

Predicting the Level of Social Behavior in Terms of the Psychological Loneliness for Students of the Faculty of Physical Education and Sports Sciences

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Abstract: The importance of the research was to highlight the social behavior in terms of the psychological unit of students because of its role in the development of the future of young people, the problem of the research lies in the study of the psychological state of that segment of society, where he decided to study the prediction of social behavior in terms of the psychological unit of undergraduate students because of the individual differences and variation in relations between them due to the lack of sufficient interest in the He was reprimanded in this age group at the Faculty of Physical Education and Sports Sciences. Where the study aimed to build and apply the psychological unit scale for students of the Faculty of Physical Education and Sports Sciences. Also, the hypothesis of the research is that there is a significant correlation between social behavior and psychological unity among students of the Faculty of Physical Education and Sports Sciences, the first stage, while the research fields included the human field, a sample of students of the first stage, Faculty of Physical Education and Sports Sciences / Maysan University) for the academic year (2023-2024). , and determines the time range: the period from (15/12/2023) until (20/01/2024). While the spatial area was in the classrooms of the Faculty of Physical Education.

1- Where the researcher touched on social behavior as well as psychological unity, and the researcher used the (survey) method, and the research sample consisted of (117) students from the first stage of the Faculty of Physical Education for the academic year (2023-2024), and the researcher used the social behavior scale prepared in advance by (Thaer Rashid Hassan), as well as the researcher built and applied the psychological unit scale, and the SPSS system was used) to obtain the results of the research, and the researcher concluded the derivation of predictive equations through which the values of social behavior can be predicted in terms of the psychological unit of the research sample. The researcher recommended the adoption of predictive equations as an indicator of the state of students in the psychological.

Keywords: prediction - social behavior - psychological loneliness.

1.1 Research Introduction and Importance:

The student today lives in an era that faces many continuous and overlapping pressures and challenges, which makes him a target for tension and anxiety that loses communication and belonging with others, so he tends to isolation and psychological acuity as a preventive measure that protects him from falling into problems that he is indispensable for. It is here that the student is not meant to be alone, but may be among a group of students, but he feels lonely, alienated and dissatisfied with the quality of the relationship with others from his peers, and this feeling generates discomfort from mixing with Students. From this, a defect in the network of unpredictable social relations that leads to a negative feeling results from a disorder associated with isolation and avoidance of the surrounding environment, where the student's social interactions are negatively associated with psychological loneliness. Due to the importance of the research, social behavior was highlighted in terms of the psychological unit of students because of its role in developing the future of young people.

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1.2 Research problem:

Man lives a time in which there are many and multiple tributaries of psychological problems, which made the individual face many challenges in the way of achieving his goals and meeting his needs to reach the social behavior of students, as it is an important indicator in understanding this generation because of its important role in making the future, and this role depends on the nature of the behavior that young people take at this age unless it is faced in life in general, and there is no doubt that the interest of researchers in the world affected in the form of It is important in the study of that segment, which necessitated the researcher to study the psychological state of that segment of society, where he decided to study the prediction of social behavior in terms of the psychological unit of undergraduate students because of the individual differences and disparity in the relations between them due to the lack of sufficient attention to the psychological aspects in this age group in the Faculty of Physical Education and Sports Sciences.

1.3 Research Objectives:

1. Building and applying the psychological unit scale for students of the Faculty of Physical Education and Sports Sciences.
2. Identifying the level of social behavior and psychological unity among students of the Faculty of Physical Education and Sports Sciences.
3. Identifying the nature of the relationship between social behavior and psychological unity among students of the Faculty of Physical Education and Sports Sciences.
4. Finding the predictive value of the level of social behavior in terms of the psychological unit of students of the Faculty of Physical Education and Sports Sciences.

1.4 Research hypotheses:

1. There is a moral correlation between social behavior and psychological unity among students of the Faculty of Physical Education and Sports Sciences, first stage.
2. There is a percentage of contribution to the psychological unit in the level of social behavior of students of the Faculty of Physical Education and Sports Sciences, first stage.

1.5 Research Areas:

1.5.1 The human field: a sample of students of the first stage of the Faculty of Physical Education and Sports Sciences / Maysan University) for the academic year (2023-2024).

1.5.2 Spatial area: classrooms of the Faculty of Physical Education and Sports Sciences / University of Maysan.

1.5.3 Time Domain: Period from (15/12/2023) to (20/01/2024).

1.6 Definition of terms

1. Social behavior: Zahran (2003) defines it as "the product of dynamic relationships, i.e. motor functional relationships that affect the function of the individual. ⁽¹⁾
2. Psychological loneliness: Atta (1993) defines it as "the concept of the psychological state arises from the individual's sense that he is not close to himself from others, and this unit is the result of the lack of the individual to be a party to a specific relationship or a group of relationships, and entails many types of distress and boredom "⁽²⁾

2.1 Research Methodology:

Many cases and phenomena can only be studied through an approach that suits the problem, as the nature of the problem is the basis in which the study methodology is chosen, so the researcher used the descriptive survey approach.



2.2 Research community and sample:

The research community was identified as students of the first stage of the theoretical and applied sciences branches of the Faculty of Physical Education and Sports Sciences, Maysan University for the academic year (2023-2024), numbering (123) students, and the research sample was chosen in a deliberate way, so that the research sample became (117) students by (95%), and the researcher excluded (7) students from outside the research sample for the purpose of conducting the exploratory experiment, as well as (6) were excluded due to absence and were distributed as follows:

1. The exploratory experiment (7) players and (5.9%) of the research community.
2. The construction sample included (90) players and (76.92%) of the research community.
3. The application sample included (20) players and a percentage of (17.9%) to extract the significance of the differences between the arithmetic and hypothetical means.

2-3 Means, devices and tools used:

- Arabic and foreign references and sources, personal interviews with experts and specialists, a personal computer (Compaq 610), a manual electronic calculator (1), dry pens, a social behavior scale for (Thaer Rashid Hassan) ⁽¹⁾.

2.4 Field research procedures:

2.4.1 Basic steps to build the scale⁽¹⁾:

The steps that can be followed when building the test or questionnaire are subject to many scientific steps, the most important of which are:

2.4.1.1 Purpose of building the scale:

The first step to build the scale is to clearly determine the purpose of its construction and what is the need for it, and one of the objectives of building the scale is to identify the level of psychological unity for students of the Faculty of Physical Education and Sports Sciences, first stage / University of Maysan.

2.4.1.2 Identification of the phenomenon to be studied:

The phenomenon to be measured should be identified and its concept and limits should be completely clear, and the phenomenon that the research aims to identify is the measure of psychological unity for students of the Faculty of Physical Education and Sports Sciences, first stage / Maysan University,

2.4.1.3 Determination of the method and basis for drafting paragraphs:

The researcher adopted the Likert method in correcting paragraphs, and this method is one of the best ways to predict behavior or phenomenon and for the following reasons ⁽²⁾:

1. Allows the greatest variation between individuals. 2- Easy to build and correct. 3- Collect a large number of paragraphs related to the phenomenon to be measured. 4- Allows the respondent to indicate the degree and intensity of his feelings.

By reviewing the literature on the nature of building the scale and how to formulate paragraphs and benefit from interviews with experts and specialists, (25) items were drafted.

2.4.1.4 Validity of scale paragraphs:

After preparing the scale in its initial form, which contained (25) paragraphs, the researcher did the following:

The researcher analyzed the results of the scale using the percentage as a criterion for accepting or excluding the paragraphs of the scale, as the paragraphs agreed upon by (75%) or more of the arbitrators were accepted as valid and appropriate for the scale, and (Bloom) points out that "the researcher must obtain approval by (75%) or more of the arbitrators in this type of honesty"⁽¹⁾, as well as the deletion of paragraphs that were The calculated degree (^{Ka2}) is less than the tabular as the degree



of (Ka^2) was tabular at the level of significance (0.05) and at the degree of freedom (1) is equal to (3.84) and table (1) shows that.

Table (1) shows the percentage and score of Ka^2 for the experts' answers to each paragraph of the scale

Psychological Unity Scale						
t	Paragraphs	Agreeing	Disagreeing	Percentage	Ka value ²	Sig
1	1,3,7,11,15,18	13	0	100%	13	0.00
2	4,14,10,17,19,24,5	12	1	92.30%	9.31	0.00
3	8,13,22,12,2,6 23,4,20,9	11	2	84.61%	6.23	0.01
4	16, 21, 25	7	6	53.85%*	0.077*	0.782*

***Non-moral**

After deleting (3) of the paragraphs of the scale that were not agreed upon by experts and specialists, namely (16, 21, 25)

Thus, the number of paragraphs became (22) paragraphs.

2.4.1.5 Selection of the rating scale:

The appropriate scale of appreciation for the scale was presented to a group of arbitrators with experience and competence in the field of sports psychology, testing and measurement in order to indicate their opinions on the scale of estimation, and the arbitrators agreed on the proposed scale of appreciation by 100%.

2.4.1.6 Method of correction of scale paragraphs:

For the purpose of obtaining the total degree for each individual of the sample is given appropriate weights for alternatives paragraphs scale illustrate the importance of paragraphs gradually, and by collecting the degrees of the respondent on the scale of the five-estimation we get the total score for each individual, and since the paragraphs of the scale has been formulated in the negative direction has been determined weights paragraphs of (1-5) degree for each paragraph of the paragraphs scale for the scale of psychological unit.

2.4.1.7 Preparation of scale instructions:

After completing the readiness of the application of the scale in the initial form, the instructions were prepared and how to answer its paragraphs, and the instructions specified that the sample answer will be used for the purpose of scientific research only and no one will see it except the researcher, and the sample members were asked to answer accurately all paragraphs for the purpose of reaching objective and fruitful results.

2.5 Exploratory Experiment:

After the scale became ready for application, the researcher conducted the exploratory experiment before the final application of the research in an appropriate time, by applying it to a sample consisting of (7) players for the purpose of creating the reasons for success when applying the main test to the research sample and to ensure that the sample understands the paragraphs of the scale and in order to avoid any errors or difficulties when applying during the main test of the research, and the researcher has done many things, namely:

1. Clarify the answer method for the individual sample.
2. Know the difficulties facing the researcher and the assistant work team.
3. A clear picture of the researcher and the assistant team about the answers to the paragraphs of the scale.

The researcher found that the paragraphs are appropriate, and the average time spent answering may range between (10-20) minutes.



2.6 Main experience:

The goal of the researcher from conducting the main experiment to build the scale of the psychological unit in its final form on the research sample, and after collecting the forms analyze the results statistically to find the discriminatory power of each paragraph in order to exclude and delete the non-discriminatory paragraphs and find the correlation coefficient for the paragraphs, and in order to achieve this, the researcher applied the scale to the construction sample, which numbered (90) students

2.7 Statistical analysis of paragraphs:

The process of building the scale requires an analysis of its paragraphs, and in order to obtain paragraphs that meet the purpose, the analysis process must include a set of procedures conducted by the scale designer after the process of sorting the answer sheets, and that the use of appropriate statistical methods is largely determined according to the method of designing the research and the type of data that will be collected, so it was used:

1. Discrimination indicators. 2- Scientific indicators of the scale.

2.7.1 Indicators of discrimination:

For the purpose of calculating paragraph discrimination coefficients, the researcher used two methods:

1. The **two terminal groups: 2- Internal consistency method:**

2.7.1.1 The two peripheral groups (discriminatory force):

It means the ability of the test to distinguish between individuals with a high degree of trait or trait, and individuals with a low degree of the same trait or trait ⁽¹⁾.

The detection of discriminatory power is done by knowing the total score of the respondents' answer and then the forms are arranged in descending order, after which two terminal groups are selected by 27% of the total sample that was measured, a higher group represented by the individuals with the highest scores, and a lower group represented by the individuals with the lowest scores" ⁽²⁾. Then apply the test (T-Test) for two samples Two moves to identify the statistical significance of the difference between the averages of the upper and lower groups of the paragraphs of the scale and the calculated value of T and the value of (sig) were an indicator of the validity of paragraph ⁽³⁾, where the number of forms with the highest grades was (24) forms as well as the lower number of approved forms (48) forms It was clear through the results of the analysis that all the paragraphs of the scale are distinct except for paragraphs (6, 15), using the statistical bag for social sciences (SPSS), and Table (2) shows that:

Table (2) shows the arithmetic means, standard deviations, calculated value of (t) and level of significance

PSYCHOLOGICAL UNITY SCALE						
t	Top Group		Lower Group		Calculated t-value	Sig
	Arithmetic mean	Standard deviation	Arithmetic mean	Standard deviation		
1	4.272	0.455	1.545	0.509	18.708	0.000
2	4.545	0.509	1.636	0.726	15.372	0.000
3	4.863	0.351	1.590	0.666	20.384	0.000
4	4.715	0.115	1.434	0.561	27.131	0.000
5	4.525	0.128	1.755	0.866	20.016	0.000
6	4.328	0.496	1.363	0.492	20.221	0.000
7	4.863	0.351	1.136	0.351	35.194	0.000
8	4.367	0.325	1.202	0.432	27.320	0.000
9	3.356	0.476	3.532	0.387	1.546	0.134
10	4.638	0.692	1.762	0.761	13.326	0.000
11	4.681	0.476	1.318	0.476	23.401	0.000



12	4.310	0.449	1.478	0.575	16.415	0.000
13	4.585	0.602	1.420	0.603	20.579	0.000
14	4.672	0.527	1.641	0.516	17.396	0.000
15	4.263	0.482	1.718	0.916	11.590	0.000
16	3.353	0.462	3.093	0.388	1.457	0.133
17	4.474	0.549	1.636	0.657	15.883	0.000
18	4.827	0.455	1.318	0.476	24.242	0.000
19	4.318	0.476	1.818	0.732	13.415	0.000
20	4.681	0.787	1.733	0.825	14.617	0.000
21	4.454	0.509	1.272	0.455	21.826	0.000
22	4.318	0.476	1.818	0.732	13.415	0.000

Significant at the significance level of ≤ 0.05

From Table (2), we find that there are (3) paragraphs where the level of statistical significance was greater than (0.05), and this means that there are no significant differences for those paragraphs between the upper and lower groups, and therefore these paragraphs were excluded from the scale, and thus the number of paragraphs of the scale became (02) paragraphs.

2.7.1.2 Internal consistency of paragraphs:

This honesty consists through the preparation of a test consisting of a number of dimensions to measure a phenomenon, and the sum of the scores of these dimensions is the total score of the test, and to calculate the sincerity of the internal consistency of this test used for this purpose Pearson correlation coefficient, by finding the correlation between the scores of each paragraph and the total degree of the scale, and relied on the responses of the construction sample of (90) players.

2.7.1.2.1 Relationship of the paragraph to the overall score of the scale:

The Pearson correlation coefficient was used by the statistical bag (SPSS) between the paragraphs of the scale and the total score of the scale, and Table (3) shows this.

Table (3) shows the degree of correlation of the paragraph with the total degree of the scale and the level of significance

PARAGRAPH SEQUENCE	CORRELATION COEFFICIENT	SIGNIFICANCE LEVEL	PARAGRAPH SEQUENCE	CORRELATION COEFFICIENT	SIGNIFICANCE LEVEL	PARAGRAPH SEQUENCE	CORRELATION COEFFICIENT	SIGNIFICANCE LEVEL
1	0.722	0.000	8	0.759	0.000	15	0.595	0.000
2	0.696	0.000	9	0.675	0.000	16	0.686	0.000
3	0.679	0.000	10	0.782	0.000	17	0.752	0.000
4	0.745	0.000	11	0.745	0.000	18	0.673	0.000
5	0.760	0.000	12	0.698	0.000	19	0.759	0.000
6	0.775	0.000	13	0.675	0.000	20	0.557	0.000
7	0.822	0.000	14	0.722	0.000			

From Table (3), we find that all paragraphs are related to the overall score of the scale.

2.7.2 Persistence:

Stability means "the extent of accuracy by which the test measures the phenomenon subject of measurement" ⁽¹⁾ and stability is one of the basic elements in the preparation of tests and the adoption of their results and there are several ways through which the stability coefficient can be extracted has chosen the researcher among them:



2.7.2.1 Cronbach's alpha method:

To extract the stability in this way, the equation (Alpha Cronbach) was applied to the scores of the sample members of (90) players, so the value of the scale stability coefficient was (0.877), which is an indicator that the stability coefficient of the test is very high, the closer the stability coefficient of the test of the correct one, the strength of the stability of the test ⁽²⁾.

2.7.2.2 Half-segmentation method:

The method of half-segmentation is one of the most stable methods used in paper and pen tests, and in this way it is possible to obtain two degrees for each individual by dividing the test into two halves, such as that the first half includes the odd numbers and their number (10), and the second half on the even numbers and their number (10), and on that we get two degrees for each individual and the link between these two degrees (the degrees of the two halves of the test) is the internal consistency of the half of the test only and not the test as a whole ⁽³⁾, if the Pearson correlation coefficient was (0.967) and in order to obtain the value of the stability coefficient for the whole scale, the researcher used the Spearman-Brown equation, using the statistical bag (spss), and its value was (0.986) and this is a high indicator of the stability of the scale.

2.7.3 Objectivity:

The researcher believes that the clear instructions and the existence of a model on how to answer as well as the clarity of the phrases and ease of interpretation and the multiplicity of alternatives to answer, and the exclusion of questionnaires in which the answer to the same paragraph is repeated or in which the answer to all paragraphs is not completed all this makes the answer to the paragraphs of the scale objective.

2.10 Statistical Methods

The researcher used the following statistical systems:

- Ready-made statistical bag (SPSS. Ver 21).

3-1 shows the arithmetic means and standard deviations of the research variables:

Table (1) Shows the hypothetical and arithmetic means, standard deviation, calculated t-value, and sig value for social behavior scales and students' psychological unit

Variables	Number of scale paragraphs	Hypothetical mean	Arithmetic mean	Standard deviation	(T) Calculated	Sig
Social behavior	33	99	138.050	12.445	14.032	0.000
Psychological Unit	20	60	62.45	5.041	2.173	0.042

Through Table (1) shows the number of paragraphs of **the social behavior** scale (33) and the hypothetical mean (99) while the arithmetic mean was (138.050) and a standard deviation (12.445), while the value of (t) calculated (14.032), and the level of significance (0.00), which is less than the level of significance (0.05) and this indicates the existence of significant differences between the two averages in favor of the arithmetic mean of the research sample, while the number of paragraphs of the **psychological unit** scale (20) and a hypothetical mean (60) while the arithmetic mean (62.45) and standard deviations (5.041), while the value of (t) calculated (2.173), and the level of significance (0.00), which is less than the level of significance (0.05) and this indicates the existence of significant differences between the two averages in favor of the arithmetic mean of the research sample.

3-2 Presenting, analyzing and discussing the results of the predictive value of social behavior in terms of psychological unity:

The researcher applied the social behavior scale to the application sample of (20) players in order to obtain degrees that are treated statistically to extract the predictive value in terms of psychological unity, so the researcher used the simple linear regression equation to derive the predictive equation:



Table (2). Shows the simple linear correlation coefficient and the contribution ratio and standard error of the estimate between social behavior and psychological unity

Model	Link	Contribution Percentage	Standard error of estimation
1	0.962	0.925	0.847

Through the above table, the value of the simple linear correlation is (0.962) and the contribution ratio (0.925) and a standard error has reached (0.847), and in order to identify the regression coefficient for the contribution of the independent variable (psychological unit scale) to predict (social behavior) as a dependent variable, the researcher used the test (analysis of variance) as shown in Table (3).

Table (3). The analysis of variance for simple linear regression to examine the compatibility quality of the simple linear regression model for social behavior and psychological unity

Model		Sum of squares	Degree of freedom	Average squares	(f) Calculated	Significance level
Social behavior	Regression	2721.973	1	2721.973	221.722	0.000
	Remaining	220.977	18	12.276		
	Total	2942.950	19			

Through Table (3), it is shown that the independent variable (psychological unit) is suitable for prediction (social behavior) through a significant value (calculated F), as it reached (221.722) and an error rate of (0.000), and in order to reach the equation of the simple linear regression line, the researcher used the test (T.) as shown in the table. As mentioned above, there are differences indicating that the psychological unit through which the level of social behavior can be predicted because the behavior is the woman of the internal psychological aspect, which reflects negatively on the behavior of the individual in general.

Table (4). Shows the values of the fixed limit and the tendency (effect) of the performance of social behavior in terms of the psychological unit and its standard errors, the value of (calculated t) and the level of significance

Model	B	Standard error	Beta	calculated (i)	Significance level
1 (Constant)	-10.210	9.988	----	-1.022	0 000
Psychological Unit	2.374	0 .159	0.962	14.890	0.000

The above table shows the value of the fixed limit (Constant), which amounted to (-10.210), while the regression coefficient for the test was (2.374) with a level of significance (0.00), and therefore the predictive regression equation for social behavior is in terms of psychological unity, so the predictive equation can be derived using the simple linear regression equation as follows:

Predictive value of social behavior = - 10.210 + 2.374× Student's score in psychological unit.

Accordingly, the researcher has devised a predictive equation for social behavior in terms of psychological unity. It turns out that the greater the rift between the psychological unit of students, the greater the pressure on social behavior and the student's sense of dissatisfaction with relationships, which threatens those relationships between students, which requires withdrawal from most relationships with colleagues.

4.1 Conclusions:

➤ The existence of a correlation between social behavior and psychological unity in the research sample.

☞ predictive equations through which the values of social behavior can be predicted in terms of the psychological unit of the research sample.



- The possibility of predicting the level of social behavior through the indicator of the psychological unit of the research sample.

4.2 Recommendations:

- According to the results and conclusions reached by the researcher, the following recommendations were made:
- The need for professors to pay attention to the psychological aspects of students as they are one of the basic requirements that affect their social behavior.

☞ □ □ ◆ ✕ ■ ♪ predictive equations as an indicator of students' psychological state.

☞ □ ■ ♪ ◆ ♪ ✕ ■ ♪ similar studies for other stages according to other variables and for both sexes.

☞ □ ■ ♪ ◆ ♪ ✕ ■ ♪ guidance meetings for students in which the importance of integration into society is clarified.

- Study a counseling program for the development of individual social behavior.

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Appendix (1) Psychological Unity Scale in its final form

t	Paragraphs	At all	Rarely	Sometimes	Often	All the time
1.	I feel unwanted to be among my colleagues					
2.	I can't find anyone to talk to him and exchange words with him					
3.	I feel isolated among the students					
4.	I feel that I am not distinguished among my colleagues					
5.	I find it hard to form new relationships					
6.	I feel my self-confidence is weakening					
7.	I can't maintain my relationships with my colleagues.					
8.	I prefer to stay away from others					
9.	I avoid expressing some opinions to colleagues					
10.	I feel strange to my colleagues.					
11.	I feel a lack of interest from my colleagues					
12.	I feel interested when my colleague talks to me					
13.	I'd like to share the conversation with my colleagues.					
14.	I share my colleagues' feelings of fear and anxiety					
15.	I try to stay away from student gatherings					
16.	Leave immediately after the lectures					
17.	I feel not adjusting to others					
18.	I feel ineffective with those around me					
19.	Stay away from situations that I think are embarrassing					
20.	I find it difficult to conduct a dialogue with my colleagues.					

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