



Journal of Studies and Researches of Sport Education

spo.uobasrah.edu.iq



The level of self-esteem among AainBall players varsity of the Hashemite University

Abed Albasit Mobarak AlShorman¹ ✉ Faleh Sultan Abu Eid² ✉  Faten Hamdi³ ✉ Abdulhafed Mabruk Gawar⁴ ✉
Hashemite University^{1,2}
the Higher Institute of Sports and Physical Education of Kef, Tunisia³
University of Tripoli, Libya⁴

Article information

Article history:

Received 25/12/2024

Accepted 1/1/2025

Available online 15, Jan,2025

Keywords:

Aainball, self-esteem, varsity of
Hashemite University

Abstract

This study aimed at identifying the level of self-esteem among AainBall players varsity of the Hashemite University, as well as identifying the differences in the level of self-esteem based on the major variable. The sample of the study consisted of 12 players representing the Hashemite University varsity who won the world university Championship in AainBall 2019, which was held from 24–31/4/2019 in Casablanca. Also, the Indian championship in Kashmir 2022. The researchers used the descriptive approach because it suits the nature of the study and its objectives, a questionnaire was used as a tool to obtain the data of the study, which was prepared by Atrash 2017. The results of the study indicated that the level of self-esteem of AainBall players' varsity of the Hashemite University was high degree, and there weren't statistical differences among the study variables.

The researchers recommended conducting more studies and research on the sport of AainBall as an innovative sport, which is a fertile area for the scientific research.



Introduction

AainBall is a modern sport that was invented by the Moroccan Eng. Dr. Mohamed Hamman. This sport is considered as one of the collective sports that play inside or outside the lounges at a stadium of 40mx20m. Each team consists of eight main players and four reserve players. Each two players wear shirts in a specific color (two in red, two in green, two in yellow and two in blue). One team can consist of males, females or even disabilities players, provided that the opposite team has the same composition. The equipment for this sport are eight balls (each team has four different colors (red, green, yellow and blue) and four baskets (two for each team) that are attached on the handball crossbar. Four flags are presented with the referee (red yellow green blue) (Hamman, 2019)

This sport is based on the speed reaction principle(Mukhalaf & Hamad, 2020) by the player who wears a color similar to the flag raised by the referee so that player reaches the finish line of the opponent's court and brings a ball of the same color as the flag raised and pass it to his team members before exceeding the throw line then return to his place within the circle and passing the ball between the members of the same team in the specific circles of each team, so that eventually shot the ball in the specific basket and pick it up before It falls on earth and restored it to its place on the finish line for the stadium opponent.

According to (Hamman, 2019), what distinguishes this sport from others is that each team can be mixed either at the level of gender (males / females) or at the level of abilities, which means that players with disabilities can practice this sport within a team of normal players provided that the team is the same composition. In addition, this sport is characterized by the lack of sports injuries among the players due to lacking direct contact between them during the game.

As for the method of calculating the points and determine the winning team, points are collected through the passing between members of the team, if the player passes the ball with his head earns three points and if he passes the ball with his foot earns two points and if he passes the ball with his hand gains one point and if he hits the ball and entered the correct basket earns three points. The team that puts the ball back in place earns three points. The team loses a point if it passes or receives the ball outside the designated area or if the ball falls on the

ground or if a player brought a ball different from the color of his shirt or if he hits the ball in a basket different from the color of the ball or if he fails to pick up the ball after entering the basket concerned. Referees at the end of each half collect the team's points and deducts the errors obtained.

The game is played in four rounds so that in each round a flag is raised four times and the result suggests that each player must run at full speed (16) times during the game after seeing the flag raised by the referee.

As the sport of AainBall needs the player to be vigilant and has a great mentality, psychologically and physically development, it was necessary to have high self-esteem to enable him to carry out his tasks during the game with high efficiency. (Masoud & Shabib, 2024)

Hence, the importance of the self-esteem of the players can affect their victory. Self-esteem is one of the personal characteristics through which the individual feels competence and be able to face the various difficulties and circumstances using the maximum possibilities and abilities to achieve desired goals. It is also a combination of thought and a sense of behavior that works to encourage normal psychological growth and reach the individual to the required level of Mental Health and Psychosocial Adaptation (Al-Atrash, 2017)

(Kouli et al., 2010) regarded it as one of the factors influencing the performance of athletes during sporting events due to its direct correlation with the emotional aspects of players in various sports.

The researchers believe that the psychological and mental aspect of the player is working to improve the level of performance and development as the lack of confidence of the player makes him unable to implement the plans or to perform the duties given to him by the coach perfectly.

Due to the importance of self-esteem in general in various sports and Alain ball sport in particular, and through the work of researchers in the supervision and training of the Hashemite University team in AainBall, the idea of this study is emerged to shed light on an important element affecting the players' performance, which has the biggest role in increasing win opportunities in AainBall match.

Self-esteem as perceived by (Al – Suwailmi, 2010) as one of the characteristics of an important emotional character, which plays a prominent role in the individual life also it's a manifestation of normal personality and it is the goal sought by people regardless of gender, social and economic rank.

This is what (Makhzoumi, 2001), where she believes that self – confidence is one of the basic personality traits that begin its formation since the beginning of the individual and it is closely related to the individual's psychological and social adaptation and depends on the mental, physical and psychological components of the person.

(Almufraji, 2008) states that self-esteem begins to develop from the early years of a child's life. Self-esteem is influenced by many factors such as experience, maturity, practice, perception, and heredity (Al – Jubouri, 2006). It also depends entirely on the previous player's experience (Perry, 2011). (Taylor et al., 2007) points out that self-esteem depends on internal factors associated with the individual and external factors related to the environment and socialization.

(Al-Enezi, 2001) has defined that self-esteem is the ability of an individual to respond to consensual responses to the stimuli he is facing, as well as his or her self-acceptance to others. (Desouky, 2008) defines self- esteem as the perception of the individual's competence, skills, and abilities to deal effectively with the different situations they are exposed to.

(Rateb, 2000) points to the importance of self-esteem that it makes the individual calmer in difficult situations, which allow his mental and physical state paying attention and behave successfully in those situations, as it raises positive emotions in the individual and make him active and feels vitality. (Natour, 2011) adds that self-esteem makes an individual distinguished from his peers as these qualities make him aware of the qualifications that enable him to identify the strengths and weaknesses in his personality.

This study deals with measuring the level of self-esteem of the players of the Hashemite University in AainBall team who won first place in the first World University Championship held in Casablanca, Morocco 2019, also Indian championship in Kashmir 2022. As far as researchers

know, no previous studies have addressed this subject (self-esteem in sport AainBall) due to the modern sport and did not spread globally and internationally compared to other sports.

The importance of this study can be summarized from the viewpoint of the researchers as follows:

- Lack of previous studies in the field of AainBall globally, regionally, Arab and locally.
- This study is expected to help spreading this new sport locally, Arab and internationally.
- self-esteem factor in the performance of the players that affect the results of the games.
- Hashemite University team won the first place in the first World University Championship, which was held in the Kingdom of Morocco in 2019, and the second championship in Kashmir 2022. a team that is characterized by rapid reaction among the teams participating unanimously followers of the events of those tournaments.

The study Problem:

AainBall Sport is characterized by being one of the most innovative and new sports in the country of innovation (Morocco) or in other Arab or European countries. The first international university championship was held AainBall in the Kingdom of Morocco during the period 25-31 / 3/2029 with the participation of eight university teams ended with the Hashemite University team who won the first place after defeating the Republic of India in the final match, which was described by observers and sport analysts as the hardest and most exciting of all matches of the tournament. Also the Hashemite University team won the first place after defeating the Republic of India in the final match in the second championship in India republic/ Kashmir in 2022,

Through the work of researchers in the field of supervision and training of the players of the Hashemite University AainBall team, they have noticed that self-esteem is an important element of the players that affect their performance and therefore in the result of the game. As players with high confidence are distinguished by their distinct

performance during the game through their focus on the flag and the speed of obtaining the specified ball and passing between the players, finished by hitting the ball in the basket and then return it to the opponent's goal line. That's what prompted the researchers to stand on the study of this factor for the players, which enabled them according to what the researchers believe to get the first rank and won the first World University Championship 2019 and get the first rank and won the championship in India republic /Kashmir 2022.

Objectives of the study:

This study aimed at identifying

- The level of self-esteem of the players of the Hashemite University in AainBall
- Differences in the level of self-esteem of the players of the Hashemite University team in AainBall according to the specific specialization variable.

Study question:

This study sought to answer the following questions:

- What is the level of self-esteem in the players of the Hashemite University AainBall team?
- Are there significant differences at the level of significance ($\alpha \leq 0.05$) in the level of self-esteem attributable to the variable of specialization?

Fields of study:

The human field:

The present study was limited to the team of the Hashemite University in the sport of AainBall, which are eight male players.

Time domain:

This study was conducted during the second week of the second semester of the academic year 2022/2023.

Spatial field:

This study was applied in the main gym (Othman Bedair Hall), affiliated to the Faculty of Physical Education and Sport Sciences at the Hashemite University.

Previous studies:

The researchers reviewed the previous studies related to the sport of AainBall. They only found their studies in the sport of AainBall (2019), the first is about the speed of motor response and the second is about the average reaction speed of the players of the Hashemite University team.

The following review of the studies related to the study variable (self- esteem)

(Jaber, 2012) conducted a study aimed at identifying the level of self-esteem of table tennis players in Palestine according to the variable degree of playing and the length of the player and the hand used in the game and experience and player classification. The sample of the study consisted of (96) table players who were randomly selected from the study population. The researcher used the descriptive method to suit the nature of the study and its objectives using the questionnaire as a tool for data collection. The results showed that the level of self-esteem of table tennis players in Palestine was good, and the results showed that there were no statistically significant differences in the level of self-esteem due to the variable degree of play and hand used in playing, while the results of the study indicated that The presence of statistically significant differences in the level of self – confidence attributable to the variable experience in play in favor of greater experience.

(Al-Atrash, 2017) also conducted a study aimed at identifying the level of self-esteem among students of the Faculty of Physical Education at An-Najah National University according to sex and school year. The study sample consisted of (74) male and female students who were selected in a random stratified manner. The descriptive method was used to suit the nature and objectives of the study by using a questionnaire to collect data. After conducting the necessary statistical treatments, the results of the study indicated that the level of self-esteem among the students of the Faculty of Physical Education was high. For the school year variable.

(Shteivi, 2017) also conducted a study aimed at identifying the level of self-esteem and motivation of athletic achievement among players of collective games in Palestinian universities and determine the relationship between them according to gender, game type and university. The study sample consisted of (90) players from the collective games in Palestine. The researcher used the descriptive methodology using the questionnaire to collect data. After the necessary statistical treatments were conducted, the results of the study indicated that the level of self – confidence of the players of the collective games is very high, and the results of the study indicated a positive relationship between self

– confidence and motivation of achievement.

(Toktas & Bas, 2019) also conducted a study aimed at identifying the relationships between the levels of self-esteem and the motivations of secondary school students participating in sports competitions in the school according to the variables (gender, type of secondary school, athletic age, sports branch and sports category). The researchers used the descriptive method in this study. The study population consisted of (856) mathematicians, of which (334) female students and (522) students. The SPSS package was used to analyze the data. After treatment of the results obtained from the study, the results indicated a significant correlation between levels of self-esteem and motivation. While there was a significant difference in the level of self-esteem between the sexes, there was no significant relationship with other independent variables such as sex, sports branch, sports category, and athletic age.

Research Methodology:

The researchers used the descriptive method to fit the nature and the study's objectives.

Study population:

The students of the Faculty of Physical Education and Sport Sciences at the Hashemite University are (1100) students, according to the records of the admission and registration unit at the university 2023.

The study sample:

The sample of the study was chosen deliberately consists of (12) players representing the Hashemite University team in the sport of AainBall, while a player was excluded because of sports' injury, and table

(1) indicates the distribution of the sample according to the variables of the study.

Table (1): Distribution of the sample according to the study variables

Percentage	Frequency	Level Study	Variable
58.4%	7	Management and training	Specialization
41.6%	5	Sports Rehabilitation	

Study variables:

Independent Variable: specific Specialization Dependent variable: level of self-esteem

Study Procedures:

- The researchers reviewed previous studies related to the subject of the study and adopted the measure of self-esteem used in the study (Al-Atrash, 2017)
- Validity and consistency coefficients were performed on the scale.
- The questionnaire was distributed to the players
- The researchers unloaded the results on special tables
- The necessary statistical treatments were conducted on the results of the study
- The researchers discussed the results obtained to come up with the final recommendations

Study tool:

Through the study of theoretical literature related to self-esteem and previous studies such as (Al-Atrash, 2017) and (Al-Atrash, 2017) studies, the tool used in (Al-Atrash, 2017) study was adopted to suit the nature of the current study and its objectives where the questionnaire consisted of (24) paragraphs Formulated in the negative and positive directions, the researchers used the Likert five – scale to deal with the questionnaire paragraphs where the scores were given as follows (strongly agree 5 degrees, agree 4 degrees, uncertain 3 degrees, disagree 2 degrees, and disagree with 1 degree).

Validity of the tool:

The researchers applied the self-esteem measure to a survey sample of (40) male and female students of the Faculty of Physical Education and Sport Sciences in the first semester of the academic year 2019/2020 outside .The correlation coefficients were calculated between the paragraphs of the scale and the total score of the scale, and the correlation coefficients ranged between (0.58–0.84) and all statistically significant values at the level of significance ($\alpha = 0.05$)

Tool stability:

For the purposes of checking the reliability of the self-esteem scale, the internal consistency of the self-esteem measure was verified using the Cronbach–alpha equation (0.91) for the scale as a whole.

The self-esteem measure in its final form consists of (24) items. The level of self-esteem was divided into three categories according to the following criterion:

(2.33–1) –low level of self-esteem.

(3.66–2.34) –average level of self-esteem. (53.67) –high level of self-esteem.

Statistics used in the study:

Arithmetic averages, percentages, standard deviation, Pearson correlation coefficient, test (t)

View and discuss results:

To answer the study questions, the researchers dumped the obtained results in a special table.

Results related to the first question: What is the level of self– esteem among the players of the Hashemite University AainBall team?

To answer this question, arithmetic averages, and standard deviations of responses of the study sample were calculated on the self– esteem scale, as shown in Table (2).

Table (2): Arithmetic averages and standard deviations of the level of self–esteem among the study sample

level	Standard Deviation	Arithmetic Mean	Variable
High	0.41	4.21	Self – confidence

Table (2) shows that the level of self–esteem in the study sample was high with a mean (4.21) and a standard deviation (0.41).

Arithmetic averages and standard deviations of the responses of the study sample on the self–esteem items were also calculated, as shown in Table 3

Table (3): Arithmetic averages and standard deviations of the items of self–esteem measure in the study sample

No.	Paragraph Text	Arithmetic Mean	Standard Deviation	Level
1.	Show others a decent level while performing skills	4.66	0.49	high
2.	My abilities are better than those of other students in practical courses	4.25	0.75	High
3.	Perform my skills efficiently and excellently	4.58	0.51	high
4.	Reluctant to perform some difficult skills	3.75	0.96	high
5.	I deal with the courses with pride	4.41	0.79	high

6.	My human relationships with my colleagues are good	4.66	0.49	high
7.	I feel happy when I meet my colleagues in practical courses	4.67	0.49	High
8.	Often others describe me as not good	4.16	0.83	high
9.	Participate in sports meetings with confidence	4.58	0.51	high
10.	Earn others' confidence quickly	4.58	0.51	High
11.	My self-esteem increases while performing basic skills	4.58	0.51	high
12.	I think I'm a special person when others	4.50	0.52	high
13.	I have the courage and confidence of myself	4.50	0.52	high
14.	I'm embarrassed to criticize others	3.83	0.83	High
15.	I feel psychologically contagious while learning skills	4.42	0.66	high
16.	I feel that my teachers are satisfied with me during my performance in practical courses	4.33	0.65	High
17.	I can reach my personal goals continuously	4.50	0.52	high
18.	Do not perform my skills unless you are sure of their performance	3.41	1.50	average
19.	I have the ability to solve my problems without having to help others	4.25	0.75	high
20.	Accept others' criticism	4.42	0.66	High
21.	I consult my fellow students on many things	3.25	0.62	average

22.	I am not afraid to hate my colleagues as a distinguished student	3.41	0.66	average
23.	Others describe me as good at the courses	4.41	0.79	high
24.	I do not like the courtesy of my fellow students	3.00	0.95	Average
Total		4.21	0.41	high

As shown in Table (3), paragraph (7) which states "I am happy to meet my colleagues in the practical courses" ranked first with an average of (4.67) and a standard deviation (0.49), followed by paragraph (1) which states: "Show in front of others at a decent level during the performance of skills" with an average of (4.66) and a standard deviation (0.49), while paragraph (21), which states "consult my fellow students in many things" was ranked penultimate with an average of (3.25) Paragraph (24), which states "I do not like the courtesy of my fellow students", was ranked last with an arithmetic mean (3.00) and a standard deviation (0.95).

Question 2: Are there statistically significant differences at the level of significance ($\alpha \leq 0.05$) in the level of self-esteem attributable to the specialization variable?

To answer this question, the arithmetic mean and standard deviations of the responses of the study sample on the self-esteem scale were calculated according to the specialization variable (sports management and training, mathematical qualification), and to know the significance of the differences, the independent test t-test was used as shown In Table (4).

Table (4): Arithmetic averages, standard deviations, and t-test results of the self-esteem measure according to the specialization variable

Significance Level	Value T	Degrees of Freedom	Standard Deviation	Precision Arithmetic Mean	Specialization
0.61	0.520-	10	0.43	4.16	Management and Athletic Training
			0.41	4.29	Physical rehabilitation

Table (4) shows that there are no statistically significant differences at ($\alpha \leq 0.05$) in the self-esteem level of the study sample due to the specialization variable, where the value of t was not statistically significant.

Conclusions:

By presenting and discussing the findings, the researchers conclude the following.

- The self-esteem of the players of the Hashemite University team in AainBall came to a high degree
- The high level of self-esteem of the players of the Hashemite University AainBall team was one of the main reasons for the team to win the first World University Championship held in Casablanca, Morocco 2019.
- The high level of self-esteem of the players of the Hashemite University AainBall team was one of the main reasons for the team to win the Championship held in India, Kashmir 2022.

Recommendations:

By presenting and discussing the results, the researchers recommend the following:

- Focus on the development of self-esteem when training players sport AainBall where it is considered by the researchers one of the main factors in achieving victory for the team and its superiority.
- Conducting similar studies on teams consisting of male or female teams to determine the impact of gender on self-esteem.
- Conducting more similar studies on other psychological measures such as self-concept, psychological combustion, personality traits and others among the players of the Hashemite University AainBall team.

Thanks, and appreciation

Acknowledgments We express our gratitude to the research sample represented by: The present study was limited to the team of the Hashemite University in the sport of AainBall, which are eight male players

Conflict of Interest

The authors declare that there is no conflict of interest.

References

- Al – Jubouri, S. (2006). *self – confidence and its relationship to social responsibility among university youth* [Unpublished Master Thesis]. Omdurman University.
- Al – Suwailmi, Z. (2010). *The relationship between the degree of self – confidence and the status of control among ordinary and outstanding students and their impact on the achievement in the intermediate stage in the Arar Educational Zone* [An unpublished Master Thesis]. Mutah University of Jordan.
- Al–Atrash, M. H. H. (2017). the level of self– esteem among students of sports coat at An–Najah University and its relationship to some variables. *European Journal of Sports Science Technology*, 17(12), 217–230.
- Al–Enezi, F. (2001). The feeling of happiness and its relationship to some personality traits. *Journal of Psychological Studies* , 11(3).
- Almufraji, A. S. (2008). *self-esteem and curiosity and the motivation of innovation among a sample of secondary school students in Makkah* [Unpublished doctoral dissertation]. Umm Al–Qura University.
- Desouky, K. (2008). *Ammunition Psychology*. Al – Ahram Foundation.
- Hamman, M. (2019). *Al Ain Football Guide*. International Federation of Al Ain Sports Football.
- Jaber, R. (2012). self–esteem and its relationship to some variables of table tennis players in Palestine. *Maysan Journal of Physical Education Sciences, Maysan University, Iraq*.
- Kouli, O., Bebetos, E., Kamperis, I., & Papaioannou, A. (2010). The relationship between emotions and confidence among Greek athletes from different competitive sports. *Kinesiology*, 42(2.), 194–200.
- Makhzoumi, A. (2001). Socialization and Self – Confidence. *Al – Manhal Journal*, 63(578), 122.
- Masoud, A. R., & Shabib, S. S. (2024). Evaluating the level of some psychological traits among women practicing sports activities. *Journal of Studies and Researches of Sport Education*, 34(2). <https://doi.org/10.55998/jsrse.v34i2.512>
- Mukhalaf, A. K., & Hamad, S. H. (2020). The effect of special exercises in reducing the motor response time of the player (libero) for the skill of defending the court in volleyball. *Journal of Sports Science*, 12(44), 304–315. URI: <http://148.72.244.84:8080/xmlui/handle/xmlui/6983>
- Natour, F. (2011). *Motivation and Self–Skills*. Osama Publishing House.
- Perry, P. (2011). *Concept Analyses, self-esteem in Nursing Forum* (pp. 218–230). Blackwell

Publishing Inc.

Rateb, O. K. (2000). *Psychological Skills Training*. Dar Al Fikr Al Arabi.

Shorman, A. A., & Abu Eid, F. (2019). the average time of speed of motor response of the players of the Hashemite University team in AainBall. *The Second International Scientific Conference for Sports and Health Sciences, Mutah University*, 22–24.

Shorman, A. albasit, & Abu Eid, F. (2019). *the average reaction time of the players of the Hashemite University team in Al Ain*.

Shteivi, T. (2017). the level of self-esteem and its relationship with the motivation of athletic achievement among the players of the collective games in the Palestinian universities. *Journal of Educational and Psychological Studies at Sultan Qaboos University*, 11(3), 483–499.

Taylor, L. D., Davis-Kean, P., & Malanchuk, O. (2007). Self-esteem, academic self-concept, and aggression at school. *Aggressive Behavior*, 33(2), 130–136. <https://doi.org/10.1002/ab.20174>

Toktas, S., & Bas, M. (2019). Investigation of the Relationship between the Self-Confidence and Motivation of High School Students Participating School Sport Contests. *Universal Journal of Educational Research*, 7(2), 472–479.