

# Sports Practice for Children and Its Role in Enhancing Family Communication and Academic Achievement in the Point of View of the Parents

Hamed Mohammed Doum<sup>1</sup> and Mohammad Omar AL-Momani<sup>2</sup>

## **Abstract**

*The study aimed to identify children's sports practice and its role in enhancing family communication and academic achievement from the parents' point of view. The descriptive approach was used, in addition to using the questionnaire as a tool for the study, which was applied to a sample of (57) parents of children who practice sports; The study concluded that children's sports practice would open areas of discussion and dialogue between members of the same family in various fields, which paves the way for communication within the family; In addition, regular sports practice plays an effective role in creating a positive family atmosphere, and paves the way for dialogues and discussions between children and parents. It also concluded that practicing sports in the right ways is a helpful factor in increasing the level of academic achievement. In addition, the practice of systematic sports activities helps in psychological compatibility and modifies and refines the behavior of children who practice sports.*

**Keywords:** Sports Practice, Role, Family, Family Communication, Academic Achievement, Primary Stage.

## **INTRODUCTION**

Many specialists in psychology and sociology see that the family as a social medium in which what is psychological and emotional interacts with what is cognitive and educational. It is the one that secures the child's personal growth, psychological openness, and social adaptation by satisfying his biological, emotional, social, and cultural desires. Within it, the child learns the rules of dialogue and etiquette of communication, and under it he realizes his freedom and limits and distinguishes between his rights and duties.

Any defect or recklessness in the performance of this role will undoubtedly lead to strife, clash and estrangement instead of understanding, communication and integration between the parents, then loss, homelessness and deviation instead of success, adaptation and integration for the children [1], [2], [3], [4], [5], [6], [7]

Experts attribute the absence of communication within the family in our society to the fact that it is still mostly unqualified to play this communicative role that directs the family environment, fathers and children, to the ranks of intimate human interaction governed by manifestations of understanding and integration through positive communication methods and constructive dialogue, for many reasons, primarily: [8], [9], [10], [11]

The family's almost complete ignorance of communication methods and their importance in teaching the child the principles of dialogue and the etiquette of dealing. Her knowledge of the psychology of the child's communicative competencies is usually very modest.

Its lack of a psychological reference, especially the psychology of the child, which constitutes the strong foundation for every correct family upbringing, and therefore its weakness or complete failure at the level of performing its required communicative role in the field of child upbringing and care.

On the other hand, sports activity from an early age is considered a positive factor in the child's acquisition of many social, psychological and mental experiences, such as his sense of belonging to the group (the team), the

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<sup>1</sup> Educational Sciences Department, Ajloun University College, Al-Balqa Applied University, Jordan, Email: [adrhamed@bau.edu.jo](mailto:adrhamed@bau.edu.jo)

<sup>2</sup> Educational Sciences Department, Ajloun University College, Al-Balqa Applied University, Jordan, Email: [m.o.e.m@bau.edu.jo](mailto:m.o.e.m@bau.edu.jo), (Corresponding Author)

techniques required for communicating with them, and how to influence them at times, and that the individual is within The group has a specific role that must be played to the fullest, and any failure negatively affects the entire team [12], [13], [14]

Of course, the son will move to his family carrying this culture acquired from sports practice, which helps a lot in building channels of communication, dialogue, understanding, and consultation in various matters and with all family members, and for this, the family must encourage its children to practice sports in different forms. We mention among them: [15], [16], [9], [6], [17], [18]

Talking positively to children about sport and its role in mental and physical health in general.

Discussing sports situations or sports games that the family watches with the children, and commenting on them with indirect encouragement to express themselves regarding their feelings and desires towards them.

Praising children for their sporting achievements and aspirations, building their self-confidence on that, and developing their sense of the family's trust and appreciation for them.

Encouraging children to actively participate in family chores and responsibilities that require motor performance, with reinforcement and reward whenever appropriate.

Providing a family home environment that encourages activity and movement in its form, organization and psychological climate.

Through our study, we will try to show, albeit in a small part, the effective role of ideal sports practice in enhancing communication within the family based on modifying and refining the behavior of children practicing sports activity and increasing interest in their academic side.

## **The Study Problem**

The problem of wrong socialization that many families face makes young people carry negative values about physical education and its activities. That is because most families ask their children to focus on studying and educational attainment and not to be interested in sports, because sports, according to their ideas, beliefs, and values, distract the student from studying and lead to his failure and backwardness of his.

When the son acquires such ideas and beliefs from his family and local community, he tends to go towards study and work, and neglects sports despite its physical, psychological, social and recreational benefits for the individual, the group and society[5], [19], [20]

Welk (2019), which was referred to in the study (AL-Momani & Jawarneh, 2022a) [21], mentioned different forms of parental influence on their children's exercise of sports activities, such as their practice of some sports such as walking and light running, and their provision of some sports facilities at home, such as a basketball hoop and a table tennis.

Such simple participations would play an important role in developing the spirit of dialogue and communication within the family, lead to an atmosphere full of activity and vitality, and eliminate the existing barriers between parents and children.

Based on these data, the problem of the study is an attempt to find answers to the following questions:

Does sports practice modify children's behavior and give them psychological compatibility and emotional balance?

Does regular sports activity help academic achievement?

Can the systematic sports practice be a helping factor in communication within the family?

## **Study Hypotheses**

Through previous studies and personal experience in the field of sports training and sports practice, researchers assume the following:

Sports practice has a great role in modifying the behavior of the child through healthy and balanced psychological, emotional, cognitive, physical and physiological development.

The results of training and regular sports practice do not conflict with the requirements of the student's academic achievement, but rather help him in that.

Participation in sports activities and competitions within sports clubs and associations that give the child expertise and experiences that help him communicate inside and outside his family.

### **Importance Of Studying**

The importance of the study stems from:

The possibility of preparing training programs aimed at developing skills and improving the level of physical and motor performance of children in sports activities in general, which is reflected in academic achievement.

The benefit of physical education teachers in schools in the use of various exercises that contribute to improving the motor and physical abilities of children.

Assisting sports coaches in selecting training programs that are appropriate to the nature of abilities and skills of children.

### **Objectives Of the Study**

The study aims to:

Developing communication within the family through sports practice.

Giving positive trends towards regular sports practice.

Attempting to eliminate preconceived negative ideas on the part of parents about the consequences of their children's exercise.

Clarifying the positive impact of sports practice on the physical, psychological and mental safety of children.

Knowing the positive relationship between systematic sports practice and academic achievement.

### **Terminology of Study**

#### **Sports Practice**

By sports practice, we mean organized, continuous, and purposeful sports activity within the framework of sports clubs or associations under the supervision of qualified sports cadres [21]

#### **Communication within the Family**

Family communication can be defined as communication between two parties (the spouses) or several parties (parents and children), which takes several forms of communication, such as dialogue, consultation, understanding, persuasion, agreement, agreement, cooperation, guidance, and assistance [18]

### **Field Method And Procedures**

#### **Study Approach**

The researchers used the descriptive survey approach, given the nature of the objectives of this study. The survey descriptive approach was used, which describes the phenomenon accurately and in detail, and compared that phenomenon with determinants and criteria chosen to identify the characteristics of the studied phenomenon, and to identify the means and procedures that would improve and develop the existing situation, and reach To the most important results related to the subject of the study.

## Study Population and Sample

The study population consisted of all the parents of children practicing sports activity in Jordan. As for the sample of the study, it was a survey sample that included all the parents (fathers or mothers) of the children who practice sports activity in the Ibbin Ibblin Sports Club in Ajloun Governorate, whose number is (57) children.

## Study Tool

The study tool for the subject of the study, which was in the form of a questionnaire, was built by referring to a group of related studies such as the study [22], the study [23], the study [24], and the study [25], and the study [26], and the study [27], and the study [28], where the scale in its initial form consisted of (20) items that measure sports practice and its role in family communication and academic achievement.

Where the questionnaire was divided into three axes, each axis includes a set of questions that serve the subject of the study from different aspects, and these axes are: the first axis "the role of sports practice in modifying the behavior of children" and it has (7) paragraphs and the second axis "sports practice and its impact on academic achievement" It has (7) paragraphs, and the third axis is "Sports Practice as a Helping Factor in Communication within the Family" and it has (6) paragraphs.

## Indications of the Validity and Reliability of The Study Tool

### First: The Validity of the Study Tool

The following steps were taken to verify the validity and reliability of the study tool:

Validity of the content: The study tool was presented to a group of specialists in the fields of physical education, measurement, and evaluation, whose number is (10) arbitrators, with the aim of expressing their opinions about the appropriateness of the linguistic formulation of the paragraphs of the tool in terms of language, and the extent to which it is logically appropriate in terms of the affiliations of the paragraphs to their fields, and deleting Or adding or amending paragraphs, and all the notes of the arbitrators have been taken into account, as they centered on the linguistic aspect, reformulating some phrases, deleting some paragraphs, and merging others so that the tool became in its final form consisting of (16) paragraphs distributed over the three fields of study. The first axis has ( 5) paragraphs, the second axis has (5) paragraphs, and the third axis has (6) paragraphs.

- Construction validity: to verify the validity of the construction of the study tool; It was applied to an exploratory sample from a community similar to the study population consisting of (15) parents of children practicing sports activity, where the correlation coefficients of the paragraphs were calculated on the study tool as a whole and with the fields to which it belongs, as in the following table (1)

**Schedule(1)transactions Correlation of the paragraphs with the study tool and its fields**

the field	number Paragraph	Children's sports practice and its role in enhancing family communication and academic achievement as seen by parents	link with:	
			the field	the scale
The role of sports practice in modifying children's behavior	1	Are you excited to practice your son for sports?	0.72	0.68
	2	Is there a change in your son's behavior since he started exercising?	0.76	0.71
	3	Has your son become a lot of anger and anxiety as a result of sports exercises?	0.88	0.85
	4	Has your son become more caring and helpful in household matters?	0.67	0.56
	5	Do you feel remorse for allowing your son to exercise?	0.81	0.76
Sports practice and its impact on academic achievement	6	Do you fear that your son's academic level will deteriorate because of his practice of sports?	0.78	0.70
	7	Does the club provide aid to your son for academic support?	0.69	0.60
	8	Do you doubt the interest of club officials in your son's academic future?	0.81	0.80
	9	Is there a desire to review, prepare lessons and organize time on the part of your son after every sports training?	0.44	0.41
	10	Does sports practice motivate your son to study?	0.80	0.65
Sports practice as	11	Do you find it difficult to communicate with your son before joining the	0.90	0.87

<b>an aid to communication within the family</b>		club?		
	12	Do you share your son's sporting aspirations?	<b>0.84</b>	<b>0.79</b>
	13	Do you discuss with your son the course of training and competition?	<b>0.89</b>	<b>0.78</b>
	14	Do you attend with your son for some training and competitions?	<b>0.63</b>	<b>0.63</b>
	15	Do Opens Talk with your son about sports to other topics such as studies, religion, and the treatment of others?	<b>0.84</b>	<b>0.76</b>
	16	In your opinion, did your son's exercise help in his communication with you?	<b>0.74</b>	<b>0.57</b>

**Second: The Stability of The Study Tool**

To verify the stability of the internal consistency and the stability of the repetition of the study tool and its fields, the application was repeated on the aforementioned exploratory sample with a two-week interval between the two applications, as the Cronbach alpha equation was used to verify the stability of the internal consistency, through the first application, and the repetition stability was also calculated using Pearson correlation coefficient between the first and second applications, as shown in the following table No. (2):

**schedule(2) transactions The stability of the internal consistency and repetition of the study tool and its fields**

Scale areas	stability consistency procedure	stability replay	number paragraphs
<b>The role of sports practice in modifying children's behavior</b>	0.92	<b>0.85</b>	5
<b>Sports practice and its impact on academic achievement</b>	0.88	<b>0.88</b>	5
<b>Sports practice as an aid to communication within the family</b>	0.90	<b>0.93</b>	6
<b>total for scale</b>	0.96	<b>0.83</b>	16

**Statistical Treatment**

The statistical method is used in the study of samples, and accordingly, it is possible to identify the qualitative total of the subject and then identify the evidence and reasons that can be extracted from those available statistics, thus the results are translated into numbers and then analyzed.

In this research, we have adopted the method of percentages (%), which is defined as follows:

Percentage (%) = (k/n). 100 where: k = sample frequency, n = total sample.

**Study Results and Discussion**

The study aimed to reveal children's sports practice and its role in enhancing family communication and academic achievement as seen by parents. To answer the following study questions:

The first question of the study, which states: "Does sports practice modify children's behavior and give them psychological compatibility and emotional balance?"

To answer this question, frequencies and percentages were calculated to distribute the study sample to the role of sports practice in modifying children's behavior, which is illustrated in the following table No. (3):

**Table (3):Frequencies and percentages of the study sample's responses to the role of sports practice in modifying children's behavior**

paragraphs/ Percentages	Yes	somewhat	no	Total %	total repetitions
Are you excited to practice your son for sports?	12%	20%	68%	100%	57
Is there a change in your son's behavior since he started exercising?	60%	24%	16%	100%	57
Has your son become a lot of anger and anxiety as a result of sports exercises?	08%	17%	75%	100%	57
Has your son become more caring and helpful in household matters?	68%	20%	12%	100%	57
Do you feel remorse for allowing your son to exercise?	02%	11%	87%	100%	57

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Through the results of the previous table No. (3), it becomes clear to us that the majority of parents are not enthusiastic about exercising their children, especially at the beginning, and under the insistence of the children they accept it.

We see this as natural due to the severe lack of a culture of sports practice in our society, especially among the elderly and their negative attitudes towards playing in general, and this negative trend increases when it comes to children practicing sports activities outside of school, especially if it is for long periods.

In the results of questions (2, 3, and 4), the percentages dispelled the fears of the majority of parents, when they noticed a tangible change in the behavior of their children for the better, with psychological balance, less anger and anxiety, and more interest in home arrangement matters and the desire to participate and help.

We can attribute this positive change to regular sports practice and the results of sports training, which works to modify the behavior of the trainee and teaches him discipline, respect for time and seriousness in dealing with matters. It also gives him self-confidence, responsibility and great respect for the coach and the guardian in general.

Also among the results of sports practice, especially in group games, is learning collective cooperation to achieve the goal, collective participation in victory and defeat, and rejection of individual selfishness.

In question No. (5), we see the satisfaction of parents as a result of their children exercising regularly and according to scientific bases by trainers who are mainly specialists in the sports aspect and have scientific qualifications in the field of physical education.

With a simple comparison between the results of the first question and the results of the fifth question, we clearly notice the extent to which the parents' opinion changes when they find an improvement in the behavior of their children as a result of sports practice. In order to make sport a civilized and constructive behavior that serves the individual, no matter how big or small, in terms of physical, mental, and health aspects in the first place, and serves the family and society in terms of stability, communication, effective participation, achieving goals and striving for them.

The second question of the study, which states: "Does regular sports activity help academic achievement?"

To answer this question, the frequencies and percentages were calculated, to distribute the study sample on sports practice and its impact on academic achievement, which is illustrated in the following table No. (4):

**schedule (4):Frequencies and percentages of the answers of the study sample on sports practice and its impact on academic achievement**

paragraphs/ Percentages	Yes	somewhat	no	total %	total repetitions
Do you fear that your son's academic level will deteriorate because of his practice of sports?	49%	28%	23%	100%	57
Does the club provide aid to your son for academic support?	80%	12%	08%	100%	57
Do you doubt the interest of club officials in your son's academic future?	00%	08%	92%	100%	57
Is there a desire to review, prepare lessons and organize time on the part of your son after every sports training?	78%	14%	08%	100%	57
Does sports practice motivate your son to study?	69%	21%	10%	100%	57

Through the results of the previous table No. (4), we notice the parents' fear of the deterioration of their children's academic level due to the great interest in sports practice. As shown by the percentages above.

This trend is true to some extent, when sports practice is unorganized and random at any time and in any place, and this is what we unfortunately see in the streets and squares at all times of the day and even at night hours, and this is what makes parents prejudice sports practice and They prevent their children from practicing it.

And through the results of questions No. (2,3 and 4), we notice that the parents sensed the club’s interest in their children through their financial and moral assistance in support lessons and urging them to achieve good academic results. The club also required the trainee children to have a good academic level in order to continue their involvement in it. This reflected positively on the growth and development of the desire to review, prepare lessons and divide time on the part of the players, as evidenced by the results of the fourth question.

When we compare the results of the first question with the results of the fifth question, we notice the difference in the answers of parents, and the extent to which they accept such kind of organized sports practice, and how useful it is in motivating children study.

And we wonder if all sports practices were carried out in clubs or in schools on scientific and educational bases that were implemented by educators with high training and skill, would the opinion of the majority of parents be as it is today?

The third question of the study, which states: "Can systematic sports practice be a contributing factor to communication within the family?"

To answer this question, the frequencies and percentages were calculated to distribute the study sample to sports practice as an aid to communication within the family, which is illustrated in the following table No. (5):

**schedule (5):Frequencies and percentages of the study sample's responses to sports practice as an aid to communication within the family**

paragraphs/ Percentages	Yes	somewhat	no	total %	total repetitions
Do you find it difficult to communicate with your son before joining the club?	38%	51%	%11	100%	57
Do you share your son's sporting aspirations?	30%	52%	12%	100%	57
Do you discuss with your son the course of training and competition?	41%	53%	06%	100%	57
Do you attend with your son for some training and competitions?	27%	55%	18%	100%	57
Do Opens Talk with your son about sports to other topics such as studies, religion, and the treatment of others?	92%	08%	00%	100%	57
In your opinion, did your son's exercise help in his communication with you?	83%	%05	%02	100%	57

The results of this question came, as is evident from reviewing the previous table No. (5), to show the difficulty of communication between parents and children in the absence of auxiliary factors, such as sports practice (the subject of the study), which is a phenomenon that is considered common in Jordanian families, and this meeting came and through it The current study is to shed light on it and come up with results and solutions that will melt the ice on the issue of family communication.

And in the answers to questions No. (2, 3, 4, 5), which revolve around the role of sports practice in activating communication and stimulating dialogue between the father or mother towards the son, and the children sharing their problems and aspirations, and descending to the level of their thinking and supporting them morally, for the sake of turnout To live with all desire and strength.

The results of the questions came in this direction with clear and significant percentages, and this is what the researchers attribute to the positive role of sports practice, which would be the gateway to communication between children and their parents when the dialogue begins with it and ends with other topics such as studies and the teachings of their religion, and this is considered a goal Desired among the goals that sports practice develops, such as accepting criticism, dealing with the opponent or the other party with all sportsmanship, and benefiting from defeats and mistakes committed by the individual or team in order to savor the taste of victory in the future.

When we match the results of the sixth question with the results of the first question, it becomes clear to us the great role of sports practice in communication between family members, both vertical and horizontal, and that sports activities give children knowledge and experiences as a result of friction with other teams and ways of dealing with them, as well as morals and systems in Eating, sleeping, talking and listening as a result of moving and sleeping during the competitions they conduct.

All these advantages the son was deprived of before he practiced sports in the club, and that is why parents find it difficult to deal with him without practicing sports, and this was confirmed by the results of the first question.

In sum, the researchers find that organized sports practice within the sports or educational institutions has a major role in enhancing communication within the Jordanian family, through the point of view of the parents on whom the study was conducted, and this result is, in fact, the goal of every family seeking stability and reassurance. And waiting for a better future for her children.

## **RESULTS SUMMARY**

After presenting the process of analyzing and discussing the results of the scale directed to parents of children who practice sports activities on a continuous and regular basis, the researchers reached the following results:

Children's sports practice would open areas of discussion and dialogue between members of the same family in various fields, which paves the way for communication within the family.

Regular sports practice plays an effective role in creating a positive family atmosphere and paves the way for dialogues and discussions between children and parents.

Exercising in the right ways is a helpful factor in academic achievement.

Sports training teaches the son patience and perseverance and gives him order and seriousness in all matters, which is what the trained child needs.

Systematic sports activities help in psychological adjustment and modify and refine the behavior of children who practice sports.

Real sports associations can eliminate negative attitudes towards sports practice, and be an incubating institution for children, such as the family and the school.

Provides sports activity to its practitioners (especially before adolescence) healthy physical growth through the development of vital systems and muscles and getting rid of the negative effects of excess energy.

## **RECOMMENDATIONS AND SUGGESTIONS**

Based on what was stated in the study and based on the results obtained, we suggest the following:

Paying attention to the physical education class in all educational stages, especially the basic stage, starting with the specialist teacher.

The father's sports practice gives a positive direction to the children towards sports in the future.

Parents should encourage their children to join accredited sports clubs, associations, and institutions, according to the son's desire for the type of sport he will practice.

The father must choose a sports club that adopts educational and sports goals for his son and sacrifice his time to follow him continuously.

Attempting to dialogue with children and gain their trust by talking about the sports they practice.

Showing satisfaction on the part of the father and not complaining about the son's exercise as long as it helps him in his studies and makes him happy in his family.

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