



## Sports culture and its relationship to sports identity among students at the College of Physical Education and Sports Sciences at Anbar University

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### Abstract

This study's objectives are to ascertain the degree of sports culture and identity among Anbar University students studying physical education and sports sciences, as well as the correlation between these two concepts and the contribution of sports satellite channels to the growth of sports culture among these students. A survey method was combined with a descriptive approach. For morning and evening studies, the research team comprised fourth-year Anbar University students studying physical education and sports sciences for the current academic year (2023–2024). The majority of the study sample was selected at random. There were 152 male and female pupils in total, with a proportion of 10.60% from the study population, and 53.71% overall. The researcher came to the conclusion that Anbar University's sports science students had a very high degree of sports culture and sports identity after gathering, presenting, analyzing, and quantitatively discussing the data. Students' degree of sports culture influences their degree of sports identity, and vice versa. A greater proportion of students thought that satellite sports channel viewing contributed to the growth of sports culture.

**Keywords:** Sports culture, Sports identity, Students, Physical Education.

### Introduction

Sports are part of culture and sports life has become an integral part of cultural life. Sports activity has become a necessity for the intellectual educational, artistic and cultural preparation of all members of society(1). Sports management and the meanings ideas and connotations it carries are inseparable from society, its movements and influences, to be the foundation of sports culture, which is considered the pillar. The basics for influencing sports leadership in planning, implementation and behavior.(2) Sports culture is one of the modern concepts that began to be addressed and highlighted at the beginning of this century because of its importance in creating a common perception of sports and its importance in the physical, social and health aspects and creating a sports generation that can achieve great sports achievements. "Culture is the mirror of society which expresses its development and distinguishes it from other societies. It reflects the society's heritage values beliefs history and the intellectual and cultural level of all its members"(3). "Sports culture is an integral part of general culture and is no less important than other cultures in society such as health educational and social culture"(4). "Indeed watching and practicing sports activities has an effective and positive role in developing these cultures Practicing sports activities in colleges of physical education and sports sciences achieves many positive benefits that develop students' culture in the physiological, educational, psychological, and social aspects, as direct participation in these activities or watching develops in students commitment to social and competitive rules, abandoning undesirable behavior, and integrating into Society, improving motivation, self-confidence, self-concept and esteem, contributing to gaining life experiences, getting rid of failure experiences, consolidating success experiences, and improving students' culture and health awareness through knowing the importance of exercising and its impact on the health of the body's vital systems"(5).



Through their acquisition of varied experiences during their academic career, students can develop their cognitive, social, psychological, and educational aspects in the university setting. This is reflected in the development of their independent personalities, which help them build stable identities and develop the ability to organize their relationships in accordance with their future goals and lifestyle. Identity in sports is viewed as a process.(4). This establishes the athlete's level of power and individuality, his passion and dedication to sports, and the characteristics of personality that serve as the link between the individual and society (6). For students majoring in physical education and sports sciences, sports identity is crucial since it is linked to numerous significant sports-related problems, including the reasons behind participation and the intensity of sports activity (7). "Aggression, psychological pressures, self-esteem, and sports identity are all influenced by a number of variables that differ depending on the culture of the community." (8),(9) .

The investigation's primary goals are to identify the most significant factors that influence the students' sports cultures and to understand the connection between sports culture and sports identity among students at Anbar University's College of Physical Education and Sports Sciences.

Those who are in charge of initiating sports in Iraq don't consider the concept of sports culture to be significant, which is still lacking in the country. With all of the initiatives, the Olympic Committee is dedicated to promoting sports culture, sports organizations, and physical education and sports science universities. Sports are comprised of behavior, awareness, concepts, and information instead of being random or organized (10). It promotes the concept of sports culture, and the sports identity of a person is derived from this culture, which is different for each person based on social and cultural attributes. For instance, students who study sports science and physical education at Anbar University have a variety of backgrounds, this may have an effect on their culture and sports identity (11). As such, the researcher believes that this investigation will have the capacity to address the subject of research.

- To what degree do students of the College of Physical Education and Sports Sciences at Anbar University have an understanding of the sports culture and identity?
- What association does Anbar University's students have with the study of physical education and sports sciences' levels of sports culture and sports identity?
- Does the culture of students regarding sports increase as a result of watching television sports programs?

The purpose of the study is to determine the degree to which sports culture and sports identity are prevalent among University of Anbar students who study physical education and sports science, to determine the association between these two concepts, and to determine the value of satellite television in the development of sports culture among these students.

## **MATERIAL AND METHODS**

### **Study Design**

The researcher employed the descriptive survey method because of the nature of the research issue. (12).

### **Participants**

283 men and women who were fourth year students in the morning and evening classes at Anbar University's Department of Physical Education and Sports Sciences in the 2023-2024 academic year constituted the sample. The study sample included 152 students of the male and female variety (53.71%) who were selected by random, in contrast, the experimental sample included 30 students of the male and female variety (10.6%) who were not part of the main population.



Table 1. shows the distribution of the study sample.

	<b>Samples</b>	<b>No.</b>	<b>Percentages</b>
1	research community	283	%100
2	Main research sample	152	%53.71
3	Sample exploratory experiment	30	%10.60

## Measures measuring tools

### 1-Sports Culture Scale:

On Diyala University college students, the researcher employed a conventional scale on the Iraqi environment (13). With the exception of two statements in the negative direction (13, 17), the scale included twenty-five statements in the positive direction. A panel of professionals, including the eleven sports management specialists specified in Appendix (1), were shown the scale. As seen in Table (2), they made minor adjustments to a few of the statements. Three responses on a three-point Likert scale—that is, "I agree three degrees, I sometimes agree two degrees, I disagree one degree"—were included in the response scale. The modifier key was inverted to respond to the two negative statements. After administering the scale to an exploratory sample of thirty students, the researchers determined the correlation coefficients between the statements and the scale's overall score in order to confirm the scale's validity and appropriateness for use. The original research sample did not include female students. All of the correlation coefficient values were statistically significant at the significance level (0.05), with values ranging from 0.85 to 0.35. Consequently, the device measures what it is intended to measure. Regarding the instrument's dependability, when the equation was applied to the research sample members, its value (0.86) approached Cronbach's alpha, which is a good value to meet the goals of the study.

Table 2. It shows the percentages of agreement of experts on the statements of the sports culture scale

<b>No.</b>	<b>Ferries</b>	<b>It works</b>	<b>write off</b>	<b>Agreement rate</b>
1	You must warm up before participating in athletic competitions in order to maintain the safety of your muscles and joints.	10	1	%90.90
2	Sports culture promotes the understanding of different sports abilities.	11	-	%100
3	Sports culture promotes the knowledge of sports terminology and ideas.	11	-	%100
4	Sports culture promotes the understanding of the history of sports.	9	2	%81.81
5	Sports information helps to know the celebrated sports figures in every country on the planet.	11	-	%100
6	Sports culture promotes sports knowledge across the planet and is easily recognized.	11	-	%100
7	Recreational sports activity promotes a relationship between the individual, his colleagues, and his community.	11	1	%90.90



8	Sports culture promotes excitement in regards to the technical aspects of sports.	9	2	81.81
9	Physical health is achieved through the practice of sports.	11	-	%100
10	Sports culture promotes the concept of collaboration and its social significance.	10	1	%90.90
11	Sports culture promotes the normalizing of the individual's social and cultural relations.	10	1	%90.90
12	Sports culture promotes healthy social traditions	11	-	%100
13	Sports culture demonstrates the value of sports in addressing the individual's preferences and needs.	11	-	%100
14	Sports culture promotes the idea of association with a community and country.	10	1	90.90
15	Sports culture promotes communication between members of society.	9	2	%81.81
16	Sports culture promotes the participation of individuals in sports and youth organizations and communities.	11	-	%100
17	Sports culture promotes the avoidance of violence and protest in athletic competitions and tournaments.	11	-	%100
18	Sports culture promotes a person's life towards intended and intended goals.	11	-	%100
19	Sports culture promotes the individual's awareness of aesthetic value and his participation in cultural and morality.	10	1	%90.90
20	Sports culture has a significant role in recognizing some discrepancies in the sports community.	11	-	%100
21	Sports culture promotes the avoidance of harmful habits while participating in sports.	11	-	%100
22	Sports culture promotes the association between sports and other fields of science.	11	-	%100
23	The practice of sports instilled in me a sense of respect for others.	11	-	%100
24	Practicing sports is crucial to the development of a relationship between sports and the public.	11	-	%100
25	I enjoy playing games when I understand the principles of the game I'm playing.	11	-	%100

### **2-Sports Identity Scale:**

The researcher measured sports identity using the seven-statement Cornelius & Brewer (2001) scale. A group of eleven sports management specialists were shown the scale in Appendix (1), and they made minor changes to some of the phrasing, as seen in the figure. The responses in Table (3) were to follow a seven-point (7-1) scale, with 1 denoting the least amount of agreement (strongly disagree) and 7 denoting the most agreement (strongly agree). The scores are as follows: One



degree is the lowest possible score, while seven degrees is the most. The researcher used the scale on a survey sample of thirty male and female students who were not included in the initial research sample in order to confirm the scale's validity and suitability for application. In terms of the instrument's reliability, the Cronbach alpha equation applied to the research sample members yielded a value of (0.86), which is a good value for accomplishing the research objectives. The correlation coefficient values between the statements and the scale's overall score ranged from (0.86) to (0.74), both of which were statistically significant and demonstrated the validity of the scale.

Table 3. It shows the percentages of expert agreement on the statements of the Mathematical Identity Scale

No.	ferries	It works	write off	Agreement rate
1	I consider myself an athlete	11	-	%100
2	I have many sports-related goals	11	-	%100
3	The majority of my friends are athletes	11	-	%100
4	Sports are the most important thing in my life	10	1	%90.90
5	I spend more time thinking about sports than anything else	11	-	%100
6	I feel upset with myself when my athletic performance is poor	11	-	%100
7	I feel depressed when I suffer a sports injury that prevents me from continuing to perform practical activity	11	-	%100

### Procedures

The scale was administered to the research sample consisting of (152) male and female students. The scale was distributed to the research sample on Sunday, 28 January 2024. The number of questionnaires distributed to the research sample was (152) and all questionnaires were returned after answering.

### Statistical methods:

The researchers used the IBM SPSS Statistics (Version 23 for Windows; IBM, Armonk, NY, USA) package to process the data(14).

### Results:

#### Presentation, analysis of the first question:

The researcher calculated the arithmetic mean, standard deviation, and percentage in order to respond to this query. Sports culture, sports identity, and a summary of the results pertaining to the first question are displayed in tables (4), (5), and (6), respectively. The results are interpreted using percentages. (80%) and higher Extremely high (70-79.9%) elevated (60-69.9%) Level in the middle (50-59.9%) Low level, less than 50% Extremely low level (Qadoumi, 2014)

Table 4. It displays the percentages and arithmetic averages of the degree of sports culture among Anbar University students enrolled in the College of Physical Education and Sports Sciences.

No.	ferries	Average answer	Percentages	Culture level
1	You must warm up before participating in athletic competitions in	2.79	%93	Very high



	order to maintain the safety of your muscles and joints.2.79			
2	Sports culture promotes the understanding of different sports abilities.2.70	2.70	%90	Very high
3	Sports culture promotes the knowledge of sports terminology and ideas.2.66	2.66	%88.66	Very high
4	Sports culture promotes the understanding of the history of sports.2.53	2.53	%84.33	Very high
5	Sports information helps to know the celebrated sports figures in every country on the planet.2.47	2.47	%82.33	Very high
6	Sports culture promotes sports knowledge across the planet and is easily recognized.2.41	2.41	%80.55	Very high
7	Recreational sports activity promotes a relationship between the individual, his colleagues, and his community.2.66	2.66	%88.66	Very high
8	Sports culture promotes excitement in regards to the technical aspects of sports.2.57	2.57	%85.66	Very high
9	Physical health is achieved through the practice of sports.2.53	2.53	%84.33	Very high
10	Sports culture promotes the concept of collaboration and its social significance.2.63	2.63	%87.66	Very high
11	Sports culture promotes the normalizing of the individual's social and cultural relations.2.51	2.51	%83.33	Very high
12	Sports culture promotes healthy social traditions.2.49	2.49	%83	high
13	Sports culture demonstrates the value of sports in addressing the individual's preferences and needs.2.28	2.28	%76	Very high
14	Sports culture promotes the idea of association with a community and country.2.45	2.45	%81.66	Very high
15	Sports culture promotes communication between members of society.2.57	2.57	%85.66	Very high
16	Sports culture promotes the participation of individuals in sports	2.54	%84.66	high



	and youth organizations and communities.2.54			
17	Sports culture promotes the avoidance of violence and protest in athletic competitions and tournaments.2.25	2.25	%75	Very high
18	Sports culture promotes a person's life towards intended and intended goals.2.61	2.61	%87	Very high
19	Sports culture promotes the individual's awareness of aesthetic value and his participation in cultural and morality.2.51	2.51	%83.66	Very high
20	Sports culture has a significant role in recognizing some discrepancies in the sports community.2.41	2.41	%80.33	Very high
21	Sports culture promotes the avoidance of harmful habits while participating in sports.2.58	2.58	%86	Very high
22	Sports culture promotes the association between sports and other fields of science.2.58	2.58	%86	Very high
23	The practice of sports instilled in me a sense of respect for others.2.68	2.68	%89.33	Very high
24	Practicing sports is crucial to the development of a relationship between sports and the public.2.49	2.49	%83	Very high
25	I enjoy playing games when I understand the principles of the game, I'm playing2.68	2.68	%89.33	Very high
<b>The overall level of sports culture</b>		<b>2.54</b>	<b>%84.66</b>	<b>Very high</b>

Table 5 displays the percentages and arithmetic averages of the degree of sports identity among students at Anbar University's College of Physical Education and Sports Sciences.

No.	ferries	Average answer	Percentages	Culture level
1	I consider myself an athlete	5.29	%75.57	high
2	I have many sports-related goals	5.43	%77.57	high
3	The majority of my friends are athletes	5.09	%72.71	high
4	Sports are the most important thing in my life	5.39	%77	high
5	I spend more time thinking about sports than anything else	5.11	%73	high
6	I feel upset with myself when my athletic performance is poor	5.62	80.29	Very high
7	I feel depressed when I suffer a sports injury that prevents me from continuing to perform practical activity	5.65	80.71	Very high



<b>The overall level of sports culture</b>	<i>5.39</i>	<i>77</i>	high
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Table 6 displays the percentages and arithmetic averages for the sports culture and sports identity scales among Anbar University students enrolled in the College of Physical Education and Sports Sciences.

No.	ferries	Average answer	Percentages	Culture level
<i>1</i>	Level of sports culture	<i>2.54</i>	<i>%84.66</i>	Very high
<i>2</i>	Level of sports identity	<i>5.39</i>	<i>%77</i>	high

### Presentation, analysis of the second question:

To address this, the researcher found that the degree of sports culture and sports identity are related, as shown by the Pearson correlation coefficient in Table (7).

The results of the Pearson correlation coefficient for the relationship between the degree of sports identity and culture among students at the University of Anbar's College of Physical Education are shown in Table 7.

Sports culture		sports identity		value (t)	evel of significance
Average	deviation	Average	deviation		
<i>2.24</i>	<i>0.41</i>	<i>5.39</i>	<i>1.06</i>	<i>0.48</i>	<i>0.000</i>

### Presentation, analysis of the third question:

As seen in Table (8), the researchers discovered frequencies and percentages to address this query.

Table 8 displays the frequency and percentages of how watching sports channels contributes to the growth of sports culture among Anbar University students enrolled in the College of Physical Education.

Wondering	the answer	Repetition	percentage
Does watching satellite sports channels develop your sports culture?	Yes	<i>128</i>	<i>%84.21</i>
	no	<i>24</i>	<i>%15.79</i>

## Discussion

### discussion of the first question:

Table (4) shows that students at Anbar University's College of Physical Education and Sports Sciences have a high degree of sports culture across the board, with responses ranging from 80.33 to 93 percent. In terms of the general degree of sports culture, it is extremely high, as the percentage of responses is between 76% and 75%, with the exception of paragraphs (13, 17), which have a high percentage of responses. (84.66%).

Students at the College of Physical Education and Sports Sciences at Anbar University exhibit a high degree of sports culture in paragraphs (6, 7), with percentages ranging from 80.29% to 80.71 percent, and a high level of sports identification in paragraphs (1, 2, 3, 4, 5), with percentages ranging from 72.71% to 77.57%, as indicated in Table (5). In reference to the overall level of sports identification, a sizable percentage of responses (77%).





With a response rate of 84.66% and a high degree of sports identification, Table (6) indicates that students at Anbar University's College of Physical Education and Sports Sciences have a high degree of sports culture. The high percentage is due to the fact that 77% of people responded. This is because the practical and theoretical disciplines that university students study allowed the researcher to achieve a high degree of measurement of sports culture. as well as the significant contribution of the teaching staff to the guidance process, helping students acquire the information they want, and the fact that a large portion of students watch sports channels. Because of the useful sports material they provide, sports-focused websites and satellite channels help to build their sports culture (15). This outcome is in line with research by Ahmed and Mahdi (2012), as well as research by (17), (18), and (19). Its findings demonstrated that, in comparison to students in other university faculties, physical education students thrive at a high level of sports culture.

The study's findings about sports identity were in line with other earlier investigations, including the study (20) and the study (21). According to its findings, physical education students' sports identity components improved as a result of participating in sports. The impact of the science theory courses the students took, their involvement in different sports, and the efficiency of the student activities department in organizing different student sports competitions and games were all cited by the researchers as reasons for the students' increased level of sports identification.(22).

### **Discussion of the second question:**

From Table (7), there is a statistically significant relationship between the sports culture level and sports identity level of students in the College of Physical Education and Sports Sciences at Anbar University. The researcher attributes that sport culture contains information that develops the cognitive, social, psychological, and health aspects of individuals through watching or practicing activities. Sports which work to develop positive values to raise the level of sports identity as students who are characterized by a high level of sports culture improve their sports identity and this result is consistent with the study(23). "Whose results showed the positive relationship with students of physical education and sports sciences having with a high level of sports culture and sports identity"(24)and (25).

### **Discussion of the third question:**

According to Table (8), 84.21% of University of Anbar students studying physical education and sports sciences think that their sports culture is developed by viewing sports satellite channels., while (15.79%) of students believe the opposite, and the researcher attributes the reason for this to the interest in physical education and sports sciences and student's watching of matches and the accompanying analysis of all sports as well as watch diverse and interesting sports educational programs that attract students attention develop their cognitive social and educational aspects and bring about positive change in their behaviour This is consistent with the study(26) . "The results indicated the positive role of watching sports channels in developing sports culture among students majoring in physical education"(27)and (28).

### **Conclusions:**

1. Students majoring in physical education and sports sciences at Anbar University enjoy a very high level of sports culture and a high level of sports identity.
  2. The degree of a student's sports culture determines their level of sports identity, and vice versa.
  3. A higher percentage of students believe that watching sports satellite channels has a positive effect on developing sports culture
- . Considering the conclusions reached, the researcher recommends the following:
1. There is a need to focus on the participation of all students in sports activities in schools and colleges, as this is very important for increasing the level of sports identification.



2. Due to the importance of sports satellite channels for spreading sports culture among students, there is an interest in increasing the number of educational programs on sports satellite channels.
3. Conduct similar studies on the subject of sports culture and its relationship to some psychological and social variables and comparison between students of colleges of physical education and sports sciences and other colleges.

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#### Appendix 1. Names of experts and specialists

<i>No</i>	<b>Names</b>	<b>The scientific title</b>	<b>Jurisdiction</b>	<b>Workplace</b>
1	Dr.. Ibrahim Younis and Kaa	Professor	Sports management	Al-Mansour University College/Department of Physical Education and Sports Sciences
2	Dr.. Waad Abdul Rahim Farhan	Professor	Management and sports management	Anbar University/ College of Physical Education and Sports Sciences



3	Dr.. Khaled is black and white	Professor	Sports management	Al-Muthanna University/ College of Physical Education and Sports Sciences
4	Dr.. Naseer Qasim Khalaf	Professor	Sports management	University of Diyala/ College of Physical Education and Sports Sciences
5	Dr.. Salah Wahab Shaker	Professor	Sports management	University of Baghdad / College of Physical Education and Sports Sciences
6	Dr.. Muhammad Fadel Musleh	Professor	Sports management	University of Diyala/ College of Physical Education and Sports Sciences
7	Dr.. Muhammad Walid Shehab	Professor	Measurement and evaluation	University of Diyala/ College of Physical Education and Sports Sciences
8	Dr.. Hello Hantoush Rashid	Assistant Professor	Sports management	Al-Mustansiriya University / College of Basic Education / Department of Physical Education and Sports Sciences
9	Dr.. Othman Mahmoud is a beggar	Assistant Professor	Sports management	University of Diyala/ College of Physical Education and Sports Sciences
10	Dr.. Thamer Hammad Raja	Assistant Professor	Sports management	University of Baghdad / College of Physical Education and Sports Sciences
11	Dr.. Muhammad Qusay Muhammad	Assistant Professor	Sports management	University of Baghdad / College of Physical Education and Sports Sciences