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Quality of Life for the Jordanian National Team Female Players

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Abstract:

The aim of the research was to determine the quality of life experienced by female players for the national team and to pinpoint variations in this regard based on age, economic status, number of years played, severity of injuries, and style of game. In order to do this, a purposeful sample of 73 national team players in collective games (football, basketball, handball, and volleyball) was studied using the technique. Gentner et al., 2011 applied the five-axis quality of life measure to this sample (Gentner et al., 2011). The study found that the overall quality of life of the study sample members was slightly satisfied, with the calculated average response being 29. (5) The results also showed that there were no statistically significant differences in the quality of life of Jordanian national players attributable to the age variable. In terms of economic status, years of experience, number of injuries sustained, and type of game, there have been statistically significant differences favoring football and handball players over basketball players. Based on the results, the researchers suggested that in an effort to improve the national elected players' quality of life, which may help with performance development, their needs be monitored and that the psychological and social aspects of the game be attended to.

Keywords: Team games, Positive Psychology, The Athlete Life Quality Scale.

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Introduction:

The life of the individual has been the subject of several scientific studies and research projects for many years. Because of its significant contribution to the advancement and prosperity of civilizations, psychology has made the individual one of its most studied subjects. In the last two centuries, research has concentrated on examining the negative elements of humans in order to help people adapt to their surroundings and the community in which they live. This is because we are living in a time of rapid intellectual and civilizational progress as well as social change.

By adopting Freud's strategy and emphasizing the study of personality, conflicts, and therapy techniques, those studies had overemphasized the negative characteristics of the individual, according to American Society of Psychology President Martin Slegman, who made this observation toward the close of the previous century. Through a review of the databases he had compiled from 1971 to 2005, it was also evident that there was an imbalance between the quantity of studies on positive psychology and the traditional and clinical studies. most of which were studying the negative side. Hence, he began to study and investigate the positive concept of psychology by looking for the individual ' s positive abilities to achieve satisfaction and happiness and improve the quality of his life (Junes, 2021).

Thus, in the context of what is known as quality of life, psychologists have started to examine positive experiences and personal traits. Fernández-Ballesteros (1998) reveals that the phrase "quality of life" is fundamental to various scientific fields, such as ecology, health, psychology, economics, politics, geography, sociology, and management.

Within the framework of positive psychology, positive personality traits have emerged as one of the most significant topics covered in psychology courses. As a result, ideas of optimism, life happiness, self-esteem, and courage have gained more attention than ideas of mental illness and its causes.Additional affirmative ideas that improve prospects for quality of life—they're not limited to being disease-free. Regarding Seligman and Csikszentmihalyi (2001).

According to some research on the idea of the quality of psychological life, a good life is reflected in a person's place in society through subjective indicators of that person, such as emotional balance, happiness, satisfaction, positive social relationships, awareness of others' feelings of social and personal responsibility, loyalty, belonging, and optimism. Hajiran (2006) and Picher (2006).

Additionally, he noted a number of elements (Dijkers, 1999) that were present in the majority of definitions of quality of life, such as good emotions, social consent, consent to life, and physical, mental, emotional, and spiritual health. In non-sports literature, the term "quality of life" (QOL) refers to a state that includes attributes like physical comfort, leisure time, and excellent health. (Singer, 1996; Farquhar, 1995). The conclusion (Fernandez-Ballesteros, 1998) was that personal circumstances (age and sex) and lifestyle (at home or in institutions) determine one's quality of life.

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Additionally, he mentioned (Bachyet, 2012) that everyone had the capacity and ability to use them to change their behavior into one that satisfies in order to adapt to the rapid advancement of technology and society. Al-Minasi and Kazem (2006) claim that because quality of life is influenced by subjective elements like consent to life, it differs from person to person. occupation and social standing. The quality of psychological life, he explains (Halawa, 2010), is balancing the physical, psychological, and social components.

The notion of quality of life was introduced into the realm of sports by Whittal & Orlick (1978), who were the first to investigate the elements of sports experience that affect athletes' life satisfaction, including aspects of sport (match, training, coach, teammates, output).

In order to maintain play and prevent retreat, he clarifies (Retire, 2005) how important it is to delight the young athlete during the game. Both (Khalifa et al., 2009) shown that complete integration into performance, pleasure, excitement, self-confidence, and emotion management without self-skin are the best psychological qualities. He concurred (Ratba, 2005) that sports practice should be an opportunity to enjoy skills that would ignite his ability, without constant instruction and with an emphasis on fostering a sense of camaraderie and cooperation among the players.

Researchers believe that while there is a good interest in players' physical and skillful preparation, there is also evidence of instability and volatility in sports performance during competitions and championships. This leads them to believe that psychological factors are to blame for this vibration, and that it is therefore the responsibility of trainers to identify and develop players' positive potential and capabilities in order for them to perform to the best of their abilities during competitions.

The problem of studying:

There is no doubt that human existential concerns are numerous and complex, and that the concept of quality of life is one of them. The quality of life and consent to it is a fundamental objective of everyone. Hence, the positive attitude of psychology has evolved, addressing aspects that bring happiness, satisfaction and love, as well as primary attention. Attention has begun to be paid to concepts related to the positiveness of the human personality. In the past, the interest in psychology has evolved in subjects that emphasize positive aspects such as the concept of quality of life, which has been linked to a large number of concepts and terms relating to health, satisfaction with life, optimism, psychological happiness, welfare, social responsibility, cooperation, belonging, control of emotions, etc., and its various uses and research in various sciences and other fields, including the sports field, so as to study the impact of quality of life on the performance of athletes and other related subjects.

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The efforts of individuals involved in Jordan's collective national player training are not comparable with their accomplishments on the Arab and international stages, as they have observed via the work of sports researchers and their academic experience. Researchers believe that ignoring the psychological component—which is the relationship between elite players' motor, physical, and planning skills—may be the root of the issue. Given that psychological well-being and life satisfaction are positively associated, performance is positively impacted. On the other hand, demands from psychology, training, society, and competition could negatively impact their quality of life and have an impact on the consistency, erratic nature, and quality of their performance relative to their skill set.

Hence the idea of the study, which aims to reveal the importance of the psychological quality of the life of the players through the use of a measure for athletes (Gentner, Wrisberg & Lounsbury, 2011) so that the attention of the trainers can be drawn to this important psychological aspect, which prompts them to pay more attention to the psychological aspect, contributing to the integration of psychological training programmes into the general training programme, such as focusing on the positive aspects of female players in intellectual abilities (mental perception and concentration), social abilities such as (a spirit of belonging and cooperation) and emotional abilities such as emotional balance and positive conversation with oneself.

The aim of the study

The study intends to ascertain the quality of life of female football, basketball, and volleyball players for the national team, as well as disparities in quality of life based on age, economic status, number of playing years, degree of injury, and type of game.

Study-related queries

1. How happy are the women who play babyball, handball, and volleyball for the national team?
2. Is there a statistical difference in the quality of life between women who play basketball, football, and volleyball on the national team based on factors such age, economic status, number of years on the team, severity of injuries, and type of game?

Previous studies

Cosma et al., 2021 conducted a study aimed at analysing the quality of life of athletes during the Coved 19 pandemic, which included 249 athletes aged 15 to 35 years, medalists at the Olympic Games. Using measurement tools: COVID-19, a measure of the quality of life of athletes. The results indicated statistically significant differences in concern according to the type of sport that is practised, with football and basketball being the least affected. Individual sports have been most affected, specifically the ground tennis sport, the negative impact of the Coved-19 epidemic on the relationship between the concern and quality of life of athletes. The indirect impact of the Coved 19 epidemic has been on the concern that has affected the low quality of life. There are no differences due to sex and age in the relationship between the negative impact of Coved 19 and the quality of life of athletes. The results of the study highlighted the impact of social isolation and quarantine on the emotional well-being of athletes.

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The purpose of the study (Creats 2020) was to identify the exercise of sports activities and their relationship to the quality of life of university students, and to identify differences in the exercise of sports activities according to the variables in the study. The level of quality-of-life dimensions of female university students, as well as what are the most important factors affecting the quality of life of research samplers using the analytical descriptive approach, are also known on a sample of 250 female university students. The researcher identified a measure of the extent of sports activities and the quality of life components, and the results showed that 42.8% of the research samplers sometimes practice sports. It also found that the higher the exercise of sports activities, the higher the quality of public health, the quality of family and social life, the quality of education and study, the quality of "moral" emotions, the higher the quality of mental health, as well as the higher the quality of time spent and managed. The study also found that age was one of the most influential factors in the conduct of sports activities, and finally the study found that the quality of family and social life was a priority for research sample members. In the light of the findings, the researcher recommended that the importance of sports activities for female university students should be emphasized through lectures and educational publications, as well as the promotion of the participation of female students in cultural, recreational and sports activities, which contribute to improving the quality of life.

The purpose of the study was to determine the quality of life of karate players and collective games in social and cultural variables, gender and social status. The study included 110 Polish collective game players and 90 highly accomplished karate practitioners. The results of the study showed that healthy eating habits, positive mental behaviour and the sex of athletes were statistically significant. It also turns out that males have achieved a higher degree on the scale than females. His study recommended that the activities that constitute the educational framework for athletes, including those of specialists in health behaviours such as nutrition and psychological counselling, should be intensified in order to improve the quality of life of athletes in general.

The Nemcek study, 2020, aimed at analysing the quality of self-life through the satisfaction of indicators of quality of life and quality of life among the elite players and comparing the quality of self-life between males and females. The data from his study indicate that there are no statistically significant differences in the quality of life by sex, that there is satisfaction between male and female elites and that there is significantly higher equality in social relations, physical health and a lower level of mental health.

Filbay et al., 2019 assessed the quality and satisfaction of former athletes and university professionals about life, and identified the factors associated with quality and satisfaction with life, through both physical and mental components. They came to the conclusion that there are clear differences between the two groups in the physical component and in the interest of university professionals. While former athletes scored better in the mental component. This highlights the need to use a measurement tool that distinguishes the physical and mental spheres of quality of life.

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Snedden et al., 2018 conducted a study aimed at examining and comparing the role of participation in sports and physical activity in health-related quality of life between university students and non-sports by using the descriptive curriculum to identify differences in physical and mental health through self-assessment of sport and the level of physical activity. The sample study was made up of undergraduate athletes and non-athletes, using the VR-12 as a measure of health-related quality of life. The self-assessmented level of sport and physical activity was also measured as a sportsman from the first section, a sportsman from the club, a group player, a regular sports student, or a physically inactive student, to compare students from the first section with athletes and non-sporters. The results showed statistically significant differences in the quality of life between levels of sport and physical activity for advanced athletes, A positive relationship exists between increasing the level of sport and physical activity and increasing the quality of life. A study (Noble 2017) aimed to identify the quality of life of students at the University of Balqa applied, as well as to determine differences in quality of life according to a variable (sex, specialization, physical activity), the sample of the study was made up of 119 first-year students from the University, with 54 students, 65 students on whom the quality of life measure, containing 40 paragraphs, measured the following dimensions, physical dimension, mental health, relationships with others, and time management, was applied. The results of the study indicated that students of the University of Balqa applied in scientific faculties, both sexes and practitioners of physical activity enjoy a high quality of life in the following dimensions: physical dimension, mental health, social relations, time management, values. Students engaged in physical activity enjoy a quality of life at the university level, recommending the importance of highlighting the importance of quality of life for non-sporters to encourage them to engage in activities.

Unver et al., 2015 studied the purpose of comparing quality of life, depression and loneliness between students of the College of Sports Sciences, national-elected gladiators and non-national-elected gladiators in terms of some demographic variables. Data were collected through the "Demographic Information Model" developed by researchers, the WBQLS, the BDS and the unit scale. Quality of life, unity and depression levels have been examined between different subjects, between sex and persons under 20 years of age. The results showed that gladiators representing the national election had higher levels of unity, depression and lower degrees in the social sphere than national gladiators and students of the Faculty of Sports Sciences, and female participants had higher levels of loneliness and lower degrees in the social sphere than male participants. All participants under the age of 20 have been found to have lower degrees in the social sphere and higher levels of isolation than those over the age of 20. National gladiators have also suffered from a greater sense of unity than gladiators who were not in the national election. This finding points to the importance of having a successful mathematical identity in terms of loneliness. The study noted that it would be useful for trainers to give importance to activities and training courses that would contribute to the formation of a successful identity.

A study was carried out (Comati and Nayrat, 2014) aimed at identifying the level of satisfaction with the quality of life of collective sports team players in Palestinian universities, as well as at

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identifying differences in satisfaction with quality of life depending on the variables of the game and the experience of play and interaction between them, to which the measure of satisfaction with quality of life was applied. The study found that the overall level of satisfaction with the quality of life of the study sample members was high, reaching 79.44 per cent. The results showed that there were no statistically significant differences in the quality of life of collective sports team players in Palestinian universities due to the variable of experience in play, while the differences were statistically significant depending on the variable of the game. In the light of the results of the study, the researchers recommended that sports activities should be given attention to their positive role in the quality of their lives and their adaptation to the university community.

A study carried out by Mazen Abdelhady et al., 2012 to identify indicators of quality of life (family life, socialization, emotional life, mental health) among practitioners and non-exercise students of the University of Karbala College. Using the descriptive method and a random sample of 100 students. The results of their study have resulted in significant differences in quality of life differences among students and for the benefit of practising students.
A study (Gentner et al., 2011) aimed at developing a comprehensive measurement tool that would help researchers assess the quality of life of athletes. The study sample consisted of 159 sports students from a large university in the United States. The results of the study indicated that a quality-of-life measure could be valid and reliable for the quality of life of athletes and indicated that further studies must also be undertaken to verify its validity and usefulness.

It carried out a study (Bakhshash, 2006) entitled Quality of Life and its Relationship to the Concept of Self in the Visually and Normally Impaired Persons of the Kingdom of Saudi Arabia. To learn about the relationship of quality of life, the concept of self and the differences between disabled and healthy persons between the ages of 15 and 18. Using the descriptive approach and the measurement of the concept of self and quality of life. The results indicated that there were statistically significant differences in the quality of life for ordinary people and a positive function between the concept of self and the quality of life in the samples.
A study (Fox, 2003) entitled The impact of treatment and health care on the quality of human life for those attending health-care centres. Applying a two-axis measure of self-satisfaction and an objective dimension focusing on health status. Using the descriptive approach, the results of its study have resulted in a rise in psychometric indicators for the measurement of quality of life.

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Study procedures

Curriculum:

Researchers used the descriptive approach to identify the quality of life of national players in women's collective games in Jordan.

Study community:

The study community is made up of all the players of the National Women's Collective Games (football, basketball, handball, volleyball). And how many are there? (78). According to the records of national federations 2021 per game.

Study sample:

A voluntary sample of all female players registered in national federations was selected at 73. Sports federations have been contacted and provided with information on the study and its purpose. After approval by unions and linear players, the resolution was distributed electronically to the players, and the data was then collected electronically. Table 1 describes the sample.

Variables	Categories	Number	Percentage
age	Less than 18 years old	15	20.5
	18-23 years	22	30.1
	23- 30 years	24	32.9
	More than 30 years	12	16.4
	total	73	100.0
Monthly income (economic level)	500dinars or less	19	26.0
	501-1000 dinars	13	17.8
	1001-1500 dinars	10	13.7
	2001dinars or more	11	15.1
	No answer.	20	27.4
	the total	73	100.0
Number of years of play in the election	Less than 5 years	25	34.2
	10-5 years	19	26.0
	10years and more	22	30.1
	total	73	100.0
Degree of injury	Simple	16	21.9
	Medium	35	47.9
	Dangerous.	10	13.7
	I didn't get hurt.	12	16.4
	Total	73	100.0

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Variables	Categories	Number	Percentage
Game	Football	27	37.0
	The volleyball.	11	15.1
	Basketball.	15	20.5
	Handball.	20	27.4
	total	73	100.0

Study tools and scientific transactions:

Use the ALQS (Gentner et al., 2011) 15 paragraphs divided into five axes (life satisfaction measured in paragraphs 15, 13, 12, 11, physical satisfaction measured in paragraphs 8.1, satisfaction with the team sports measured in paragraphs 10, 9, 7, 6, social satisfaction measured in paragraphs 4.3, free time and social life measured in paragraphs 14.5, 2.

The measure's trueness factor.

First, prima facie truth: to verify the authenticity of the scale after its translation, the clarity of the translation and the occasion of the vocabulary used was presented to a group of experts on the subject of the measure. The experts referred to the integrity and clarity of the translation texts. Therefore, the paragraphs approved by the experts, to which reference should be made, were retained. The translations were submitted to an Arabic-language auditor to ensure that they were properly drafted and linguistically corrected.

Secondly, constructive honesty: researchers have established the correlation between each of the paragraphs of each axis and the total degree represented by the sum of the paragraphs of the axis. This type of sincerity reflects the degree to which the paragraph relates to the dimension it represents, so that there is a lower limit to the value of the link that can be accepted because the paragraph is considered to belong to a level acceptable to the dimension. The value (0.40) is a lower limit for the correlation between the paragraph and the total degree of the distance. The researchers have also identified the degree to which each axis relates to the overall degree of the scale and tables (2.3) that follow show the results of the sincerity.

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Axis	paragraphs that highlight the primary	Level of engagement
Satisfaction with life	11	0.671
	12	0.813
	13	0.654
	15	0.747
Physical satisfaction	1	0.821
	8	0.826
Team satisfaction/sports	6	0.711
	7	0.734
	9	0.697
	10	0.727
Social satisfaction	3	0.933
	4	0.941
Free time and social life	2	0.789
	5	0.607
	14	0.792

Table 2 refers to the consequences of the relationship of each paragraph of each of the axes to the overall quality of life of this axes to what is known as constructive honesty. The result reflects the degree to which the paragraph is linked to the axis that it is supposed to be part of. It is understood that the greater the degree of correlation, the greater the degree of representation of the paragraph as a part of this axis, and thus its credibility in the representation of this axis. A review of the levels of correlation shown in the table shows that the lowest degree of correlation was reached between paragraph (5) and the total degree of free time, and that the lowest degree of correlation reached between the coefficients was acceptable (" greater than or equal to ") and that the remainder of the correlations were greater than (0.607) indicates an acceptable degree of correlation (link) between each paragraph and the overall degree of the axis and thus the conclusion that the structural sincerity of the axes is achieved.

Table 3 refers to the results of the relationship of each of the life-quality measure axes to the overall level of the measure in what is known as constructive friendship. The result reflects the degree of

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correlation of the axis, which is assumed to be a representative part of the scale. It is understood that the greater the value of the link, the stronger the representation of the axis of the scale.

Axis	Association value
Satisfaction with life	0.775
Physical satisfaction	0.718
Satisfaction with the Sports Team	0.584
Social satisfaction	0.715
Free time and social life	0.884

A review of the correlation values shown in the table shows that the lowest correlation value was reached (0.584) between the GQA axis and the overall degree represented by all the axes of the measure and the overall degree represented by all the axes of the scale. Since the lowest correlation between the correlation factors (0.584) was acceptable and is greater than the minimum acceptable limit between most studies (0.40 or more), this indicates an acceptable degree of sincerity between each ax and the overall degree of the scale. This helps to conclude that the structural credibility of the parameters and the ability of these dimensions to represent the scale are achieved.

Scale persistence factor

The statistical measure is confirmed to be consistent with the Kronbach Alpha method as shown in the table. (4).

Axis	Number of paragraphs	كرونباخ (α)
Satisfaction with life	4	0.658
Physical satisfaction	2	0.626
Satisfaction with the Sports Team	4	0.678
Social satisfaction	2	0.861
Free time and social life	3	0.671
Total quality-of-life measure	15	0.851

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Table 4 shows an assessment of the persistence of life-quality measurement paragraphs with high internal consistency values, with the minimum value of Kronbach (Alpha) constant values (0.626) in the physical consent axis.

It also shows that, since these values were greater than the minimum value, which is usually used as a reference in exploratory research (0.600), they are considered appropriate and sufficient for the purposes of such research and indicate appropriate persistence values.

Presentation and discussion of results

"How do women's national team players see the quality of life"

To answer this question, the mathematical averages and the standard deviations and relative importance of the computational average were used and a seven-level classification scale was used to describe the values of the computational averages reached as follows:

So upset.	1.00 – less than 1.86
upset	1.86 - less than 2.72
So upset.	2.72 – less than 3.58
Medium displeasure.	3.58 - less than 4.44
A little satisfied.	4.44 – less than 5.30
Very satisfied	5.30 - less than 6.16
Very satisfied	6.16Bigger than 7.00 -

The following equation has been used by researchers in extracting the description range and table (5) illustrates the results of this question.

Highest weight of response... The lowest weight of response...

Category length = _____

(Number of classification categories)

(7– 1)

Category length = _ = 0.86

7

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Table 5 Statistical averages and standard deviations of the life-quality gauges from the point of view of collective game players

number	Axis	Calculating average	Standard deviation	Relative importance	Level	Level
1	Satisfaction with life	5.93	0.94	84.7	Satisfied	3
2	Physical satisfaction	5.99	1.01	85.6	Satisfied	2
3	Satisfaction with the Sports Team	2.51	0.31	35.9	Upset	5
4	Social satisfaction	6.42	1.15	91.7	Very satisfied	1
5	Free time and social life	5.61	1.20	80.1	Satisfied	4
6	Total quality-of-life measure	5.29	0.71	75.6	A little satisfied	

Table 5 notes that the level of the quality of life measure has been "lightly satisfactory," with the calculation average value of the total score of the scale (5.29) being relatively significant (75.6%), and the axle level has varied between "disgrace" and "very satisfactory," with the calculation averages ranging from (6.42 – 2.51).

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Table 6 shows the calculation averages and standard deviation values for the scale paragraphs.
Table 6 Statistical averages and standard deviations of quality-of-life paragraphs

Paragraph	Calculating average	Standard deviation	Paragraph	Calculating average	Standard deviation
1	6.15	22.1	9	6.10	11.1
2	5.41	70.1	10	6.21	21.1
3	6.52	19.1	11	5.14	77.1
4	6.33	27.1	12	6.00	26.1
5	6.27	28.1	13	6.48	93.0
6	6.33	09.1	14	5.15	88.1
7	6.42	94.0	15	6.10	28.1
8	5.84	24.1	-	-	-

First, differences according to age change
Table (7) Calculus and standard deviations of life quality measure vectors by age variable

Axis	age	Number	Calculating average	Standard deviation
Satisfaction with life	under 18 years old	15	6.33	0.49
	18-23 years	22	5.67	1.04
	23-30 years	24	5.95	1.04
	Older than 30 years	12	5.85	0.92
Physical satisfaction	under 18 years old	15	6.27	0.73
	18-23 years	22	5.80	1.15
	23-30 years	24	5.94	1.19
	Older than 30 years	12	6.13	0.57
Team satisfaction/sports	under 18 years old	15	2.57	0.24
	18-23 years	22	2.37	0.36
	23-30 years	24	2.60	0.25
	Older than 30 years	12	2.49	0.35
Social satisfaction	under 18 years old	15	6.77	0.53

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	18-23 years	22	6.57	0.70
	23-30 years	24	6.13	1.66
	Older than 30 years	12	6.33	1.11
Free time and social life	under 18 years old	15	5.93	0.98
	18-23 years	22	5.53	1.29
	23-30 years	24	5.46	1.41
	Older than 30 years	12	5.67	0.84
Total quality-of-life measure	under 18 years old	15	5.57	0.39
	18-23 years	22	5.19	0.73
	23-30 years	24	5.21	0.88
	Older than 30 years	12	5.29	0.55

Table 7 shows that there is a difference between the average values of the collectively elected players of the life-quality parameters according to their age differences and to determine whether these differences between the averages are significant or statistically significant at the significance level. (This single variation analysis (one-way ANOVA) was used, and table 8 shows this.

Table 8 Results of the analysis of the single variation of the average life-quality axes by age variable

Axis	Source of discrepancy	Sum of squares	df	mean squares	Value F	Sig
Satisfaction with life	Among groups	3.999	3	1.333	1.531	0.214
	Within groups	60.061	69	0.870		
	Total	64.060	72			
Physical satisfaction	Among groups	2.265	3	0.755	0.729	0.538
	Within groups	71.482	69	1.036		
	Total	73.747	72			
Satisfaction with the Sports Team	Among groups	0.682	3	0.227	2.476	0.069
	Within groups	6.336	69	0.092		
	Total	7.018	72			
Social satisfaction	Among groups	4.463	3	1.488	1.123	0.346
	Within groups	91.373	69	1.324		
	Total	95.836	72			
Free time and social life	Among groups	2.298	3	0.766	0.520	0.670
	Within groups	101.705	69	1.474		
	Total	104.003	72			
Total quality-of-life measure	Among groups	1.593	3	0.531	1.071	0.367
	Within groups	34.218	69	0.496		
	Total	35.812	72			

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The results of table 8 refer to the results of the analysis of the single variance in the examination of the differences between the average life-quality axes of collective toy players at the significance level (" 0.05) depending on the age variable and depending on the value of the weight of the F test for the quality-of-life index, which is shown to be (0.214), the significance level of physical satisfaction (0.538) was (0.069) for the team ' s satisfaction point and the social satisfaction point was (0.346) and was (0.670) for the free-time and social life test. For the total score of the quality-of-life measure, the significance level was (0.367).

When comparing the values of the level of significance referred to by the value (0.05), all of these values are the greatest indication that the average differences among the collective elected players do not differ statistically significantly or materially from their age and therefore the differences in the averages indicated are not significant.

II. Variances by economic level variable (monthly income)

Table 9 Calculating averages and standard deviations of the life-quality parameters according to the variable level of the economy

Axis	Economic level	number	Calculating average	Standard deviation
Satisfaction with life	500dinars or less	19	6.00	1.04
	501-1000 dinars	13	5.92	0.81
	1001-1500 dinars	10	6.15	1.05
	2001dinars or more	11	5.89	0.83
	Without an answer	20	5.78	1.00
Physical satisfaction	500dinars or less	19	5.97	1.01
	501-1000 dinars	13	5.81	1.28
	1001-1500 dinars	10	6.05	0.96
	2001dinars or more	11	6.18	1.03
	Without an answer	20	6.00	0.92

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Team satisfaction/sports	500dinars or less	19	2.60	0.32
	501-1000 dinars	13	2.47	0.26
	1001-1500 dinars	10	2.50	0.30
	2001dinars or more	11	2.43	0.32
	Without an answer	20	2.49	0.34
Social satisfaction	500dinars or less	19	6.79	0.42
	501-1000 dinars	13	6.46	1.13
	1001-1500 dinars	10	6.25	1.57
	2001dinars or more	11	6.00	1.83
	Without an answer	20	6.38	0.94
Free time and social life	500dinars or less	19	6.07	0.90
	501-1000 dinars	13	5.79	1.17
	1001-1500 dinars	10	5.17	1.46
	2001dinars or more	11	5.39	1.58
	Without an answer	20	5.40	1.06
Total quality-of-life measure	500dinars or less	19	5.49	0.60
	501-1000 dinars	13	5.29	0.76
	1001-1500 dinars	10	5.22	0.79
	2001dinars or more	11	5.18	0.91
	Without an answer	20	5.21	0.63

Table 9 shows that there is a difference between the average values of the collectively elected players of the life-quality parameters according to their age differences and to determine whether

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these differences between the averages are significant or statistically significant at the significance level. (This single variation analysis (one-way ANOVA) was used, and table 10 shows this.

Table 10 Results of the analysis of the single variation between the average life-quality axes according to the variable economic level

Axis	Source of discrepancy	Total squares	Degrees of freedom	Average squares	Value F	Significance level
Satisfaction with life	Among groups	1.079	4	0.270	0.291	0.883
	Within groups	62.981	68	0.926		
	Total	64.060	72			
Physical satisfaction	Among groups	0.879	4	0.220	0.205	0.935
	Within groups	72.867	68	1.072		
	Total	73.747	72			
Satisfaction with the Sports Team	Among groups	0.623	4	0.066	0.661	0.621
	Within groups	6.755	68	0.099		
	Total	7.018	72			
Social satisfaction	Among groups	4.884	4	1.221	0.913	0.462
	Within groups	90.951	68	1.338		
	Total	95.836	72			
Free time and social life	Among groups	7.828	4	1.957	1.384	0.249
	Within groups	96.175	68	1.414		
	Total	104.003	72			
Total quality-of-life measure	Among groups	1.055	4	0.264	0.516	0.724
	Within groups	34.757	68	0.511		
	Total	35.812	72			

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The results of table 10 refer to the results of the analysis of the single variance in the examination of differences between the average life-quality measure axes of collective toy players at the significance level (in terms of the variable level of the economy) and the return to the column showing the values of the level of significance indicated as being (0.883). The significance level of the physical satisfaction point was (0.935) and was (0.621) the satisfaction point of the team and was (0.462) the social satisfaction point and (0.249) the free time and social life index. (0.724).

When comparing the values of the level of significance referred to with the value (0.05), all of these values are the greatest indication that the average differences between the collective elected players do not differ significantly or substantially statistically according to their economic level (income per month) and therefore the differences in the averages indicated are not significant.

III. Variances by severity of injury variable

Table 11 Calculus and standard deviations of the life-quality meter vectors according to the severity of the injury

Axis	The severity of the injury.	number	Calculating average	Standard deviation
Satisfaction with life	Simple.	16	5.63	1.05
	Medium	35	5.96	0.96
	Dangerous.	10	5.83	0.87
	I didn't get hurt.	12	6.33	0.73
Physical satisfaction	Simple.	16	6.19	0.77
	Medium	35	5.69	1.22
	Dangerous.	10	6.05	0.55
	I didn't get hurt.	12	6.58	0.56
Satisfaction with the Sports Team	Simple.	16	2.56	0.21
	Medium	35	2.48	0.36
	Dangerous.	10	2.42	0.33
	I didn't get hurt.	12	2.59	0.26
Social satisfaction	Simple.	16	6.28	1.34
	Medium	35	6.23	1.35
	Dangerous.	10	6.75	0.35
	I didn't get hurt.	12	6.92	0.19
Free time and social life	Simple.	16	5.67	1.05
	Medium	35	5.35	1.36

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	Dangerous.	10	5.47	1.04
	I didn't get hurt.	12	6.42	0.65
Total quality-of-life measure	Simple.	16	5.26	0.67
	Medium	35	5.14	0.79
	Dangerous.	10	5.30	0.53
	I didn't get hurt.	12	5.77	0.38

Table 11 shows that there is a difference between the average values of the collectively elected players of the quality-of-life parameters according to the difference between them in terms of the severity of the injury and to determine whether these differences between the averages are significant or statistically significant at the level of significance. (This single-way analysis of the difference (ANOVA) was used, and table 12 shows this.

Table 12 Results of the analysis of the single variation between the mean life-quality axes depending on the severity of the injury

Axis	Source of discrepancy	Total squares	Degrees of freedom	Average squares	Value F	Significance level
Satisfaction with life	Among groups	3.576	3	1.192	1.360	0.262
	Within groups	60.484	69	0.877		
	Total	64.060	72			
Physical satisfaction	Among groups	8.125	3	2.708	2.848	0.044
	Within groups	65.622	69	0.951		
	Total	73.747	72			
Satisfaction with the Sports Team	Among groups	0.232	3	0.077	0.785	0.506
	Within groups	6.786	69	.0.098		
	Total	7.018	72			
Social satisfaction	Among groups	5.638	3	1.879	1.438	0.239
	Within groups	90.197	69	1.307		
	Total	95.836	72			
	Among groups	10.388	3	3.463	2.552	0.063

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Free time and social life	Within groups	93.615	69	1.357		
	Total	104.003	72			
Total quality-of-life measure	Among groups	3.544	3	1.181	2.526	0.065
	Within groups	32.268	69	0.468		
	Total	35.812	72			

The results of table 12 indicate the results of the analysis of the single variance in the examination of the differences between the average life-quality measure axes of collective toys at the significance level (* 0.05) depending on the variation of the severity of the injury and the return to the significance level values indicated at (0.262), the significance level of the physical satisfaction point (0.044) was 0.006 and the satisfaction point at the team level was (0.239) and the social satisfaction index was 0.063 for free time and social life. For the total degree of the measure of quality of life, the significance level (0.065) was 0.065.

When comparing the values of the level of significance referred to by the value (0.05), four of these values were the largest indicating that the average differences between the players in the collective elections did not differ significantly or materially statistically according to the severity of the injury to which they were exposed in these four axes referred to in the table, while only one value was less than 0.05, i.e., the value (0.044) associated with the physical satisfaction axis, and therefore the average differences in this axle were significant.

To determine which degree of injury the difference was statistically significant, the LSD test was used and the following table shows the results of this question.

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Table 13. Less moral differential test (LSD) to determine the severity of the injury, the average of which is statistically different

On the subject of physical satisfaction.

axis	Accounting averages	Incidence of injury	Medium	Dangerous.	I didn't get hurt.
Physical satisfaction	6.19	simple	0.093	0.728	0.292
	5.69	Medium	-	0.301	*0.008
	06.05	Dangerous.		-	0.206
	6.58	I didn't get hurt.			-

* indicates that the index level of the mean difference of two games D is statistically at 0.05.

The table shows that the results of the lower moral difference test showed that differences in the focus of physical satisfaction were determined between mid- and non-moderate players, so that the mean difference was in favour of non-infected and higher-satisfaction players (6.58) compared to those who were infected at an average level (5.69) and as shown in the table.

IV. Variance according to variable number of years of play for the elected

Table 14. Calculating averages and standard deviations of the life-quality meter vectors according To change the number of years of play for the elected one.

Axis	Number of years to play for the elected	number	Calculating average	Standard deviation
Satisfaction with life	Less than 5 years	32	6.01	0.93
	10-5 years	19	6.01	0.68
	10years and more	22	5.74	1.15
Physical satisfaction	Less than 5 years	32	6.06	0.97
	10-5 years	19	6.18	0.79
	10years and more	22	5.73	1.21
Satisfaction with the Sports Team	Less than 5 years	32	2.52	0.33
	10-5 years	19	2.46	0.31
	10years and more	22	2.52	0.29
Social satisfaction	Less than 5 years	32	6.50	1.17
	10-5 years	19	6.13	1.33
	10years and more	22	6.57	0.95
Free time and social life	Less than 5 years	32	5.58	1.31
	10-5 years	19	5.86	0.94

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Axis	Number of years to play for the elected	number	Calculating average	Standard deviation
	10years and more	22	5.44	1.25
Total quality-of-life measure	Less than 5 years	32	5.33	0.72
	10-5 years	19	5.33	0.57
	10years and more	22	5.20	0.80

Table 14 shows that there is a difference between the average values of the collective-elected players of the quality-of-life parameters, depending on the difference between them in terms of the number of years of play for the elector and in determining whether these differences between the averages are significant or statistically significant at the level of the signage. (This single-way analysis (ANOVA) was used, and table 15 shows this.

Table 15 Results of the analysis of the single variation between the average life-quality axes by To change the number of years of play for the elected one.

Axis	Source of discrepancy	Total squares	Degrees of freedom	Average squares	Value F	Significance level
Satisfaction with life	Among groups	1.131	2	0.565	0.629	0.536
	Within groups	62.929	70	0.899		
	Total	64.060	72			
Physical satisfaction	Among groups	2.403	2	1.201	1.179	0.314
	Within groups	71.344	70	1.019		
	Total	73.747	72			
Satisfaction with the Sports Team	Among groups	0.046	2	0.023	0.232	0.794
	Within groups	6.972	70	0.100		
	Total	7.018	72			
Social satisfaction	Among groups	2.267	2	1.133	0.848	0.433
	Within groups	93.569	70	1.137		
	Total	95.836	72			
Free time and social life	Among groups	1.847	2	0.924	0.633	0.534
	Within groups	102.156	70	1.459		

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	Total	104.003	72			
Total quality-of-life measure	Among groups	0.275	2	0.137	0.271	0.764
	Within groups	35.537	70	0.508		
	Total	35.817	72			

The results of table 15 refer to the results of the analysis of the single variance in the examination of the differences between the average life-quality axes of the collective toy players at the significance level (" 0.05) according to the variable number of years of play for the elected person and based on the value of the index level of the quality-of-life ratio, which is shown to be (0.536). The significance of the point of physical satisfaction (0.314) was (0.794) and the level of satisfaction of the team was (0.433) of social satisfaction and (0.534) of free-time and social life index (0.534). For the total degree of the measure of quality of life, the value of the sign level was (0.764). When comparing the level of significance referred to at (0.05), all these values were the largest indicating that the average differences between the collective toy players did not differ significantly or materially according to the number of years of play and therefore the average differences were not significant.

V: Variances according to game type variable

Table 16. Calculating averages and standard deviations of the life-quality parameters according to the game type variable

Axis	Types of game	number	Calculating average	Standard deviation
Satisfaction with life	Football.	27	6.14	0.69
	The volleyball.	11	6.34	0.77
	Basketball.	15	5.67	1.24
	Handball.	20	5.61	0.98
Physical satisfaction	Football.	27	6.20	0.92
	The volleyball.	11	6.14	0.84
	Basketball.	15	5.67	1.13
	Handball.	20	5.88	1.11
Satisfaction with the Sports Team	Football.	27	2.54	0.26
	The volleyball.	11	2.63	0.18
	Basketball.	15	2.39	0.41
	Handball.	20	2.48	0.34
Social satisfaction	Football.	27	6.63	0.78
	The volleyball.	11	6.95	0.15
	Basketball.	15	5.57	1.94
	Handball.	20	6.50	0.78

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Axis	Types of game	number	Calculating average	Standard deviation
Free time and social life	Football.	27	5.98	1.06
	The volleyball.	11	6.03	0.89
	Basketball.	15	4.96	1.41
	Handball.	20	5.38	1.18
Total quality-of-life measure	Football.	27	5.50	0.54
	The volleyball.	11	5.62	0.31
	Basketball.	15	4.85	0.97
	Handball.	20	5.17	0.68

Table 16 shows that there is a difference between the average values of the collectively elected players of the quality-of-life parameters according to the difference between them in terms of the type of game and to determine whether these differences between the averages are significant or statistically significant at the level of the signage. (This single-way analysis of the difference (ANOVA) was used, and table 17 shows this.

Table 17 Results of analysis of the single variation between the average life-quality axes according to the game type variable

Axis	Source of discrepancy	Total squares	Degrees of freedom	Average squares	Value F	Significance level
Satisfaction with life	Among groups	6.091	3	2.030	2.417	0.074
	Within groups	57.968	69	0.840		
	Total	64.060	72			
Physical satisfaction	Among groups	3.301	3	1.100	1.078	0.364
	Within groups	70.446	69	1.021		
	Total	73.747	72			
Satisfaction with the Sports Team	Among groups	0.421	3	0.140	1.470	0.230
	Within groups	6.596	69	0.096		
	Total	7.018	72			
Social satisfaction	Among groups	15.379	3	5.126	4.396	0.007

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	Within groups	80.457	69	1.166		
	Total	95.836	72			
Free time and social life	Among groups	12.998	3	4.333	3.285	0.026
	Within groups	91.005	69	1.319		
	Total	104.003	72			
Total quality-of-life measure	Among groups	5.558	3	1.853	4.225	0.008
	Within groups	30.254	69	0.438		
	Total	35.812	72			

The results of table 17 refer to the results of the analysis of the single variation in the examination of differences between the average life-quality axes of collective toy players at the significance level (When comparing the values of the level of significance referred to by the value (0.05), it appears that these values were the greatest indication that the average differences between the players in the collective elections do not differ significantly or substantially statistically according to the type of game to which they are exposed in these axes. The value of the indicator of satisfaction for social life was 0.007 and 0.026 for free time and social life. The total quality of life measure was 0.008. When comparing the values of the indicator level referred to with 0.005, these values are the least likely to indicate that there are average differences between collective elected players according to the type of game in these axes and the following table shows this.

Table 18. Less moral differential test (LSD) to determine a game with different statistical averages In some quality of life axes.

Axis	Accounting averages	Type of game	The volleyball.	Basketball.	Handball.
Satisfaction with life	Football.	6.63	0.403	*0.003	0.685
	The volleyball.	6.95		*0.002	0.266
	Basketball.	5.57			*0.014
	Football.	6.50			-
Satisfaction with free time and social life	Football.	5.98	0.894	*0.007	0.085
	The volleyball.	6.03		*0.021	0.138
	Basketball.	4.96			0.279
	Handball.	5.38			
Total quality-of-life measure	Football.	5.50	0.613	*0.003	0.098
	The volleyball.	5.62		*0.005	0.076
	Basketball.	4.85			0.159
	Handball.	5.17			

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* indicates that the index level of the mean difference of two games D is statistically at 0.05.

Table 18 shows that the differences between average life satisfaction and free time and social satisfaction as well as the overall quality of life measure are as follows:

• Between football players and basketball players, the difference was better for football players whose average ratings were higher than for basketball players.

• Between volleyball players and basketball players, the differences were marked by a preference for volleyball players whose average ratings on these axes were higher than for basketball players.
• In the area of satisfaction with life, another difference has been made between handball players and basketball players, so that the difference was better pointed by handball players with average ratings. On this axis is worth more than basketball players.

Discussion of the outcome

To discuss the results of the first question, which are reflected in table 5, which shows that the samplers have expressed satisfaction with the quality of life at a low level of satisfaction (one level of satisfaction). This supports the fact that participation in sports activities plays an important role in the quality of life, in line with the results of the Cosma et al., 2021; Nemcek, 2020; Traci et al., 2018, Aqrah, 2020; Rare, 2017; and Comeme and Nayrat, 2014). These studies indicate that participation in sports activities improves the level of satisfaction with quality of life and that people participating in sports teams have better emotional and psychological balance than non-participants, while they differ with a study (Unver et al., 2015) where they show that high-level athletes are under stronger pressures that negatively affect their quality of life. Researchers consider that quality of life can be as efficient and quality in sports performance and surrounding circumstances as relationships with the team, available recreational times and the level of stress and stress associated with official participation or preparation, as well as a sense of satisfaction and happiness as a result of belonging to the team, expressed by individuals having a good degree of quality of life, personal and social responsibility, self-control and effective self-control of their lives and their ability to solve their problems, with good levels of self-appreciation and self-esteem, which is exactly what is represented by joining national amate elections, given the absence of a women's clubs in Jordan, which may cause some form of psychological pressure on the players and their current samplers, and thus view of their presence in the quality of national life as a result of a result. Researchers also attribute a low level of satisfaction with the quality of life as a result of the current conditions of the Coved-19 pandemic, which negatively affect the quality of life, according to a study (Cosam et al., 2021) that showed the negative impact of the Coved-19 epidemic on the quality of life of athletes.

With regard to the second question and by reference to tables 7-18, the absence of statistically significant differences attributable to the age variable, economic level, the number of years of play with the elected one and the degree of injury were also found. This is consistent with most of the studies carried out on athletes, where the result is consistent with a study (Cosam et al., 2021)

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which indicated that there were no differences due to the age variable or training experience. While statistically significant differences have emerged due to the type of game they play, the differences in favour of football and basketball players have come at the expense of basketball players. This is consistent with Cosam et al., 2021 which indicated that the least affected sport is football and its highest at the level of group sports is basketball. Researchers attribute to the fact that during the period of response to the current study tool, NBA players were prepared to take a decisive tournament where they were under strong psychological and physical pressure. They were also strictly controlled during the period of final preparation for the championship, which led to a kind of social isolation. This affected the quality of life for them.

The current results run counter to the findings of the study (Comi and Nayrat, 2015), which indicated that there were no differences due to the type of sport practised by the sample. This conflict may be due to the nature of the difference between the sample of the two studies, since the current sample of nationally elected players and the study sample (Comi and Nayrat, 2015) was the lowest level of the university, and a study (Unver et al., 2015) indicated that higher levels of sports are under greater pressure affecting their quality of life.

Conclusions

Through the results of the study, researchers were able to draw the following points within the limits of the present study:

1. Jordanian national women ' s players enjoy a good quality of life.

2. There are no differences due to age variables, economic level, number of years of play with the elected, as well as the degree of infection in the quality of life of the study samplers.
3. The nature of sport exercised by athletes plays an important role in their quality of life.

Recommendations

Based on the results of the study, researchers recommend the following:

1. The need to follow up on the needs of female national officers and to take care of their psychological and social aspects in an effort to raise their level of satisfaction with the quality of life, which may contribute to the development of performance.

2. Attention to the social aspect and recreation during periods of preparation for critical championships, as it has an impact on the quality of life of athletes.

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