

**The personality type of the teachers of physical education and sport and its relation with psychological adjustment  
(A field study on the teachers of secondary schools of Bashar province)**

**T. Tamsaouete DJilali**

**University of Mohamed  
Boudiaf – MSILA**

**- ملخص الدراسة:**

تهدف هذه الدراسة إلى معرفة نمط الشخصية الذي يحقق التوافق النفسي لأستاذ التربية البدنية والرياضية. ولتحقيق أهداف هذه الدراسة استخدم المنهج الوصفي الذي يصف الظاهرة كما هي في الواقع، واختيرت عينة الدراسة بطريقة مقصودة لدى أساتذة التعليم الثانوي لولاية بشار موسم 2012-2013 وبالع 45 وأستاذ. واستخدمت مقياسين كأداة للدراسة الميدانية و للمعالجة الإحصائية وهو مقياس الشخصية ومقياس التوافق النفسي وكانت النتائج المتوصل إليها: لا توجد علاقة ارتباطية دالة إحصائية بين الشخصية المسيطرة لأستاذ التربية البدنية والتوافق النفسي. توجد علاقة ارتباطية موجبة دالة إحصائية عند مستوى 0.01 بين الشخصية الهادئة لأستاذ التربية البدنية والتوافق النفسي. توجد علاقة ارتباطية موجبة دالة إحصائية عند مستوى 0.01 بين الشخصية الاجتماعي لأستاذ التربية البدنية والتوافق النفسي. وأهم الاقتراحات: زيادة في اهتمام بدراسة مواضيع متعلق بالأستاذ له أهمية بالغة، والتركيز على هذه الشريحة الهامة التي تكون لنا جيل يمكن الاعتماد عليه في المستقبل. يجب توفير متطلبات الحياة لأستاذ التربية البدنية والرياضية وحمايته من جميع الضغوطات النفسية داخل المؤسسات التربوية وفي المجتمع. يجب على الأستاذ التسلح بالجانب الدين الإسلامي المعتدل بعيد عن التطرف والتعصب في التعامل من أجل توافق في الحياة من الجانب النفسي والاجتماعي .

**-Abstract:**

The purpose of this study is to identify the personality type that achieves the psychological adjustment of the teacher of Physical Education and sport. And To achieve the objectives of this study, we use the descriptive method that describes the phenomenon as it is in reality. The sample of the study was chosen in a deliberate manner and applied on 45 teachers in the secondary school in Bashar province in (2012-2013). Two scales were used as a tool for field study and for statistical processing, Which is: the personality scale and psychological adjustment scale. The results were: There is no significant relationship between the dominant personality of the teacher of physical education and psychological adjustment. There is a statistically significant positive relationship at the level of 0.01 between the laid-

back personality of the teacher of physical education and psychological adjustment. There is a statistically significant relationship between the social personality of the teacher of physical education and psychological adjustment at level 0.01.

The most important suggestions are: increase interest in the study of topics related to the teacher is very important, and to focus on this important category which is a reliable generation in the future. The life requirements of the teacher of physical education and sport must be provided and protected from all psychological stresses within educational institutions and in society.

The teacher must be aware of the moderate Islam and far from extremism and intolerance in dealing with a stable psychological and social life.

#### **Problematic study:**

The psychologists concerned the subject of personality from long time ago, which was a controversial topic of many discussions ,some of them considered it in terms of components and some of them considered it in terms of its dimensions and growth and development and they also differed in its measures between genetics and the environment and methods of measurement and it was based on the dimensions and different theories, for instance: we can find someone values his work and his duty; another one overuses emotions and imagination; another one who is introvert and another looks like angry, nervousness and careless .All this made the study of the personality more complicated and more controversial.

And according to the field of education and as long as there are some people belong to this field therefore each person has a special personality and the teacher of physical education and sport is considered as a member of them, and the people in each generation consider the teacher as an example; source of knowledge; creator of new ideas; the spiritual guide; source of culture of all needy, and he is not only a teacher of science but also a teacher of experiences in life to his students and to the whole society .

Since the teacher has a good role in achieving this adjustment among students, so it requires the teacher to have acceptable degree of adjustment because it will help him to create the right and appropriate conditions of learning, and to establish a perfect social relation with

his students, and among students themselves, in which the teacher facilitates the way of learning. therefore If we want him to form normal personalities of students, he has to own it first. This is because the teacher's adjustment, his psychological health and his balanced behavior will have a great influence on his students. so the teacher who has passed through several experiences influenced on his emotional instability negatively, he cannot do his job well, and we cannot expect him to satisfy our children, because an empty hand has nothing to give . This has been proved in many searches which study the relation between the teacher adaptation, and the adaptive and non-adaptive behaviour of his students. (Mahmoud Abdel Halim Mansi and others. 2001, 243). Based on the above, we can ask the following question:

**- The general question:** Is there a statistically significant relationship between the personality type of the teacher of physical education and psychological adjustment?

**- Partial questions:**

- Is there a statistically significant relationship between the dominant personality of the teacher of physical education and psychological adjustment?

- Is there a statistically significant relationship between the laid-back personality of the teacher of physical education and psychological adjustment?

Is there a statistically significant relationship between the social personality of the teacher of physical education and psychological adjustment?

**Objectives of the study:** We aim to identify:

- The type that achieves the psychological adjustment of the teacher of physical education and sport.

-The Relationship between the dominant personality and psychological adjustment of the teacher of physical education and sport.

- The relationship between the laid-back personality and psychological adjustment of the teacher of physical education and sport.

- The Relationship between social personality and psychological adjustment of the teacher of physical education and sport.

- **The Importance of the study:** the importance of our study is:

- To know the personality of the teacher of physical education and sport that contributes him to be psychologically adjusted.

- Discover the relationship between some types of personality and psychological adjustment of the teacher of physical education and sport.

- **General Hypothesis:** There is a statistically significant relationship between the personality types of the teacher of physical education and psychological adjustment

- **Partial hypotheses:**

- There is a statistically significant relationship between the dominant personality of the teacher of physical education and psychological adjustment.

- There is a statistically significant relationship between the laid-back personality of the teacher of physical education and psychological adjustment.

- There is a statistically significant relationship between the social personality of the teacher of physical education and psychological adjustment.

- **The Key words in this study:**

**1. Personality type:**

**1.1 type:** it is defined by Eysenck as a remarkable assembly of individual tendencies of action or remarkable consistency in individual's habits and repeated actions. Therefore, the type is a mathematical concept that is related to the quantitative aspect of behaviour interpretation. (Ben Abdel Salam Mohamed, 2005.5)

**Personal definition:** It is the type of methods which are used to deal.

**1-2 Personality: lexical definition:** is derived from two Greek words originally, "Per" means "through", and "Sonare" means "talk" or "speak" 'And the word "Personare" means (talk or speak through). In Greek and Roman Theater, Persona was used as a mask worn by actors. Greek and Roman's actors used to wear masks on their faces to help them create the influence of the character needed to perform on the stage in order to play their roles perfectly in front of their audience. (Safa Issa Siam, 2010, 14)

**Contextual definition:** Ahmad Zaki Rajeh defines personality as "the complete set of physical and psychological tendency that characterize

the individual and determine the distinctive ways of adapting him with his social environment." (Buthaina Mohamed Fadel, 2005, 19)

**Personal Definition:** It is an integrated set of physical, psychological and social characteristics of an individual that makes him feel different from others.

## **2- The teacher of Physical Education and Sports:**

**2-1- Teacher: lexical definition:** the plural form of this word is teachers, and he is the professor, the director and the scholar. (Qumi Abd al-Haq, 2010, 108)

**Contextual definition:** the teacher is the source of capacity, knowledge and the source of culture and the guide of all mentors and learners.

The teacher is like a father who looks after his children ; he is always trying to benefit his student and he makes a lot of efforts to raise and teach them what's wrong and what's right, and he motivates them that nothing is impossible, he often tries to create the competitive atmosphere and the collective work between them ,and he always attempts to decrease the disagreement points and problems between them ,the teacher is appreciated and respected by all society that's why he is always looking forward to pleasing them , he focuses all the time on applying and teaching the good deeds to prove that he deserves the whole respect . (Abd al-Hak, 2010,107, 108)

**2-2-Physical Education and Sports: lexical definition:** one of the meanings of (body) in the Arabic dictionary "Lisan al Arab "as follows

**Body:** The body of man means all parts of the body except the head, and it can be an adjective which means fat or huge. The word " Sport" has been mentioned in the Arabic dictionary "Lisan al Arab" it means "practice», «train "or "coach «something or someone; for instance: I coach the animal to walk. (Jamal al-Din bin Manzoor, 1993, 70)

**Contextual definition:** in 1990 West Bucher defined physical education as an educational process that aimed at improving human performance through the selected physical activity to achieve it. "(Amin Anwar al-Khuli, 1996, 31)

**Charles Cowell's definition:** "Physical education is the social process of expressing the human being behaviours that based on the stimulation of play through muscle activities and other related activities."(Mohamed al hamahmi ,amin anwar al khouli 18,1990)

**The personal definition of the teacher of physical education and sport:**

He is the person who teaches according to the programs of physical education and sports in secondary education at all levels (first, second, third), and actually, the researcher used in this study several synonyms of the term teacher such as professor and educator according to study references.

**3 - Adjustment: lexical definition:** it comes from the Arabic verb "agree" such as someone agrees his friends; it means he is not against them. (Belhadj Frouja, 2011, 11)

It's mentioned in the Arabic dictionary "Lisan al Arab" in the meaning of adaption or consistency.

In the wassit dictionary, it is defined as coping with a group of people in their way without practising an odd behaviour. (marinate abd rabah ayech moqbil 08;2010)

**Contextual definition:** In 1996 mohamed aweida defined "adjustment" as The ability of the person to adapt and adjust properly with his social environment in several forms, family environment, study environment, cultural and religious environment. (Kamal Mohamed Aweida, 1996, 165)

**4 - Psychological adjustment :** "Atia Mahmoud" defined it as a process that refers to the psychological events that try to push away tensions and take the individual back to a certain level, which is appropriate for living, therefore the human's actions are based on the goal that satisfies his needs that's why he makes different actions and responses when he faces an obstacle until he realizes that his response has overcome the obstacle and reached his goal and satisfy his needs and motives. (Belhadj Frouja, 2011, 12)

**personal definition:** It is a continuous dynamic process where the person interacts with the environment to satisfy his physical, psychological and social needs and to satisfy others as well.

**- Previous studies:**

-The study of Safa Issa Siam 2010: entitled: "personality traits and their relationship with the psychological adjustment of the elderly in Gaza provinces.

**The objective of the study is:** to know the relationship between psychological adjustment and the personality traits that are concerned in this study and to know the effect of these traits on the psychological

adjustment of the elderly. And to discover the level of psychological adjustment of elderly in Gaza provinces.

**The questions of this study:** Is the differentiation of the psychological adjustment level of the elderly based on the differentiation of their levels on the personality traits scale as measured by the tests used in this study?

Is there a statistically significant relationship between personality traits and psychological adjustment among the elderly?

Is there a difference in both personality traits and degree of psychological adjustment among the elderly according to some demographic and social variables?

**Methodology:** The researcher applied the descriptive analytical method in this study.

**The sample:** The researcher chose randomly the study sample. The sample number was 200 elderly in the Gaza provinces of both sexes, 108 were males of 54%, and 92 were females of 46 % from all provinces of Gaza.

The tools used in this study: the scale of Personality traits, personality adjustment scale for the Elderly.

**The most important results were:**

- There is a statistically positive relationship between the characteristic of self-esteem and happiness and the low degree of economic adjustment, and between the attribute of assertion, responsibility, control and low degree of personal adjustment, and the attribute of independence and low degree of psychological adjustment.

- There is a statistically positive relationship between the personal adjustment and the low degree of happiness and control traits, and the social adjustment and low degree on both the attribute of assertion and responsibility.

- Ait Hamouda Hakima and other's study in 2011: Entitled: The importance of social support to achieve psychological and social adjustment among young people.

The study aimed to identify the various sources of social support (family and friends) in how young people deal with unemployment, which contributes to achieving their psychological and social adjustment.

**The questions of this study are:**

- Does unemployment decrease the level of psychological adjustment of young people?
- Does unemployment decrease the level of psychological adjustment dimensions of young people in personal-emotional adjustment, health, family and social adjustment?
- Is there a link between social support and psychological adjustment of the individual with all his personal - emotional dimensions, health, family and social dimensions?
- Is there a link between the family support and each of the psychological adjustment of the person with his personal - emotional, health, family and social dimensions?
- Is there a link between the support of friends and each of the psychological adjustment of a person with his personal - emotional, health, family and social dimensions?

**Methodology:** The descriptive approach

**The study Sample:** we chose our sample intentionally, it means non-random choose, in which the sample of the current study consisted of 40 unemployed young males.

**The study Tools:** supplies of social relationships and psychological adjustment Scale.

We have found the following results: The results of this study give a statistically positive relationship between the social support of family and friends and the psychological adjustment of the individual with his personal, emotional, health, family and social dimensions. Which demonstrate the influence of social behaviour on health through the social support.

**The most important recommendations:** The results of this study confirm the role of social support in maintaining mental and physical health levels, especially with respect to the unemployed people. Therefore, it is necessary to:

- pay attention to this category through research and study, and try to develop strategic plans to reduce the spread of this phenomenon.
- increase the social and psychological studies to identify the various effects of this phenomenon in order to reduce it.

**- The exploratory study:**

The exploratory study is the first step that helps the researcher to have an overview about the aspects of the field study for his research in which the researcher plans visits to the field of his study or have a look at some of the axes of his field study. (Rachid Zerouati, 2008, 23) It also aims to ascertain the appropriateness of the research study and to verify the validity of the tool used to collect data and to know the appropriate time required to apply it.

In this study, which deals with "personality type of the of physical education and sports and its relationship to psychological adjustment" and after reviewing the various scales of two variables, the independent variable( personality) and the dependent variable( psychological adjustment) we set the appropriate scales of the study and presented to the supervisor on 13/01 / 2013 and then we went to the Directorate of Education of Bashar province in order to provide us with statistics on the- number of teachers of physical education and sports in the secondary fase of the school year 2012/2013, on 18/02/2013 so after that we have got a number of teachers of physical education and sports in Bashar province , and the address of every secondary school in this province and the number of teachers in each secondary school.

**The methodology used in the study:** the researcher used the descriptive approach because it is more appropriate to the research because it describes the phenomenon as it is in reality.

**- The group and the sample of the study:** The sample was selected intentionally by teachers of physical education and sports who work in the secondary phase in Bashar province, they are (45) teachers for the school year 2012-2013. They have been chosen intentionally because they teach teenagers who presented a very important category in society; this sample constitutes 100% of the research community.

**Data and information collecting tools:** In our study, we have relied on the Freiburg List of personality and the General Psychological adjustment Scale.

**Freiburg's list of personality :**

Freiburg's list of personality was originally created by Jocken Farnberg, Herbert Selig and Rainer Humbel, they were teachers of

psychology at the University of Freiburg in Western Germany. It has been set in Arabic by Mohammed hasan Alaoui .

The list aims to measure 9 general dimensions of personality plus 3 sub-dimensions. The list includes 212 questions. It also has two forms « a,b », each containing 114 questions. The teacher « Dale » of psychology at the University of Giessen, West Germany, designed a short form of the list containing the first eight dimensions of the list and includes 56 questions, but in our study, we relied on three dimensions.

**Credibility and Stability of the Scale:** Using Alpha Crumbach:

Table (2) shows the credibility and stability of Freiburg's list of personality using the alpha chromabach coefficient.

Freiburg's list of personality	Number of questions	the Alpha Kronbach coefficient of stability	Credibility= (the square root of stability)	
The personality type	The dominant personality	07	0.767	0.875
	The laid-back personality	07	0.897	0.947
	The social personality	07	0.744	0.862
The personality type	21	0.814	0.902	

-It is clear from the table that the coefficient of the stability of the scale dimensions using the Alpha Kronbach ; its values have been as follows: 0.767, 0.897, 0.744, which are somehow acceptable, while the Alpha Kronbach coefficient of the scale as a whole is 0.814 indicating that the scale has acceptable stability.

Concerning the credibility; by calculating the square root of stability coefficient; the values of self-credibility coefficients of dimensions of the personality scale were as follows: 0.875, 0.947, and 0.862. The self-credibility coefficient of the scale as a whole was as follows: 0.902

## **2- General Psychological adjustment Scale:**

Prepared by Dr Ijalal Mohamed Sri (1986), which was prepared to measure general psychological adjustment and consists of forty (40) question measuring adjustment in four dimensions:

- Personal adjustment: questions 1-9

- Social adjustment: questions 10-20
- Domestic adjustment: questions 21-30
- Emotional adjustment: questions 31-40

#### Credibility and Stability of the scale by using alpha kronbach :

The scale of general Psychological adjustment		Number of questions	the Alpha Kronbach coefficient of stability	Credibility= (the square root of stability)
psychological adjustment	Personal adjustment	09	0.751	0.866
	Social adjustment	11	0.688	0.829
	Domestic adjustment	10	0.768	0.876
	Emotional adjustment	10	0.81	0.9
Psychological adjustment		40	0.867	0.931

It is clear from the table that the coefficient of the stability of the scale dimensions using the Alpha Kronbach ; its values have been as follows , 0.751 , 0.688 , 0.768 , 0.81 , which are somehow acceptable, while the Alpha Kronbach coefficient of the scale as a whole is 0.867 indicating that the scale has acceptable stability.

Concerning the credibility; by calculating the square root of stability coefficient; the values of self-credibility coefficients of dimensions of the psychological adjustment scale were as follows: 0.866, 0.829, 0.876 and 0.9. The self-credibility coefficient of the scale as a whole was as follows: 0.931

**Procedures of field application of tool:** After verifying the validity and credibility of the research tools, the researcher made some procedures to facilitate the task of conducting the field study to apply the research tools and data collection in order to analyze and explain the results. He receives an important facilitation license by the head of post-graduation and scientific research directed to the Directorate of

Education of Bashar province in order to facilitate contact with teachers who are the study sample and the teachers have been informed that the results of this study are only for the purposes of scientific research, some colleagues have been called to help in the distribution of forms, the researcher faces some problems while applying of scales such as fairness of places of sample persons and the difficulty of gathering them or meet them in one place and sometimes they asked to take the forms one day or two, forcing the researcher to move from one place to another to collect data.

**- the Statistical methods:** The researcher used the statistical program "spss" in the processing of data obtained through the two scales (Freiburg's list of personality, general psychological adjustment). The Pearson correlation was also used to calculate the relationship between the two variables. Validity and stability: The researcher used the Alpha Krumbach coefficient to know the degree of validity and stability of the two scales.

### **1- display Results:**

#### **1- 1- Display the results of the first hypothesis:**

- There is a statistically significant relationship between the dominant personality of the teacher of physical education and psychological adjustment.

**Table (4):** shows the relationship between the dominant personality variables of the teacher of physical education and psychological adjustment using Pearson correlation coefficient.

The variable	Mean	Standard deviation	Pearson Correlation coefficient	Significance level	Statistical Inference
The psychological adjustment	0.7717	0.16102	-0.158	0.05	Not significant
The dominant personality	1.4349	0.19010			

In the table we find that the Pearson "r" correlation coefficient between the two variables "dominant personality" and "psychological

adjustment" was 0.158 - less than "r" that is tabulated (0.291) at the freedom degree of 44 and the significance level of 0.05 so that the correlation coefficient is not statistically significant. From this we conclude that there is no statistically significant relationship between the dominant personality of the teacher of physical education and psychological adjustment.

### **1-2- display the results of the second hypothesis:**

- There is a statistically significant relationship between the laid-back personality of the teacher of physical education and psychological adjustment.

**Table (5):** shows the relationship between the two laid-back personal variables of the teacher of physical education and psychological

The variable	Mean	Standard deviation	Pearson correlation coefficient	Significance level	Statistical Inference
The psychological adjustment	0.7717	0.16102	0.517**	0.01	Significant
The laid-back personality	1.7365	0.23187			

adjustment using Pearson correlation coefficient.

In the table, we find that the Pearson "r" correlation coefficient between the two "personal" and "psychological" variables was 0.517, which is greater than the "r" that is tabulated 0.376 at the freedom degree of 44 and the significance level of 0.01, so the correlation coefficient is statistically significant. From this, we conclude that there is a statistically significant positive relationship in level 0.01 between the laid-back personality of the teacher of physical education and psychological adjustment.

**3- Display the results of the third hypothesis:**

- There is a statistically significant relationship between the social personality of the teacher of physical education and psychological adjustment.

**Table (6):** shows the relationship between the two social variables of the teacher of physical education and psychological adjustment using Pearson correlation coefficient.

The variable	Mean	Standard deviation	Pearson correlation coefficient	Significance level	Statistical inference
The psychological adjustment	0.7717	0.16102	0.500**	0.01	significant
The social personality	1.6603	0.23253			

In the table we find that the Pearson "r" correlation coefficient that is counted between the two variables "social personality" and "psychological adjustment" is 0.500 which is greater than the "r" that is tabulated 0.376 at the degree of freedom of 44 and the level of significance of 0.01, so the correlation coefficient is statistically significant. From this we conclude that there is a statistically significant positive relationship between the social personality of the teacher of physical education and the psychological adjustment at the level of 0.01.

**1-4- Display the results of the general hypothesis:**

- There is a statistically significant relationship between the personality types of the teacher of physical education and psychological adjustment.

**Table (7):** shows the relationship between the two variables of the personality type of the teacher of physical education and psychological adjustment using Pearson correlation coefficient.

The general hypothesis	sample	Mean	Standard deviation	Correlation coefficient	Significance Level	Statistical inference
The psychological adjustment	45	0.7717	0.16102	0.554**	0.01	Significant in 0.01
The personality		1.6106	0.12405			

In the table we find that the Pearson "r" correlation coefficient that is counted between the two variables "personal" and "psychological adjustment" was 0.554, which is greater than the "r" that is tabulated 0.376 at the degree of freedom of 44 and the significance level of 0.01, so the coefficient of correlation is statistically significant and from this we conclude that there is a statistically significant positive relationship at the level of 0.01 between the personal type of the teacher of physical education and psychological adjustment.

## **2-Discussion of results:**

**2-1-The results of the first hypothesis:** there is a statistically significant relationship between the dominant personality of the teacher of physical education and psychological adjustment. Through The table (4 ) that shows the results of correlation coefficient Pearson "r" calculated between the two variables The "dominant personality" and "psychological adjustment" reached (0.158-), which is less than "r" that is tabulated (0.291) at the degree of freedom of 44 and the significance level of 0.05 indicating that the coefficient of correlation is not statistically significant, it means that there is no statistically significant relationship between the dominant personality teacher of Physical Education and Psychological adjustment , this is what Karl Rogers in (1951) confirmed that people who have unstable psychological adjustment their behaviors are maladjusted . Karl Rogers identifies maladjustment: "a situation in which the individual tries to keep some experience away from awareness. In fact, when the individual does not accept himself, it is an evidence of his

maladjustment, and this is what makes tension and sorrow. "(Mayassa Ahmad al-Nayal, 2002, 142).

**2.2 discussion of the results of the second hypothesis:** the results showed on the second hypothesis :there is no statistically significant relationship between the laid-back personal teacher of physical education and psychological adjustment .depending on the table (5), we find that the calculated Pearson correlation coefficient "r" between two variables "laid-back personality" and "psychological adjustment" it reached 0.517, which is greater than "r" tabulated 0.376 at 44 degrees of freedom and significance level of 0.01, which indicates that correlation coefficient is statistically significant. This means there is a positive relationship between the laid-back personality of the teacher of physical education and psychological adjustment. This was confirmed by the "Yong" in his study that the psychological adjustment key is in the continuation of personal development without interruption, he also confirms the importance of true self-discovery ,and importance of normal adjusted personality and the psychological health and psychological adjustment require balancing between our introverted and extroverted tendencies as well as the study of Gokh 1952 that the excellent teachers characterized by the characteristics of emotional satisfaction and balance. Because the person who has this character is wise and modest and this is a positive feature because it makes him well adjusted to himself and with others. (Medhat Abdel-Hamid Abdel Latif, 1990, 87),

**2-3 - Discussion of the results of the third hypothesis:** There is a statistical relationship is significant between the social personality of the teacher of physical education and psychological adjustment. Through (Table 6), we find that correlation coefficient Pearson "r" between the variables " Social personality "and" psychological adjustment " 0.500", which is greater than "that is tabulated 0.376, at the degree of freedom of 44 and the significance level of 0.01, indicating that a correlation coefficient is statistically significant, it means that there is a positive relationship between the social personality of the teacher of physical education and psychological adjustment.

This is what was pointed out by Dadi Abdul Aziz (may Allah have mercy on him) that the module of physical education and sport during the

practice the students imposes to form different social relationships, whether in between students or between students and teachers, and the teacher must be friendly, who cooperates with colleagues, cares about people, trust them and adapt to others. . One of the most important studies that examined the social trait of teachers, he mentioned Allawi 1992 Shendy study 1965 and the study of Groves 1966 and other studies that emphasized the importance of this attribute of physical education and sports teachers (Dadi Abdel Aziz, 1997, 142).

**2-4 - Discussion of the results of the general hypothesis:** There is a statistical relationship significant between the personal pattern of the teacher of physical education and psychological adjustment. Through Table (7) we find that correlation coefficient Pearson "r" between the variables " Personality "and" psychological adjustment "was 0.554, which is greater than the "r" that is tabulated 0.376, which is at the degree of freedom of 44 and the significance level of 0.01, which indicates that the correlation coefficient is statistically significant. This means that there is a positive relationship between the personality pattern of the teacher of physical education and psychological adjustment. Whenever a teacher of physical education and sports has a good personality he is psychologically well adjusted. This is what Nayef Mohammed Ayed al-Marwani confirmed that the adjusted personality has the greatest feelings, and it has always the desire to do well for the sake of "Allah" and being away from selfishness. (Nayef Mohammed Ayed Al-Marwani, 2009,93). These results are in line with the findings of the Safa Issa Siyam 2010 study on personality characteristics and their relation to the psychological adjustment of the elderly in the Gaza provinces, which indicated a statistically positive relationship between Of the attribute of self-esteem Happiness and low degree of economic adjustment, and between the attributes of assertiveness, responsibility, control and low degree of personal adjustment. And between the trait of independence and the low degree of psychological adjustment as a whole.

**- General conclusions:** - There is no statistically significant relationship between the dominant personality of the teacher of physical education and psychological adjustment.

- There is a statistically positive significant relationship at the level of 0.01 between the laid-back personality of the teacher of physical education and psychological adjustment.
- There is the statistically positive significant relationship at the level of 0.01 between The Social Character of the teacher of Physical Education and Psychological Adjustment.
- There is a statistically positive significant relationship between at level 0.01 between the personality pattern of the teacher of physical education and psychological adjustment.

**- Suggestions:**

- The teacher should be aware of the moderate Islam that is far from extremism and fanaticism in dealing with others for a stable life psychologically and socially.
- Doing studies on the psychological adjustment of the teacher of physical education and sport in other variables that differ from the current study variables.
- Ask researchers and experts to make scales in the psychological adjustment of teachers.

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