

Measuring the Level of Optimism among Volleyball Premier Players in the West Bank

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Abstract

This study aimed to measure the level of optimism among volleyball players premier in the West Bank, and the researcher followed the descriptive approach for its suitability to the objects of the current study. the study sample consisted of (45) players, and formed a rate of (42%) of the original community. and the most important results the researcher found were: the level of optimism among volleyball players in the Premier League in the West Bank is high, and the level of optimism plays an important role in the performance of the players, they did not affected by the current study variables (center play, years of playing, Age) , and the researchers recommends conducting various studies on the subject of optimism and its relationship to the team results.

Introduction

Young people are the major cornerstone of society in every country on the planet. They serve a critical role in ensuring that society's life and growth continue to progress in order to attain security and stability in all areas. We may anticipate a positive return on investment in society in all fields if this group has good psychological and physical health.

Considering the significance of volleyball as a sports and leisure, competitive, and healthy sport for most segments of society, and the role of sports psychology in this game, as it has become one of the most important elements of winning in most countries around the world, especially with the convergence of levels in the players' physical and mental preparation, and that the field of optimism One of the most significant branches of sports psychology is sports psychology.

The ideas of optimism and pessimism are relatively new psychological concepts that have been extensively researched in the fields of health psychology and other psychological sciences, and are now recognized as important personality characteristics with a high degree of consistency (Alfalah & Alganem, 2021).

Personality scientists' interest in optimism and pessimism is also evident in their adoption of these two concepts as aspects that are taken into account in the general perception about man's nature, distinguished or driven, influenced by environmental or genetic factors, or that man is by nature optimistic or pessimistic, and may express optimism and pessimism in different ways. As a result of these views, the issue arises: does a person take the side of good or evil?

The topic of optimism has recently gotten a lot of attention after a number of studies found a link between optimism and health in various ways. Optimism is also one of the most significant psychological characteristics since it affects our everyday lives, our conduct, and our relationships with others. Topics that provide insight into an individual's personality. As a leader in the sports team, the player has responsibilities to enter the field, and as a result, he must fill himself with positive emotions that will free him from being stuck in the failures he may encounter and allow him to become full of enthusiasm and energy to provide the best possible performance (Educational & Length, 2020).

Individuals' levels of optimism are influenced by the following factors:

Family

The surrounding atmosphere and parenting style establish ideals and concepts in children, instill serenity, safety, and care, and all of this refines the individual's personality and makes him hopeful.

School

Including the school community is optimistic and the extent to which this reflects on the personalities of the students.

Media

It has a significant impact on influencing people's moods and instilling optimism in them, as guided by emotional notions.

Community

Every society has its own persona, whether it is characterized by optimism or pessimism, with its emotional, social, and unique characteristics.

Health

A person's optimism influences his healthy existence since an optimistic person is free of stress, tension, and depression, which assists in obtaining positive health (Genç, 2021).

Many earlier research show that optimism lowers the risk of health issues and that optimists are less worried, more able to tolerate adversity, more confident, and better able to make judgments. and more creative, as it revealed a strong positive association between optimism and happiness, as well as a favorable relationship between optimism and regulating and addressing stress, effectively solving difficulties, self-control, and self-esteem.(Study et al., 2019)

As (Foster, 2021) sees optimism as a biological driving force, the desire to have children for social and economic development, and religious and political concepts can be predicted through an optimistic trend towards the future, and optimism enables individuals and society to develop Their specific goals and ways to overcome the difficulties and tribulations that destroy society (Yılmaz et al., n.d.).

Significance of Research

Create a measure of optimism in sports and try to validate it using a sample of athletes. An attempt to uncover disparities in the performance of teams from the best volleyball clubs in the West Bank. The significance of the research lies in the absence of any scientific study within the researcher's knowledge - and despite the abundance of Arab and international studies in this subject, I was interested in investigating this issue among volleyball players in the West Bank.

Problem Statement

Despite the fact that many Arab and foreign studies have been interested in studying optimism, this topic has not received the attention of researchers in the Palestinian society, which is exposed to political, economic, and social conditions that affect the death of local players, making the player feel a lack of progress in physical, skill, and schematic performance and thus leading to a sense of helplessness. Despair and a gloomy outlook on the sports future have a negative impact on their physical and psychological wellbeing.

Thus, the study's challenge resides in attempting to quantify the level of optimism among West Bank volleyball elite player's level. The study specifically tries to address the following questions:

1. What is the measure of optimism level among volleyball players in the elite level in the West Bank?
2. What is the form of the relationship between the level of optimism and the performance of West Bank elite level volleyball players?
3. What is the degree of evaluating the level of optimism among volleyball players in the West Bank's elite level, based on the player's position variable?
4. What is the degree of evaluating the level of optimism among volleyball players in the West Bank's elite level, based on the player's position variable?
5. What is the degree of evaluating the level of optimism among volleyball players in the West Bank's elite level based on the varying years of playing?

Objectives

1. Assessing the level of optimism among volleyball players in the West Bank's elite level.
2. The nature of the association between the level of optimism and the performance of West Bank elite level players.
3. Assessing the level of optimism among volleyball players in the West Bank's elite level based on the player's position variable.
4. Assessing the level of optimism among volleyball players in the West Bank's elite level based on age.
5. Assessing the level of hope among volleyball players in the West Bank's elite level based on years of experience.

Literature Review

(Higgen et al., 2021) conducted a study to determine the prevalence of optimism and pessimism among Al-Aqsa University in Gaza students, and their relationship to religiosity, as well as the degree of differences in optimism and pessimism according to gender, specialization, and the study was conducted on a sample of (263) students from Al-Aqsa

University in Gaza. The researcher used a descriptive strategy, and the study's results showed that optimism was prevalent at a rate of (60.66 percent), a respectable proportion for obtaining a medium ratio. The study also discovered a link between student optimism and a low degree, as well as statistical variations in optimism owing to gender (males vs. females) and area of residence (village, city, camp).

(You, 2021) conducted a study to determine optimism and its association to top football coaches' leadership behavior, and the researcher chose the descriptive technique owing to its fit to the nature of the study aims. With an average of (5) players from each side, (50) significant players represented the different playing positions (goalkeeper, defender, midfielder, striker, team captain). Among the researcher's most important findings is that a high percentage of elite football club coaches in the Iraqi league are optimists, and the researcher recommends emphasizing the level of optimism for the coach when selecting them to train elite football clubs, as there is a positive relationship between optimism and leadership behavior pattern.

(Hadi et al., n.d.) did a study to discover the differences in optimism and pessimism among Omani and Kuwaiti university students. The sample for the study included (90) Omani male and female students and (90) Kuwaiti male and female students. Because of the nature of the study aims, the researcher took a descriptive method. Among the researcher's most notable results are the superiority of Omanis in optimism, as well as the superiority of males over females in both cultures in optimism, whereas differences between them did not exist in pessimism.

(Genç, 2021) conducted a study to predict optimism and pessimism based on psychological and demographic factors. The descriptive technique was utilized by the researcher due to the nature of the study's questions. (370) university students were included in the study sample. There is a positive association between optimism, psychological toughness, emotional intelligence, and academic performance, as well as a negative relationship between pessimism and academic accomplishment. The study also discovers gender variations in optimism and pessimism, as well as that persons with literary specialities are more optimistic than those with scientific specializations.

(Angelo et al., 2021) did a research named "Optimism and its Link to Psychological Needs and Accomplishment," with the goal of determining the relationship between optimism and psychological needs and achievement among short, medium, and long-distance runners. The researcher observed a link between optimism on the one hand, and each of the psychological demands and achievement on the other for the intermediate, short, and long running players in the research sample (82).

(Yılmaz et al., n.d.) also conducted a study to discover the nature of the relationship between optimism and pessimism and a number of psychological variables among a sample of students from Helwan University's Faculty of Physical Education. and (107) female students, and the results revealed a negative, statistically significant relationship between optimism and pessimism. The findings also found that there were no variations in optimism related to gender (male-female) or specialization (scientific-literary), but there were differences in pessimism, with men outperforming females.

(Foster, 2021) conducted a study with the goal of revealing the optimism and pessimism style among physical education students, and the researcher used the descriptive approach due to its suitability to the study objectives, and the study sample consisted of (39) students, and (35) male students, and one of the most important results reached by the researcher Optimists

are less worried than pessimists, while the majority of responders (59.10 percent) are pessimistic.

(Educational & Length, 2020) did a research to determine the psychology of optimism and pessimism and their link to the two dimensions of personality (extraversion and neuroticism), as well as the influence of gender. The study sample consisted of (220) male and female students, and the results revealed a positive correlation between optimism and pessimism and extraversion, and a negative correlation between them and neuroticism, and the results revealed a positive correlation between pessimism and neuroticism, and a negative correlation between them and extraversion.

Literature Review Discussion

- In one of its survey versions, all prior investigations employed the descriptive technique.
- The questionnaire was used as a data gathering method in the investigations.
- The many settings in which investigations and research were carried out.
- The many study communities in which these studies were carried out, as some studies were done on trainers and students.
- The size and gender of the sample varied, since various research contained particular numbers.
- The majority of the research differed in their sample selection strategy. Some research employed random sample, whereas others used purposeful sampling.

This study was distinguished from previous studies

- As far as the researcher is aware, it is one of the few studies that dealt with a sample of gamers on the issue. Thus, Volleyball was mentioned as a game.
- It addressed factors that had not previously been addressed to the researcher's knowledge (such as age, place of residence, experience or years of playing).

Terms

- Optimism in sports: It is a delighted expression toward the practice of sports activity, which causes the player to hope to win and come in first position.
- Optimism: They are positive and important expectations that a person has that are expected to be fulfilled effectively.
- Optimism: It is a short-term anticipation of future success in meeting certain standards. Al Joufi (2002)

Study Domains

- Human domain: The current study was confined to Premier League volleyball players in the West Bank.
- Time domain: 2020 - 2021
- Spatial domain: Premier League Volleyball Clubs in the West Bank

Research Method

In order to conduct this research, Descriptive approach has been followed, due to its suitability for the purposes of the current study.

Research Population

The study population consisted of all volleyball players in the premier class in the West Bank, who numbered about (108) players, with (9) clubs.

Sample

The sample of the study consisted of (45) players, and thus the sample constituted (42%) of the size of the original community, and thus the current study sample represents the study community in terms of size, and the sample was chosen by the stratified random method to control the variable of the playing center where the soccer team is formed. The volley consists of (12) players, of whom (6) are in reserve. The players are distributed on the field into six playing positions: (The defender is center (1), the hitter is center (2), the setter is centered (3), the hitter is centered (4), the libero (the free player) is the center (5), and the defender is centered (6), and the following table shows the distribution of the study sample according to its independent variables.

Table 1. *Sample distribution among Independent variables*

Independent Variables		Quality	Percentage %
Position	Position (1)	7	15.6
	Position (2)	6	13.3
	Position (3)	13	28.9
	Position (4)	7	15.6
	Position (5)	6	13.3
	Position (6)	6	13.3
Age	17-21	12	26.7
	22-26	13	28.9
	27-31	11	24.4
	32 +	9	20
Experience	1-3 years	10	22.2
	4-6 years	13	28.9
	7-9 years	6	13.3
	10-12 years	6	13.3
	13-15 years	5	11.1
	15+	5	11.1
Weight/Kg	60-66	8	17.8
	67-73	8	17.8
	74-80	15	33.3
	81-87	8	17.8
	88+	6	13.3
Hight/cm	169-174	5	11.1
	175-180	16	35.6
	181-185	12	26.7
	186+	12	26.7
Total		45	100

In order to ascertain the degree of representation of the study sample in relation to the variable of playing positions, a test (2χ) was used to reveal the significance of the differences between the percentages of the playing positions, as each playing position in the study population is (17%), and the following table shows the results of this test.

Table 2. (2χ) test results to show the playing positions differences among the sample.

Playing Positions	Frequency	Percentage	χ^2	Degree of freedom	Significance level
Position (1)	7	15.6	5.00	5	0.416
Position (2)	6	13.3			
Position (3)	13	28.9			
Position (4)	7	15.6			
Position (5)	6	13.3			
Position (6)	6	13.3			

Significance level) α (0.05 =

As a result the previous table shows that the differences between the percentages of playing positions in the sample did not differ from that in the study community, due to the lack of significance of the value (2χ) calculated at the significance level ($\alpha = 0.05$), which indicates the sample's representation of the study community.

Study tool

The researcher built the study tool after reviewing the psychological and educational literature related to the topic of optimism, and previous studies on the subject of the study. Likert quartet (strongly agree, agree, disagree, strongly disagree), and some paragraphs were positively worded and others negative.

Validity and Reliability

First: Validity

Discriminant validity has been used to validate the test. Where the tool was applied to (34) volleyball players in the premier class who were outside the framework of the current sample, and then their scores were arranged on the tool in descending order, and then they were classified in the light of two groups; The group of high degrees in the trait of optimism and represented a percentage (27%) of the size of the survey sample with (9) players, and the group of lower degrees in the attribute of optimism and represented a percentage of (27%) of the size of the survey sample as well, and a T-test was conducted for two groups The two groups are independent, in order to reveal the significance of the differences between the two groups, and this is one of the indicators of the validity of the tool, and the results of Table No. (3) show that.

Table 3. (T) Test results to show the median of lower and upper groups

Upper (N=12)		Lower (N=12)		Value (T)	Significance level
Median	Deviation	Median	Deviation		
2.45	0.16	3.17	0.14	**11.92	0.000

** Statistically significant ($\alpha 0.01 =$)

* Statistically significant ($\alpha 0.0 = 5$)

It is clear from Table No. (3) that there are statistically significant differences at the level ($\alpha = 0.01$) between the players with the highest score on the optimism scale and the

players with the lowest score, and such a result confirms the discriminatory honesty of the test and its validity in measuring what was designed to measure it.

Second: Reliability

Test - Retest Method has been applied, where the time interval between the two applications was (10) days, and this was done on an exploratory sample whose size was (32) players of volleyball players in the excellent class and these players were from outside the framework of the current study sample, and the stability coefficient of the tool was (0.84), which is a good stability coefficient and satisfies for the purposes of the current study.

Results

The following is a presentation of the results of the study according to the sequence of questions:

Results related to study questions:

Question 1: What is the premier class volleyball players degree of optimism in the West Bank?

To answer this question, the researcher first examined the moderation of the distribution of responses to the total score in order to choose the appropriate statistician (Parametric, Nonparametric), and the following table shows the results of the Shapiro-Wilk test, and this test is used for small samples.

Table 4. Shapiro-Wilk test results

Statistical value	Degree of freedom	Significance level
0.980	45	0.605

** Statistically significant ($\alpha = 0.01$)

* Statistically significant ($\alpha = 0.05$)

The previous table shows that the distribution of responses to the total degree follows a normal distribution, so parametric tests should be used in this case.

Then the researcher calculated the Mean, and the standard deviation of the total score for the responses, and a one-sample T-test was used, where the researcher determined a cut-off score of (2.5) due to the fact that the measurement follows the quadruple Likert scale, and compared the mean sample responses in the degree of optimism with this criterion value in order to judge the level of optimism among the players, and the following table shows these results.

Table 5. (T) Test results to show the compare the median of optimism level and significant level.

Degree of optimism	Mean	Standard deviation	Calculated (t) value	Degree of freedom	Significance level
Total degree	2.81	0.29	**6.96	44	0.000

** Statistically significant ($\alpha = 0.01$)

* Statistically significant ($\alpha = 0.05$)

It is clear from the results of the previous table that the total degree of optimism among volleyball players in the premier class was high and positive, where the arithmetic mean of the total degree was (2.81) and it was greater than the spoken value and statistically significant at the significance level ($\alpha = 0.01$).

The researcher refers this to the fact that the Palestinian player feels a high degree of optimism, despite the presence of many problems facing the players in terms of (physical, social and security...), and thus emphasizes the personality of the Palestinian player in terms of endurance, solidity, self-confidence, emotional stability, responsibility and taking the decision.

Question 2: What is the correlation between premier class volleyball players degree of optimism in the West Bank?

To answer this question, Eta coefficient test has been used to examine the nature of the correlation between two variables, one of which is categorical (the degree of optimism) and the other is nominal (win or loss), the test shows the strength of the correlation between the two variables if one of them is considered. An independent variable and the other a dependent variable alternately, and the following table shows the results of this test.

Table 6. *Result of (ETA) correlation factor*

Variable	Coefficient
Degree of optimism (follower)	0.443
Performance (follower)	0.679

The previous table shows that considering the degree of optimism as an independent variable is strongly related to the performance of the players if it is considered a dependent variable, as the strength of the relationship reached (0.679), while if the performance is considered as an independent variable and the degree of optimism is a dependent variable, the strength of the relationship becomes (0.443), and this means that the degree of optimism is considered as an independent variable. Optimism has an important role in determining the performance of players.

The researcher refers this to the player's high level of optimism and thus improves the player's personal traits such as (emotional stability, self-esteem, increased self-confidence, enthusiasm, motivation, perseverance, boldness and courage), and the high level of optimism among the player helps him to get rid of stress and anxiety, and a decrease in pessimism, Thus, all these things help the player to improve his level in terms of physical, skill and planning, and thus achieve achievement.

Question 3: What is the premier class volleyball players degree of optimism in the West Bank in comparison with their playing position?

In order to conduct this test, the (One Way ANOVA test) has been selected, the result explained in Table (7) and Table (8)

Table 7. *Standard deviation and means regarding to plying positions*

Position	Frequencies	Mean	Standard Deviation
Position (1)	7	2.77	0.42
Position (2)	6	2.87	0.19
Position (3)	13	2.79	0.34
Position (4)	7	2.76	0.35
Position (5)	6	2.83	0.14
Position (6)	6	2.83	0.22
Total Degree	45	2.81	0.29

It is clear from the results of the previous table that the playing center variable did not affect the degree of optimism among volleyball players in the excellent class at the significance level ($\alpha = 0.05$).

Table 8. *Variance test results of optimism regarding to plying positions*

Variance	Summation of Variance	Degree of freedom	Mean	F value	Significance level
Between groups	0.062	5	0.012	0.130	0.985
Inside groups	3.757	39	0.096		
Total	3.819	44			

** Statistically significant ($\alpha = 0.01$)

* Statistically significant ($\alpha = 0.05$)

The researcher refers that to the absence of differences in the percentage of optimism among the players according to the player's position, that all the playing positions in volleyball have an equal degree of optimism and the position does not have any change in the percentage of optimism, Therefore, all the players and their positions have acquired the positives of optimism.

Question 4: What is the premier class volleyball players degree of optimism in the West Bank regarding to the age of players?

In order to conduct this test, the (One Way ANOVA test) has been selected, the result explained in Table (9) and Table (10)

Table 9. *Means and standard deviations of optimism regarding to age variable*

Age	frequencies	Mean	Standard deviation
17-21	12	2.81	0.30
22-26	13	2.69	0.36
27-31	11	2.79	0.23
+32	9	2.89	0.21
Totla	45	2.81	0.29

Table 10. *Variance analysis results of optimism regarding to age*

Variance	Variance summation	Freedom	Mean	F value	Significance level
Between groups	0.446	3	0.149	1.809	0.161
Inside groups	3.373	41	0.082		
Total	3.819	44			

** Statistically significant ($\alpha = 0.01$)

* Statistically significant ($\alpha = 0.05$)

It is clear from the results of the previous table that the age variable did not affect the degree of optimism among volleyball players in the excellent class at the significance level ($\alpha = 0.05$).

The researcher refers the above result to the absence of differences in the level of optimism according to the player's age, and it is clear that the level of optimism was high in a high degree in all the research sample category, that all players according to their ages are

exposed to the same conditions and problems that they face (social, material, security and environmental).

Question 4: What is the premier class volleyball players degree of optimism in the West Bank regarding to the experience?

In order to conduct this test, the (One Way ANOVA test) has been selected, the result explained in Table (11) and Table (12)

Table 11. Means and standard deviations of optimism regarding to Experience variable

Experience/year	frequencies	Mean	Standard deviation
3-1	10	2.77	0.21
4-6	13	2.86	0.35
7-9	6	2.64	0.22
10-12	6	2.68	0.32
13-15	5	2.80	0.25
+15	5	3.10	0.21
Total	45	2.81	0.29

Table (12) Variance analysis results of optimism regarding to Experience

Variance	Variance summation	Freedom	Mean	F value	Significance level
Between groups	0.746	5	0.149		
Inside groups	3.073	39	0.079	1.894	0.118
Total	3.819	44			

** Statistically significant ($\alpha = 0.01$)

* Statistically significant ($\alpha = 0.05$)

It is clear from the results of the previous table that the playing experience did not affect the degree of optimism among volleyball players in the excellent class at the level of significance ($\alpha = 0.05$).

The researcher states the absence of differences in the level of optimism among the players according to the variable years of playing the player, it is clear that the experience and the number of years of playing the player did not affect the level of optimism.

Conclusion

- The degree of optimism between volleyball primer class in West Bank is high. Where the Mean = 2.81 and it was bigger than the actual value. Moreover, statistically significant ($\alpha = 0.05$).
- The degree of optimism plays an important role in the players' performance, as the relationship strength was 0.68.
- The variables of the study (playing position, age, experience, weight and height) did not affect the degree of optimism among volleyball players in the premier class in the West Bank at the level of significance ($\alpha = 0.05$).

Recommendations

1. Giving the results of the study to the Palestinian Volleyball Federation to know its importance to all age groups.
2. Conducting similar studies related to the subject of the study on different games.
3. Conducting various studies on the subject of optimism and its relationship to the team's results.

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