RESEARCH ARTICLE

Evaluation of the Level of Health Awareness of the Players of the Iraqi Premier League in Handball

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Abstract

The objective of research

- Setting levels of the health awareness measure and its application to the players of the Iraqi Premier League handball applicants.

- Recognition of the level of health awareness of the players of the Iraqi Premier League handball applicants.

- Evaluation of the level of health awareness of the players of the Iraqi Premier League handball applicants.

The researchers used the descriptive method in the survey method to determine the level of health awareness. The scale was applied in the final form to a sample of the players of the Iraqi Premier League in handball for the 2017-2018 sports season. The researchers then set levels for the health awareness measure and applied it to the players of the Iraqi league Hand, and used the researchers Statistical Bulletin of Social Sciences (SPSS) version XVII. The following conclusions were reached:

- Five levels of health awareness measure have been developed.

- The ability of the health awareness scale to be applied by the researchers in measuring health awareness.

- The majority of the players of the Iraqi Premier League handball a poor level in the health awareness measure.

Keywords: *Health awareness, Premier League and handball.*

Introduction

Health education is closely related to sports education because both are concerned with the development of the personality of the individual in a balanced and comprehensive way. This is illustrated by clarifying the concept of each.

Physical education means that it is part of the general education which aims to develop the personality of the individual in all aspects (mentally, physically, psychologically and socially) Health is a state of physical, psychological and social safety, not only free from illness or disability. Through the presentation of these concepts it is clear that both are part of public education. Health education in line with the overall view of education as a tool for the education of individuals a balanced and comprehensive education from the physical, mental and psychological aspects through which to get rid of many of the problems that people are exposed to, such as poor health awareness of them. The importance of research is to identify and compare health awareness among the players [1].

Through the follow-up of the researchers of the field of sports, especially the handball game, they did not receive a study of the health awareness of the players adequately and through the lack of research and studies

in this area, it was noted that most players may not have a full awareness of their health and health behavior, Most clubs do not have a medical specialty within the training staff to follow the health aspects of the players and during the matches and attention to their health behavior and therefore the trainers apply the training curriculum without any idea about the health level of the players or their health trends, which leads to the occurrence of many Physical and Functional Injuries Some players have already experienced abnormal physical fitness during training or sports competition, leading to increased stress and fatigue on the functioning of internal functional organs, which leads to many complications.

Therefore, it is necessary to identify health awareness and trends in So that coaches can take care of the player's health before starting the training [2].

The Objective of Research

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Research Hypothesis

There are no real differences in the level of health awareness of the players of the Iraqi Premier League handball applicants.

Research Methodology and Field Procedures

Research Methodology

The researchers used the descriptive approach in the survey method to suit the nature of the problem.

Community and Sample Search

The research community included the players of the Iraqi league handball advanced for the sports season 2017-2018 and the number of (144) players to the community of the search of (9) clubs, was randomly selected sample of (72) players percentage of (50) %) Of the research community by (8) players from each club.

Devices and Tools Used in the Search

- Stopwatch number (1).

- Portable type calculator (Dell) Number (1).

- Stationery (sheets - pens).

- Note.

- The resolution.

- Test and Measurement.

Specify the Variables of Research

The Scale of Health Level Awareness

The researcher used the health level scale (see Appendix 1), which aims to identify the level of health awareness in the research sample prepared by Abdul Nusair Kadoumi [3]. The scale consists of 48 paragraphs. Always, sometimes, rarely), and their degrees are as follows (3, 1, 2). Thus, the upper level of the scale is 144 and the minimum score is (48).

Pilot Study

The pilot study was conducted on 10/1/2018 on a sample of the players of Al-Kufa Club (10) players, and the purpose of the exploratory experiment is to identify:

- The time taken to answer the scale.

- The extent to which the search sample responds to the content of the scale paragraphs.

- Difficulty faced by the researcher during the implementation of the main experiment.

The Pilot Study Revealed the Following

- That the instructions were clear by the sample members.

- The paragraphs were clear and unambiguous.

- The scale was suitable for the sample.

- The application time was between 5-11 minutes.

- Alternatives to the response were appropriate for the level of the sample members.

- Stability coefficient was extracted.

Scientific Foundations of the Scale

Validity of Scale

Validity is a prerequisite for good testing, since honesty means that "the test measures

what is being measured and does not measure anything else"[4]. The validity of the measure has been verified by finding the truth by showing the scale on a set of Specialized teachers (see Appendix 2) in the fields of sports psychology and educational and psychological sciences, who agreed (100%) on the paragraphs of the scale.

Stability of the Scale

Stability is the one that "produces close results or the same results applied more than once in similar circumstances"[5]. And for the purpose of knowing the degree of stability of the scale, the researchers applied it through the distribution of the scale on the members of the pilot sample of the (10)

players and by knowing the degree of stability of the scale, was applied correlation coefficient (Pearson) between the first application, which took place on 10/1/2018 The second application, which was carried out on 23/1/2018, after the distribution of the scale again after (14) days and the conditions of the first application itself obtained a degree of stability of (0.92), a high value of the stability of the scale.

Setting Levels of the Health Awareness Scale

In order to assess the health awareness according to a certain level it has been developed standard levels of scale as shown in Table (1).

Table 1: Shows the standard levels and their limits in raw grades and their significance in the health awareness scale

The level	Limits in raw grades	Scale significance
First	48-67.2	Very low
Second	67.3-86.4	Low
Third	86.5-105.6	Medium
Fourth	105.7-124	High
Fifth	124.9-144	Very high

Main Procedures

The scale was applied to (72) players, distributed the forms of the scale on the players for the period from 1/2/2018 to 25/2/2018.

Results

Present the Results of the Identification and Analysis of the Health Awareness Level in the Research Sample

For the purpose of achieving the second objective of the research, namely to identify the players sample in a measure of health awareness levels, the researchers apply the scale on the basic sample the (72) players, with the circles arithmetic calculation and standard deviations of the responses of the players on the scale, and then identify the media calculations calculated deviations standard theory for community health awareness and for each game separately, as shown in Table (2).

Table 2: Shows the computational environment, standard deviations, mean, and coefficient of variation in the level of health awareness among the research sample

Scale	Number of sample	Mean	STD.EV.	Medium - premise	Skewness	(t) calculate	Significant	Type of Significant
Health awareness	72	85.47	3.12	96	0.20	1.43	0.123	Non sig.

The results presented in Table (2) showed the health awareness of the study sample. The mean (85.47) and the standard deviation (3.12). The torsion coefficient for the scores of the research sample in this field is (0.27), the average of the scale of the scale is lower than the average mean of the scale. This means that there is a weakness in the health awareness of the members of the research sample, especially when compared to the

sample. With the levels set by the researcher, we find them at the weak level, and for the purpose of the strong on the statistical significance of the differences between the means, was the use of the (t-test) for one sample, with the value of (t) calculated (1.43), which is less than the value (sig) amounting to (0.123), at the level (0.05), the degree of freedom (71).
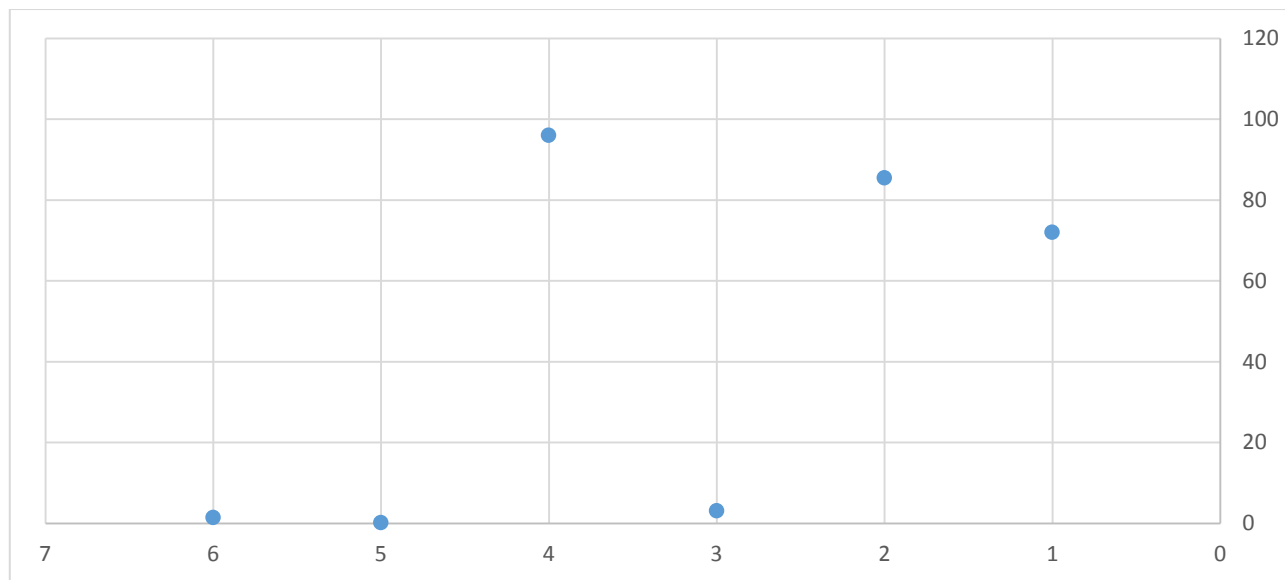
Figure 1: Shows the level of health awareness

Discussion

The results showed in table (2) shows that the majority of the players in the low level of health awareness as the values of the computational community less than the value of the satisfactory mean of the health awareness measure and attributed the researchers because of the lack of interest in the player himself and follow his health, In order to understand the importance of his health, as a health conscious player can change the habits and practices of the wrong people, as well as the economic return to physical and mental health through the process of professionalism of the sport is beneficial to the community and the benefit of both, "The health of the individual leads To be psychologically and personally compatible conscious with himself and others and be able to achieve the same investment abilities and potential to the fullest extent possible".[6]

Conclusions

- Five levels of health awareness measure were developed.

- The ability of the health awareness scale to be applied in measuring health awareness.

- Most players in the Iraqi Premier League have a handball at a poor level in the health awareness scale.

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Appendix 1: Shows the health awareness scale
Dear player: Please read the phrases accurately and then answer them by ticking the correct check mark, but not leaving any paragraph without an answer.
Thankful for your cooperation with us
Second: the health awareness scale

N	Items	Always	Sometimes	Rarely
1	Check with your doctor when you have any symptoms.			
2	I follow the instructions of the doctor after I return from injury.			
3	I am very interested in post-injury rehabilitation exercises.			
4	I take care of my body clean and bathe daily.			
5	I follow the health bulletins.			
6	I have a careful personal history of keeping it.			
7	I perform a comprehensive medical examination every year.			
8	I discuss the issues of public health.			
9	Stay away from noisy noise places.			
10	I avoid taking doping.			
11	I avoid constant vigilance for a long time.			
12	I use sunglasses that enhance the sun's rays.			
13	I eat fresh fruits and vegetables.			
14	I eat varied and balanced food.			
15	I maintain a proper weight for me.			
16	Eat three hours before training or play.			
17	Be sure to drink enough water during the training or game.			
18	I eat my meals at their appointed time.			
19	Best boiled food on fried food.			
20	Avoid eating pickles and spices.			
21	Avoid large amounts of tea and coffee.			
22	Be sure to read the calorie instructions when buying food.			
23	Wear the right sportswear for the air condition during training or match.			
24	I do the right sports shoe for my game.			
25	Make sure the devices and tools are safe before you use them.			
26	I put condoms in the course of training or match.			
27	Avoid wearing jewelry (ring, necklace, bracelets) during training or game.			
28	I inform the trainer of my health condition frankly before the training or match.			
29	I warm up long enough before starting during the training or the game.			
30	I follow the instructions of the trainer when I perform the exercises without increasing or decreasing.			
31	I know my abilities and abilities and do not exaggerate the performance of the exercises to avoid injury.			
32	I am interested in performing stretching exercises before training and calm at the end.			
33	Step down when performing physical and skill training is easy to hard.			
34	I collaborate with my colleagues in winning.			
35	I respect the laws of effectiveness or the game I exercise.			
36	I belong to my team.			
37	The best public interest of my team on my personal advantage.			
38	I take responsibility for my mistakes during the training or game.			
39	I accept winning and losing in a good sports spirit.			
40	I join my fellow players in their joys and sorrows.			
41	Follow the instructions and instructions of my team captain (captain).			
42	I deal with my players on the pitch without any nervousness.			
43	Adjust my emotions so that they do not adversely affect the overall performance of my team.			
44	I find appropriate ways to solve my problems.			
45	I discuss the problems I face with my coaches and fellow players.			
46	I make my decisions away from psychological anxiety.			
47	I accept the decisions of the rulers without being nervous, even if they are wrong.			
48	I express my emotions clearly and frankly.			