

# The Level of Positivity among the Administrators of Palestinian Sports Clubs

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## ABSTRACT

**Objectives:** The aims of this study were to investigate the level of positivity among the administrators of Palestinian sports clubs, in addition to determine differences according to Administrative courses & Administrative position variables. **Method and Procedures:** To achieve this, the study sample consisted of (452) Administrative member from (113) sports clubs in the West Bank districts & representing (30%) of the number of sports clubs in each district. To collect data, the authors applied the positivity Scale (PS; Qadoumi, 2018). The PS requires participants to respond to fifteen items designed to assess aspects of positivity dimensions (optimism, quality of life & happiness) with the Administrative member role on a scale ranging from 1 (strongly disagree) to 5 (strongly agree). To address data, Cronbach's alpha coefficients were computed to determine the reliability, means, standard deviation, percentages, Independent samples t-test, One Way ANOVA and Scheffe's post-hoc test were used. **Results:** the results of the study showed the level of positivity & dimensions among the administrators of Palestinian sports clubs were high, where the percentage of response for the total score, optimism, quality of life & happiness were respectively (78%, 79.80%, 78.60, 75.60%). There were significant differences in positivity among the administrators of Palestinian sports clubs according to Administrative courses variable in favor of participate members. Also, there were significant differences in positivity among the administrators of Palestinian sports clubs according to administrative position variable in favor of club president mean.

**Keywords:** Positivity, optimism, quality of life, happiness, administrative courses

## INTRODUCTION

Positive psychology is a modern stream, which interested in studying every single positive thing, as well as, positive psychology is interested in studying human virtues and strength inside the human soul to immunization the individual. (Sligman et al., 2009). Moreover, (Al-asmí, 2015) referred to positive psychology as a great movement in psychology according to the positive

aspects of positive human forces and strength can face difficulty and challenges meeting the individual in his daily life. Positivity is meaning that the individuals have a positive direction or positive evaluation towards the self, the future and the previous experience. Also, (Leak & Leak, 2006) defined it as the study of the positive human forces that contribute to help individuals in their psychological, social and educational aspects, as well, discovering and developing the capacities and qualities, which will contribute to help them facing difficulty and challenges they meet every single day, as well as develop their sense of happiness or well-being and the desire to live effectively. Bakir & Kangalgil (2017: 98) defined it as the main determinant of personal well-being and it can be expressed by saying that it's a tendency to evaluate all aspects of life that are already good.

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The most important thing that making positivity special is positivity's many topics and fields such as: friendship, love, creativity, happiness, success, spirituality, optimism (Seligman, 1999) Self-esteem (André & Lelord, 2008), adaptation, social support (Katherine, 2014), satisfaction, hope (Elsayd, 2016).

In the current study, Qadoumi's scale for positive personality was used (Qadoumi, 2018) which included three dimensions: optimism, happiness, and quality of life. Optimism is one of the most important factors in positive psychology (Marín et al., 2013). Optimism is defined as an illustrative method that attributes positive events to personality and enduring reasons during interpreting negative events as external, temporary and circumstantial events (Seligman, 2011). Aspinwall & Tedeschi (2010) defined it as a trait that reflects the individual's positive Expectations about events and predicts how he will cope with stressful life events. Where the researchers are caring about optimism because it's related to the individual's mental and physical health, the results of optimism studies revealed a positive correlation between optimism and mental health (Achat et al., 2000; Gruber et al., 2009) and happiness (Chen et al., 2009) Self-acceptance, positive relationships with others, personal growth, independence and positive emotion. (Marshall et al., 1992). Moreover, studies have confirmed that optimism is predictive of the better existence of the individual (Turkum, 2005) And about the quality of life, it's a multidimensional concept, and we can define it as a personal self-satisfaction and being satisfied with the physical, emotional, mental, social and behavioral components of performance (Ravens et al, 2014; Jozefiak et al, 2010).

Dhatt & Rishi (2015) points out that the concept of optimism is generally used to indicate a positive direction and the good things will happen in an independent way, which means that individual's ability has nothing to do with.

The concept of quality of life broadly covers how an individual measure the validity of multiple aspects of their lives.

These evaluations include individual's emotional reactions towards life events, behavior, and the sense of satisfaction with life job satisfaction, and personal relationships (Diener, Suh, Lucas, & Smith, 1999).

Happiness is a modern concept that have been linked to positive psychology's studies, and it's considered as one of the fundamental variables of personality, and a basic goal in every human life, philosophers, thinkers, scientists, artists and others seeks to achieved it, and the individual feels satisfied, Joy, enjoyment, self-realization, optimism as soon as he achieved it, so, it leads to positive orientation towards life (Al-Shawi & Salmi, 2017).

(Gooda, 2007: 701) defined it as a positive an emotional and mental state, the individual can experience it by himself, it's including satisfaction, pleasure, optimism, hope, and a sense of ability to influence events positively.

The sports clubs are a recreational sports institution that aims to contribute positively to the sport and social development of the members of the society within the framework of the needs and wishes of its members, Which leads to the realization of the philosophy of the country, which (Abd Al-hameed, 1996) defined it as a civil association organized by a group of individuals with their own will, without direct intervention from countries, and it aims to invest its members leisure through physical activity and sports as a major activity and social activity as a sub-activity.

Researchers think that the success of sports clubs depends on the integrative role between the members of clubs management general authority and the sports teams. Offering a comfortable psychological environment is a must for all.

At the end, studying positivity is one of the most important topics which linked to the management of sports institutions, which have not received much attention from the workers in the field of sports, in addition to the lack of studies and scientific literature in this field, and when we face a lack of information in some field, so, we have to research and study. As the current study aimed to determine the level of positivity and differences according to the variables of administrative courses, and the administrative position of members of the administrative board of the Palestinian sports clubs.

## LITERATURE REVIEWS

A study of Al-Dababi et al. (2019) which aimed to investigate the relationship between optimism-based

on life orientation test and self-efficacy and happiness for students of Jordan University of Science and Technology – JUST. Life Orientation Test (LOT) of (Carver, Scheir & Bridges, 1994) Self-Efficacy Test of (Schwarzer & Jerusalem, 1995) and Oxford Happiness Inventory are employed to achieve the purpose of the study. An available 358 students have comprised the sample of the study. The results of the study show a statistically significant correlation between optimism and self-efficacy; optimism correlates with happiness as well. No statistically significant difference is found between optimism and sex. On the other hand, the results indicate that optimism varies significantly with students' major. Also, the results show a significant difference existing between self-efficacy and students' sex in favor of males; significant difference existed in students' happiness attributed to students' sex and college in favor of females and colleges of sciences (basic sciences).

A study of Qadoumi (2018) which aimed to identify the level of optimism and quality of life and happiness in students of science, police, military and security at the University of Independence in Palestine, in addition to determining the relationship between optimism, quality of life and happiness, the development of the index to measure optimism and quality of life and happiness combined, and to achieve this study was conducted on a sample (200) students. The study found that the overall level of: optimism was high, Quality of life was very high, happiness was high, a positive relationship. A statistically significant function between optimism, quality of life and happiness, positivity scale was developed to measure Optimism, quality of life and happiness combined, and reach validity. Quality of Life as Mediator between Optimism and Happiness.

A Study of Medvedev & Landhuis (2018) which aimed to Exploring constructs of well-being, happiness and quality of life. The study sample consisted of (180) University students completed widely used wellbeing measures including the Oxford Happiness Questionnaire (OHQ), the World Health Organization Quality of Life Questionnaire, the Satisfaction with Life Scale, and the Positive and Negative Affect Scale. Results: All included well-being measures demonstrated high loadings on the global well-being construct that explains about 80% of the variance in the OHQ, the psychological domain of Quality of Life and subjective well-being. The results show high positive correlations between happiness, psychological and health domains

of quality of life, life satisfaction, and positive affect. Social and environmental domains of quality of life were poor predictors of happiness and subjective well-being after controlling for psychological quality of life. The level of happiness was very high and the mean of response reached to (4.18).

A study of Lipowski (2012) which aimed at determining the level of optimism and health behavior of athletes, in addition to ascertaining that optimistic athletes do have good health behavior? To achieve this, the study was conducted on a sample of (385) male athletes and (147) females, and they applied the measure of optimism and the measure of health behavior. The study found that the optimism was high in both males and females, in addition to a positive relationship between optimism and healthy behavior among the adolescents.

A study of unuvar, Avsaroglu & Uslu (2012) which aimed at revealing the optimism and the level of satisfaction with the life of the students of tourism and hotel management schools in Turkey. The study sample consisted of (479) students. The results of the study showed a positive relationship between optimism and satisfaction with life. It was also found that the level of optimism and satisfaction with life was average among students. It was also found that females are more optimistic and satisfied with life than males.

## METHOD AND PROCEDURES

### Study Approach

The descriptive approach has been used because it was suitable for study purposes.

### Study Society

The study's society composed of all the members of administrative bodies of the sports clubs in the West Bank provinces, according to the records of the Supreme Council for Palestinian Youth and Sports for the year 2019, there consist of (415) sports clubs.

### Study Sample

The study was conducted on a random sample of all members of the administrative bodies of the sports clubs in the West Bank provinces, where consisted of (113) sport clubs, with a total of (452) members, and the clubs that used as a sample from each district were selected by (30%) of the total number of sports clubs.

## Study Instrument

The researchers used Qadoumi's scale to measure clubs managers positivity in Palestine. The scale consists of three dimensions: optimism, quality of life, and happiness. Each dimension contains five items, so the scale totally has 15 items, and it requires respond to them on five points likert scale (1-5) degrees, degree (5) means "strongly agree", degree (4) means "agree", degree (3) means "neutral", degree (2) means "disagree", degree (1) means "strongly disagree".

## Validation and Reliability of the Study Instrument

The researchers applied the positivity scale on an exploratory sample of the members of the administrative bodies of the sports clubs in the West Bank districts consisted of (45) members from outside the sample of the study and the study population. The internal consistency validity was used by extracting person correlation coefficients between items and total score of scale, the range of values were (0.70 - 0.92). It was statistically significant at ( $\alpha \leq 0.01$ ). This indicates that the scale meets what is found to be measured and is suitable for application in the Palestinian environment. It was statistically significant at ( $\alpha \leq 0.01$ ). And that shows that the scale suitable for what is found to be measured, and it can be implemented in the Palestinian environment.

To make sure that the stability of the study instrument, the researcher used the Cronbach's Alpha equation for the internal consistency of the responses of the sample of the exploratory study for each item and for each dimension and for the total score on the positivity scale. The Cronbach's alpha values for the positivity scale dimensions ranged between (94.7-97.1) %, and its value on the scale as a whole (98.2%) These values show that the positivity scale is highly stable, accurate and we can use it in the Palestinian environment.

## Statistical Processes

The researchers used the SPSS program to process data by applying Pearson correlation coefficients, Cronbach's alpha equation, Means (M), Standard deviations (SD), Relative weights, independent samples t-test, One Way ANOVA, Scheffe Test.

## Viewing the Results of the Study

**First: the results related to the first question for the study, which reads**

What is The level of positivity among the administrators of Palestinian sports clubs?

To answer the first question for the study, the researchers used the means, standard deviations and the relative weights of of each item and for each domain, And the total score of the level of positivity among the administrators of the Palestinian sports clubs. and in order to explain the results, relative weights were used as indicated in the study of (Qadoumi, 2018): more than (80% -very High level of positivity), (from 70% to79.99% -High level of positivity), (From 60% to 69.99% - Average level of positivity), (from 50% to 59.99% - low level of positivity), (less than 50% - very low level of positivity) And the results of the Table 1 shows that.

It clears from the results of the Table 1 that The level of positivity among the administrators of Palestinian sports clubs was high on all dimensions and the overall level as well, where the percentage of response to the overall level of positivity (78 %(and for dimensions (optimism, quality of life & happiness) were respectively (79.80, 78.60, 75,60)%.

**Second: the results related to the second question for the study, which reads**

Are there statistically significant differences at the level of significance ( $\alpha \leq 0.05$ ) in the level of positivity

**Table 1:** Means, standard deviations and relative weights for the level of positivity and their dimensions among the administrators of Palestinian sports clubs (N=452)

No.	Positive dimensions	Mean	Standard deviation	%	Response	Rank
1	Optimism	3.99	0.58	79.80	High	1
2	Quality of life	3.93	0.66	78.60	High	2
3	Happiness	3.78	0.73	75.60	High	3
Total level of positivity scale		3.90	0.54	78.00	High	-----

\*Maximum degree of response (5) degrees. \*\* No.: Number. \*\*\* %: Relative weights.

among the administrators of the Palestinian sports clubs according to administrative courses variable?

In order to answer the second question for the study, the researchers used independent samples T-test to determine the differences in the level of positivity among the administrators of the Palestinian sports clubs according to administrative courses variable and the results of Table 2 show that.

It clears from the results of the Table 2 that there were statistically significant differences at the level of significance ( $\alpha \leq 0.05$ ) in the level of positivity among the administrators of the Palestinian sports clubs between the participant mean and the mean of non-participant in favor to participant mean.

**Third: the results related to the third question for the study, which reads**

Are there statistically significant differences at the level of significance ( $\alpha \leq 0.05$ ) in the level of positivity among the administrators of the Palestinian sports clubs according to administrative position variable?

In order To answer the third question for the study, the researchers used the means and standard deviations of the level of the positivity level among the administrators of the Palestinian sports clubs and one way anova to determine the differences according to administrative position variable, and the results of Tables 3 and 4 show that.

It clears from the results of the Table 4 that there were statistically significant differences at the level of significance ( $\alpha \leq 0.05$ ) in the level of positivity among the administrators of the Palestinian sports clubs according to administrative position variable, To determine the differences, use the Scheffe Test for post hoc comparison between means, and the results of Table 5 show that.

The results of Table 5 show that the differences in the total level degree of the positivity scale were between the means of the president, vice president, club Secretary and Treasurer of the club in favor to the mean of the club president. Also The differences between the mean of the vice president and treasurer of the club was in favor to the mean of treasurer of the club, while the differences between the mean of club secretary and treasurer of the club as in favor to the mean of treasurer of the club, while the other comparisons were not statistically significant.

## DISCUSSION OF STUDY RESULTS

The study aimed to determine the level of positivity and differences according to the variables of administrative courses and the administrative position among the administrators of the Palestinian sports clubs. In the absence of previous studies that related directly to the management of sports clubs, the researchers compared them with other studies similar to the subject and different with the selected samples, Where it was found that the level of positivity scale and all dimensions (optimism, quality of life and happiness) was high Table 1. The researchers attribute the reason to matters related to the nature of sports management of clubs as independent bodies, positions worked by persons who elected democratically, often they are volunteers of prominent personalities, active and socially desirable, or from sports personalities who are retiring, and this in turn reflects them positively and enhances their self-confidence and their awareness of their roles and makes them more optimistic, happy, less tense and anxious and frustrated and pessimistic.

Emphasized by (Abdel-hamid, 1996) that sports clubs are a non-governmental organization composed through a group of individuals with their own will and without the direct intervention from states, aims to invest the vacuum of its members through physical

**Table 2:** Test results of independent samples T-test to determine the differences in the level of positivity among the administrators of the Palestinian sports clubs according to administrative courses variable (N=452)

Positivity dimensions	Participating (N=290)		Not participating (N=162)		Value (T)	Sig.*
	Mean	Standard deviation	Mean	Standard deviation		
Optimism.	4.09	0.48	3.81	0.69	5.065	*0.001
Quality of life.	4.05	0.59	3.74	0.74	4.867	*0.016
Happiness.	3.83	0.64	3.60	0.85	3.149	*0.000
Total score.	3.99	0.44	3.72	0.65	5.257	*0.001

\* The level of significance ( $\alpha \leq 0.05$ ). \*\* Sig.: significance.

activity and sports as main activity, and social activity as a sub-activity.

The researchers also believe that the success of sports clubs depends mainly on the integrated role between the members of the management of the clubs themselves and the public body and sports teams, There must be a comfortable psychological environment for everyone, and these results are agree with the results of the study (Qadoumi, 2018) Which showed that the level of positivity dimensions of optimism, happiness and quality of life were high, In relation to the level of optimism, the results of the study were agreed with the results of studies (Qadoumi, 2015; Lipowski, 2012; Cindy, 2003), which showed that the level of optimism was high. While differed from the results of the study (unuvar, Avsaroglu & Uslu, 2012) which showed that the level of optimism was average.

**Table 3:** Means, standard deviations of the positivity level among the administrators of the Palestinian sports clubs according to administrative position variable (N=452)

The dependent variable	Administrative position Variable	(N)	Mean	Standard deviation
Positivity	Club president	113	4.14	0.45
	Vice President of the club	113	3.77	0.42
	Club Secretary	113	3.70	0.66
	Treasurer of the club	113	3.94	0.48

The level of happiness and quality of life varied with the results of the study (Medvedev& Landhuis 2018) Which aimed to explore the structures of well-being, happiness and quality of life among university students where the level of response was very high.

There are also statistically significant differences in the level of positivity among the administrators of the Palestinian sports clubs in favor of the mean of the participants in the administrative courses Table 2. The researchers attribute this to the role of management courses in training and construction of cognition, mental, social, leadership, psychological and technological, in which refining the personality of the administrators professionally, And enhance their knowledge of their roles and develop their abilities to meet the challenges and difficulties to translate for real in the service and development of sports clubs in all respects. This has contributed to increasing the level of performance, ambition, optimism, happiness, self-satisfaction, control of behaviors, reducing psychological and professional stress and quality of life. Randall (2008) emphasized a positive correlation between optimism and performance while the correlation was negative with pessimism. It's agreed with the results of the study Al-Imam (2005) which showed that the training courses work to raise the administrative efficiency by clarifying the line of work and developing the manager professionally, where there are significant differences between the trainers and unskilled trainers in favor to trainers. The results of the study are also consistent with

**Table 4:** The results of one way anova to determin the significant differences in the level of positivity among the administrators of the Palestinian sports clubs according to administrative position variable (N=452)

The dependent variable	Source of variance	Sum of squares	Df	Mean square	F	Sig.*
Positivity	Between groups	13, 155	3	4.385	16.419	*0.000
	Within groups	119, 640	448	0.267		
	Total	132, 795	451			

\* The level of significance ( $\alpha \leq 0.05$ ). \*\* DF: Degree of freedom. \*\*\* Sig.: Significance level.

**Table 5:** The results of Scheffe Test for the comparison in the differences of the level of positivity among the administrators of the Palestinian sports clubs according to administrative position variable (N=452)

The dependent variable	Administrative position variables	Means	Club president	Vice President of the club	Club secretary	Treasurer of the club
Positivity	Club president	4.14		*0.37	*0.44	*0.20
	Vice President of the club	3.77			0.07	*-0.17
	Club Secretary	3.70				*-0.24
	Treasurer of the club	3.94				

\* The level of significance ( $\alpha \leq 0.05$ ).

the results of the study (Farooq&Khah, 2011) Which indicated the importance of the training courses in improving the output of the institution and improve the performance of the employees of the institution and develop their abilities and increase their scientific skills, and the training courses have an important role in the participation of the worker and give him the spirit of participation in decision-making and the introduction of new ideas which makes him able to perform his work on the complete and field of work. Tamraz (2015) believes that the good management work of sports clubs requires training and training. Therefore, studying the practical methods of sports management is important for the rehabilitation of the sports administration, which can be said that the study of sports management is necessary to succeed in administrative work in sports club.

Also, There were also statistically significant differences at the level of ( $\alpha \leq 0.05$ ) in total level of positivity scale among the administrators of the Palestinian sports clubs according to the variable of the administrative position for the club president and then the treasurer, This result, agreed with Ramadan's (2005) study, inwhich indicated to some positivity traits in building the creative personality of a financial accountant in general, such as: courage, self-confidence, daring and success. This in turn applies to the treasurer of creative sports clubs, according to the researchers opinion. And also, the study results agreed with Coulson (1997) inwhich indicated to some of the personal skills that headmasters of sports clubs and institutions must have by being able to attract and respect others. This requires strong, balanced, intelligent and calm personality, as well as being able to make the right decision, These qualities ultimately lead to improved performance. While the other comparisons were not statistically significant Table 5. The researchers attributed this to two main reasons, firstly the importance of these managerial positions and sensitivity. Secondly put the appropriate people for these positions according to the standards of modern management and related to the personality of leadership and the concept of self-confidence, scientific qualification, administrative courses, communication and social and other desirable. And what was mentioned is characterized by the president of the club followed by the treasurer and this contributed to the formation of a positive personality capable of facing the difficulties and challenges and the development of good qualities, Emphasized by (Mghrby, 2013) With the specifications of the occupant

of each administrative position, including: personal qualities - qualifications - practical experience - training courses.

## CONCLUSIONS

The results of the study showed that the level of positivity among the administrators of the Palestinian sports clubs was high on all dimensions and the total score of it. Also, the effect of the variable of administrative courses on the positivity level was found for the participants in the administrative courses. The effect of the administrative position variable was found in favor of the club president and then cashier and had no effect for the remaining levels of the variable.

## RECOMMENDATIONS

Based on the findings, The researchers recommend the need to focus on psychological skills and developing for administrators, members of organizations of Palestinian sports clubs and carry out other similar studies on players, sport teachers, coaches and others.

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