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The relationship of emotional plans to the position of control for players in the first-class basketball league

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Abstract--The importance of the research was to know the relationship between emotional plans and the position of control for basketball players for the purpose of a balanced and integrated building based on scientific foundations in explaining the failures and fluctuations of levels for sports teams in order to improve the reality of the basketball game in our country. The results and recommendations of this research are within the reach of coaches, administrators, and those interested in sports. As for the research problem, it was represented in cases of fluctuation in the levels of players in performance during the training process, which is reflected in the fluctuation of the performance of their teams through their results in the league matches, and this was confirmed by some experienced club coaches who noticed that there are cases of fluctuation in the levels of teams and players of first-class clubs. While the objectives of the research were to identify the relationship between emotional plans and the position of control for the players of the first-class basketball league. The researchers concluded that there is a relationship between emotional plans and the position of control for first-class basketball players.

Keywords---Emotional plans, control site, relationship.

1-1 Introduction and importance of research

Sports psychology being one of the branches of psychology, understanding the behavior and experience of the athlete related to sports activity, and looking at the

characteristics, traits and psychological states of the sports personality in order to develop this activity and achieve the sports achievement and results required in competitions that contain many requirements that the athlete must achieve, Therefore, it requires the athlete to make efforts to overcome the obstacles to performance in training and competition that would hinder the achievement of his goals.

“The athlete is considered effective the more compatible he is with the variables of the competition to ensure success, continuity of existence, and progress”.

Basketball is one of the team games in which the athlete tries to realize his abilities and achieve creativity in the skillful and tactical performance to control the requirements of training and competition. This requires him to have a high sense of emotional strength, as weak emotions greatly affect the achievement of any performance, and affect his ability to face difficult tasks, which affects his motivation in sports performance.

The player whose emotional plans are negative, the expectations of his performance results are bad, and this happens because when players are exposed to sudden situations that provoke negative emotional plans, they cannot make sufficient efforts to achieve the goal or solve the problem because of reducing their efforts for some time or perhaps continuously, and this leads to the complexity of the situation Or the problem, and then the individual tends to think about how to solve it, and this leads him to anticipate what will happen, and his expectation is often negative.

The locus of control, which is one of the important components in determining the correlation between the individual's behavior and the results that it causes, enables him to look at his success or failure in the light of his abilities. In fact, every athlete has a mixture of both internal and external control, but the difference in The degree of dominance for either of them, in the sense that a mathematician predominates in the external control and the other has the dominant internal pattern()

It is worth noting that the sports individual is the one who estimates what he can achieve in his field based on what he possesses of capabilities, and the athlete cannot reach the achievement unless there is a control site that motivates him to achieve the goal he seeks to reach, and this varies from stage to stage. Other stages of sports activity()

Because of the importance of emotional plans and the location of control for basketball players and the psychological effects that these variables have on the player's life, the researchers will build a program to modify emotional plans, highlighting its importance through the following:

The ability of the program to modify emotional plans to shape behavior and its impact on the control site of basketball players.

The absence of a study that combines the research variables together (according to the researchers' knowledge) and the lack of studies that dealt with modifying emotional plans in the sports field.

2-1-Research problem

Given the importance of emotional plans and the location of control, in addition to the physical and skill factors and their role in the integration of building and preparing the player to be qualified to achieve advanced results. Their results in the league matches, and this was confirmed by some experienced club coaches who noticed fluctuations in the levels of teams and first-class club players when they were interviewed. The coach added the psychological preparation as an independent unit within the training units and measured the psychological state of the player to know the drivers of his behavior in achieving the desired goals and identifies the relationship between the psychological aspect and the physical and skill aspect. This will certainly affect the behavioral control and control inside and outside the field and how to enhance it.

Where the researchers will resort to knowing the relationship between emotional plans and the position of control for basketball players for the purpose of a balanced and integrated building based on scientific foundations in explaining the failures and fluctuations of levels for our sports teams in order to improve the reality of the basketball game in our country. The results and recommendations of this research are within the reach of coaches, administrators, and those interested in sports.

3-1 Research Objectives

- 1) Getting to know the emotional plans of the first-class basketball players
- 2) Recognizing the location of the emotional plans for the players of the first-class basketball league
- 3) Recognizing the relationship between emotional plans and the position of control for first-class basketball players

4-1 Research Areas:

Spatial domain: the headquarters of the clubs in question

4-2 The temporal domain: the players of the first-class basketball sports league 2021-2022.

Time range: from 1/2/2022 to 1/5/2022

5-1 Define the terms:

Emotional plans: practical application and testing of negative thoughts and clarification of the symptoms of stress experienced by the individual.

Control site: It is the adaptation and modification of behavior when events become beyond the control of individuals and their awareness of the results of events, whether negative or positive, because they

Field research procedures:

Research Methodology:

The descriptive approach with correlational relationships was used to suit the nature of the research problem

Research community and sample:

Iraq for the sports season (2021-2022) and their number was (180) players. (1) shows the distribution of the research community .Table (1) Shows the numbers of the research community and its distribution .Number of Players Conservation Club v

Table (1) Shows the numbers of the research community and its distribution

Number of Players	Conservation	Club	v
12	Dhi Qar	shard	1
12	Dhi Qar	Nasiriyah	2
11	Dhi Qar	Euphrates	3
11	Dhi Qar	sugar castle	4
9	Anbar	phosphate	5
12	Baghdad	air Force	6
9	Anbar	Habbaniyah	7
10	Anbar	about him	8
12	Qadisiyah	Diwaniyah	9
12	Wasit	In front of the pious	10
11	Baghdad	Martyrs and wounded	11
12	Wasit	Numaniyah	12
12	Salahaddin	Samarra	13
11	Nineveh	Nineveh workers	14
12	Erbil	I almost Ankawa	15
12	Baghdad	Air Defense	16
180	Dhi Qar		Total

2-3 search tools:

Arab and foreign sources - the international network, the Internet - personal interviews - a form for data collection. - a form to unload the data. - psychological scales. - electronic calculator type (PENTIOM 4). INTER NET

2-4 Emotional Schemas Scale:

By reviewing the research literature and the theoretical framework for the subject of emotional plans and previous studies of psychological scales related to emotional plans, which were used in the processes of selecting the scale and employing them to serve the research. The two researchers used the emotional plans scale from a similar research: The scale consists of (30) items distributed over three areas:

The first axis: the axis of acceptance or rejection

The second axis: negative emotional expression

The third axis: frustration

And the scale was presented in its initial form to gentlemen with experience and competence in sports psychology and basketball to know their opinions on each axis and the suitability of its paragraphs to measure the emotional plans of basketball players.) paragraph.

2-5 The exploratory experience:

This experiment was conducted to reveal the following: (the extent of clarity of the paragraphs for the respondent - identifying the suitability of the paragraphs prepared for this purpose - taking appropriate measures in terms of linguistic formulation to prepare the scale image so that it is appropriate for players to answer it. Calculating the response time and the time it takes the player to answer the scale paragraphs Ensure the clarity of the scale's instructions Preparing the final image of the paragraphs before analyzing them statistically.

The scale was presented to a group of (10) basketball players representing the Workers' Sports Club and they were excluded from the main sample of the research. The result of the experiment showed that there is no ambiguity or inquiry about the scale's paragraphs, and the specified time average was (10-15). accurate to answer the paragraphs of the scale.

2.6 scale application

The goal of this application is to conduct a statistical analysis of the paragraphs in order to choose the valid paragraphs and the dimensions of the invalid paragraphs based on their discriminatory power. The scale forms were distributed to the research community of (100) basketball players.

2-7 scale correction:

The scale consists of (30) items distributed on three axes, the answers to which are according to three alternatives (always, sometimes, rarely) and the weights of the scores are given (3, 2, 1) respectively for the positive items and vice versa for the negative items.

2-8 Statistical analysis of paragraphs: Statistical analysis was carried out in two ways:

Extremist group style:

The method of extreme groups was used to detect the distinct items in building a measure of modifying the emotional plans of basketball players, as 27% of the higher scores and 27% of the lower scores were adopted to represent the two extreme groups. image in terms of size and contrast. Each group included in the upper and lower limits (27) out of (100) forms from the individuals of the discrimination sample and after their scores were arranged descending in the light of their answers to the items of the scale consisting of (30) items and using the statistical program known as (the Statistical Portfolio for Social Sciences)), which is symbolized by (Spss) on the computer, and the calculated value of the t-test was adopted to test the significance of the differences between the average

scores of the answers of the two groups, the upper and lower groups, for each of the items of the scale, and the table (2) shows this.

Table (2) It shows the results of the T-test of the discriminatory power of the items of the emotional plans scale, Paragraph No. High group Low group Calculated (T) value Arithmetic mean Standard deviation Arithmetic mean Standard deviation

Table 2
It shows the results of the T-test of the discriminatory power of the items of the emotional plans scale

Calculated (t) value	lower group		senior group		Paragraph No
	standard deviation	SMA	standard deviation	SMA	
4.39	0.5809	1.478	0.734	1.932	11
3.59	0.588	2.643	0.358	2.834	12
5.93	0.691	1.657	0.755	2.276	13
3.87	0.698	2.598	0.396	2.843	14
4.97	0.739	2.144	0.528	2.598	15
5.93	0.733	2.376	0.418	2.878	16
4.96	0.464	2.799	0.385	2.898	17
3.37	0.784	1.643	0.706	2.527	18
4.59	0.786	2.409	0.370	2.887	19
3.48	0.643	2.274	0.586	2.698	10
4.43	0.489	1.287	0.573	2.465	11
3.33	0.487	2.753	0.287	2.987	12
4.79	0.789	1.835	0.663	2.432	13
3.46	0.619	2.589	0.370	2.872	14
2.32	0.589	1.493	0.743	1.744	15
2.20	0.592	1.383	0.619	1.589	16
3.49	0.674	1.643	0.743	2,341	17
3.77	0.698	1.443	0.509	1.521	18
2.98	0.840	2.041	0.705	2.424	19
2.28	0.626	2.520	0.527	2.739	20
2.17	0.688	1.452	0.680	1.698	21
4.89	0.510	1.356	0.769	2.068	22
2.53	0.472	1.260	0.644	1.493	23
4.82	0.779	2.315	0.709	2.554	24
2.19	0.749	2.219	0.644	2.435	25
2.21	0.624	1.452	0.720	1.609	26
2.04	0.485	2.712	0.276	2.943	27
2.27	0.461	2.808	0.229	2.945	28
3.89	0.852	2.095	0.674	2.356	29
4.67	0.514	1.232	0.626	1.479	30

It is clear from Table (2) that the T-values of the scale items ranged between (2.04-5.99) and when we refer to the tabular value of (T) with a degree of freedom (52) and a level of significance (0.05), we find that it is equal to (1.98). In light of this, it is clear that All paragraphs are distinct and were inferred by comparing

the calculated value of (t) with its tabular value, since the value of the calculated (t) is less than the value of (t) tabular.

2-8-2 Extracting the internal consistency coefficient

Table (3) illustrates this. The degree of correlation of each paragraph with the total number of the scale items was measured, and Table (3) It shows the correlation coefficient between the items of the scale and the total score of the emotional plans scale using the internal consistency method the reliability of the test.

correlation coefficient	Paragraph number	correlation coefficient	Paragraph number	correlation coefficient	Paragraph number
0.365	3	0.387	2	0.255	1
0.459	6	0.432	5	0.243	4
0.342	9	0.353	8	0.695	7
0.357	12	0.487	11	0.521	10
0.343	15	0.958	14	0.909	13
0.285	18	0.243	17	0.355	16
0.891	21	0.727	20	0.333	19
0.566	24	0.653	23	0.209	22
0.829	27	0.432	26	0.743	25
0.569	30	0.486	29	0.243	28

With this procedure, the researchers have finished preparing a measure of emotional plans for basketball players for first-class clubs.

2-9 Adjustment site gauge: (Procedures for setting adjustment site gauge

After reviewing the standards prepared in this field, the researchers decided to use the Ali Sakr (2002) scale. (3) It is prepared mainly for the Iraqi environment, and it is also the most recent among those scales, and since this scale has been prepared to measure the position of the player's control and for the purpose of making it suitable for the research sample, the wording of its paragraphs has been modified in line with the nature of the research sample. It is worth noting that this scale consists of two dimensions They are the internal dimension represented by the domains (the individual's efforts, his personal capabilities) and the external dimension represented by the domains (luck, chance, fate, the complexity of life and the control of others

2-10 The exploratory experiment of the control site scale

Before starting the test, the researchers performed a small experiment called an exploratory experiment, which represents the community sample of the testers, and for the researchers, it is a practical training to find out for himself the negatives and positives that he encounters during the selection procedure in the future. And what is the time needed to answer it? This experiment was conducted on a sample of basketball players representing the workers club, they were chosen randomly. It was found that the instructions and paragraphs of the scale

are clear to all players. It has also become clear that the average time taken to answer its paragraphs has reached (10- 12) minutes.

2-11 Application of the control site scale

The scale was applied to a sample of numbers of (100) players in the time period ranging from 1/3 to 15/3/2022 for the purpose of statistically analyzing the paragraphs through (the two peripheral groups) and (internal consistency), where the number of paragraphs of the scale reached (50) items

2-12 Statistical analysis of the scale items:

Two methods of statistical analysis were used.

The two terminal groups:

For the purpose of calculating the discriminatory power of the vertebrae, the following steps were taken.

1. Arranging the scores of the players on the scale of the control site from the highest score to the lowest score.
2. Determining a rate of 27% of the forms that obtained the higher degrees and 27% of the forms that obtained the lower degrees, because this percentage achieves two groups with the maximum possible size and differentiation.()

Then the second test (t.test) was used for two independent samples to find out the significance of the differences in each paragraph between these two extreme groups, and since the sample of the analysis reached 100 players, so (27) players were identified for each of the upper and lower groups using the statistical bag for social sciences (spss), then Access to the results shown in Table (4).

Table (4) It shows the discrimination coefficient for each of the paragraphs of the control site scale

Paragraph	number Paragraph	discrimination coefficient Paragraph	number Paragraph	discrimination coefficient Paragraph	Number Paragraph
4.388	35	3.477	18	4.583	1
4.187	36	3.933	19	4.335	2
3.122	37	5.798	20	3.649	3
3.288	38	3.683	21	3.122	4
4.059	39	4.712	22	5.553	5
4.322	40	5.812	23	3.234	6
5.952	41	4.398	24	4.404	7
4.798	42	5.095	25	3.015	8
3.354	43	6.787	26	5.568	9
3.955	44	3.155	27	6.354	10
3.177	45	6.198	28	6.855	11
7.125	46	4.715	29	5.351	12
3.692	47	6.178	30	4.337	13
3.882	48	7.713	31	4.167	14

3.988	49	3.423	32	8.663	15
6.132	50	4.637	33	3.550	16
		5.622	34	3.555	17

It emerges from Table (4) that the calculated (T) value ranges between (3.015-7.125), and when compared with the tabular (T) value, at a degree of freedom (52) and below the significance level of 0.05, we find that it is equal to (2.87) and no paragraph was excluded from Scale paragraphs

Internal consistency coefficient

Using the Pearson correlation coefficient to extract the correlation between the scores of each item and the total score of the individuals on the scale, and the table (5) shows that

Table (5) It shows the correlation coefficients between the degree of each paragraph in the total and for all members of the research sample

correlation coefficient	Paragraph number	correlation coefficient	Paragraph number	correlation coefficient	Paragraph number
0.776	35	0.488	18	0.587	1
0.662	36	0.354	19	0.578	2
0.889	37	0.782	20	0.776	3
0,765	38	0.883	21	0.981	4
0.877	39	0.722	22	0.386	5
0.339	40	0.544	23	0.347	6
0.654	41	0.773	24	0.775	7
0.422	42	0.491	25	0.376	8
0.667	43	0.552	26	0,887	9
0.230	44	0.168	27	0.899	10
0.665	× 45	0.524	28	0.214	11
0.412	46	0.542	29	0.409	12
0.260	47	0.870	30	0.367	13
0.382	48	0.665	31	0.243	14
0.790	49	0.420	32	0.553	15
0,443	50	0.267	33	0.479	16
		0.325	34	0.295	17

It appears from Table (5) that the values of the correlation coefficients ranged between (0.260-0.899) and when we compare them with the critical value of the correlation coefficients at the degree of freedom (98) and the level of significance (0.05) of (0.196), we find that all the items of the scale are statistically significant.

Answer alternatives and item weights for the control site scale

Table (6) Shows answer alternatives and item weights for the control site scale

I totally refuse	The I refuse	OK	totally ok	The answer is completely
1	2	3	4	inner dimension
4	3	2	1	External dimension

2-13 The main experience:

The research criteria (emotional plans and control site scale) were applied in the period from 1/3/2022 to 15/3/2022 on the research sample represented by first-class basketball players during the establishment of the Iraq Basketball Championship.

2-14- Statistical treatments:

The researchers used the Statistical Package for Social Sciences (SPSS) program through the following statistical means:

Arithmetic mean. Standard deviation. T-test for an independent sample.

Simple correlation coefficient. (percentage). Cronbach's alpha equation(

3- Presentation, analysis and discussion of the results:

1-3 Identifying the emotional plans scale for basketball players:

Where this goal was achieved by applying it to the research sample of (100) players and knowing the differences between the arithmetic mean and the hypothetical average, and the table (7) illustrates this.

Table (7) shows the statistical parameters of the emotional plans scale for the research sample

Hypothesis mean	Standard deviation	Arithmetic mean
600	5.14	71.800

It is clear from Table (7) that the arithmetic average of (71,80) is greater than the hypothetical average of (60), and this means that the level of emotional plans was high among basketball players. Table (16) shows the statistical parameters of the basketball players' emotional plans scale axes. Table (8) shows the dimensions of the plans scale for basketball players.

Table (8) It shows the statistical parameters of the dimensions of the emotional plans scale for basketball players

standard deviation	Arithmetic mean	measruing unit	fields	sequence
1.63	17.12	Degree	Axis of acceptance and rejection	1
1.68	18.34	Degree	axis of negative emotional expression	2
1.71	18.32	Degree	axis of frustration	3

Displaying the results of the answers of the research sample represented by the first-class basketball players on the scale of the control site:

This goal was achieved by applying it to the research sample of (100) players and knowing the differences between the arithmetic mean and the hypothetical average, and table (9) shows that

Table (9) Shows the statistical parameters of the control site scale for the research sample

hypothetical mean	standard deviation	mean
105	8.43	113.70

It is clear from Table (9) that the arithmetic mean of the control site scale reached (113.70) with a standard deviation of (8.43) which is greater than the hypothetical mean of (105), which means that the control site was acceptable for basketball players. Table (11) shows the statistical parameters of the dimensions of the control site scale for basketball players.

Table (10) It shows the statistical parameters of the dimensions of the control site scale for the research sample

hypothetical mean	standard deviation	Dimensions
3.35	33.65	internal tuning site
5.14	08. 25	External tuning site

It is clear from Table (10) that the arithmetic average of (71,80) is greater than the hypothetical average of (60), and this means that the level of emotional plans was high among basketball players. Table (12) shows the statistical parameters of the basketball players' emotional plans scale axes. Table (11) shows the dimensions of the plans scale for basketball players.

Table (11) It shows the statistical parameters of the dimensions of the control site scale for the research sample

hypothetical mean	standard deviation	Dimensions
3.35	33.65	internal tuning site
5.14	08. 25	External tuning site

It is evident from Table (11) that the arithmetic mean of the axis of the internal control site amounted to (33.65) with a standard deviation of (3.35), and the arithmetic mean of the axis of the external control site reached (25.08) with a standard deviation of (5.14)

3-1-3 Presenting the results of the correlation between emotional plans and the position of control for the players of the first-class basketball league

Table (12) It shows the correlation between emotional plans and the position of control for the players of the first-class basketball league

indication	correlation coefficient		degree of freedom	hypothetical mean	standard deviation	metrics
	Calculation	Tabular				
Sig	0.43	2.68	99	5.11	72.25	emotional plans
				5.46	70.02	tuning site

3-2 Interpretation and discussion of the results:

The results resulted in the existence of a correlation relationship between the emotional plans scale for first-class basketball players and the control site scale, and this is what we saw in relation to the results of the research sample. The two researchers find, through Beck's (1996) point of view, an explanation for this, as he sees that the lack of control over emotions depends on the individual's evaluation of the events he faces, and since the research sample of players, according to the interpretation of (Beck 8), they are exposed to difficult and critical situations that may lead the player to impulsiveness Exaggerating his anger, as he is prone to making mistakes and may resort to recklessness, as he is exposed to situations in which the decision-making may be instant and he cannot bear thinking, or he may be exposed to pressures that result in exaggeration of the degree of emotion and lack of control and negative thinking in emotional situations (their emotional plans are negative(

The researchers stress the importance of the average emotional plans for basketball players as a result of the players' knowledge of how to confront their high emotions and suppress strong emotions. Returning to the results that appeared in Table (8), we find that basketball players have a high level of negative emotional expression, and based on the concepts of Beck theory (mechanisms for changing emotional plans), the negative emotional expression of the individual indicates that he does not control his emotional plans, which include performance Accompanied by anxiety, anger and tension "Negative responses to emotions occur as a result of the situations that the individual is exposed to and when the individual doubts his ability to confront these situations effectively and his response to confrontation is impulsive and devoid of the foundations of sound thinking".

Al-Waqfi (2000) considers that "plans and emotions arise by giving the individual a negative or positive meaning to the events he faces". The researchers believe that the availability of many conditions that create this type of psychological and social atmosphere, especially the availability of moral and material incentives to feel satisfied and convinced of the level of team performance, the available capabilities, and economic and security stability helped to reach this result, and these results support a study (Dahdal, 2004), citing the captain At the higher levels, the results they achieve and the influence of club management and coaches in their communications, which is a high motivation for them to excel and reach advanced levels".

Returning to Table (10), we find that the research sample has excelled in the scale of the locus of control and they have a good internal control position, and this can

be explained by considering that the sample members are from the category of first-class players and that the locus of control is more internal as the individual progresses with age and experience. On the one hand, and on the other hand, the individuals who tend to play these games are often characterized by some characteristics that qualify them to succeed in them, which are the same characteristics that characterize the one with the internal control site.” For his actions and actions. As for the external control site, which expresses the individual’s belief in the control of luck, chance, others, and circumstances over the variables of his life and behavior, so he is unable to predict the results. Mathematically, he has external control and the other is the dominant internal pattern for him.” , It is worth noting that the player is the one who estimates what he can achieve in his field of work based on what he possesses of capabilities, and the individual athlete cannot reach to achieve achievements unless there is motivation It motivates him to achieve the goal he seeks to reach, and this differs from one stage to another in the practice of sports activity, so the stage of competitions has a special type of control site.

4- Conclusions and recommendations

4-1 Conclusions

In light of the results of the study, the following conclusions were reached:

1. Basketball players have negative emotional plans.
2. Basketball players have a good control position, but it does not rise to the level of first-class players:
3. There is a statistically significant relationship between the emotional plans and the position of control for the players of the first-class basketball league.

4-2 Recommendations

1. Take advantage of the emotional plans scale to conduct future research.
2. Conducting a comparative study between the sexes in emotional plans.

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