

DOI: <https://doi.org/10.54702/ygybwp81>**Mindfulness and its relationship to athletic orientation among distinguished high school students in the city center of Mosul**Aiham Abdul-hameed Abdullah Al-Dulaimy 1 ✉, Isam Mohammed Abdul-ridha Al-nahy 2 ✉  
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## Abstract

Mindfulness is among the most important psychological variables that have played a major role in research and study on different samples and wide areas of scientific and cognitive applications in educational and psychological research. Sports orientation is also one of the topics covered by sports psychology, as athletes have different motivations when participating in sports. Therefore, the problem was identified in the need to explain the importance of the psychological aspect of distinguished students participating in school sports activities through the application of current research variables, and the extent of their impact on the health, psychological, and physical condition, enhancing positive energy, and continuing to excel both scientifically and athletically. Therefore, the goal of the research is to identify the degree of Mindfulness and the dimensions of sports orientation among the distinguished high school student athletes in the city center of Mosul, as well as identifying the correlation between Mindfulness and the dimensions of sports orientation among the distinguished high school student athletes in the city center of Mosul. The study was conducted on a research sample of distinguished high school students participating in school sports activities in the city of Mosul, numbering (50) students. The Mindfulness scale was used by (Al-Zubaidi 2012) and the sports orientation scale prepared by (Al-Dailimi 2021). The researchers used statistical methods measured in the system (spss) to obtain the research data, which included (arithmetic mean, standard deviation, sample t-test, Pearson correlation coefficient, percentage, and Cronbach's alpha coefficient). After obtaining the validity and stability of the measurement tools in the current research, the two scales were applied to the members of the research sample, and the Reaching a number of conclusions and recommendations, as follows: My distinguished high school students, members of the research sample, enjoy a good level of Mindfulness, with the presence of motivational desire among the members of the research sample through a good level of sports orientation. There is a positive relationship between the variables of Mindfulness and the dimensions of sports orientation. Among the members of the research sample. The researchers recommended: Conducting other studies and research on the variables of Mindfulness and the dimensions of sports orientation and on a sample of student athletes, whether in individual or team sports. Strengthening sports orientation among middle and middle school students.

## Keywords

Mindfulness, Oriented, distinguished

**Introduction:**

Mindfulness is among the most important psychological variables that have played a major role in research and study on different samples and wide areas of scientific and cognitive applications in educational and psychological research. The focus is on studying attention and awareness of personal experiences and the

direction that contributes to achieving adaptation in the face of the challenges and pressures that humans possess. (Al-Ruwaili ) pointed out that “mindfulness has advantages and benefits that can be limited to enhancing the feeling of ability to manage the environment by enhancing adaptive responses to confront pressures and improving the sense of meaning in life.” (2). Because the athletic

orientation of the distinguished student is one of the most important pillars of sports motivation, as it is not possible to achieve or reach the desired goal of practicing sports unless the athlete has orientation and motivation. (Qadhifa) stated that sports orientation is one of the topics covered by sports psychology, Athletes have different motivations when participating in a sport due to individual differences and the type of sport itself (10:60), and this is what every athlete needs. On the contrary, a lack of motivation will lead to a weak orientation towards sports, and therefore developed societies have been interested in providing Special care is given to ly gifted children in order to benefit from their available latent energies in the best way and in a balanced manner in the various intellectual, scientific and sporting fields of life. From the above, the importance of research is evident in identifying Mindfulness and sporting orientation and the nature and type of relationship between them among students participating in sporting activities. School in the distinguished high school in the city center of Mosul. The problem of the research lies in the fact that the educational aspects in the system of school activities have an urgent and necessary need in determining the important goals, contents and means in developing and preparing a generation that has the ability to face challenges through a group of psychological factors that contribute to building the balanced personality of the student in secondary schools, and among those psychological factors are The researchers decided to study Mindfulness and sports orientation, as these variables constitute a degree of importance because of their clear contributions to increasing knowledge, insight, enthusiasm, and perseverance on the one hand, and the ability to communicate with the surrounding environment of the distinguished student through sports activities in secondary schools on the other hand. Therefore, she called for The need to explain the importance of the psychological aspect of outstanding students participating in school sports activities through the application of current research variables, and the extent of their impact on the health, psychological, and physical condition, enhancing positive energy, and continuing academic and athletic excellence alike, as the segment of student athletes in

distinguished high schools is the center of the city. Mosul, and as far as the researchers know, they have not received sufficient care and attention in the applications of psychological research in the sports field, and the extent of its effectiveness in enhancing and expanding their participation in school sports activities, taking into account its role in developing all physical, social and health aspects, whether these activities are inside or outside school. The research problem emerged with the following questions: Do outstanding high school students participating in school sports activities have Mindfulness? - Is there motivation for outstanding high school students participating in school sports activities regarding sports orientation? - Is there a correlation between Mindfulness and sports orientation for outstanding high school students? Participants in school sports activities. The aim of the research is to identify the degree of Mindfulness and the dimensions of sports orientation among the distinguished high school students who are athletes in the city center of Mosul. To identify the nature of the relationship between Mindfulness and the dimensions of sports orientation among the distinguished high school students who are athletes in the city center of Mosul. It was The research hypotheses represented the presence of Mindfulness and sports orientation among distinguished high school students participating in school sports activities, and the existence of a positive correlation between Mindfulness and the dimensions of sports orientation among distinguished high school students participating in school sports activities. The research areas were the human field: They are the students participating in school sports activities in the First and Second Al-Mutamayez Secondary Schools in the center of Mosul city. The spatial field: The classrooms in the First and Second Al-Mutamayzeen Secondary Schools in the Mosul city center. As for the time field: The research was conducted from 22/12/2019 until 29/ 6/2021.

#### **Definition of terms:**

**Mindfulness** : ( Al-Akaishi ) defined “ Mindfulness as the level of people’s attention and awareness of the situations going on around them and events within the environment surrounding them and their ability to find new trends, receive

new information, be open to different points of view, and move towards the present ”.(9)

**Athletic Orientation :** ( Allawi ) defined athletic orientation as ((an attempt to identify the player’s athletic motivation through three dimensions: the competitive orientation, which is the desire to compete and strive for success in sports competition, and the winning orientation, which is the focus on comparing the player’s level with other competitors. The goal orientation is to focus on the level of personal performance of the athlete)) (6) .

### Methods and procedures:

**Research Methodology:** The researchers used the descriptive method using the correlational method to suit the nature of the research

The research population consisted of distinguished high school students participating in school sports activities in the city of Mosul. Their number, according to the records of the sports teams of physical education teachers in the two high schools, was (230) students in both high schools who participated in school sports activities, and the research sample was determined (50). Students representing (22%) of the research population. As for the stability sample, it amounted to (30) students, representing (13%). As for the exploratory experiment sample, it amounted to (10) students, representing (4%).

### Research tools:

**Mindfulness scale:** The researchers used the mindfulness scale prepared by (Al-Zubaidi) (4). The researchers adopted this scale for the following justifications: - Agreement of experts’ opinions on the possibility of adopting this tool in measuring Mindfulness among student-athletes from the distinguished secondary schools in the city of Mosul. The scale is characterized by its comprehensiveness, as it includes items representative of Mindfulness. Adapting the scale’s alternatives to the sample in accordance with the objectives of the research.

**Description of the scale and its correction** (Al-Zubaidi) (The scale consists of (20) items, all of which are positive statements except for paragraphs (5, 7, 18), which are negative

statements. Each item of the scale has three alternatives: (applies to me, applies to me to some degree, does not apply) Ali), and the phrases of the scale are corrected according to the weights (3, 2, 1) degree for the paragraphs according to the alternatives for the positive paragraphs, and the weights (1, 2, 3) degrees for the paragraphs according to the alternatives for the negative paragraphs, and accordingly, as the minimum score of the scale approached (20 ) degree, and the highest degree on the scale is (60) degrees, with a hypothetical average of 40) (4)

**Athletic orientation scale:** The sports orientation scale prepared by (Al-Dulaimi) (1) was used and applied to distinguished high school students who participated in school sports activities in the city of Mosul.

Description and correction of the sports orientation scale: (Al-Dulaimi) (The scale consists of (36) items distributed over (3) dimensions of the scale, with (11) items for the competitiveness orientation dimension from paragraph (1) to paragraph (11), and (12) items for the competitiveness orientation dimension Winning from Paragraph (12) up to Paragraph (23), and (13) Paragraphs for the dimension of goal orientation from Paragraph (24) up to Paragraph (36), and alternatives have been specified in front of each paragraph (applies to me to a large degree, applies to me to a certain degree, does not apply Ali). The scale items included positive expressions and grades were given (3, 2, 1) respectively. This indicates that the higher the respondent’s score on the scale indicates the presence of a high level of mathematical orientation in the student, and the lower the respondent’s score indicates the presence of Low level of sports orientation.(1)

### Validity of the measurement tools:

The validity of the Mindfulness scale was verified using the validity of the judges, which is the suitability of the scale to the extent of clarity of the instructions and the validity of the statements. The two scales were presented to a number of experts with experience and specialization within the field of sports psychology, measurement and evaluation for the purpose of evaluating it and judging its validity, and in light of Opinions of

experts and specialists. The items were accepted without any modification or deletion, and the agreement rate was 100%. As for the mathematical orientation scale, procedures for validity of the hypothetical construct, discriminating ability, and internal consistency were carried out to obtain a tool for measuring mathematical orientation for my distinguished high school students.

### Exploratory experiment:

The exploratory experiment was conducted on a sample of (10) students from Al-Mutamayzin First Secondary School to answer the items of the two scales: the extent of clarity of the items to the respondent and the degree of his response to them, answering inquiries and questions, ensuring the clarity of the instructions of the scale and the extent of the testers' response and understanding of the test. The stability of the two scales: The researchers calculated the reliability coefficient in two ways:

- Method of testing and re-application of the test: The researchers adopted the method of testing and re-application of the test. The tool is considered stable if it gives the same results

in measuring the phenomenon both times. The Mindfulness scale was applied to a sample of (30) students, representatives of the research community. The scale was applied to them on (10/1/2021) and was re-applied on (24/1/2021), that is, with a time interval of (14) days. Using the Pearson correlation coefficient, it was found that the reliability coefficient reached (0.85), and this coefficient is considered acceptable. To calculate stability.

- Cronbach's alpha equation: This method refers to calculating the correlation between all items of the mathematical orientation scale, given that the item is a scale that exists in itself. (Nunnally) also pointed out that "it is an indicator of consistency, that is, homogeneity between the items of the scale" (13). Therefore, this method relies on calculating the correlation between the internal items in the test, and dividing it into a number of parts equal to the number of its items, meaning that each item constitutes a subscale, as the degree of reliability in this method reached (0.899).

### Results:

**Table .1** shows Statistical values for the Mindfulness variable and the dimensions of sports orientation for individuals in the research sample

Variable	Sample	Arithmetic mean	Standard deviation	Hypothetical average	(t) calculated	Level sig
Mindfulness	50	43.10	2.99	40	7.31	0.000
Competitive orientation	50	31.62	1.87	22	36.33	0.000
Winning orientation	50	33.92	1.74	24	40.13	0.000
Goal orientation	50	37.48	1.88	26	43.01	0.000

\*Significant at significance level  $\leq (0.05)$

**Table .2** shows the relationship between mindfulness and sports orientation according to the dimensions among members of the research sample

Mindfulness Dimensions of orientation	Sample	Arithmetic mean	Standard deviation	Value (r)	Level sig
Mindfulness		43.10	2.99		
Competitive orientation	50	31.62	1.87	0.509	0.000
Winning orientation	50	33.92	1.74	0.539	0.000

Mindfulness	50	43.10	2.99	0.388	0.005
Goal orientation		37.48	1.88		

Significant at significance level  $\leq$  (0.05)

### **Discussion:**

The researchers attribute the result of the mindfulness variable to the fact that the distinguished high school students, members of the research sample, enjoy a good degree of Mindfulness when compared with the hypothesized average. This indicates that the student athlete has the qualifications to participate in training and sports competitions by employing Mindfulness skills, which express the possibility The student is present ly and physically, and this student athlete has the ability to face the challenges of the surrounding environment by proving his presence at the scientific and athletic level. In this regard,(Shuaib)confirms, "Individuals with high Mindfulness enjoy a state of psychosocial harmony and a level of awareness and awareness, which also enables them to deal with daily life situations in a positive and calm manner with those around them." (3) This result is consistent with( Al-Toto )study ((that alert athletes are more attentive and able to select stimuli from the surrounding environment, their mind is not distracted and they are able to keep things in short-term memory and focus on the activity required in training and competition)). (5) As for the competitiveness dimension, the researchers attribute the reason for this to the fact that the level of competitive orientation among the student-athletes in the distinguished secondary schools is good compared to the hypothesized average, and this is an indication that these student-athletes have the desire and inclination towards sports competitions, as the student-athlete needs a competitive orientation in order to understand himself through His awareness of the extent of his abilities, potentials, and inclinations. In this regard,( Allawi )refers to "competitive orientation as the desire to compete and strive for success in sports competition." (8) This result is consistent with the study of (Qadhifa), where he indicated, "The individual may obtain a state of psychological and health harmony and harmony, and gain psychological comfort and a sense of reassurance and physical health through his participation in such sports competitions, and this

in turn leads to him accepting himself and being accepted by him." (10), but after the goal of winning, the researchers attribute the reason for this to the fact that the level of the goal of winning among the student-athletes in my distinguished high school is good compared to the hypothesized average, and this is an indication that these student-athletes have the desire and inclination to participate in school sports activities within the activities of the directorate. Nineveh sports education, specifically in official sports competitions, and thus they have interest and seriousness in striving for continuity in participation from Through the presence of a personal desire and motivation of a high level through a state of psychological and health compatibility and harmony and gaining psychological comfort, a feeling of reassurance and physical health when participating in such sporting activities and competitions, this in turn leads to him accepting himself as well as others accepting him from the surrounding community inside and outside the school. This result is consistent with the study of (Qadhifa ) ((that the athlete always seeks the aspirations of coaches, friends, colleagues, and family, and these are the things that make them think more and more about achieving achievement and winning in the competitions in which they participate, and all of this indicates an orientation towards competitiveness, victory, and goal)). (10), as for goal orientation, the researchers attribute this to the fact that the level of goal orientation among the student-athletes in my outstanding high school is good compared to the hypothesized average, and this is an indication that these student-athletes have an orientation toward controlling the task as a result of their awareness of their abilities, as the student-athlete He discovers his abilities and how this ability is directed towards accomplishing the tasks he is assigned or seeks. This reflects, for the athlete, high efficiency and personal success for him. In this regard,( Allawi )points out, "In competition, every athlete tries to thwart the competitor's attempts to achieve a goal, while he seeks In which there is a competitor to achieve the

goal or similar goals) (7), The researchers also attribute the nature of the relationship with regard to Table No. 2 to the student athlete's readiness and ability to interact positively with the requirements of academic life and the pressures accompanying it on the one hand, and confronting those challenges that are reflected in his behavioral response towards competitive sporting activities within school activities, both internal and external, requires a state of Mindfulness. It is consistent with the analysis of those situations and pressures that students are exposed to when they practice sports activities, that when interpreting the cognitive perspective within Langer's theory, the student enjoys the highest degree of awareness and experiences present at the moment in which he is present without making judgments, and it expresses Mindfulness that is affected by practicing sports activities. Contemplation and contemplation, from a cognitive standpoint, serve sports activity. In this regard, ( Al-Hashem ) affirms ((that Mindfulness is a state of an individual's awareness of the experiences present at the moment they occurred without making judgments, and that it can be developed through practices and activities based on contemplation and contemplation)) (12) Also, the degree of Mindfulness among members of the research sample is one of the qualities and benefits that provide more focus and attention when practicing competitive sports activities, and the strength, confidence, and control that the student-athlete possesses in his scientific aspects on the one hand and his sports aspects on the other hand. (Al-Hashem) points out that ((This approach of the student in sports competition aims to win official championships and overcome competitors and try to compare his level with the level of others and avoid defeat as much as possible through his feeling of confidence, pride and pride when winning due to his awareness of his high potential and abilities, the level of performance)) (12) The researchers also attribute the reason for the correlation between Mindfulness and the dimension of goal orientation to the fact that the degree of Mindfulness of the individuals in the research sample has a good correlation with goal orientation, as it requires the student athlete to enhance Mindfulness through the student's feeling of openness toward the future and

acceptance of new ideas that contribute to enhancing And achieving the desired goals in practicing school sports activities in a positive way, and this is what( Kittler )emphasized in employing mindfulness ((it is the style or way of thinking about the importance of paying attention to the environment in which the individual works and making a judgment on the experience as positive or negative in a more realistic and realistic way. Adaptation response. (14), as( Muhammad )asserts, "The orientation toward the goal of the task is that the individual athlete directs himself toward control over the task or personal improvement as a result of his awareness of his abilities and the goal of this ability, as the athlete here discovers his abilities and how this ability is directed toward accomplishing the tasks that he is assigned." or seeks to achieve it, and this reflects for the athlete high efficiency and personal success for him (11) As it is mentioned in the similar studies (15) , (16)

### **Conclusions:**

- Students participating in sports activities in distinguished secondary schools enjoy a good degree of Mindfulness. There is a motivational desire among the members of the research sample through a good level of sports orientation.
- There is a positive moral relationship between Mindfulness and the dimensions of sports orientation among members of the research sample

### **Recommendations:**

- The necessity of working on conducting psychological or counseling programs to develop Mindfulness among distinguished students due to the importance of the variable by researchers and educational counselors.
- Enhancing sports orientation among middle and middle school students

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## اليقظة الذهنية وعلاقتها بالتوجه الرياضي لدى طلاب ثانويتي المتميزين في مركز مدينة الموصل

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ملخص البحث

تعد اليقظة الذهنية من بين اهم المتغيرات النفسية التي اخذت دوراً كبيراً في البحث والدراسة وعلى عينات مختلفة ومجالات واسعة من التطبيقات العلمية والمعرفية في البحوث التربوية والنفسية، كما يعد التوجه الرياضي احد المواضيع التي يتناولها علم نفس الرياضة ، حيث يمتلك الرياضيين دافعيات مختلفة عند المشاركة في رياضة ولذا تحددت المشلكه في الحاجة الى بيان اهمية الجانب النفسي للطلاب المتميزين المشاركين في الانشطة الرياضية المدرسية من خلال تطبيق متغيرات البحث الحالي ، ومدى تأثيرها على الحالة الصحية ، والنفسية ، والبدنية وتعزيز الطاقة الايجابية والاستمرار بالتفوق العلمي والرياضي على حد سواء وبالتالي فان هدف البحث هو التعرف على درجة اليقظة الذهنية وابعاد التوجه الرياضي لدى طلاب ثانويتي المتميزين الرياضيين في مركز مدينة الموصل ، فضلا عن التعرف على علاقة الارتباط بين اليقظة الذهنية وابعاد التوجه الرياضي لدى طلاب ثانويتي المتميزين الرياضيين في مركز مدينة الموصل . اجريت الدراسة على عينة البحث من طلاب ثانويتي المتميزين المشاركين بالأنشطة الرياضية المدرسية في مدينة الموصل والبالغ عددهم (50) طالبا وتم استخدام مقياس اليقظة الذهنية من قبل (الزبيدي 2012) ومقياس التوجه الرياضي من اعداد (الدليمي 2021) وقد استخدم الباحثان الوسائل الاحصائية المقاسة في نظام (spss) للحصول على بيانات البحث والتي شملت (الوسط الحسابي ، والانحراف المعياري ، واختبار (t) لعينة ، ومعامل ارتباط لبيرسون ، والنسبة المئوية ، ومعامل الفا كرونباخ ) وبعد الحصول على صدق وثبات ادوات القياس في البحث الحالي تم تطبيق المقياسين على افراد عينة البحث وتم التوصل الى عدد من الاستنتاجات والتوصيات، وكما يأتي :- ان طلاب ثانويتي المتميزين افراد عينة البحث يتمتعون بمستوى جيد من اليقظة الذهنية مع وجود الرغبة الدافعية لدى افراد عينة البحث من خلال المستوى الجيد من التوجه الرياضي - وجود علاقة موجبة بين متغيري اليقظة الذهنية وابعاد التوجه الرياضي لدى افراد عينة البحث .وقد اوصى الباحثان الى:-اجراء دراسات وبحوث اخرى لمتغيري اليقظة الذهنية وابعاد التوجه الرياضي وعلى عينة من الطلبة الرياضيين سواء في الالعب الفردية أم الجماعية.تعزيز التوجه الرياضي لدى طلاب المرحلة المتوسطة والاعدادية.

يقظة ذهنية ، توجه ، متميزين

الكلمات المفتاحية