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A social phobia and its relationship to enabling female students to exercise at the University of Maysan

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Abstract

It included the introduction and the importance of research. Social phobia is severe anxiety that affects some to the extent of inability to perform during work, study, or any physical activity. It preceded by obsessions and intense fear of going through any practical experience, whether physical or psychological, and this is due to many reasons and factors, including what is the result of The explanations for socialization, including what is the mechanism of social control, whose source is either customs, customs, and traditions, or the nature of society, which attributes some practice to areas of deviation according to the point of view of the street. Closed halls for women or practicing sports for fitness purposes only, away from professionalism, is the main topic the researcher intends to research.

Research problem: Sports created intense competitions, and these competitions appeared in large numbers of practitioners in various games, and the researcher being one of the students of the Faculty of Physical Education and Sports Sciences at the University of Maysan, he noticed a weakness (Glitch) in the possibility of female students practicing sports as it is one of the fundamental lessons set by the Ministry within the vocabulary For all disciplines, however, the turnout is weak and does not meet the ambition, knowing that Sport and its importance in our daily life, everyone is in dire need of the physical activity because of its psychological and physiological effects on the body due to the lack of culture, awareness and sufficient awareness and awareness required for these social aspects among students, this is in addition to the lack of interest in universities In the provision and establishment of special development courses that urge students to participate in sports activity, so the researcher decided to delve into the research that the reasons for this reluctance on the part of the students to practice sports.

Research Objectives: One_ Identifying the level of social phobia (Social anxiety) among the students of the University of Maysan. Two_ Identifying the relationship between social phobia (Social anxiety) and the students of Maysan University.

Research hypotheses: There is a significant correlation between social phobia and sports practice among female students of Maysan University.

Keywords: Professionalism, social phobia, social anxiety

1. Introduction

Social phobia is severe anxiety that affects some to the extent that they cannot perform during work, study, or physical activity. Obsessions precede it and intense fear of going through any practical experience, whether physical or psychological, and this is due to many reasons and factors, including what is the result of The explanations for social upbringing, including what is the mechanism of social control, which is the source of either customs, customs, and traditions, or the nature of society, which attributes some practice to cases of deviation according to the view of the street. Closed halls for women or practicing sports for fitness purposes only, away from professionalism, is the main topic the researcher intends to research.

Research problem

As the researcher is a university professor and a specialist in the field of sociology, and a former football player, he noticed a weakness (a defect) in the possibility of female students practicing sports as it is one of the fundamental lessons that the Ministry has set within the vocabulary for all disciplines.

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Still, the turnout is weak and does not meet the ambition, knowing that sports and what it has. It is essential in our daily life, as everyone needs physical activity because of its psychological and physiological effects on the body due to the lack of culture, awareness, and sufficient awareness required for these social aspects among female students—the reasons for this reluctance by the students to exercise.

Research Objectives

One_ Identifying the level of social phobia (social anxiety) among the students of the University of Maysan.

Two_ Identifying the relationship between social phobia (social anxiety) and the students of Maysan University.

Search assignments

There is a significant correlation between social phobia and sports practice among female students of Maysan University.

2. Research methodology and field procedures

The approach means following specific logical steps in dealing with problems or phenomena and addressing scientific issues to reach the discovery of the truth (Abdullah Abdel-Rahmy and Mohamed Abdel-Dayem, 1999) [1], to describe a specific phenomenon or problem and depict it through collecting data and codified information about the phenomenon or problem, classifying, analyzing and subjecting it to careful study (Karim Kazem Reda, 2011) [2].

The research community was and are the identified students of Maysan University for the period from (2021-2022). Their number is (108) female students, and the research community was divided according to the research objectives of the sample.

As for the sample, it is that part of the community that is chosen according to scientific rules and principles so that it represents the community correctly (Mohammed Zuhair Al-Sammak, 1986) [4], and the research sample consisted of (108) female students from the faculties of the University of Maysan. It constituted (48.88%) of the community; The actual rate: (54.233%) of the research sample.

The exploratory sample consisted of (15) female students, which constituted (4.57%) of the research sample—choosing them randomly from the original population.

Construction sample (statistical analysis sample)

The construction and legalization sample consisted of (32) female students from the university faculties and amounted to (38.28%) of the total research sample, randomly selected from the complete research sample.

Research application sample (primary sample): The applied research sample was chosen by random method (Mohammed Khalil Abbas and others, 2011) [7], and the number of sample members was (76) university students in Maysan, which constituted 47.13 percent of the total research sample.

Table 1: Shows the distribution of the research population and its sample

College Name	Educational level		Geographical location	
	First	The fourth	City center	Districts, sub-districts, and governorates
Faculty of Basic Education	14	12	8	18
Faculty of Physical Education and Sports Sciences	12	11	9	14
Faculty of Education	15th	8	10	13
School of Law	11	15th	14	12
Faculty of Administration and Economics	10	9	14	5
Faculty of Dentistry	9	11	11	9
the total	108			

First, the survey

To collect information about social phobia among university students in Maysan, the researcher directed an exploratory questionnaire to a group of female students. Second: The personal interview: Third: Arabic and foreign literature and studies. Fourth: Forms to empty the results data.

Determine areas of resolution

Five areas for measuring environmental and social pollution were presented to the professional specialization in the field general. Sports sociology and general and sports psychology, and their number was (7) experts and specialists Table (2), to

determine, modify or add the appropriate dimensions and indicate their validity and make any observations (Mohammed Zaher Al-Sammak and others, 1986) [4], and after analyzing the answers and that Using the (Ka2) square law of experts' opinion, the final analysis resulted in the acceptance of all fields (5) except for modifying the name of the fifth field, as the calculated Ka2 degree was higher at the level of significance (0.05) and the degree of freedom (1) for all areas, which is greater than its tabular value of (3.84), which indicates the morale of these fields, and it represents (7) experts out of (8) experts.

Table 2: Shows the Ka2 square and the percentage of experts and specialists' opinions on the areas of the questionnaire

T	Fields	The number of experts agreed	The number of experts disagreeing	Ca ² degree calculated	Percentage	Indication level	Morale
1	Social norms	12	zero	12	100%	0.00	morale
2	Socialization	11	1	8.33	91.66%	0.01	morale
3	Social control mechanism	12	zero	12	100%	0.00	morale

Through these procedures, the researcher collected (46) items distributed on (3)

Areas of my agency

1. Social norms (14) paragraph
2. Socialization (15) paragraph
3. Social control mechanism (17) paragraph

Presenting the initial form of the questionnaire to the arbitrators: Deleting the items for which the calculated Ca2

score was less than the tabular Ca2 score, where the tabular Ca2 score was at the level of significance (0.05), and the degree of freedom (1) equals (3.84). The number of rejected items reached (8) things, which are as follows:

1. Social norms (12) paragraphs
2. Socialization (12) paragraph
3. The mechanism of social control (14) paragraph

Table 3: It shows the percentage and the value of K2 for the experts' consensus on the terms of reference for the questionnaire's paragraphs

T	Percentage	Square ka ²	T	Percentage	Square ka ²
Social norms			15th	100%	12
1	100%	12	Social control mechanism		
2	100%	12	1	100%	12
3	91.66%	8.33	2	91.66%	8.33
4	83.33%	5.33	3	91.66%	8.33
5	100%	12	4	83.33%	5.33
6	100%	12	5	100%	12
7	91.66%	8.33	6	83.33%	5.33
8	83.33%	5.33	7*	58.33%	0.33
9*	66.66%	1.33	8	83.33%	5.33
10	100%	12	9	91.66%	8.33
11	83.33%	5.33	10*	75%	3
12	100%	12	11*	75%	3
13	100%	12	12	91.66%	8.33
14*	75%	3	13	100%	12
socialization			14	91.66%	8.33
1	91.66%	8.33	15th	100%	12
2	100%	12	16	100%	12
3	91.66%	8.33	17	100%	12
4	83.33%	5.33			
5	100%	12			
6*	66.66%	1.33			
7	91.66%	8.33			
8*	75%	3			
9	83.33%	5.33			
10	100%	12			
11	100%	12			
12*	66.66%	1.33			
13	100%	12			
14	91.66%	8.33			

Table 4: Shows the scale for estimating the paragraphs of the questionnaire

Alternatives appreciation	Always	mostly	Sometimes	Scarcely	Start
Negative appreciation	5	4	3	2	1

Survey study

The researcher did the exploratory experiment (it is a mini-experiment similar to the basic experiment where the exploratory investigation is not permissible on the same sample because they will be affected by the familiarity with

the experimental study, and this will affect the test result (Wajih Mahjoub, 2002) ^[6], the exploratory experiment was conducted on a sample of (4) players From Iraq's football clubs, table (1), for the period from 10/12/2021 until 15/1/2022.

Table 5: It shows the results of the discriminatory ability of the questionnaire items

T	T calculated	Discrimination	Paragraph	T calculated	Discrimination
first field			12	1.48	not featured
1	13.27	Featured	third field		
3	14.36	Featured	1	11.54	Featured
4	6.80	Featured	3	9.35	Featured
5	13.15	Featured	4	8.74	Featured
6	13.99	Featured	5	10.1	Featured
7	13.71	Featured	6	1.02	not featured
8	21.00	Featured	7	21.11	Featured
9	14.17	Featured	8	14.16	Featured
10	13.94	Featured	9	12.12	Featured
11	1.96	not featured	10	14.00	Featured
12	1.02	not featured	11	9.89	Featured
Second field			12	7.56	Featured
1	8.87	Featured	13	12.44	Featured
2	14.32	Featured	14	8.89	Featured
3	8.41	Featured			
4	9.98	Featured			
5	7.61	Featured			
6	9.04				
7	1.26				
8	7.71				
9	11.08				
10	7.65				
11	9.33				

The degree of freedom = 106, the level of significance (0.05), the importance of discrimination, if the degree of (Sig) \geq (0.05) = 1.658 From the observation of Table (5), it appears that most of the paragraphs of the identification of manifestations of social phobia that fulfilled the specified conditions were kept statistically significant for the calculated (T) value, as the degree of (Sig) $<$ (0.05) at the degree of freedom (106) and the level of significance (0.00), (4) Paragraphs that did not meet these conditions of discrimination were deleted, namely Paragraph (11,12) of social norms, Paragraph (7) of the field of (social upbringing), and Paragraph (6) of the area of (Social Control Mechanism).

Second: Finding

The internal consistency of the paragraphs

Kazem Karim states, "The paragraph must be honest if it

obtains a significant correlation coefficient between it and the dimension and between it and the questionnaire as a whole and vice versa, and the item that obtains a low correlation coefficient is deleted" (Karim Kazem Reda, 2011)^[7].

Presentation, analysis, and discussion of the results:

Presenting the results of the social phobia questionnaire and analyzing them according to their importance and degree of severity:

To achieve the research objectives, the researcher presented the results and analyzed and discussed them after they were statistically processed. These values were placed in statistical tables to know the reality of the differences and their statistical significance for each Paragraph in the fields of research, as the researcher will display the results of the areas successively according to their sequence in the body of the study, as in Table (6).

Table 6: The weighted mean and the percentage weight of the research fields show the social phobia questionnaire and its analysis according to its importance and degree of severity

T	Fields	Weighted mean	Weight percentile
1	social norms	2. 602	89.53%
2	Socialization	2. 311	87.04%
3	social control mechanism	2. 22 2	83.18%

It is clear from Table (6) that the importance of each field of the questionnaire according to the degree of its severity is represented by calculating the weighted mean and the percentage weight.

3. Presentation and discussion of the results of the paragraphs in the field of social norms and their analysis

Table 7: Shows the weighted mean and weight percentile of social norms in descending order

Paragraph sequence in the form	Paragraph sequence according to its severity	Vertebrae	Sharpness	
			Mean weighted	Weight Celsius
1	1	There are no social reasons for exercising	2,79	92,45%
5	2	The nature of customs and traditions limited the appearance of my practice of sports in public	2,67	91,64%
8	3	Fear of practicing sports resulting from the social environment, the family, and the street	2,53	90,52%
9	4	Deviation of belief and lack of confidence in the existence of God is one of the reasons for the negative view of practicing sports	2,50	90,50%
6	5	The influence of external factors on the family's decision to support exercise	2,49	89,65%
4	6	Societal disintegration created a negative view of people with special needs while exercising	2 3, 7	88%, 79
7	7	Conflicting pressures within the family created a barrier to exercise	2 2, 5	86%, 33
2	8	Doing physical activity is a reflection of a lack of commitment within the family	18,2	88%
3	9	Poor control over cravings for exercise	1, 59	66%, 33
10	10	I tend to follow sports with my colleagues	1, 45	64%, 66

From Table (7), it is clear that the (10) items in the social norms domain were arranged in descending order according to their severity (weighted mean and percentile weight), where the highest weighted mean was 2.84 and the weight percentile was 94.66%, while the lowest weighted mean was 1.45 with percentile weight 64.66%; thus, the paragraphs in this field (1-8) are achieved from the statistical point of view, at a rate of 80%, while sections (9-10) are not attained from the statistical significance of the statement, at a rate of 20%. The first Paragraph was the first Paragraph: (there are social reasons for the lack of Exercise: This Paragraph occupied the first place with a weighted average of 2.84 and a weight percentage of 94.66%, while it occupied the same.

Behavior within any society results from several factors, influences, and causes that lead to conduct harmful to the group resulting from adverse reactions like the conflicting pressures between members of that group. (1967). This trend resulted in the founder of the Italian school (Lon Braz), who considered that the deviation is the result of brain and

neurological abnormalities that harden the relationship between will functions and moral values in Dammam or between the center of aggressive instincts. In his view, the commission of behavioral deviations is due to the transmission of some traits since His birth due to genetic factors (Jalal Madbouly, 2010)^[3]. Therefore, there are reasons in society that view people with special needs as being weak and do not involve them in sports activities despite their talent and ability to reach higher levels. That is why we find most of them stay away from social interaction, especially sports, due to the lack of desire, inclinations, and adequate support (Hadi Saleh Al-Esawy, 2010)^[11]. At the same time, the Paragraph (I tend to follow sports with my colleagues) came in last place with a weighted mean and weight percentage of 1.45 64.66%.

Presentation and discussion of the results of the paragraphs in the field of socialization and analysis

Table 8: It shows the weighted mean and percentile of the socialization items in descending order

Paragraph sequence in the form	The sequence of paragraph B, according to its degree of severity	Vertebrae	Sharpness	
			Weighted mean	Weight Celsius
3	1	There was no support from family and society in exercising	2, 88	95%, 86
5	2	I was annoyed that I did not participate in sports in physical activities	2, 87	95%, 63
1	3	I often used to practice sports secretly from society	2, 70	90%
8	4	I didn't feel comfortable playing sports in front of people	2,65	87%, 53
9	5	Lack of parental encouragement and social upbringing at that time	2, 64	87%, 44
4	6	Some peers dare to exercise the exact opposite of me	2, 60	86%, 63
7	7	Wearing a sports uniform makes me happy, and the desire to exercise	2, 58	86%
2	8	The social relationship of people with special needs varies according to the environment that supports sports	1, 56	65%, 53
6	9	I don't feel like exercising when I'm called to	1, 50	63%, 37
10	10	Getting a colleague to get a good level through sports annoys me psychologically.	1.49	63%, 26
11	11	I tend to use sports secretly	1.43	60%, 77

From Table (8), it is clear that the (11) items in the field of (socialization) were arranged in descending order according to their severity (weighted mean and percentile weight), where the highest weighted mean was 2.88 and the weight percentile was 95.86%, while the lowest weighted mean was 1.43 With a percentage weight of 60.77%; thus, paragraphs in this area from (1-7) are statistically achieved, at a rate of 80%, while paragraphs from (8-11) are not statistically achieved at a rate of 20%, the first Paragraph: (there was no support from parents and community in sports)

This Paragraph ranked first with a weighted mean of 2.88 and a weight percentage of 95.86%. One of the most important reasons for the success of any individual in various areas of life is the support of family, relatives, friends, and society in general, which is reflected positively in the reality of the person. Practicing sports activity for people with special needs, especially those who professionalize sports as a practice and not professionalism in the true sense of sports professionalism is the product of uncle, encouragement, and support Which starts from the first supporter, which is the fathers and mothers, and this is what international clubs

depend on to provide the player who has all the ingredients for success, the first of which is the financial aspect, which is currently considered a source of earning and livelihood for many players. They are looking for fame, visibility, and practicing hobbies in various events. The integration of sports activities with economic interests has made sports lose a high position in social life, no less important than the relationship of sports with politics, because the sports system is based on economic pillars, such as budgets for activities, equipment, and wages. Coaches and athletes, rewards and incentives for athletes in the first hypothesis of the relationship between Sport and the economy are related to the sale of Sport as an extension of the economy to finance various aspects of the activity.

While the Paragraph I tend to use sports secretly came last with a weighted mean and weight percentage of 1.43, 60.77%.

Presentation and discussion of the results of the paragraphs on the social control mechanism and its analysis

Table 9: It shows the weighted mean and weight percent of the social control mechanism domain items arranged in descending order

Paragraph sequence in the form	Paragraph sequence according to its severity	Vertebrae	Its severity	
			Mean weighted	Weight percentile
1	1	No legal guarantee to protect me in my Sport	2, 88	95%, 66
5	2	There are no legal provisions that obligate society to respect people with special needs to exercise	2, 85	94%, 33
10	3	The weakness of activities for people with special needs and the promise to practice them encouraged me not to want to engage in physical activity	2, 78	92%, 23
12	4	The hasty look and abuse by society prevent me from practicing sports	2, 64	87%, 59
3	5	The collective control mechanism prevents me from exercising	2, 55	% 67.56 _
11	6	Lack of motivation or motivation in encouraging me to exercise	2, 48	% 06,67
2	7	The mechanism of social control applies only to healthy people	2, 35	76%, 13
13	8	There is no legislation or law specifying the obligation to provide private game competitions	2, 24	62%, 68
7	9	Most clubs do not accept people with special needs	1, 88	70, 43%
9	10	Participate in the halls of the healthy to exercise	1.57	68.55%
4	11	The lack of social security in my practice of sports	1.44	66.45%
6	12	Acceptance not to engage in physical activity to avoid abuse by others	1.39	65.77%
8	13	Not having peers to exercise with made me not participate in it	1.33	60.48%

From Table (9), it is clear that arranged the (13) paragraphs of the field (social control mechanism) were in descending order according to their severity (weighted mean and percentile weight), where the highest weighted mean was 2.88 with a weight percentile of 95.66%, while the lowest was a weighted

mean It has 11.33 with a percentage weight of 60.48%. Thus, the paragraphs in this area from (1-8) are statistically achieved at a rate of 80%, while sections from (8-13) are not statistically performed at a rate of 20%. The Paragraph (the absence of legal guarantee Protects my sports practice (with a

weighted mean of 2.88 and a weight percentile of 95.66%). The researcher believes that no legislation or law protects girls' rights to practice sports because this is contrary to social norms and traditions. There is no legal text other than freedom of opinion and expression. This unit is insufficient to guarantee Women's rights to exercise, while the Paragraph (the lack of peers to exercise made me not participate in it) ranked last with a weighted mean of 1.33 and a weight percentage of 60.48%.

4. Conclusions and Recommendations

Conclusions

The researcher relied on the results of the research and statistical analysis of the data reached by the researcher; the following can be concluded:

1. The questionnaire designed by the researcher can highlight the prevailing social phobias for people with special needs, which included three areas (social norms, social upbringing, and group control mechanism) characterized by stability, honesty, and objectivity.
2. The mechanism of social control is one of the important reasons female students do not want to practice sports, especially when it is not mandatory by the government.
3. The most essential and unit areas were identified, as the fields of the questionnaire varied in terms of their importance and degree of severity in highlighting social phobia among female students.

Recommendations

Through the conclusions of the study, the researcher made the following recommendations:

1. Adopting the current questionnaire to detect the causes of social phobia, as it was built according to sound scientific foundations.
2. Conducting similar studies by researchers to build a questionnaire in issuing laws, instructions, and regulations that require preserving the rights of women to practice sports.
3. Conducting similar studies by researchers to build a questionnaire on the causes of social phobia.

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