

COMPARING HEALTH AWARENESS OF SOME INDIVIDUAL SPORT PLAYERS

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Abstract

The idea of the study emerged from the problem of lack in concern with the health aspect for some individual sports which led to lack of health awareness for players of these sports. They do not have complete awareness of their health and healthy behavior. The study set the following goals to be achieved:

- To define health awareness of some individual sport players in Al Najaf Al Ashraf
- Define differences in health awareness among some individual sport players in Al Najaf Al Ashraf

In order to achieve these goals, the researchers determined population of the study consisting of some individual sport players in Al Najaf Al Ashraf for the sport season of 2014 – 2015 in the following sports: (body building, wrestling, boxing and weight lifting). They were (80) players, while the sample of the study was (60) players constituting a percentage of (75%). The researchers used the health awareness scale which aims to define the level of health awareness for the sample of the study prepared by (Abdelnasir Qaddomi: 2009). After deriving scientific principles of the scale, it was distributed on the sample of the study to reach the following conclusions:

- 1- Most individual sport players enjoy average amount of health awareness.
- 2- The comparative study resulted in distinction for the sake of body building athletes in health awareness among individual sports. Accordingly, the researchers ended their study with many recommendations they found crucial and related to solutions of the study problem.

Keywords: (Health awareness – Individual sports)

1. INTRODUCTION

It is one of their basic rights when individuals enjoy the highest level of health that can be reached as this protects them, provides healthy and psychological care, responds their various needs and requirements and helps for inclusive growth. Health is a major goal for education as health education is the first goal which everyone seeks to achieve as it is a technical process that has its educational principles and basics. It starts with childhood and continues in all stages of life. It seeks to give individuals a set of information, experience and suitable educational methods with the aim of influencing knowledge, attitudes and behaviors of individuals in addition to giving them correct health habits which help them grow correctly.

Health education is related to sport education in a close relation as both of them are concerned with developing the individual's personality in a balanced and comprehensive way. This is shown through the concept of each of them. Sport education is a part of general education with goals including developing individual's personality from all its aspects (mentally, physically, psychologically and socially). This is done through practicing sport games or activities under the supervision of a fully-aware management. As for health, it is a state of physical, psychological and social wellness and not only being free of sickness or disability. Through presenting those two concepts, it is clear that both of them are parts of general education. Thus, the interest in health awareness comes in harmony with the holistic view towards education as a tool for bringing up individuals in a balanced and comprehensive way in terms of mental, physical and psychological aspects. It can help get rid of a lot of problems faced by individuals such as their weak health awareness. The significance of the study lies in defining health awareness of individual sport players and comparing them. In addition, this study may be a start for further similar researches adopting the issue of health awareness and means of health education for players.

Problem of the Study

Through experience of the researchers in sports and their review of some individual sport players in Al Najaf Al Ashraf, they found lack of concern in health aspect for some individual sport players which led to lack of awareness among them as well as lack of specialist medical assignments in following-up healthy aspects of players and concern with their health behavior. Thus, trainers apply training courses without any idea about players' health level or about their health attitudes which led to many

physical and functional injuries. In fact, some players raised physical efficiency in an abnormal manner during training or sport competition. This leads to increase fatigue and tiredness on operating internal functional systems which, in turn, leads to multiple complications. Therefore, the researchers decided to define health awareness and its attitudes for players of some individual sports.

Goals of the Study:

1. Health awareness of some individual sport players in Al Najaf Al Ashraf.
2. Define differences in health awareness among some individual sport players in Al Najaf Al Ashraf

2. METHODOLOGY:

The researchers used the descriptive survey method with comparison as it is consistent with the nature of the study problem.

Population & Sample of the Study:

The population of the study included some individual sport players in the following sports: (body building, wrestling, boxing and weight lifting). They were (80) players, while the sample of the study was (60) players constituting a percentage of (75%) as shown in the following table No. (1):

Table (1): Number of Population & Sample of the Study

Serial	Sport	Total number	Sample members	Sample's percentage
1	Body Building	20	15	75%
2	Wrestling	20	15	
3	Boxing	20	15	
4	Weight Lifting	20	15	
Total		80	60	

Field Procedures of the Study:-

Health Awareness Level Scale:

The researchers adopted Health Awareness Level Scale (see annex 1) that aims to define health awareness level for the sample of the study prepared by Abdelnasir Qadoumi (122:4) as it consists of (48) paragraphs to be answered by respondents due to three options: (always, sometimes and rarely). The highest degree on the scale is (144) and the lowest one is (48). In order to apply the scale, the researchers presented it (see annex 1) on a group of expert and specialists (see annex 2) in the field of sport psychology, examination and measurement for the purpose of evaluation in terms of validity in a certain position. All paragraphs' validity was confirmed and then researchers set instructions to answer paragraphs of the scale (see annex 1). Correct answers are by setting instructions that can be answered easily with correct answers. They also asserted simplicity of words, meaning clarity, validity, answer reliability, hiding real purpose of measurement and informing the respondents that their respond will be kept confidential and only for the purpose of the scientific research.

Scientific Principles of Health Awareness Scale

Scale Validity:

Validity is one of the preconditions and scientific principles of good testing. Validity means that the test measures what it was set to measure and not anything else (23:7). Scale validity was ensured through counting superficial validity after presenting the sample to a group of experts and specialists. The researchers also ensured scale validity through content validity scale which was done through logical judgment on the presence of features or abilities to ensure that whether the proposed measurement means is able to measure it actually or not. Thus, it was presented to a group of experts and specialists (see annex 2) to approve scale validity.

Scale Reliability:

Reliability is the scale that gives close results or the same results if applied more than once in similar conditions (145:3). In order to determine scale reliability degree, the researchers applied it through the distribution of scale on members of the exploratory trial (10 players). By determining scale validity degree extent, Pearson correlation coefficient 's equation between the first application conducted on 26/01/2015 and the second application on 08/02/2015 after distributing the scale once again after 14 days with the same conditions of the first application. Reliability degree (0.85) was obtained and its high figure shows the scale's reliability.

Main Trial for the Health Awareness Scale:

After determining the original sample (80 players), the scale in its final form was applied. The scale's forms were distributed by direct communication by researchers on 10/02 to 01/03/2015. They illustrated goals of the study to members of the sample with assert on crucial answers to all paragraphs of the scale honestly. Answering time ranged between 15 and 20 minutes.

3. RESULTS: ANALYSIS & DISCUSSION:

After completing procedures of setting the tool of the study (health awareness scale) and after completing final application of the scale on the sample of the study, the obtained data were processed, analyzed and discussed as follows:

Health Awareness Level for Individual Sport Players:

For the purpose of achieving the first goal of the study (to define health awareness of some individual sport), the researchers applied the scale on the main sample (80 players) in the following sports: (body building, wrestling, boxing and weight lifting). Arithmetic means and Standard Deviations S.Ds for players' responses on the scale and then determining counted arithmetic means, S.Ds, conceptual means and difference coefficient of the health awareness scale for each game separately as shown in table No. (3):

Table No. (3): Arithmetic means and Standard Deviations S.Ds, proposed means and difference coefficient in health awareness level for respondents of the sample of the study.

Serial	Statistical features of sports	Mean	S.D	Proposed Mean	Difference Coefficient
1	Body building	119.20	4.11	96	%3.48
2	Wrestling	110.83	4.56		% 4.11
3	Boxing	112.70	4.52		%4.01
4	Weight lifting	103.87	5.62		%5.41

Comparing Health Awareness Level among some Individual Sport Players:

In order to define best results in health awareness level among some individual sport players, the researchers used the F rule for contrast analysis as shown in table No. (4):

Table No. (4): Results of the F rule for contrast analysis of health awareness level among some individual sport players

Variable	Contrast Source	S.Ds	Freedom Degrees	The counted Value	F	Average Deviations	Significance
Health Awareness Level	Inter-group	44.61	3	8.922	27.45	27.45	Significant
	Intra-group	32.18	76	0.325			
	General		79				

Table No. (5) Shows results of the Least Significant Difference (L.S.D) in health awareness level among some individual sport players

Sports	Means	Mean diff. value	Counted L.S.D value	Significance
Bodybuilding – Wrestling	110.83 *119.20	8.37	8.25	Significant
Bodybuilding – Boxing	112.70 119.20	6.50		Insignificant
Bodybuilding – Weight Lifting	103.87 *119.20	15.33		Significant
Wrestling – Boxing	112.70 110.83	1.87		Insignificant
Wrestling – Weight Lifting	103.87 110.83	6.96		Insignificant
Boxing – Weight Lifting	103.87 *112.70	9.13		Significant

4. DISCUSSING RESULTS:

Through results of table No (3), it was found that most respondents from some individual sport players enjoy a good level of health awareness as mean values came higher than the proposed means for health awareness scale. The researchers found that this was due to the player's care in himself and following his health matters as well as realizing how to concern in health. A player with health awareness can change incorrect habits and practices in addition to the economic outcome of his physical and mental health through professional sport career which benefits him and society. Enjoying wellbeing makes individuals physically, socially and personally consistent with themselves and with others and be able to reach self-achievement and invest his abilities as much as possible (9:1).

Tables (4, 5) showed that there are significant differences and a clear distinction in health awareness level or the sake of some bodybuilding players. The researchers found that the reason for this distinction was due to health information exchange among players and discussing their thoughts and concerns among each other. Thus, health awareness increased by the increase of participation level and cooperation among members of the single team. This health awareness has to continue as the team should participate in decision-making to achieve wellbeing for its members. This participation may reflect bearing responsibility, leadership and setting correct priorities for players as well as raising social spirit among team members and being close in the type of cooperation which provides them with general health information. This is what distinguishes them in terms of high health culture level from other sports that lack this type of intellectual closeness as players depend on themselves in getting correct information which help raise their health awareness level. Accordingly, we should bear in mind that enhancing health condition of players and raising general health levels for them and their teams will still difficult to achieve unless integrating all efforts and guiding towards health awareness. It is not possible to think of raising the level of a player's health away from awareness and knowledge of main and correct information and rules which represent the basis of forming behavior, acquire health habits and practicing tem. (128:5).

5. CONCLUSIONS:

- 1- Most individual sport players enjoy an average level of health awareness.
- 2- The comparative study resulted in distinction for the sake of body building athletes in health awareness among individual sports

6. RECOMMENDATIONS:

- 1- There should be a concern with health aspect of individual sport players.
- 2- There should be a concern with explaining and spreading health awareness in various sport activities and games.
- 3- It is important to define real levels of health awareness for all sports with all levels and age categories.
- 4- We should concern with the health aspect of all players such as aspects of training process.
- 5- There should be comparisons in a lot of variables of public health among all sport players.
- 6- Making other comparative studies among male and female players (due to gender variable) in all sport games.

7. REFERENCES:

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Annex (1)
Health Awareness Scale

Dear player: kindly read phrases accurately and then answer them by ticking (√) for suitable options without leaving unanswered paragraphs.

Age:- Sport:- Club Name:-
Years of Training & Playing:- Academic Level:-

Serial	Paragraphs	Always	Sometimes	Rarely
1	I consult a doctor when I found any sickness symptoms			
2	I stick to doctor's instructions after returning from injury			
3	I concern much in rehabilitation training after injury			
4	I care with my personal physical hygiene and wash daily			
5	I follow health journals			
6	I keep a personal health history			
7	I make a comprehensive medical examination each year			
8	I discuss specialists in general aspects of health			
9	I keep away from places of noise			
10	I avoid having sport stimulants			
11	I avoid continuous staying up for long			
12	I use medical glasses that protect me from sunrays			
13	I have fresh fruits and vegetables			
14	I have various and balanced materials			
15	I keep a suitable weight for me			
16	I have food three hours before training or the match			
17	I drink enough amounts of water during training or the match			
18	I have my food meals on time			
19	I prefer boiled food to fried food			
20	I avoid vinegars and spices			
21	I avoid drinking tea and coffee in great amounts			
22	When I buy food materials, I read instructions related to calories			
23	I wear suitable sport attire for climate during training or match			
24	I wear suitable sport shoes for the sample I represent			
25	I ensure intact devices and equipment before using them			
26	I put on shields in training or matches			
27	I avoid wearing jewels (rings, necklaces and bracelets) during training or matches			
28	I inform the trainer for my health condition frankly before training or matches			
29	I make enough warm-up before start during training or matches			
30	I stick to trainer's instruction when performing complete training			

31	I know my abilities and potential without excess in performing training to avoid injury			
32	I concern with performing extension exercises before training and warming-up at its end			
33	I grade exercises performance of physical and skill training from the easiest to the hardest			
34	I cooperate with my partners in achieving success			
35	I respect rules of the event or sport I practice			
36	I have high commitment to my team			
37	I prefer public good of my team over my personal interest			
38	I bear responsibility of my mistakes during training or matches			
39	I accept winning or loss with good sportsmanship			
40	I share good and bad moments with partners			
41	I do instructions and guide of my team captain			
42	I deal with my partners on the pitch without getting nervous			
43	I balance my temper in order not to negatively affect general performance level of my team			
44	I find suitable methods to solve problems			
45	I discuss problems with my coach and partners			
46	I take my own decisions away from psychological anxiety			
47	I accept referee judgments without being nervous even if they are wrong			
48	I express my emotions clearly and frankly			

Annex (2)

Names of Experts & Specialists who Examined Health Awareness Scale

Serial	Name	Specialization	Workplace
1	Prof. Dr. Hussein Rabea Hamady	Psychology	Faculty of Education / Babylon University
2	Prof. Dr. Yassin Elwan Ismail	Sport Education Psychology	Faculty of Physical Education & Sport Science
3	Prof. Dr. Haidar Abdelreda Tarad	Sport Psychology	Faculty of Physical Education & Sport Science
4	Prof. Dr. Haytham Hassan Abd	Sport Psychology	Faculty of Physical Education & Sport Science
5	Prof. Dr. Amal Ali Saloumi	Sport Psychology	Faculty of Physical Education & Sport Science