

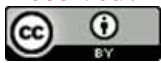
DOI: <https://doi.org/10.54702/wr6evj94>

The Effect of a Psychological-Counseling Program on Optimism and Motivation to Achieve Running (5000) Meters (Advance Category)

Maysaa Hussein Matrud 

Physical Education and Sports Sciences College / University of Baghdad – Iraq

Received: 16/04/2024, Revised: 12/05/2024, Accepted: 06/06/2024, Published: 30/09/2024



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Abstract

The research aimed to identify the level of optimism among 5000-meter runners (advanced category), identify the level of motivation for achievement among 5000-meter runners (advanced category), prepare a psychological-guidance program for optimism and motivation for achievement, and identify the impact of the psychological-guidance program. For optimism and motivation to achieve in running (5000) meters (advanced category), the researcher chose the experimental method in the style of the two equal groups (experimental and control), and the researcher identified the research community as Iraqi club players participating in the Iraqi Club Championship (2023) in the (5000) meters event (advanced category) numbering (12) players. After that, the researcher randomly divided the sample into two equal groups, experimental and control, each group consisting of (6) players. The researcher prepared a psychological-guidance program that includes guidance lectures and special videos for the psychological aspect that increase optimism and motivation. for completion, which consisted of (18) guidance lectures, each lecture lasting (30) minutes, delivered to the experimental group before the start of training, for a period of (6) weeks, with (3) lectures per week (Saturday, Monday, and Wednesday). The researcher reached several conclusions, the most important of which is the effect The counseling-psychological program on optimism and motivation for achievement and running (5000) meters (the experimental group), the effect of the program prepared by the coach on optimism and motivation for achievement and running (5000) meters (the control group), and the preference of the counseling-psychological program over the program prepared before. The coach in optimism and motivation to achieve and run (5000) meters. and this achieves one of the sustainable development goals of the United Nations in Iraq which is (Good Health).

Keywords

Counseling-psychological program, optimism, motivation for achievement, running (5000) meters.

Introduction:

In recent years, countries have witnessed a great interest in sports, as sports have become a part of human life, whether in the field of recreation by playing their favorite game, or in the field of competition and training, and even in the field of encouragement and watching sports matches and tournaments. Sports games differ in terms of their popularity from one country to another, and the

arena is Track and field is one of the sports that most countries are interested in due to the large number of events in which the largest number of honors and medals can be obtained. The 5000 meter running event is considered one of the track and field events that require physical, skill and tactical preparation, as well as psychological preparation. What distinguishes this event is the harsh training, which is characterized by high

training loads and a long training period in order to achieve achievement, in addition to the struggle with a colleague and time, and it requires psychological preparation, which is the main reason for the athlete to continue training and bear all these burdens, and the athlete who is psychologically prepared to bear All these burdens will increase his chances of success and adaptation to the training loads and thus achieving achievement.

Factors believes that “understanding the nature of the psychological factor associated with sports performance, which requires knowledge of the psychological structure that is linked to ideal performance, and contributes to determining the level of actual performance, and this is due to the scientific breakthrough in preparing the player physically, psychologically, and tactically, and the psychological factor remains the decisive variable in performance.” Whether at the training or competition level, many coaches and players believe in their self-reports that approximately (40%-90%) of performance is due to psychological factors” (2).

One of the important topics in the field of psychology is optimism and motivation for achievement, which have a significant impact on continuing training and achieving achievement, especially in activities that depend on endurance and resistance to fatigue. With regard to optimism, it is one of the psychological factors affecting human life, especially in light of the difficult circumstances that our country is witnessing. Social, economic, political and sports, which leads to a person’s need for optimism in the future and more hope so that he can succeed in his life and this optimism is the motivation to achieve his goals. Both C. Carver and M. Scheier believe that “optimism determines the path for people to achieve their goals.” Therefore, optimistic expectations regarding events will help individuals achieve their goals instead of losing hope in achieving them. In addition, optimism is a personality trait characterized by relative

stability across different situations and times and is not limited to some situations” (1).

As optimism is a psychological readiness that lies within the individual to expect good things to happen in a positive way, and this means anticipating positive results of upcoming events, as (the Creator) sees that optimism is “an optimistic look towards the future that makes the individual expect the best, and wait for good things to happen and achieve success” (3), (C. Carver and M. Scheier) (2) indicated that among the advantages of optimism that an individual acquires in his life is the accomplishment of more of any work or goal (achievement motivation), high levels of life satisfaction, and better health. A positive outlook on life, facing difficult and easy problems in life better, and ease of decision-making without worry.

As for achievement motivation, Ali Askar and Fayez Al-Kuntar pointed out that it is “the general desire of the individual to persevere towards success, and to choose purposeful activities that result in success or failure, and are linked to culture and social normalization of the individual” (7), and it is also known as “readiness The individual must bear responsibility, strive for excellence to achieve certain goals, persevere to overcome obstacles and problems that he may encounter, and feel the importance of time and plan for the future” (Khalifa) (4).

An individual’s performance of any specific activity or behavior depends on the existence of a motive that determines his response towards issuing a specific behavior, as it is defined as “a driving force that affects the individual’s thinking and perception of matters and things, and also directs human behavior towards the goal that satisfies his needs and desires” (Yunus) (9) , and the motivation for achievement is represented by the desire to do a good job and succeed in it. This desire is characterized by ambition and enjoyment in competitive situations, an unbridled desire to work independently, to confront problems and solve them, and to prefer tasks that involve

moderate risk rather than tasks that do not involve a little risk. Or a very big risk.

Hence, the idea of research emerged in preparing a psychological-guidance program that includes motivational videos and lectures that increase optimism and motivation for achievement, and to identify the effect of this psychological-guidance program on the completion of running (5000) meters (advanced category).

The research aims:

- 1-Identifying the level of optimism among 5000 meter runners (advanced category).
- 2-Identifying the level of motivation for achievement among 5000 meter runners (advanced category).
- 3-Preparing a counseling-psychological program for optimism
- 4-Preparing a psychological-guidance program for achievement motivation.
- 5-Identifying the effect of the counseling-psychological program on optimism and motivation for achievement on the achievement of running (5000) meters (advanced category).

The research hypotheses:

- 1-There are no statistically significant differences between the pre- and post-tests for the experimental and control groups in optimism.
- 2-There are no statistically significant differences between the pre- and post-tests for the experimental and control groups in achievement motivation.
- 3-There are no statistically significant differences between the pre- and post-tests for the

experimental and control groups in running (5000) meters.

4-There are no statistically significant differences between the experimental and control groups in the optimism post-test.

5-There are no statistically significant differences between the experimental and control groups in the post-test in achievement motivation.

6-There are no statistically significant differences between the experimental and control groups in the post-test in running (5000) meters.

Procedures:

The researcher chose the experimental method in the style of two equal groups (experimental and control), with a pre- and post-test, as “experimental research is one of the most sufficient means of arriving at reliable knowledge” (Mahjoub) (8), and it was in the style of the two equal groups, and the researcher selected The research population is Iraqi club players participating in the Iraq Club Championship (2023) in the (5000) meter event (advanced category), numbering (12) players. After that, the researcher randomly divided the sample into two equal groups, experimental and control, each group consisting of (6) Players, and for the purpose of ensuring that the two groups start with the same line of work and to verify that the results are distributed moderately between the two research groups, the researcher conducted parity in the research variables as shown in Table (1).

Table (1)

It shows the equality of the two research groups (experimental and control) in the research variables

No	variables	Measur ement unit	Experimental group		Control group		Calculate d value (t)	Error level	Differe nces
			S	A	S	A			
1	optimism	degree	35.333	3.559	37.5	4.505	0.924	0.377	random
2	Motivation to achieve	degree	43.333	3.559	45.833	2.483	1.411	0.189	random
3	Achievement of running (5000) meters	minute	18.146	0.053	18.126	0.049	0.673	0.516	random

Degree of freedom (12-2=10).

Significant if the error level is smaller than the significance level (0.05).

Table (1) above shows that the error level values for the research variables are greater than the significance level (0.05), which indicates that there are no significant differences in the variables between the experimental and control groups, which indicates the equality of the two research groups, and starting with a single starting line for the two groups.

After reviewing a group of scientific sources and references specialized in psychology, the field, and the field, the researcher chose the optimism scale designed by the researcher (Shtayyeh) (5), which consists of (15) positive paragraphs and each paragraph has five alternatives for the answer, which is very high (5) degrees, high (4) degrees, medium (3) degrees, low (2) degrees, and very low (1) degrees, so that the maximum score that can be obtained is (75) to be the highest degree of optimism, while the lowest degree that can be obtained The respondent (15) had the lowest value for optimism. As for the achievement motivation scale, the researcher adopted the Shehadeh scale (6), which consists of (28) items, and each paragraph has three answer alternatives, which are: I strongly agree (3) and I agree (2) degree, and I do not agree (1) degree, to be the maximum degree that can be obtained (84) to be the highest degree for achievement motivation, while the lowest degree that the respondent can obtain (28) to be the lowest value for achievement motivation. The researcher conducted a pre-test for the research sample. The

number of players is (12), on Wednesday, August 2, 2023, at 5 p.m., in the arena and field stadium at the College of Physical Education and Sports Sciences/University of Baghdad. The researcher prepared a psychological-guidance curriculum that includes guidance lectures. Psychological and special videos for the psychological aspect increase optimism and motivation for achievement, which consisted of (18) guidance lectures, the time of each lecture being (30) minutes, delivered to the experimental group before the start of training, for a period of (6) weeks, with (3) lectures per week (Saturday, Monday, and Wednesday). The counseling-psychological program was applied on Saturday, August 5, 2023, to the experimental group, and was completed on Wednesday, September 13, 2023. The researcher was careful that the conditions under which the post-test would be conducted were similar to the conditions of the pre-test in terms of The tools, the place and time for conducting the pre-test, the method of implementation and the sequence of the tests, in addition to calculating the grades and with the help of the same assistant work team in the pre-test, and the social statistical package (SPSS) was used to arrive at processing the results of its research to extract the following laws:
Arithmetic mean, standard deviation, median, skewness coefficient, t-test for symmetrical samples, t-test for asymmetrical samples.

Table (2)

**It shows the results of the arithmetic means and standard deviations of the research variables between the pre- and post-tests
For the experimental group**

variables	Measurement unit	Pre-test		Posttest	
		S	A	S	A
optimism	Degree	35.333	3.559	70.666	2.804
Motivation to achieve	Degree	43.333	3.559	80.833	2.228
Achievement of running (5000) meters	Minute	18.146	0.053	16.406	0.125

Table (3)

It shows the difference of the arithmetic means, its standard deviation, the calculated (t) value, and the significance of the differences for the research variables between the pre- and post-tests for the experimental group.

variables	Measurement unit	F	A F	Calculated value (t)	Error level	significance of differences
optimism	Degree	35.333	5.609	15.428	0.000	significance
Motivation to achieve	Degree	37.5	2.664	34.472	0.000	significance
Achievement of running (5000) meters	Minute	1.74	0.159	26.742	0.000	significance

Degree of freedom (6-1=5).

Significant if the error level is smaller than the significance level (0.05).

Table (4)

It shows the results of the arithmetic means and standard deviations for the research variables between the pre- and post-tests for the experimental group.

variables	Measurement unit	Pre-test		Posttest	
		S	A	S	A
optimism	Degree	37.5	4.505	42.333	3.983
Motivation to achieve	Degree	45.833	2.483	50.666	2.875
Achievement of running (5000) meters	Minute	18.126	0.049	17.298	0.092

Table (5)

It shows the difference of the arithmetic means, its standard deviation, the calculated (t) value, and the significance of the differences for the research variables between the pre- and post-tests for the experimental group.

2variables	Measurement unit	F	A F	Calculated value (t)	Error level	significance of differences
optimism	Degree	4.833	1.722	6.873	0.001	significance
Motivation to achieve	Degree	4.833	3.311	3.575	0.015	significance
Achievement of running (5000) meters	Minute	0.828	0.115	17.622	0.000	significance

Degree of freedom (6-1=5).

Significant if the error level is smaller than the significance level (0.05).

Table (6)

It shows the results of the arithmetic means and standard deviations for the research variables between the experimental and control groups in the post-test.

No variables	Experimental group		Control group		Calculated value (t)	Error level	differences
	S	A	S	A			
.							

1	optimism	70.666	2.804	42.333	3.983	14.246	0.000	significance
2	Motivation to achieve	80.833	2.228	50.666	2.875	20.312	0.000	significance
3	Achievement of running (5000) meters	16.406	0.125	17.298	0.092	13.992	0.000	significance

Degree of freedom (12-2=10).

Significant if the error level is smaller than the significance level (0.05).

Discussion:

It is clear from Tables (3, 5, 6) the effectiveness of the counseling-psychological program prepared by the researcher in developing optimism and motivation for achievement, due to the motivational videos that this program contains and lectures delivered by people specialized in psychology, in addition to former champions who explain the method that led them to success. Championship and achievement (previous experiences), in addition to motivational music, which helped them raise their morale and change their outlook on life and be more positive. Optimistic people are more able to adapt, face pressures and overcome them compared to pessimistic people, and this is what happens in our sports field, as people who They have the ability to face and overcome sports pressures, such as training loads and competitions that are accompanied by failure. They will have greater motivation to achieve achievement, and Carver, C. and Scheier (1:) believe that optimism is what determines the path for people to achieve their goals, as Optimistic expectations regarding events will help individuals achieve their goals instead of losing hope in achieving them. In addition, optimism is a personality trait that is characterized by relative stability across different situations and times and is not limited to some situations. Optimism is also a readiness that lies within a single individual for the general expectation that good things will happen. Positivity, i.e. anticipating positive outcomes of upcoming events. (Carver, C. and Scheier) (1) pointed out that one of the advantages gained by an optimistic individual is the accomplishment of more of any work or goal (achievement

motivation), in addition to high levels of Satisfaction in life, better health, more friends, a positive outlook on life, facing difficult and easy problems in life better, and ease of making a decision without worry, and in light of the results that the researcher reached by presenting, analyzing and discussing the results, the researcher reached several conclusions, which are:

1-The effect of the counseling-psychological program on optimism, motivation for achievement, and running 5000 meters (experimental group).

2-The effect of the program prepared by the coach on optimism, motivation for achievement, and running (5000) meters (control group).

3-The advantage of the counseling-psychological program over the program prepared by the coach in terms of optimism, motivation to achieve, and running (5000) meters.

In light of the conclusions reached by the researcher, the researcher recommends the following:

1-The necessity of using the counseling-psychological program to increase optimism and motivation for achievement in the Central Iraqi Federation of Arena and Field.

2-The possibility of using the psychological-guidance program on other samples, other age groups, or other games.

Author's declaration:

Conflicts of interest: None

We confirm that all tables and figures in this article are ours and written by the researchers themselves.

Ethical-Clearance: this manuscript approved by local ethical committee of physical education and sport sciences college for women on (May /2024)

Author's contributions:

All contributions of this study were done by the researcher (M. H.) who get the main idea and work on writing and concluding also with number of experts, Saeed Ahmed Saeed (Physical Education and Sport Sciences College/ University of Baghdad) in Statistics, Ibrahim Dabayeb in revision, Taj Al-deen Alaa Al-deen in translating, Khitam Mousa in proofreading

Facilitate the task: this study was supported by Iraqi Athletics Federation – Iraq.

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تأثير برنامج ارشادي-نفسى للتفاؤل والدافعية للإنجاز في انجاز ركض (5000) متر (فئة المتقدمين)

ميساء حسين مطرود

جامعة بغداد / كلية التربية البدنية و علوم الرياضة – العراق

هدف البحث الى التعرف على مستوى التفاؤل لدى عدائي (5000) متر (فئة المتقدمين)، والتعرف على مستوى الدافعية للإنجاز لدى عدائي (5000) متر (فئة المتقدمين)، واعداد برنامج ارشادي-نفسى للتفاؤل والدافعية للإنجاز، والتعرف على تأثير البرنامج الارشادي- النفسى للتفاؤل والدافعية للإنجاز في انجاز ركض (5000) متر (فئة المتقدمين)، وقام الباحث بأختيار المنهج التجريبي بأسلوب المجموعتين المتكافئتين (التجريبية والضابطة)، وحدد الباحث مجتمع البحث لاعبو الاندية العراقية المشاركين في بطولة العراق للاندية (2023) في فعالية (5000) متر (فئة المتقدمين) والبالغ عددهم (12) لاعب، وبعد ذلك قام الباحث بتقسيم العينة بشكل عشوائي الى مجموعتين متساويتين تجريبية وضابطة كل مجموعة تتالف من (6) لاعبين، وقام الباحث باعداد برنامج ارشادي - نفسي يتضمن محاضرات ارشادية وفديوات خاصة للجانب النفسى تزيد من التفاؤل والدافعية للإنجاز والتي تكونت من (18) محاضرة ارشادية زمن كل محاضرة (30) دقيقة تلقى على المجموعة التجريبية قبل البدء بالتدريب ولمدة (6) اسابيع وبواقع (3) محاضرات في الاسبوع (السبت، والاثنين، والاربعاء)، وتوصل الباحث الى عدة استنتاجات اهمها أثر البرنامج الارشادي – النفسى في التفاؤل والدافعية للإنجاز وانجاز ركض (5000) متر (المجموعة التجريبية)، أثر البرنامج المعد من قبل المدرب في التفاؤل والدافعية للإنجاز وانجاز ركض (5000) متر (المجموعة الضابطة)، وفضلية البرنامج الارشادي – النفسى عن البرنامج المعد من قبل المدرب في التفاؤل والدافعية للإنجاز وانجاز ركض (5000) متر. وهذا ما يحقق احد اهداف التنمية المستدامة للامم المتحدة في العراق (الصحة الجيدة).

مستخلص البحث

برنامج ارشادي ، نفسي، التفاؤل ، الدافعية للإنجاز ، ركض (5000) متر

الكلمات المفتاحية