



A STUDY OF THE SOCIAL AND PERSONAL ADJUSTMENT OF MALE AND FEMALE PHYSICAL EDUCATION TEACHERS IN THE PREPARATORY STAGE IN BASRA GOVERNORATE

Dr. Amer Abbas Essa

University of Basrah - College of Physical Education and Sports Sciences- 2022

E-mail: amer.essa@uobasrah.edu.iq

Abstract

Study the social and personal compatibility of the teachers and teachers of physical education in the preparatory stage of Basra Governorate

Summary of the Research

The goal of research to:

- 1- Learn about identifying personal, social, health and emotional compatibility of physical education teachers in preparatory schools in Basra Governorate.
- 2 - Compassionate between physical education teachers and teachers in personal, social, health and emotional compatibility.

It is a simple random sample. The sample included (40) teachers who were divided into two equal groups in the number, as the number of each group reached (20) teachers, and the number of (20) schools.

Keywords: social and personal adjustment; physical education teachers.

1 -1 Introduction and Importance of Research:

The human crews have an important role in the construction of the civilization of society, as the summary is strengthened by the construction of people who are able to achieve success and the progress of their society in general, and for themselves in particular, which requires the provision of the integrated pastor of the individual in all aspects And emotionally, socially and linguistically, and this is what is not doubtful about it, it is reflected in the ponds positively, what can be possible from the proper interaction, and the achievement of the success is academic and professional, and the fulfillment of psychological and social adaptation and the teacher of physical education in preparatory schools is an example for the students. His actions and the teacher bears a great responsibility on which the entity of many members of society depends, and the concept of personal and social compatibility has great importance in psychology because of



its effective role in the natural course of the life of individuals and groups in any humanitarian society. Understanding human behavior requires attention to the individual and the environment together, and that the agreement we are looking for is that the human being modified its behavior so that it is compatible with external conditions and the compatibility includes several aspects of them in personal, psychological and social aspects. The compatibility, whether at the personal or social level, has its importance in order for a person to achieve his personal and physiological balance, for consensus begins with the existence of a specific desire or need that a person seeks to satisfy, and by achieving this gratification, the person will achieve the consensus that he seeks, and for the person to achieve personal consensus, there is a set of strategies Which he can use and resort to when needed, and these strategies may be negative or positive, but they remain a strategy that a person takes to achieve compatibility. A person grows through the interaction of genetic forces and environmental forces as well as the formations of the psychological system, and the arrival cannot be understood unless we understand the variables related to the human and the environment. , 2002) Until the emotional and social reporting is a distance, which is reflected in an important way in the knowledge performance, the processes of thought and positive behavior in the development of the ability to adapt and success. And success is a continuous dynamic process that a person aims to change his behavior, to cause a more compatible relationship between him and the environment and this relationship is determined since the early years of the child's life and the environment surrounding him is an important factor in shaping his trends, inclinations and his view of life because the emergence of people who are not compatible in a specific group A stone may be found in front of reaching the goals he seeks and that the personality capable of disposing of various situations of life in ways of value and effectiveness for the society in which we live is considered a high degree of personal and social compatibility

The importance of the study can be clarified in general, as follows:

- 1- The importance of this research by highlighting some aspects of personal and social compatibility of physical education teachers and teachers.
- 2- This research provides a degree of information that enhances the understanding of the causes of the personal and social compatibility of physical education teachers.



3- Lack of studies in this topic, which deals with personal and social success for physical education teachers and teachers.

4- To the continuous increase in preparing teachers and teachers in middle schools.

1-2 Research Problem:

As the physical education teacher has the primary role in the educational and educational process and that it is very close to the students and its impact on them and their behaviors, it is most of the teachers to be compatible in his personal and social behavior, and many psychological and social studies have emphasized the need for physical education teacher to enjoy some characteristics even The desired achievement is done, including good health, emotional stability, good appearance, the ability to drive and the ability to properly behave in the face of some problems and equity in the spirit of fun and positive participation in understanding students 'problems and working to find appropriate solutions to them. From here it is clear the importance of studying the problem of personal and social compatibility of physical education teachers in the preparatory stage of its importance in forming their educational personality, which depends on their family upbringing and their personal, health, emotional and economic conditions and methods of preparing them.

1 -3 Research Objective:

-Learn about identifying personal, social, health and emotional compatibility of physical education teachers in preparatory schools in Basra Governorate.
Comparing the teachers and teachers of physical education in personal, social, health and emotional compatibility.

1 - 4 Research imposition:

1 -There are statistically significant differences between the teachers and teachers of physical education in personal, social, health and emotional compatible.

1-5 Research areas:

1-5-1 Human Borders: This research was limited to the teachers and teachers of physical education in middle schools



1-5-2 Time limits: for the academic year 2020/2021 AD, and its results are generalized on the standards used in the research.

1-5-3 Spatial Borders: Preparatory Schools in Basra Governorate.

1-6 important terms :

Compatibility:

The balance of the individual with himself or his harmony with himself in the sense of his ability to confront and resolve the conflicts that arise inside him and his frustrations, and the extent of his liberation from the tension and anxiety caused by it, and his success in reconciling his motives and his various tendencies, then harmony with the individual with the circumstances of his material and social environment in general, including in it Of other people, relationships, elements, fields, topics and events "(Al -Qaryati, 2003, 50).

Psychological compatibility:

It is represented in the individual's acceptance and realistic understanding of his own understanding and his ability to achieve the satisfaction of his biological, psychological, social and reducing tensions and anxiety in a way that is satisfied with society and pushes him to more work and productivity through the existence of a positive relationship between the individual and the surrounding environment so that he has the ability to control emotions and change behavior With the aim of the individual's satisfaction with himself, his confidence in it, his feeling of personal and social security and his sense of his value.

Social consensus:

It means the individual's satisfaction, his understanding of himself and his capabilities, and the establishment of successful social relationships with others inside and outside the family, by adhering to the standards, values and ethics of society, and is also represented in social participation through courtesy of friends and a sense of happiness when visiting them and the love of participation in trips, clubs, etc. (Sudanese: 2014).

Family consensus:

It is defined as a feeling of stability and family cohesion with the ability of the teenager to establish a positive relationship with love, respect, understanding

and confidence between him and his family members and to feel happy through his presence within the family.

Health compatibility:

It is linked to the standards of personal and social compatibility, the matters of society's demands and the contribution of its service and the individuals who obtain high degrees in this measurement as a sign of their poor health, while low grades indicate good health compatibility.

Emotional compatibility:

It is related to the standards of realistic awareness, a sense of happiness, emotional balance and satisfaction, and individuals who get high degrees tend to be unbalanced in their emotional lives, while individuals who get low degrees tend to be emotional balanced. (Salman: 2011).

2- Research methodology:

2-1 Research Methodology:

The researcher used the descriptive approach, because it is the most suitable approach to descriptive studies

As an organized scientific effort to obtain information and data to describe the phenomenon the subject of the research.

2 - 2 Research sample:

It is a simple random sample known to Raja Abu Allam: "With the possibility of choosing any member of society as an element of the sample" (Abu Allam, 2004, 159. The sample included (40) teachers who were divided into two equal groups in the number, where the number of each group reached (20) teachers, and (20) schools.

2-3 Exploratory Studies:

Sincerity of the arbitrators: Where the researcher relied on the sincerity of the arbitrators knew as: raising the excitement of the examiners to the maximum acceptance of the scale and to ensure the cooperation of the examiners in the test position. " Put it for him. The researcher calculated the scientific transactions of the test, knowing that this test was used in many foreign and Arab studies and studies have confirmed the sincerity and stability of the test with a high degree of



accuracy to measure compatibility, and in the current study, the researcher extracted and calculated the scientific transactions of the test using the midterm test to calculate the sincerity of the test And its stability, as shown in Table (1)

Variable	Honesty	Stability
Social consensus	0.91	0.87
Health compatibility	0.93	0.91
Family consensus	0.89	0.86
Emotional compatibility	0.88	0.90

It is clear from the table to high honesty and stability, as honesty transactions ranged between (0.88 - 0.93). As for stability transactions, they ranged between (0.86-0.91) for all fields in the questionnaire, which are good and high transactions that confirm the sincerity and stability of the tool used in the research.

2-4 main Experience: The researcher performed the main experiment on the research sample on 03/01/2021

2-5 main Experience: The researcher uses the SPSS VER.21 statistical bag to extract the following data:

- Arithmetic mean
- Standard deviation
- T (Test)

3- Show and discuss the results:

3-1 Research results (social compatibility, health compatibility, family compatibility, emotional compatibility)

1- Study the differences between teachers and teachers in social compatibility.

Table (2)

Average arithmetic, standard deviation, and calculated value (T) and its statistical significance of the teachers and teachers of physical education in social compatibility

Measurement	Teachers' meal		Teachers female		Collected T	level of significance
	M	S	M	S		
Social consensus	17.44	2.31	15.74	2.23	3.21	MORAL



It is clear from the table (2) that there are statistically significant differences between teachers and teachers at the level of 0.05 in social compatibility and for the benefit of teachers.

2- Study the differences between teachers and teachers in health compatibility.

Table (3)

Average arithmetic, the standard deviation, the calculated value (T) and its statistical significance of the teachers and teachers of physical education in health compatibility.

Measurement	Teachers' meal		Teachers female		Collected T	level of significance
	M	S	M	S		
Health compatibility	16.63	2.31	18.28	2.32	4.33	MORAL

It is clear from the table (3) that there are statistically significant differences between teachers and teachers at the level of 0.05 in health compatibility and for the benefit of teachers.

3- Study the differences between teachers and teachers in family compatibility.

Table (4)

Average arithmetic, standard deviation, and the value of (T) calculated and its statistical significance of the teachers and teachers of physical education in family compatibility.

Measurement	Teachers' meal		Teachers female		Collected T	level of significance
	M	S	M	S		
Family consensus	17.44	2.31	17.74	2.23	0.65	MORAL

It is clear from the table (4) that there are no statistically significant differences between teachers and teachers at the level of 0.05 in family compatibility.

4- Study the differences between teachers and teachers in emotional compatibility.

Table (5) Average arithmetic, standard deviation, and the value of (T) calculated and its statistical significance of the teachers and teachers of physical education in emotional compatibility.

Measurement	Teachers' meal		Teachers female		Collected T	level of significance
	M	S	M	S		
Emotional compatibility	14.02	2.31	17.12	2.23	5.23	MORAL



It is clear from the table (5) that there are statistically significant differences between teachers and teachers at the level of 0.05 in the emotional compatibility for the benefit of teachers.

3-2 Discussion of the results:

The results showed that there is a difference between teachers and teachers in the degree of social and personal compatibility, and that there are multiple factors that contribute to the decrease in social compatibility in teachers. These factors are in the family, school, curricula and other factors, and the impact of these factors has differed from school to school. In general, the results came in line with previous studies that showed the presence of statistically significant differences in social compatibility. Where the results showed that the social consensus of the teachers was higher than the teachers. This is in line with the results of a study (.

This trend is mainly based on compatibility, as it is a social process based on the individual's keeping up with the standards of society and its cultural specifications, through his ability to lead with various responses that suit different positions and saturate his desires and needs, and this means that compatibility from the point of view of the owners of this trend reflects the individual's style in the face of life conditions and solution His problems.

As for the differences in healthy consensus, they were moral significance for the benefit of teachers. The results showed that the compatibility of the teachers was higher than the teachers, and these results are consistent with (Rashid, 2001 study), which showed the presence of statistically significant differences between males and females and for the benefit of males in health compatibility.

The results have shown that the family consensus does not have statistically significant differences between teachers and teachers, and this means the compatibility between the psychological entry and the social entrance, which includes family happiness that is represented in stability and family cohesion and the ability to achieve the demands of the family and the integrity of relations between both parents and between children, love, confidence and mutual respect between everyone Psychological compatibility extends to the safety of family relations with relatives and solve their problems. That is, the integrated approach that confirms the synergy of social structural demands with personal structural demands, and this is what is included in the continuous interaction between the person and his family. Relations with parents and the nature of the method of education adopted in the family, as well as the extent of acceptance and



communication in the family, are essential indicators of psychological compatibility, adding to that healthy consensus and the individual's free diseases may make him accept to participate in life activities with all energy and seriousness to achieve his personal or social goals. So social consensus is the process of adapting to himself with the social environment and integrating it in it and meeting its requirements or subjecting it to its circumstances, and it is generally that process in which a state of harmony and commitment in the individual's relations with his friends, family members, local environment and great society through which he can satisfy his needs with what society imposes. It has the demands and obligations and the criteria and values that he will accept for him, and to achieve social compatibility, some conditions must be met. That is, in the sense that the individual accepts others as he accepts himself and puts himself in the place of others, meaning that he is able to think, feel and act in the same way that others understand.

B- That the individual tolerate tolerance with others disrupts their weaknesses and disadvantages and extends a helping hand to those who need help.

If we look at these trends in its interpretation of psychological compatibility, we will find that the psychological trend confirms that psychological consensus is achieved by satisfying the individual's biological, psychological and emotional needs, and this leads to hiding tension and pressure and feeling comfortable, satisfied and the ability to adapt his behavior and responses to circumstances, obstacles and reaching his motives. By modifying his motives so that he can reach the satisfaction and psychological comfort.

As for the social interpretation, it sees that psychological consensus is only the result of amending the individual of his behaviors and responses, as well as his motives with the requirements of the social environment, so he fulfills itself and its impulsion within the social framework.

4- Conclusions and Recommendations:

4-1 CONCLUSIONS:

- 1- The presence of statistically indicative teams in the degree of social compatibility according to the type (teachers- teachers) at the level of 0.05 in favor of the teachers.
- 2- The presence of statistically indicative teams in the degree of health compatibility according to the type (teachers- teachers) at the level of 0.05 in favor of the teachers.



3- There is no statistically indicative difference in the degree of prisoners' compatibility according to the type (teachers- teachers) at the level of significance of 0.05.

4- The presence of statistically indicative teams in the degree of emotional compatibility according to the type (teachers- teachers) at the level of 0.05 in favor of the teachers.

4-2 Recommendations:

1- The necessity of raising interest in psychological compatibility in the school environment for its importance and educational and educational reversions.

2- The necessity of establishing guidance training programs for teachers and teachers in general.

3- Attention to preparing indicative programs that may help enhance the interaction and psychological integration of middle school teachers.

4- Activating the role of scientific and sports clubs to improve the performance of teachers physically and mentally, because it has a positive impact on the attitudes and values of the individual as well as balance and general social psychological compatibility.

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