

## "The Sense of Self and its Relationship With Psychological Support for Swimming Sport Teachers in Upper Egypt"

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### Introduction and problem of the study:

Many researchers in the psychological field concerned with physical education as an important and influencing phenomenon in the human community, believing in their effective role in determining the nature of human interaction between individuals themselves and the society to which they belong.

At the same time, we cannot overlook the clear and important impact of the role of sport in shaping the individual's sense of himself and his behavior in society, which represents the first basic building block upon which the natural beginnings of any civilized society whose members enjoy a high level of intellectual and psychological maturity to establish in this light advanced human relations on According to the modern psychological perspective in the view of the relationship between the individual and society. (2: 87)

Sport psychology was concerned with the subject of psychological knowledge to understand many educational and psychological problems through human interaction with the environment, starting with the basics of the theoretical branches of psychology that aim to describe behavior, experience and mental processes through codified scientific study and explain the reasons for their occurrence (16: 4)

Based on the foregoing, sports psychology formed a common factor with other psychological sciences in the research and investigation of behavioral facts of the athlete through the logical overlap between him and other psychological sciences.

"Carver & Sheer" states that the use of a measure of self-feeling helps to divide people into four types (people who are completely conscious of general subjective aspects "people with a sense of public self" but are relatively unaware of their own self - people who are completely conscious of private subjective aspects "with a sense of private self" but who are not Relatively conscious of their public relatives - people who are highly conscious

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of both a sense of public self and a sense of self-worth and are called "people with a high sense of self" - people who are unaware of both a sense of public self and a sense of self-self and are called "low self-feeling". (46:19)

Also, this trend is one of the modern trends of sports psychology, which was previously mentioned by both "Landers" Smith "Smith" that this science will witness a system of knowledge intertwined between sports science and psychology, also expected (Smith) more acceptance and appreciation of psychology Athlete by other fields of psychology.(2: 33)

Through a clear scientific reading of the previous points of convergence between sports psychology and other psychological sciences, the current research was interested in studying the subject of sense of self and its relationship to psychological support among swimming sport teachers in Upper Egypt by studying the effect of creating an impression of the athlete towards others through the psychological support as An important indicator of the impressions that represent one of the models of theories of psychological impact that refer to different mechanisms that ensure increased paths of feelings, understanding and participation between individuals, and these models will work to maintain interaction with flexibility and high effectiveness without entering into a state of clash and conflict.

Therefore, psychological support contributes to sport in a large and realistic way by creating a sense of belonging. (4: 72)

Through the foregoing, it becomes important to study the feeling of self and its relationship to the psychological support of the individual as assumed by "Eeikson" One of the most important aspects of human growth related to the nature of the behavior of the individual, as the feeling of the individual is related to the nature of the individual's awareness of the meaning of his existence through the adoption of principles and appropriate roles in terms of personal Psychological alike. (25: 3) (76: 7)

Accordingly, the feeling of self helps the athlete to achieve the normal personality and his awareness of himself and others according to a specific and clear framework to ensure identifying the best performance behavior in the athletic achievement in a way that is commensurate with the positions of competition, training and learning for different sports skills.

In light of the foregoing, the importance of the current research is reflected in the study of self-feeling and its relationship to psychological

support among swimming sport teachers in Upper Egypt as one of the important sports that may show a clear impact on the nature of psychological interaction between the approved research variables, through basic outputs expressed in athlete achievement.

### **Research problem:**

The study of sport from a psychological perspective is a process that is mainly based on a set of structural factors for the athlete theory in society, by clarifying a number of important principles and foundations in human behavior within the environment in which the athlete lives and to which a player, coach, educator and sports lover belongs.

One of the recent trends in such studies is psychological support as an important indicator of the personal impressions of others and it is a structural or organizational process for alerts that the perceptive receives from the other person, which includes several aspects, including those related to personal factors and attitudes. (44:20)

In the field of sports personality, the sense of self leads the athlete to reach the high level of independence, independence, uniqueness, and the ability to perceive the athlete for himself and for others according to a specific and decree framework that largely guarantees the accurate scientific development in the performance behavior and in a form that is appropriate for each social situation in which the athlete lives. Including training and competition positions (83:14)

Through reviewing the previous research and studies in the field of sports psychology, the researcher found that there is a small share of psychological studies in the sports field that are related to measurement and impact with a sense of self in various sports, and the lack of measures and their scarcity also contributed to the distance of many interested in studying those Scientific trends in this field and aroused the curiosity of the researcher in the study of the current research problem that is determined in knowing the relationship between the sense of self and psychological support among swimming sport teachers in Upper Egypt as a model for sports games to be launched through to other future studies in sports psychology including Serve important studies that can serve the sports movement.

**research importance:**

Theoretical importance:

- 1- Knowing the level of self-feeling among swimming sport teachers.
- 2- - Knowing the level of psychological support for swimming sport teachers.
- 3- The importance of psychological support for swimming sport teachers.
- 4- Knowing the negative effects of the lack of psychological support among swimming sport teachers.

**Applied importance:**

- 1- This study is considered a continuation of what the previous researchers did in the psychological support variable.
- 2- Coming up with recommendations that would lead psychological support for swimming sport teachers.
- 3- Using the measure of self-feeling and psychological support in the sports field.

**Research objective:**

The current research aims to identify:

- 1- The level of self-awareness among swimming sport teachers in Upper Egypt.
- 2- The level of psychological support for swimming sport teachers in Upper Egypt.
- 3- The relationship between the sense of self and psychological support of swimming sport teachers in Upper Egypt.

**Study questions:**

- 1- What is the level of self-awareness among swimming teachers in Upper Egypt ?
- 2- What is the level of psychological support for swimming sport teachers in Upper Egypt ?
- 3- What is the relationship between the sense of self and psychological support of swimming sport teachers in Upper Egypt ?

**Terminology of study:**

**Sense of self:**

It is a feature represented by the tendency or tendency of the individual to pay attention to himself and is represented in two parts: (feeling the special self: as the attention of the individual is concentrated towards his internal thoughts, motives, plans, and feelings. And the general feeling of self: as the

individual's attention is focused on how he can make a good impression With and towards others. "(16: 4)

### **Psychological support:**

“ Helping people within society to improve their mental health and make them feel self.” (34:18)

### **Previous studies:**

-Study "**Salman Abdul Wahid Al-Faraji**" (2001 AD) (6) entitled "Feeling of self and its relationship to the cognitive style (impulsive - contemplative)", and the study aimed to identify the relationship between the sense of self and the cognitive style among middle school students, and the researcher used the descriptive method in the survey method The research sample consisted of (280) male and female students, distributed among (8) schools in Baghdad divided into schools for males and females. In particular, the cognitive style, and that middle school students in Iraq enjoy a high sense of self.

-study "**Muhannad Muhammad Al-Nuaimi**" (2009) (13) entitled "The effect of a sense of self on attention among university students Swimming practitioners ", and the study aimed to identify the differences in selective attention of university students according to the variables of sense of self (high - low) and gender, and it was used The researcher described the descriptive method in the survey method, and the research sample consisted of (200) male and female students, distributed over (4) colleges from the universities of Baghdad and Al-Mustansiriya. Higher is more capable of selective attention than people with a low sense of self.

### **Study procedures:**

#### **Study Approach:**

The researcher used the descriptive method (survey studies) due to its suitability to the nature of that study.

#### **Study population and sample:**

#### **Study community:**

The study community is represented by swimming sport teachers in Upper Egypt in the governorate of (Assiut - Sohag - Qena) who have a swimming teacher card from the Egyptian Swimming Federation or the Egyptian Federation of Diving and Rescue, and they are also practicing practitioners of the number (90) swimming teachers.

**The study sample:**

The sample was chosen intentionally and is represented by swimming teachers at the level of Upper Egypt in the Governorate of (Assiut - Sohag - Qena) and they number (90), which have the following:

- A teacher holding a swimming teacher card from the Egyptian Swimming Federation or the Egyptian Diving and Rescue Federation.
- He must be a worker in one of the swimming schools of the Ministry of Youth and Sports or a private club in the geographical field to conduct the research.

**Description of the study sample:**

**Table (1)**  
**Description of the study sample**

Study sample (90) swimming teacher			Exploratory Research Sample (20)
Asyut (28)	Sohag (33)	Qena (29)	Assiut - Sohag - Qena

**Data collection tools:**

A measure of self-awareness (prepared by Al-Nuaimi 1999)

Psychometric Support Scale (Prepared by: The Researcher)

**(1) measure of self-worth:**

Description of the scale and its correction (the final image of the scale):

The researcher relied on a measure of the sense of self that he prepared (Al-Nuaimi 1999 AD) for the Iraqi environment after his translation into Arabic from the English language, which was prepared by "Bus" and others in 1975 AD.

The scale consists of (23) items distributed on two dimensions: (the feeling of private self and the feeling of the general self). never). Weights are given to it (5, 4, 3, 2,1) for the positive paragraphs and vice versa for the negative paragraphs, as the upper level of the scale reached (115) and the lowest (23), and it has been modified to the sports field by presenting it to a group of arbitrators experts. Scientific treatments for the scale of feeling Attachment No. (1)

**First, believe the scale: believe the internal consistency:**

The researcher used the validity of the internal consistency to calculate the honesty coefficient of the scale in order to verify its accuracy, as the questionnaire was applied to a group consisting of (20) individuals from the research community and outside the basic research sample, to calculate the

correlation coefficient between the degree of each phrase and the total of the form as shown in the following table

**Table (2)**  
**The internal consistency of the metrics for recognizing the level of self-awareness among swimming teachers in Upper Egypt is authentic. (N = 20)**

Phrase	Value of t	Phrase	Value of t	Phrase	Value of t	Phrase	Value of t	Phrase	Value of t
1	0.891	6	0.578	11	0.764	16	0.919	21	0.954
2	0.949	7	0.906	12	0.793	17	0.842	22	0.941
3	0.930	8	0.817	13	0.742	18	0.698	23	0.801
4	0.887	9	0.933	14	0.784	19	0.887		
5	0.742	10	.681	15	0.706	20	0.942		

The value of the tabular t at the level of 0.05 = 0.349 the value of the tabular t at the level of 0.01 = 0.449

It is clear from Table (2) that the correlation coefficients between the phrases of (sense of self) and the overall degree of the scale ranged between (0.681: 0.954) which are statistically significant correlation coefficients, which indicates the internal consistency of the scale.

### **Second: Reliability: Calculation of stability for a measure of self-awareness using the Alpha Kronbach coefficient:**

The instrument is considered constant if it gives the same results - almost - in its measurement of the phenomenon for consecutive times, for the purpose of obtaining the stability of the scale, the Alpha Kronbach coefficient was used by distributing the scale to (20) teachers of swimming sport in Upper Egypt, and the stability of the scale was estimated on the sample members The survey using the Alpha Kronbach coefficient method, where the questionnaire obtained the value of the alpha coefficient (0.982) for the scale as a whole, which indicates that the scale has a high degree of stability and Table (3) shows that:

**Table (3)**  
**Alpha Kronbach coefficients for the stability of phrases of the level of self-awareness**  
**among swimming teachers in Upper Egypt (N = 20)**

Phrase	Alpha coefficient	Phrase	Alpha coefficient	Phrase	Alpha coefficient	Phrase	Alpha coefficient	Phrase	Alpha coefficient
1	0.911	6	0.970	11	0.967	16	0.947	21	0.972
2	0.970	7	0.952	12	0.966	17	0.947	22	0.973
3	0.973	8	0.985	13	0.964	18	0.978	23	0.979
4	0.945	9	0.944	14	0.966	19	0.941		
5	0.993	10	0.945	15	0.967	20	0.947		

The value of the tabular t at the level 0.05 = 0.349      the value of the tabular t at the level 0.01 = 0.449

It is clear from Table (3) that the correlation coefficients for Kronbach ranges between (0.911 -0.993) which are significant correlation coefficients at the level of significance (0.01), which means that the stability of the coefficient of Kronbach is acceptable to the overall degree of the scale and the phrases of the sense of self.

## (2) Psychological Support Scale:

The researcher reviewed the scientific references specialized in the fields of psychology, education and sports psychology to review the theoretical frameworks for psychological support, including: "Osama Kamel Ratib" (2000 AD) (1), "Ibtisam Mahmoud Sultan" (2004) (3), "Osama Kamel Ratib" (1999 AD) (2) "Hussein Obaid Jabr, Bushra Salman Kazim" (2014 AD) (5), "Nazim Shaker Al-Wattar" (2000 AD) (14). A set of dimensions of psychological support has been reached and presented to expert professors. In the field of sports psychology attached (1) To express an opinion on the appropriateness of those dimensions or their inconvenience, or to add other dimensions, or to modify any of these factors, as well as to determine the relative importance of each dimension that has been agreed upon with the deletion of a dimension which is (information support) and the scale dimensions (5) have become five, namely: (emotional support - Knowledge support - appreciation support - material support - social support) and Table (2) shows that:



**Table (4)**  
**Opinions of experts on the dimensions of psychological support for swimming teachers in Upper Egypt (n = 6)**

N.	Dimensions	Appropriate		Inappropriate	
		K	%	K	%
1-	emotional support	٩	٩٠	١	١٠
2-	Knowledge support	٨	٨٠	٢	٢٠
3-	appreciation support	١٠	١٠٠	٠	٠٠
4-	material support	٨	٨٠	٢	٢٠
5-	social support	٩	٩٠	١	١٠
6-	information support	٥	٥٠	٥	٥٠

#### Description of the scale and its correction:

This scale was developed by the researcher and it consists of (24) phrases, and the final scale was corrected and the answer to it is through two alternatives (yes) or (no), as two grades are given for answer with (yes) and one degree for answer with (no), and the bone score For the scale (48) and the minimum (24.)

#### Scientific specifications of the scale:

##### Validity of scale:

##### -Internal consistency validity:

The researcher used the validity of the internal consistency to calculate the honesty coefficient of the scale in order to verify its accuracy, as the questionnaire was applied to a group consisting of (20) individuals from the research community and from outside the basic research sample, to calculate the correlation coefficient between the degree of each phrase and the total of the form as shown in the following table:

**Table (5) Authenticity of the internal consistency of the terms of the scale for identifying the level of psychological support among swimming teachers in Upper Egypt (n = 20.)**

Phrase	Value of t	Phrase	Value of t	Phrase	Value of t	Phrase	Value of t	Phrase	Value of t
1	0.851	7	0.946	13	0.913	19	0.634	25	0.715
2	0.901	8	0.958	14	0.938	20	0.852	26	0.888
3	0.945	9	0.964	15	0.954	21	0.746	27	0.768
4	0.940	10	0.965	16	0.967	22	0.765	28	0.632
5	0.921	11	0.964	17	0.902	23	0.869	29	0.807
6	0.763	12	0.965	18	0.861	24	0.839	30	0.787

The value of the tabular t at the level of 0.05 = 0.349      the value of the tabular t at the level of 0.01 = 0.449

It is clear from Table (4) that correlation coefficients between the terms of the psychological support scale and the overall degree of the scale ranged between (0.632: 0.967), which are statistically significant correlation coefficients, which indicates the internal consistency of the scale.

### Stability of scale:

Stability calculation for the psychological support scale using the Alpha Kronbach coefficient:

The instrument is considered stable if it gives the same results - almost - in its measurement of the phenomenon for consecutive times, for the purpose of obtaining the stability of the scale, the Alpha Kronbach coefficient was used by distributing the scale to (20) teachers of swimming sport in Upper Egypt, and the stability of the scale was estimated on sample individuals Rationing using the Alpha Kronbach coefficient method where the scale obtained the value of the alpha coefficient (0.927) for the scale as a whole, which indicates that the scale has a high degree of stability and Table (5) shows that:

**Table (6)**  
**Alpha Kronbach coefficients for the stability of the expressions of the psychological support scale at the swimming teacher in Upper Egypt (n = 20)**

Phras e	Alpha coefficient	Phras e	Alpha coefficient	Phras e	Alpha coefficient	Phras e	Alpha coefficient	Phras e	Alpha coefficient
1	0.954	7	0.932	13	0.917	19	0.414	25	0.919
2	0.635	8	0.792	14	0.843	20	0.675	26	0.89
3	0.913	9	0.911	15	0.882	21	0.773	27	0.932
4	0.891	10	0.535	16	0.891	22	0.928	28	0.834
5	0.851	11	0.869	17	0.729	23	0.821	29	0.887
6	0.852	12	0.839	18	0.706	24	0.836	30	0.674

The value of the tabular t at the level of 0.05 = 0.349 The value of the tabular t at the level of 0.01 = 0.449

From Table (5) it is clear that alpha-Kronbach correlation coefficients range between (0.414: 0.954) which are significant correlation coefficients at the significance level of 0.01, which means that the stability of the coefficient of the Kronbach alpha is acceptable for the overall degree of the scale and the scale phrases.

### Sample rationing (before final application):

The researcher conducted the exploratory experiment on (20) swimming sport teachers, and the aim of conducting the exploratory experiment was to reveal the following:

- The work obstacles facing the researcher during the conduct of the final research experiment.

Calculating and controlling the time taken to answer the research tools.

- The time for filling the first scale ranges between (25-30) minutes and the second ranges between (20-25) minutes.

The result of the experiment showed that there is no ambiguity or inquiry about the research tools.

#### **The final application of the study tools:**

The standards were applied to the research sample dated 7/10/2019 to 16/8/2019 for swimming sport teachers in the Arab Republic of Egypt in the governorate of Assiut - Sohag - Qena, and the accuracy in the answer conditions was taken into consideration taking the time sufficient to answer.

#### **Statistical treatments used in the research:**

- Estimated grade.
- Weighted average.
- percentage.
- Simple correlation coefficient (Pearson.)
- Alpha Kronbach coefficient.

#### **Presentation, interpretation and discussion of results:**

##### **Presentation and interpretation of the results of the first question:**

The researcher monitored all responses of the research group and processed data using SPSS program and used descriptive statistics in monitoring data, iterations, percentages, and weighted mean, according to Likert five-point scale.

(It applies to me exactly = 5, it applies to me often = 4, it applies to me sometimes = 3, it applies to me rarely = 2, it applies to me absolutely = 1.)

**To interpret the results according to Likert scale, the range for the five-year scale was calculated as follows:**

Range = (higher alternative value - lower alternative value) / number of alternatives =  $(5 - 1) / 5 = 80$ . Then this value was added to the lowest value on the scale and is the correct one.

**Table (7) The extent of the response rating**

Serial No.	Category	Extent
1	It applies perfectly	4.20 to less than 5
2	Mostly applicable	4.19 – 3.40
3	Sometimes applies	3.39 – 2.60
4	Rarely applies	2.59 – 1.80
5	Never applies	1.79 - 1

Repeat frequencies, percentages, and athlete averages of respondents' responses to the questionnaire items and their relative importance were extracted, in order to identify the degrees of achieving adequacy among swimming teachers, which were illustrated by the following:

**First: The results of the research related to the first question, which states: What is the level of sense of self among swimming teachers in Upper Egypt?**

**Table (8)**  
**Availability of sense of self in swimming teachers (n = 90)**

Serial	Phrases	Total	Weighted average	Weighted average percentage
1	I am not trying to isolate myself from others.	90	417	92.67
		100	4.63	
2	I care about my handling of devices and tools.	90	410	91.11
		100	4.56	
3	I know myself well.	90	382	84.89
		100	4.24	
4	I do not need time to overcome my shyness in new situations.	90	234	52.00
		100	2.60	
5	I meditate a lot.	90	330	73.33
		100	3.67	
6	I care about the way I introduce myself to others.	90	408	90.67
		100	4.53	

**Continued schedule (8)**  
**Availability of sense of self in swimming teachers (n = 90)**

Serial	Phrases	Total	Weighted average	Weighted average percentage
7	I realize what my imagination is about myself.	90	387	86.00
		100	4.30	
8	I feel safe with training.	90	341	75.78
		100	3.79	
9	I look at myself.	90	406	90.22
		100	4.51	
10	I don't feel embarrassed easily in social situations.	90	402	89.33
		100	4.47	
11	I understand the way I deal with others.	90	365	81.11
		100	4.06	
12	It is easy for me to talk to strangers.	90	383	85.11
		100	4.26	
13	I focus on my inner feelings.	90	252	56.00
		100	2.80	
14	Interested in making a good impression about me.	90	339	75.33
		100	3.77	
15	I examine my motives (desires) in life.	90	353	78.44
		100	3.92	
16	I feel at ease asking me to speak in front of others.	90	377	83.78
		100	4.19	
17	I look in the mirror before I leave the house.	90	320	71.11
		100	3.56	
18	I don't feel far from myself.	90	383	85.11
		100	4.26	
19	I don't care what others think of me.	90	373	82.89
		100	4.14	
20	Watch for changes in my mood.	90	363	80.67
		100	4.03	
21	I care about my outward appearance.	90	353	78.44
		100	3.92	
22	I am aware of the way I think about solving a problem.	90	362	80.44
		100	4.02	
23	I feel reassured in the big gatherings.	90	382	84.89
		100	4.24	

It is clear from Table (7) that the level of self-awareness among swimming sport teachers under discussion ranged between (52% - 92.67%) through conducting the research on a sample of (90) teachers.

The reason for this may be due to the nature of the research study sample represented by swimming teachers and their knowledge of the various components of their surrounding environment as well as the information they

possess about their own selves resulting from this awareness, and so their awareness of this makes them able to improve the components of their selves and from a sense of high self and this is consistent with what I went To him the theory of the world, "Pass", to the fact that when a person attends to his psychological system through a state of mental contemplation to every situation that returns to a mind regardless of his mood or pattern of thinking or his psychological state and as a result, it directs the attention of the individual to the components of himself and when it continues, it tightens the state of feeling of self This result was consistent with the results of the "Muhannad Muhammad al-Nuaimi" study (2009) (13), the results of the "Salman Abdul Wahid al-Fariji" study (2001) (6), and the "Haitham Zia al-Ubaidi" study (2006) (16), and a study " Mamdouh Abdel Moneim Al-Kinani "(2010 AD) (12)," Hussein Obaid Jabr, Bushra Salman Kazim "(2014 AD) (5.)

**Second: The research results related to the second question, which states: What is the level of psychological support among swimming sport teachers in Upper Egypt?**

**Table (9)**  
**Availability of psychological support for swimming teachers (n = 90)**

Serial	Phrases	Total	Weighted average	Weighted average percentage
1	My family always stands to solve my problems.	90	145	80.56
		100	1.61	
2	All of my colleagues treat me with respect.	90	156	86.67
		100	1.73	
3	I would like to have social relationships with team members.	90	150	83.33
		100	1.67	
4	Be friends with the new team members.	90	160	88.89
		100	1.78	
5	I often give myself the opportunity to confront my mistakes and accept their negative consequences.	90	166	92.22
		100	1.84	
6	I deal with my friends in a different way than I do with my enemies.	90	167	92.78
		100	1.86	
7	I take full responsibility for playing.	90	171	95.00
		100	1.90	
8	I apologize immediately when I feel wrong.	90	149	82.78
		100	1.66	
9	I help my teammates avoid boredom, focus attention and enthusiasm during the match.	90	155	86.11
		100	1.72	
10	I often accept other people's thoughts even though they do not accept my thoughts.	90	159	88.33
		100	1.77	

**Continued schedule (9)**  
**Availability of psychological support for swimming teachers (n = 90)**

Serial	Phrases	Total	Weighted average	Weighted average percentage
11	I have never had the emotion or anger in any of the situations.	90	167	92.78
		100	1.86	
12	My colleagues are satisfied with my ethical behavior.	90	176	97.78
		100	1.96	
13	My colleagues help me in all the hard tuners.	90	161	89.44
		100	1.79	
14	I feel a lack of acceptance and help from others.	90	155	86.11
		100	1.72	
15	I feel that I love others as I love myself.	90	169	93.89
		100	1.88	
16	I think I am acceptable to my colleagues.	90	167	92.78
		100	1.86	
17	My teammates help me avoid boredom, focus attention and enthusiasm while playing.	90	144	80.00
		100	1.60	
18	Supporting my family's emotional support helps me adapt to others.	90	162	90.00
		100	1.80	
19	My friends are always proud of me.	90	154	85.56
		100	1.71	
20	Support my family financially.	90	147	81.67
		100	1.63	
21	I feel angry when my colleagues ignore me.	90	139	77.22
		100	1.54	
22	Accurately provide the needsMaterial of my colleagues.	100	173	86.50
		100	1.73	
23	My family helps me financially.	90	173	96.11
		100	1.92	
24	I do not accept living by spending others on me.	90	167	92.78
		100	1.86	
25	My colleagues tend to develop my personality.	90	149	82.78
		100	1.66	
26	Players care about my personal preferences.	90	156	86.67
		100	1.73	
27	I enjoy the company of my colleagues in training and matches.	90	138	76.67
		100	1.53	
28	I have never been jealous of anyone throughout my life.	90	153	85.00
		100	1.70	
29	My family is interested in providing me with all the knowledge I need.	90	178	98.89
		100	1.98	
30	I talk to my family without worry.	90	173	96.11
		100	1.92	

It is clear from Table (8) that the level of psychological support among swimming sport teachers under discussion ranged between (76.67%: 98.89%) through conducting the research on a sample of (90) individuals from a teacher.

This result came in line with the study "Azima Abbas Al-Sultani" (2011 AD) (9), the study "Abdul Hadi, Mohammed Saleh" (2013 AD) (8) where the basic concept of psychological support indicates that the personality of the individual is shaped by the environment surrounding the individual that is The acquisition of personal traits, which is also consistent with "Muhammad Hassan Allawi" (1992 AD) (10), "Tars Oudisho" (2000 AD) (4) in terms of the individual's need to acquire many traits and features that help him to deal with different situations well and that It occurs by constantly providing psychological support to the individual.

Third: The research results related to the third question, which states: What is the relationship between both the level of self-feeling and the level of psychological support among swimming sport teachers in Upper Egypt?

**Table (10)**  
**The relationship between feeling self and the level of psychological support among swimming sport teachers in Upper Egypt (N = 90)**

Variables	support among
Sense of self	**0.897

The value of the tabular t at the level of 0.05 = 0.205 The value of the tabular t at the level of 0.01 = 0.267

\*D at 0.05 level

D at 0.01 level

It is clear from the results of the previous table the direct relationship between each level of sense of self and psychological support enjoyed by swimming teachers in Upper Egypt, where the value of the correlation relationship (0.897) between the variables under discussion and the calculated value (t) was higher than the values of the tables of correlative correlations at the level of ( 0.05), which indicates the direct correlation between the variables, that is, the more psychological support among teachers and those in charge of swimming sport affairs of managers and parents, the better the level of sense of self.

This is consistent with what the theory of self-assertion affirms that there are components of the self that only the individual himself is aware of, such as the sensations transmitted from the sensory systems to the brain that tell the person information related to either the external or internal environment,



which is more accurate than the information received by suggestion or indoctrination. (18: 18) (15: 69)

This is confirmed by "Carver and Sheer" (1998 AD), as the individual's tendency to focus attention towards himself is represented in a sense of private self, as individuals are aware of the hidden and convincing aspects of the self, and they have an interest in their ideas, feelings, attitudes, motivations, behavioral tendencies, and a general sense of self as individuals are aware of the aspects The general appearance of self and they have a special interest in evaluating others'. (45:19)

The need to feel the value of oneself (efficiency and success) is considered one of the most important needs that drives the motives towards playing sports. Indeed, the athlete quickly acquires it early, its value largely depends on his ability to achieve win-win. (1:87)

### **Conclusions:**

- 1- In light of the results of the study, the researcher concludes the following:
- 2- The level of self-awareness among swimming teachers in Upper Egypt (Assiut - Sohag - Qena) under discussion ranged between Average.
- 3- The psychological support level for swimming sport teachers in the Arab Republic of Egypt (Assiut - Sohag - Qena) under discussion ranges between (76.67%: 98.89%).)high.
- 4- There is a direct relationship between each level of the sense of self and psychological support enjoyed by swimming teachers in Upper Egypt, where the value of the correlation relationship (0.897) between the variables under discussion and the calculated value (t) was higher than the values of the cursive correlations at the level of (0.05) Which indicates the direct correlation between the variables, that is, the more psychological support among swimming teachers, the better the level of feeling.

### **Recommendations:**

Within the limits of the research community and the chosen sample, and in light of the research objectives and questions, the researcher recommends the following- :

- 1- Working to enhance and develop social relations in order to develop and develop psychological support among swimming sport teachers and self-

improvement to achieve a better achievement for swimming sport teachers.

2- The necessity of providing real support for swimming sport teachers.

3- The teacher must be concerned with developing human relations between him and his players.

4-Supporting the curricula, its direct means, and the various activities that urge psychological support and a sense of self, and searching for the best ways that contribute to its development and development.

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