

Mental health and its relationship to the development of positive thinking among a sample of students at the University of Baghdad

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Abstract

The importance of mental health and its relationship to developing positive thinking among a sample of students at the University of Baghdad

Through the researcher's follow-up of the faculty at the University of Baghdad, the researcher noticed that attention to the psychological state of students and the type of thinking they have requires more care and attention, and this attention must be based on scientific studies that derive their data from the target sample because of its importance in students' progress or decline as a result of thoughts. The negativity or positivity that circulates in the minds of students, which may affect their confidence and abilities or expose them to psychological pressures, making them unable to confront and deal with them.

The research aims to identify the relationship between mental health and the development of positive thinking among a sample of Baghdad University students. The researcher hypothesized that there is a statistically significant correlation between mental health and positive thinking among Baghdad University students. The researcher used the descriptive method using the relationships method Connectivity. The researcher chose the research community intentionally Students of the College of Sports Sciences for Girls/University of Baghdad for the year (2021-2022) and their number (200) student By (100)./. The number of research sample in the main study was (100) student in the rate of (50%), and the experiment sample was reconnaissance (30) student They were randomly selected from research community.

After presenting and discussing the results, the researcher left With conclusions The following:

1. The research sample members have good positive thinking to varying degrees.
2. The research sample members enjoy In good mental health.

And Based on the results of the research, the researcher recommends the following:

1. The need to emphasize spreading the culture of positive thinking among people Students before Teachings.
2. It is necessary to benefit from the perspective of mental health scale to identify the level of mental health among female students and the possibility of investing in it in the academic stages.

Keywords: Mental , health and positive thinking.

Introduction

Psychology is one of the sciences that pays great attention to understanding the individual and his behavior, trying to modify or change this behavior, and developing appropriate solutions to the problems facing the person.

From this standpoint, modern studies have focused on the psychological aspect and given it the utmost importance in order to achieve the best possible result in this field, that Results It is often decided based on the psychological factor. The better the psychological preparation, the better the results achieved. Therefore, specialists in the field of sports psychology have paid attention to this aspect by shedding light on guidance programs and psychological health, as they are among the important factors behind the rise and fall of performance. And athletic achievement⁽¹⁾

Thinking is one of the basic factors in an individual's life, as it helps guide and advance life. It also helps solve many of the problems facing the individual and avoid many mistakes. Mental skills are the individual's mental abilities that push him to do something if the appropriate conditions are available to him. To do it, mental skills include attention, perception, concentration, remembering, and imagination. Also, mental skills are important in an individual's life because they have an impact on

building his personality and making him effective and influential in his surroundings, so thinking is part of mental processes.

Therefore, the importance of research is to understand the extent of the problem importance of mental health and its relationship to developing positive thinking among students at the University of Baghdad

Through the researcher's follow-up of the faculty at the University of Baghdad, the researcher noticed that attention to the psychological state of students and the type of thinking they have requires more care and attention, and this attention must be based on scientific studies that derive their data from the target sample because of its importance in students' progress or decline as a result of thoughts. The negativity or positivity that circulates in the minds of students, which may affect their confidence and abilities or expose them to psychological pressures, making them unable to confront and deal with them. Therefore, the problem of the research lies in answering the following questions:

- Knowing the importance of mental health and its relationship to developing positive thinking among students at the University of Baghdad.

Research objectives:

- 1- Identifying the importance of mental health among students of the Physical Education College and Sports Sciences for Girls, University of Baghdad.
- 2- Identifying the level of positive thinking among Baghdad University students
- 3- Identifying the relationship between mental health and developing positive thinking among students of the Physical Education College and Sports Sciences for Girls, University of Baghdad

Research hypothesis:

- There is a statistically significant correlation between mental health and the development of positive thinking among students at the University of Baghdad.

Research field:

- **The human field:**-Students of the Physical Education College and Sports Sciences for Girls, University of Baghdad
- **Temporal field:**-The period from 5/8/2022 to 6/16/2022
- **Spatial field:**-Theoretical halls

Research methodology and field procedures:

Research methodology:

The nature of the problem and the methods of solving it determine the approach that the researcher chooses to reach the research results, so the researcher used the descriptive method using the relationships method a Correlative because it is consistent with the objectives of the study to solve the research problem, as it is known as the descriptive method "It is one of the forms of scientific analysis and interpretation that describes a specific phenomenon or problem and depicts it with pens by collecting data and information, analyzing and interpreting them in an accurate scientific manner."²

The research community and its sample:

Choosing the research sample is one of the basic and important matters in the course of work in the research. Therefore, the research sample must truly represent the community of origin. Therefore, the researcher chose the research community in an intentional way, namely Students of the Physical Education College and Sports Sciences for Girls/University of Baghdad for the year (2021-2022) and their number (200) student By (100)/. The number of research sample in the main study was (100) student in the rate of(50%), and the experiment sample was reconnaissance(30) student They were randomly selected from research community Table (1) shows the distribution of the research sample.

Table (1). Show distribution of the research community

Exploratory experiment	he research sample	200	research community
30	100		
15%	50%	100%	percentage

Tools and methods used in gathering information in the study:

- **Methods used in the research:**The success of research in achieving its objectives depends on many factors, the most important of which is the correct and appropriate choice of methods for

obtaining data.³ Therefore, choosing appropriate tools is an essential factor in research. For the purpose of obtaining the information and data required to solve the research problem, the researcher used many methods and tools, as follows:

1. Arab and foreign sources
2. Global information network
3. Iraqi Virtual Library
4. Forms for recording and transcribing data
5. Positive thinking scale
6. Scale Psychological health
7. Personal computer type (dell)

Field research procedures:-

1. Mental health scale

After reviewing the measures prepared in this field, the researcher decided to use the mental health measure, which...I returned it (Israa Razzaq Jabbar)⁴This scale was based on behavioral and cognitive theory, which indicates that psychological and pathological symptoms are negative, learned habits that can be modified like any other manifestation of behavior. Cognitive theory indicates that psychological illnesses result from faulty learning and reasoning based on insufficient and incorrect information.⁵This scale consists of (22)A paragraph and (3) alternatives for the answer, and the correction key for this scale is from (1-3) for positive items and from (1-3) for negative items, and the highest score for this scale is (66(The lowest possible total score is)22)

2. Positive thinking scale

The researcher used the positive thinking scale prepared by (Raad Al-Fatlawi, 2011)⁶The scale consists of (30) items, and the answer alternatives consist of two alternatives, one of which measures the positive thinking style and the other measures the negative thinking style. One score was given to the alternative that measures the positive pattern and (zero) to the alternative that measures the negative pattern. The total scores for the scale are calculated by summing the scores of the alternatives that the laboratory marks in all items of the scale, noting that the positive alternative may come in first and second place in the answer alternatives and in an unrelated manner. It is intended by the researcher, depending on what It is required by the a Answer the scale items and that the highest score on the scale is (29), the lowest score on the scale is (0), and the table (2) Explains the sequence of positive items and negative items in the positive thinking scale.

Table (2). Show Sequence of positive items and negative items in the positive thinking scale

Negative alternative	Positive alternative	Paragraph sequence
a	B	1
a	B	2
a	B	3
B	a	4
B	a	5
a	B	6
B	a	7
B	a	8
B	a	9
B	a	10
B	a	11
B	a	12
B	a	13
B	a	14
B	a	15
B	a	16
B	a	17
a	B	18
a	B	19

B	a	20
B	a	21
B	a	22
B	a	23
B	a	24
B	a	25
B	a	26
B	a	27
a	B	28
B	a	29
B	a	30

3. Experience reconnaissance:

Longer experience reconnaissance One of the basics of the researcher's scientific field work, after she prepares all the supplies she needs for her main experiment, is that the experiment reconnaissance (A small preliminary pilot study and training to refine field procedures before delving into all the information)⁸

The researcher conducted the experiment reconnaissance On a sample amounting to (30) student On Sunday (15-5-2022) For the purpose of identifying the difficulties facing the researcher in the main experiment of the scale

The researcher benefited from her experience reconnaissance in :

1. Knowing the length of time spent answering the standards items.
2. Identifying the difficulties that the researcher faces in order to avoid them in conducting the main experiment.
3. Determine the clarity of the items of the two scales for the sample members.
4. **Main experience:**

The researcher distributed two scales (Psychological health Positive thinking, on the adult research sample (100) student delusion From the Physical Education College and Sports Sciences for Girls / University of Baghdad. In a day Wednesday (18-3-2014).

Results

Table (3).Shows the mean, standard deviation, and value of (t). Calculate and merge (sig) value in the mental health scale

variable	measuring unit	s	A	value (t) calculated	(sig)	Statistical significance
Psychological health	degree	61,3	9,888	39,135	0,000	moral

By observing the table (3) which shows the values of the means and standard deviations Students of the Physical Education College and Sports Sciences for Girls / University of Baghdad In mental health and when inferring through the use of a test (t) Calculated The results showed that the value of (t) calculated amounted to (39,135), and the value of (sig) a Small From the level of significance (0.05) this confirms The scale is significant and the sample members enjoy good psychological health.

Table (4). Displays the mean, standard deviation, and calculated value of (t). (sig) value is in scale
 Positive thinking

Variable	Measuring unit			Value Calculated (t)	(sig)	Statistical significance
Positive thinking	degree	30	5,151	000	oral	

By observing the table (4) which shows the values of the means and standard deviations Students of the College Sports Sciences for Girls / University of Baghdad In mental health and when inferring through the use of a test (t) Calculated The results showed that the value of (t) calculated amounted to (15,151), and the value of (sig) a Small From the level of significance (0.05) this confirms The significance of the scale and that the sample members have positive thinking.

Table (5). Show correlation coefficient value between two metrics

Variable	Measuring unit	Value (R)	(sig)	Statistical significance
Psychological health	degree	821	000	oral
Positive thinking	degree			

By observing the table (5) which shows Correlation coefficient between mental health and positive thinking and when inferred through use value (R) so The results showed that the value of (R) reached (0.821), and the value of (sig) a Small From the level of significance (0.05) this confirms The significance of the scale and that the sample members have positive thinking.

Discussions

indicate Results Through the tables, there is a correlation between the two variables (mental health and positive thinking), so we find that the students in the College of Sports Sciences for Girls enjoy Level of mental health And the reason is back To the lectures given By the teachers on the Female students and whatnot I had HO topics, dialogues and discussions between individuals the sample It has proven highly effective in raising and enhancing the level of mental health among female students, in addition to the methods used in the lecture through what was displayed From watching some films and pictures that dealt with the importance of mental health and how to maintain it, all of these contributed to raising the level of mental health, and this is consistent with what Remind him (Zahran 1988) points out the necessity of enjoying psychological health for the individual “by being psychologically, personally, emotionally and socially compatible with himself and others and being able to realize himself and invest his abilities and potentials to the maximum extent possible”⁹

As and It turns out that The research sample has been achieved Responses With a higher than average level of positive thinking after comparison with the scale, and the researcher attributes the emergence of this result to that Female students They feel They can Facing difficult circumstances And benefit Of her experiences that require of Female students Raising self-confidence and inviting them to think about giving their best, which helps in feeling better They can Exerting the best efforts they could, also helped them feel a positive view of things as attractive and beautiful. And their response To feel tolerant of themselves and not blame them too much as a result of the competitive situations that confront them, which created in them vigilance in completing their duties responsibly..

Being positive is optional. We choose to look at things in a positive way, and we also choose to focus on the positive elements in a situation. Moreover, we can look for benefits and advantages ¹⁰.

Conclusions

1. The research sample members have good positive thinking to varying degrees.
2. The research sample members enjoy In good mental health.
3. There is a direct relationship between positive thinking And mental health Among the research sample members.

Recommendations

Based on the results of the research, the researcher recommends the following:

1. The need to emphasize spreading the culture of positive thinking among people Female students before Teachings.
2. Need to emphasize Teachings By adopting modern methods and sources that help in organized scientific thinking.
3. Urgent necessity Female students To get rid of negative thinking that affects their ideas and achievement by adopting methods of flexible and organized thinking and avoiding negative thoughts and pessimistic thoughts and everything that leads them to confusion and confusion and sound thinking to solve their various problems.
4. It is necessary to benefit from the mental health scale to identify the level of mental health among female students and the possibility of investing in it in the academic stages.
5. Studying the mental health of female students is necessary and very important. Current research has proven that there is a need to pay attention to studying the mental health of female students.
6. Conduct comparative studies on the same variables between Female and male students From different age groups.
7. Conduct a similar study on Female students In the field of negative thinking and its impact on results.

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