



Managing the Orientation Towards Competition in Handball of Students of the Department of Physical Education and Sports Sciences

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Abstract: The research aims to identify the management of the orientation towards competition in handball for students of the Department of Physical Education and Sports Sciences and the differences in the management of the orientation towards competition in handball for the students of the Department of Physical Education and Sports Sciences according to the gender variable (males - females). The researcher used the descriptive method because it is suitable for the research procedures. The research community consisted of students from the Department of Physical Education and Sports Sciences, third stage, morning study at Al-Mustansiriya University / College of Basic Education for the academic year (2023 - 2024). The sample consisted of (90) male and female students distributed into three sections, with (65) males and (30) females. The researcher randomly selected a sample of (50) of them, with (25) males and (25) females. The research tool was the management of orientation toward competition, designed by (Mohamed Hassan Allawi) to measure the management of orientation toward competition for students of physical education and sports sciences because it represents one of the important dimensions of athletic achievement goal orientations. The researcher used the statistical package (SPSS), version (25), to obtain the results. The researcher concluded from the results that there is a case of managing the orientation towards competition among the students of the Department of Physical Education and Sports Sciences, as well as the absence of significant differences in the case of managing the orientation towards competition among the students of the Department of Education and Sports Sciences according to the gender variable (males - females).

Keywords: Competitive Orientation, Competition Orientation Management, Gender Differences, Physical Education Students

Introduction

The psychological aspect is one of the basic pillars in the process of sports competition because of its great importance in the development of performance. Despite the diversity of methods used in developing different sports, many coaches find themselves in constant need of more study and research to find the best appropriate means that help in preparing the player comprehensively in all aspects (physical, skill, tactical, and psychological) (Fernandez-Rio, 2020; Leisterer, 2019; Simonton, 2019). Enjoying good mental health, represented by the mind and body, is a positive state. This is evident in the sporting field, as the trends, inclinations, or desires of an individual have a role in obtaining positive or negative responses to a game (Choi, 2021; Fernández-Espínola, 2020; Zhou, 2019).

Therefore, it is worth noting that physical activity, such as activities and skills, has a major impact on behavior and the inclinations and desires of the participating individuals on the psychological, health and social levels “The game of handball has received great attention in recent years, attracting the attention of sports federations and clubs, which led to the holding of tournaments in most Iraqi universities among students and among professors as well, considering that the faculty member is one of the important foundations that contribute to building a broad base for a generation that contributes to creating aspects creativity and humanity among members of society (Berg, 2022; Leo, 2022; Radaeva, 2021). As a result of what was mentioned, the importance of the research is evident in identifying the management of the orientation towards competition in handball for the students of the Department of Physical Education and Sports Sciences (Kokkonen, 2019a; Wang, 2019; Williams, 2020).

There are many requirements for achieving high achievements and high levels of results achieved by students of physical education and sports sciences, whether in lessons or group or individual activity, including physical, skill, cognitive and psychological abilities (Kokkonen, 2019b; Kuśnierz, 2020). Through the researcher’s experiences as a handball teacher and former player, he noticed a lack of interest in management orientation towards competition for students of the Department of Physical Education and Sports Sciences in handball. Therefore, the process of preparing the students of the Department of Physical Education and Sports Sciences in an integrated manner must include all aspects, including the psychological aspect that affects competition, because the human being is an integrated and interconnected unit (Chiva-Bartoll, 2020; García, 2021; Tilga, 2020). The learner with a high competitive orientation is distinguished by his focus on results and their connection to success. The player’s knowledge of his capabilities helps him to understand himself and exploit his skills and abilities to reach goals, which is achieving the highest grades, especially in group games and events (Gil-Arias, 2021a, 2021b; Kim, 2019). Therefore, the problem of the current research lies in identifying the management of the orientation towards competition in handball among students of the Department of Physical Education and Sports Sciences.

The study is designed to analyze two key aspects: firstly, it aims to uncover how students within the Department of Physical Education and Sports Sciences manage their

orientation towards competition specifically in the context of handball. Secondly, it seeks to discern any disparities in this management based on gender, examining both male and female students' approaches.

The research was conducted within the human field, focusing on third-stage students engaged in morning studies within the Department of Physical Education and Sports Sciences at Al-Mustansiriya University's College of Basic Education. Spatially, the study took place in indoor sports halls situated within the College of Basic Education premises at Al-Mustansiriya University. The timeframe for data collection and analysis spanned from November 1st, 2023, to February 1st, 2024.

To clarify terminology crucial to the research, "sports orientation" or inclination is defined as the athlete's general anticipation of favorable outcomes exceeding adverse ones in sports competition. This concept is part of a broader motivational framework, encompassing terms such as motivation, need, instinct, inclination, and direction. In this study, inclination, often synonymous with interest, denotes an individual's readiness to engage in and prioritize certain sporting activities. Identifying an individual's sporting inclinations involves observing linguistic expressions of affection or aversion towards specific sports, active participation and enjoyment in chosen activities, and possessing knowledge about those sports of interest.

Methodology

The researcher used the descriptive research method because it was appropriate for the research procedures. The research community was identified and described, and a representative sample was chosen. This chapter explained the measurement tool for managing the orientation toward competition, and verified its validity and reliability to be valid for achieving the research objectives. In addition to the statistical methods used to analyze and treat data statistically.

The current research community consists of students from the Department of Physical Education and Sports Sciences, third stage, morning study at Al-Mustansiriya University / College of Basic Education for the academic year (2023-2024). The college research community consists of (90) male and female students distributed over three sections, with (65) males and (30) females, where the researcher randomly selected a sample of (50) of them, with (25) males and (25) females, as shown in Table 1.

Table 1. Distribution of Community Members and the Research Sample According to Gender

Section	Number of Population	Number of Sample
Male	65	25
Females	35	25
total	100	50

To accomplish the research objectives, a structured tool was employed to assess how students manage their orientation towards competition. After careful review of existing literature and established standards, the researcher selected a suitable tool and ensured its validity and reliability for the current study. The chosen instrument, the Management of Orientation Toward Competition scale developed by Muhammad Hassan Allawi, was deemed appropriate due to its relevance to assessing athletic achievement goal orientations, a critical aspect of sports psychology.

The scale comprises two sets of statements labeled as Images A and B, each containing 20 statements. Half of these statements reflect positive aspects of competitive orientation, while the remaining half express negative aspects. Participants rate their agreement with each statement on a five-point scale ranging from "always" to "never." The scoring system assigns higher scores to positive indicators and lower scores to negative ones, with total scores closer to 100 indicating better management of competition orientation.

Prior to the main study, a pilot study was conducted on a separate group of seven students to assess response time, understand potential obstacles, ensure comprehension of scale items, and determine the time needed for completion, typically between 15 to 20 minutes. The psychometric properties of the scale were evaluated for validity, reliability, and objectivity. Validity was confirmed through expert assessment, while reliability was established by administering the scale to a sample group twice, with a correlation coefficient of 0.89 indicating strong consistency. Objectivity was ensured as the scale's items were clear, unambiguous, and conducive to accurate interpretation.

The main experiment involved administering the research questionnaires to 50 male and female students from the Department of Physical Education and Sports Sciences at Al-Mustansiriya University, College of Basic Education, during the morning session. For data analysis, the Statistical Package for the Social Sciences (SPSS), version 25, was utilized, enabling comprehensive statistical analysis tailored to the study's requirements.

Result and Discussion

The first goal is to identify the degree of management of orientation towards competition for students of the Department of Physical Education and Sports Sciences. To achieve the first goal, the competition orientation management scale was applied to a study sample of (50) students from the Department of Physical Education and Sports Sciences, third stage. The mean score for the study sample members on the scale was (149) degrees, with a standard deviation of (21.9) degrees, and the t-test was for one sample, the T-value was (14,711) with a degree of freedom (49), which is statistically significant when balanced with the tabulated T-value of (1.67) and in favor of the sample, as shown in Table 2.

Table 2. T-test for the Significance of the Differences Between the Score Mean and the Hypothetical Mean

statistical significance (0,05)	T-value		Mean Devia tion	Mean score	Hypotheti cal mean 100	The sample 50	Orientation managemen t Toward The competition
	tabulated	Calculated					
Function	1,67	14,711	21,9	149			

The researcher attributes the reason for this to the fact that managing the orientation towards sports competitions, specifically the game of handball, has its own peculiarity, which arouses the interest of students, and they seek to practice it continuously as one of the types of sports activities familiar to them. With the presence of simple possibilities for practice, as well as the presence of a personal desire that prompts them to participate, and in choosing the type of activity, the individual may achieve a state of psychological and health compatibility and harmony and gain psychological comfort, a sense of reassurance, and physical health through his participation in such sports competitions, and this in turn leads to him accepting himself and Others accept it. Zahran (1988) refers to the necessity of enjoying psychological health for the individual "by being psychologically, personally, emotionally and socially compatible with himself and others and being able to realize himself and invest his abilities and potentials to the maximum possible extent." Allawi also confirms in this field (1997): "The tendency may result from personal aspects of the individual that push him to practice his chosen activity that he likes for himself, in addition to its health benefits, or it may result from the existence of a type of relationship between his friends who practice the same activity" (0). Hence, it can be said that the state of orientation (inclination) of the students of the Department of Physical Education and Sports Sciences is at a close and largely balanced level, which results in "a state of balance and integration between the psychological functions of the individual, which leads him to behave in a way that accepts himself and is accepted by society, and so that he feels as a result of that." with a reasonable degree of satisfaction and adequacy." Managing the orientation towards competition for students is due to the fact that most university students seek to achieve a high desire for real competition and strive to achieve the best grades, because sports and practical lessons have a major role in achieving high grades and academic excellence. This is achieved through the students' desire to compete through good scientific planning and organized performance, and this is what most experts have emphasized: "Achievement is achieved through organizing emotions and controlling them to achieve success and avoid failure, which appears in many orientations, such as goal orientation, management orientation, and competition orientation."

The second goal - to identify the differences in the degree of management of orientation towards competition for students of the Department of Physical Education and Sports Sciences according to the variables of gender (females - males).

To achieve this goal, a t-test was used for two independent samples. The arithmetic mean for the male sample on the Competitive Orientation Management Scale was (138) while the standard deviation was (2.11) degrees. The mean of score for the female sample

on the same scale was (127) degrees with a standard deviation (3.1), and using the T-test for two independent samples, the calculated T-value reached (0.96), which is not statistically significant when balanced with the tabulated T-value of (2) with a degree of freedom (48) and at a significance level (0.05), as shown in Table 3.

Tabel 3. T-value with a Degree of Freedom and at Significance Level

Significance level (0,05)	t value Tabulated	T value Calculated	deviation Standard	Mean of scores	Sample	gender	Orientation management Toward The competition
Non-functional	2	0,96	2,11	138	25	Male	
			3,1	127	25	female	

The table above shows that there are no differences between males and females in managing the orientation towards competition, as managing the orientation towards competition is a right permitted for both sexes. This result indicates that students, whether male or female, have the same common interests and internal motivations that motivate them to achieve results. This represents a positive indicator indicating that there is readiness and optimism for both genders towards continuing to achieve goals and ambitions. () The researcher believes that this result is due to the socialization of both males and females, as each of them receives the same amount of attention, follow-up, and control in the behavioral and emotional aspects. University students, whether male or female, are exposed to guidance and education processes of equal ability, and the Iraqi family is equally aware of the role of the female, especially since it has begun to contribute effectively with men in participating to represent sports clubs and national teams and achieve sporting achievements.

Conclusion

The study reveals a prevalent trend among students within the Department of Physical Education and Sports Sciences towards effectively managing their orientation towards competition. Furthermore, it highlights that there are no substantial differences in this trend based on gender within the student body, as indicated by the absence of statistically significant variations. These findings align with previous research, such as the work of Muhammad Lotfy Al-Sayed Hassanein on sports achievement and training principles.

Based on these insights, several recommendations are proposed: Firstly, there is a suggestion to foster continued engagement in sports activities among students by implementing a structured sports program. Additionally, efforts should be made to explore students' inclinations towards various sports competitions beyond handball. Lastly, particular attention should be paid to the psychological well-being and competitive performance strategies of students studying physical education and sports sciences, recognizing their pivotal role in achieving favorable outcomes. These recommendations aim to enhance overall athletic development and success among students in this field.

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