



# **Social Support and Its Relation to Psychological Stresses Among students at Faculty of Physical Education, the Universities of the Middle Euphrates region Babylon, Karbala, Qadisiyah and Najaf**

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## **ABSTRACT**

Current research aims to reveal the relationship between social support and to Psychological Stresses among students at faculties of Physical Education, the Universities of the Middle Euphrates region Babylon - of Karbala - Qadisiyah - Najaf through recognition, the relationship between social support, and mental stress among sections of students and faculties of Physical Education, the Universities of the Middle Euphrates region Babylon - Karbala - Qadisiyah – Najaf. The research sample consisted of (280) students were randomly selected to achieve the objectives of the research researcher used a measure of social support a component of (29) paragraph. Was used as a measure stress and systematized which included( 14) items distributed and extracted characteristics psychometric of two measures of validity and reliability and objectivity, and found that the two scales, distinguished by a high degree and acceptable validity and reliability and objectivity. The study found that majority of students enjoyed physical education with high level of social support, there were no real differences between the variable of psychological stresses for the students at Faculty of physical education, and there was no inverse relationship between variable of social support and psychological stresses among students at faculty of physical education.

**Keywords:** social support, psychological stresses, physical education

## **1. Introduction**

Modern science in the field of sports aimed at improving the physical abilities and mental health through the practice of actual sports activities and thus improve public health, building and integration of anteing character does not make room for doubt that social support has a great through deicers those who fall under the pressures of life may be support the good word, or advice, or providing useful information. Spending needs and reduce the sense of fear of competitive pressures that accompany the player in his career.

A good subjected to psychological pressure of through direct or indirect with the rival, and in the field of sports show support. Social development in many pictures of them help the player to adapt to the conditions of competition and processing sporting opportunities to the position of competition They come either by directly through (Coach - Media - institutions - clubs) or methods of indirectly by (Father - Mother - brothers and sisters - Friends - relatives and the public) and these methods can work to improve both physical and mental health and quality of life. You need a student at the Faculty of Physical Education to social support and different ways to carry out its duties and improve the level of sports and get rid of the pressures and burdens of life.

The study will take care of the current role of social support (Social Support) as a protective variable that are supposed to alleviate the negative impact of stressful life events. Hence the importance of research in the type of social support received by the student department and the Faculty of Physical Education and whether to get rid of these psychological pressures faced in her faintly. The social support regarded one of the important sources of security needed by the human to his world in which they live after his asylum to God Almighty when he feels that there is need for someone to take his hand to overcome these threats, and social support comes for student Faculty of Physical Education through a network of social relation between them and the others who surround them hence the research problem emerged in the role of social support in reducing the psychological pressures on the shoulders of the Faculty of Physical Education student.

## **2. Methodology**

Descriptive method was used, which "aims to determine the nature and characteristics of some cases with a view to identifying or photographing and analyzing it to draw conclusions and predictions or expectations about the evolution of this case (Mohammad Hassan., 1994).

### **2.2 Subject:**

The research sample included students from the department and the Faculty of Physical Education of the Middle Euphrates Universities (Babylon - Karbala, Qadisiyah, Kufa), which stood at (280) students.

### **2.3 Study Tests:**

#### **2.3.1 Measure of Social Support:**

The measure of social support designed by (Sanaa Gatei) - comprises (29) items and number of five alternatives and degrees ( 5 always – 4 often – 3 sometime -2 rarely – 1 never ) The highest degree obtained by the student is 145 and the lowest score 29 the average shall the imaging level use the total of alternatives figures divided the number multiplied by number which of item amounted to (87) degree.

### 2.3.2 Measure of Psychological Stresses:

The measure was built by (Rawea Abdel Fattah 2004) then legalization of the measure by (Wafaa Turki Alghurery) consists of (14) item and the scale has four alternatives are applicable always on me – applicable too much on me - applicable to a little on me - does not applicable to me never, The highest degree obtained vitro (56) and a lower (14) (Wafaa Turki., 2010).

### 2.4 Statistical Analysis

Study used SPSS to extracting the results.

### 3. Results and Discussion

The results show in table (1) the relationship of social support to psychological stresses sample.

**Table (1) Shows the means and standard deviation of the social support, psychological stresses and the calculated value of R and tabular to sample.**

Subject	Social support		Psychological stresses		Calculated of R Value	Tabulated of R Value
	Mean	Standard Deviation	Mean	Standard Deviation		
Qadisiyh	99.2	29.88	37.8	12.09	- 0.91	0.23
Kufa	100.34	30.27	38.14	11.46	- 0.93	
Karbala	100.68	30.31	38.34	11.05	- 0.94	
Babyl	100.92	30.65	37.9	11.64	- 0.93	

Through what has been vulnerable than the results show that there is a significant correlation between adverse social support and stress among college students and Department of Physical Education when compared to the calculated value of ( R) and 0.93 tabular value of 0.23, and attributes the researcher that the research sample had received multiple types of aims and at social and it has reduced the size of stress and it is possible to deal with stressful events through the material and moral support by family friends and relatives, (Fawzia., 2012) referred that the social support have an impact dilute the results of stressful events, People who are going through the events of painful vary responding negative, such as anxiety and depression for these events depending on the availability of such relationship friendly, and support where more likely exposure to psychological disorders.

Whenever lack the amount of social support where it is an important source of psychosocial support effective it needs the individual in the face of stresses where affects pattern it receives individual support whether emotionally or in terms of information or self in pulling and enrich the experience and make it more strong aware of and appreciation and realistic in his assessment of the event thereby contributing to the increased ability and skill in the face of stresses and deal with it (Fawzia., 2012).

In a scientific study that some individuals resort to family and relatives or even clan in some communities For support and backing security when feeling threatened for a specific reason, It's all so aware that backing social dilute stresses and reduces the negative impact on mental health and physical, and the other hand that the social relations between students of colleges of education sports more than the rest of the colleges due to the nature of the study and practical lessons that dominated by some of the spirit of fun and playing skill collective which requires a spirit of cooperation between the students and this is one of the sources mounting social and most alleviate the psychological stresses and stresses (the Nile, the social relations of the most important sources of social support and protection from the stresses so that they form a protective shield from the distractions and isolation, which makes it live Rest assured, quiet self and help him to be an effective people in the community to receive the appreciation and admiration and respect (Said Nil., 1982).

#### **4. Conclusions**

The study concluded that majority of students enjoyed physical education with high level of social support and there were no real differences between the variable of psychological pressures for the students at Faculty of physical education, also there was no inverse relationship between variable of social support and psychological stresses among students at faculty of physical education.

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