



The fictitious strength of university students distorts practices and non-practices of sports activities

Hiyam Saadoon Aboud

University of Diyala - Center for Childhood and Maternity Research

drhiyam962@gmail.com

Abstract

The study aimed to identify the deformation of the imaginary body among university students, practices for sports, and to identify the deformation of the imaginary body among university students other than sports practices, and to identify the deformation of imaginary body among university students, practices and non-practices of sports, and the researcher assumed that there are statistically significant differences at the level of The significance of (0.05) in the deformation of the imaginary body in the practices and non-practices of sports activities, and the researcher used the descriptive method, as for the research sample, the research sample consisted of (60) female students from Diyala University, of which (30) female students of the College of Physical Education and Sports Sciences , And (30) female students from the College of Basic Education, Department of History, whose ages range from (19-22) years, and they were chosen randomly from the research community, and the researcher reached the most important conclusions that there are statistically significant differences at a significant level of (0.05) In the distortion of the imaginary strength of the practices and non-practices of sports activities, and for the benefit of students who do not practice sports activities, a number of recommendations were recommended.

1. Introducing research

1.1 Introduction and the importance of research

Delusional deformity disorders are more common in the present era and as a result of being influenced by media and social media that encourage thinness, agility, misperception of most females of different ages from thinness and dissatisfaction with the body image, which is the mental reflection that the individual has about his body and plays an important role in the development of personality and increased self-confidence, and that most of those who suffer from disorder in this image "deformation of imaginary textures" are females who always feel defects in their strength. Compared to others and may reach the stage of shyness and love social attitudes and this is for imbalances and disorders in behavior and thinking resulting from the difficulty of the requirements of

contemporary life that force most females to focus on appearance and we find that most of these young girls and adolescents feel obsessed with the subject of agility and thinness until we see the majority reached the stage of exaggeration very and out of the ordinary by selling various methods and cosmetic means financially expensive to reach the ideal appearance try to reach the happiness that binds them to the physical attractiveness that has The positive impact from her point of view in social acceptance, personality building and increased self-confidence, so the researcher decided to highlight this topic, which has become exaggerated by most females.

1.2 Search problem

In recent times the graceful textures have become and the patterns of measurements of beauty girls of different ages where we find that most of them believe that exaggerating this subject will have a positive effect in increasing self-confidence and social acceptability, and that any defect or slight increase in weight creates a feeling and disorder of the body or deformity imaginary textures and it is the result of misconceptions and perceptions related to the appearance and shape of her body and may be minor defects that others do not see but feel ashamed It may reach the stage of depression and social isolation and avoid social attitudes and resort to various ways may be by taking scholarships that have a negative impact on health and resorting to surgery such as gastric cutting and other and various cosmetic surgeries that can cause her future health problems indifferent to the important consequences to reach the ideal that enhances her self-confidence and appearing in an attractive strength and here lies the problem that most girls follow different ways as mentioned earlier trying to satisfy her body which is the focus of Many mental disorders such as loss of self-confidence and shyness and reach the stage of social isolation and the search for different solutions and are often financially expensive and unhealthy away from regular exercise and a healthy diet which is the basis of health and beauty so the problem of research is embodied by answering the following question:

What is the distortion of the imaginary strength of university students practices and non-practices of sports activities?

1.3 Search goals

- 1- Identifying the deformity of the imaginary strength of university students practices of sports.
- 2- Identifying the deformity of the imaginary strength of female university students is not a practice of sports.
- 3- Identify the imaginary strength of university students practices and non-practices of sports.

1.4 hypotheses

There are statistically significant differences at the level of indication (0.05) in distorting the imaginary strength of practices and non-practices of sports activities.

1.5 Areas of research

- 1- Human field: - Students of the Faculty of Physical Education and Sports Sciences, and students of the Department of History - Faculty of Basic Education - Diyala University.
- 2- Spatial field: - Halls of the Faculty of Physical Education and Sports Sciences and the Faculty of Basic Education in Diyala.
- 3- Temporal field: - 15/1/2021 - 15/6/2021.

Defining terms

Deformation of the imaginary texture: - is the image that consists of the body in the mind and the idea that the individual is formed and portrayed by the individual about his body, whether he is aware or imagined and the accompanying feelings and emotions and influenced by psychological, cultural and social factors. **(Fayed, 2008, p. 161)**

Research approach and field procedures

2.1 Research approach

The curriculum is defined as "the method used by the researcher in the study of a particular phenomenon through which diverse ideas are organized in a way that enables him to treat the problem of research." **(Al-Mahmoudi, 2019, p. 35)** In order to achieve the objectives of the study, the researcher used the descriptive method, which is one of the forms of analysis and regular scientific interpretation to describe the situation or phenomenon a specific problem and photograph it quantitatively by collecting data and legalized information about the phenomenon or problem and applying it and analyzing it and subjecting it to accurate studies. **(Melhem, 2012, p. 37)**

2.2 Search sample

The sample is part of the society on which the study is conducted, chosen by the researcher in accordance with special rules in order to properly represent the community and the sample is selected because of the difficulty of conducting the study on all members of the community when the sample is large because of practical and economic difficulty. **(Odeh, Al-Khalili, 1988, p. 171)** the sample is therefore defined as "a procedure aimed at representing the indigenous community with a limited share or amount of vocabulary through which measurements or data related to study or research are taken in order to generalize the results reached from the sample to the original community from which the sample is drawn, and therefore the sample must be selected in a way that confirms its representation of the original community." **(Radwan, 2003, p. 17)** and the research sample consisted of 60 female students from Diyala University, 30 students from the Faculty of Physical Education and Sports Sciences, and (30) students from the Faculty of Basic Education Department of History aged 19-22 years, who were selected in a random way from the research community.

2.3 Search tool

The researcher has seen many studies and researches related to this subject and did not reach the tool that serves the study so she decided to prepare a questionnaire concerning the deformation of the imaginary strength of the body and referred to studies approaching this variable and prepared a questionnaire consisting of (25).

2.4 Identify the key to correcting the phantom texture deformation scale

Correcting the scale is intended to place a score for the response of the examiner on each paragraph of the scale, and then collect these grades to find the overall score of each form using the correction key prepared for this purpose as the correction key "is the tool by which the examiner reveals the answers indicating the existence of the result measured." (Peace, 1981, p. 119), i.e. the phantom strength deformity measure includes three alternatives to answer it: (always applicable to me, sometimes applies to me, never applies,) and table 1 shows alternatives to the answer, positive paragraph grades and negative paragraph scores.

Table 1

Shows the alternatives to the answer and the degree of each alternative to the phantom strength deformity scale

N	Alternatives	Positive paragraphs score	Degree of negative paragraphs
1	It always applies to me.	1	3
2	It applies to me sometimes.	2	2
3	It never applies.	3	1

2.5 Display of phantom strength deformity scale

"The validity of the test can be calculated by presenting it to a number of specialists and experts in a field measured by the test on the experts' judgment, if the experts say that this test measures the behavior that was developed to measure it, the researcher can rely on the judgment of the experts and that the test is honest." (Rauf and Issa, 2017, p. 71) So the researcher presented the scale to the experts all paragraphs of the scale were approved by the experts, as shown in table 2.

Table #2

Shows the value of K_{a2} of the expert agreement on the validity of the deformation paragraphs phantom texture

Paragraphs	A1, B, E1			K2 calculated value	K2 scheduled value	Statistical significance
	Fix	It doesn't work.	modulation			
1-2-3-4-5-6-7-8-9-10-11-12-13-14-15-16-17-18-19-20	zero	zero	9	9	3.84	sign

2.6 Apply the scale to a sample as initially formed

The imaginary strength deformity measure was applied in its initial form to the students of the Faculty of Physical Education and Sports Sciences, and the students of the Department of History - Faculty of Basic Education - Diyala University (60) students and all paragraphs of the scale were answered and then the researcher collected the scale forms and downloaded them on the program of excel for the purpose of carrying out statistical analysis of the paragraphs of the scale.

2.7 The secometry properties of the phantom body deformation scale

2.7.1 Honesty

Honesty is one of the most important specifications of the good calendar tool style and honesty is to measure the style or tool of the calendar that is designed to measure the method or tool of the calendar the goals for which it is designed, so honesty is an estimate to see if the method or tool of the calendar measures what you want to measure it." (Rauf and Issa, 2017, p. 68) so the sincerity of the test is defined as "the extent to which the test measures what was designed to measure it and therefore the sincerity of the item is to measure the desired target that was set in order to measure it." (Rahman, 2011, p. 91), and the sincerity of the test indicates that the test should measure what we wanted to measure by the test, i.e. it determines the meaning of its grades." (Omar and others, 2009, p. 189) the authenticity of the content of the two scales was verified by presenting them to a group of experts and specialists, and the results resulted in the validity of the scale and its suitability for the members of the search sample as shown in table 1.

2-7-2 Stability

The stability of the test is defined as "measuring instruments with a high degree of accuracy, mastery, consistency and consistency in the data they provide us on the conduct examined." (Majid, 2014, p. 124). The test is constant if we get the same results when it is reapplied to the individuals themselves and in the same circumstances and the stability is derived by finding the correlation between the grades (marks) obtained by the individuals the first time and the grades they received the second time and the result is called the term "stability factor" which ranges from zero to one where zero is the lowest stability factor and (1) is the highest factor of stability." (Khatib and Khatib, 2010, p. 28-29), where the stability factor reached the phantom strength deformity measure (0.84), which is a high and acceptable stability factor.

2.8 Reconnaissance experiment

The exploratory experiment is one of the most important research measures carried out by the researcher so as not to fall into mistakes, difficulties or problems during the main experiment, and the exploratory experiment is known as "a mini-experiment of the main experiment intended either to reveal some scientific facts or experiment work to detect the obstacles and disadvantages facing the application of the main experiment or for the purpose of Training some of the cadres helping to work, (Abadi, 2015, p. 128) so the researcher applied the reconnaissance experiment in(6) female students and they were followed by the main research sample and the purpose of the first reconnaissance experiment was the following:

- 1- Find out how long it takes to apply the scale to the search sample.
- 2- Identify the difficulties facing the search sample.
- 3- Know the efficiency of the auxiliary team.
- 4- Find out the difficulties that work experiments may face and develop the most appropriate solutions for them.

2.9 The main experience

The main experiment is defined as "the final research experience through which appropriate scientific data and information can be obtained in addressing the research problem." (Abadi, 2015, p. 130) So the researcher applied the main experiment to the research sample on Thursday, February 11, 2021.

2.10 Statistical means

The researcher used the statistical bag(spss)in finding the statistical means of the study.

Presentation, analysis and discussion of research results

1.3 Presentation, analysis and discussion of the results of the deformation of the imaginary strength of university students' sports practices

Table 3

The results of the deformation show the imaginary strength of university students practices of sports

The results of the deformation of the imaginary strength of the university students practices of sports	Sample number	Arithmetic medium	Standard deviation	Standard error	Twisting plants	Calculated value (t)	Significance
	30	9.33	3.194	0.82	0.69	3.59	Spiritual

The scheduling value (t) at 30 freedom and the 0.05 indication level is 1.96.

Shape No. (1)

The results of the deformation show the imaginary strength of university students practices of sports

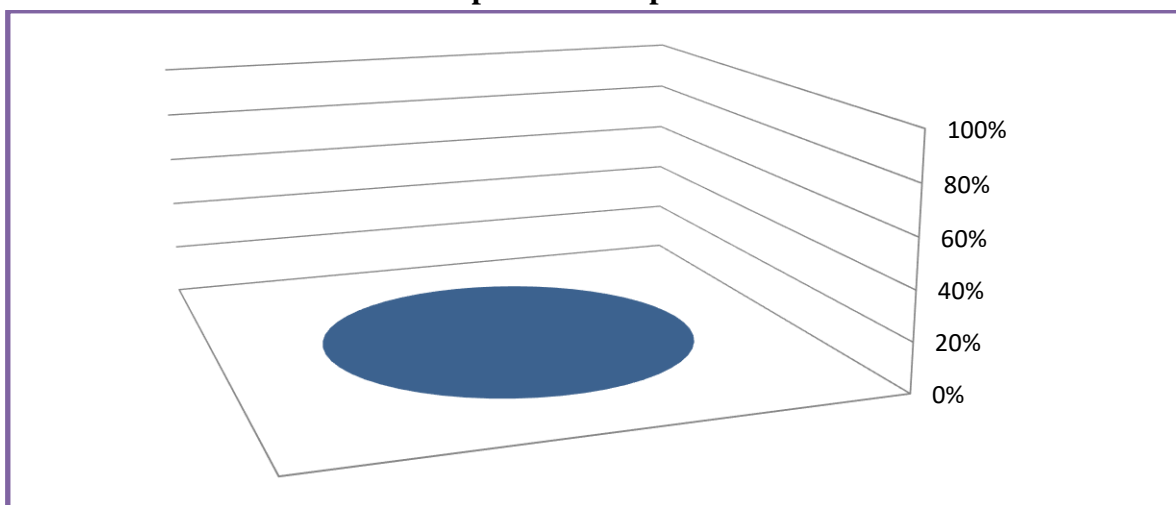


Table 3 shows the results of the deformation of the imaginary strength of university students practices of sports, where the arithmetic average (9.33) and a standard deviation of (3.194), and a standard error of (0.82) and factors of The turnover was 0.69, and the calculated value of (T) was 3.59, which is greater than the scheduling value (1.96), indicating that female students practice sports there is no deformation of the phantom strengths.

3.2 Presentation, analysis and discussion of the results of the deformation of the imaginary strength of female university students other than sports practices

Table 4

The results of the deformation show the imaginary strength of female university students other than sports practices

The results of the deformation of the imaginary strength of the university students are not practices of sports	Sample number	Arithmetic medium	Standard deviation	Standard error	Twisting plants	Calculated value (t)	Significance
	30	10.41	4.016	0.89	0.92	3.091	Sign

The scheduling value (t) at 30 freedom and the 0.05 indication level is 1.96.

Shape No. (2)

The results of the deformation show the imaginary strength of female university students other than sports practices

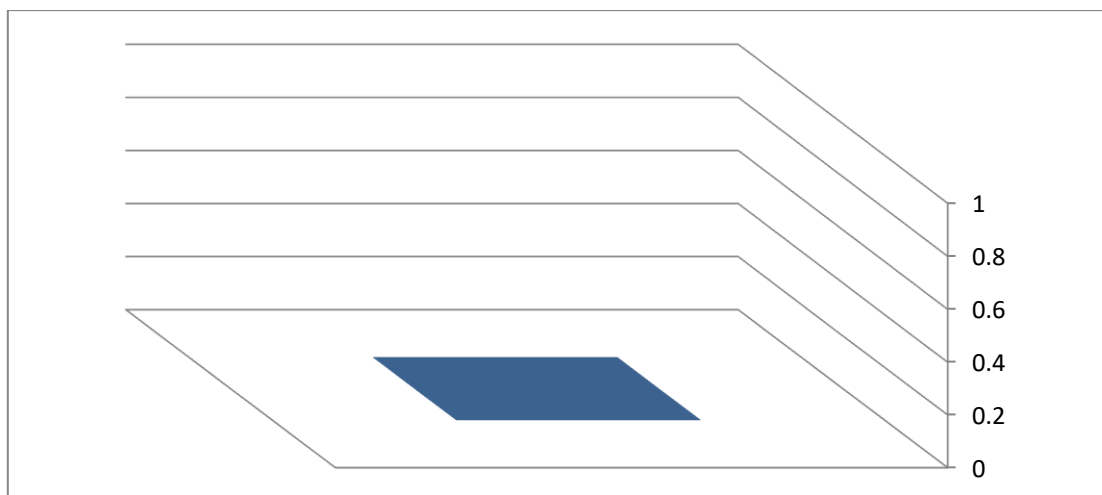


Table 4 shows the results of the deformation of the imaginary strength of female university students other than sports practices, where the arithmetic average (10.41) and a standard deviation of (4.016), in the case of the standard error (0.89) and the factors of The turnover (0.92), while the calculated value of (T) was (3.091), which is greater than the value (t) of the scheduled (1.96), which indicates that non-practicing female students have a deformity in the imaginary texture.

3.3 Presentation, analysis and discussion of the results of identifying the deformity of the imaginary strength of university students practices and non-practices of sports.

Table5

The results of identifying deformity show the imaginary strength of university students practices and non-practices of sports

to	Variables	Arithmetic medium	Standard deviation	Link coefficient	Degree of freedom	(t) calculated	((t) tabular	Level of significance
1	Practices for sport	2.66	0.179	0,191	60	4,76	1.96	sign
2	Non-sports practices	2.76	0.189					

The table value (t) at the freedom score (60) and the 0.05 indication level is equal to 1.96.

Shape No. (3)

The results of identifying deformity show the imaginary strength of university students practices and non-practices of sports

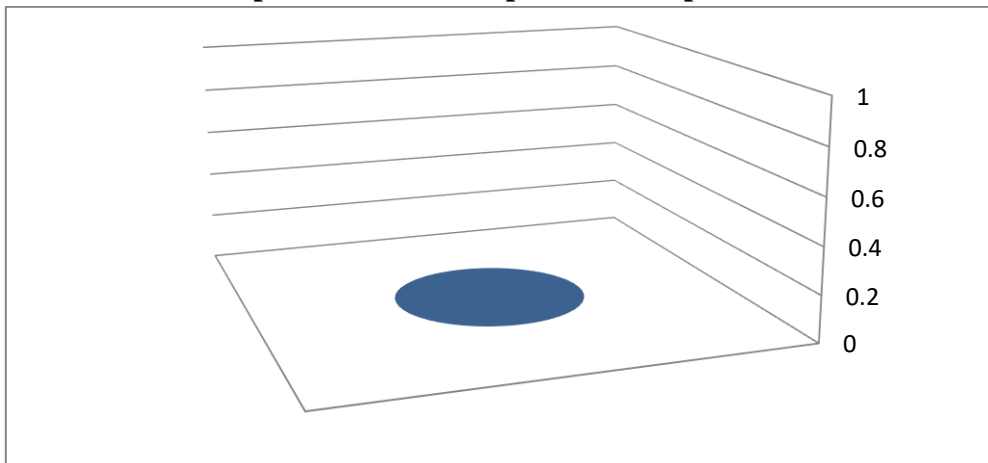


Table 5 shows the results of identifying the phantom strength of university students practices and non-practices of sports, where the computational medium of sports practices(2). 66)with a standard deviation (0.179), the non-practice arithmetic medium of sport (2.76), and a standard deviation(0.189),the correlation factor(0.191),while the value of(t) calculated This indicates that there are statistically significant differences at the level of indication (0.05) in distorting the fictitious strength of practices and non-practices of sports activities, and in the interest of female students who do not practice sports activities. Table 3 shows the results of the deformation of the imaginary strength of university students practices of sports, where the arithmetic average (9.33) and a standard deviation of(3.194),and a standard error of (0.82) and factors of The turnover was 0.69, and the calculated value of (T) was 3.59, which is greater than the scheduling value (1.96), indicating

that female students practice sports there is no deformation of the phantom strengths.

Table 4 shows the results of the deformation of the imaginary strength of female university students other than sports practices, where the arithmetic average (10.41) and a standard deviation of (4.016), in the case of the standard error (0.89) and the factors of The turnover (0.92), while the calculated value of (T) was (3.091), which is greater than the value (t) of the scheduled (1.96), which indicates that non-practicing female students have a deformity in the imaginary texture.

Table 5 shows the results of identifying the imaginary strength of university students in practices and non-practices of sports, where the computational medium of sports practices (2.66) with a standard deviation (0.179), the non-practice arithmetic medium of sport (2.76), and a standard deviation (0.189), the correlation factor (0.191), while the value of (t) calculated This indicates that there are statistically significant differences at the level of indication (0.05) in distorting the fictitious strength of practices and non-practices of sports activities, and in the interest of female students who do not practice sports activities.

4- Conclusions and recommendations

4.1 Conclusions

- 1- There is no deformation of the phantom mouths.
- 2- Non-athletic students have a deformity in the imaginary texture.
- 3- There are statistically significant differences at the level of significance (0.05) in distorting the imaginary strength of practices and non-practices of sports activities, and for the benefit of non-practiced female students for sports activities.

4.2 Recommendations

- 1- Conduct future studies on another sample and link it to new variables.
- 2- The Ministry of Higher Education and Scientific Research, Department of Psychology and Psychological Guidance, intensifies seminars, workshops and awareness courses on physical self-acceptance and not to exaggerate the complexity of life due to these illusions.
- 3- The Ministry of Health cooperates with the Ministry of Higher Education, Faculty of Physical Education and Sports Sciences, by conducting seminars and training courses to encourage exercise, eat healthy food and avoid exaggerated cosmetic procedures because they have a negative impact on the health of the individual.

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Extension No. (1)

The deformation measure shows the imaginary strength of the body

N	Paragraphs	It always applies to me.	It applies to me sometimes.	Don't ever apply to me.
1-	I feel so fat.			
2-	I hate my body details, and I don't like talking about it.			
3-	I'm thinking anxiously about my body.			
4-	My body has become the source of my daily suffering.			
5-	I always see my body as unattractive.			
6-	Others see my body as unattractive.			
7-	I'm ashamed of my body.			
8-	I'm thinking about plastic surgery.			
9-	I see my body is inconsistent.			
10-	I suffer from my height			
11-	I'm doing my best to improve my appearance.			
12-	Take the scholarships.			
13-	I practice sports regularly.			
14-	Follow a healthy diet			
15-	I find my body in the abdominal area inconsistent with my strength.			
16-	Appearance is personal.			
17-	I compare my body to model and models.			
18-	I don't like seeing my body in a woman.			
19-	I feel inappropriate.			
20-	I like to flatter others about my body because it increases my self-confidence.			