

Measuring the Psychological Needs of Swimming Practitioners in Dhi Qar Governorate

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Abstract

The aim of the study is: Identifying the psychological needs of practitioners of swimming in Dhi Qar Governorate, the researcher used the descriptive approach with the methods of survey and correlation as it is more appropriate to the objectives of the research and the nature of the problem and the researcher presented the results of the research through a table showing the results of the variable under research and reached several conclusions and recommendations, the most important of which are the conclusions and recommendations: Practitioners of swimming have the satisfaction of psychological needs as a result of practicing swimming, the needs of practitioners vary because the individual circumstances are diverse and different, the diversity in gratifications does not differ as a result of the duration of practice because it is a sport that meets the needs of practitioners in general, satisfying the need for excitement Fun is what prompted practitioners of swimming to practice it constantly and love to learn it from the beginning and the recommendations were Working to provide recreational facilities more than swimming pools and private playgrounds within Dhi Qar Governorate to meet the needs of practitioners of swimmers, working to provide subsidized and organized trips for schools aged (14-18) years to swimming pools for the purpose of satisfying their recreational needs in swimming pools in Dhi Qar, taking care of educating practitioners of swimmers about the mechanism of work in swimming pools and respecting the infrastructure in them for the sustainability of recreational facilities in Dhi Qar.

Keywords: swimming practitioners ; Dhi Qar Governorate; psychological requirements

1. Introduction and importance of research

The development that we are witnessing in various aspects of the sports movement is the result of research, studies and various sciences that contributed to the progress of the sports movement widely and at various levels, and one of these sciences that contributed to this development is sports psychology, where interest in sports psychology began as an important science in achieving excellence in the sports field because the optimal investment of the players' physical, skill, tactical and psychological energies depends on employing the principles and theories required by this science.

Sports psychology is of great importance in the training and educational process in the theoretical and applied aspects, it provides a lot of information and psychological principles that the coach or teacher needs in order to help them improve and develop the educational process and understand the behavior of the learner or player and provide the necessary knowledge for him, and help develop his personality from various aspects to be a successful learner or player and able to benefit from educational and educational experiences.

The sports performance requires the preparation of both sides, the psychological side and the kinetic side, and if the psychological preparation is not at the required level, this will naturally affect the performance of the motor side significantly, as it aims to help the athlete know his psychological needs and seek to satisfy them, and control his thoughts and emotions in order to achieve the best level of

performance .

This is confirmed by psychologists in the need to detect the psychological needs of the individual in general and the player in particular and satisfy them, as these needs are biological, psychological and social necessities and their satisfaction entails achieving the internal balance of the individual and a sense of love, belonging, security, self-esteem and the desire to achieve, and the psychological needs are considered one of the important psychological manifestations faced by the player, which has a major role in influencing the player's motivation and the level of his skill performance because the shortage raises in the player a state of tension that does not end Except in satisfying these needs.

The proper satisfaction of these needs achieves the individual sound mental health represented in several areas, including the individual's self-acceptance and success in facing the pressures of life, controlling his actions, emotional balance, staying away from anxiety or tension, and feeling satisfied with life.

Swimming is one of the individual, recreational, social and therapeutic sports, which occupies great importance among all other sports, as we note the great progress in recent years as it has a prominent place in the Olympic and World Games, learning to swim is an urgent necessity, as it achieves important aspects of the individual, including physical, mental, social and psychological and contributes to satisfying the individual's psychological needs .

Through the foregoing, the importance of the research was evident by studying and knowing the psychological needs of practitioners of swimming in Dhi Qar Governorate among the research sample.

Research Problem

The human being was and still is the focus of attention of peoples and throughout the ages and cultures is the nucleus of society and this human being by nature creates and has a lot of goals that he seeks to achieve and motives and psychological needs that he seeks to satisfy and that the lack of satisfaction of these needs leave effects on the individual and his behavior so you must strive to satisfy these needs because of their great importance to the individual and the behavior that is issued from him during his presence in the surroundings in which he lives.

Psychological needs are one of the most important and decisive factors in influencing the performance of athletes and even in the results of sports competitions and in various games, whether individual or team, and the reason for this is that the shortage that occurs in those needs will lead to a state of tension and psychological instability of the athlete and perhaps a state of frustration in the event that these needs are not satisfied, and this would affect the mental health of the athlete and that the lack of satisfying the psychological needs of the practicing individual Swimming leads to his lack of adaptation to himself and the environment in which he lives, and this would affect the level of his concentration at the general level as well as when practicing swimming in the pool he frequents.

Hence, the research problem crystallized, which freed the researcher to question the level of psychological needs of practitioners of swimming in Dhi Qar Governorate.

Research Objective

Identifying the psychological needs of practitioners of swimming in Dhi Qar Governorate.

1.4 Research Areas:

1-4-1 The human field: practitioners of swimming in Dhi Qar Governorate for the year 2021-2022.

1.4.2 Spatial area: halls and swimming pools located in the province of Dhi Qar.

1-4-3 Temporal range: from 15/7/2021 to 15/8/2021.

1 -Research Methodology and Field Procedures

1-3 Research Methodolog:

Research methodology is the scientific path taken by the researcher in solving the problem of his research, and the nature of the problem imposes a certain approach to reach the truth, so the researcher used the descriptive approach in the methods of survey and correlation as it is more appropriate for the objectives of the research and the nature of the problem "The main purpose of descriptive research is to describe the variable as it exists at the present time without interference from the researcher" (3: p. 18)

The research community and its sample

Research community:

The research community means "the sum of the vocabulary that the researcher aims to study to achieve the results of the study and can generalize the results of the study to all his vocabulary" (5: p. 130).

As the research community represented by swimming

practitioners in Dhi Qar Governorate for the year 2021 was identified, numbering (200) practitioners distributed over (2) swimming pools in the governorate and by (100) practitioners for each swimming pool, and

Research sampl

The research sample "is the part taken from the original community in a certain proportion by which the data related to the research is taken for the purpose of generalizing the results to the original community" (6: p. 17).

Therefore, the sample was selected in a way that confirms its representation of the original community, namely practitioners of swimming in Dhi Qar Governorate, and included (200) practitioners and (54.49%) of the research community of (367)

Tools, means and devices used in the research

"The success of the research in achieving its objectives depends on many factors, the most important of which is the proper and appropriate selection of tools and means to obtain information, and for this the selection of appropriate tools is an essential work of scientific induction" (8:13), and the researcher has used the following tools and means to obtain information and data:

Tools and means used in research

1. Questionnaire of the scale of psychological needs among practitioners of swimming (7: p. 134).
2. Personal interviews with experienced and specialized.
3. Observation.
4. Arab and foreign sources and references.
5. Information network (Internet) and social networking sites.
6. Stationery and stationery (papers, pens..... etc).
7. Data collection and unloading forms.
8. Statistical bag (SPSS).

Devices used in research

1. Manual calculator type (Cassio).
2. Personal computer (laptop) type (Acer).

Main experience

The researcher applied the psychological needs scale (7: p. 134) to the research sample of (200) practitioners of swimming during the period from 15/7/2021 to 15/8/2021, and after retrieving (200) forms representing each scale, the retrieved forms were checked to ensure that the instructions were followed and to ensure that all the paragraphs of the scales were answered, so the results of the audit were not to exclude any form from the total retrieved forms in order to complete the answer accurately to all paragraphs of the scales and after the completion of implementing the main experiment, the researcher tabulated the data of the members of the application sample after collecting and arranging them in preparation for statistical analysis.

Statistical Methods

The researcher used the statistical bag (SPSS) version (23), and the program (Excel) to process the data

contained in his research and the statistical means that have been adopted are as follows:

3. Square chi (ka2).
4. Percentage.
5. Arithmetic mean.
6. Standard deviation.

7. T-test for independent samples.
8. Simple correlation coefficient (Pearson).
9. Broker .
10. Torsion coefficient.
11. Hypothetical mean

Table (1) Shows the arithmetic mean, the standard deviation of a sample, and the arithmetic and hypothetical mean of the psychological needs scale

Level	Torsion	Standard error	Standard deviation	Hypothetical mean	Sample	Arithmetic mean	Scale
medium	0.365	0.254	17.235	124	200	131.33	Psychological needs

By looking at Table (1) we notice the moral of the arithmetic mean compared to the hypothetical mean and this indicates the satisfaction of psychological needs moral and the researcher attributes this to the fact that the practitioners of swimmers in Dhi Qar are heading to swimming pools to meet their own needs and satisfy them from entertainment to meet the need for boredom and boring routine conditions and to meet the need for excitement, fun and comfort through the practice of certain sports events such as swimming that attract different ages of practitioners and because this age group is a group that loves excitement and rush in a way Clearly, they tend to practice sports in general and swimming in particular because its nature has a different environment and gives a sense of pleasure and comfort to the body significantly, and this means that practitioners want to satisfy multiple needs, including rest, relaxation and experience the different feeling in the water and the need for fun and excitement that he finds in the practice of swimming, as he mentions (Osama Kamel) "A person is born and has a certain amount of need for excitement, which can be expressed simply as pleasure when the level of excitement is very low becomes annoyed and looking for excitement ... Sports activities are a unique model, especially for young athletes, because they increase the degree of excitement to the optimal level and that is the source of pleasure" (1: pp. 83-84).

Swimming is one of the sports of a different environmental nature, the feeling of loss of gravity and light weight inside the water and the process of buoyancy pushes its practitioners to love it and continue to practice it, as it makes its practitioners feel a loving environment for themselves and this establishes within them the positive psychological attitude that motivates them to continue practicing it, meaning that practitioners know how to extract the best ways to satisfy the needs that meet them Swimming practice as it mentions (Karim and Abdulrahman) The psychological attitude represents the internal or external environment that motivates the individual to build On his previous experiences, in order to learn how to extract the best satisfaction in the most appropriate set of circumstances (4: p. 64)

The practice of swimming and mastery well gives the individual a sense of the strength of the relationship between him and his peers in his group as the relationship that arises between the individual and the group is based on a set of similarities and common collective qualities that meet the need for self-esteem of the individual appears through the recognition of the group being belonging to them and this affiliation is done by increasing the common collective qualities between individuals and

these individuals are of great psychological importance to the practitioner because he prefers to belong to them or they are close to him Or similar in many of the qualities and qualities common between them and this develops his self-esteem if he hears the word praise or praise for what he does or learns with them and mentions (Ghazi and Shaima) "that the greatest factors affecting the growth of self-esteem is through the quality of the relationship of the vulva people who are of psychological importance to him and that their satisfaction with him develops a sense of self-esteem" (3: p6)

The end

Conclusions and recommendations:

2. Conclusions

- 1- Practitioners of swimming have the satisfaction of psychological needs as a result of swimming.
- 2- The satisfaction of the needs of practitioners varies because the individual circumstances are diverse and different.
- 3- The diversity in gratifications does not differ as a result of the duration of practice because it is a sport that meets the needs of practitioners in general.
- 4- Satisfying the need for excitement and fun is what prompted practitioners of swimming to practice it continuously and love to learn it from the beginning.
- 5- Self-development needs the individual to be satisfied with balanced needs because it contributes to the stability of thinking and psychological compatibility that the individual needs for progress.

3. Recommendations

- 1- Working to provide recreational facilities more than swimming pools and private playgrounds within Dhi Qar Governorate to meet the needs of practitioners of swimmers.
- 2- Working to provide subsidized and organized trips for schools aged (14-18) years to swimming pools for the purpose of satisfying their recreational needs in swimming pools in Dhi Qar.
- 3- Paying attention to educating practitioners of swimmers about the mechanism of work in swimming pools and respecting the infrastructure in them for the sustainability of recreational facilities in Dhi Qar.
- 4- Adding educational programs on the importance of satisfying individual and special needs through television and public programs because they contribute to communicating the concept of satisfying needs in a correct and sound way.
- 5- Working on conducting similar research for different samples in the governorate and for other games

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Scale Accessory			
Not applicable	Not sure	Applicable	Phrases
			Treat others with friendliness and respect.
			I strive to be loved by my colleagues.
			I like to help others.
			I wish the best for others.
			I feel happy when mixing with others.
			I share any activity with my colleagues.
			I share my friends' joys and sorrows.
			I do not have strong relationships with others.
			I spend my free time with my family and friends.
			I feel happy when my friends miss me .
			I am with my colleagues when needed.
			I don't want others to share my opinion.
			I contribute to the happiness of others.
			I meet my colleagues when I feel depressed.
			I want to win the love of others.
			I feel confident in those around me.
			I want to control my emotions .
			I seek to eliminate my aggressive behaviors.
			Better quiet and comfort.
			I don't have the ability to face risks.
			I feel reassured by dealing with others.
			Get support from my colleagues.
			I feel that my life is in danger.
			I try not to be a burden on others.
			I don't go out alone sometimes.
			I feel afraid of the unknown .
			I seek to be one of the people whose sleep is stable.
			I do not want to be oppressed in life.
			I feel neglected and uninterested in me.
			I am afraid of losing someone close to me.
			I feel stable in my life.
			I want to achieve my goals.
			I want to get a prestigious position.
			I feel good about my personality.
			I get sad when others underestimate me.
			I believe in my abilities and abilities.
			I feel disrespected by others.
			I make sure to be an influential person around me.
			I feel easy to get my work done.
			I am good at persuasion.
			I feel my worth and my place among others.
			Have the ability to discuss with others.
			I never feel inferior.
			Others always listen to my talk.
			I am happy to be a useful person in society.
			I present useful work to others.
			I feel that my opinion is right in all matters.
			Accomplish my duties as soon as possible.
			I use my free time to accomplish my work.
			I have high ambition.
			I seek to be an important person in the future.
			I participate in any work that raises my level and status in society.
			I do my best to get advanced positions.
			Work hard without getting bored.
			I am happy when I accomplish my duties.
			I set my goals accurately and easily.
			I like to compete with others.
			I want to outdo others.
			I can achieve the highest levels.
			Have the ability to complete the work, no matter how difficult it is.
			I want to achieve what others can't.
			Strive to get more than you got.