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The Impact of Sports Tendencies and Desires among Students of Al-Balqa' Applied University on the Desire to Practice Sports Activities from Their Point of View

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Abstract:

This study aimed to identify the tendencies and desires of the students of Al-Balqa' Applied University to engage in sports activities from their point of view, according to the age variable and the school year. The study sample consisted of 120 male and female students. The study consisted of 20 items whose validity and reliability were verified. One of the most important results that the researchers reached is that the degree of inclinations to practice sports activities among students of Al-Balqa' Applied University was high and there are no statistically significant differences at the significance level ($\alpha \leq 0.05$) in the degree of inclinations. There are no statistically significant differences at the significance level ($\alpha \leq 0.05$) in the degree of sports inclinations to practice sports among students of Al-Balqa Applied University due to both the age variable and academic year. In light of the results of the study, the researchers recommended setting up training programs by Al-Balqa' Applied University for students who have tendencies to practice sports activities, and motivating students at Al-Balqa' Applied University to practice sports skills periodically and continuously.

Keywords: sports tendencies, desires, university students, Al-Balqa' Applied University, sports activities.

从他们的角度看巴尔卡应用大学学生的运动倾向和愿望对实践体育活动的愿望的影响

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摘要:

本研究旨在根据年龄变量和学年，从他们的角度确定巴尔卡应用大学学生从事体育活动的倾向和愿望。研究样本由120名男男女女学生组成。该研究包括20个项目，其有效性和可靠性得到验证。研究人员得出的最重要结果之一，巴尔卡应用大学的学生从事体育活动的倾向程度很高，并且在显著性水平 ($\alpha \leq 0.05$) 上没有统计学上的显著差异。的倾向。由于年龄变量和学年，巴尔卡应用大学学生的运动倾向程度在显著性水平 ($\alpha \leq 0.05$) 上没有统计学上的显著差异。根据研究结果，研究人员建议巴尔卡应用大学为有从事体育活动倾向的学生设置培训计划，并激励巴尔卡应用大学的学生定期、持续地练习运动技能。

关键词: 运动倾向、愿望、大学生、巴尔卡应用大学、体育活动。

1. Introduction

Physical education is one of the basic branches of education whose theories derive from different sciences through the physical activity chosen and directed to prepare the individual physically, socially, and mentally, as it adapts the individual to suit the needs of the society, where they live and develop their inclinations and desires. The tendency is also one of the most important motivations that drive an individual towards certain goals, and the individual may usually express their inclination or lack of inclination towards a specific aspect by saying, for example, "I like this" or "I do not like this." The individual may also express their inclination with the attention to the aspects they tend to and their scientific practice of what will raise their inclination (Gaffar et al., 2019). Some scholars believe that a person may be inclined towards a specific aspect, whose information is, in this respect, abundant, which indicates their tendency and interest. The tendencies and desires are among the important topics that educators, workers in sports activities, and researchers have been concerned with because they are closely related to the demand in various sports fields as well. We must warn that the tendency may not always mean practice because achieving the tendency may require ability. For example, an individual can like football, but it does not mean that they have the kinetic ability required for a footballer, i.e., they have the tendency but not the ability to practice (Susanto et al., 2021).

Perhaps the tendency may be related to positive activity, as there are those who can lean towards a certain type of sports activity and practice it permanently.

Hence, some see that the types of tendencies and the extent of their multiplicity and breadth depend on the environmental factors. Accordingly, they see that the tendencies may differ in individuals from one environment to another.

1.1. The Importance of the Study

Sports and the results of athletes occupied the great position in the civilizational calendar of different societies, so that they became a reliable measure, and it is taken and what has been reached and advanced to the

intellectual and scientific level of any society. The sports movement in our modern world has become a science with laws and rules based on scientific theories and principles. Hence, the human races set out to compete for the registration of numbers and the race of thinkers in the fields of scientific research with a view to reaching the level of high levels by achieving the indices. High-level access to the championship sector is mainly related to the efficiency of orientation for the type of activity appropriate to individual preparedness, inclinations, mastering education and training processes. From this standpoint, the human being is the main element in the process of sports achievement, so seeking to take advantage of all direct and indirect influences.

When mentioning the tendency as a motive, we must conclude that the tendency of a child, even if it is simple, indicates that this student is able to express this tendency in a method of activity.

Hence, the role of the university has changed. The university is no longer considered as a place to receive information, but it has also become the natural place for raising students by discovering their inclinations and capabilities, directing and developing them for the benefit of the students and society.

1.2. Study Problem

The problem of the study shows that there is no interest in sports tendencies, as it is considered one of the important aspects of the individual's personality. Besides, it is considered one of the effective forces directed to their activity in life, as knowledge of the nature of the human personality is a necessity of the optimal distribution of members of society according to their mental capabilities, inclinations, motivations, and personal characteristics.

Hence, the educational field that the individual studies, the type of career and sports, in which he works, and the success or failure of the orientation operations depend on the student's mental, physical, and motor capabilities. In this case, the student can, in light of the available conditions, achieve learning success and then sports success. Thus, a good amount of psychological satisfaction, adaptation, and mathematical compatibility is reached. Besides, the society can achieve productive

efficiency. There are many influences on students choosing the type of activity that suits them. The choice of sports activity may be a result of the great aura that surrounds it, and it may be affected by a friend or relative due to an appreciation they hold for one of their professors and through the work of the researcher as a teacher and trainer of physical education, sports, and health. Teaching the automatic levels in the championship sector is mainly related to the efficiency of guidance for the type of activity appropriate to the individual's willingness and inclinations and the use of the latest scientific methods in education and training.

1.3. Study Objectives

This study aims to identify:

1. The inclinations of students to accept sports activities from their point of view;
2. Differences in the amount or degree of inclinations to demand the practice of sports activities from their point of view, according to the age and school year variables.

1.4. Study Questions

Based on the problem of the study, the following questions may be derived:

1. What is the degree of mathematical inclinations to demand sports activities from the point of view of students of the Al-Balqa Applied University?
2. What are the differences in the amount or degree of inclinations to demand the practice of sports activities from their point of view, according to the age and school year variables?

1.5. Study Hypotheses

The hypothesis of the first study: There are no statistically significant differences at the level of significance in the degree of mathematical inclinations to demand the practice of sports activities from their point of view in the promotion of age.

The hypothesis of the second study: There are no statistically significant differences at the level of significance in the degree of mathematical inclinations to learn basic skills for football among students of the College of Physical Education at the University of Jordan, relevant to the academic year.

1.6. Study Limits

Place boundaries: College of Technological Engineering, Al-Balqa' Applied University.

Time limits: The second semester of the academic year 2018/2019.

Human boundaries: Students enrolled in sports and health at the Faculty of Technological Engineering, Al-Balqa' University.

1.7. Previous Studies

The researcher has reviewed a number of previous and

similar studies related to the research topic.

Chernogorov et al. (2021) carried out a study on the sports tilt towards power games for students aged 8–6 years old and its impact on the speed of learning Al-Guwa games. The study aimed at learning about the students' tendencies towards athletics and identifying the effect of the tendency on the speed of learning athletics. The researchers chose the search sample randomly, so the size of the research sample became 400 students, the measure of inclinations was applied to them. Her study found that a person who tends to a certain direction has abundant information in this regard, which indicates his tendency and interest, but we say that tendency or interest does not always mean practice because achieving the tendency requires another condition which is ability. The individual may love a basketball game, but it is not necessary to have the kinematic capabilities required for the basketball player. On the other hand, there may be inclination and ability the individual will not have for practice. As a result, we can say that the students who had the opportunity to play athletics and have the tendencies excelled those who do not have the desire to practice such games.

Ferraz et al.'s (2020) study covered a sample of 2.16 students. The researchers used the experimental and descriptive approach to suit the research problem. The study found that students inclined towards swimming progressed quickly in learning, and their average grades were much greater than those of students inclined to other activities.

In Gill's (2020) study, the research sample included 110 students. The researcher used the choice of tendencies for students to suit their research problem, and his study found significant differences between male and female students in cellular, mechanical, persuasive, and administrative inclinations for the benefit of the student group. The results of this study agree that there are differences between boys and girls in the cellular, arithmetic, scientific, persuasive and written inclinations for the benefit of the group of boys.

A number of female students included the fourth division of the College of Physical Education for Girls. The researcher used the measure of trends towards swimming by the researcher, and she found a positive relationship between Positive student attitudes towards swimming.

Andreeva et al.'s (2020) research included a group of male and female high school students in the Eastern Governorate, and the two groups had the same age. The researchers used the selection of professional tendencies, and the results of the study resulted in statistical differences regarding boys and girls in the mechanical inclination for boys. There were differences in the musical inclination and inclination of social service for the benefit of girls, and there were no statistical differences between boys and girls in other tendencies

measured by the test.

Kjerland and Annerstedt's (2021) study aimed to identify the tendencies of female students of secondary education towards field and track competitions. The research sample reached 470 students. The researchers used the scale of inclination towards field and track competitions. The results of the study indicated that industrial secondary students occupy the first and second ranks of commercial and general secondary students. In addition, children's sports inclinations impact their learning some field and track competitions.

Vasconcellos et al. (2020) studied the mathematical inclinations of high school students. The aim of determining the inclinations of students towards the study of physical education is to determine the degree of this inclination. The researchers used the questionnaire as a tool to collect data and the most important results of the test research were in the study of physical education for the first rank in the students' inclination at this stage among all the subjects covered by the school program. As the same study showed the degree of inclination towards the different units of study, the most important of which was the part of games.

Ferraz et al. (2020) highlighted the differences between men and women in professional inclinations. The results of the study indicated that males are distinguished by mechanical, scientific, physical activity and risks, professions and recreational activities that require significant muscular effort. The results also showed that women are distinguished by musical and artistic activity, clerical work, teaching and social service.

2. Method and Procedures

The researchers used the descriptive approach, steps, and scientific procedure due to their suitability for the nature of this study. The study community consists of physical education students of Al-Balqa' Applied University, enrolled in the second semester of the academic year 2018/2019.

2.1. Study Sample

The questionnaire was used until the collection of the study data. A number of questions and tools were used in the studies and modified to suit the nature of this study.

2.2. Study Variables

First: The independent variable and athletic tendencies.

Second: The dependent variable:

A. The ability to exercise activities according to the change in the academic level;

B. The ability to exercise activities according to the age variable.

This chapter of the study deals with the most important findings of the researcher to answer the study questions. The results were as follows:

The first question: What is the degree of mathematical inclinations to demand sports activities from the point of view of students of Al-Balqa' Applied University?

To answer the study question, the mathematical media calculated the standard deviations of students' answers to the questions and the resolution as a whole (Table 1).

Table 1. The standard deviations of students' answers to the questions and the resolution as a whole

Question	Arithmetic mean	Standard deviation	Ranking	Grade
How do you feel when a ball bounces in all parts and many times without stopping?	4.08	0.76	12	High
How do you feel when the ball bounces only two feet without falling?	4.35	0.71	3	High
How do you feel when you bounce the ball while you are walking?	4.13	0.88	10	High
How do you feel when the ball bounces off the head without falling?	4.13	0.74	9	High
How do you feel when the ball bounces to pass an opponent player?	3.95	0.67	14	High
How do you feel when a strong ball dampens the head?	4.07	0.73	13	High
How do you feel when a ball dampens in the face of the foot while it is in the air?	4.40	0.74	2	High
How do you feel when a ball with a chest or thigh and opponent subsides close to you?	3.71	0.55	19	High
How do you feel when you dampen a ball by the chest or thigh and score directly?	4.41	0.76	7	High
How do you feel when you dampen a ball with a foot and an opponent trying to cut the ball from you?	4.13	0.74	1	High
How do you feel when you dampen the soccer ball, and an opponent player is near you?	4.13	0.67	8	High
How do you feel when the ball subsides inside the foot and the opponent is far from you?	4.10	0.73	11	High
How do you feel when you are handling a short pass to a colleague next to a strong opponent?	4.35	0.75	4	High
How do you feel when you are doing a medium handling to a colleague towards the opponent target?	3.86	0.67	17	High
How do you feel when you make a long handling behind defenders?	3.80	0.66	18	High
How do you feel when you are handling outside the foot and an opponent is close to you?	3.93	0.66	15	High
How do you feel when you make a medium handling inside the foot and the opponent is far from you?	4.26	0.68	6	High
How do you feel when you are doing a long handling on the side and in front of the target?	4.33	0.77	5	High
How do you feel when the ball rolls towards the opponent?	2.53	1.14	20	High
How do you feel when the ball rolls and scoring directly?	3.86	0.59	16	High
Total	4.11	0.16333		High

It is clear from Table 1 that the degree of athletic inclinations to learn basic football skills in students of the College of Technological Engineering has become high, which is Question No. 10 in the first rank with a high

degree and an arithmetic mean of 4.41 and standard deviation of 0.74, while Question No. 1 ranked last, with a degree, medium, and an arithmetic mean of 2.53 and standard deviation of 0.59.

The hypothesis of the first study: There are no differences of statistical significance at the level of significance in the degree of athletic inclinations for the practice of sports activities among students at Al-Balqa' Applied University due to the variable of age.

To test the study hypothesis, we use the independent test for differences to figure out the degree of mathematical inclinations for exercising activities among students of Al-Balqa' University, according to the age variable.

Table 2. The degrees of mathematical inclinations for exercising activities among students of Al-Balqa' University, according to the age variable

Significance level	Value	The standard error	Degree of freedom	Number	Standard deviation	Arithmetic mean	Age	Affiliate
0.00	5.19	0.035	58	32	11455	4.1953	Less than 22	
				28	15731	4.0125	More than 22	Tendencies

Table 2 shows the presence of statistically significant differences at the level of significance in the degree of mathematical inclinations for sports activities among students of the University of Al-Balqa, attributed to the variable of age, where the value of 5.16 and its level of significance reached 0.00, as it was found that the differences belong to the benefit of people under the age of 22.

The hypothesis of the second study: There are no statistically significant differences at the level of significance in the degree of mathematical inclinations for the practice of sports activities among students of Al-Balqa' University due to the variable of the university academic year.

The arithmetic circles and standard deviations of students' grades in mathematical inclinations for exercising sports activities among students of Al-Balqa' Applied University according to a variable of the academic year.

Table 3. Mathematical circles and standard deviations of grades in athletic inclinations to practice sports activities among students of Al-Balqa' Applied University, according to the variable of the school year

Contrast source	Total squares	Degree of freedom	Average squares	Value	Significance level
Between groups	1011.360	1	1011.360	4.428	0.00
Academic year	0.295	3	0.098	4.304	0.08
Error	1.279	56	0.023		
Total	1015.100	60			

Table 3 shows that apparent differences between the arithmetic circles in the mathematical inclinations for practicing sports activities among students of Al-Balqa' Applied University, according to the academic year. To test the study hypothesis, a mono-contrast analysis was used to identify the significance of the differences in mathematical inclinations to practice sports activities among students of Al-Balqa' University, according to the school year.

Table 4. The results of the mono-contrast analysis to identify the significance of the differences in sports inclinations for practicing sports activities among students of Al-Balqa' Applied University, according to the variable of the school year

Academic year	Arithmetic mean	Standard deviation	Number
First	4.18	0.13	15
Second	4.14	0.17	14
Third	3.99	0.18	15
Fourth	4.13	0.12	16
Total	4.11	0.16	60

Table 4 shows that there are statistically significant differences at the level of significance in athletic inclinations for the practice of sports activities among students of Al-Balqa' Applied University due to the variable in the school year, reaching F4.304, and its level of significance is 0.0008.

Table 5. The results of a satisfactory test of the dimensional comparisons of differences in athletic inclinations to practice sports activities among students of Al-Balqa' Applied University, according to the school year

Signify Level	Standard Error	Average Spreads	Major B	Major A
0.913	0.5616	0.407	Second	First
0.15	0.5519	0.1867	Third	
0.822	0.5432	0.519	Fourth	
0.998	0.5616	0.1460	Third	Second
0.117	0.5531	0.112	Fourth	
	0.5432	0.1348	Fourth	Third

Table 5 shows differences in sports inclinations for exercising sports activities among students of Al-Balqa' Applied University, between first-year and third-year students. First-year students are more inclined than third-year ones. There are no differences between the rest of the years.

3. Discussion

Table 1 showed that the degree of athletic inclinations for practicing sports activities among students of Al-Balqa' University has become high.

The researchers attribute this result to the fact that sports activities are considered the outlet for students within universities and complementary to the academic side, as is the case in many countries in the world.

Therefore, it is natural for students to have tendencies to practice sports activities because they do not require a large cost, are accessible to all, and their practice evokes pleasure and excitement.

Tables 2-5 showed statistically significant differences at the level of significance in the degree of athletic inclinations for practicing sports activities among students of Al-Balqa' Applied University due to the age and academic level variables. Also, there are apparent differences in the mathematical circles in the athletic inclinations of practicing sports activities among students of Al-Balqa' University according to the age variable and the school year. The researchers attribute this result to the fact that students under the age of 22 are first year students and that they have motivation and a more tendency to learn football skills, as this motivation is due to the fact that this game is the most practiced for all members of society. Therefore, they will have a bigger desire in learning and mastering football skills. In addition, they have enthusiasm to develop their football skills because they have never learned football skills in an organized manner based on practical foundations. Regarding third-year students, they were less inclined because, the courses they study tend to learn how to teach, train skills in games and such skills are with a specialized nature. In other words, they focus on tactical aspects of games. Therefore, we reject the zero assumptions and take alternative assumptions which state the following:

The first hypothesis: There are statistically significant differences at the level of significance in the degree of athletic inclinations for the exercise of sports activities among students at the University of Al-Balqa due to age.

The second hypothesis: There are differences at the level of significance in the degree of athletic inclinations for the exercise of sports activities among students at the University of Al-Balqa according to the age variable attributable to the school year.

4. Conclusions

1. Students' football skills are developed in a correct scientific way;

2. Training programs are set by the Faculty of Technological Engineering of the University of Al-Balqa for students who tend to practice sports activities;

3. Students of the Faculty of Technological Engineering of Al-Balqa' Applied University are motivated to practice sports skills periodically and continuously;

4. The Faculty of Technological Engineering of the University of Al-Balqa establish a committee to monitor the performance of students in sports activities to discover those who have a tendency towards this game and develop this skill with them;

5. There are statistically significant differences at the

level of significance in the degree of athletic inclinations to learn basic football skills among students of the Faculty of Technological Engineering of the University of Al-Balqa due to the age variable and the academic level.

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