



جامعة الموصل

كلية التربية الرياضية

علاقة توجه المهمة وتوجه الآنا بمهارات التعامل مع الضغوط النفسية للاعبين الساحة والميدان في العراق

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بإشراف

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٢٠١٤ م

١٤٣٥ هـ

المستخلص

- ١ . بناء مقياس مهارات التعامل مع الضغوط النفسية للاعبين الساحة والميدان في العراق .
- ٢ . تحليل العلاقة بين أبعاد التوجه الرياضي من حيث التوجه نحو الانا والتوجه نحو المهمة ومهارات التعامل مع الضغوط النفسية للاعبين الساحة والميدان في العراق.
- ٣ . الفروق في أبعاد التوجه الرياضي من حيث التوجه نحو المهمة والتوجه نحو الانا ومهارات التعامل مع الضغوط النفسية المستخدمة من قبل لاعبي الساحة والميدان في العراق في ضوء
* الفعالية الممارسة (ركض , قفز , رمي) .

وللتحقق من أهداف البحث افترض الباحث ما يأتي :

- ١ . توجد علاقة ذات دلالة معنوية بين أبعاد التوجه الرياضي من حيث التوجه نحو المهمة والتوجه نحو الانا ومهارات التعامل مع الضغوط النفسية للاعبين الساحة والميدان في العراق.
- ٢ . توجد فروق ذات دلالة معنوية في أبعاد التوجه الرياضي من حيث التوجه نحو المهمة والتوجه نحو الانا ومهارات التعامل مع الضغوط النفسية من قبل لاعبي الساحة والميدان في العراق في ضوء
- الفعالية الممارسة (ركض , قفز , رمي) .

وقد تطلب البحث استخدام الأدوات الآتية:

- ١ - مقياس مهارات التعامل مع الضغوط النفسية الذي قام الباحث ببنائه تحقيقاً لأهداف البحث.
- ٢ - مقياس توجه المهمة وتوجه الانا ل (Duda& Nichollas).

Mosul University
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**The Task and Ego Orientation and Its Relationship
with the Coping Skills for Tracking and Field Players
the in Iraq**

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A Thesis

Athletic Education

Supervised by

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2014A.B.

1435A.H.

ABSTRACT

Task and Ego Orientation and Its Relationship with the Coping Skills for the Track and Field Players in Iraq

The researcher

Mohammed Esam Al_Kledar
2014a.b.

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The current research has aimed into identifying the following:

1. Constructing a scale for the coping skills for the track and field players in Iraq.
2. Identifying the dimensions of athlete orientation in terms of task and ego orientation and the coping skills for the track and field players in Iraq.
3. Analyzing the relationship among athlete orientation in terms of task and ego orientation, and the coping skills for the track and field players in Iraq.
4. The differences in the dimensions of athletic orientation in terms of task and ego orientation, and the coping skills of used by the track and field players in Iraq, in the light of the following:
 - Exercising activity (running, jumping, and throwing).

To verify the aims of the research, so the researcher has hypothesized the following:

1. There is a significance relationship among the dimensions of athletic orientation in terms of task and ego orientation, and the coping skills for the track and field players in Iraq.
2. There are significance differences in the dimensions of athletic orientation in terms of the task and ego orientation, and the coping skills for the track and field players in Iraq, in the light of the following:
 - Exercising activity (running, jumping, and throwing).

The descriptive approach with correlation style has been used, the essence of the research has consisted of advanced athletes and youths from the clubs of field sports in Iraq, amounting (373) distributing on (31) clubs including such as (Khan Bani Saad, Al_Qassim, Afak, Al_Khornaq, Al_Rafedain, Al_Mustaqbal, Al_Meshekhhab, Al_Shurta, Al_Basrah, Al_Qurna, Al_Samawa, Al_Mahawel, Al_Gadeer, Al_Kahrabaa, Solaf, Al_Peshmerga, Al_Jesh, Al_Thawra, Al_Wajehya,

Al_Sulaimaniya, Erbil, Babel Alkefel, Naft Baghdad, Duhok, Zakho, Peres, Naft Alwaset, Suran, Alnaft, Naft Aljanob, Al_Qannat Albasra).

The sample of the research has included (338) athletes representing the clubs of field sports in Iraq, for advanced and youths with percentage (91%) of the essence of the research, then (207) athletes have been selected deliberately from the essence of the research to represent the sample of constructing, while (7) questionnaires have been eliminated because of no fulfillment the objective conditions, whereas an explorational test has been conducted on a sample consisting of (11) athletes of field sports.

While in regard of the sample of application, then (83) athletes have been selected from the essence of the research to represent the final application sample, in addition to the reliability sample amounting (30) athletes from the essence of the research in order to achieve the aims of research.

So, the research has required using the following instruments:

1. The scale of coping skills which has been built by the researcher to achieve the aims of research.
2. The scale of task and ego orientations for (Duda & Nichollas).

The researcher has depended in his preparing and building the scale of coping skills on several scientific procedures such as statistical analysis for the items using internal consistency and excessive groups, as well as making statistical analysis for the other research items and instruments to verify their suitability with the sample of research. The statistical instruments have consisted mathematical mean, standard deviation, simple correlation coefficient (Pearson), percentages, and t test for two independent samples in the third chapter. After verifying the validity and reliability of research instruments, so the data have been treated statistically using single difference analysis, mathematical mean, and Dinkin test in the forth chapter.

Then the researcher has concluded the following:

1. The scale of coping skills for the athletes for the track and field players in Iraq.
2. in Iraq has established high efficient through its scientific constructing accurately.
3. The athletes of field sports in Iraq in common have high degrees exceed the hypothetical average in the scale of task & ego orientations.
4. The athletes of field sports in common have the coping skills of exceed the degree of hypothetical average in the scale of coping skills.

5. There is a homogeneity between ego orientation and coping skills with signs of correlation coefficient.
6. The relationship has no ascended into significance level between task orientation and the coping skills.
7. The differences have no ascended into significance level in the axis (task & ego orientations, coping skills) among the players of jumping, throwing, and running.

In the light of these conclusions, the researcher has recommended the following:

1. Emphasis on using the scale of coping skills for the track and field players in Iraq.
2. Emphasis on creating a psychological conditions helping to develop task & ego orientations for the track and field players in Iraq.
3. Emphasis on developing the coping skills for the track and field players in Iraq.
4. Making periodic tests to assess the task and ego orientation and the skills of psychological treatment for athletes of field sports in Iraq.
5. Using modern methods and styles in the psychological preparing under supervising the psychological specialists in sport aspects.
6. Taking into consideration the results of current research when conducting similar studies for another age classes.