



## A comparative study in time management between track and field sports players and volleyball players

Maysaa Husein Matrood <sup>1</sup>

<sup>1</sup> University of Baghdad, College of Physical Education and Sports Sciences

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### Abstract

The aim of the research was to study the ability of track and field players and volleyball players to manage time and to compare time management skills between volleyball players and track and field players. The descriptive approach was used, and the sample included 10 track and field players and 15 volleyball players. Merrill Douglas's time management questionnaire was approved after verifying its validity and reliability. The data was statistically analyzed using the arithmetic mean, standard deviation, hypothetical mean, and t-test. The results showed the weak ability of track and field players and volleyball players to manage time. The researcher recommended organizing educational courses to improve the players' time management skills, enhancing material and moral incentives, while adhering to the training dates specified by the coaches, and conducting studies on time management among coaches and referees .

**Keywords:** track and field sports players, volleyball players.

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<sup>1</sup> Lecturer Doctor, University of Baghdad, College of Physical Education and Sports Sciences (Maysaa Husein Matrood) Lect,D ( *University of Baghdad, College of physical Education and Sport* )  
(*Missaa.Khaleel@cope.uobaghdad.edu.iq*)( +9647713474447)



## Introduction

The topic of time management is relatively new in management literature, as interest in this comprehensive and well-known concept began in the late 1950s and early 1960s. The interest of management scholars in it has increased due to its great importance in light of the rapid progress witnessed in the management of organizations, the diversity of their activities, the changing conditions of their environment, the ambition of their goals, and the increasing obstacles surrounding them (Fattah, 1992, 2). Nations are making great strides towards development and improvement in various aspects of life, and they cannot be classified among first, second, or third world countries except through their ability to achieve progress in a relatively short time compared to other nations. Progress means the achievements that society desires in the shortest possible period of time and at the lowest costs (Al-Qaryouti, 1985, 4).

From this standpoint, it becomes clear that time management is one of the most important processes necessary to achieve progress in sports achievements. Therefore, physical education teachers and coaches must pay attention to time management and teach it to athletes, as it is no less important than the training aspects related to giving training modules, public health, physical fitness and nutrition. This interest aims to increase players' sports awareness, which facilitates their acceptance and awareness of the correct methods of using time to reach advanced levels of sports achievement. If we are not able to manage time, we will not be able to perform exercise well with the rest of our life activities, as time management is nothing but self-management. (Kadhim, 2024)

Given the importance of time, we find that humans organize their work according to their implementation priorities in terms of time. Therefore, he determines the time required to carry out each work and sets the plans and goals that he seeks to achieve at that time, because the time that passes does not return and cannot be compensated or stored, and no modification can be made to it. Time is fixed and does not change, but the speed in completing work is what creates ample time (Time, 1987, 7).

Time is also an important factor in the development of sports activity, as sports training depends on the intensity and size of the load and rest, and the time period between repetitions indicates the intensity of the exercise. Also among the things that must be taken into account in the annual training plan is determining the number of training hours or minutes according to the degree of load, as well as calming down and rest during the exercise, between repetitions, and at the end of the exercise. Harrah also points out that through time it is possible to achieve



coordination between the various forms of training and not to cause contact during the transition from one form to another in order to obtain the full load in the allotted time) ”.Harrah, 1982, 322(

The importance of the current study appears in its treatment of time management, which is one of the basic matters in sports training, and through it it is possible to identify the ability of volleyball players and track and field players to manage and organize time and estimate their time wasters to develop appropriate solutions to ensure progress in the various aspects of training. It can also be an important theoretical foundation in the development of another research.(Kadhim, 2023)

As for the problem of the research, it is noted that there is chaos and weak commitment among players to training schedules, and the player does not know where his interest should be directed towards studying, training for the college team, or his private life, which makes the player suffer from pressure and lack of time.(Kadhim & Mousa, 2024)

Time is a global source of stress and time management is an effective way to overcome the pressures of stress. (Deaton and Cameron, 165, 2001) Excess stress, whether physical, psychological, or mental, can lead to fatigue or illness. (Al-Beik et al., 1995, 16)

Therefore, the research problem is (knowing the ability of volleyball players and track and field players to manage their time, the effects of which are reflected in their efficiency and productive ability, which reinforces the research problem. There are no previous studies that addressed this topic in the sports field, to the best of the researcher’s knowledge .Many previous studies have addressed topics similar to the research topic present These studies are :League study 2002

Measuring the ability to organize time among students at the University of Baghdad. The study aimed to build a measure of time regulation, and to identify the differences between males and females in the skill of time regulation, as well as to identify the differences between the scientific and humanitarian specializations in the skill of time regulation. The study sample consisted of (240) males and (240) females from fourth-year students at the University of Baghdad. The T-test was used to distinguish the items, and the researcher concluded that male and female university students possess a high ability to manage time. The results also showed that students with a humanitarian specialization possess a higher ability than male students. Those with academic specialization in time management, and no differences emerged between males and females in time management. (Al-Douri, 2002, 23-40)



Abu Sultana study 2001 "The skill of organizing time and academic achievement in light of some variables among students Yarmouk University" The study aimed to identify the ability of Yarmouk University students to organize and manage time and its relationship to academic achievement in light of the variable academic level and gender of the students, and to build a tool to measure the skill of time management. The study sample consisted of (407) male and female students, and the data was processed using the Pearson correlation coefficient and analysis of variance. The results showed that there was an average level of time management skill among the students, and there was a statistically significant positive correlation between the time management skill and academic achievement among fourth- and first-year students, and no statistically significant differences appeared due to the variable of the student's gender or academic level (Abu Sultana, 2001, 2-40).

#### **And the goal of the research**

-Identifying the ability of track and field players and the ability of volleyball players in time management.

- Identifying the differences between volleyball players and track and field players in time management.

Force the search to:

-Track and field players and volleyball players do not have good time management ability. .

-There are no significant differences between track and field players and volleyball players in time management.

Method and procedures

#### **Research community:**

The research community consisted of volleyball players and track and field players at the University of Mosul for the year 2024-2025.

#### **Search sample:**

Volleyball players and track and field players were chosen intentionally from the College of Physical Education as they are the most efficient sports groups at the University of Mosul. They number (18) volleyball players and (10) track and field players. (5) forms were excluded because a number of them were not completed and another number of forms were not returned, bringing



the total total to (23) forms, (14) of which are for volleyball players and (9) for track and field players.

### **Search tool:**

The Time Management Questionnaire by Merrill Edouglass was used, which was translated and added by Dr. Abdul Bari Al-Durra. The questionnaire consists of (35) items and the response is made by choosing one of the six alternatives (always), often, sometimes, rarely, never, no, does not apply. (Al-Durra, 1985, 217) In order to use the questionnaire to identify the skill of volleyball players and track and field players in time management, the researcher took a number of procedures to ensure the possibility of relying on the tool in measuring the time management variable through the validity and reliability of the questionnaire, as follows:

### **Honesty: Validity**

The questionnaire was subjected to apparent validity to ensure the validity of the paragraphs contained in the questionnaire and the ability of the questionnaire to measure what it was designed for. This was done by presenting the questionnaire to a number of experts specialized in educational, administrative, and sports sciences and asking each of them to express his observations on each paragraph of the questionnaire whether it was valid or invalid to identify the players' time management skill. They were also asked to express their opinions on the clarity of the paragraphs and their suitability to the sample, as well as the validity of the alternatives. It resulted in observations that caught the researcher's attention, and some paragraphs were amended and two paragraphs were deleted. The answer alternatives were also shortened to four alternatives (always, often, sometimes, rarely). The above-mentioned modifications were made after the researcher obtained an agreement rate of (77%) among the experts. Bloom indicates that the researcher must obtain an agreement rate of (75%) or more from the opinions of the arbitrators regarding this type of honesty "(Bloom et al., 1986, 126). Ebel also points out that the best way to verify apparent honesty is for a number of specialists to estimate the extent to which the items represent the trait to be measured (Ebel, 1979, 555).



## Reliability

For the purpose of obtaining the reliability of the questionnaire, the researcher adopted the method of testing and re-administering the test by distributing it to a sample of (15) players (8 of whom were football players and (8) of whom were track and field players, randomly selected from the colleges of the University of Mosul. The questionnaire was re-applied to the same sample ten days later, as Adams indicates“ ,The time period between the first application of the tool and the second application should not exceed two or three weeks ”(Adams, 1969, 85). And using the Pearson correlation coefficient. It was found that the reliability coefficient is equal to (0.78), and this coefficient is considered acceptable in the general scale for evaluating the significance of the correlation (Al-Sheikh and Jaber, 1964, 63). Thus, it was possible to use the questionnaire as a tool for the current research

## Search tool application:

The research tool was applied to a sample of (23) track, field, and volleyball players, and instructions were explained to them regarding how to respond to the tool’s paragraphs (Appendix-1-), and the questionnaire was applied in the time period from 11/1/2024 to 1/15/2025.

- Statistical methods
- Arithmetic mean
- Standard deviation

-T-test (Al-Takriti and Al-Obaidi, 1999, 267) College of Administration and Economics  
College of Education College of Arts College of Science College of Engineering College of Teachers.

## Results

The researcher presented and discussed the results according to the research hypotheses as follows:

### First assumption:

In order to verify the first hypothesis, the arithmetic mean was extracted and compared to the hypothesized mean of the time management questionnaire, which was (82.8). A score above the hypothesized mean was considered evidence of good ability in time management, while a score

below the hypothesized mean was considered evidence of weak ability in time management. This procedure was adopted in many previous studies in this field, including the study (Al-Hamdani, 56, 1996) and the study (Al-Douri, 37, 2002), and the results showed What follows:

The arithmetic mean for track and field players was (74.75), with a standard deviation of (9.03), while the arithmetic mean for volleyball players was (76.87), with a standard deviation of (10.76), and the hypothesized mean for the scale was (82.8). When comparing the arithmetic means with the hypothesized mean, we find that the arithmetic mean is smaller than the hypothesized mean, and Table (1) shows this.

Table(1)

The arithmetic mean and standard deviation for track and field players and volleyball players

Variables	-S	+A	Hypothetical mean
Arena and field players	74.75	9,03	82,8
Volleyball players	76,87	10,76	

It is clear from Table (1) that track and field players and volleyball players do not have a good ability to manage their time, and thus the null hypothesis is accepted. The result may be attributed to the bad economic and material conditions and the high level of prices in exchange for low wages, and then the low standard of living for the players, which may affect the nature of dealing with time management. (Salman et al., 2022) Low wages for the player push him to compensate for the decrease in economic return by working in other jobs and employing fewer hours for exercise. Here, Al-Ithawi (1990) emphasized that“ working in other jobs outside of the primary job may It pushes the individual to reduce the quantity and type of activities undertaken per unit of time (Al-Ithawi, 1990, 99), and the environmental conditions that players experience as a result of wars and the economic blockade that lasted for a long period created a weak social culture, (Abdulhusein et al., 2024) which has a direct impact on the formation of the athlete’s personality and behavior. Here, Shehayeb (1976) points out that“ culture is one of the most important factors that enter into the formation of the individual’s personality and the formation of the behavior of individuals ”(Shehayeb, 1976, 286). Players - as a result of environmental



conditions - have become little interested in time management, as the environment has a major impact on the community members 'concept of the value of time, as Fattah (1992) asserts that the individual“ is only a part of the environment that carries its values and acts according to what those values dictate to him ”.Fattah, 16, 1992)and (Easa et al., 2022) and this result differed with the study of Al-Douri (2002) and the study of Abu Sultana (2001) in terms of good ability in time management.

The second hypothesis:

For the purpose of verifying the hypothesis, the t-test was applied for unrelated and unequal samples to identify the significance of the differences between the two groups, and the result was as follows: The arithmetic mean for the track and field players was (73.88) with a standard deviation of (9.34), while the arithmetic mean for the volleyball players was (75.76) with a standard deviation of (10.42), while the results of the t-test resulted in no significant differences between the track and field players. For volleyball players, the calculated T value was (0.11), which is smaller than the tabulated value of (2.08), (Kazim, M. J., Zughair, A. L. A. A., & Shihab, 2019) and Table 2 shows this.(HalahAtiyah et al., 2024)

Table(2)

The arithmetic mean, standard deviation, and T-value for track and field players And volleyball players

Variables	-S	+A	T calculated	T tabular
Arena and field players	73.88	9.34	10.42	2.08
Volleyball players	75.76	75.76		

Significant at error rate 0.05 > and degree of freedom(2-23)

This indicates that track and field players do not differ from volleyball players in the ability to manage time, which makes us accept the null hypothesis. This result is due to the fact that volleyball players and track and field players belong to the same environment and live under the same conditions that make them acquire similar habits and close values, (Farhan, A. F., Kadhim, M. J., & Shihap, 2016) including those related to time management. Here Al-Sabaawi (2003) points out that the individual is a social being who lives most of his life in a group or groups, so mutual





effects occur between the individual and the group, meaning that the individual It influences and is influenced by the group, (Abdulhussein et al., 2024) and through the process of social interaction, the behavior of the individual is determined and the importance of the group becomes apparent to him, as the individual acquires social values and individuals vary among themselves between keeping up with the values and not opposing them or rejecting them or not accepting them and being independent of them ”(Al-Sabaawi, 2003, 34)and (Abdulhussein & Adnan, 2024). Sports as a social system cannot be viewed independently apart from the rest of the other systems, which confirm to us the difficulty of working away from tradition, from sociality, from the family, from the class organization and the economic system. (Owais and Al-Hilali, 53,1997)

The researchers reached the following conclusions:

-The aptitude and ability of track and field players and volleyball players is weak in time management.

-The ability of track and field players is no different from the ability of volleyball players in time management.

#### **Recommendations:**

-Conducting educational courses for track and field players and volleyball players on how to manage time.

-Increasing the material and moral incentives for players and obliging them to training times determined by the coach

-Conducting a study on time management for coaches and referees.

-Conducting a study on time management for players and other sporting events.



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