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## **A comparative study of phenomenon shyness among practitioners and non-practitioners of sports activity for Basrah University students**

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### **Abstract**

Attention to sports practices and activities has positive effects on the psychological aspects of students and its construction, and shy is one of emotional manifestations that affect personal features of students and it is considered an emotional that vary depth from one individual to another and from one position to another that some students do not have the ability to face challenges because of the shame that afflicts them and has This condition reaches the degree of paralysis of their capabilities and their self. "A student who suffers from shy lacks self -confidence and finds it difficult to integrate with his colleagues and lacks many life skills" (Al -Dulaimi & Al -Aziz: 2011). Study aimed to know ' importance of practicing sports activities for university students and its impact on reducing sense of shyness' researcher relied on the descriptive approach to its suitability for ' type of research, which is concerned with identifying ' conditions and relationships that are indicative of' research. Its analysis to reach ' required goals We mean with' sample ' individuals who were applied to the curriculum Among the most important results of research is the presence of differences between the students practicing and non -practitioners of sports activities and for the benefit of practitioners. Researcher recommended participation of university students in various colleges in various sports activities. Conducting research and studies specializing in guidance programs that contain sports activities to reduce emotional phenomena, including shyness.

**Keywords:** Phenomenon shyness, sports activity, Basrah university students

### **Introduction**

Psychology helps educators and workers in fields of amending human behavior with correct psychological principles that deal with the problems of education and learning issues, and this is called educational psychology and a part of the branch of psychology that is concerned with scientific study of human knowledge and behavioral learning. Educational psychology contributes to advancement of the educational process, as it serves all educational materials that share and "adjust behavior and help in achieving all public and private aim in addition to educational aim" (Farras Ali Hassan: 2002) [8]. Sports. Sports psychology helps to control and control mathematical behavior by modifying that behavior, directing and improving it to reach the results to be reached, and creation of a new generation of sports and how to control their behavior and directing them within young ages Sports psychology works to form an ideal mathematical formation capable of controlling and controlling his anger, as well as predicting what mathematical behavior will be and its interpretation and knowledge of the relationships that exist between mathematical phenomena. To find out the reasons for many different mathematical behaviors, and know the factors that lead to these mathematical behaviors. university life stage is one of most important stages of life; It is the first steps of professional future, and it is first time that he is fully responsible for his life and privacy, and he will have to adapt to strangers and make friends, and find solutions to his problems, and this is all far from his friends and family, and in order to fulfill requirements of this stage, he must be understood Its nature is good, its requirements, its variables, and the differences between it and the preceding stages before it. The extent of acclimatization and progress in the university stage is closely related to the stability of student psychologically and familyly, and thus it is reflected on his academic level that university environment of university students has a great importance because of the rich experiences it "contains, which raises

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university student with anxiety and emotional experiences that cause many turmoil". (Al -Dulaimi and Al -Ezzi 2011) [2] indicates that some students do not have the ability to face challenges due to shy that afflicts them, and this situation may reach the point of paralyzing their abilities and their self -confidence. Student who suffers from shy lacks self -confidence and finds it difficult to integrate with his colleagues and lacks to a lot of life skills. A shy is considered a disturbance that is shyly carried by his childhood, which in turn affects his various social relations.

Research and psychological and social studies confirm that number of individuals who suffer from shy is significantly increasing, in light of the transformations that we are witnessing at the social level. Consequently, it is worth noting the attention of studying this aspect of character, so psychology helps to understand shy person and deal with him in a different way in order to help him get rid of these factors that cause him psychological suffering. Tendency to avoid social interaction, and participate in social situations (M. It may appear in the "early childhood stages and affects later stages of these children, which leads to their social compatibility" (Cameron, 2009) [12] Associations between Shyness.

Shay is accompanied by several manifestations, including feeling anxious and inaccurate, which leads to silence and withdrawing from the positions of social interaction, and it is accompanied by a feeling of sensitivity. Adapt them to life.

### Research Problem

University community and mixing in a new society is considered the existence of other sex, cultural, scientific and social atmosphere on other hand, a very dangerous stage because students enter into them and they carry in their formations effects of environmental, social and economic factors, and students are presenting it to many tendencies ranging from ambition, feet, hesitation, anxiety and aspiration to try A new life is radically different from their previous lives, which prevails among individuals on other hand, which gives them ability to create an atmosphere and qualitative relationships within this medium that is characterized by maturity and development in vision and treatment, and since university represents the meeting of students coming from different social environments that represents a study stage that radically varies from what It is the case in previous academic stage, whether in terms of organization and nature of study (adapting to the new university life, source of an electronic study), so shyness is considered one of most prominent obstacles facing university students and limits their ability to interact in university community. "Its association with unpleasant personal features that exile for psychological and social harmony" (Muhammad al -Mousa al -Saleh: 2010) [10]. "States that shyness becomes a problem when it affects relationship of individual with people in social situations", in school and in other important areas of life of individual, where shy person finds it difficult to confront him and deal with new situations, phenomenon of shy is an apparent phenomenon or otherwise It is true that lack of sensation at psychological level and shame is unnatural if it is severe or hinders growth of personality and limits its social interaction as indicated by (Namla, Abd al -Rahman bin Suleiman: 1995) [11]." scholars differed in determining the reasons for the emergence of the emotional state (shyness)" As its

reasons are due to changes in the secretion of glands and others are due to environmental factors or to both of them, according to a study, Mustafa (1991) [6]. From the point of view of practitioners and non -practitioners of sports activity and identifying essence of this problem.

### Research Aims

Detecting shy levels for Al-Basrah University students.1  
2 -Learn about differences between levels of shy between practitioners and non-practitioners in the colleges of Basrah University

### Research hypotheses

There are individual differences between sports and non-practitioners - students in shy levels

### Research Fields

1. Human field: Basrah University students for academic year 2022-2023.
2. Spatial field: academic halls in colleges of Basrah University
3. Time field: From 15 / 2 /2023 to 4 / 5 /2023.

### Methodology and Procedures

#### Research Methodology

Research curriculum is a set of special tools, methods and technologies that are used to examine discovered phenomena and knowledge and depend on collection of some assurances and must be measured and concluded (a site that is scholarship for studies and academic consultations) researcher used descriptive approach in method of survey studies to suit the nature of research.

#### Research community

Research community was chosen from Al-Basrah University colleges for academic year 2022-2023 As for research sample, it was represented in (190) students and students representing (6), which are colleges (Engineering-Sciences-Literature-Physical Education and Sports Sciences-Girls-Beautiful Arts College)

#### Devices, tools and Means of collecting information

- Arthmitace Medium.
- Standard Deviation.
- T (test) for two independent and unacceptable groups.
- Teste (F). Interview.
- Bell laptop (Bell)
- Arab and foreign sources and Internet.
- Questionnaire.

#### Research procedures

##### Shy scale

Researcher relied on scale of shyness prepared by Binch (Binch) researcher distributed scale of shyness to students of university colleges for academic year 2022-2023.

#### Reconciliation Experience

Researcher conducted a reconnaissance experience on 28/2/2023, and it was intended to determine obstacles that researcher could face while applying scale. Experience has achieved its main aim.

**Main Experience:** Researcher distributed scale to students of Al-Basrah University colleges for a period of 5/3/2023 to

20/3/2023. researcher has excluded (5) forms to repeat answer to more than one option for one poverty

**Statistical Means:** Researcher used programme SPSS statistical version is 21.

**Table 1:** Shows calculations and standard deviations of scale of shyness practitioners, non -practitioners and values (T) to indicate differences between them

Variable	Shy scale	Practitioners	Arithmetic mean	standard deviation	T value	Freedom degree	Sig	Indication
			Non-practitioners	64.090				
			51.350	6.483				

Through above table, which shows arithmetic mean and standard deviations of scale of shyness at students practicing, non -practitioners, and differences between them, where computational milieu of students of Basrah University was (46,0909). As for deviation standard, was (5.15609) Standard deviation 6.48358)

To learn about differences between practitioners and non -practitioners, researcher used the Test (T) and value of test (5.076) is a difference of moral significance and in favor of students, meaning that practitioners have a level of shy less than non -practitioners and researcher attributes reason for this to exposure of practitioners to various activities that they practice from them In addition to physical and skilled preparation, and nature of sports activities that they practice requires performance in front of public, and this" reduces levels of shy for them, and this is what I believe" that human being is a social being responsible for his behavior, so it requires him to be continuous with people of his community and his environment and for him ability to

## View, Analyze and Discuss Results

After conducting main experience and statistically data processing, researcher presented data in form of table Display, analysis and discussion of differences between practitioners and non-practitioners in shy levels

harmony and adapt, and this is what sports community prefers, as it has many and large friendships, which reduces levels of shy to sample members. motivation of achievement to them in reducing levels of shy because athlete's goal is to obtain a good performance to achieve achievement despite all obstacles and this is what (Souad Sabti & Abeer inside, 2013) [4] "indicated that research indicated that athlete's readiness to face various sports positions contributes to overcoming shyness as it appears greatly From activity", effectiveness and perseverance as an expression of desire to excel in positions of sports competition that athlete's readiness to face various mathematical positions contributes to overcoming shyness, as a great deal of activity, effectiveness and perseverance appears as an expression of desire to excel in positions of sports competition.

## Display, Analysis and Discuss Results of differences between students of Al-Basrah University colleges.

**Table 2:** Value of (F) shows the differences between college's students, the research sample As in table below

Variables	Sum -squares	Freedom degree	Mean squares	F	Sig	indication
Between groups	1042.207	5	208.441	5.366	0.000	moral
In group	7120.535	184	38.699			
Total	8162.742	189				

Through above Table which shows analysis of contrast to scale of shyness for students of university colleges, research sample, where we notice that college students have achieved different calculations and close to colleges (literature-education girls-engineering-science and beautiful arts) as shyness becomes a problem when it affects individual relationship with People in social situations, in important areas of life of individual, "where shy person finds it difficult to confront him and deal with new situations, and this was confirmed by" (Salem Talib & Ahmed,; 2012) [3]. "Excitement of social factors, as sports activities are characterized by presence of gatherings to practice various activities, and this is what" (Amin Anwar Al -Khouli: 1965) [1] that exercising has psychological and positive effects on the individual.

Through Table (2), we note that there are no moral differences between colleges (literature-education for girls-engineering-science and beautiful arts college), but there are differences between these colleges and faculty of physical education and sports science. Social relations between college students, where they engage in different sports games in form of groups that are one team, especially since most activities are collective through practical lessons and relying on colleague to come up with a collaborative collective performance, which contributes to reducing factor of their shy, and this is confirmed by Oclifi study that sport

allows him Opportunities for pleasure and joy, just as prevailing a climate that prevails in fun and pleasure where a person is free from some psychological disorders, and this is what "indicated that sports physical activity has ability to refine individual and settle his personality and control his inclinations" and emotions and increase discipline, balance and evidence Self and ability to sovereignty and create a spirit of belonging.

## Conclusions and Recommendations

### Conclusions

1. There are differences between practitioners of sports and non- practitioners.
2. Worker of shyness for is less than non- practitioners.
3. There are differences in students of Faculty of Physical Education, Sports Sciences of in shyness scale.

### Recommendations

1. Participation of university students in various colleges in sports activities at university
- Conditional activities within university's colleges to practice students with their various hobbies
- 3 Conducting research and studies specializing in guidance programs that contain sports activities that help reduce the level of shy among university students.

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**Appendix (1) Shyness Scale**

No	Paragraph	Yes	Sometime	No
1	Do you find it difficult to get to know people			
2	Do you feel fear if you expect to meet the other sex			
3	Is it easier to talk to you than to confront others?			
4	Do you avoid looking at the face of his talk?			
5	Are you quick to be affected when you feel that others touch your dignity?			
6	Do you feel that people care about your personality and look			
7	Do you stutter sometimes and the words cannot be forgotten or forget what you want to say when you meet others			
8	Do you leave the rest of the account for the restaurant worker if it is a few			
9	Is it worried that your goods have been returned?			
10	Do you eat if you enter one of the restaurants and discover that its prices are more than you want to pay			
11	Do you discuss the store owner on the price of the goods you buy from			
12	Does silence affect the showers of sofas, for fear that you will draw the attention of others?			
13	Do you tend to envy others for their talents, wealth, or success in their work			
14	Do you care more about your social messages or the types of your writing tools?			
15	Do you avoid being the first speaker at a speech festival at the college?			
16	Do you promise yourself that you are the lowest level than you would like to make it a partner for your life			
17	Do you feel confused if your fellow chooses at a party to tell his joke			
18	Do you exag?			
19	Do you hesitate to use the classical language for fear that others think that you boast about it?			
20	Do you allow a seller to cause you to buy a good that you want to buy?			
21	Do you confuse if you are asked about a drug you bought and do not want to reveal it?			
22	Is it reported that the seller pays a large banknote to a simple price need?			
23	Do you affect your right to hold accountable a student offend you to meet the head of the department			
24	Do you avoid showing your friendship and love for others			
25	Do you find it difficult to convert to a person you did not recognize for a short time?			
26	Do you find it difficult to meet and discuss the topic of your report in front of the students and in the presence of Professor			
27	Do you confuse when Professor blames all class students			
28	Do you hesitate to ask your friend to return an amount of money I borrowed from you after a reasonable time			
29	Do you confuse if a coincidence collides with one of the people			
30	Do you confuse when the professor approaches you during the exam and tries to read what you write			
31	Do you confuse if you come across a painful view that calls for compassion			
32	It is late for the use of new things) affection (so that they are commonly used among people			
33	Do you hesitate to display your photos while you are a child in front of your colleagues			
34	Do you seem worried when you stand in front of the photography machine?			
35	Do you doubt that your friends and some of your acquaintances criticize you in your absence			
36	Do you feel embarrassed if you are asked when you expect to get married?			
37	Do you feel embarrassed if you are asked when you expect to get married?			
38	Do you reduce the value of your work in your social life?			
39	Are you afraid that your shame will rise to your face			
40	Do you exclude your work if you feel the observation of others for you?			