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Mental health and its relationship with time management among the coaches of the first-class handball clubs

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Abstract

The importance of the research is to study the reality of the mental health of the coaches of the first-class handball clubs and its close connection with time management, and this is what results from the individual's management of his behaviors and directing his feelings and desires towards goals. Time management is one of the most important administrative variables that interact with many variables and contribute significantly to achieving results and reaching goals in the best and shortest way and at the lowest costs. The problem of the research was represented in the researcher's questions in (What is the level of mental health of the handball coaches, the study sample, and how do the coaches of the concerned sports clubs deal with time and its management?). While the objectives of the research were to identify the relationship between the variables of the study (mental health and time management) for the coaches of the first-class handball clubs. Due to its compatibility with the study processes, the researcher used the descriptive method in the survey method and the method of correlational relations. The research community was identified with (35) Premier League handball coaches, and they represent the coaches of the teams participating in the Premier League for the season 2022-2023, which number (15) clubs from the Premier League. As for the most important conclusions, they are: There is a very high direct correlation between mental health and time management. Reaching the good there is a possibility of predicting mental health in terms of time management for the coaches of the first-class handball clubs.

As for the most important recommendations, they are: Conducting a periodic examination, preferably every season, of the levels of the coaches of the first-class handball clubs in the variables proven in the study due to their importance in raising the level of training for them.

Keywords: Mental health, time management, psychological counseling, handball clubs

1. Introduction

Psychological counseling is one of the applied fields of modern psychology that aims to achieve a person's happiness and development.

The sports business environment and its external surroundings are witnessing many and growing changes and the intensification of competition at the local and global levels, which prompted sports institutions to search for modern methods and methods to confront these developments in the sports field, and this calls for a real and serious intervention for research related to administrative variables that would make these sports institutions successful. The real challenge facing the Iraqi sports institutions is the speed in the changes and developments taking place in the Arab and international sports institutions. This calls for serious work in facing these developments to ensure continuity, which necessitates finding new and advanced work mechanisms to keep pace with other sports institutions.

As it is known that the institutions, whether social or sports, in the course of our work, consist of a group of pillars or components thereof (infrastructure, financial and human resources, etc.), therefore attention must be paid to the working cadres as is the concern to other components, here we point out that mental health has an important place among those foundations from which the institution is formed, as it relates to the individual who is the orbit of production and its quality. This has been confirmed by the research of workers in the fields of psychology, education and social service because of its importance in the life of the

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individual and the group alike, and that the general state of health is the capital of the individual in any work of the business so that individuals who enjoy a high level of physical fitness can face work pressures to a stronger degree than individuals who suffer from diseases, whether these diseases are physical or psychological.

As we have already indicated to the importance of mental health, we refer here to its role in the variable of time management and its role in promoting compatibility between the requirements of the working individual and the organization with a set of decisions and preparations emanating from awareness in achieving skills development and enabling individuals to make decisions in a timely manner to enhance the organization's position by seizing opportunities and avoiding threats and having a competitive advantage that allows it to survive and continue.

The handball game is one of the important group games, with a large public turnout, which is subject to many conditions that will advance its reality, and the first responsible for the success of this task is the training staff, as it represents the link between the administrative bodies of the clubs and the players. This requires full knowledge of time, its importance and how to manage it.

From the foregoing, the importance of research is evident in studying the reality of mental health among the coaches of premium clubs in handball, and its close connection with time management.

1.2. Research problem

The research problem appears in studying the reality of mental health among the coaches of the first-class handball clubs and its close connection with time management, and this is what results from the individual's management of his behaviors and directing his feelings and desires towards goals. Time management is one of the most important administrative variables that interact with many variables and contribute significantly to achieving results and reaching goals in the best and shortest way and at the lowest costs.

The research problem appears in the researcher's questions as follows

1. What is the level of psychological health of the handball coaches, the study sample?
2. How do the coaches of the concerned sports clubs deal with time management?

1.3. Research Objectives

In light of the above questions, the research objective was formulated.

1. Identifying the relationship between the variables of the study (mental health and time management) for the coaches of the first-class handball clubs.

1.4. Research hypotheses

1. The researcher assumes that there is a significant relationship between the level of psychological health of the handball coaches and the time management of the coaches of the first-class handball clubs.

1.5. Research field

1.5.1. The human field: The coaching staff (coaches and their assistants) and the players of the first and premium handball clubs.

1.5.2. Time field: From 11/12/2022 to 16/4/2023.

1.5.3. The spatial field: Courts and halls for holding matches and training for Premier League handball clubs.

2. Research Methodology and Field Procedures

2.1. Research Methodology: Because it was appropriate for the study processes, the researcher used the descriptive approach in both the survey and the correlational relations methods.

2.2. Research community and sample

The research community has been identified with (35) Premier League handball coaches, who represent the coaches of the teams participating in the Premier League for the 2022-2023 season, which are (15) clubs from the Premier League.

2.3. Tools and methods used in the research

2.3.1. Equipment and tools

- Various stationery and library tools.
- Data collection and dump forms.
- Manual calculator (JOINUS) number (1).
- Personal electronic calculator type (Lap Top Dell) number (1).

2.3.2. Methods of collecting information: Scientific research relies heavily on the means of collecting data for the study, and the researcher has used the following research methods to find solutions to the problem and achieve the goals of his research.

- Note.
- The standards used in the study.
- The researcher used the measures of (mental health) and (time management) proven by him in the body of the research, and its details will be fully addressed.
- Special forms for recording test results for players.

2.4. Field Research Procedures

After reviewing the researcher about the previous studies and following up the relevant scales, he found that the scale of the researcher (Dawood Hamza Hussein, 2014, p. 65) ^[1], and the scale of the researcher (Nabaa Ali Sami, (2023, p. 44) ^[2], are the most appropriate for the research, as the researcher relied on them in his study. The scale of (mental health) consisted of (40) phrases, and the researcher used the scale of appreciation (five) to answer his phrases from, and the scale of (time management) consisted of (24) phrases, and the researcher used the (five-point) Likert scale. In the form of one form designed on a sample representing the coaches of the teams participating in the Premier League for the 2022-2023 season.

2.5 Application of Standards (Main Experiment)

The researcher applied the measures (mental health, time management) on the research sample consisting of (40) coaches of Premier League clubs in handball, distributed among (15) clubs referred to previously, on (13/9/2022) to (27/9/2022), and after collecting the questionnaires, it was found that they are complete and ready for statistical analysis.

2.6 Statistical methods: The researcher used the statistical package for social sciences (SPSS), the twentieth edition.

3. Presentation, analysis and discussion of the results

3.1. Presenting, analyzing and discussing the results of the mental health scale

Table 1: Demonstrates the Mean, standard deviation, fictitious average, and calculated value of (t) for the mental health scale.

Variables	Mean	Std. deviation	Hypothetical Mean	T Value	Sig level	Sig type
Psychological health	159.55	16.59	80	93.67	0.00	Sig

The findings of Table 1 display the overall score of the mental health scale, which consists of (40) items with strong statistical significance, efficiency, and the ability to discriminate across three domains (realistic perspective and self-confidence, emotional balance and anxiousness, and self-concept); There are statistically significant differences between the two means and in favours of the sample's arithmetic mean, which suggests that the coaches of Iraqi clubs for the excellent and first degrees of handball have psychological health above the national average. The arithmetic mean is higher than the hypothetical mean, and the level of significance (0.00), which is lower than the level of significance (0.05), supports this; The researcher attributes these results to the fact that the research sample enjoys a good

amount of psychological health, as this is represented in the ability of the coach to deal with matters patiently and without emotion, just as the firm coach does not provoke or be provoked by events or easy or difficult situations in matches and training. And the coach's feeling of appreciating life and feeling satisfied with his presence in it. In other words, the coach should be happy with his life and see that it has value and that it has what he deserves to strive, work and live for, especially in his field of handball. The coach's self-understanding affects his behavior and his satisfaction with the coaching profession. Studies have shown that there are relationships between the coach's self-understanding and high appreciation, and the increase in the level of players' performance and the achievement of good results.

Table 2: Shows the values of the weighted mean and the weight percentile of the items of the mental health scale.

N	Axis	Paragraph number	weighted mean	weight percentile	Arrange the paragraph by axis
1	Realistic outlook and self-confidence	1	4.02	80%	Seventh
2		2	3.92	78%	Eighth
3		3	4.17	83%	Fourth
4		4	4.2	84%	Third
5		5	4.29	86%	First
6		6	4.05	81%	Sixth
7		7	3.86	77%	Ninth
8		8	3.76	76%	Tenth
9		9	4.27	85%	The Second
10		10	4.01	80%	Seventh
11		11	4.09	82%	Fifth
12		12	4.17	83%	Fourth
13		13	3.73	78%	Eighth
14		14	4.27	85%	The Second
15		15	4.01	80%	Seventh
16		16	4.09	82%	Fifth
17		17	4.17	83%	Fourth
18	Emotional balance and nervous asthenia	1	4.24	85%	Third
19		2	4.16	83%	Fifth
20		3	4.18	84%	Fourth
21		4	4.26	85%	Third
22		5	4.34	87%	The First
23		6	4.32	87%	The First
24		7	4.29	86%	The Second
25		8	4.12	83%	Fifth
26		9	4.10	82%	Sixth
27		10	4.21	84%	Fourth
28		11	4.06	81%	Seventh
29		12	3.65	77%	Ninth
30		13	3.94	79%	Eighth
31		14	4.10	82%	Sixth
32	Self-concept	1	3.94	79%	Fourth
33		2	3.52	70%	Sixth
34		3	4.10	82%	The Second
35		4	4.12	82%	The Second
36		5	4.17	83%	The First
37		6	3.91	79%	Fourth
38		7	4.10	82%	The Second
39		8	4.04	81%	Third
40		9	3.70	78%	Fifth

We can see that there is a discrepancy in the percentages obtained by the paragraphs as well as their difference on the same axis from Table 2, which displays the weighted mean and percentage weight for each paragraph of the mental health scale and according to each axis of the scale. For example, the

percentages obtained by the paragraphs on the axis (realistic view and self-confidence) ranged between (76-86), which demonstrates the degree of the path's self-awareness, preparations, and potentials, whether they are (physical, emotional, and serious). momentary, social, material or

economic, cultural or intellectual) including his values, horizons, aspirations, professional and economic hopes, his social position, how he sees himself through his profession and what his profession can achieve for him through what he plans based on the reality of his capabilities.

As for the axis of (emotional balance and neurasthenia), the percentages obtained for the paragraphs ranged between (77-87), and this indicates the extent of understanding of the sample of the trainers and their appreciation for life and the feeling of contentment for being in it.

As for the axis (self-concept), the percentages obtained by the paragraphs ranged between (70-83), and this indicates that the sample members know, but to a lesser extent than the previous two domains, the concept of the trainers for themselves, and if his self-concept is inflated, it leads him to arrogance and arrogance, which makes him lose compatibility

with the other. If an individual is characterized by a low self-concept of reality and others' perception of it, then his behavior is characterized by inferiority (a sense of inferiority) and leads to misalignment.

3.1.2. Presenting, analyzing and discussing the results of the time management measure

After determining the significance of the differences between the arithmetic means of the sample and the hypothetical of the scale, the researcher used the t-test for one sample to determine the reality of time management among the participants in the main research sample. The results related to the data analysis of the degree of time management scale for the research sample's participants using statistical means showed the arithmetic mean, standard deviation, and the hypothetical mean as shown in Table 3.

Table 3: Shows the arithmetic mean, standard deviation, hypothetical mean, and (t) value calculated for the time management scale

Variables	Mean	Std. deviation	Hypothetical Mean	T value	Sig level	Sig type
Time management	95.58	13.19	48	91.73	0.00	Sig

The time management scale has 24 items with strong statistical significance, high discriminating capacity, and four domains (time planning, time management, time directing, and time control); Due to the fact that the sample's arithmetic mean is higher than the hypothetical mean and the level of significance (0.00) is lower than the level of significance (0.05), there are statistically significant differences between the two means, indicating that the trainers have better time management than the average; The researcher attributes the reason for these differences to the fact that the research sample enjoys a good amount of time management, and in

general they have experience, skill and knowledge of modern administrative concepts that are in line with developments, which makes them proceed according to the progress in their work and the tasks entrusted to them and maintain all that is existing away from changes, as well as their planning and organizing time and follow-up as well as control over it, and this is consistent with what has been mentioned that time management is "the effective use of time and other available resources with the aim of achieving the expected goals in the organization within a limited time frame" (Nahla Taha, 1996, p. 32) [3].

Table 4: Shows the values of the weighted mean and the weight percentile for the items of the time management scale.

N	Axis	Paragraph number	Weighted mean	Weight Percentile	Arrange the paragraph by axis
1	Planning time	1	4.10	%82	Third
2		2	4.09	%81	Fourth
3		3	4.06	%81	Fifth
4		4	4.12	%82	Second
5		5	4.32	%86	First
6		6	4.07	%81	Fifth
7	Time organize	1	4.10	%82	Third
8		2	4.04	%81	Fourth
9		3	3.70	%78	Sixth
10		4	4.01	%80	Fifth
11		5	4.26	%85	Second
12		6	4.29	%86	First
13	Direct time	1	4.21	%84	First
14		2	4	%80	Second
15		3	3.71	%78	Fourth
16		4	3.56	%76	Fifth
17		5	3.90	%79	Third
18		6	4.01	%80	Second
19	Time control	1	4.10	%82	Second
20		2	4.21	%84	First
21		3	4.06	%81	Third
22		4	3.65	%77	Fifth
23		5	3.94	%79	Fourth
24		6	4.10	%82	Second

From Table 4, which shows the weighted mean and the percentage weight for each paragraph of the time management scale, and according to each of the axes of the scales, we notice that there is a variation in the percentages obtained by the paragraphs, as well as their difference in one axis, n. Note that the percentages obtained by the paragraphs in the axis

(time planning) ranged between (81-86), and this indicates that the respondents enjoy good planning for their times, which through this planning they try to reach their previously set goals within the specified time period.

As for the axis (time management), the percentages obtained for the paragraphs ranged between (78-86), and this indicates

that the respondents have the ability to organize their time well at work and outside it is a process of collecting and defining the tasks of the work to be implemented, as well as defining authority and responsibility and creating an atmosphere of correct relationships in order to enable individuals to perform their work with the greatest possible motivation and solve problems with what the individual possesses of knowledge, experience and skills, which can be the subject of treatment to reach the achievement of the set goals and all this within the specified times for each part of the work and for the work as a whole.

As for the axis (guiding time), the percentages obtained for the paragraphs in this ranged between (76-84), and this indicates that the respondents enjoy directing the time and a good estimate that enables them to adopt new ideas and search for appropriate solutions for them. It means what the employee has of information, skills, attitudes and values. It represents his basic characteristics that produce an effective performance that he performs and at the same time he is able to bear the responsibility resulting from the actions that he performs, and he has the readiness for the consequences of that in order to achieve the required goals, and all this comes

from the effective delegation by the superiors of some powers and tasks at work.

As for the axis of (time control), the percentages obtained by the paragraphs in this ranged between (77-84), and this indicates that the sample members enjoy good time control, which is what distinguishes the individual from others, and is represented by the coaches in the ability to work in the presence of field visits by those responsible for the club as well as finding appropriate solutions to any obstacle or weakness in any training unit or during competitions, and thus be able to address poor performance, and this is proven by weekly or fortnightly reports attached to the coach. Known by club management.

3.2 Presenting, analyzing and discussing the results of the correlation between the research variables

In order to achieve the objective of the research, which is to identify the nature of the relationship between mental health and time management alertness among the coaches of the two-class clubs in handball, the researcher extracted the value of the simple correlation coefficient (Pearson) between mental health and time management, as shown in Table 5.

Table 5: Shows the relationships between the simple correlation coefficient, the level of significance and the statistical significance between the variables.

Variables	Correlation Coefficient	Sig level	Sig type
Time management + Psychological health	0.57	0.00	Sig

4. Discussing the results

Through Table 5, it is clear to us that the value of the simple correlation coefficient between the research variables was significant at the level of significance (0.00), which is less than the level of significance (0.05), and here we infer that there is a direct and positive correlation between mental health and time management. Hence, the researcher concluded that there is an effect of mental health on time management, the higher the psychological health of the trainers, the higher the time management decisions with it, the results showed that the value of the simple correlation coefficient calculated between mental health and time management was (0.57) below the level of significance (0.00), which is less than the level of significance (0.05), which indicates the existence of a direct positive correlation between them. The researcher attributes the existence of this relationship between mental health and food management to the strong correlation between vigilance between them, so that the more the trainer has psychological health at a high level, the more he enjoys a high level of time management, because the training performance requires the trainer to be aware and alert to his profession, by studying his knowledge, tendencies, values and experiences in the various training situations related to the present and the future. The researcher concluded that there is an effect of mental health on time management, the higher it is for the trainers, the higher it is with it and directly their time management, the more the trainer enjoys a good degree of mental health, the more he is characterized by good time performance.

5. Conclusions and Recommendations

5.1. Conclusions

1. The existence of a very high direct correlation between mental health and time management, reaching good.
2. There is a possibility of predicting mental health in terms

of strategic vigilance and time management for the handball coaches of the first and first class clubs.

5.2. Recommendations

1. Conducting a periodic examination, preferably every season, of the levels of the coaches of the first-class handball clubs in the variables proven in the study due to their importance in raising the level of training for them.
2. Work on laying down scientific bases and foundations for the mental health variable in sports clubs, and work on raising the levels of understanding of the administrative bodies for this variable by involving them in its own administrative development courses that are based on strategic planning.
3. Conducting research and studies of other administrative variables on the coaches of the first and first-class clubs in handball due to the importance of the administrative aspect in their work.

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Appendix (1)**Shows the paragraphs of the mental health scale**

N	Paragraphs	Very little	Little	Occasionally	Significantly	Very Significantly
1	I look optimistically at my future in my coaching performance.					
2	I want to develop my coaching performance.					
3	I feel hopeless when I fail in my management of the match.					
4	I see my training performance is renewed according to the match.					
5	I feel that the coaching profession is not worth the suffering.					
6	I think I don't get my chance to coach.					
7	I feel that the matches I lead as a coach are above my coaching level.					
8	I can face difficult situations in the game.					
9	I have more formation than my plans per game match.					
10	I get annoyed when I get a lower rating than I expect in a match.					
11	I can lead my team in difficult matches with high quality.					
12	I strive to be persistent in improving my training level.					
13	The best easy games over hard.					
14	I feel lethargic during the game.					
15	I feel pain when I don't get a good result in a match.					
16	I aspire to be a prominent coach locally and in the Arab world.					
17	I prefer working in fields other than training.					
18	I Make quick decisions against players who are falling behind in the match.					
19	I accept criticism from my fellow coaches and deal with its source calmly.					
20	I withdraw when my fellow trainers are discussing a topic.					
21	I get a headache at the end of a tough game.					
22	I feel my temperature rising throughout the match.					
23	I see that I am at full capacity to perform my coaching duty.					
24	I have disturbing dreams when I sleep.					
25	Get high scores on the physical and cognitive tests for coaches.					
26	My appetite is weak before the game					
27	I find it hard to focus on practice and matches.					
28	My stomach hurts.					
29	I feel very active throughout the league.					
30	I feel that my relationship with my fellow coaches is good.					
31	I am satisfied with my work in the Handball Association.					
32	I see that my height and weight are not suitable for handball coaches.					
33	I feel that my level of training is above par.					
34	I feel that my fellow coaches don't like me.					
35	I wish I was someone else.					
36	I have a feeling that I will fail in training.					
37	I see that I look good as a handball coach.					
38	I feel like an important person on the coaching committee.					
39	I can express my feelings.					
40	I have a lot of confidence in myself when I coach a club.					

Appendix (2)**Shows time management scale**

N	Paragraphs	Very Significantly	Significantly	Occasionally	Little	Very little
1	I set my goals in proportion to the time available to me to achieve them.					
2	I Determine the appropriate time to take the time out.					
3	I postpone some adjustments to the composition and choose the right time to give it.					
4	I plan how to run the match several days in advance.					
5	I Prove daily practice times to have my team ready throughout the season.					
6	I divide my time according to my goals and importance.					
7	I Accomplish my training goals according to their priority.					
8	I delegate some coaching tasks to the assistant coaches and players.					
9	I Determine enough time to prepare the team for the match.					
10	Make the most of your break between halves.					
11	I continued to focus on the match and make decisions at the right time, despite the fatigue.					
12	I divide the players' efforts according to the strength and speed of the match in a way that keeps my team close to the pace of the match					
13	I use the means of communication to get up-to-date information as soon as possible.					
14	I work to balance the demands of my personal and professional life.					

15	I work with the coaching staff to prepare the team to start the game at the right time.					
16	I have the ability to distinguish between deferrable and non-deferrable decisions.					
17	He alerted the players orally in the shortest and most accurate phrases during the match, in order to save time.					
18	My vision of the match is clear and does not need time to be interpreted by the players.					
19	Compare my current performance with my ideal performance (what has already been done and should be done)					
20	I identify the reasons for the loss of time.					
21	I keep a daily diary to keep track of the tasks to be completed.					
22	I self-evaluate my decisions about whether or not I made them at the right time.					
23	I am rewarded by the administrative body of the club when preparing the team for a good period of time.					
24	I am subject to penalties by the administrative body of the club when the results are bad.					