

*

:
()
(286)) ()
2011/2010

:

.2012/8/7 :
.2013

.2011/7/30 :

*
©

...

Shyness and its Relation to the Level of Learning in some Co-practical Courses for Physical Education Students at the University of Jordan

Rami Saleh Halaweh

Tayseer Al-Mansy

Abdel-Salam Jaber

Abstract

The study aimed at recognizing the relation between shyness and the level of learning in the co-practical courses for physical education students at the University of Jordan. In additions, this study aimed at identifying the shyness level based on the following variations: gender, place of living, game type (individual or group games), previous sports experience, academic year of study, and the subject itself (track and field, basketball, volleyball... etc.). The descriptive method was conducted throughout the study on (286) registered students for the academic year 2010-2011. The study emphasized that shyness negatively affects the level of learning regarding co-practical courses. Furthermore, the results clarified that females, students who live in villages, students of the first and second academic years of study showed a higher level of shyness. Shyness level in individual games is higher than group games, and it is higher with students without sport experience too. Finally, it was understood from this study that shyness level is higher in co-practical subjects that require several physical and motor skills and include a number of competitions. According to these findings, the study recommends that physical education lecturers need to use educational methods that assist students to adjust socially and psychologically in order to limit shyness in these subjects, and it suggests setting apart males and females in the co-practical subjects.

Keywords: Shyness, Level of learning, Co-practical subjects.

.2013

)

.(1998

...



2000

2000

2002

2006

)

.(Magill, 2010

(2006)

(2001)

Carducci(2000)

Zimbardo (1995)

Zimbardo, 1995)

.(Carducci, 2000 ;

.(1995 1999 1999 1999)

(Bruch&

.Hamer & Heimberg,1995)

(1993) (1995) Carducci, (2000)

. (Ikhioya,1995; Kavita&Coplen, 2003)

(1999)

...



.

.

.

...



.	:	-1
.	.	-2
.	.	-3
.	.	-4
.()	.	-5
.	.	-6
.()	.	-7
)	.(-1
.	.	

-2
-3
-4
)
.(
-5
-6
)
.(
-7
)
.
- - :
:
)
.
:
. 2011/2010
() -

...



:() -

%60

(%30) :

(%30) -

:() -

()

Findlay& Coplan, (2008)

1355

10.6

Page. et. all (2004)

"

2665

"

Kvita @Coplen (2003)

(40)

Page & Zarco (2001)

300

(2001)

()

...



(84)
2000/ 1999

(1999)

(836)

(634) (252)

:

()
()

(1) (286) (147) (139)

(1)

21.68	62		
26.22	75		
16.08	46		
15.38	44		
9.79	28		
10.84	31		
100.00	286		
48.60	139		
51.40	147		
100.00	286		
26.57	76		
19.23	55		
8.39	24		
45.80	131		
100.00	286		
27.97	80		
17.48	50		
29.72	85		
24.83	71		
100.00	286		
83.22	238		
16.78	48		
100.00	286		

...



. -
-
-
.() -
-
-
-
-
-
-
-
:

Findly&Coplan,2008; Page 1999

2001)
.(&Zarco,2001; Zimbardo,1990

42

)
(1)

.2013

:

.(5 - 3.66) (3.65-2.33) (2.32 -1)

.(2) .

(286)

(0.733) (0.454)
. (3) .

(286)

(0.959)

:

...

(3)

(286)_ .

0.000	*0.749-	46.22	2.05	
0.000	*0.641-	41.20	2.41	
0.842	0.030-	43.28	2.21	
0.000	*0.768-	42.68	2.08	
0.000	*0.769-	39.50	2.32	
0.004	*0.499-	36.54	2.22	

(3)

(0.749-)

(0.030-)

(0.641-)

(0.499-)

(0.769-)

(0.768)

0.05

(0.842)

.(0.05 \geq α)

(4)

0.000	5.04	0.55	2.01	139		
		0.80	2.42	147		
0.000	4.20	0.69	2.14	238		
		0.74	2.61	48		
0.005	2.84	0.77	2.33	149		
		0.63	2.10	137		
0.000	3.77	0.61	2.08	155		
		0.79	2.39	131		

() (4)

(5.04)

0.05 (0.000)

(2.42)

. (2.01)

(4.20)

0.05

. (2.14)

(2.61)

...

(2.84)

($0.05 \geq \alpha$)

0.05

(0.005)

(2.33)

.(2.10)

(0.000)

(3.77)

0.05

(5)

(286)

0.001	5.46	0.77	2.39	80	
		0.87	2.33	50	
		0.59	2.22	85	
		0.60	1.95	71	

(5)

(5.46)

($0.05 \geq \alpha$)

(0.001)

(8)

(6)

*0.44	0.17	0.06	2.39	
*0.38	0.11		2.33	
*0.27			2.22	
			1.95	

(6)

(*)

.()

(7)

0.041	2.35	0.61	2.05	62	
		0.87	2.41	75	
		0.61	2.21	46	
		0.80	2.08	44	
		0.72	2.32	28	
		0.34	2.22	31	

...

() (7)

(2.35)

(0.05≥α) (0.041)

()

(8)

(8)

0.17-	0.27-	0.03-	0.16-	*0.36-	2.05	
0.17-	0.09	0.33	0.20		2.41	
0.01-	0.11-	0.13			2.21	
0.14-	0.24-				2.08	
0.10					2.32	
					2.22	

(8)

(*)

(0.36)

(2.41)

.(2.05)

:

:

"

"

()

(3)

Carducci (2000)

(1995)

Page & Zarco, (2001)

"

"

(4)

...

(1999)

"

"

(4)

Page. et. all (2004)

()

"

:"()

(4)

Page & Zarco (2001)

"

"

(4)

...

Findlay & Coplan (2008)

"

.()

(5)

(6)

Zimbardo (1995)

(1999)

"

)

.(

(7)

(8)

Page & Zarco (2001)

:

-1

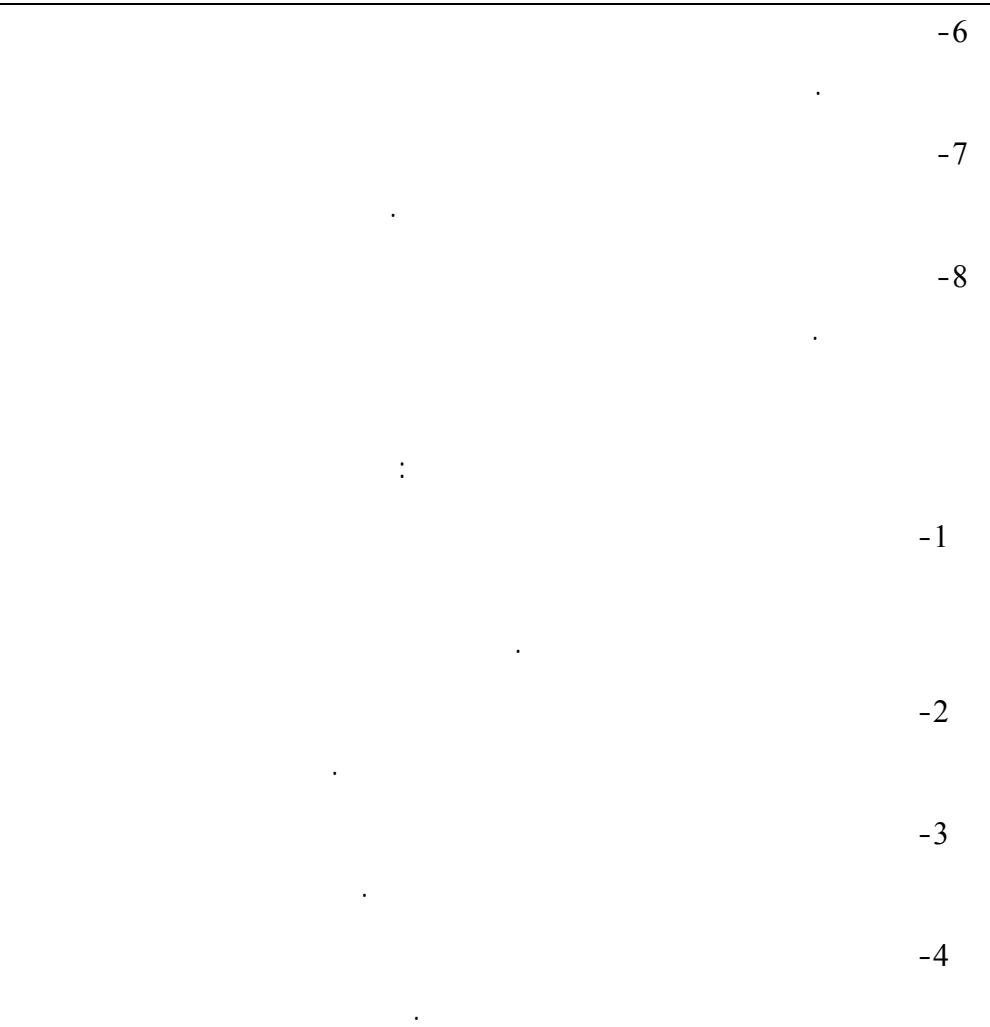
-2

-3

-4

-5

...



" .(2001)

"

" .(1999) .

.(94) "

.(2002) .

" (1999) .

.(42)

" .(1995) .

" .(1999) .

"

" .(1995) .

"

() " .(1993) .

"

.(2000)

.(2006)

.(2000)

...

" " .(1998)

1998

- Findlay, L. C., & Coplan, R. J. (2008). Come out and play: Shyness in childhood and the benefits of organized sports participation. *Canadian Journal of Behavioural Science*, 40(3), 153-161.
- Magill, Richard (2010) . *Motor Learning and control*. McGraw – Hill Humanities , Social Sciences , USA .
- Carducci, D . Bernardo, J (2000). *Shyness: A Bold New Approach*. Harpercollens . New York .
- Zimbardo, Philip G. (1990) . *Shyness : What It is , What to do about it*. Canada .
- Page, Randy M. Zarco, Emilia P. (2001). "Shyness, physical activity, and sports team participation among Philippine high school students". *Child Study Journal* .
- Page, Randy M. Ching, L. Nae, F. Kirk, D. (2004). "Physical Activity and psychosocial discomfort Among high school students in Taipei, Taiwan". *International Quarterly of Community Health Education*.
- Kavita, Prakash. Coplan,R. (2003). "Shy Skaters? Shyness, Coping, and Adjustment Outcomes in female Adolescent Figure Skaters". *Athletic Insight, Journal of sport psychology*, v(5), carelton university.
- Bruch, M.A., Hamer, R.J., & Heimberg, R.G. (1995). Shyness and public self-consciousness: Additive or interactive relation with social interaction? *Journal of Personality*, 63, 47-63.
- Ikhioya, O.S.A. (1996). Adopting effective control measures for some behavioral problems among athletes. *Journal of Sport Behaviour*, 20, 54-56.

(1)

						1
						2
						3
						4
						5
						6
						7
						8
						9
						10
						11
						12
						13
						14

...

						15
						16
						17
						18
						19
						20
						21
						22
						23
						24
						25
						26

						27
						28
						29
						30
						31
						32
						33
						34
						35
						36
						37
						38
						39
						40
						41
						42

...

(2)

0.000	0.733	x22	0.000	0.685	x1
0.000	0.594	x23	0.000	0.599	x2
0.000	0.622	x24	0.000	0.653	x3
0.000	0.623	x25	0.000	0.626	x4
0.000	0.462	x26	0.000	0.585	x5
0.000	0.655	x27	0.000	0.648	x6
0.000	0.645	x28	0.000	0.677	x7
0.000	0.647	x29	0.000	0.612	x8
0.000	0.542	x30	0.000	0.562	x9
0.000	0.649	x31	0.000	0.478	x10
0.000	0.639	x32	0.000	0.630	x11
0.000	0.665	x33	0.000	0.618	x12
0.000	0.651	x34	0.000	0.629	x13
0.000	0.556	x35	0.000	0.620	x14
0.000	0.644	x36	0.000	0.547	x15
0.000	0.579	x37	0.000	0.619	x16
0.000	0.549	X38	0.000	0.702	x17
0.000	0.628	x39	0.000	0.707	x18
0.000	0.576	x40	0.000	0.627	x19
0.000	0.454	x41	0.000	0.616	x20
0.000	0.631	x42	0.000	0.639	x21