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Studying the reality of the positive leadership personality and psychological stability of fourth-year students in the College of Physical Education and Sports Sciences

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Abstract

The significance of positive leadership personality traits and psychological stability for college students became evident as the research problem. These areas are thought to be among the most important in psychology, and they are fundamental to an individual's organizational behavior in terms of planning their life, utilizing their energies, and guiding them toward the best course of action. They also serve as a sign of their psychological and social compatibility and harmony with the physical and social environment, which is marked by continuity, change, and modification. The goal of the study was to determine the fourth-year College of Physical Education and Sports Sciences students' positive leadership personalities and psychological stability. In order to accomplish the goals of his study, the researcher used the survey technique in conjunction with the descriptive approach. The researchers also included University of Kerbala students in the fourth stage of the College of Physical Education and Sports Sciences in the morning study. Following data collection, analysis, and discussion, the researchers came to several important conclusions, the most significant of which being that students in the College of Physical Education and Sports Sciences excelled at a high level of leadership personality traits and that they were distinguished by a good level of psychological stability. The researcher also came to a number of conclusions, some of which included using the present study's findings to gauge fourth-year College of Physical Education and Sports Sciences students' good leadership personalities and psychological stability.

Keywords: Reality, positive leadership personality, psychological stability, students

Introduction

Human energies are considered the foundation of a rising and advanced society and one of the basic pillars sought to form and organize life from time to time. Developing and organizing those human energies and resources is a matter and duty in all periods of time in the life of societies, using all available means to raise the affairs of society in all fields of life.

Physical education is one of the important means and institutions in developing the energies and capabilities of members of society, as it aims to raise individuals in a scientific manner that is integrated mentally, psychologically, morally, socially, and culturally, and its return is on the development of various aspects of activities. There is no doubt that creating and disseminating culture in general among sectors of society is one of the important matters. On which the love and practice of various sporting activities is based, because culture in its general sense is a lifestyle and a set of values, ideas and behaviors that prevail in society and are often linked to the social and economic conditions of this society (Wasfi, Atef, 2007, p. 245) [1]. Considering that universities are the establishments where young people grow up and are regarded as some of the most significant human resources in society, it is the responsibility of the physical education faculties to maintain these public spaces, which are among the public environments that shape the behavioral patterns that result from an individual's social nature. Sports sciences focus on researching students' good leadership personalities and psychological stability because these are essential skills for graduates in many fields of education.

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It is a set of values that individuals believe in within institutions and organizations, which govern their behavior and influence their performance of the work assigned to them, and that they possess a set of positive personal and social traits that build society, such as respect for knowledge, performance of duty, respect for time, appreciation of heritage, and social responsibility. It is also considered one of the most important basic components of building society. The teaching and educational process. On this basis, psychologists and educators seek to understand the behavior of individuals during situations, as well as to develop social relationships.

Because it shows the aspect of the human will to change reality for the better, and in this spirit it is considered a basis for the development of humanity, with the creative abilities that a person possesses as a result of the efforts of his past and present experiences to move towards the future, and that the person's view of life is realistic, and the person's ambitions are at the level of his capabilities, and the person has a set of personal traits. Positive, and that his concept of himself is consistent with a reality or as others perceive him, and that the individual is free from internal conflict and enjoys a life free of crises and psychological disorders, the profession of teaching physical education requires many psychological and social characteristics because the behavior of those practicing sports activities at various levels stems from the environment and situations, as there are factors that contribute to the direct influence on behavior, especially the factors of reinforcement, motivation, reward, punishment, and learning, and this requires a state of mental, psychological, and emotional preparedness towards. The teaching profession in physical education, in a supportive way, because inclinations, readiness, belief in something, and love of the subjects are among the most important foundations of sound scientific and professional preparation for the teacher to be worthy of assuming his responsibilities in the educational process and executing the duty with skill and sincerity, and this is the result of conscience, which represents the first form of internal control so that they are able to accomplish the tasks to become more influential and positive in their field of work, leadership is an important personality trait that students must have, and psychological stability is the state in which the individual is psychologically stable, when he has a clear vision of himself, and feels comfortable in different situations, and it is a basic personality dimension that extends on a continuous basis. Continuing from the positive pole, which represents stability, maturity, compatibility, a sense of comfort, honesty, optimism, and rationality, to the negative pole, which represents poor compatibility, anxiety, and oscillation, as a result of psychological stability being an important characteristic of positive leadership. Research on positive leadership personality traits and psychological stability among fourth-year students in the College of Physical Education and Sports Sciences was discussed, and the researcher clarified the theoretical importance of what the research produces in terms of adding knowledge and theory about the variables of the current research and working according to scientific formulas.

Research Problem

Every civilization has a unique culture that sets it apart from other societies. These cultures are influenced by a variety of forces, including media, social and economic forces, and other forces. University students are regarded as the foundation of human riches in every community, and as such,

there is a need to continue monitoring society through its different institutions that are involved with the business of teaching persons in the sectors of this society. A growing society and their part in fostering the integrated, scientific growth of its many sectors, which results in more giving and producing for the good of society's constituents.

According to the researcher, positive leadership personality traits are important for students because they help them organize their lives, use their energies wisely, and choose the best course of action. This raises their performance level and improves their psychological and social compatibility with the physical and social environment, which is characterized by continuity, change, and modification. Additionally, since teaching is the primary source of trained human cadres for other professions and all spheres of life, it is dependent on mental, physical, psychological, and social activity as well as desire, readiness, and familiarity with the kind of specialized knowledge. When a person is psychologically stable, they are able to recognize the various facets of the situations they are in and relate those aspects to their goals, experiences, and past successes and failures. This helps them decide what kind of response is appropriate for the circumstances at hand and enables them to modify their response accordingly, allowing them to interact positively with their surroundings and contribute to its activities. It concludes in a happy and contented condition at the same moment. The researcher studied this phenomenon to determine its true reality and the possibility of revealing the traits of leadership personality and psychological stability from fourth-stage students. These responses are attained by psychological stability, and psychological stability is a characteristic of a positive leadership personality. It is a small scientific endeavor at the College of Physical Education and Sports Sciences, a tribute from his devotion to the community.

Research objective

- Finding the fourth stage students at the University of Kerbala's College of Physical Education and Sports Sciences that exhibit excellent leadership personality attributes.
- Determining the psychological stability of University of Kerbala's College of Physical Education and Sports Sciences fourth-stage students.

Research field

Human field: For the academic year 2022–2023, fourth-stage students at the University of Kerbala's College of Physical Education and Sports Sciences will study in the morning.

Time field: From (15/12/2022) to 15/4/2023).

Spatial field: Classrooms at the College of Physical Education and Sports Sciences, University of Kerbala.

Definition of Terms

Leadership personality: "It is a group of traits, and each person possesses a number of traits, and the traits depend on genetic and physical factors related to the individual's nervous system. They also depend on environmental factors, especially learning, acquisition, training, and practice, and among the most important practices included in the concept of leadership personality". (Al-Obaidi, Muhammad Jassim, 2008, pp. 21-22) ^[2].

Psychological stability: It is “that state in which the individual is psychologically stable, when he has a clear vision of himself, and feels comfortable in different situations.” It is also “a psychological state in which the individual is characterized by calm and emotional stability, as he shows few signs of emotional irritation.” Concerning situations that call for anger and weak sensitivity towards others, in addition to being a person capable of controlling himself. (Saleh, Karim Hussein Hamad, 2004, p. 24) ^[3].

Research methodology and field procedures

Research Methodology

The researcher used the descriptive survey approach because they felt it aligned with the goals of their study and the requirements of their research.

Research community and sample

A total of 134 male students enrolled in the morning study program for the academic year 2022–2023 at the College of Physical Education and Sports Sciences at the University of Karbala, which is the fourth stage, were part of the research community. Ten people made up the survey sample, or 7.46 percent of the total population.

Research methods, devices and tools

Research methods

1. Scientific sources and references
2. Leadership personality scale
3. Questionnaire

Search tools

1. Dell type electronic calculator/1.
2. Casio stopwatch number/1.

Field research procedures

Procedures for determining leadership personality

The researcher must use the leadership personality scale in order to assess and identify the positive leadership personality among students in the fourth stage at the College of Physical Education and Sports Sciences / University of Karbala. The leadership personality scale, complete with instructions, sections, and paragraphs, was developed by the researcher for one of her local investigations. After being given to a panel of experts and specialists to demonstrate the validity of its items in evaluating leadership personality traits among fourth-year students in the College of Physical Education and Sports Sciences, it consists of (32) behavioral components and (118) items.

Scale instructions

The researcher created multiple instructions for the scale, which act as a guide for the examinee or respondent, and the following was considered in order to administer the leadership personality scale to members of the research sample, which consists of fourth-year students in the College of Physical Education and Sports Sciences:

1. Not referring to the name.
2. Answer every paragraph completely.
3. The requirement for truthful and precise responses.
4. You must not ask a coworker for assistance in answering.
5. Make a checkmark (✓) in the space that corresponds to you and before each paragraph.

By keeping the scale's name a secret, the researcher managed to hide its actual function. There was also an example of how

to respond to each of the paragraphs in the directions. The Leadership Personality Scale instructions, which included paragraphs (118) and objective-response paragraphs (10), were prepared in a blended format without identifying the feature that each paragraph pertains to. This ensured that the instructions provided in preparation for his survey of a sample of students, the researcher constructed a double sequence for each paragraph, where the first portion relates to the paragraph sequence and the second section corresponds to the feature in the leadership personality scale.

The first exploratory experiment

in order to ascertain the degree of clarity with which students have understood the instructions, paragraphs, and answer options; to ascertain the amount of time required to complete the scale items; and to recognize potential challenges and roadblocks that the researcher may encounter when attempting to apply the scale to research sample members in order to avoid them. A sample of five kids, chosen at random from the community on February 2, 2023, were administered the scale. It was discovered that the directions were understandable and that it took 15 to 20 minutes to complete the scale items. The scale was therefore prepared for use with the research sample participants.

Correcting the scale

The items on the leadership personality scale are positive and two-alternative in nature, and their weights (1-0) are determined by the order in which the answers are provided. The correction key created specifically for this purpose was utilized to determine the type of the sample's response on the leadership personality scale. This implies that the tool the examiner uses to disclose the responses that suggest... Regarding the presence of the outcome to be assessed. (Rabie, Muhammad Shehata, 2009, p. 54) ^[4]

Psychometric properties of the scale

Regardless of the intended use, validity and reliability are among the most crucial psychometric characteristics of the psychological and educational scale. Thus, in order to guarantee the quality and validity of the scale used for measurement and assessment, these traits and circumstances need to be confirmed.

First: The validity of the scale

The scale's validity certifies its validity and validity, meaning that it measures the function it is supposed to assess without measuring any other function. (Sami Mustafa and others, 2006, p. 111) ^[5]

When the scale was first given to a group of experts and specialists to confirm the validity of its items in measuring what it was intended to measure, the researcher used the content validity indicator to confirm the validity of the positive leadership personality scale for fourth-year students in the College of Physical Education and Sports Sciences.

Second: Reliability of the scale

For a scale to be considered legitimate for usage, reliability—one of the fundamental ideas in educational and psychological standards—must be present. According to (Abu Libdeh and Saba Muhammad, 2008, pg. 220) ^[6] it indicates that "the scale is reliable and reliable, or that the individual's score does not change fundamentally by repeatedly performing the scale or that its results are consistent with themselves." The Keuder-Richardson approach was employed by the researcher to

confirm the stability of the leadership personality scale. By using more than two options to complete the questionnaire, this approach seeks to determine the reliability coefficient of scales with multiple item scores. The researcher used the data from the 70 research sample members to determine the reliability of the scale using the Keuder-Richardson method. The reliability of the scale was extracted using the statistical package (spss), and it reached (0.937), which is a high and reliable reliability coefficient.

Procedures for determining the measure of psychological stability

The researchers used the psychological stability scale prepared by Karim Hussein Saleh ((Al-Jumaili, Karim Hussein, 2004, p. 18) ^[9], which consists of a group of dimensions and was modified to suit the objectives of the research. The scale now consists of (16) items. The scale was presented to a group of experts and specialists to ensure its validity. It was developed Each item has five alternatives, namely (always, often, sometimes, rarely, never). The scale was corrected, which is the process of assigning a score to the respondents' answers for each item in the scale. The answer weights for the positive items were given (5) marks for (always) and (4). marks for (often), (3) marks only for (sometimes), (2) marks only for (rarely), and (1) mark only for (never). Conversely, the negative items were dealt with. Some paragraphs, but not alternatives, were changed and modified to suit the specificity of the research sample.

Psychometric properties of the psychological stability scale

The scientific parameters for testing the psychological stability scale were found as follows.

1. **Validity:** The psychological stability scale was presented to a group of experts and specialists to ensure the validity of its application to individuals in the research sample. Their opinions indicated the validity of using the scale with the modification of some of its items.
2. **Reliability:** Reliability was found by applying the scale and then re-applying it to a random sample of (5) students from the research community, and they were excluded from the sample. A form measuring psychological stability was distributed to the students of the exploratory sample, and after fifteen days it was repeated. The questionnaire was distributed to the students at the same time, i.e. at ten in the morning, and the researcher worked to standardize the conditions in the first and second tests. The correlation coefficient reached (0.94), which indicates that the scale has a high degree of stability.

The second exploratory experiment

For the purpose of identifying potential drawbacks for the main experiment and figuring out how long it takes to

complete the form and achieve stability, a second exploratory experiment was carried out with the psychological stability scale. Five fourth-year students in the College of Physical Education and Sports Sciences participated in the exploratory project, which was completed. They were excluded from the original research sample on 15/2/2023.

Main experiment

After completing the procedures that qualify for conducting the basic experiment, the researcher implemented them on members of the research sample of male students, numbering (134) students. The application of the two scales began on Monday, 20/2/2023, taking into account the same codified methods and methods in the light of which the scale is applied, and then the scale was applied. Collecting and unpacking questionnaires in preparation for statistical processing.

Statistical methods

- Arithmetic mean
- standard deviation
- Hypothetical mean
- One-sample T-test
- T-test for two independent samples of equal numbers

The results of the research are presented, analyzed and discussed

The reality of the level of students' leadership personality traits, analysis and discussion

To accomplish the first goal of the study, which was to identify positive leadership personality traits among male students in the College of Physical Education and Sports Sciences' fourth stage, the scale had to be prepared, applied to 134 students in the research sample, and verified for objectivity. Of those 118 items, 118 were formulated in a positive direction. The testers' reaction demonstrated that not a single student questionnaire was left out. Subsequently, the researcher attempted to derive descriptive statistics indicators for the students' positive leadership personality scale scores, which were represented by the arithmetic mean, standard deviation, standard error, mode, and skewness coefficient values. The hypothetical mean value for the scale and for each of the positive leadership personality qualities was then computed. Results between the arithmetic means achieved for the scores of the research sample members and the hypothesized means for the scale showed that there is a significant difference, after inferring the significance of the differences between the arithmetic means achieved and the hypothesized means through the use of a one-sample t-test as a statistical means to achieve this goal and to identify the reality of the level of positive leadership personality, Table (1) shows this.

Table 1: Shows the significance of the differences of the arithmetic means achieved and the hypothesized mean for the positive leadership personality scale.

Positive leadership personality measure	Sample	Mean	Std. Deviation	Median	Skewness	Standard error	Hypothetical Mean	Calculated T value	Sig type
Male students	134	70.11	4.82	70	0.068	0.416	59	26.70	Sig

It is evident from Table (1) that the difference is in favor of the arithmetic mean on the positive leadership personality scale that each sample of male students was able to accomplish. This suggests that the leadership personality characteristic level is above average. The researcher thinks

that the study sample members' attitudes are significantly influenced by their ideas, preferences, and beliefs. And their answers, as the researcher thinks that students' need for knowledge stems from social, psychological, and cultural gains as well as personal, civilizational, and cultural factors.

The College of Physical Education and Sports Sciences students' growing positive leadership personality qualities are seen as an indication of their personal and social peace as well as the demands of society and their obligations.

Given that young students, particularly those in this age group, strive to achieve themselves, the researcher ascribes these differences to the fact that the arithmetic mean score for male students on the leadership personality scale is higher than the hypothetical mean score. This indicates that male students exhibit a high degree of leadership personality. Regarding the weather, social milieu, and related necessities of Iraqi society and daily living. The researcher thinks that in addition to the socialization techniques employed by the majority of Iraqi families, which foster the development of youth with a certain level of personality, there are a number of social and environmental factors that cause young people to perceive themselves as (competent, accomplished, and multi-talented). When this concept is born in them, they are accompanied by a high sense of self-esteem. Character: Males build a sense of loyalty, belonging, and personal qualities by

working within social organizations, such as the school, classmates, neighborhood friends, and the area, even if they are tiny in size. According to the researcher's analysis of the student data, part of the explanation for this is the cultural significance that the College of Physical Education and Sports Sciences courses have come to represent for individual students and their role in the development of a society's cultural identity because the knowledge and experiences that are gained serve as the cornerstones of cultural structures, and physical education provides a lot of them. Owing to its various domains and multiplicity including health, education, social, psychological, and recreational aspects, sports culture is a subset of the broader individual and societal culture.

The reality of the level of psychological stability of students, analyzed and discussed

Finding the degree of psychological stability among male students enrolled in the College of Physical Education and Sports Sciences' fourth stage is one of the study's two main objectives)

Table 2: Shows the arithmetic mean and standard deviation for the level of psychological stability, the simple correlation coefficient, and the level of significance:

Scale	Mean	Std. Deviation	Correlation coefficient		Confidence level	Sig type
			Calculated	Tabular		
Psychological stability	59.8	9.65	0.67	0.38	0.05	Sig

From the table above, the arithmetic mean for measuring psychological stability is (59.8) and the standard deviation is (9.65).

The fact that the students, the research sample, enjoy high psychological stability, and the student can control his emotions in stressful situations, thus reducing the degree of nervousness. (Muhammad Hassan Allawi) states that psychological stability is the opposite of emotional arousal, and that the student is in his best condition when he controls his emotions (Allawi, Muhammad Hassan, 2004, p. 148) [10], that is, the higher the degree Psychological stability whenever students become psychologically stable, and the researcher believes that psychological stability extends between two extremes, one of which represents the highest degree (psychological stability) and also represents the highest degree of control. The other is moving towards the greatest degree of imbalance, which takes the form of successive violent emotional fluctuations, which are not justified in the eyes of the person who suffers from the reality that surrounds him and are most often accompanied by a weak ability to control oneself, or control these fluctuations, which is known as psychological stability. It is worth noting that scholars are accustomed to calling the first pole emotional maturity or ego strength, and the second pole emotional weakness or neuroticism, and sometimes emotionalism. Between these two poles, people occupy different positions. Psychological stability is one of the emotions that is linked to the student's personality, affecting his relationship with other students, and it may be for stability. Psychological effects have clear effects, which are represented in many forms, including security, trust, and psychological stability. This is the state in which the individual is psychologically stable, when he has a clear vision of himself, and feels comfortable in different situations. It is a basic dimension of personality that extends on a continuous, continuous form from the positive pole, which represents stability, maturity, harmony, a sense of comfort, honesty, optimism, and rationality. According to the researcher, psychological stability is the capacity of an

individual to recognize the many facets of the circumstances they encounter. The individual can then determine the type and nature of response that is consistent with the requirements of the current situation and allows his response to be appropriately adapted, resulting in the individual agreeing with the environment and positively contributing to its activity while also ending up in a state of feeling satisfied and happy. This is done by connecting these aspects with his motivations, experiences, and prior experiences of success and failure.

Conclusions and Recommendations

Conclusion

- The College of Physical Education and Sports Sciences' fourth-stage male students have a strong sense of leadership.
- Fourth stage students enjoy a good degree of psychological stability.
- Psychological stability reflected positively on their university life

Recommendations

- Making use of the current study's findings to assess Iraqi university students' good leadership personality attributes.
- Conduct similar studies that evaluate other psychological and social methods among university students.
- Conduct studies that include the variables of the current study and on other age groups and include broader samples
- Emphasis on teachers paying attention to the psychological aspects of students in order to raise the level of their psychological stability, which is reflected in the level of their university performance.

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