

# PSYCHOLOGICAL ENDURANCE AND ITS RELATION TO FEAR OF WATER IN THE SECOND STAGE STUDENTS COLLEGE OF PHYSICAL EDUCATION AND MATHEMATICAL SCIENCES

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## ABSTRACT:

*The problem of research is that female swimming sport is one of the most modern and emerging sports in our society, which has not received sufficient attention in the various private and governmental sectors, especially at the university level, where the swimming school faces the education of female students, fear of water and their inability to endure psychologically during learning and long stay in water , So the source of fear must be gradually presented until the negative experience is positively reflected, and based on the principle of developing swimming sport for females by giving the student a number of tendencies, attitudes, knowledge and skills that delight her life and feel pleasure and pleasure for the practitioner The aim of the research is to identify the relationship between psychological stress and fear of water among students of the second stage / Faculty of Physical Education and Sports Sciences for the academic year 2018-2019 where the two hypotheses assumed a statistically significant correlation between psychological stress and fear of water.*

*In order to enhance the symptoms associated with psychological burden, the player must feel that there is a balance between the demands imposed on her and her available possibilities. The researchers used the descriptive approach in the way of associative relationships to suit the nature of the research. The research society was deliberately determined for the second phase / physical education and sports sciences (92) , And the sample of the research was (25) students. The exploratory experiment was conducted on a sample of (7) female students who were excluded from the main experiment. In order to treat the results statistically the researchers used (Spas). The results were presented and discussed, There is a statistically significant difference between the psychological stress and fear of water in the second stage students.*

*The results of the study showed that students in the study have a high level of psychological endurance and fear of water. The recommendations recommended by the researchers are to increase the guidance and awareness of students about psychological endurance and raise self-confidence among female students, and to reduce fear of water and develop awareness of negative attitudes.*

*Water fear scale for Sadik Al Hayek and Abdul Salam Jaber*

*Psychological endurance scale for Salwa Ahmed Amin*

**Keywords:** *Psychological endurance - relation – water.*

## INTRODUCTION

The field of sports psychology is one of the areas that have developed a great deal. This development contributes to the great achievements of various sports activities. These achievements did not come from a vacuum or a coincidence, but are caused by the ability of researchers and specialists. In the field of academic and applied, attention to mental skills and the dimensions of such as distance to the ability to imagination and mental preparation and self-confidence and dealing with anxiety and other mental skills, through the use of different sciences and through sound scientific planning in all events and The effectiveness of swimming's share.

Psychological endurance is one of the psychological variables that the students are concerned with in their interactive relationship with the environment. The students' lives are characterized by varying pressures in their types and intensity according to the attitudes that they are exposed to and aware of. Therefore, the students vary in their tolerance to these pressures. There are students who can agree. And learn with the stressful conditions and turn them to benefit them, and we find that there are other students can not be compatible with the same conditions and even collapse of some of them.

Therefore, endurance is a learned and acquired process whereby the student can gradually be a repertoire of responses appropriate to stressful situations. Emotional maturity involves the expansion of tolerance and the ability to act in an appropriate and flexible manner when the degree of pressure, frustration or threat, And can deal with them in a way that avoids the incidence of mental disorders, and physical diseases.

The practice of sports activities that are dangerous and fear of potential injury falling, which also characterized by the difficulty of learning and performance according to their own requirements in terms of skills and conditions, which is why we see many students may fail to achieve good performance or note the delay of the process of learning a mathematical skill as a result of reality Psychological, which passes by the student or learner, as confirmed many research and psychological studies (that many of the known mental illnesses as well as sports failures

and lack of access to good sports results due to many factors and psychological reasons."

Swimming is one of the water sports that use the water medium as a means to move through the arms, trunk and legs to improve the efficiency of the human being physically, mentally, mentally, socially and psychologically.

In this regard, we are aware of the importance of this research, which is an attempt to raise the level of education and psychological development and increase the demand for the exercise of this skill on the one hand and interest in swimming sport on the other hand and a step to develop it by standing on the level of fear and psychological endurance among students of the second stage in the Faculty of Physical Education And sports science / Jadriya when learning and performing this skill.

### :Research Objectives

- Identify the degree of psychological stress and fear of water in the students of the second stage / Faculty of Physical Education and Mathematical Sciences.
- Identify the differences in psychological stress and fear of water in the students of the second stage / Faculty of Physical Education and Mathematical Sciences.
- To identify the relationship between psychological stress and fear of water in students of the second stage / Faculty of Physical Education and Mathematical Sciences.

### :Research hypotheses

- There are no statistically significant differences in the components and the total sum of psychological load and water fear among students of the second stage / Faculty of Physical Education and Mathematical Sciences.
- There is no correlation between psychological stress and fear of water in students of the second stage / Faculty of Physical Education and Mathematical Sciences.

### :Research Areas

- Human Field: Students of the second stage of the Faculty of Physical Education and Mathematical Sciences.

.Time domain: Wednesday, 17 January 2019 -

Spatial domain: Swimming pool of the Faculty of Physical Education and Mathematical Sciences / Jadria.

**MATERIALS AND METHODS:****Research Methodology:**

The two researchers used the descriptive approach, which is defined as "the accurate perception of the interrelationship between society and the trends, tendencies, desires and development so that the research gives a picture of the reality of life and the development of indicators and building Future Forecasts.

**Search community and sample:**

The process of sample selection is to "study the case of a particular part or proportion of the members of the original community and then disseminate the results to the whole society" (2). Thus, the researchers chose the research society in a deliberate manner and they are students of the second stage of the Faculty of Physical Education and Sport Sciences. The number of students is 25 out of 92 students. Thus, the percentage of sample selection is 100%.

**Means of gathering information, tools and devices used in research:**

In order to obtain the integrated facts that are necessary for the solution of the problem, the two researchers resorted to several means: "It is impossible to have a single, preventative way in which behavioral behavior can be studied.

- .Arab and foreign sources -
- Psychological Endurance Scale. Annex (1) -
- Water-fear gauge supplement (2) -
- :Psychological Endurance Scale

The researchers used the psychological endurance scale prepared by (Salwa Ahmed Amin, 2016), which includes (34) paragraphs divided into five components, which are as follows:

- The first component carries pain and failure: - consists of (7) Paragraph (1-2-3-4-5-6-7)
- The second component is not ambiguities: - consists of (9) paragraph (8-9-10 -11-12-13-14-15- 16)
- The third component is not to bear doubt: - consists of (6) paragraph (17-18-19-20 - 21-22)
- Component 4 demolition of rest: - consists of (6) paragraph (23-24-25-26-27-28)
- The four component The ability to withstand alienation: - consists of (6) paragraph (29-30 -31- 32- 33-34)

The response to the paragraphs of the scale consists of five alternatives: (never, rarely, sometimes, often, always). The first alternative is given one degree, the second alternative is two degrees, the third alternative is three degrees, the fourth alternative is four degrees, the fifth alternative is five degrees, The degree of the respondent is higher than the mean mean, the more the psychological endurance is lower. The higher the degree of the respondent, the higher the mean.

:Water fear scale

The researchers used the water fear scale (Sadiq al-Hayek and Abd al-Salam Jaber, 2004). The scale consists of (20) paragraphs. The levels of the answer scale are from (1-2-3-4-5) degrees according to the five-fold Likert scale I fear very much, I fear a lot, I am afraid of medium, I am afraid very little, I do not fear (that is, the model (negative paragraphs) and the degree ranges between (20) degrees in the lowest level and (100) degrees in the upper limit.

:The Scientific Basis of the Standards

:Honesty

Honesty is one of the most important characteristics that should be met in the scale because it indicates the ability of the meter to measure what is actually measured.

Stability of the scale:

The test was distributed to (7) female students and the re-test after two weeks and by using the value of R between the two tests and the score was (0.86) The researchers used the apparent honesty by presenting it to a group of experts and through the square root of the stability coefficient of 0.89.

:Exploration Experience

In order to determine the accuracy of the research work and its validity, it is necessary to "experiment with a sample of the community to which the tests will be applied to ensure the proper organization of the subject.

The experimental experiment was conducted for psychological stress and fear of water on a sample of (7) students of the second stage and were excluded from the main experiment was conducted on 2/1/2019 and the goal of this experiment is as follows:

- Identify the response of the research sample in answering the paragraphs of the scale and how they interact with them.

.The appropriateness of the tools used in the research -

.Know the time taken to answer the scale paragraphs -  
- For the purpose of avoiding mistakes that can be made at the time of answering the paragraphs of the scale.

distributed to answer the paragraphs. After the questionnaire was collected, the researchers downloaded the answers and processed them statistically.

#### Field research procedures:

On Wednesday, 17/01/2019, the researchers conducted the main experiment on the sample of 25 students from the second stage. The scales were

#### Statistical means

The researchers used the ready-made program (SPSS V.

### RESULT AND DISCUSSION:

Identification of Statistical Characteristics of Components of Psychological Tolerance Among Female Students Under Research, Table (1) shows this

Table (1)

The result	Level of significance	95 %confidence level		The mean medium	T value	standard deviation	Arithmetic mean	Ingredients Psychological endurance
		less value	highest value					
Not significant	<b>0.021</b>	<b>3.604</b>	<b>3.154</b>	<b>21</b>	<b>2.460</b>	<b>3.984</b>	<b>22.960</b>	Bear pain and failure
Not significant	<b>0.596</b>	<b>1.704</b>	<b>2.904</b>	<b>27</b>	<b>0.537</b>	<b>5.582</b>	<b>27.600</b>	Uncertainty
Not significant	<b>0.018</b>	<b>4.206</b>	<b>4.33</b>	<b>21</b>	<b>2.538</b>	<b>4.570</b>	<b>18.680</b>	Uncertainty of mystery
moral	<b>0.000</b>	<b>1.858</b>	<b>5.501</b>	<b>15</b>	<b>4.169</b>	<b>4.413</b>	<b>18.680</b>	Demolition of convenience
Not significant	<b>0.483</b>	<b>.987</b>	<b>2.027</b>	<b>18</b>	<b>0.712</b>	<b>3.652</b>	<b>18.520</b>	Ability to endure alienation
Not significant	<b>0.095</b>	<b>.832</b>	<b>9.712</b>	<b>102</b>	<b>1.738</b>	<b>12.773</b>	<b>106.440</b>	Total

The mean, the standard deviation, the T value, the mean mean, and the level of significance of the components of the psychological endurance of the students of the second stage, Faculty of Physical Education and Sport Sciences

Table (1) shows the computational circles, standard deviations, mean mean, T value, level of significance, and confidence level differences of psychological stress components between students of the second stage, Faculty of Physical Education.

The first component carried the pain and failure: the mean of the mean (22,960) and the standard deviation (3.984) and extracted the value of T for the first component of the psychological burden as it reached

(2.460) insignificant at the level of indication (021.) (21)

The second component is uncertainty: the mean (27,600) and the standard deviation (5.582) and the T value of the second component (537.) are insignificant at the level of significance (596)

The third component was not ambiguity. The mean (18.680), standard deviation (4.570) and T value of the third component of variable (2.538) were insignificant at the level of (018)

The fourth component was the highest level of comfort (18,680), standard deviation (4.413) and T value of the fourth component (4.169) at the mean level (000).

The fifth component is the ability to withstand the alienation. The mean of the mean (18.520) and the standard deviation (3.652) and the value of T for the fifth component reached (712)

The total number of psychological endurance components was 104.440 and a standard deviation of 12.773. The value of T was (1.738). The mean mean was (102) indicating that the level of psychological stress is high among the second stage students in question. The arithmetic is higher than the specified level and is considered to be a high level, although it is insignificant at the level of significance (095).

Thus, the level of female students in the component of uncertainty was high and this indicates the awareness and awareness of students and doubt is a step to reflect the best way to access the student to certainty, using the method of doubt, the temporary approach, which

aims to achieve the truth in all knowledge and agree Between the verb and the reaction An area of freedom and space Determines the ability of man to control his feelings and emotions and between uncertainty and certainty An area of fear, anxiety and conflict, but inevitable, to cross to the shore of certainty.

The pain and failure component has had the greatest impact after the uncertainty component, and agrees with a team of scientists at the Ohio State University that the sense of pain failure leads to more effort to correct errors and improve performance in the future, and the people (students) Those who think transiently about their failures tend to make excuses for reasons of failure and may not do more to avoid failure again when faced with a similar situation. Those who focus on their emotions after a failure fail to do more when they are in a similar situation again.

- AnovA analysis of the components of psychological endurance of students in the second stage of the Faculty of Physical Education and Mathematical Sciences, Table (2) shows that.

Table (2): AnovA analysis of the variation in the components of psychological endurance

Level of significance	F	Average squares	The degree of freedom	Total squares	Source of Contrast
<b>0.000</b>	<b>19.820</b>	<b>399.388</b> <b>20.151</b>	<b>4</b> <b>120</b> <b>124</b>	<b>1597.552</b> <b>2418.080</b> <b>4015.632</b>	<b>Total squares between totals</b> <b>Total squares within totals</b> <b>Total squares</b>

In order to identify more accurately the most important components of the effect of the students in the search, we find in Table (2), which shows the analysis of the variance of the components of psychological stress, the total squares between the totals (1597.552), the mediation reached (399.388), and freedom degree (4) The total number of squares within the totals reached (2418.080), with a median of (20.151), with a degree of freedom (120). The total number of squares reached a total of 4015,632, with a freedom level of 124 and the value of F (19.820) , Which is less than the significance level (0.005), which indicates that it is significant.

In order to identify the differences in the computation of the components of psychological endurance accurately, the researchers used LSD as shown in Table (3)

Table (3): Shows the differences in media, standard error, and level of significance in the components of psychological endurance (LSD)

Standard error) 1.269 (			the ingredients
Computational	Differences in the media	Components of psychological endurance	Mathematical circles
0.000	4.6400*	Uncertainty	The ingredients carry pain and failure 22.960
0.001	4.2800*	Uncertainty of mystery	
0.001	4.2800*	Demolition of convenience	
0.001	4.4400*	Alienation ability to endure	
0.000	4.6400*	Bear pain and failure	Uncertainty 27.600
0.000	8.9200*	Uncertainty of mystery	
0.000	8.9200*	Demolition of convenience	
0.000	9.0800*	Ability to endure alienation	
0.001	4.2800*	Bear pain and failure	Uncertainty of mystery 18.680
0.000	8.9200-*	Uncertainty of convenience	
1.000	.0000	Demolition of convenience	
0.900	.16000	Ability to endure alienation	
0.001	4.2800-*	Bear pain and failure	Demolition of convenience 18.678
0.000	8.9200-*	Uncertainty of mystery	
1.000	.0000	Ability to endure alienation	
0.900	.1600		
0.001	4.4400-*	Bear pain and failure	Ability to endure alienation 18.502
0.000	9.0800-*	Uncertainty of mystery	
0.900	-.16000	Demolition of convenience	
0.900	.16000		

Table (3) shows that there are differences in the computational environment of the uncertainty component with each of the other components of psychological load. The differences in the computational variables of the uncertainty component (27,600) and the computational differences of the

other components bear pain and failure (4.6400) (8.9200) at a moral level (000.) and demolition of rest (8.9200) at a moral level (000.) and the ability to tolerate expatriation (9.0800) at a moral level. (000.) ,respectively.

From the above, we find that the students of the second stage sport education under consideration was the most influential component of them is the component of uncertainty, followed by the pain and failure in the scale of psychological stress.

Thus, Kamel Taha Lewis (1981) stressed that "Achieving the lifting of the psychological endurance required in the achievement of sports leads to highlighting the psychological phenomena of endurance. Psychological tolerance has a decisive influence on motivation. It affects the motivation to prepare for achievement indirectly. Affects how long

it can lead to changes in inherited psychological conditions."

The researchers attributed the reason for these findings to the fact that the students in question had a good self-esteem, as reflected in their mental skills. A student who has good self-control can control her mental skills in stressful situations and thus reduce her vulnerability to stress.

Identification of the statistical parameters of water fear among female students of the second stage, Faculty of Physical Education and Sport Sciences of the sample in question, Table (4) shows this.

Table (4): The mean mean, standard deviation, T value, mean mean, and water level of fear of second stage students, Faculty of Physical Education and Sports Science

The result	Level of significance	95 %confidence level		The mean medium	T value	standard deviation	Arithmetic mean	variable
		less value	highest value					
Morality	0.002	4.102	15.738	60	3.519	14.094	69.920	Fear of water

Table (4) shows the computational circles, standard deviations, mean mean, T value, significance level, and confidence level differences for water fear among students of the second stage, Faculty of Education and Mathematical Sciences. **الخوف** The fear of water with a mean of (69.920) and a standard deviation (14.094) and extracted the value of T (3,519) significance at the level of significance (002.) ie for the upper level of the satisfactory medium and the value of (60) Therefore, the performance of different sports skills for students, an opportunity to highlight their abilities or qualities, which is the intrinsic value of the individual (student) to his personality or wants to appear and prominence, and increasing confidence in the health of performance and achievement have an effective role in the sense of students safety, And reflected on their good deal with the watery

- Presentation, analysis and discussion of the correlation between psychological stress and fear of water students of the second stage, Faculty of Physical Education and Mathematical Sciences / Jadriya.

Table (5): Shows the correlation between psychological stress and water fear among students of the second stage, Faculty of Education and Mathematical Sciences.

Moral significance	The value of Sig	R value	Number of sample	Statistical landmarks Variables
Not significant	0.030	0.649	25	Fear of water
				Psychological endurance

Table 5 shows the relationship between psychological stress and fear of water in the sample. To achieve this, Pearson correlation coefficient was used. The correlation coefficient (-.299-) and the significance level (0.30)

Indicating that the students in question were enjoying good self-sufficiency and this reflected their fear of water through the results above.

The interest in studying the psychological endurance of female students in sports education is of great importance at the present time, because achieving the lifting of the intensity of psychological endurance required in the process of mathematical achievement leads to the emergence of psychological phenomena to endure because it has a decisive influence on the motives as it affects the motivation to prepare for better performance indirectly.

The pressures of all kinds are the result of the progress of civilization, which leads to the creation of deviations that constitute a burden on the ability and resistance of students in endurance, civilization carries with it self-development and self-development, which affects the health, physical and psychological state of the student.

:Presentation, analysis and discussion of results

The results of the previous tables show that the respondents have self-sufficiency as the two researchers believe that it is logical that the results at this level differ from the social development of the students and the difference in their education and their different capacities and physical abilities, which is reflected on the female students' personality. Those who have the strength and determination, and the courage, and those who can control their emotions when facing problems.

Since all the activities were established according to scientific conditions and rules. The students can not develop new interpretations and their performance is limited to a very specific group and if they succeed in performance it enhances their abilities. Moreover, these students did not have the success of performing exercises during the study stages, In motivation or a decrease in self-efficacy. "The expectations of failure and feelings of desperation lie behind low-level achievements," Ahmed Laitif of David V says. "It is logical, therefore, that results correlate and results appear logically.

It is noted from the results of the previous tables that the students of the College of Education and Mathematical Sciences second stage are confident and have a good self-sufficiency, where the psychological endurance is an awareness of the source of internal responsibility where the individual takes responsibility for success or failure as a result of his own efforts and personal abilities or it is a responsibility outside the scope of the scope The individual.

The results also show that there is a good correlation between the students' fear of water and their self-control over their fear of water.

### CONCLUSIONS:

Through the results obtained by the researchers reached the following:

- The results of the study that students of physical education stage II, have a good level of psychological endurance.
- the existence of a relationship between psychological stress and fear of water in the students of physical education stage II.
- Raising awareness of students that the responsibility for success and failure due in large part to themselves and not to other factors.
- The need to work on developing the mental skills of students constantly through training to resist difficult conditions and their psychological burden.
- Use the method of skill fragmentation when teaching swimming sport for beginners who suffer from fear of water.

### ENDORSEMENT:

- the need to focus on the elimination of fear among students at the beginning of any process to teach swimming.
- the importance of teachers to prepare the appropriate psychological during the various stages of swimming education.
- Conducting studies that are concerned with the development of educational programs based on sound scientific foundations commensurate with the psychological, physical, skill and motor skills.

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**ANNEX (1): PSYCHOLOGICAL ENDURANCE SCALE TO SALWA AHMED AMIN**

Always	frequently	Sometimes	Scarcely	Start	Paragraphs	sequence
					I feel like I do not have the ability to tolerate pain	1
					I have bad feelings when I'm in trouble	2
					I feel that there is nothing worse than an individual's feeling of grief and sadness	3
					When I feel sad I try to go all sorts of ways and means to get rid of this feeling	4
					I feel there are people who have more ability to bear the pain	5
					I have the feeling that psychological pain and grief are destroying me	6
					When I feel sad I can not help others because I just think about the pain I feel	7
					My sense of doubt turns my life into hell	8
					When I think about what happens tomorrow I lose my rest and my mind is distracted	9
					That doubt is the main reason that I am an unnatural and persistent person	10
					I do not have enough information about an event that Sabri is losing	11
					I have to be aware of what is around to avoid what is unexpected	12
					My sense of doubt makes me a little enduring person	13
					Even small accidents can destroy me	14
					I doubt I can make the decision in my future	15
					I try and constantly find out what hides my future	16
					I have a sense of my own being that does not carry the mystery of my future	17
					I have the feeling that I can not accept the idea of accepting some mysterious aspects of my previous life	18
					It is hard for me to accept the sad events of my life	19
					It's hard to deal with unexpected things	20
					I feel that I can not stand the conditions that I do not know what happens next	21
					I feel I can not wait for a while without knowing what's going on	22
					I feel like I do not like the idea that there is no guarantee for my life	23
					I need to get rid of boredom because I can not bear it if it continues	24

					I feel like I can not bear to see people acting contrary to my wishes	25
					I feel unable to accept the criticism to give up my principles even if those are my salutations	26
					I feel I can not work in a field that is not in my specialty	27
					I feel that I can not keep up with the mistakes of others, no matter how they relate to me	28
					I live for a long time in exile	29
					I feel that the people around me are not with me	30
					The best work is done by the simplest style	31
					I would like to participate in events where only people I know previously	32
					I feel like I have the ability to live with different types of people	33
					I feel that people around me do not share my interests	34

**ANNEX (2)**

**THE FEAR OF WATER SCALERETURNED TO SADEK HAYEK AND ABDUL SALAM**

Always	frequently	Sometimes	Scarcely	Start	Paragraphs	sequence
					Invitation to learn to swim by a colleague or trained specialist	1
					Go on a river or sea trip	2
					Stop due to fatigue while swimming in the deep area	3
					Sit on the edge of the bathroom in the deep part and place the two feet in the water	4
					A boat trip with a person or people who can not swim	5
					Open the eye underwater while swimming	6
					Stand close to the edge of the bathroom in the deep area	7
					Pick up things from the bottom of the bathroom in the shallow area	8
					Invitation from friends who have never swim to come with them to water	9
					Stand in the shallow water with an exchange of water tap	10
					Walk over the moving jump ladder	11
					Swimming in a bathroom with no one else	12
					Jump over the escalator above 1 m	13
					Swimming with people you do not know	14
					Consider deep water	15
					Jump feet in the water with shoulder depth	16
					Loss of balance during walking in water	17
					Dip the head and body under water	18
					Go down to the water higher than the head	19
					Swimming in the sea in an area where the bottom is not visible	20