

Psychological stress and its relationship to the level of ambition among workers in the sports field in Minya Governorate

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Introduction and research problem:

A person is constantly exposed to various pressures, and he can quickly restore his balance once the stressful situation ends. A person has some characteristics that distinguish him from others, and some stressful situations put burdens on certain types of personalities, while other types can bear them and then act on them in a manner that does not leave a negative impact. In the individual, as for the responses of individuals to these pressures, they vary according to their different fields and directions. Some individuals may experience sadness and tension when thinking about fateful decisions such as marriage, work and its constant pressures. Some people believe that a person's exposure to pressure from time to time makes him more capable and efficient in carrying out tasks and accomplishing them, and more daring to take on challenges and succeed in them, and thus the individual obtains the positive feeling that follows this success.

And "Osama Ratib" (2000 AD: 73) indicates that the word pressure is one of the common and familiar words in our current era due to what the individual is exposed to from the pressures of life and daily work that may affect him significantly, whether internally or externally or in his dealings with others as well as in his daily behavior.

Sely (2001: 80) also believes that psychological stress is one of the main causes of stress and excessive emotion in the individual, and that stress is present in each individual, but to a different degree, and that continuous exposure to acute psychological pressure negatively affects the life of the individual, which It leads to the appearance of physical and psychological symptoms

Ibrahim Shehata (2002: 219) mentions that stress is a phenomenon of human life that man encounters in various situations that require compatibility with the environment, and this phenomenon is like most psychological phenomena such as anxiety, frustration, conflict, and others.

Camelia Abdel-Fattah (1984: 29) also mentions that the level of ambition plays an important role in the life of the individual and the group, and that it is one of the variables that have a great change in the activity emanating from man. The level of ambition that helps in this achievement and progress, in addition to the link between the level of ambition and the productive sufficiency, as it is known that the productive sufficiency in quantity and quality is positively linked to the high level of ambition, and the level of ambition is an important sign of morale, whether for the individual or the group. Therefore, the level of ambition deserves the attention of researchers and scientists in the various branches of psychology.

Sayed Abdel-Azim (1992 CE: 2) continues that the era in which we live is characterized by rapid change in various aspects of life, and this requires that our aspirations be in an appropriate degree with that change, and to keep up with this change that is based on progress, we should be fully aware With our capabilities and capabilities to reach what we aim for and what should be achieved without diminishing between our ambitions and goals on the one hand and our capabilities and capabilities on the other hand.

Muhammad Allawi (2002: 210) explains that the experiences of success and failure play an important role in the level of ambition for workers in the sports field, and on the other hand, the level of ambition affects the level that the worker expects in the psychological sports field, and thus causes his success or failure.

And "Mahmoud Annan" (1995: 423) states that sports competition through its levels, practices and fields cause a difference in the level of ambition for individual athletes.

As "Fatima Helmy" (1995: 30) sees, the level of ambition is the total sum of the expectations of the individual athlete and his goals or self-goals in relation to his performance in a specific work.

Sayed Abdel-Al (1996: 63) points out in this regard that the level of ambition is a criterion that the individual sets for himself within the framework of his local and long-term goals in life, and he expects to reach it through his continuous endeavor in the light of his current experience.

Mustafa Bahi, Amina Shalaby (1998: 166) continues that the level of ambition is an element of motivation related to the goal that the individual athlete aspires to reach, whether he is a player or a worker in the sports field. The achievement that the player expects to achieve in a specific work represents a goal that defines The direction of the player's behavior and a criterion by which the player measures his success or failure in what he has actually achieved.

And through the previous presentation and looking at the different opinions of many scholars and through the researchers' vision of the teacher of physical education and through dealing with a large sector in the field of this profession, whether teachers in education or workers in youth and sports in Minya Governorate, they noticed that there are great pressures on the shoulders of workers in the field Athletes, whether teachers or administrators, and these pressures negatively affect the realization of their aspirations, and by conducting a reference survey for many previous studies and looking at many researches in this field, the two researchers dealt with this problem by research and study, and by looking at previous studies, I found the scarcity of messages that dealt with these variables combined Together, which made us study these variables to find out the relationship between psychological stress and the level of ambition so that the results of this research benefit a large sector of workers in the sports field.

research importance :

The importance of the current research is evident in the following points:

- Shedding light on the relationship between psychological stress and the level of ambition among workers in the sports field in Minia Governorate.
- Shedding light on the psychological pressures that workers in the sports field can face in Minia Governorate, and also identifying their level of ambition.
- Shedding light on the lack of studies that dealt with the pressures and the level of ambition among workers in the sports field in Minia Governorate.
- Enriching the field of scientific research with the tools used in the field of sports psychology, which are measures (psychological stress, level of ambition).

research aims :

The current research aims to identify:

- 1- The relationship between psychological stress and the level of ambition among workers in the Directorate of Youth and Sports in Minya Governorate
- 2- The relationship between psychological stress and the level of ambition among physical education teachers in Minia Governorate.
- 3- The differences between workers in the directorates of youth and sports and teachers of physical education in psychological stress and the level of ambition in Minia governorate.

Research hypotheses :

In light of the research objectives, the researchers assume the following:

- 1- There is a correlation and a statistical function between psychological stress and the level of ambition among workers in the Directorates of Youth and Sports in Minia Governorate.
- 2- There is a correlation and a statistical function between psychological stress and the level of ambition among physical education teachers in Minia Governorate.
- 3- There are statistically significant differences between workers in the Directorate of Youth and Sports and teachers of physical education in psychological stress and the level of ambition in Minia Governorate.

Previous studies :

- 1- "Aisha Al-Amer" (2007) (47) conducted a study aimed at identifying the relationship between occupational stress and both job satisfaction and professional performance among physical education teachers in the preparatory and secondary stages in the Kingdom of Bahrain. The researcher used the descriptive approach "survey method", and the sample included (180) one hundred and eighty male and female teachers, and the research tools included a scale of professional stress and job satisfaction, and the most important statistical results indicated that there is a negative correlation and statistical significance between occupational pressure and job satisfaction in the preparatory stage and physical education teachers in the secondary stage, and it is not statistically significant for teachers in the secondary stage. There is a negative and statistically significant correlation between occupational stress and professional performance among female physical education teachers at the preparatory stage and is not statistically significant for both physical education teachers at the preparatory stage and male and female physical education teachers at the secondary stage.

- 2- "Al-Zahraa Rashad" (2003) (18) conducted a study aimed at identifying professional pressures and their relationship to achievement motivation among male and female physical education teachers in the preparatory and secondary stages in Minya Governorate. The researcher used the descriptive method "survey method", and the sample included (200) two hundred Physical education teachers, the research tools also included a list of occupational pressures for a physical education teacher, and a measure of achievement motivation.
- 3- "Ayman Abd al-Rahman" (1999) (23) conducted a study aimed at identifying professional pressures and their relationship to the teaching competence of physical education teachers in the preparatory and secondary stages. The researcher used the descriptive approach, the "survey method", and the sample included (800) eight hundred teachers. The research tools also included a list of the professional pressures of the physical education teacher and the teaching competency card. The most important statistical results indicated that there is a negative correlation and statistical significance between the high professional pressures and the teaching efficiency of physical education teachers in the preparatory and secondary stages.

Research Methodology :

The researchers used the descriptive approach (survey studies method) due to its suitability to the nature of the research, as it is based on collecting accurate descriptions of the studied phenomenon, describing the current situation, and trying to explain it.

Research community and sample:

The research community includes workers in the sports field in the Directorates of Youth and Sports and physical education teachers in Minya Governorate, and their number is (1293) one thousand two hundred and ninety-three males, divided into workers in the Directorate of Youth and Sports, whose number is (617) six hundred and seventeen, and physical education teachers, whose number is (676) six hundred. seventy-six

The research sample :

The two researchers selected a random sample from the research community consisting of (315) with (155) one hundred and fifty-five from the Directorate of Youth and Sports, and (170) one hundred and seventy physical education teachers with a rate of (25%) from both, and (35) others for the exploratory experiment. Tables (1, 2, 3) show the numerical distribution of the research sample and the normal distribution of the sample in the variables under study:

Schedule (1)
The numerical distribution of the research sample

Center	basic sample		Total
	Directorate of Education	Youth and Sports Directorate	
Abo korkas	٣٠	٤٠	٨٥
Minya	٩٠	١٠٠	٢٠٥
Samalout	٣٥	٣٠	٧٠
Total	١٥٥	١٧٠	٣٦٠

Schedule (2)
The arithmetic mean, median, standard deviation, and skewness coefficients for the variables Among the employees of the Directorate of Youth and Sports (n = 155)

variables	Dimensions	Arithmetic mean	median	standard deviation	torsion coefficient
Psychological stress	Physiological manifestations of stress	38.6	35	7.265	0.06-
	lack of motivation	32.01	28	5.89	0.00
	Profession distress	31.99	32	3.659	1.26-
	professional burden	34.57	33	5.519	0.45-
	Behavioral manifestations of stress	14.08	15	1.431	2.60-
	Emotional manifestations of stress	27.8	28	2.869	0.64-
	Total marks	179.05	163	23.647	0.12-
level of ambition		122.79	134.0	130	12.24

It is clear from Table (2) that:

The values of the torsion coefficients in the dimensions of psychological stress among workers in the Directorate of Youth and Sports in Minya Governorate ranged between (0.00, -2.60), and the torsion coefficient values ranged in the level of ambition (12.24), which indicates the moderation of the sample distribution in those variables.

The mean distribution of the sample:

table (3)
The arithmetic mean, median, standard deviation, and skewness coefficients for the variables Among physical education teachers in Minia governorate (n = 170)

variables	Dimensions	Arithmetic mean	median	standard deviation	torsion coefficient
Psychological stress	Physiological manifestations of stress	44.02	45	3.479	0.68-
	lack of motivation	35.93	36	2.749	0.68-
	Profession distress	33.82	34	1.289	0.87-
	professional burden	36.73	36	2.964	0.02-
	Behavioral manifestations of stress	14.38	14	0.567	0.61-
	Emotional manifestations of stress	30.02	30	0.892	0.08-
	Total marks	194.9	192	9.974	0.21-
level of ambition		134.00	122.7	130	19.744

It is clear from Table (3) that:

- The values of the torsion coefficients in the dimensions of psychological stress among physical education teachers in Minia governorate ranged between (-0.02, -0.87), and the value of the torsion coefficient in the level of ambition was (19.7), which indicates the moderation of the sample distribution in those variables.
- Data collection tools:
- To collect data for the research, the researchers used the following tools:
- Psychological stress scale, prepared by Sabri Omran (1996 AD) (Appendix 1)
- Ambition level scale, prepared by / Amal Abdel Samie (2004 AD) (Appendix 2)
- First: Psychological Stress Scale: Appendix (1)

Scale description:

Sabri Omran (1996) prepared this scale, which consists of (50) statements distributed over (6) dimensions, which are (physiological manifestations of stress), (10) statements - lack of motivation (8) statements - distress in the profession (8) statements - occupational burden (8) statements - behavioral manifestations of stress (3) statements - emotional manifestations of stress (7) statements), and the subject responds on the scale through a five-point Likert scale (applies to a very large degree (5) degrees, applies to a large degree (4) degrees, It applies to a medium degree (3) degrees, it applies to a slight degree (2) two degrees, it does not apply (1) degree), and all statements are in the direction of the scale, and the maximum degrees of the scale are (220) degrees and the minimum is (44) degrees.

The validity and reliability of the scale:

To calculate the validity of the scale, Sabri Omran (1996) used the validity of the internal consistency between the total scores of each dimension and the total score of the scale between (0.96: 0.97), which are statistically significant correlation coefficients, which indicates the validity of the scale. - Cronbach for the dimensions of the scale between (0.75: 0.94), which are statistical function coefficients, which indicates the stability of the scale.

Scientific transactions of the scale in the current research:

The researchers calculated the scientific coefficients of the scale as follows:

Validity: To calculate the validity of the scale, the two researchers used the validity of the internal consistency, where the scale was applied to a sample of (35) thirty-five workers in the mathematical field from the research community and other than the main sample of the research. Correlation coefficients were calculated between the degree of each statement and the total degree of the dimension to which it belongs. The psychological stress scale and the calculation of the correlation coefficients between the degree of each statement and the total score of the psychological stress scale, and the calculation of the correlation coefficients between the total scores of each dimension and the total score of the psychological stress scale. Tables (4, 5, 6) show the results, respectively:

Schedule (4)

Correlation coefficients between the score of each statement and the total score of the dimension to which the psychological stress scale belongs (n = 35)

correlation coefficient	Phrase number		correlation coefficient	Phrase number		correlation coefficient	Phrase number	
0.67	٤	Profession distress	٠.٦٠	١٥	lack of motivation	٠.٦٣	٢٢	Physiological manifestations of stress
٠.٧٠	٥		0.77	٣٦		0.74	٢٤	
0.74	٦		0.61	٣٧		0.60	٢٥	
٠.٨٠	٨		0.70	٣٨		0.80	٢٦	
0.79	٩		٠.٦٧	٣٩		0.73	٢٧	
٠.٤٩	١٠		٠.٨٠	٤٠		0.70	٢٩	
0.73	١١		0.77	٤٥		٠.٥٥	٣٠	
٠.٦٧	١٣		٠.٤٥	٤٨		0.83	٣٢	
-	-		-	-		0.82	٣٣	
-	-		-	-		0.79	٣٤	
0.69	١٨	Emotional manifestations of stress	٠.٥٥	٤١	Behavioral manifestations of stress	٠.٧٧	١	professional burden
٠.٥٠	٢٠		0.83	٤٣		٠.٦٦	٢	
0.79	٢٣		0.69	٤٤		0.83	٣	
٠.٦٥	٤٦		-	-		0.81	١٢	
0.81	٤٧		-	-		٠.٦٠	١٦	
٠.٥٧	٤٩		-	-		٠.٥٨	١٧	
0.61	٥٠		-	-		0.61	١٩	
-	-		-	-		0.70	٣١	

Tabular t value at (33) degrees of freedom and significance level (0.05) = 0.349

It is clear from Table (4) that:

- The correlation coefficients ranged between the degree of each of the expressions after the physiological manifestations of stress and the total number of it between (0.55, 0.83), which are statistically significant correlation coefficients.
- The correlation coefficients ranged between the degree of each of the expressions after the lack of motivation and the total sum of it between (0.45, 0.80), which are the statistical function correlation coefficients.
- The correlation coefficients ranged between the degree of each of the expressions of post-distress in the profession and the total sum of it between (0.49, 0.80), which are statistically significant correlation coefficients.
- The correlation coefficients ranged between the degree of each of the expressions of the occupational burden dimension and its total between (0.58, 0.83), which are statistically significant correlation coefficients.
- The correlation coefficients ranged between the degree of each of the expressions after the behavioral manifestations of stress and its total between (0.55, 0.83), which are statistically significant correlation coefficients.
- The correlation coefficients ranged between the degree of each of the expressions after the emotional manifestations of stress and the total sum of it between (0.50, 0.81), which are statistically significant correlation coefficients.

table (5)

Correlation coefficients between the score of each statement and the score Total Psychological Stress Scale (n = 35)

correlation coefficient	Phrase number	correlation coefficient	Phrase number	correlation coefficient	Phrase number	correlation coefficient	Phrase number
٠,٦٨	٤٠	٠,٦١	27	—	—	٠,٥٨	1
٠,٤٨	٤١	—	—	٠,٥٩	15	٠,٦٩	2
—	—	٠,٦٦	29	٠,٦٠	16	٠,٥٦	3
٠,٤٠	٤٣	٠,٧٠	30	٠,٥٥	17	٠,٧٠	4
٠,٦٠	٤٤	٠,٦٨	31	٠,٧٣	18	٠,٦٠	5
٠,٦٦	٤٥	٠,٤٥	32	٠,٤٠	19	٠,٥٨	6
٠,٥٥	٤٦	٠,٦٧	33	٠,٥٥	20	—	—
٠,٦٧	٤٧	٠,٥٥	٣٤	—	—	٠,٤٨	8
٠,٤٩	٤٨	—	—	٠,٦١	22	٠,٧٢	9
٠,٥٠	٤٩	٠,٦١	٣٦	٠,٥٥	23	٠,٦٨	10
٠,٤٢	٥٠	٠,٦٨	٣٧	٠,٤٠	24	٠,٥٨	11
—	—	٠,٤٩	٣٨	٠,٣٩	25	٠,٤٩	12
—	—	٠,٥٢	٣٩	٠,٤٥	26	٠,٦٣	13

Tabular t value at (33) degrees of freedom and significance level (0.05) = 0.349

It is clear from Table (5) that:

The correlation coefficients between the degree of each statement and the total score of the psychological stress scale ranged between (0.39: 0.73), which are statistically significant correlation coefficients, which indicates that the scale has an acceptable degree of validity.

Schedule (6)

**Correlation coefficients between the sum of the scores for each dimension
And the total score of the psychological stress scale (n = 35)**

Dimensions	correlation coefficient
Physiological manifestations of stress	٠,٦٢
lack of motivation	٠,٦٦
Profession distress	٠,٥٥
professional burden	٠,٦٧
Behavioral manifestations of stress	٠,٧١
Emotional manifestations of stress	٠,٦٧
Total marks	

Tabular t value at (33) degrees of freedom and significance level (0.05) = 0.349

It is clear from Table (6) that:

The correlation coefficients ranged between the total scores of each dimension of the psychological stress scale and its total score ranged between (0.71: 0.55), which are statistically significant correlation coefficients, which indicates that the scale has an acceptable degree of validity.

B- constancy:

The stability of the scale was calculated using the split-half method using the (alpha-Cronbach) coefficient by applying it to an exploratory sample of (35) thirty-five workers in the mathematical field from the research community and other than the main sample of the research. **Table (7) shows this:**

Schedule (7)

Stability coefficient by Cronbach's alpha method for the psychological stress scale (n = 35)

Dimensions	Alpha
Physiological manifestations of stress	٠,٧٠
lack of motivation	٠,٧٢
Profession distress	٠,٧٠
professional burden	٠,٧٧
Behavioral manifestations of stress	٠,٨٠
Emotional manifestations of stress	٠,٧٢
Total marks	٠,٧٦

It is clear from Table (7) that:

Cronbach's alpha coefficients for the dimensions of the psychological stress scale ranged between (0.70: 0.80), and the Cronbach's alpha coefficient for the total score was (0.76), which are statistical function correlation coefficients, which indicates that the scale has an acceptable degree of stability.

Second: Ambition Level Scale: Appendix (2)

Scale description:

It was prepared by Amal Abdel Samie (2004), which consists of (52) fifty-two phrases that include the level of ambition. The subject responds on the scale through a quadruple rating scale of (4:0), in the case of statements with a positive trend, while the phrases with a negative trend reflect the degree, and the maximum score of the scale is (208) two hundred and eight degrees and the minimum is (0) zero. degree

The validity and reliability of the scale:

To calculate the validity of the scale, Amal Abdel-Samie (2004) used the content validity of the presentation to professors specializing in mental health. contrast on a sample of (148) male students, (315) female students from the Faculty of Education in Kafr El-Sheikh, and the value of (T) was between the upper and lower quartiles. Secondly, stability through application and re-application on a sample of male and female students of the Faculty of Education in Kafr El-Sheikh, Tanta University, consisting of (50) male and (50) female students after (20) days of the first application, and the stability coefficient for groups of students reached (0.79) and the stability coefficient For the female students group (0.81).

Scientific transactions of the scale in the current research:

The researchers calculated the scientific coefficients of the scale as follows:

A- Honesty:

To calculate the validity of the scale, the two researchers used the validity of the internal consistency, where the scale was applied to a sample of (35) thirty-five workers in the mathematical field from the research community and other than the main sample of the research, in order to calculate the correlation coefficients between the degree of each statement and the total degree of the ambition level scale, and Table (8) This explains:

Schedule (8)

Correlation coefficients between the score of each statement and the score College for the Ambition Level Scale (n = 35)

correlation coefficient	Phrase number	correlation coefficient	Phrase number	correlation coefficient	Phrase number
٠,٥٦	٣٧	٠,٥٩	١٩	٠,٧٠	1
٠,٦٩	٣٨	0.62	٢٠	٠,٧١	2
0.82	٣٩	0.55	٢١	٠,٨٠	3
0.78	٤٠	0.77	٢٢	0.62	4
0.77	٤١	٠,٨٠	٢٣	0.72	5
0.79	٤٢	0.79	٢٤	٠,٦٨	6
0.83	٤٣	0.68	٢٥	٠,٧٧	7
0.70	٤٤	0.74	٢٦	0.75	8
0.63	٤٥	٠,٤٨	٢٧	0.50	9
0.83	٤٦	0.72	٢٨	0.71	10
٠,٨٠	٤٧	0.45	٢٩	0.78	11
٠,٦٩	٤٨	0.75	٣٠	0.74	١٢
0.62	٤٩	0.81	٣١	٠,٦٩	١٣
٠,٦٧	٥٠	0.59	٣٢	٠,٥٨	١٤
0.65	٥١	٠,٦٠	٣٣	٠,٦٦	١٥
٠,٥٥	٥٢	0.57	٣٤	٠,٧٧	١٦
-	-	0.56	٣٥	0.68	١٧
-	-	٠,٧٥	٣٦	0.78	١٨

Tabular t value at (33) degrees of freedom and significance level (0.05) = 0.349

It is clear from Table (8) that:

The correlation coefficients ranged between the degree of each statement and the total score of the ambition level scale between (0.83: 45), which are statistically significant correlation coefficients, which indicates that the scale has an acceptable degree of validity.

B- constancy:

The stability of the scale was calculated using the split-half method using the (alpha-Cronbach) coefficient by applying it to an exploratory sample of (35) thirty-five workers in the sports field, other than the main sample of the research, and table (9) shows that:

table (9)

Stability coefficient by Cronbach's alpha method for a scale
Aspiration level (n = 35)

Variables	Arithmeti c mean	standard deviation	Alpha
level of ambition	١٣٩,٥٠	٢٢,٣٥	٠,٧٩

It is clear from Table (9) that:

The value of Cronbach's alpha coefficient for the ambition level scale ranged (0.79), which is a statistically significant correlation value, which indicates that the scale has an acceptable degree of stability.

Research implementation steps:

A- Exploratory Study:

The two researchers conducted an exploratory study to identify the appropriateness of the standards used, their clarity, and their suitability for application to the sample under study. Education in the period from 3/13/2022 AD to 4/28/2022 AD. The results of the study showed the sample's understanding of the application instructions, the clarity of the phrases, and their suitability for application to the sample under study.

B- Application of search tools:

The two researchers applied the psychological measures under discussion (psychological stress, level of ambition) on workers in the sports field in Minya Governorate during the period from 5/8/2022 AD to 7/14/2022 AD, as follows:

The application was applied to physical education teachers from 8/5/2022 AD to 2/6/2022 AD.

The application was applied to workers in youth and sports centers from 5/6/2022 AD to 7/14/2022 AD.

View search results:

Verifying the validity of the first hypothesis: which states that "there is a statistically significant correlation between psychological stress and the level of ambition among workers in the Directorate of Youth and Sports in Minya Governorate, and table (10) shows the results:

table (10)

Correlation coefficients between psychological stress and the level of ambition among workers At the Directorate of Youth and Sports in Minya Governorate (n = 155)

Variables	level of ambition
Psychological stress	0.79

The tabular value of (t) at a degree of freedom (153) and a level of significance (0.05) = 0.159

It is clear from the previous table (10) that:

There is a negative correlation and statistical significance between psychological stress and the level of ambition among workers in the Directorate of Youth and Sports in Minya Governorate, where the correlation coefficient was (-0.75), which is a statistical function value, which indicates a correlation between these variables.

Verifying the validity of the second hypothesis: which states that "there is a correlation and statistically significant relationship between psychological stress and the level of ambition among physical education teachers in Minia Governorate.

Schedule (11)

Correlation coefficients between psychological stress and the level of ambition among teachers Physical Education in Minia Governorate (n = 170)

Variables	Psychological stress
level of ambition	-0.67

The tabular value of (t) at a degree of freedom (168) and a level of significance (0.05) = 0.159

It is clear from the previous table (11) that:

There is a negative correlation and statistical significance between psychological stress and the level of ambition among physical education teachers in Minia Governorate, where the correlation coefficient was (-0.67), which is the value of a statistical function, which indicates the existence of a correlation between those variables.

Verifying the validity of the third hypothesis: which states that "there are statistically significant differences between workers in the Directorate of Youth and Sports and physical education teachers in psychological stress and the level of ambition in Minia Governorate. Table (11) shows the results as follows:

Schedule (12)

Significance of statistical differences between workers in the Directorate of Youth and Sports and physical education teachers in (psychological stress - level of ambition) in Minya Governorate (n = 325)

variable s	Dimensions	Workers of the Directorate of Youth and Sports (n = 155)		education teachers sports (n = 170)	
		Arithmeti c mean	Arithmetic mean	standard deviation	Arithmetic mean
Psychol ogical stress	Physiological manifestations of stress	38.6	7.265	44.02	3.479
	lack of motivation	32.01	5.89	35.93	2.749
	Profession distress	31.99	3.659	33.82	1.289
	professional burden	34.57	5.519	36.73	2.964
	Behavioral manifestations of stress	14.08	1.431	14.38	0.567
	Emotional manifestations of stress	27.8	2.869	30.02	0.892
	Total marks	179.05	23.647	194.9	9.974
	level of ambition	134.00	12.246	122.79	19.744

Tabular (T) value at (323) degrees of freedom and significance level (0.05) = 1.96

It is clear from Table (12) that:

- There are statistically significant differences between the workers in the Directorate of Youth and Sports and the teachers of physical education in Minya Governorate in all dimensions of psychological stress as well as the total score, and these differences are in the direction of physical education teachers.
- There are statistically significant differences between the workers in the Directorate of Youth and Sports and the teachers of physical education in Minya Governorate in all dimensions of the level of ambition, as well as the total score, and these differences are in the direction of the workers in the Directorate of Youth and Sports.
- There are statistically significant differences between the workers in the Directorate of Youth and Sports and the teachers of physical education in Minya Governorate in all dimensions of the job satisfaction scale, as well as the total score, and these differences are in the direction of the workers in the Directorate of Youth and Sports.

Interpretation and discussion of research results:

The results of Table (10) indicated that there is a statistically significant negative correlation between psychological stress and the level of ambition among workers in the Directorate of Youth and Sports in Minya Governorate, where the correlation coefficient was (-0.75), which is a statistically significant value, which indicates the existence of a relationship between the two variables.

The researchers attribute this result to the fact that the greater the psychological pressure, the lower the level of ambition among workers in the sports field, as the life pressures related to the life problems surrounding the worker, whether family or environmental problems around the teacher, increase the pressures on the worker, and thus this affects the level of ambition among workers. In the sports field, there is a decrease in the level of ambition.

And psychological pressures make workers in the sports field always think about the extent of the pressures on him and what will happen to him or from the current manager or the expenses of educating his children in education or employment for them, which leads to a decrease in the level of ambition.

Likewise, despair from the current economic situation, whether despair from increasing the salary or traveling to an Arab country, as this leads to a decrease in the level of ambition and the absence of space for sound and good thinking.

This is what the researchers pointed out, that a person who lives without a degree of pressure is considered a dead person, as Sicily put it, but the intensity of pressure and constant exposure to it results in a lot of negative effects such as confusion, inability to make decisions, and contradiction in the level of ambition.

This is indicated by the study of "Samah Hassan" (2012), the results of which found that there is a negative and statistically significant correlation between occupational pressures and the level of ambition among workers in the Directorate of Youth and Sports.

Where the study of "Aisha Al-Amer" (2007) (47) confirmed the existence of a negative correlation and statistical significance between occupational pressures and job satisfaction in the preparatory stage and physical education teachers in the secondary stage, and it is not statistically significant for teachers in the secondary stage, and there is a negative correlation and a statistical significance between occupational stress and performance Occupational skills among physical education teachers at the preparatory stage and not statistically significant for both physical education teachers at the preparatory stage, and male and female physical education teachers at the secondary stage, as the average person generates many pressures, whether at work, family or life requirements, which results in a weak level of ambition for him.

This is what the study of "Ahmed Abd al-Salam" (2011) (3) mentions, as its results found that there is a negative and statistically significant correlation between work pressures and organizational affiliation among physical education teachers in the different educational stages in the city of Minia.

This is what was indicated by the study of "Muhammad al-Muqabla" (2009) (19) that the majority of male and female teachers feel tired and exhausted at the end of the school day due to the increase in teaching loads, and the material return for the teaching profession is insufficient and the salary that the teacher receives is not commensurate with his needs, and the interest of the school principal and guidance There are more opportunities for advancement in the teaching profession, as this constitutes great psychological pressure for male and female teachers.

The study of Al-Zahra Rashad (2003) (5) also found that there is a negative correlation and statistical significance between occupational stress and achievement motivation among physical education teachers in the preparatory and secondary education stages.

This is what Muhammad al-Shishtawy (2000) (15) indicated to the existence of a negative and statistically significant correlation between psychological stress and job satisfaction. The psychological stress was arranged according to the following (workload, role conflict, material return, professional growth, human relations role ambiguity)

There are also multiple types of stress, and this appears in the different divisions that researchers put into stress, where there are those who divide stress according to its impact into negative and positive stress, given that stress is not all negative, and that it may lead to stimulating the capabilities of the individual and push him towards that more effort, which is What is confirmed by "Talaat Mansour, Viola Al-Beblawy" that there are pressures with negative effects and lead to a decrease in the level of ambition, as well as causing tension that leads to exhaustion of the body and ill health of the individual.

Where the study of "Ayman Abdel Rahman" (1999) (6) found a negative correlation and statistical significance between high professional stress and teaching efficiency of physical education teachers in the preparatory and secondary stages.

Whereas, the sources of psychological stress are represented in stressful life events and disturbances in human relations between people and colleagues, as well as sayings that are shrouded in threats and attitudes of rejection and failure that may lead to an imbalance in the level of ambition in the individual.

This is indicated by "Resse" (1999) (24) that there is a negative and statistically significant correlation between work stress and job satisfaction.

This is indicated by "Travers & Cooper" (1993) (23) that there is a negative and statistically significant correlation between job satisfaction and stress among teachers.

This is what Mark & Richer (1991) (26) pointed out to the existence of a negative and statistically significant correlation between work stress and job satisfaction among middle school teachers.

Thus, the first hypothesis was fulfilled, which states that "there is a correlation and a statistical function between psychological stress and the level of ambition among workers in the directorates of youth and sports in Minia governorate."

As it is clear from Table (10) that there is a negative correlation and statistical significance between psychological stress and the level of ambition among physical education teachers in Minia Governorate, where the correlation coefficient was (-0.67), which is a statistical function value, which indicates the existence of a correlation between these variables.

The researchers attribute this result to the fact that workers in youth, sports, education and education centers bear a lot of psychological stress, whether (physiological manifestations of stress, lack of motivation, distress in the profession, behavioral manifestations of stress, emotional manifestations of stress) as there are many situations and events that occur in life daily and serve as sources of pressure on the person such as exams, quarrels, financial crises and other stressful situations that the individual perceives and feels threatening to him and may lead to the occurrence of psychological, physical or behavioral responses and the emergence of negative or positive results for the individual based on exposure to these pressure sources.

Stresses are events that pass through the individual and society and take their importance from the interaction that occurs between the individual and the environment in which he lives.

Rogers, M.A (2014) (26) indicated that stressful life events impede the individual's potential to carry out automatic behavioral patterns of relative importance, and these routine automatic behaviors are called "dialogues", which are like the daily routine, such as the individual waking up, getting dressed, and going to work, and this disruption resulting from events Stressful life leads the individual to be down and depressed.

Thus, the second hypothesis was achieved, which states that "there is a correlation and statistically significant relationship between psychological stress and the level of ambition among physical education teachers in Minia Governorate."

As shown in Table (12), there are statistically significant differences between workers in the Directorate of Youth and Sports and teachers of physical education in psychological stress and the level of ambition in Minia Governorate.

This is due to the large number of pressures on workers in youth, sports, and education centers, which lead to a weak level of ambition for them, and despair and frustration hang over the workers, and that the large number of pressures led to that result, and this for them leads to a weak level of ambition

This is indicated by the study of "Mohamed El-Sheshtawy" (2000) (15), the results of which found that there are statistically significant differences in occupational pressures among teachers of the middle delta educational sector in favor of teachers.

This is indicated by the study of "Ayman Abd al-Rahman" (1999) (6), whose results found that there is a negative correlation and statistical significance between high professional pressures and teaching efficiency of physical education teachers in the preparatory and secondary stages.

This is indicated by the study of "Muhammad Al-Kilani" (1997) (16), the results of which found that there are statistically significant differences between physical education teachers in the preparatory and secondary education stages in psychological pressures in favor of secondary school teachers, and that the most pressures that teachers suffer from are social pressures. Followed by administrative pressures and then work pressures.

Thus, the third hypothesis was fulfilled, which states that "there are statistically significant differences between workers in the Directorate of Youth and Sports and teachers of physical education in Minya Governorate in psychological stress and the level of ambition." .

Conclusions and recommendations

Conclusions:

In the light of the research results, the researchers reached the following conclusions:

- 1- There is a negative correlation and statistical significance between psychological stress and the level of ambition among workers in the Directorate of Youth and Sports in Minia Governorate.
- 2- There is a negative correlation and statistical significance between psychological stress and the level of ambition among physical education teachers in Minia Governorate.
- 3- There are statistically significant differences between workers in the Directorate of Youth and Sports and physical education teachers in Minia Governorate in all dimensions of psychological stress.

Recommendations:

In light of the conclusions, the researchers reached the following:

- 1- That the relationship between managers and employees be a constructive social relationship that contributes to the upgrading of the institution and its employees.
- 2- Breaking the daily professional routine reduces the level of psychological stress and motivates workers towards the future.
- 3- Rewards and incentives should be commensurate with the effort exerted by workers in the sports field.
- 4- Set boundaries separating the work of each person within the framework of work and profession in a way that does not conflict with the job of each individual within the sports institution.
- 5- The role of managers should be guiding and training through advice and guidance, providing the necessary information and transferring experiences related to professional decision-making and assuming responsibility.

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Psychological stress and its relationship to the level of ambition among workers in the sports field in Minya Governorate

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A person is constantly exposed to various pressures, and he can quickly restore his balance once the stressful situation ends. A person has some characteristics that distinguish him from others, and some stressful situations put burdens on certain types of personalities, while other types can bear them and then act on them in a manner that does not leave a negative impact. at the individual

And through the previous presentation and looking at the different opinions of many scholars and through my work as a teacher of physical education and through dealing with a large sector in the field of this profession, whether teachers in education or workers in youth and sports in Minya Governorate, they noticed that there are great pressures on the shoulders of workers in the field of sports Whether teachers or administrators, and these pressures negatively affect the realization of their aspirations, and by conducting a reference survey of many previous studies and looking at many researches in this field and through the teaching profession, I preferred to deal with this problem with research and study, and by looking at previous studies, I found the scarcity of messages that dealt with These variables are combined together, which prompted us and increased our sense to study these variables to find out the relationship between psychological stress and the level of ambition so that the results of this research may benefit a large sector of workers in the field of sports.

The researchers used the descriptive method (survey studies method) due to its suitability to the nature of the research, as it is based on collecting accurate descriptions of the studied phenomenon, describing the current situation, and trying to explain it.

The research community includes workers in the sports field in Minya Governorate, and their number is (1293) one thousand two hundred and ninety-three males, divided into workers in the Youth and Sports Directorate, whose number is (617) six hundred and seventeen, and physical education teachers, whose number is (676) six hundred and seventy-six.

Where the results of the study concluded that the level of ambition decreases, as a result of the individual's increased awareness of negative psychological pressures, which appear through some physiological manifestations, a decrease in the level of motivation, a guest in the profession, an excessive burden in the profession, and negative emotional and behavioral manifestations.

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الضغوط النفسية وعلاقتها بمستوى الطموح لدى العاملين في المجال الرياضي بمحافظة المنيا

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يتعرض الإنسان للضغوط المختلفة باستمرار ويستطيع أن يعيد توازنه بشكل سريع حال انتهاء الموقف الضاغط ، فالإنسان له بعض خصائص تميزه عن البعض الآخر وبعض المواقف الضاغطة تشكل أعباء على أنماط معينة من الشخصيات في حين تستطيع أنماط أخرى تحملها ومن ثم التصرف فيها بالشكل الذي لا يترك أثر سلبي لدى الفرد

إن مستوى الطموح معيار يضعه الفرد لنفسه في إطار أهدافه المحلية والبعيدة في الحياة ويتوقع الوصول إليه عن طريق سعيه المتواصل في ضوء خبرته الراهنة ومن خلال العرض السابق والاطلاع على الآراء المختلفة للعديد من العلماء ومن خلال عملي كمعلم للتربية الرياضية ومن خلال التعامل مع قطاع كبير في مجال هذه المهنة سواء معلمين بالتربية والتعليم أو العاملين في الشباب والرياضة بمحافظة المنيا لاحظنا أن هناك ضغوط كبيرة تقع على كاهل العاملين في المجال الرياضي سواء معلمين أو إداريين ، وهذه الضغوط تؤثر على تحقيق طموحاتهم بالسلب ، فضلت تناول هذه المشكلة بالبحث والدراسة ، وبالاطلاع على الدراسات السابقة وجدت ندرة الرسائل التي تناولت هذه المتغيرات مجتمعة معاً ، ما دعانا وزاد إحساسنا إلى دراسة هذه المتغيرات للوقوف على العلاقة بين الضغوط النفسية ومستوى الطموح حتى نقيّد نتائج هذا البحث قطاعاً كبيراً للعاملين في المجال الرياضي .

استخدم الباحثان المنهج الوصفي (أسلوب الدراسات المسحية) نظراً لملائمته لطبيعة البحث حيث يقوم على جمع أوصاف دقيقة للظاهرة المدروسة ووصف الوضع الراهن ومحاولة تفسيره . يشتمل مجتمع البحث على العاملين بالمجال الرياضي بمحافظة المنيا وعددهم (١٢٩٣) ألف ومائتان وثلاثة وتسعون من الذكور مقسمين إلى العاملين بمديرية الشباب والرياضة والبالغ عددهم (٦١٧) ستمائة وسبعة عشر ، ومعلمين التربية الرياضية والبالغ عددهم (٦٧٦) ستمائة وستة وسبعون

حيث توصلت نتائج الدراسة إلى أنه ينخفض مستوى الطموح، نتيجة تزايد إدراك الفرد للضغوط النفسية سلباً والتي تظهر من خلال بعض المظاهر الفسيولوجية ونقص في مستوى الدافعية وضيء بالمهنة وعبء زائد في المهنة ومظاهر انفعالية وسلوكية سلبية.

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