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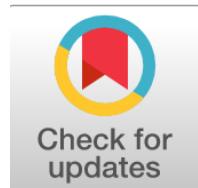
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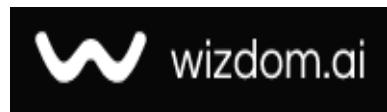
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Psychological Integration and Emotional Intelligence Among Female University Students

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Abstract

General Background: Psychological integration and emotional intelligence are central psychological constructs associated with students' personal adjustment and academic life within higher education environments. **Specific Background:** In colleges of physical education, female students encounter academic, social, and emotional demands that require balanced psychological integration and well-developed emotional intelligence. **Knowledge Gap:** Empirical evidence comparing these constructs between different academic stages among female university students remains limited, particularly within physical education contexts. **Aims:** This study aimed to compare levels of psychological integration and emotional intelligence between first- and fourth-stage female students in a college of physical education and sports sciences. **Results:** Descriptive and inferential analyses indicated no statistically significant differences in psychological integration between stages, while emotional intelligence scores were significantly higher among fourth-stage students. **Novelty:** The study provides stage-based comparative evidence on two key psychological characteristics within female physical education students at the university level. **Implications:** The findings support the use of psychological assessment tools across academic stages and highlight the importance of institutional psychological guidance to support students' psychological and emotional development.

Highlights:

- No significant stage-based differences were identified in students' psychological integration.
- Senior students demonstrated higher emotional intelligence compared to first-stage students.
- Psychological assessment is relevant for supporting student development across academic stages.

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Introduction

Sports psychology is one of the important topics that has a direct impact on developing and improving the level of performance among athletes. It is an important axis of scientific studies in the field of sports education, and is the real indicator of the progress of society and the correctness of its intellectual and human approach. This progress is nothing but a natural reflection of the modern technical methods and means used in studies and research. These human cognitive researches have been influenced by factors of advancement and excellence, which are based on several sciences related to sports, including sports psychology, which has a great contribution to the development of these games. Psychological integration is receiving increasing attention among psychologists in general due to its great importance in achieving sound psychological growth, the positive effects of which are represented in their psychological integration and their enjoyment of a high level of integration in various aspects of their lives, behavior and activity, in addition to emotional intelligence, as they are considered important and basic concepts related to the personality of students and their psychological health and their adaptive relationship with the environmental and social environment, as female students differ in terms of their physical and mental abilities and their personal capabilities in various fields, and psychological integration also includes the student's ability to change her behavior and habits when she faces a new situation or problem, as positive psychological integration indicates psychological maturity and helps the student overcome negative habits, as it represents a basic criterion for psychological health, as it represents the point of arrival for forming the student's personality and directly confronting obstacles and problems and facilitates the performance of the required skills during learning.[1] Emotional intelligence is important for understanding and confronting situations.[3] In college, psychological integration and intelligence are considered Emotional are important qualities that distinguish students from each other and help them succeed in their university life.

Here lies the importance of the research in studying psychological integration and emotional intelligence among female students of the Faculty of Physical Education and Sports Sciences at Badad University for the first and fourth stages, and that these two qualities are among the distinctive features of the modern, developed personality.

Research problem:

Psychological integration and emotional intelligence have a major, influential and effective role in the emergence and nomination of the principles of sportsmanship and the formation of the student's personality among female students. They are among the important matters for dealing with the situations that the student goes through in her daily life and while performing sports skills in all games, as well as dealing with university life in the Faculty and Departments of Physical Education and Sports Sciences. Therefore, the researcher decided to study the comparison between female students of the first and fourth stages in the qualities of psychological integration and emotional intelligence and obtain the most important characteristics that distinguish these two stages.

Research objective:

Research hypotheses:

- Identify the degree of psychological integration and emotional intelligence of female students of the Faculty of Physical Education and Sports Sciences for the first and second stages.
- Identifying which of the two stages, the first or the fourth, is better in terms of psychological integration and emotional intelligence.
- There are statistically significant differences in the degree of psychological integration and emotional intelligence between the first and fourth stages for female students.

Research fields:

- Human field: This study was limited to female students of the College of Physical Education and Sports Sciences for Women - University of Baghdad, first and fourth stages.
- Time field: This study was conducted during the first semester 12-1-2022
- Spatial field: This study was conducted in the theoretical hall of the University of Baghdad, College of Physical Education and Sports Sciences for Women - University of Baghdad.

Definition of terms:

1. Psychological integration: It is the achievement of internal and external harmony and consistency of the various aspects of the personality and the creation of integration between them .[2]
2. Emotional intelligence: It is the ability to pay attention and perceive well the emotions and personal feelings and understand them and formulate them clearly and organize them according to accurate monitoring and perception of the emotions and feelings of others to enter into positive emotional, social and professional relationships with them that help the individual to advance mentally, emotionally and professionally, and learn more positive skills for professional and social life.[5]

Method

Research methodology and field procedures:

Research Methodology:

The nature of the problem and the research objectives set by the researcher are what determine the appropriate research methodology, so the researcher used the descriptive method, which is "the accurate perception of the mutual relationships between society, trends, tendencies, desires, and development, as the research gives a picture of life reality and sets indicators and builds future predictions." [4]

Community and sample research:

The research community was determined by first-year female students and fourth-year female students in the College of Physical Education and Sports Sciences for Women - University of Baghdad for the academic year 2024-2023 by drawing lots. Section (D) was chosen from among the sections.

Means, devices and tools used:

Means used:

The researcher used the following means:-

- Arab and foreign sources.
- Personal interviews
- Field visits to collect information.
- The International Electronic Information Network (Internet).
- Scale questionnaire

Devices and tools used:

- Supporting team
- HP type electronic calculator.
- Casio type stopwatch to know the time to answer the scale statements during the survey experiment.
- Paper and pen.
- I phone camera
- Data collection and emptying form.

Field research procedures:

Psychological integration scale:

After searching and investigating previous studies and consulting some experts in order to reach the final formula for the research procedures, the researcher found that this study requires the use of a scale specific to psychological integration and emotional intelligence, as the researcher used the psychological integration scale prepared by [5], which consists of (44) phrases, as the alternatives to answer the phrases were (always, sometimes, never) and the answer weights were (1-2-3). With a hypothetical average of 88.

Emotional intelligence scale:

To know the extent of suitability for the sample size on which the research was conducted and the sample distribution and normal distribution for the purpose of revealing the emotional aspects among students of the College of Physical Education and Sports Sciences - University of Baghdad, this required the researcher to adopt a measuring tool concerned with measuring emotional intelligence among the individuals of the researched sample, and after scanning the sources and scientific references, the (Emotional Intelligence Scale) [7] was adopted, which included (4) fields and (48) paragraphs, and it also included (five alternatives Answer) which is (strongly agree, agree, no opinion, disagree, strongly disagree) with a hypothetical average of 144.

Exploratory experiment:

After setting the instructions for the scale, the researcher applied the survey experiment on a group of female students. The purpose of the survey experiment is for the researcher to ensure that the phrases are clear and easy to understand for the respondents, in addition to identifying the clarity of the instructions for the scale, and practical training for the support team, as the survey experiment was prepared for the following objectives:[8]

- Knowing the difficulties and problems that the researcher may face.
- Knowing the effectiveness of the evaluation scale for the alternatives used.
- Ensuring the adequacy of the support team.
- The extent of the response of the sample members of the survey experiment to apply the scale to them.
- Ensuring the level of the sample and the possibility of conducting the study.
- Knowing the time used for the two scales.

Main experiment:

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The researcher and the assistant work team distributed the psychological integration and emotional intelligence scale to the sample individuals from the first stage and the fourth stage in Hall No. (6). It took (15-20) minutes to fill out the questionnaire and then empty the questionnaires into the emptying forms for statistical processing.

Statistical methods:

The researcher used appropriate statistical methods.

Statistical description of the two scales

Skewness	Hypothetical medium	Lowest value	Highest value	Standard deviation	Arithmetic mean	Stage	Scales
0.874	88	70	91	10,168	81,860	First	Psychological integration
0.582							