



A Comparative Study of Psychosocial Rebellion Between Students Who Practice and Those Who Do Not Practice Sports Activities in the Colleges of the University of Mosul

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Abstract

The study aimed to measure the degree of psychosocial rebellion among students who practice and those who do not practice sports activities in the colleges of the University of Mosul, and to identify the differences in the level of psychosocial rebellion between the two groups.

The researcher used the **descriptive method with a survey approach**. The research population consisted of students practicing and not practicing sports activities in the colleges of the University of Mosul for the academic year **2023–2024**, totaling **1,222** students distributed across **24 colleges**. The **College of Education for Women** was excluded due to its all-female student body, and the **College of Physical Education and Sports Sciences** was excluded because it is a specialized college.

The **Psychosocial Rebellion Scale** prepared by **Abd Al-Ahad (2005)**, **College of Education, University of Mosul**, was used as the data collection instrument. The statistical tools included: the **mean, standard deviation, Pearson's simple correlation coefficient, t-test** for independent and single samples, the **hypothetical mean of the scale**, and the **percentage**.

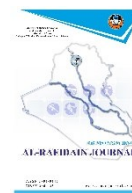
The researcher reached the following conclusions:

- In general, students of the University of Mosul—both practitioners and non-practitioners—enjoy a **positive level of psychosocial rebellion**, which is beneficial and positively reflected in their **academic performance**. It motivates them to adhere to college regulations, participate regularly in sports activities, respect others, and cooperate among themselves, leading to success in both their academic and athletic lives.
- There are **no significant differences** in psychosocial rebellion between practicing and non-practicing students in the colleges of the University of Mosul.



مجلة الراافدين للعلوم الرياضية

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دراسة مقارنة بالتمرد النفسي الاجتماعي بين الطلاب الممارسين والغير ممارسين للأنشطة الرياضية في كليات جامعة الموصل

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ملخص	معلومات الارشفة
لقياس درجة التمرد النفسي الاجتماعي لدى الطلاب الممارسين والغير ممارسين للألعاب الرياضية في كليات جامعة الموصل " . التعرف الى درجة التمرد النفسي الاجتماعي للفرق بين الطلاب الممارسين والغير ممارسين للألعاب الرياضية في كليات جامعة الموصل " . -استخدم الباحث المنهج الوصفي بالأسلوب المسحي ، واشتمل مجتمع البحث من الطلاب الممارسين والغير ممارسين للألعاب الرياضية في كليات جامعة الموصل ، للعام الدراسي (٢٠٢٣ - ٢٠٢٤) ، والبالغ عددهم (١٢٢٢) ممارس وغير ممارس للنشاط الرياضي موزعين على كليات جامعة الموصل البالغ عددهم (٢٤) كلية، اذ تم استبعاد كلية التربية للبنات لخصوصية الدراسة فيها للإناث وكلية التربية البدنية لعلوم الرياضة لكونها كلية متخصصة واستخدم مقياس التمرد النفسي الاجتماعي والمعد من قبل (عيد الأحد ٢٠٠٥) جامعة الموصل كلية التربية كأداة لجمع البيانات ، واقتصرت الوسائل الإحصائية على : المتوسط الحسابي ، والانحراف المعياري ، ومعامل الارتباط البسيط ل(بيرسون) ، واختبار (ت) لعينتين مستقلتين وعينة واحدة ، والمتوسط الفرضي للمقياس ، والنسبة المئوية . وقد توصل الباحث الى الاستنتاجات الآتية : - طلاب كليات جامعة الموصل من الممارسين والغير ممارسين بصورة عامة يتمتعون بمستوى تمرد نفسي ايجابي ، وهذا بدوره جيد ، وينعكس إيجاباً على مستواهم (الأكاديمي) ، إذ يعطيهم الدافع للالتزام بالنظام بالكلية ، وممارسة الأنشطة الرياضية بانتظام واحترام الآخرين ، والتعاون فيما بينهم ، مما يؤدي إلى النجاح في حياتهم الدراسية والرياضية . -لا توجد فروق معنوية للتمرد النفسي الاجتماعي بين طلاب كليات جامعة الموصل من الممارسين والغير ممارسين.	تاريخ الاستلام: ٢٠٢٥/٧/٢١ تاريخ المراجعة: ٢٠٢٥/٩/٢٠ تاريخ القبول: ٢٠٢٥/٩/٢٥ تاريخ النشر الالكتروني: ٢٠٢٥/١٠/١٥ الكلمات المفتاحية: التمرد النفسي الممارسين والغير ممارسين الأنشطة الرياضية المراسلة: الاسم: سبهان يونس سلطان sabhan.alhayali83@uomosul.edu.iq

1-1 Introduction

Young people's behaviors toward situations and things vary. We notice contradictions in dual or multiple behaviors. On the one hand, they feel they have become adults and understand everything. They don't need to take orders from their parents or hear advice from other individuals, whether from a professor, department head, or deanship. Individual characteristics vary, and each individual has characteristics that distinguish them from others. One of these characteristics is psychosocial rebellion. Individual behavior is characterized by rejection, opposition, and an inability to deal with others, as well as with authority and its symbols. This group is what we describe as rebels, whom we describe as non-committed, who reject some or all of the values of the social group. They refuse to adhere to accepted models of behavior. If an individual's freedom to behave is restricted or threatened, this will arouse a motivation to resist any loss of personal freedom. They will attempt to regain their lost or threatened freedom by engaging in prohibited behavior or encouraging others to engage in such behavior, rather than risking breaking it themselves or engaging in similar behavior. Psychosocial rebellion negatively affects the process of psychological adjustment, as it leads to low self-esteem and aggression towards others. It may be the main reason for the occurrence of problems and deviant behavior, as students view every experience that is not consistent with their idea as a threat to the unity of the self that they seek to achieve. For this reason, they deny the perception that does not agree with the concept that forms it. The more the individual is aware of the threat, the more he works to strengthen his defense mechanisms, camouflaging the facts that conflict with his idea of himself. One of the scientific institutions that plays a very important role in society in general and students in particular is the university, which is considered one of the most important scientific institutions in society. It is one of the platforms of knowledge and plays an important role in the lives of students. This scientific institution, after God Almighty, has the credit for students in all their scientific, academic and practical fields and specializations, as it provides them with the knowledge and skills that help them shape and determine their future. University youth are the future generation and they are the leaders of society and its scientific and practical cadres. They are the chosen elite of any society. The more they are of good character and knowledge, the better societies progress. As a result of the increasing number of students at the university, many college administrations have faced differences of opinion with the students, which has led to the emergence of a kind of gap that has led to the

emergence of psychological and social rebellion among some students against the university system. The important and effective role in students' interaction with the academic environment in colleges with all their various departments falls on the college and its administration. An important role in students' interaction with the educational environment falls on the college and its administration, which in turn is reflected. At the level of adaptation and adjustment for students, students in general differ in their motivations and needs (psychological, physical and social), which they seek to satisfy. Students' rebellion against their classmates or teachers may take the form of a rush of speech to present their opinions, or clowning around in the lecture, or friction with teachers, stubbornness and defiance, "deliberate neglect of the advice and instructions of the teacher and curricula, systems and laws, and lack of regularity in study," ((until psychological and social rebellion is related to the learning process, as rebellion may lead to a decrease in the level of education among students." The importance of the research lies in identifying the degree of psychosocial rebellion among university college students who practice sports activities and those who do not practice activities, and in addition to that, identifying the differences between them in psychosocial rebellion, noting that this research has dealt with an important segment of society, which are the students of the University of Mosul, and it deals with an important aspect of their academic life at the university.

1-2 Research problem

Therefore, the researchers deemed it necessary to conduct a study aimed at measuring the psychosocial rebellion of students who practice and do not practice sports activities in the colleges of the University of Mosul, as well as identifying the differences between students who practice and do not practice sports activities in the degree of psychological rebellion in the colleges of the university. University students at this time, in which the extent of changes and fluctuations that occur in their lives is clearly evident, from customs and traditions that differ from what was in the lives of their peers in the past, which led to the emergence of great differences among them in line with the rapid changes in all areas of life, and this disparity is accompanied directly or indirectly.

1-3 Purpose:

1. Identifying the degree of psychosocial rebellion among students who practice and do not practice sports activities in the colleges of the University of Mosul

2. To identify the differences in psychosocial rebellion between students who practice and do not practice sports activities in the colleges of the University of Mosul.

1-4 Hypothesis:

1. There are significant differences in the degree of psychosocial rebellion between pupils practicing sports activities in the colleges of Mosul University
2. There are significant differences in the degree of psychosocial rebellion among pupils who practice and don't practice sports activities in the colleges of Mosul University.

1-5

Students practicing and non-practicing sports activities in the colleges of the University of Mosul for the academic year (2023-2024).

Time frame: from 3/12/2024 to 5/9/2024.

Spatial area: theoretical classrooms of the colleges of the University of Mosul.

Defining Terms

Psychosocial Rebellion: A feeling of rejection of everything around the individual, resulting in behavior characterized by hostility, hatred, and contempt for all the customs, traditions, and systems that society has adopted and is familiar with .

The researchers operationally defined psychosocial rebellion as: the total score obtained by the respondent (students), both practicing and non-practicing students in the colleges of the University of Mosul, based on their responses to the items on the psychosocial rebellion scale developed for this purpose .

1-6 Similar Studies

By reviewing previous sources, research, and studies, the researchers conducted a survey of the topic under investigation. The researcher selected a number of studies that addressed the topic of psychosocial rebellion in a similar manner.

Study on "The Relationship between Psychosocial Rebellion and Self-Esteem" (

The study aimed to

Construct a scale of psychosocial rebellion for students in Midwestern American colleges.

Identify the reasons that drive adolescents to declare rebellion and revolt against manifestations of authority.

The researcher used the descriptive approach using both survey and correlational methods. The research sample consisted of (80) male and female students for the academic year (1996-1997). The research instrument consisted of a psychosocial rebellion scale prepared by the researchers for the purposes

of the current research. The researcher used the following statistical methods: arithmetic mean, standard deviation, percentage, and Pearson's correlation coefficient. The conclusions revealed the following :

-A scale of psychosocial rebellion was constructed for students in Midwestern American colleges

One of the most important reasons that push adolescents to rebel is the adolescents' feeling that there is some danger threatening their freedoms and independent entity, whether the threat is from (the family, the school, or society). The family's restrictions are represented by the parents, while the school's restrictions are represented by the school administration, the teachers, or the school systems.

Research community and sample:

The descriptive approach was used in the survey method for its suitability and the nature of the research. The research community included students practicing and not practicing sports activities in the colleges of the University of Mosul. The number of colleges reached (23) colleges after excluding the College of Education for Girls due to the privacy of the college, so that the number became (22) colleges, for the academic year (2023 - 2024) distributed among the colleges of the University of Mosul.

Findings and Discussion:

The results revealed indicate that practicing / non-practicing pupils in the colleges of Mosul University generally enjoy a level that falls within the hypothetical average of the scale, meaning that rebellion is a positive rebellion. This is a positive result that in turn reflects positively on the psychological level of study, as it gives them the motivation to adhere to the college system and adhere to the instructions of the college and department in terms of attendance and attendance of lectures, whether electronic or in person, and respect for their fellow pupils, and cooperation among them, and thus success in their university academic life. This result, in turn, is good and indicates the success of the educational process and the sports movement, which is part of the educational process, and is even complementary to the educational process, despite the circumstances that the current society and pupils are going through. The interaction is good between pupils, faculty members, college officials, and those in charge of sports activities in the university's colleges, in terms of implementing the instructions and duties issued by the professor and college officials, and the successful interaction between pupils and the curriculum set by the college for its various academic stages, and the pupils' commitment and application of the systems and laws set by the university, and the successful interaction and harmony with the customs of fellow pupils, in terms of

cooperation, solidarity, and helping colleagues among themselves, in addition to the fact that pupils desire freedom, and that freedom is most likely the way to self-preservation if it is well exploited according to the systems and laws in effect at the university. Pupils, like other members of society, have their own motivations and needs that they seek to understand through learning and interaction with the university environment, especially since this university stage is characterized by its uniqueness as a result of the changes that the student is exposed to. Pupils have specific goals that they seek to achieve, namely obtaining a university degree through their success and graduation from college, for future work, to achieve their goals and selves in life and build a good future for themselves. This is what Al-Hayani confirmed in that “academic achievement has great importance in the life of the student through the interest of various educational institutions in it, and it is considered the fruit of the efforts made in preparing the future generation, and the necessity of research to identify the factors affecting it or associated with it becomes clear.” This agrees with Hijazi in his study: “The manifestations of positive rebellion are the way to renew and develop life. The more active and mobile the youth are, the more capable society is of overcoming the limits to move towards new horizons.” (20).

Result:

Table (1) displays arithmetic mean, standard deviation and hypothetical mean of the research sample on the psychological rebellion scale.

Statistical parameters scale	Sample	arithmetic mean	standard deviation	Hypothetical mean	Calculated value of (t)
psychological rebellion	200	67.69	9.858	74	9.044

Discussion:

- Both practicing and non-practicing students at the University of Mosul generally exhibit a high level of psychological rebellion. This is a positive state of affairs, reflected in their psychological well-being, as it motivates them to adhere to the college's discipline, respect others, and cooperate with one another, leading to academic success.
- There is a lack of morale between practicing and non-practicing sports students, which contradicts the research hypothesis.

Recommendations :

- Over the course of scientific research in such fields, the goal is to create and maintain students who are winners and obedient to good orders, and to improve academically by developing their creative revolution.
- Developing a guidance program to reduce the general state of psychological rebellion when some students develop an increased interest in participating in athletic activities within college teams, under university-set controls .

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