



قوى - جودو - كراتيه - تنس - تنس طاولة - جمباز ) ، والممارسين لبعض الانشطه الترويحيه ( اجتماعى - رحلات - معسكرات - جواله - ثقافى - فنى - أسر ) وغــــير الممارسين للانشطه الرياضيه والترويحيه .

### فروض البحث :

١ - توجد فروق فى مفهوم الذات لدى الطلاب ( طلبه - طالبات ) الممارسين للانشطه الرياضيه والترويحيه وغير الممارسين لاي نشاط لصالح الممارسين للانشطه الرياضيه ثم الممارسين للانشطه الترويحيه .

٢ - توجد فروق فى مفهوم الذات لدى الطلاب ( طلبه - طالبات ) بالكليات العمليه الممارسين للانشطه الرياضيه والترويحيه وغير الممارسين لاي نشاط لصالح الممارسين للانشطه الرياضيه ثم الممارسين للانشطه الترويحيه .

٣ - توجد فروق فى مفهوم الذات لدى الطلاب ( طلبه - طالبات ) بالكليات النظرية الممارسين للانشطه الرياضيه والترويحيه وغير الممارسين لاي نشاط لصالح الممارسين للانشطه الرياضيه ثم الممارسين للانشطه الترويحيه .

### خطه واجراءات البحث :

#### - منهج البحث :

استخدمت الباحثة المنهج الوصفى ( الاسلوب المسحى ) .

#### - عينه البحث :

- تم اختيار عينه البحث من الكليات العمليه والنظريه الواقعه فى محافظه الجيزه بالطريقه العشوائيه وكانت بواقع أربع كليات عمليه واربع كليات نظريه كالآتى :

الكليات العمليه : كليه الطب البيطرى - كليه الزراعه - كليه الهندسه -

كليه العلوم .

الكليات النظرية : كلية الآداب - كلية الحقوق - كلية الاقتصاد والعلوم  
السياسية - كلية الآثار .

- تم اختيار (٣٨٤) طالب وطالبة من الكليات الثمانية السابقة بواقع (٤٨) طالب وطالبة  
من كل كلية .

- تم استبعاد عدد (٢٤) استماره منها (٤) استمارات لم ترد الى الباحثه وعشرون استماره  
لم تستكمل بها البيانات ، وبذلك تكون العينه عددها ( ٣٦٠ ) طالب وطالبه .

- الادوات المستخدمه :

- استعان الباحث بالادوات الاتيه :

أ - سجلات الانشطه الموجوده لدى ادارات الشباب بالكليات والادارات المركزيه بالاداره  
العامه لرعايه الشباب .

ب - مقياس " تنسى " لمفهوم الذات ( T,S,C.S ) والذي وضعه فى صفته العرييه  
" محمد حسن علاوى " ، " محمد العربى شمعون " ، ويتكون المقياس من ( ١٠٠ )  
مائه عباره وصفيه ويشمل على تسعه ابعاد هم :

الذات الواقعيه - تقبل الذات - الذات الادراكيه - الذات الجسديه - الذات  
الاخلاقيه - الذات الشخصيه - الذات الاسريه - الذات الاجتماعيه - نقد  
الذات .

- خطوات البحث :

- اجرت الباحثه تجربته استطلاعيه للمقياس المستخدم .  
- تم حساب المعاملات العلميه للمقياس ( الثبات - الصدق ) .  
- تم تطبيق الاختبار على عينه البحث بواقع ( ٤٨ ) استماره للطالب والطالبه تضم  
الممارسين للانشطه الرياضيه ، الترويحيه ، غير الممارسين .

- تم تصحيح للمقياس وجمع الدرجات وتصنيفها وجدولتها .
- استعانت الباحث بمعهد الدراسات والبحوث الاحصائية بجامعة القاهرة لاستخراج النتائج الاحصائية وقد اتخذت الباحثه مستوى الدلاله عند ٠.٥ .

### الاستنتاجات

فى ضوء أهداف البحث وطبقا لنتائجه تم التوصل الى الاستنتاجات الآتية :

- ١ - يتسم الطلاب ( طلبة - طالبات ) الممارسين للانشطه الرياضيه والترويحيه بتميزهم فى بعدى الذات الواقعيه - الذات الاخلاقيه .
- ٢/ - تميز الطلبة الممارسين للانشطه الرياضيه والترويحيه فى بعدى الذات الواقعيه - الذات الجسميه .
- ٣ - تميزت الطالبات الممارسات للانشطه الرياضيه والترويحيه فى بعدى الذات الواقعيه - الذات الشخصيه .
- ٤ - تميز طلاب ( طلبة - طالبات ) الكليات العمليه الممارسين للانشطه الرياضيه والترويحيه فى ابعاد الذات الواقعيه - الذات الاخلاقيه - الذات الشخصيه - نقد الذات .
- ٥ - تميز طلاب ( طلبة - طالبات ) الكليات النظرية الممارسين للانشطه الرياضيه والترويحيه فى بعد الذات الواقعيه .
- ٦ - لا توجد فروق داله بين طلاب ( طلبة - طالبات ) المجموعات الثلاثه ( الممارسين للانشطه الرياضيه ، الممارسين للانشطه الترويحيه ، وغير الممارسين لاي نشاط ) فى ابعاد ( تقبل الذات - الذات الادراكيه - الذات الاجتماعيه ) .
- ٧ - انخفاض الذات الاسريه لدى الممارسين للانشطه سواء الرياضى منها أو الترويحي .

## التوصيات

اعتمادا على استنتاجات البحث توصى الباحث بمايلي :

- ١ - تشجيع الطلاب ( طلبة - طالبات ) على ممارسة الانشطة الرياضيه والترويحيه لما تتيحه الممارسه من زياده ودعم وتنميه مفهوم الذات الايجابى لديهم ، وذلك بمنحهم امتيازات خاصه مثل اعفائهم من بعض رسوم الكتب ، منحهم الوجبات الغذائية ، الاعفاء من رسوم المدينه الجامعيه .
- ٢ - العمل على تنميه الذات الاسريه للممارسين سواء الرياضى منها او الترويحي حتى يزداد ادراكهم لذاتهم الاسريه وتزداد بالتالى الذات الاجتماعيه وذلك عن طريق مشاركته اولياء الامور ودعوتهم لحضور الانشطه الرياضيه والترويحيه ، وحفلات التكريم التى تتم فى نهايه موسم الانشطه وتنظيمها الكليه والجامعه ، ويتم فيها تكريم الممتازين فى الانشطه المختلفه وتوزيع الجوائز والكؤوس .
- ٣ - تدعيم المفهوم الايجابى للذات عن طريق زياده التعرف على الذات وتهيئه بيئته نفسيه ملائمه وذلك بزياده خبرات النجاح عن طريق عدم اشراك الممارسين فى مباريات أو منافسات تفوق قدراتهم ( حتى لا يتكون مفهوم سلبي عن الذات ) أو منافسات أقل من مستوى قدراتهم حتى لا يؤدي بهم الى الغرور وزياده الثقه بالنفس .
- ٤ - أن يكون هناك موجه نفسى الى جانب الاخصائى الرياضى والمدرّب حتى يتثنى رعايه الطالب رعايه شامله .
- ٥ - اجراء دراسات مشابهه على جامعه اخرى لتوضيح اهميه ممارسه الانشطه الرياضيه والترويحيه .

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SELF - CONCEPT AMONG CAIRO UNIVERSITY STUDENTS  
PARTICIPATING AND NON - PARTICIPATING IN SOME  
SPORT AND RECREATIONAL ACTIVITIES

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BY

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**\* Introduction**

The duty of the modern university is no longer limited to education and research only, but also considering the moral, social, psychological and physical sides of the students as the university stage is an important stage preparing youth - who are the basis and promising future of the country - for the practical life - In each university there are departments for students activities ( sportive, cultural, artistic, social, picnics, camping, scouting, and families ) beside the educational departments to help students utilizing their spare time, fulfill their needs and developing their hobbies through performing various activities all over the year. The students activities in the university attracted many researchers to study them from several sides. The study of self- Concept is one of the recent psychological studies focusing on the individual himself discovering his opinions towards his body, moralities, behaviour and his appearance before the other as such things are important for understanding the human self personality.

Throughout the researcher work in Cairo University, she wanted to identify differences among students participating and non - participating sportive and recreational activities in order to be able to guide students to participate in the various activities and to motivate non - participants to contribute positively in any suitable activity so as to develop and promote the student's self - concept and to provide him with balanced body, mental, social and reactive characters.

\* Research aims :

This research aims to identify : -

- The differences existing among students - both sexes - participating sportive activities ( basket ball - football - volley ball - hand ball - hockey - Swimming - boxing - athletics - Judo - Carate - tennis - table tennis - gymnastics ) and recreational activities ( Picnics - camping - scouting - cultural - artistic - social ) and non - participants regarding their self - concept.

\* Research hypotheisis :

- a - There are differences concerning self - concept among students - both sexes - participating and non - participating sportive and recreational activities in behalf of participating sportive activities and recreational activities respectively.
- b - Considering practical colleges, there are differences regsrding self-concept among students - both sexes - participating and non - participating sportive and recreational activities in behalf of those participating sportive activities and recreational activities respectively.
- c - Considering theoretical colleges, there are differences regarding self - concept among students - both sexes - participating and non - participating sportive and recreational activities in behalf of those participating sportive and recreational activities respectively.

**\* Research technique :**

**a - Research method :**

The researcher used the descriptive method .

**b - Research Sample :**

The research sample was selected randomly among the students of both practical collages ( 4 collages : faculty of veterinary medicine, faculty of agriculture, faculty of engineering, and faculty of science ) and theoretical collages ( 4 collages : faculty of literature, faculty of laws, faculty of economy and politics, and faculty of monuments ) located in El Giza.

The research sample consisted of 384 students - both sexes - based on 48 students - both sexes - from each collage. 24 applications were eliminated of which 4 were not returned to the researcher and 20 had their data uncompleted, so the whole sample consisted finally of 360 students - both sexes.

**c - Research instruments :**

The researcher utilized the following instruments : -

- 1 - Activity records found in the youth departments in the concerned collages and in the youth central branch in the department of youth services in Cairo university.
- 2 - Tenisy self - concept scale ( T.S.C.S. ) which was set into arabic by " Mohamed Hassan Ellawy " and Mohamed Elaraby Shammoun",

it consists of 100 descriptive phrases and includes 9 dimensions which are : -

- |                      |                     |                   |
|----------------------|---------------------|-------------------|
| - Actual self        | - Self satisfaction | - Self perception |
| - Moral Ethical self | - Physical self     | - Personal self   |
| - Family self        | - Social self       | - Self criticism  |

d - Research procedure :

- The researcher carried a pilot study for the applied scale.
- Scientific correlations for the applied scale were calculated for validity and reliability.
- The test was applied to the research sample - 48 applications for each male and female student participating sport and recreation and non participating.
- The scale was corrected, degrees were collected, categorized, and tabulated.
- The researcher utilized the facilities of the institute of statistical studies and research following Cairo University to achieve the statistical results, the indicative level was selected by the researcher to be 0.05.

### Conclusions

In the light of the research aims and according to its results, the following conclusions were achieved : -

- 1 - Students - both sexes - participating sportive and recreational activities were more characterized by actual - self, moral Ethical self

- 2 - Male students participating sportive and recreational activities were more characterized by. Actual self, physical self.
- 3 - Female students participating sportive and recreational activities were more characterized by actual - self, personal self.
- 4 - Students - both sexes - of the practical collages participating sportive and recreational activities were characterized by Actual - self moral ethical self - personal self - self - criticism.
- 5 - Students - both sexes - of the theoretical collages participating sportive and recreational activities were characterized by Actual - self
- 6 - No indicative differences existed among the students - both sexes of the three groups participating and non - participating recreational activities regarding self satisfuction self percepcion → self. - self.
- 7 - Participants of either sportive or recreational activities have a low family self.

### Recommendations

Deparding on the research conclusions, the researcher recommends the following : -

- 1 - animating students - both sexes - to participate both sportive and recreational activities for the benifits they produce toward developing positively the self - concept- That can be done by offering the participants some rights like offering them books and meals freely.

- 2 - Developing the family self for both sportive and recreational activities participants and inviting both parents to the sportive and recreational activities and to ceremonies held at the year and to honor excellent students in all activities within the collage and the university.
- 3 - Supporting the positive self - concept by giving chance to more self - discovery by increasing success experiences by joining participants into competences suiting their abilities so that a negative self - concept will not grow or at least will disappear.
- 4 - A psychological specialist must be existed beside the sportive, social ± specialists and coaches so that a complete care of the students can exist.
- 5 - To carry out similar studies on other universities to publish the importance of practising the sportive and recreational activities.