



Relation of Psychological Stress to the Distribution of Attention Among Students in the Fourth Class of The Faculty of Physical Education at the University of Babylon

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ABSTRACT

The university students expose to different cases about their new situations which they are exposed in the university environment that do not get used to these cases may pass positively or negatively, the main negative situations is psychological stress, students of faculty of physical education their situation are as situation of other faculties students have psychological stress and suffer from it, especially if we know that the requirements of the faculty of physical education may outweigh other colleges requirements because it contains practical matters concerning the application of different games and scientific matters concerning theoretical topics, especially after it is classified as scientific college. The research problem is in briefly that lack of knowledge of the reality of psychological stress, which students of the fourth class in the faculty of physical education may suffer from it, as well as the lack of knowledge of the reality of the distribution of attention is one of problem sides and the other side for the problem is the lack of knowledge of the nature of the relationship between psychological stress and the distribution of attention to these students, so the objectives of the research were to identify the psychological stress and the distribution of attention among students in the fourth class in the faculty of physical education/ University of Babylon, and the relationship between psychological stress and the distribution of attention among students in the fourth class in the faculty of physical education, University of Babylon. 120 students from the fourth class of the faculty of physical education at the University of Babylon are represented the research community, 60 students were involved in our study, they were selected randomly. Study has been used descriptive approach with survey manner and connects relations to access conclusions that summarized as follows, students of the fourth class in the faculty of physical education at the University of Babylon characterize a high level of psychological stress and low of the distribution of attention, and also the rise in psychological stress contributes to lack of attention distribution among students in the fourth class in the faculty of physical education at the University of Babylon.

Keywords: Psychological Stress, Distribution of Attention.

1. Introduction:

The university students expose to different cases about their new situations which they are exposed in the university environment that do not get used to these cases may pass positively or negatively, the main negative situations is psychological stress, students of faculty of

physical education their situation are as situation of other faculties students have psychological stress and suffer from it, especially if we know that the requirements of the faculty of physical education may outweigh other colleges requirements because it contains practical matters concerning the application of different games and scientific matters concerning theoretical topics, especially after it is classified as scientific college.

Of the things that students of Physical Education College need them to enter the scientific lessons and mastery of the performance is attention to all its manifestations, but the appearance that we're seeing remarkable here is the distribution of attention because the student's undergraduate needs that distributes his attention to various points in the lesson, especially in the scientific lessons.

Students of fourth class are consideration more mature than other students, so researchers tried to get to know the extent of the appearance of psychological stress they have at this class of study, as well as the distribution of attention and the relationship which connecting between the stresses with distribute attention, so the importance of the current study to identify accurately these variables.

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2. Methodology

Study used descriptive approach with survey manner and connecting relations because they are suitable to the study goals.

2.1 Subjects

Students from a fourth year undergraduate physical education college\ Babylon University volunteered for the study reported here. Students were initially provided with a verbal explanation as to the nature of the study, including risks, benefits and the time commitment required. From a total of 120 students who represented the research community. The researchers excluded half of students to be the final sample size 60.

2.2 Research Tests

2.2.1 Psychological Stress measurement

The researchers used psychological stress measurement which prepared by (Huda Jalal Mohammad., 2004), the measure is fit to determine the level of psychological stress in a search sample. This measure consists of 31 paragraph, and the answer to these paragraphs is on five alternatives (apply it to a very large degree, apply it to a large degree, apply it to a middle degree, apply it to a low degree, don't apply it never). The researchers presented the measure to the experts and specialists and they agreed with all paragraphs.

2.2.2 Distribution of Attention Test

The researchers used Bordan-Anfimoph measurement for attention distribution which aims to identify the extent of the distribution of attention in the research sample and the test consists of a set of different numbers in vertical and horizontal shape and the researchers require from the research samples when they hear the word (Start), the researchers at the moment running stopwatch, and then the study samples start looking for and remove the number that ends with (79) for just one minute, and when the subjects hear the word stop, they put anchored sign beside the numbers which accessed to and after the end of the first minute is extracted the following indications:

A= (general size) it is the count of numbers considered by researchers since the beginning of the test and even the word (stop).

b= Number of components have to remove them from the test paper since the beginning of the test and even the word (stop).

B= Number of general errors (Number of error compositions that removed + Number of correct compositions that did not remove).

E= Working accuracy factor and test performance.

$$E = \frac{b-B}{B}$$

$$U1 = A \times E$$

After completing the first minute, the samples return the same test for one minute but there was an exciting voice, results are calculated (second minute), where extracting the previous signs themselves by extract the value of (U2) as follows:

$$U2 = A \times E$$

Then the distribution of attention is calculated by the following equation:

$$K = U1 - U2$$

2.3 Main Experimental

The main experimental started on February 10 - 2013, and finished on February 18 – 2013, performance of tests was continually (day after day).

2.4 Statistical Analysis

The SPSS (Mohammed Hassan., 1988) was used in the analysis of the study data.

3. Results and Discussion

T test value between mean and hypothesis middle to the search samples was calculated after collected the data to identify the psychological stress for subjects of study as shown in table (1).

Variations	Mean	Standard deviation	Hypothesis middle	Freedom degree	T value		significance
psychological stress	154.44	10.45	108	28	3.67	2.12	S
Attention Distribution	2.23	0.31	6	28	3.56	2.12	S

Table (1) demonstrates the relation between mean and hypothesis middles for psychological stress.

Table (1) showed that mean value for students was (154.44), it was higher than hypothesis middle and to know the differences significant between mean and hypothesis middle that amount to (108), researchers used T test, the differences significant were in favor of mean, this means students have a high psychological stress. These results consider normal because of the political and social environments which Iraq has, and also students in fourth class will graduate soon so they will be busy about what will do it after graduate, will they get a suitable employment to apply what they taught at college in their schools and will they built a good future satisfying their ambitious and all these thinking result in stress and anxiety.

To know the kind of relation between psychological stress and attention distribution, the researchers extracted person coefficient test between two variations and table (2) illustrates that.

Sequence	Variations	Person Coefficient	Freedom Degree	Tabulate T Value	Calculate T Value	Kind of Connection
1	Psychological Stress	- 0.674	58	4.24	1.96	S
2	Attention Distribution					

Table (2) shows relation between study variations

Tabulate T value= 1.96 and freedom degree= 58 and significance level= 0.05.

Table (2) demonstrates that connection between study variations was significance connection but it was reflex connection, it means whenever stress is increased the attention distribution is decreased and vice versa because of many factors are one of them psychological stress in students psychology and then attention distribution and lack of focus as well as lack of attention distribution which is important to the students are occurred because of a large number of variables that are dealing with the practical lessons in college, in this stage starting teacher's role to direction students to a good performance and

changeable in skill performance as well as participant at sport championships has a huge role in decreasing stress factor and increasing distribution attention factor.

4. Conclusions

The present study has showed that fourth class physical education students/ Babylon University have a high level of psychological stress and low level of attention distribution, in addition, increasing of psychological stress resulted in decrease attention distribution for fourth class physical education students/ Babylon University.

References:

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