence, because this ability is self-managed, independent of external management by others. It keeps him away from excessive indulgence in pleasures, and allows him to focus on responsibilities. It helps him use his mind to control his emotions.

Self-monitoring can be viewed as merely components of metacognitive thinking, as metacognitive thinking is viewed as cognitive thinking, and thinking about the adequacy of thinking, as the disabled athlete must possess control over his thinking, and with his competencies in his ability to solve the problems he faces, and work to correct his evaluations in a way that leads to a solution, as confidence has a role, according to what Huda Eidan and others mentioned (Huda Eidan et al.): "The player who is successful becomes more self-confident and feels more confident. He will have greater motivation to make an effort in order to excel, while the player who has failed experiences has less self-confidence." Weak and feels less about his self-worth. "The degree of fears increases or decreases according to the degree of self-confidence" (16).

Then he works to choose the appropriate opportunity to achieve the desired solutions, and he also uses organized thinking related to thinking to guide him to his correct actions. The researchers agree with what was stated by (Ahmed Ali Saleh 2010) that one of the characteristics of self-control is "good management of cases of recklessness, impulsivity, and feelings of sadness." And to be patient and deliberate even in the most difficult situations, to think clearly and maintain focus under a lot of pressure, to resist impulsiveness in various situations, to act calmly in stressful situations, to remain calm and positive even in tiring moments" (3), and all of the characteristics mentioned above. Self-monitoring is needed by the disabled athlete to control his emotional self during various competition situations, and the researchers agreed in their interpretation of self-monitoring with the concept explained by (Al-Muqayd, 2009) "The importance of self-control along with self-monitoring is evident from the results of studies that self-discipline is better than external discipline, considering external discipline is based on controlling the behavior of learners in different and varied ways, receiving orders and instructions from external parties higher in rank than them, and forcing them to adhere to school rules and not deviate from them, using various methods such as reward and punishment" (11), (Sahab, Najla 2022) define Psychological adaptation as "the individual's ability to look at things realistically and objectively, identify his strengths and weaknesses, and work to develop his abilities and aptitudes to the maximum possible extent" (5). That is, therefore a term very close to spontaneity, even though it is specific to situations of interaction. Social.

The arithmetic mean of the research sample in the (self-evaluation) dimension is equal to (8.709) with a standard deviation of (3.845) degrees, and when compared to the hypothetical mean of (9) degrees using the one sample t-test, it turns out that the calculated T-value is (1.554) and the

degree of sign probability reached (0.095) at the significance level (0.05), which means that there is no statistically significant difference between the two means.

The researchers believe that self-evaluation is the ability to evaluate an individual's behavior, abilities, talents, and skills. It greatly affects emotional self-control, as it helps the individual control his emotional reactions and regulate them correctly, which in turn improves the individual's ability to control negative emotions. By evaluating his behavior on a regular basis, the individual is able to identify his own weaknesses. Which leads to negative emotions, and both (Ikhlas Abdel Hamid and Sahira Razzaq) believe that psychological prosperity "has an effect on developing positive thinking and reducing negative thinking and then its impact on the general public, and thus protecting it from psychological and mental disorders" (4) and thus he can develop strategies to control and regulate these emotions better.

The arithmetic mean of the research sample in the (self-enhancement) dimension is equal to (38.299) with a standard deviation of (6.214) degrees, and when compared to the hypothesized mean of (30) degrees using the one sample t-test, it turns out that the calculated T-value is (9.215) and the degree of sign probability reached (0.002) at the significance level (0.05), which means that there is a statistically significant difference between the two means and in favor of the arithmetic mean.

As for the self-enhancement variable, the researchers attribute the significance of the result to the fact that self-enhancement is the motivation that works to make disabled athletes feel satisfied with themselves and maintain their self-esteem, and this motivation becomes particularly prominent in cases of threats, failure, or strikes against self-esteem, and the researchers stand in solidarity with Heider's theory, which was mentioned by (Abu Nada Khaled, 2004): "Those with the ability to self-control and control their lives must be self-controlled, and they have the

ability to control their external environment and attribute the reason for their success to the effort and perseverance they exert in accomplishing the task entrusted to them. Athletes are called those who they lack the competence to control themselves like athletes with external control, and among their characteristics is the weak ability to control their own abilities and attribute the reason for their success and failure in tasks to external variables such as luck, chance, and the control of others, and not to their abilities. (1), in addition to that, the self-enhancement variable also represents a form of self-advancement or self-expression that leads to the promotion of traits and positive aspects to them such as self-confidence, optimism, social adaptation, and the struggle to achieve self-realization.

The overall arithmetic mean is equal to (82.104) with a standard deviation of (11.547) degrees, and when compared to the hypothesized mean of (69) degrees using the one sample t-test, it turns out that the calculated T-value is (22.321) and the sig probability score reached (0.000) at Significance level (0.05), which means that there is a statistically significant difference between the two means and in favor of the arithmetic mean, and the level of the research sample as a whole in emotional self-control reached an (average) level on the levels curve.

The researchers believe that the factors that affect emotional self-control are many and complex. It is affected by the environment and is influenced by close individuals such as father, mother, teacher, and peers. It is also affected by needs, security, love, self-esteem, and self-realization. It is affected by beliefs, values, trends, and ethics, and these are subject to change. Accordingly, emotional self-control can be changed through... Scientific and objective interventions, and the opinion of (Abdul Fattah Al-Khawaja, quoted from Skinner's perspective) was that "self-control as a form of behavior modification that occurs by changing the factors from which this behavior came as a result, and people control themselves, because society reinforces this, so social laws

with the rewards and punishments it brings, it is directed towards the formation of self-control” (10).

The researchers believe that emotional self-control is one of the dimensions of personality as it affects many types of behavior, and that the individual’s belief that he can control his private and public affairs allows him to resist psychological pressures, and both Moatasem Talal and Okla Suleiman believe that “faces individuals with special needs.” (Disabled people) have many situations and events that play a role in changing the psychological and physical state” (13), which enables them to adapt to the environment in which they live, and plays the motivational role that explains behavior. It explains why the individual is effective in dealing with the variables of external situations. When the individual determines His accomplishment feels an appropriate amount of self-fulfilling.

#### **The researchers concluded by:**

- Field tennis and table tennis players for the disabled have an average score according to their responses on the emotional self-control scale.
- The results did not show any differences in the degree of assertive behavior according to the activity variable (table tennis for the disabled - tennis for the disabled)
- The research sample as a whole had an average level of overall emotional self-control.
- The results did not show any differences in the degree of emotional self-control according to the gender variable (males - females).
- The results did not show any differences in the degree of emotional self-control according to the activity variable (table tennis for the disabled - tennis for the disabled).

#### **The researchers recommended:**

- It is necessary to provide continuous awareness by coaches to players with special needs that they are an integral part of the sports community to confirm their importance to society because this works to avoid distorting the ideas of the players.
- Highlighting the role of disabled players as a topic that deserves further research in the field of sports psychology and other variables.
- Encouraging disabled male and female players to confront psychological pressures, regardless of their magnitude.
- Increased encouragement from the family or institution to which the disabled player belongs to confronting problems and being able to solve them.
- It is necessary to pay attention to table tennis and ground tennis players in all aspects because they are an important and advanced group in the sports field.

#### **Author’s declaration:**

**Conflicts of interest:** None

We confirm that all tables and figures in this article are ours and written by the researchers themselves.

**Ethical-Clearance:** this manuscript approved by local ethical committee of physical education and sport sciences college for women on (June /2023)

#### **Author’s contributions:**

All contributions of this study were done by the researchers (R.F. and S.R.) who get the main idea and work on writing and concluding also with number of experts, Sahira Razzaq Kadhim (Physical Education and Sport Sciences College for Women/ University of Baghdad) in Statistics, Haifaa Ahmed in revision, Nour Riadh in translating, Urska Dobersek in proofreading

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**Appendix (1)**  
**The names of experts and specialists**

Seq.	scientific title	Name	Specialization and work place
1	Prof	Okla Suleiman Al-Houri	Sports Psychology / College of Basic Education / University of Mosul
2	Prof	Amer Saeed Al-Khikani	Sports Psychology / College of Physical Education and Sports Sciences / University of Babylon
3	Prof	Nazim Shaker Al-Wattar	Sports Psychology / College of Physical Education and Sports Sciences / University of Mosul
4	Prof	Kamel Abboud Hussein	Sports Psychology / College of Physical Education and Sports Sciences / University of Diyala
5	Prof	Haitham Muhammad Al-Jubouri	Sports Psychology / College of Physical Education and Sports Sciences / University of Babylon
6	Prof	Fadel Jabbar	Educational Psychology/College of Education for Pure Sciences - Ibn al-Haytham/University of Baghdad
7	Prof	Ahmed Mohammed Al-Ani	Sports for the Disabled/College of Physical Education and Sports Sciences for Girls/University of Baghdad
8	Prof	Mayada Tahseen Abdel Karim	Sports Psychology/College of Basic Education/Al-Mustansiriya University
9	Prof	Shaima Ali Khamis	Sports Psychology / University of Babylon / College of Physical Education and Sports Sciences
10	Asst. .Prof	Sakina Shaker Hassan	Sports Psychology/College of Basic Education/Al-Mustansiriya University
11	Asst. .Prof	Abdul Razzaq Wahib Yassin	Sports Psychology/College of Physical Education and Sports Sciences/University of Diyala
12	Asst. .Prof	Raad Abdul Amir Fenjan	Sports Psychology / University of Babylon / College of Physical Education and Sports Sciences
13	Asst. .Prof	Muhammad Hatem Al-Obaidi	Sports Psychology/College of Physical Education and Sports Sciences/University of Al-Qadisiyah
14	Asst. .Prof	Thikra Yunus Al-Tai	Basic Education / University of Mosul / Educational Psychology

## ضبط الذات الانفعالي لدى لاعبي التنس الارضي وتنس الطاولة للمعاقين

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مستخلص البحث

يعد ضبط الذات الانفعالي عاملاً مهماً من حيث قدرة اللاعب على رفع مستوى الاداء والتحكم بسلوكه ويعتبر عاملاً خطورة حينما يكون منخفضاً بحيث يخرج اللاعب عن تصرفاته السوية، فاضبط الذات المنخفض ما هو الا صعوبة في التحكم بالذات وضبطها واصدار سلوكيات غير سوية مثل الغضب الشديد وبالتالي التأثير سلباً في مستوى الاداء. اما مشكلة البحث لاحظت الباحثات انهم يعانون من مشاكل نفسية جراء الاهمال وقلة الاهتمام الصحيح بهم، فاللاعب يرى نفسه مهمشاً ولا يوجد من يكثرث لعوقه ولمشكلاته النفسية والاجتماعية التي تتطلب رعاية خاصة من الجميع. هدف البحث اعداد مقاييس ضبط الذات الانفعالي للاعبي التنس الارضي وتنس الطاولة للمعاقين. اما الفرض لا توجد فروق ذات دلالة احصائية في درجة ضبط الذات الانفعالي بين الوسط الحسابي والمتوسط الفرضي لدى لاعبي التنس الارضي. اما المجالات المجال البشري لاعبي التنس الارضي وتنس الطاولة معاقين، المجال الزماني للفترة من 2023/3/23 الى 2023/5/3، المجال المكاني ملاعب التنس في ملعب الشعب الدولي وقاعات الاتحاد الفرعي وتنس الطاولة معاقين. واتبع الباحثات المنهج الوصفي باعتماد على عينة البحث المتمثلة بـ 100% في مجتمع البحث والتي تمثلت بلاعبي تنس الطاولة والتنس الارضي في الأندية الرياضية ولجان للذكور والإناث وللموسم الرياضي (2021-2022) والبالغ عددهم (62) لاعب ولاعبة وقد قامت الباحثات بأخذ 12 لاعب ولاعبة لغرض إجراء التجربة الاستطلاعية وعينة التطبيق (50) لاعب ولاعبة فالاستنتاجات كانت ان يمتلك لاعبي التنس الارضي وتنس الطاولة للمعاقين درجة متوسطة وفق استجاباتهم على مقياس ضبط الذات الانفعالي، وهذا ما يحقق احد اهداف التنمية المستدامة للامم المتحدة في العراق (التعليم الجيد). والتوصيات تسليط الضوء على دور اللاعبين المعاقين كموضوع يستحق إجراء مزيد من البحوث في مجال علم النفس الرياضي ولمتغيرات أخرى

ضبط الذات الانفعالي ، تنس الطاولة للمعاقين، تنس الارضي للمعاقين

الكلمات المفتاحية