

Psychosocial Compatibility and Its Relation with Self Esteem of Students at Sciences and Techniques of Physical and Sports Activities Institution.

التوافق النفسي الاجتماعي وعلاقته بتقدير الذات لدى طلبة معهد علوم وتقنيات النشاطات البدنية والرياضية

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Abstract : The study aimed at identifying the relationship between the psychological compatibility and self esteem of students at physical education class. The researcher used the descriptive method which fit the nature of the study on a population of about 96 second year Master students at physical education class at Science and Techniques of physical and Sport Activities. And about 40 students were chosen as a sample on which the study tool is applied. It is represented in the psychological compatibility and self esteem measures of Koper Smith. The study showed that: there is a positive association between the high psychosocial compatibility and self esteem of students at physical education class. It showed also that there is a positive association between average psychosocial compatibility and self esteem of students at physical education class. As it shows that there is a positive association between the low psychosocial compatibility and self esteem of students at physical education class.

Keywords: psychosocial compatibility, self esteem, students

المخلص : هدفت الدراسة للتعرف على العلاقة بين التوافق النفسي الاجتماعي وتقدير الذات لدى طلبة قسم التربية البدنية حيث قام الباحث بتطبيق الدراسة باستخدام المنهج الوصفي لملاءمته لطبيعة الدراسة على مجتمع يتكون من طلبة السنة الثاني ماستر بقسم التربية البدنية بمعهد علوم وتقنيات النشاطات البدنية والرياضية والذي قدر عددهم (96 طالبا) حيث تم اختيار وبطريقة عشوائية ما قوامهم 40 طالب تم تطبيق عليهم أداة الدراسة ، والمتمثلة في مقياس التوافق النفسي ومقياس تقدير الذات " لكوبر سميث" ، توصلت الدراسة إلى وجود علاقة ارتباطية طردية بين التوافق النفسي الاجتماعي عالي المستوى وعلاقته بتقدير الذات لدى طلبة قسم التربية البدنية .وجود علاقة ارتباطية طردية بين التوافق النفسي متوسط المستوى وتقدير الذات لدى طلبة قسم التربية البدنية ، كما توصلت إلى وجود علاقة ارتباطية طردية بين التوافق النفسي منخفض المستوى بتقدير الذات لدى طلبة قسم التربية البدنية

- الكلمات المفتاحية : التوافق النفسي الاجتماعي - تقدير الذات - الطلبة

1-Introduction:

1-1- Psychological compatibility is one of the important basic notions which are connected to the personality of the sportsman and his psychological health and his adopting relation to environment and society. Individuals differ from each other in terms of their physical and mental abilities and personal possibilities in many fields. According to individuals' differences, we find some people feel disturbed when unexpected change occurred. Individuals' awareness of his abilities, possibilities and explaining the positives that are worked with are important factors by which it is possible to reach the required level in performances. There is no doubt that psychosocial compatibility and individuals' awareness and self esteem are the basis of social relations' success either with the individual himself or with others.(Ali, Zohra, 2011, 178)

The word compatibility has a big importance in psychology and psychological health because it has an effective role in natural progress of the individuals and groups' life in any humanist society. Finding incompatible person in certain group may be an obstacle to reach the target aims. The personality that behaves valuably and effectively in the society where s/he lives is a high individual and social compatibility. There is no doubt that the individual' s compatibility with his environment relies on the way he saturates his needs, in addition to the different pledges that his environment imposes. If his needs are equally saturated, and are relied on the correct basis, a normal personality will grow.

Nowadays, it is noticed that all countries give the university a big importance because of what social and economic services it presents to the society as an educational institution.(Samir,Mohamed,2018,p303).

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That is why countries and governments are doing best to benefit from university graduated persons who hold scientific certifications as well as great and important energies which is one of the main conditions to get a job especially in the up- to- date institutions.

In the field of Science and Techniques of Physical and Sports Activities and what qualifications and young energies it presents to serve the country and society. It is a striking power in the society of course in case they are given the chances of success, support and accompaniment. This is totally applied on the Algerian society .

The Algerian university is full discipline power which is a big human resource that enables it to economically develop and to socially, culturally, and intellectually rise. But keeping that young energy at that level is related to the normal psychosocial compatibility and the good psychological health which enables the individual to well estimate himself. Social integrity is realized when its individuals are psychologically, physically and socially normal. And because compatibility is an essential aspect for psychological health in terms of personal compatibility and self satisfaction in addition to social, family, school and occupational compatibility.(idjlal,2000,28).

Ziller 1979 sees that self esteem is a set of inserts that the individual has about his personal value . these inserts are related to and influenced by others' perceptions and reactions. this means that evaluating the individual to himself starts from others' evaluation to his abilities. (Rahli, Saoudi, p 310).

The current study aims at knowing the relation between psychological compatibility and self esteem to Sciences and Techniques of Physical and Sports Activities students at Mohamed Boudhief university of Msila through showing their compatibility values and self esteem to seek the relation between them.

The importance of the study is shown when it spots the light on studying self esteem level and psychosocial compatibility values and their relation with each other and which is one of the important studies at universities that concern the student and his formation to face social life in different fields.

1-2-The Problem of the Study:

At universities, students face many pressures (academic, psychological, economic and social) that may influence their level of social compatibility where they bear many responsibilities(others have a relation to the economic side and others concern the way they adopt to the university life in addition to the responsibility of study). that is why diminishing those pressures and improving the conditions in which they live may form a positive support that may reflect the psychological compatibility as well as their psychological, occupational and university compatibility.

The researcher made the study in order to stand on the relation of psychosocial compatibility and its relation to self esteem to Sciences and Techniques of Physical and Sport Activities students since they are considered a part of the university students who are exposed to life and university pressures. They also considered a store of young energies which would be given the chances as well as the possibilities in order to explore the competencies.

Here is the general question:

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Is there a relation between the psychosocial compatibility and students's self esteem at physical and sports education class from their point of view?

1-2-1-Secondary Questions:

- Are there any differences in the level of psychosocial compatibility of physical and sport education class students from their point of view?
- Are there any differences in the level of students 'self esteem at physical and sports education class from their point of view?
- Is there a relation of statistical significance between the psychosocial compatibility and self esteem of students at physical education class from their point of view?

1-2-3-The hypothesis of study:

1-2-3-1-The General Hypothesis:

- There is a relation with a statistical significance between the psychological compatibility and the self esteem students at physical education class from their point of view.

1-2-3-2- Secondary Hypothesis:

- There are differences of statistical significance at the psychosocial compatibility level among students at physical education class from their point of view.
- There are differences of statistical significances at self esteem level among students at physical education class from their point of view.

- There is an association between psychosocial and self esteem of students at physical education class from their point of view.

1-3-The Aims of the Study:

The current study aimed at identifying the relation between psychosocial compatibility and self esteem of students at science and techniques of physical and sports activities at Mohamed Boudhief university of M'sila. Through showing the values of compatibility and the level of self esteem and seeking the relation between them. it aims at preparing students psychologically in order to enable them to face the social and occupational life since they are to graduate.

1-4-The Importance of the Study:

It is important because it spots the light on a very important study ; which is on studying on the level of self esteem and the values of psychological compatibility in addition to the relation between the two. This is considered one of the important studies at the university life which is concerned with the student and his formation to face all the fields of social life.

1-5-Review of Literature (Previous Studies):

- The study of Ali Ben Said Elghamidi 2016(self esteem and its relation with some variables to students of physical education students at Om Elkora University).

-The study aimed at identifying the level of self esteem of students at Om Elkora university and its relation to the results they achieved taking into consideration the general average, in addition to the relation between their self esteem and their three specialties (teaching, training and administration), The researcher used the Rouzenberg parameter of self esteem, It was applied on all students at physical education class. After gathering data and analyzing them statistically,

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the results show that there is a high students' self esteem, It also showed that high average students are more self estimated. Self esteem was high to students at teaching specialty, next training and then administration one.

- The study of Samir Mohamed Fedoul 2018: The Levels of Psychosocial Compatibility of Students at Tizi Ouzou University, The study aimed at identifying the level of psychosocial compatibility and its levels in its different dimensions (family, study, compatibility, excitement, health and physical value).

- The sample is composed of 160 students (males and females) at Tizi Ouezou University, The researchers used the descriptive method and the scale of Salah Eddine Ahmed Eldjamii of psychosocial compatibility, The study showed the level of the entire compatibility which is moderate and differs in its dimensions where four were middle, The compatibility of values (ethical and religious) was high, and the compatibility with other was low, The study recommended giving more care to students since their social compatibility is medium, The researcher used the Rouzenberg scale of self esteem. it was applied on all students at physical education class. After gathering data and analyzing them statistically, the results show that there is a high student's self esteem, it also showed that high average students are more self estimated. Self esteem was high to students at teaching specialty next training and then administration one.

- the study of Moumen Bekouch Eljomoui 2013:" social values and its relation with psychological compatibility to university students." the study aimed at identifying the relation between values and psychosocial compatibility to students. the researchers used the associative descriptive method to confirm the research hypothesis; where he applied it on a sample composed of 205 2nd year and 3rd year students at social science institution, Elouadi university, the sample

was chosen randomly. the study showed that social values are related to the student' s social compatibility, his family compatibility in addition to his emotional self compatibility.

1-5-2-comments on studies:

the study is compatible with the previous studies in studying the variables either the variable of social compatibility or the variable of self esteem. it is compatible in studying the population and the sample of the study which is university students especially students at physical education class. they also agreed upon using the descriptive method that fit the nature of the study. moreover, it is compatible in studying the associative relation between the two variables. the difference is in the tackled level while others dealt with all levels. in the current study, the sample and the case study is second year Master students who are to graduate in order to see their compatibility and self esteem.

2- the used definitions and vocabularies:

- Psychosocial compatibility: it includes interaction and connection between the individual and his environment; each of them influences the other and imposes his requests. generally, adaptations between these two opposite attitudes are compatible.(Djaber, 1987, 347)

Psychological Compatibility: is the compatibility between the individual and himself in addition to his compatibility with the surrounding environment. Both levels are related to and influenced by each other.

The Psychosocial Compatibility: is the relation in which the individual realizes a sort of equilibrium with himself. he also realizes a sort of equilibrium with the

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exterior environment. this equilibrium appears through accepting the other members from his family and school.(Bentoumi, 2018,p380)

-The procedural definition: It is to adopt with what was, what it is and what will be through communication with others and the society.

Self Esteem: Meriem Salim clarifies:” Self Esteem is a set of feelings and self convictions which the individual built about himself. ”(Bouajila and Bekka 2019 p 362).

Self esteem : _ it is when the individual estimates his value and importance. That creates a feeling of pride, achievement and self respect. in addition to avoiding the negative experience which causes a feeling of inferiority. This feeling should be grained in the child by his family and school. if the student have a strong base of respect and self esteem, this will reflect his reaction with others. a desire of listening to others, accepting their opinions and feelings ; in addition to estimating their difference will be created. (Boujlal, Ben Ammour, 2021, p 447).

-The procedural definition: self esteem is the judgment that the individual makes towards himself through accepting and refusing what he does.

university students: they are the most aware and capable in terms of scientific exchange. they obtain a university formation which affects their personality and refines their values. they are 2nd year Master at physical education at scientific and techniques of physical and sports education at Mohamed Boudhiaf university of Msila.

3- Method Procedures:

3-1-The choice of the method:

The researcher used the descriptive method which fit the nature of the study.

3-2- population and the sample of the study:

The case of study includes 2nd year Master students of 2021/ 2022 school year at physical education class at sciences and techniques of physical and sports education institution which is to be relevant to the study. This work deals with a random sample of 60 students. the survey study is applied on 10 students.

3-3- data gathering tools:

to gather data, the researcher used all the Arabic resources and the different scales which are specialized for self esteem and psychosocial compatibility. took from an essay belongs to (Ali Abd Elhossein and Hosein Abd Ezahra, 2001).

3-4- the psychometric characteristics:

-Compatibility: to prove the psychosocial compatibility and self esteem, the researcher exposes the paragraphs of the scales on a group of experts. After taking their views, the study was applied on the sample.

Stability:

-Confirmation: in order to get the conformation degree of the scales, the researcher used(the half segmentation method) through Alfa Kronbakh factor. where the value reached(0,89), (0,83), one after the other. that proves the measurements.

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The researcher applied the two measurements on the sample which is represented in 2nd year Master students at physical education class at Sciences and Techniques of physical and sports education. where it took time from 10/11/2021 to 24/11/2021.

3-5-Statistical Tools:

-Arithmetic mean, standard deviation, Pearson's correlation coefficient, percentages.

4- Analyzing and discussing Results:

To achieve the aims and the hypothesis of the study, the researcher exposed discussed and analyzed the results he achieved.

4-1- exposing , analyzing and discussing the 1st hypothesis: which is as follows:

there are differences with a statistical significance in the level of psychosocial compatibility between physical education class students and from their point of view.

table (1): it clarifies the fact of psychosocial compatibility and its standards deviation.

The fact of psychosocial compatibility	Range	frequency	percentage	S-	A+
High level psychosocial compatibility	222/300	30	50%		

Average psychosocial compatibility	150/225	17	28,33%	37,55	12,51
Low level psychosocial compatibility	150	13	21,66%		
Total	/	60	100%		

The source: the author

According to the results represented in table 1 which show the responses of the sample's members towards psychosocial compatibility level from their point of view. three indexes of psychosocial compatibility were different according to the average arithmetic, the standard deviation and frequencies. the standard deviation was valued (37,55) and the standard deviation was valued (12,51). and according to the percentage of the frequencies of the individuals ' responses, the 1st level was for the high level psychosocial compatibility. with a frequency valued 30 and a percentages rated 50%; Where it is shown that psychosocial compatibility of the research sample is of high level. While the average level of psychosocial compatibility comes with a frequency valued 17 and a percentage rated 28,33%. whereas, the low level psychosocial compatibility came with a frequency valued 13 and a percentage rated 21,66%. According to the results shown, it is clear that the individuals of the sample who are 2nd year Master at physical education class have a high level of psychosocial compatibility. which explains harmony, correlation, compatibility and adaptation found among students during applied lessons and lectures. where we notice a sort of adaptation, compatibility and reaction among one another. they have a good self confidence which allows them to appreciate, realize and explain attitude. this means that formation at sciences and techniques of physical and

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sports activities institution plays an important role in enhancing the level psychosocial compatibility of students at education faculty came with the high level. The researcher recommended taking into consideration students' preparation since it is a part of general preparation.

4-2- Analyzing and Discussing the Results of the 2nd Hypothesis: which is as follows:

There are differences with statistical significance in the level of self esteem among the individuals of the sample.

**table 02: Average Arithmetic , Standard Deviation and Percentage of
Sample's Individual Responses.**

The fact of psychosocial compatibility	Range	frequency	percentage	S-	A+
High level psychosocial compatibility	375/500	35	58,33%	37,55	12,51
Average psychosocial compatibility	275/375	15	25%		
Low level psychosocial compatibility	250	10	16,66%		
total	100%	60	100%		

The source: the author

According to the results shown in table 02, concerning the individuals' responses towards self esteem in accordance to the three levels of self esteem, where we notice that the average arithmetic and the standard deviation of the three levels are 38,66 as an average arithmetic, while 12,88 as a standard deviation. when we compare results in terms of percentages and the most frequent, we find that the high level self esteem is with a frequency valued 35 which represent a percentage of 58,33%. Which is the highest percentages which mean that the individuals of the sample have a positive self esteem and expecting a good level concerning the psychosocial situation. While the average self esteem is with a frequency valued 15 which represent 25%. this means that this percentage realizes a moderation in the level of self esteem between the individuals of the sample. Whereas, the low level in the third class with a frequency valued (10) which represents (16,66%) which mean that few students have a weak self esteem in comparison with the other students. the researcher refers this superiority in students' self esteem to the academic specialty which is presented by the institution through the teaching materials and the modules which provide the individual with a psychological compatibility and a positive self esteem through the reaction and the adaptation process during doing activities along the sessions. the results are compatible with the study of (Abd Zahra, Hassen,2011),It shows that there are moral differences in the levels of self esteem of physical education students.

According to what mentioned, we acknowledge the realization of the hypothesis which says that there are differences in the levels of self esteem between students at physical education class (2nd year Master students).

4-3- Analyzing and discussing the 3rd hypothesis: which is as follows:

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There is a n associative relation between the psychosocial compatibility and the level of self esteem of 2nd year Master students from their point of view.

Table 03: The Results of the Associative Relation between the Measures in the Level of Self Esteem and Psychosocial Compatibility.

measures	Average arithmetic	Standard deviation	DF(degree of freedom)	The value calculated association	The level of significance
Psychosocial compatibility	37,55	12,51	58	0,63	0,05
Self esteem	38,66	12,88			

The source: the author

According to the results presented in table 03 which show the results of association deviation (Pirson) between the psychosocial compatibility and self esteem measurements in order to study the relation between them through the findings of students' responses in the two measures where we notice.

According to average arithmetic and standard deviations, they reach (37, 55) and (12, 52) in the psychosocial compatibility, while in self esteem, average arithmetic reached (38, 66) and the standard deviation (12, 88). After calculating the association coefficient between the two measurements, the association coefficient Pirson reached (0, 63) and when it is compared to the level of significance (0, 05). we find that there is positive associative relation between the

two measures. so, the student who has a high psychosocial compatibility is more compatible than the others in his family and society in addition to his mates, teachers and administration. this positive compatibility enables him to skip many psychosocial diseases and to get various skills in reaction and social adaptation with his mates as well as his society.

In addition , the student who has good psychosocial compatibility is able to well estimate, judge and evaluate himself. having the will and self confidence enables the student to bear disappointment and failure in different attitudes. moreover, having a positive view towards himself forms success and superiority in different fields. Second year Master student at physical class who is going to graduate and to get the certificate which enables him to get a career is considered one of the students who have a high level of psychosocial compatibility and self esteem because of what he has acquired in his academic study. This shows that science and techniques of physical and sports activities institution like the other fields at university realizes a psychosocial compatibility for students which creates a positive appreciation to himself. This later will enable him to adapt all social, professional and academic conditions. the results of the study is compatible with the one of(Samir, Mohamed, 2018) which show that there is positive associative relation between psychosocial compatibility and self esteem of students at physical education faculty.

According to what mentioned, the researcher declared that the hypothesis which says that there is an associative relation between self esteem and psychosocial compatibility for 2nd year Master students at physical and sports class from their point of view.

5-Deductions and Suggestions:

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5-1-According to analyzing the findings and discussing them, the researcher reached many deductions:

- There are moral differences in the fact of psychosocial compatibility of second year Master students at physical and sports education class which means that their levels, abilities and possibilities are different.
- The results showed that there are moral differences in the fact of 2nd year Master students self esteem at physical education although the difference in their abilities, possibilities and levels.
- The results showed that there are three levels of psychosocial compatibility of 2nd year Master students where the findings were different. the high level of psychosocial compatibility comes first, then the average level and finally the low level.
- The results showed that there are three levels of self esteem, and the results are different. The high self esteem comes first, then the average self esteem and finally the low self esteem.
- The results showed that there is a positive associative relation between the variables of the study which are represented in the psychosocial compatibility and self esteem of 2nd year Master students.

5-2-:Suggestions:

- Taking care of psychosocial preparation of students since it is an important part of the social and academic growth which realizes adaptation between one another and equipping him to be a column of the nation.

- Putting emphasis on integrating the student in the different cultural, social and sport bodies inside and outside the university in order to enhance self confidence and reinforcing social relations.

- setting psycho pedagogic centers inside the university in order to hear all the problems of the students and solve them with ways that let him socially and psychologically compatible.

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